



## December 2025 Family Help Bulletin

# Information and Support for Families, Parents/Carers and Young People

Hello and welcome to the December information and Services Bulletin from the North Bristol Family Help team. We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

The bulletin has grown so big that we have split it into two parts as follows:

**Part 1 – Information and Support for Families, Parents / Carers and Young People**

**Part 2 – Information and Support for Practitioners**

Please note that the information here is being shared by Family Help but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Family Help hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.

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# Information and services for children and young people

## Dads' Group – Christmas Party!



QR Code Link: <https://forms.office.com/e/7PEgMxpV3U>

## Kings Trust – Boost Your Confidence



**BOOST YOUR**

**CONFIDENCE**

 **TEAM**

# THE 12-WEEK TEAM PROGRAMME



## Day 1: Meet new people

Don't worry about turning up on your own – there'll be about 12 people joining and everyone will be in the same situation. It'll be informal, and there'll be plenty of activities, so you'll soon feel part of things.



## Week 1: Plan ahead

You'll start planning for the weeks ahead – setting out what you want to achieve and finding out how to get your qualifications. You'll also likely to be planning for your residential trip.



## Week 2: A new adventure

You're likely to spend part of this week away – trying new things and learning how to work with others. This gives you a chance to break away from your current situation. The sort of things you could do include canoeing, climbing, raft-building and much more!



## Weeks 3-6: Something to talk about

You'll decide on a project to benefit your local community as a team and will carry it out. You might be surprised at what you can achieve together. This gives you great experience to talk about at interviews.





### **Weeks 7-8: Work placements**

This is the time to see how the skills you've developed so far can help you in the workplace. It's also a great chance to try out a type of work, or company, to see whether you like it.



### **Week 9: Future steps**

It's time to plan your next steps after the programme. You'll get help to write a fantastic CV, practise your interview skills and make applications.



### **Weeks 10-11: Meet the challenge**

You and your team will take on a challenge to help others in the community. This is when you get to test out all the skills you'll have worked on so far.



### **Week 12: Have your say**

You'll deliver a presentation, with your team, to an invited audience during this final week. This is your chance to show off the talents you've discovered! This may sound scary now but, after 12 weeks on Team, you'll be surprised at how far you've come.

# THERE ARE LOTS OF BENEFITS TO JOINING TEAM

- Uncover your hidden talents and improve your confidence
- Gain new qualifications
- Develop your English and Maths skills
- Mix with new people and make friends
- It won't cost you anything and you won't lose your benefits

3<sup>IN</sup>4

people who complete  
our courses go into work,  
education or training.



**Don't miss out. Sign up to the next Team programme today.**

Check out when your local Team starts – visit [kingstrust.org.uk/team](https://kingstrust.org.uk/team) or call free on 0800 842 842.



## FOR MORE INFORMATION, PLEASE CONTACT:

[outreach.bristol@kingstrust.org.uk](mailto:outreach.bristol@kingstrust.org.uk)

Or call free on 0800 842 842 or visit  
[kingstrust.org.uk/team](https://kingstrust.org.uk/team)  
to find out when your nearest Team starts.



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## Kings Trust: Get started with music



Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it is like to work in the music sector.

Find out more by emailing [outreach.bristol@kingstrust.org.uk](mailto:outreach.bristol@kingstrust.org.uk)



### ON THIS COURSE YOU'LL:

- Learn and develop songwriting and music production skills.
- Gain a Bronze Art Awards Qualification.
- Meet other musicians and create music as a group.
- Access up to six 1-1 sessions post-programme.

### DATES FOR YOUR DIARY:

Taster day: 14 Jan 2026

Course dates: 19 - 23 Jan 2026

Express interest by: 7 Jan 2026

Location: Bristol

Eligibility criteria: 16 - 25 years old

## Kings Trust: Get started with cooking



# GET STARTED WITH COOKING

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it is like to work in the food industry.

Find out more via webchat at: [kingstrust.org.uk](https://kingstrust.org.uk) or email [outreach.bristol@kingstrust.org.uk](mailto:outreach.bristol@kingstrust.org.uk)



**ON THIS COURSE YOU'LL:**

- Learn different cooking and food preparation techniques.
- Visit local food producers and suppliers.
- Have access to a range of follow up opportunities within the sector.
- Receive up to six 1-1 support sessions post programme to help you achieve your goals.

**DATES FOR YOUR DIARY:**

Taster day: 20 Jan 2026  
Course dates: 26 - 30 Jan 2026  
Express interest by: 15 Jan 2026  
Location: Bristol  
Eligibility criteria: 16-30 years old



## Kings Trust: Get ready for careers in civil aviation



# GET READY FOR CAREERS IN CIVIL AVIATION

Get a taste of the exciting careers available in this growing and evolving field and start building in-demand skills. You'll get relevant experience through practical activities and fun group challenges.

Find out more by emailing [outreach.bristol@kingstrust.org.uk](mailto:outreach.bristol@kingstrust.org.uk)



### ON THIS COURSE YOU'LL:

- Hear from guest speakers and learn about various roles within the Aviation industry.
- Take part in interactive workshops.
- Build teamwork and problem-solving skills, whilst learning key technical skills.
- Have travel and lunch provided.

### DATES FOR YOUR DIARY:

Taster day: 21 Jan 2026

Course dates: 26 - 30 Jan 2026

Express interest by: 14 Jan 2026

Location: Bristol

Eligibility criteria: 18 - 30 years old.

## Children Scrapstore



**Children's Scrapstore**

# Super Saturday

## 2026 Planned Dates\*

Join us on the first Saturday of the month between **10:00am - 11:30am** for all sorts of **FREE** family activities at our Super Saturday monthly events! Look out for our individual event posters for more information!

- Saturday 3rd January
- Saturday 7th February
- Saturday 7th March
- Saturday 4th April
- Saturday 2nd May
- Saturday 6th June
- Saturday 4th July
- Saturday 1st August
- Saturday 5th September
- Saturday 3rd October
- Saturday 7th November
- Saturday 5th December

Scan QR Code to see all our upcoming **FREE** events!

\* These dates are subject to change. Check before travel.  
<https://www.childrensscrapstore.co.uk/free-events>

**BROOKESDYEWOKS**



# FRIDAY CRAFT SESSIONS

EVERY FRIDAY

10:15am - 11:30am



📍 21 Sevier St, St Werburghs, BS2 9LB

Each week we will provide a selection of sustainable craft ideas for you and your child to explore. All our sessions are open ended and child led. We invite creativity and exploration and will set up a variety of 'crafty prompts' as a starting point for your child's creativity.



**Children's  
Scrapstore**

No: 01179085645  
Book Online:

[www.childrensscrapstore.co.uk/events](http://www.childrensscrapstore.co.uk/events)  
Registered Charity Number: 1008788uk



## TERM TIME PLAY & HANG OUT

### Outdoor play session



Wednesdays

3.30 - 5.30pm

We bring lots of play to the green space:  
Sea Mills Recreation Ground, St Edyth's Rd



Children **aged 8 and over** can come on their own if they are allowed out unsupervised. They will be free to come and go as they please, so they need to be responsible for themselves. **Under 8's** need to be with an adult.

Led by:



Funders include:



No need to book, just come along. Scan for details or call 01179 14 3002





## TERM TIME PLAY & HANG OUT



### Outdoor play sessions

Lawrence Weston

3.30 - 5.30pm

We bring lots of play to the green spaces

By the BMX track:  
Tuesdays

Beverston Gardens:  
Thursdays



Children aged 8 and over can come on their own if they are allowed out unsupervised. They will be free to come and go as they please, so they need to be responsible for themselves. Under 8's need to be with an adult.

Led by:



Funders include:



No need to book, just come along whenever. Scan for details or call 01179 14 3002



## TERM TIME PLAY & HANG OUT



THROUGHOUT THE  
WINTER TOO!



Outdoor play sessions

3.30 - 5.30pm

We bring lots of play to the green spaces

Lawrence Weston  
Bangrove Walk  
Tuesdays

Sea Mills  
Boys & Girls Club  
Wednesdays

Lawrence Weston  
Beverston Gardens  
Thursdays

No need to book, just  
come along whenever.  
Scan for details or call  
01179 14 3002

Led by:



Funders include:



Children aged 8 and over can come on their own if they are allowed out unsupervised. They will be free to come and go as they please, so they need to be responsible for themselves. Under 8's need to be with an adult.





## Creative Holiday Club



**Creative Holiday Club**  
Reception - Year 6

**Activities**

- Arts and Crafts
- Drama
- Games
- Outdoor play

**When?**  
10am - 2pm  
Monday 22nd - Tuesday 23rd December

**Where?**  
Sites across Bristol & South Glos

**NO COST!\***

**Any questions?**  
Call/Text  
0117 428 6240 or 07831 914685  
Email: [kitty@uniquevoice.org](mailto:kitty@uniquevoice.org)

**\*All club places are fully funded (no cost) and children must be in receipt of benefits-related Free School Meals to be eligible for a place.**

To find out more visit our booking page here  
[www.eequ.org/uniquevoice](http://www.eequ.org/uniquevoice)

**Your Holiday HUB**  
South Gloucestershire Council  
Delivering for you





CrimeStoppers

# Suspect something criminal?

To remain 100% anonymous  
contact the charity Crimestoppers.

In an emergency always call 999.



Help keep your  
community safe.

Visit [ourwatch.org.uk](http://ourwatch.org.uk) to find and join your  
local Neighbourhood Watch scheme.

To volunteer for Crimestoppers visit  
[crimestoppers-uk.org/volunteer](http://crimestoppers-uk.org/volunteer)

© Crimestoppers Trust, registered charity in England & Wales  
(1108687), Scotland (SC057960)

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.

[crimestoppers-uk.org](http://crimestoppers-uk.org)

Your Holiday Hub

# Your Holiday HUB Bristol

Hundreds of  
holiday activities  
are available  
in Bristol

\*Eligibility criteria apply



Sports



Day trips

Cookery



Performing  
arts

Crafts

[yourholidayhubbristol.co.uk](http://yourholidayhubbristol.co.uk)



Funded by  
UK Government

Your  
Holiday  
HUB



Department  
for Education



BAND  
Bristol Area Neighbourhood  
Development



HAF funded by DfE – supported by Bristol City Council, BAND, Feeding Bristol and Playful Bristol

## Welcome to Your Holiday Hub

### Bristol's Holiday Activities and Food Programme



#### What We Offer

Your Holiday Hub Bristol is providing a wide range of funded activities for eligible families with children and young people in reception to year 11 (inclusive) who receive benefits-related free school meals this winter. From sports and arts to cooking classes and outdoor adventures, there's something for everyone. Each session includes a nutritious meal, helping families access healthy food while children have fun.

#### Why Choose Your Holiday Hub Bristol?

We believe every child deserves a happy, healthy holiday. Our activities are designed to support wellbeing, build confidence, and create lasting memories. By working with local organisations, we ensure safe, inclusive spaces where children can thrive.

#### How to get involved

This document provides all the details about activities taking place across Bristol during winter. You'll find information on what's happening, where, when, and who for! If you are looking at this document on a computer or handheld device you will be able to easily click on the link to the provider's booking page.

Children who are not eligible for benefits-related free school meals can still join in the fun through [Open Access sessions](#).

If you are viewing this as a paper copy, please visit: [www.yourholidayhubbristol.co.uk](http://www.yourholidayhubbristol.co.uk) to search for activities.

If your child has special educational needs or disabilities (SEND), please contact the activity provider directly to discuss how they can best support your child's needs.

*In partnership with:*





**Your Holiday Hub Provider Locations**

Use the below guide to see which providers are delivering sessions in your area. You can then browse through the booklet to find information about activities they are running!

**North**

- Bristol Sport Foundation
- Imayla
- Lawrence Weston And Shirehampton Out Of School Activities
- Learning Partnership West CIC
- Oasis Hub North Bristol
- Predator Athletics
- Premier Education – Let’s Play LTD
- Pro-Coaching
- Progressive Kids
- The Ranch (Southmead Adventure Playground)
- The Vench – Groundwork South
- Unique Voice
- Unity Holiday Hub
- uSports



### **Bizzy Kidz Club**

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> December and 2<sup>nd</sup> January  
All sessions 9:00 – 1:00

**Where?** Frome Vale Academy, BS16 2QS

**Ward:**

*Frome Vale*

**Who?** Ages 4 – 11

[Find out more and book here.](#)



### **Bristol City Robins Foundation**

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> December and 2<sup>nd</sup> January  
All sessions 10:00 – 2:00

**Where?** Different venues, check the link for more information.

**Wards:**

*Central  
Hartcliffe and  
Withywood Knowle*

**Who?** Different ages, check the link for more information

[Find out more and book here.](#)



### **Bristol Horn Youth Concern**

**When?** 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> December  
Times vary, check the link for more information.

**Where?** Different venues, check the link for more information.

**Wards:**

*Central  
Easton  
Lawrence Hill*

**Who?** Ages 9 - 16

[Find out more and book here.](#)

### **Bristol Somali Youth Voice**

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> December and 2<sup>nd</sup> January  
Times vary, check the link for more information.





**Where?** Different venues, check booking link for information.

**Who?** Ages 5 – 16, 18+

**Wards:**

Central

Easton

Eastville

Frome Vale

Lawrence Hill

St George West

[Find out more and book here.](#)



**Bristol Sport Foundation**

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> December and 2<sup>nd</sup> January  
Times vary, check the link for more information.

**Wards:**

Ashley

Frome Vale

Lawrence Hill

Lockleaze

**Where?** Different locations, check the booking link for details.

**Who?** Ages 5 - 11

[Find out more and book here.](#)



**Campus Skateparks CIC**

**When?** 23<sup>rd</sup>, 24<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> December and 2<sup>nd</sup> January  
All sessions 10:00 - 4:00.

**Ward:**

Bishopsworth

**Where?** Campus Pool, Whitchurch Lane, BS13 7RW

**Who?** Ages 7 - 12

[Find out more and book here.](#)

**Chaysestar Entertainment CIC – YBGT Sensory Play Sessions**

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> and 28<sup>th</sup> December



All sessions 11:00 – 3:00

**Where?** Easton Community Centre, Kilburn Street, BS5 6AW

**Who?** Ages 5 – 16

**Wards:**

Easton

[Find out more and book here.](#)



**Community Of Purpose CIC**

**When?** 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> December  
Times vary, check the link for more information.

**Where?** Different trips, check booking link for more information.

**Wards:**

Knowle

**Who?** Ages 8 – 14

[Find out more and book here.](#)



**Eastside Community Trust**

**When?** 21<sup>st</sup>, 22<sup>nd</sup> and 23<sup>rd</sup> December  
Times vary, check the link for more information.

**Where?** Felix Road Adventure Playground, Felix Road, BS5 0JW

**Wards:**

Easton

**Who?** Different ages, check the link for more information.

[Find out more and book here.](#)



### **Fun Science**

**When?** 22<sup>nd</sup> and 23<sup>rd</sup> December

All sessions 10:00 – 3:00

**Where?** Scout Hut 6388, Saint Bartholomews Road, BS7 9BJ

**Who?** Ages 4 – 9

[Find out more and book here.](#)

**Ward:**

*Ashley*



### **Fun 4 Families**

**When?** 19<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup>, 30<sup>th</sup> December and 2<sup>nd</sup> January  
Times vary, check the link for more information.

**Where?** Different sites, check booking link for more information.

**Who?** Different ages, check booking link for more information.

[Find out more and book here.](#)

**Wards:**

*Brislington East  
Hengrove and  
Whitchurch Park*

*Stockwood*



### **Future Stars Coaching**

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup> and 30<sup>th</sup> December  
All sessions 9:00 – 3:30

**Where?** Hillcrest Primary School, Cemetery Road, BS4 3DE

**Who?** Ages 4 - 11

[Find out more and book here.](#)

**Wards:**

*Windmill Hill*

**Ward:**



### **Hartcliffe And Withywood Community Partnership**

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> December and 2<sup>nd</sup> January  
Times vary, check the link for more information.

**Where?** Different sites, check booking link for more info.

*Hartcliffe and  
Withywood*

**Who?** Different ages, check booking link for more info.

[Find out more and book here.](#)



### **Hartcliffe City Farm**

**When?** 23<sup>rd</sup> December  
10:00 – 2:00

**Where?** Hartcliffe City Farm, Lampton Avenue, BS13 0QH

**Ward:**

*Hartcliffe and  
Withywood*

**Who?** Ages 6 – 13, 18+

[Find out more and book here.](#)



### **Hartcliffe Club For Young People**

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup> December and 2<sup>nd</sup> January  
Times vary, check the link for more information.

**Where?** Hartcliffe Club For Young People, Gatehouse Ave,  
BS13 9AJ

**Ward:**

*Hartcliffe and  
Withywood*

**Who?** Different ages, check booking link for info.

[Find out more and book here.](#)



### Heart of BS13

**What?** Festive Feast Cook-At-Home Activity Box - Cook together with the kids this Christmas

**Ward:**

*Hartcliffe and  
Withywood*

**Where?** For residents of BS13 – check booking link for more info

**Who?** For ages 8 - 13

[Find out more and book here.](#)



### Imayla

**When?** 22<sup>nd</sup> December  
Different times, check booking link for more info.

**Where?** Different venues, check booking link for more info.

**Ward:**

*Ashley Avonmouth  
and Lawrence  
Weston Eastville  
Hillfields  
Stockwood*

**Who?** Ages 8 -12

[Find out more and book here.](#)



### Khaas

**When?** 13<sup>th</sup> December  
11:00 – 3:00

**Where?** St Werburgh's Community Centre, BS2 9TJ

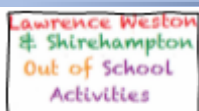
**Who?** Ages 5 - 15

**Ward:**

*Ashley*

[Find out more and book here.](#)





### Lawrence Weston And Shirehampton Out Of School Activities

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup> and 30<sup>th</sup> Dec, 2<sup>nd</sup> Jan  
All sessions 8:30 – 5:30

**Wards:**

Avonmouth and  
Lawrence

**Where?** Shirehampton Primary School, Saint Mary's Walk, BS11 9RR

**Who?** Ages 4 - 12

[Find out more and book here.](#)



### Learning Partnership West CIC

**When?** 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> December  
All sessions 11:00 – 3:00

**Where?** The Big Hideout + more!

**Wards:**

Avonmouth and  
Lawrence Weston  
Frome Vale

Hartcliffe and **Who?** Ages 4 – 14  
Withywood  
Hillfields

[Find out more and book here.](#)



### Munchkins Childcare

**When?** 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> December  
All sessions 9:00 – 1:00

**Where?** Saint Anne's Infant School, Bloomfield Road, BS4 3QJ

**Ward:**

Brislington West

**Who?** Ages 4 - 11

[Find out more and book here.](#)



### Natural Networks

**When?** 22<sup>nd</sup>, 29<sup>th</sup> and 30<sup>th</sup> December

Times vary, check the link for more information.

**Where?** Different sites, check booking link for more info.

**Ward:**

Hartcliffe Filwood  
Eastville

**Who?** Ages 5 - 15

[Find out more and book here.](#)



### Oasis Hub North Bristol

**When?** Different venues, check booking link for more info.

**Where?** Different venues, check booking link for more info.

**Wards:**

Avonmouth and  
Lawrence Weston

**Who?** Different ages, check booking link for more info.

[For more information, and to book, click here.](#)



### Oasis Hub South Bristol

**When?** 22<sup>nd</sup> December  
9:30 – 1:30

**Where?** Oasis Hub South Bristol, Melvin Square, BS4 1NH

**Who?** Ages 8 - 14

**Ward:**

Knowle

[Find out more and book here.](#)

### Oldbury Court Out of School Clubs



**Ward:**

*Frome Vale*

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup>, 30<sup>th</sup> December and 2<sup>nd</sup> January  
All sessions 9:00 - 13:00.

**Where?** OCOSC, Delabere Avenue, BS16 2ND

**Who?** Ages 4 - 12

[Find out more and book here.](#)

### Predator Athletics



**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> December

**Where?** Predators Gym, The Greenway Centre, Doncaster Road, BS10 5PY.

**Ward:**

*Southmead*

**Who?** Ages 5 - 16

[Find out more and book here.](#)



### Premier Education – Let's Play LTD

**When?** 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> December and 2<sup>nd</sup> January

Full day: 8:45 – 3:30

Half day: 8:45 – 12:45

**Ward:**

*Horfield*

**Where?** Horfield Church of England Primary School, BS10 5BD

**Who?** Ages 5 - 12

[Find out more and book here.](#)



### Pro-Coaching

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> December, 2<sup>nd</sup> of January  
All sessions 10:00 – 2:00

**Wards:**

**Where?** Multiple venues, explore where via the booking link

Henbry and Bentry  
Southmead  
St George Troopers  
Hill

**Who?** Ages 5 – 12 or 14, check via booking link.

[Find out more and book here.](#)



### Progressive Kids

**When?** 22<sup>nd</sup> and 23<sup>rd</sup> December and 2<sup>nd</sup> January  
All sessions 8:30 – 3:30

**Where?** Multiple venues, explore where via the booking link

**Wards:**

Filwood  
Hartcliffe and  
Withywood Henbury  
and Bentry

**Who?** Ages 4 - 11

[Find out more and book here.](#)



### Teachsport & Buzzers @ Glenfrome Primary

**When?** 22<sup>nd</sup> and 23<sup>rd</sup> December  
All sessions 10:00 – 4:00

**Ward:**

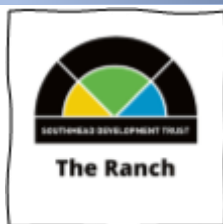
Eastville

**Where?** Glenfrome Primary School, Cottisford Road, BS5 6TY

**Who?** Ages 5 - 11

[Find out more and book here.](#)





### **The Ranch (Southmead Adventure Playground)**

**When?** 23<sup>rd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> December  
Times vary, check the link for more information.

**Where?** Southmead Adventure Playground (The Ranch), BS10 5PP

**Who?** Ages 0 – 12, 18+

**Wards:**

*Southmead*

[Find out more and book here.](#)



### **Square Food Foundation**

**When?** 16<sup>th</sup> and 17<sup>th</sup> December

**Where?** Square Food Foundation, The Park Centre, BS4 1DQ

**Who?** Ages 8 - 14

**Ward:**

*Knowle*

[Find out more and book here.](#)



### **St Agnes Adventure Playground**

**When?** 22<sup>nd</sup> December to 2<sup>nd</sup> January (excluding bank holidays)  
All sessions 1:00 – 5:00.

**Where?** St Agnes Adventure Playground, Fern St, BS2 9LN

**Who?** Ages 8 - 16

**Ward:**

*Ashley*

[Find out more and book here.](#)



### St Mary Redcliffe PCC (Redcliffe Hub)

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup> December and 2<sup>nd</sup> January  
Times vary, check the link for more information.

**Ward:**

*Central*

**Where?** Different locations, check booking link for info

**Who?** 8 – 15 or 16, depending on session.

[Find out more and book here..](#)



### Swift Sports Coaching

**When?** 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup> and 30<sup>th</sup> December  
Times vary, check the link for more information.

**Wards:**

*Bishopsworth*

**Where?** St Peter's Primary School, BS13 8EF

**Who?** Ages 5 - 11

[Find out more and book here.](#)



### The Vench – Groundwork South

**When?** 23<sup>rd</sup> December  
11:00 – 3:00

**Ward:**

*Lockleaze*

**Where?** The Vench, Romney Avenue, BS7 9TD

**Who?** Ages 8 - 16

[Find out more and book here.](#)



### Unique Voice

**When?** 22<sup>nd</sup> and 23<sup>rd</sup> December  
All sessions 10:00 – 4:00

**Wards:**

*Brislington East  
Southmead*

**Where?** Lockleaze & St Anne's

**Who?** Ages 4 - 11

[Find out more and book here.](#)



### Unity Holiday Hub

**When?** 22<sup>nd</sup>, 23<sup>rd</sup> and 30<sup>th</sup> December  
All sessions 11:00 – 3:00

**Wards**

*Avonmouth and  
Lawrence Weston  
Eastville*

**Where?** Different sites, check the booking link for info

**Who?** 5 - 16

[Find out more and book here.](#)



### uSports

**When?** 22<sup>nd</sup> and 23<sup>rd</sup> December  
All sessions 9:00 – 3:

**Wards:**

*Bedminster  
Avonmouth and  
Lawrence Weston*

**Where?** Different sites, check the booking link for info

**Who?** Ages 5 -12

[Find out more and book here.](#)



**Youth Moves**

**When?** 22<sup>nd</sup> and 23<sup>rd</sup> December  
Times vary, check the link for more information.

**Where?** The Park Centre, Daventry Road, BS4 1DQ

**Ward:**

*Knowle*

**Who?** 8 – 12 or 13 – 18, depending on the session.

[Find out more and book here.](#)



## Bristol Libraries



# Rhyme and Storytime



Come along to one of our rhyme and story time sessions with your baby to share songs, rhymes and stories. Sessions last around 20 minutes and are a great place to develop early language skills as well as meet others. Suitable for 0-3 years.

Library	Day (term time only)	Time	Library	Day (term time only)	Time
Avonmouth 0117 9038580	Monday	11.00am	Junction 3 0117 9223001	Monday	2.15pm
Bedminster 0117 9038529	Wednesday Friday	10.30am & 2.00pm 11.00am	Knowle 0117 9038585	Tuesday Thursday	11.30am 11.30am
Bishopston 0117 3576220	Wednesday	11.30am	Marksbury Road 0117 9038574 All year round!	Thursday	2pm
Bishopsworth 0117 9038566 All year round!	Wednesday Friday	2.00pm 10.30am	Redland 0117 9038549	Wednesday	11.30am
Central 0117 9037215 All year round!	Monday Wednesday Saturday	10.45am 10.45am 10.45am	Sea Mills 0117 9038555	Tuesday	10.45am
Clifton 0117 9038572	Monday Friday	10.30am 10.30am	Shirehampton 0117 9038570	Thursday	11.00am
Filwood 0117 9038581	Wednesday	11.30am	Southmead 0117 9038583	Tuesday Wednesday	11.30am 11.30am
Fishponds 0117 9038560	Tuesday	2.15pm	St George 0117 9038523	Tuesday	11.00am
Hartcliffe 0117 9038568	Monday	2.15pm	St Pauls 0117 9145489	Wednesday	10.30am
Henbury 0117 9038522	Monday Wednesday	11.30am	Stockwood 0117 9038546	Friday	10.30am
Henleaze 0117 9038541	Tuesday Thursday	11.30am 2.00pm	Westbury 0117 9038552	Wednesday	11.15am
Hillfields 0117 9038576	Wednesday	12.00pm	Whitchurch 0117 9031185	Wednesday	2.15pm
Horfield 0117 9038538	Monday Thursday	11.30am 10.30am	Wick Road 0117 9038557	Wednesday Wednesday	10.30am 2.00pm



## Storytime Sessions

Join us for stories and rhymes.  
Suitable for 1-4 years.

Library	Day (term time only)	Time
Bedminster 0117 9038529	Saturday	11.00am
Bishopston 0117 3576220	Saturday	11.30am
Central 0117 9037215 All year round!	Friday	10.45am
Clifton 0117 9038572	Tuesday	2.30pm
Filwood 0117 9038581	Friday	11.30am
Henleaze 0117 9038541	Thursday	11.15am
Horfield 0117 9038538	Tuesday	11.30am
Junction 3 0117 9223001	Monday Friday	2.45pm 11.30am
Knowle 0117 9038585	Friday	11.30am
Marksbury Road 0117 9038574 All year round!	Tuesday	10.30am
Redland 0117 9038549	Friday	2.30pm
St George 0117 9038523	Thursday	10.15am

Library	Day (term time only)	Time
Westbury 0117 9038552	Friday	11.15am
Wick Road 0117 9038557	Friday	10.30am

# Information and services for parents / carers

## Nacoo



Providing information, advice and support  
for everyone affected by a parent's drinking

FREE Helpline **0800 358 3456**  
[helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)

Patrons: Tony Adams MBE • Rt Hon Jonathan Ashworth • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell Geraldine James OBE • Sophie K Cherie Lunghi • Eile Macpherson • Jerry Moe • Vicky Pattison • Suzanne Stafford CQSW  
Camilla Tominey • David Yelland

### **Nacoo (National Association for Children of Alcoholics)**

Nacoo (National Association for Children of Alcoholics) addresses the needs of children growing up in families where one or both parents suffer from alcoholism, this includes children of **all** ages, many whose problems only become apparent in adulthood.

Nacoo's aims are: -

1. To offer information, advice and support to children of alcohol-dependent parents
2. To reach professionals who work with these children
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Nacoo's **free, confidential telephone (0800 358 3456)** and **email helpline ([helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk))** is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking.

Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacoo's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences ([www.nacoo.org.uk](http://www.nacoo.org.uk)), FAQs, resources and research
- COAisathing.com community blog site
- Information packs
- Publications for a range of ages, situations and professions
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experience of children affected by parental drinking
- Media and social media advocacy
- Parliamentary representation for children affected



**Free Helpline: 0800 358 3456**

[helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)



@NacooUK

The National Association for Children of Alcoholics (Nacoo)  
PO Box 64, Bristol, BS16 2UH

Registered Charity No: 1009143

Tel 0117 924 8005  
Email [admin@nacoo.org.uk](mailto:admin@nacoo.org.uk)  
Web [nacoo.org.uk](http://nacoo.org.uk)  
Socials @nacooauk





## North Bristol Advice Centre



North Bristol  
Advice Centre

**Free and independent  
advice and support**  
For North Bristol and  
South Gloucestershire

- ▶ Welfare Benefits
- ▶ Universal Credit
- ▶ Debt Advice
- ▶ Appeals and representation
- ▶ Help to Get Online

**Enquire using our Advice Tool at**  
**[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)**  
Or call 0117 951 5751  
Registered Charity number: 1066921



North Bristol Children's Centre

AVONMOUTH  
DROP-IN  
GROUP



## AVONMOUTH - INFANT FEEDING GROUP -

**JOIN OUR FRIENDLY GROUP ON THURSDAY AT**

**12:30 PM TO 2PM**

AVONMOUTH CHILDREN'S CENTRE  
25 PORTVIEW RD,  
AVONMOUTH, BRISTOL BS11 9LD

 [what3words///space.useful.glee](https://www.what3words.com/space/useful/glee)

Please contact us for more information

Email: [nbcc@bristol.gov.uk](mailto:nbcc@bristol.gov.uk)

Or call 0117 9223779



**[www.northbristolcc.org.uk](http://www.northbristolcc.org.uk)**



# Infant Feeding Groups in North Bristol

[www.northbristolcc.org.uk](http://www.northbristolcc.org.uk)

## Southmead

**Tuesdays**  
**12:30pm- 2pm**

Southmead Children's Centre  
Doncaster Road  
Southmead  
Bristol BS10 5PW

## Brentry

**Wednesdays**  
**11:30am- 12:30pm**

everyFAMILY  
Brentry Lane  
Bristol  
BS10 6RG

Would you like to meet other  
parents in a supportive, friendly  
space?

Do you have questions or worries  
about breastfeeding?

We welcome you along to our  
drop-in groups, whatever stage of  
your feeding journey.

Please get in  
touch to find  
out more:

[nbcc@bristol.gov.uk](mailto:nbcc@bristol.gov.uk)

## Avonmouth

**Thursdays**  
**12:30pm- 2pm**

Avonmouth Children's Centre  
25 Portview Rd,  
Avonmouth,  
Bristol BS11 9LD



Bristol  
**Family  
Hubs**



The Bridge Foundation

# Feeling unsure of how to help your child?



Worried about their anger, withdrawal, or concerning habits?

**You're not failing. You just need support.**

**We can help you move forward**



## Does this sound familiar?

- Your child has explosive outbursts that leave the whole family drained
- Your child is struggling at school and you're getting constant calls
- Mealtimes, bedtimes, or leaving the house has become a daily battle
- You're worried about self-harm, eating issues, or concerning habits
- Your teen seems withdrawn, anxious, or angry most of the time
- You know something needs to change, but you don't know where to start



## We look beneath the surface

We can help you and your child understand the reasons behind feelings and behaviours, giving you real tools for lasting change.



## We support parents too

Parent support is part of our approach - we work with you, not just your child. You are given a space to authentically express yourself, and time to reflect on the highs and lows of parenting.



## We tailor therapy to you

Children don't always sit and talk - through art, music, and play, we build relationships with their therapists over time, enabling them to safely explore their feelings in a trusted environment.



*"I don't know how I would have coped with secondary school without you."*

## We can support you and your child/young person with...



Changing lives for over 40 years

- Depression, anxiety, and overwhelming emotions
- Relationship and friendship difficulties
- Trauma and difficult experiences
- Life transitions
- Work and study related stress or burnout
- Understanding yourselves and your reactions better
- Navigating the highs and lows of being neurodivergent
- Exploring identity, gender, and sexuality

Ready to take the next step?



## Getting started is simple

We know reaching out can feel daunting, but getting in touch with us could be the beginning of real change for you and your family.

Scan the QR code or go to our website to complete our referral form, and we'll be in touch within 5-10 days.

“

My child and I's relationship is so much better now - our communication has improved, and we are much happier.

## Bristol Autism Support



### What's On – December 2025

Bristol Autism Support (BAS) is a registered charity (1186287) offering peer to peer support for parents and carers of autistic children in the South West of England. BAS is the regional hub delivering the Peer Education Programme for Autism Central.

**Details for all our sessions and links for booking can be found here -**

<https://www.bristolautismsupport.org/whats-on/>

**BAS Support Groups:** Casual meetings where you can have a chat, talk through any issues and enjoy the company of others who really get what you are going through. These are drop in sessions no need to book:

- **Broomhill:** St Peter's Church, 170 Allison Road, Brislington, Bristol BS4 4NZ, Tuesday 16<sup>th</sup> December 2-3pm
- **North Bristol Support Group:** Grupo Lounge, 8 Canford Lane BS9 3DH, Friday 5<sup>th</sup> December 10-11am
- **South Bristol Support Group:** Imperial Sports Ground, West Town Lane, Brislington, Bristol. BS14 9EA- 11<sup>th</sup> December 10-11am

### Events / Meet Up's:

- **Super Sense Any Age:** Imperial Sports Ground BS4 9EA Thursday 11<sup>th</sup> December 11am-12pm
- **South Bristol Evening Meet Up:** The Lodekka Brislington BS4 3DS 8<sup>th</sup> December 7.30-9pm

**Support Blocks:** BAS has a range of 5-6 week support blocks and one off sessions on topics such as New to Autism, Sensory Processing, Supporting Distress and Anxiety & Masking. Find out more at [www.bristolautismsupport.org/support-blocks/](http://www.bristolautismsupport.org/support-blocks/)

**Facebook:** For parents and carers of autistic children (no diagnosis required) living in Bristol, South Gloucs, BANES & North Somerset. A place to connect with other families.

You can also contact our helpline on **07835727394**, leave a message and one of our team will get back to you.

**Coffee Mornings:** Casual meet ups, no need to book just turn up on the day.

- **Bishopston Coffee Morning:** Boston Tea Party, 293 **Gloucester Rd** BS7 8PE –Monday 15<sup>th</sup> December 10-11am
- **Fishponds Coffee Morning:** Porto Lounge, 784 & 782a Fishponds Rd, Bristol BS16 3TT –2nd and 16th December 10.30-11.30am
- **South Bristol Coffee Morning:** Costa Coffee Imperial Park BS13 7TJ- Wednesday 17th December 10-11am
- **Easton Coffee Morning:** Easton Community Centre, Kilburn St, Easton BS5 6AW – Friday 12<sup>th</sup> December 10-11am
- **BAS Dads South:** Lodekka, Tramway Road, Brislington BS4 3DS –Thursday 4<sup>th</sup> December 7.30-9.00pm
- **Nailsea Coffee Morning:** Impero Lounge 60 High Street Portishead BS20 6EH- 1<sup>st</sup> December 11am-12pm
- **Bas Dads North Bristol:** Crafty Cow, 635 Gloucester Road, Bristol. BS7 OBJ -18<sup>th</sup> December 7.30-9pm

Find out more about Bristol Autism Support here - [www.bristolautismsupport.org](http://www.bristolautismsupport.org)

To book sessions and see future dates see - [www.bristolautismsupport.org/whats-on/](http://www.bristolautismsupport.org/whats-on/)

Find out more about Autism Central here - [www.autismcentral.org.uk](http://www.autismcentral.org.uk)

[www.bristolautismsupport.org](http://www.bristolautismsupport.org)

## Family Hubs



**Join us for our  
Advice Drop-In's  
at venues across North Bristol**  
**Bristol Family Hubs are here to support  
all families in Bristol  
with children from 0-19 (25 with SEND)**

Our Family Hub Navigators support you and your family to access services and information.  
Please see below for info about our regular advice drop-ins.

### **Henbury Library**

Crow Lane, BS10 7DR

The first Monday of every month  
11am - 1pm

Alongside the Library's FREE Rhyme and Storytime Session starting at 11.30

### **Hope Café & Church**

Long Cross, BS11 0LT

The first Tuesday of every month  
10.30am - 12pm

Each week the Cafe have a range of toys, books and puzzles, to play with and a baby area, with a lovely coffee

### **Ebenezer Church**

Horfield, BS7 0BA

The first Thursday of the month  
1.30pm - 3pm

Alongside North Bristol & South Glos. Foodbank

### **Horfield Library**

Horfield, BS7 0BD

The second Thursday of the month  
10am - 12pm

Alongside the Library's FREE Rhyme and Storytime Session starting at 10.30

### **The Greenway Centre**

Southmead, BS10 5PY

The last Thursday of the month  
1.30pm - 3.30pm

As part of The Greenway Support and Advice Hub

### **Southmead Family Hub**

The Children's Centre, BS10 5PW

The first Friday of the month  
9am - 12pm

Alongside a variety of advice organisations

<https://www.bristol.gov.uk/bristol-family-hubs>





**Join our WhatsApp  
Community to find out  
what activities and  
resources are available for  
families in  
North Bristol**

- No personal information needed except your WhatsApp phone number.
- Your phone number will not be visible to other members.
- Only admin of the WhatsApp Community can share content.
- Scan the QR code to receive up-to-date activities in your area.





## Mothers for Mothers



# Peer Support Groups

Talking to someone about your emotional wellbeing and how you are feeling can be a great way to find the support you need.

### **St George** every **TUESDAY**

10am - 12pm: The Beehive Centre  
19a Stretford Road, Whitehall, BS5 7AW

### **Hartcliffe** every **WEDNESDAY**

10am - 12pm: Hartcliffe Children's Centre  
Hareclive Road, Hartcliffe, BS13 0JW

### **Albanian Mum's Group** every other **WEDNESDAY**

11am - 1pm: IKEA, Eastgate Centre  
Eastgate Road, Eastville, BS56XX

### **Bedminster** every **THURSDAY**

12:45pm - 2.45pm: St. Francis Church  
North Street, Ashton Gate, Bedminster, BS3 2AN



Are you or someone in your family experiencing anxiety, depression, distress or isolation during and/or after the birth of your baby?

Are you supporting someone who is experiencing this?

CONTACT US: 0117 935 9366

[support@mothersformothers.co.uk](mailto:support@mothersformothers.co.uk)



perinatal mental health support

Charity Commission No: 1183281 Company House: 08764202





## REACH Helpline and Support Call service



Are you or someone in your family experiencing anxiety, depression, distress or isolation during pregnancy and/or after the birth of your baby? Are you supporting someone who is experiencing this?

CONTACT US:

0117 935 9366

[support@mothersformothers.co.uk](mailto:support@mothersformothers.co.uk)

Helpline available in **Bengali, Gujarati and Hindi** on Thursday afternoons.

Support Calls also available in **Albanian**.

Charity Registration number 1185281

## Home Start



We offer free, confidential support, friendship and practical help to parents who live in Bristol and South Gloucestershire who are going through challenging times and have at least one child under the age of 5 years.

### **Home visiting Service**

We support parents in their own home so that we can really get to know them and their families. We never judge a parent and always put the needs of children and families first. Families are visited by a member of staff and then matched with one of our trained and supported volunteers, who are mostly parents themselves. They can offer, emotional and practical support as well as helping families to connect to their communities. Our Family support coordinators liaise with other services and help connect families to other support that they might need.

To make a referral yourself or to point families to self-refer for home visiting or for one of our groups please see the website: <https://homestartbsg.org.uk/referrals/>

### **Groupwork - Mums in Mind (Mims)**

This is a peer support group for mums with children under 2 years who are feeling lonely or anxious, or like everything is getting on top of them and who would like to connect to other mums in a similar situation. The Mums in Mind groups have been developed in partnership with Children's Centres across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 10 sessions with a focus for each session and are by referral only, but parents can also self-refer. It's a chance for mums to get together and talk with other mums in a safe space whilst joining in with activities, crafting, snacks etc.

The MIMs groups are running termly in 3 locations across Bristol – Knowle, St. Werburghs and Lawrence Weston. The next sessions start again in January. Please get in touch if you would like more information or to make a referral.

### **Boing! Drop in**

Home-Start is currently running a weekly drop-in at Boing! Inns Court as part of our South Bristol Project, and we welcome families living in BS4, BS13 and BS14 to join us on Tuesdays from 9am–11am for play, connection, and support from our trained Home-Start staff and Community Ambassadors. This friendly and inclusive session offers a relaxed space for children to play and for parents and carers to meet others in the community. Please book your space via Eventbrite <https://www.eventbrite.co.uk/o/home-start-bristol-and-south-gloucestershire-74210028183>

### **Volunteering**

We are looking for Volunteers to join our next training courses. Becoming a Home-Start volunteer is an incredibly rewarding experience. You will be able to give back to your community and help change parents and children's lives. Our volunteers tell us the experience changes their lives as well – giving them new skills and experience as well as the satisfaction of having helped a family get back on track. If you would like details of our next training course, please contact [admin@homestartbsg.org.uk](mailto:admin@homestartbsg.org.uk) or give us a call on 0117 950 1170

**Our next course is running from 2<sup>nd</sup> February every Monday for 4 weeks 9:30-2:30 at The Park Centre in Knowle.**

**Because Childhood Can't Wait** 



## Read Easy



### What people say...

“

"It just broke my heart when I couldn't read to my twin daughters - now I can help them with their homework." - Sarah, Reader

"I now have more confidence and go to more places, as I find road signs and timetables easier. I am a keen cook and can now shop knowing I can find just what I want. And I'm reading to my daughter!" - Sean, Reader

"This has been one of the most rewarding activities I have ever participated in. It is wonderful to see how constant, steady progress can be achieved with just half an hour, twice a week, and I can think of few other skills you could teach someone that could be more empowering or life-changing." - Natalie, Reading Coach

”

### Get in touch

#### If you...

- ✓ know someone who wants to learn to read
- ✓ can read and would like to help someone else

...we'd love to hear from you!  
Please contact:

07554117763

bristol@readeasy.org.uk

#### Visit us online:

**readeasy.org.uk**

© Read Easy UK. All Read Easy groups are legally and financially independent local organisations, affiliated to Read Easy UK (Registered Charity: 1151288)



### Do you know someone who struggles to read?

Read Easy provides free and confidential one-to-one reading coaching for adults.

It's friendly, flexible and fun!



### What we do

**Read Easy volunteer groups support local adults who want to learn to read or improve their reading skills, at their own pace and without pressure.**

More than 7%\* of adults in England never learnt to read at school. There are many reasons why some people find it difficult to learn to read when they are children, but the really good news is that it's never too late to learn!

\*Skills for Life Survey, 2011 (Dept. BIS)

#### Getting started is easy!

Read Easy will provide those who want to learn to read with a volunteer to help them, special reading manuals to work through, and a place to meet.

Above all, it's confidential, so there is no need for anyone to feel embarrassed.

#### Who can learn?

Read Easy is suitable for any adult who wants to learn to read or who struggles with their reading. Whatever someone's starting point, each person will be taken back to basics and can then work at their own pace, so there's no pressure.

#### Who can volunteer to help?

Anyone who can read fluently themselves can apply to become a volunteer Reading Coach with their local group. After an initial selection procedure, volunteers will be given training and then matched up with those who want to learn.

#### What books will we use?

Read Easy Coaches and their Readers use the phonics-based **Turning Pages\*** manuals as their main resource. The manuals are easy to use and, with instructions for the Coach on every page, enable anyone who can read to coach someone else.

The programme also includes lots of reading books, especially written for adults, which can be read alongside the manuals.

\* Published by Shannon Trust



#### Where do we meet?

Readers and their Coaches will be given a choice of places to meet, so that they can choose somewhere that suits them both.

All our reading sessions take place in quiet, discreet venues, so that people can work without being overlooked, but where there will always be other people around.

#### How long will it take?

Reading sessions last half an hour and take place twice a week. Some people complete the course in as little as a year, while others take more than two years.

Certificates are presented at intervals to recognise progress.

By learning to read, adults improve their employment opportunities, confidence, self-esteem and general wellbeing and are able to support their children's or grandchildren's reading.



## Mindful Parenting & Community Project



*Mindfulness enables you to develop inner strength in the face of stress, anxiety and illness. You then become able to pause, see the situation more clearly and choose to respond rather than continue in usual patterns of immediate and automatic reacting.*

### The Mindful Parenting & Community Project CIC (MPCP)

MPCP was established by a group of Bristol-based Mindfulness Practitioners to support positive mental health and wellbeing in the South West.

We focus our services on the more deprived areas of the South West to bring improved health and wellbeing to those that are more isolated or vulnerable within their community.

We offer a variety of grant funded mindfulness-based courses and sessions based on specific themes.

All of these can be tailor-made to the specific needs of the group and delivered in a variety of venues within Bristol and the South West.

We can offer:

- 1:1 sessions,
- Information workshops,
- Bespoke workshops,
- Mindfulness Courses,
- Retreat Days and Weekends.

### Stressbusting For Parents

Our Stressbusting Course is an evidenced-based mindfulness course that was developed by Professor Susan Bögels and Kathleen Restifo.

These courses are grant funded and delivered in more deprived areas of Bristol and the South West to support families who might not be able to attend a private mindfulness course.

It is a 10-week course using the building blocks of mindfulness that includes both formal and informal practices, movement, communication and relationship-based practices.

#### The aim of this course is to:

Look at how to manage the stress and frustration that comes from life as a parent. This course supports parents to notice stressful situations and learn mindfulness-based techniques to respond calmly to children.

When life gets tough, relationships with our children can be a source of additional worry and anxiety. We sometimes feel we do not have the resources or time to respond to them in the way that we would wish.

Stressbusting for Parents will support carers in their role as a parent.

It will help to:

- Feel more confident about being a parent.
- Manage the stress and frustration that affect us during difficult moments.
- Recognise and manage difficult / strong / uncomfortable emotions.
- Talk with, and listen to children.
- Strengthen the parent/child bond and improve communication.

### Coming soon for autumn 2023:

We are organising a 10-week stressbusting course for parents taking place in South Bristol in the Autumn term with a taster session.

This is a free course for those parents on benefits or living in deprived areas and the aims of the course are described in the previous sections.

We are also organising taster or introductory workshops in all the MANS areas of Bristol.

Please contact us if you would like to be involved, host workshops or courses or you have clients you would like us to invite.

To find out more about any of the above, please email: [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com)

[www.mpcp.info](http://www.mpcp.info)

## SEND AND YOU



We provide the information, advice and support service for Children and Young People with SEND and their families in Bristol, South Gloucestershire and North Somerset

### **SAY's December Topic of the Month: SEN Choosing a school with an EHCP:**

This information series covers the law and process of choosing a school with an EHCP, which differs from the usual admissions process. You can also find out what to do if you do not agree with the school decision. Scan the QR code to view our slideshow.

**Choosing a  
school with  
an EHCP**



### **Events coming up in December and January**

We will be taking a short break from our Bristol Bookable appointments in December but will return in January for the following sessions:

**SAY**  
SEND AND YOU  
SENDIAS

**Bristol  
SEND and You**

In-person bookable appointments for  
SEND advice on any topic

**Thursday 8<sup>th</sup> January 2026**  
Times: 12:30 - 12:50pm  
12:50 - 1:10pm  
1:10 - 1:30pm  
1:30 - 1:50pm

@ Symes centre,  
Peterson Avenue,  
Hartcliffe, BS13 0BE



**SAY**  
SEND AND YOU  
SENDIAS

**Bristol  
SEND and You**

In-person bookable appointments for  
SEND advice on any topic

**Wednesday 28<sup>th</sup> January 2026**  
Times: 1:00 - 1:20pm  
1:20 - 1:40pm  
1:40 - 2:00pm  
2:00 - 2:20pm

@Wellspring Settlement,  
Ducie Road, Barton Hill,  
BS5 0AX



Are you a parent, carer or young person in need of some help and advice about special educational needs/disabilities? Our dedicated team are trained to IPSEA level 3 in SEND law and can provide advice that is:

- Free
- Confidential
- Impartial



We provide Information, Advice and Support around Special Educational Needs and Disabilities. Our service covers Bristol, North Somerset and South Gloucestershire.

## Contact Us

Our advice service is open Monday to Friday from 9:30-16:30 year round. To get in contact with us you can:

- Scan the QR code below to access our Contact Form
- Enter your details into the form
- An advisor will call you within 3-5 working days
- If you are not available, the advisor will send you a link to book a telephone appointment



Unable to access the form? Please email or call:  
[support@sendandyou.org.uk](mailto:support@sendandyou.org.uk) 0117 989 7725