



February 2026 Family Help Bulletin

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

Hello and welcome to the February 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

Out and about WECIL



Out & About is a group of specialist organisations who work together to provide inclusive sessions and support for Disabled and SEND children and young people aged 5 to 25.

WECIL leads the Out and About Consortium, we have been delivering our services for over 10 years, and as a Disabled People's Organisation, lived experience is at the heart of everything we do. Combined with the specialist experience of our partners, the services we offer are specifically tailored to meet the needs of the individuals in the sessions.

We currently have spaces in some of our groups in Fishponds, Easton, Knowle and in our Play service that takes place around Bristol. You can find out more on our Website Wecil.co.uk.

Any questions contact Nicki or Sajida on 0117 9479948 or email outandabout@wecil.org.uk

Fearless

*I know someone
who is carrying
a knife.*

*I am worried
someone will
get hurt.*

Tell us
**WHAT
YOU KNOW**

100% anonymously
at Fearless.org

fearless
Part of Crimestoppers
Fearless.org 0800 555 111

*I have
information
about a crime.
I am worried
someone is
going get hurt.*

Tell us
**WHAT
YOU KNOW**

100% anonymously
at Fearless.org

fearless

Part of Crimestoppers
Fearless.org 0800 555 111

EveryFAMILY

everyFAMILY

Brenty Lane, Bristol, BS10 6RG www.everyfamily.org.uk

What's On?

Spring Term
January -
March 2026

For more information:
Call 0117 959 3800
or email everyfamily.org.uk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">PLAY TIME STAY & PLAY</p> <p style="text-align: center;">9:30 - 11am 0-5 years £2</p>	<p style="text-align: center;">MUSICAL BABIES</p> <p style="text-align: center;">10 - 11am 0-18 months £2</p>	<p style="text-align: center;">BABY HUB 9:30 - 11:30am Run by NBCC FREE</p> <p style="text-align: center;">INFANT FEEDING 11:30am - 1pm Run by NBCC FREE</p> <p style="text-align: center;">AFTER SCHOOL HANGOUT 3:15 - 6pm 8-11years FREE Includes a hot meal Booking essential <small>Funded by Quartet Community Foundation: Stephen & Sally Trinder Grassroots Fund</small></p>	<p style="text-align: center;">BABY MASSAGE 10 - 11am 5 week course 15th Jan - 12th Feb £25- booking essential</p>	<p style="text-align: center;">FOLLOW US ON SOCIAL MEDIA FOR WORKSHOPS!</p>

Remember to follow us on
social media for group
and course updates!



@everyFAMILY.UK

The cost of paid groups is
per family. Payable via
cash, card, or contactless.

No booking required
unless stated.

Bristol Zoo Project



This February half-term, become a Zookeeper in Training!

Brand-new for 2026, explore the zoo and take on challenges to learn real skills used by our zookeepers.

Follow the trail to discover 7 different training stations, each with a new skill to practice. Try measuring out medicine for the red panda, sweep up straw by the zebra house, use the scales to weigh out food for our hungry meerkats and examine the wolverines' poo to check they're in tip-top health!

Get ready for a day of zookeeping. Don't forget your wellies!

[Zookeeper in Training - Bristol Zoo Project](#)

Bristol Healthy Schools



Bristol Healthy Schools

Healthy Schools

Our Healthy Schools offer supports Bristol schools in creating healthy, safe, supportive environments that improve the health and wellbeing of pupils, staff, and families. Various resources and tools are available to guide schools through strategy implementation and supporting a whole-school approach to topics such as mental health, nutrition, physical activity, and PSHE. Our checklists and guidance can support schools to meet government recommendations and Ofsted expectations.

- www.bristol.gov.uk/bristol-healthy-schools

Bristol Pupil Voice 2026 will be live from March-June 2026

The Bristol Pupil Voice Survey 2026 gives pupils the opportunity to share their voice with their school and city leaders - supporting schools to meet KBSP Policy and Bristol Children's Charter objective. Schools will also be provided with their own data to help inform future decision making, and the Bristol wide data will support commissioning decisions across the city.

- Use QR code or link to provide up to date contact details for communications about Pupil Voice:
www.smartsurvey.co.uk/s/GTRLOR/



Contact

healthy.schools@bristol.gov.uk
www.bristol.gov.uk/bristol-healthy-schools

www.smartsurvey.co.uk/s/GTRLOR

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>



<http://www.childrensscrapstore.co.uk/free-events>



February Half-Term Programme 2026

Date	Time	Event	Session
Tuesday 17th February	10:15am - 11:30am	Under 5s	Taste Safe Messy Play
Tuesday 17th February	1:45pm - 3:00pm	Stay & Play	Messy Play for All
Wednesday 18th February	10:15am - 11:30am	Under 5s	Messy Play
Wednesday 18th February	1:45pm - 3:15pm	Stay & Play	Kaleidoscopes & Rainbows
Thursday 19th February	10:15am - 11:45am	Stay & Play	Mini Worlds
Thursday 19th February	1:45pm - 3:15pm	Stay & Play	Space
Friday 20th February	10:15am - 11:30am	Stay & Play	Friday Craft
Friday 20th February	1:45pm - 3:15pm	Stay & Play	Clay

Under 5s

These are open, creative, and child-led messy play sessions for under 5s.

Stay & Play

These sessions are best for ages 5+, but all are welcome, and adults stay and play.



To book your place on any of our events, or to find out more, please visit our website: www.childrensscrapstore.co.uk/events, or scan the QR code.

Please let us know if your child has any specific requirements in order to access a session, by emailing us via events@childrensscrapstore.co.uk, or calling us on 0117 9085644

www.childrensscrapstore.co.uk/events



Family Winter Crafting

📍 SEA MILLS LIBRARY

Saturday 21st March, 11:00am-1:00pm

Join us for a **FREE** drop-in craft session
suitable for all ages!

The activity will take around 20 minutes.
All children must be accompanied.





FEBRUARY HALF TERM

PLAY & HANG OUT

FREE

Outdoor play sessions 1 - 3pm

Lunch provided for children & young people 

We bring lots of play to the green spaces, no need to book, just come along whenever.

Lawrence Weston
Bangrove Walk
Tuesdays

Sea Mills
The Recreation Ground
Wednesdays

Lawrence Weston
Beverston Gardens
Thursdays

Led by:



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.

Funders include:



Socials,
website,
contact:



Lockleaze Neighbourhood Trust



Hubbub
Your friendly pop-up café

Wednesdays
10am - 1pm

HOT DRINKS AND AFFORDABLE FOOD

OPPORTUNITY TO SOCIALISE WITH FRIENDS & YOUR COMMUNITY

PLUS FREE ADVICE DROP-INS ON EVERYTHING FROM HEALTH TO HOUSING

Boing **Lockleaze Neighbourhood Trust** **Warm, Welcomes, Spaces**

0117 914 1129
INFO@LOCKLEAZENT.CO.UK
LOCKLEAZE NEIGHBOURHOOD TRUST
WWW.LOCKLEAZENT.CO.UK

THE HUB
FEDDEN BUILDINGS
GAINSBOROUGH SQUARE
BRISTOL BS7 9FB

Hubbub Cafe: every Wednesday 10am - 1pm

At The Hub, Gainsborough Square, BS7 9FB

Child and family friendly community cafe

Affordable food and drink by Boing!
Softplay

Weekly advice drop-ins on different topics

www.lockleazent.co.uk/project/hubbub/



Really Wild Wednesdays!
JOIN THE COMMUNITY WILDLIFE TEAM

Create and look after wildlife areas like meadow, woodland, hedgerows and more in Lockleaze

When: Every other Wednesday, 1:30 - 5:00pm
Jan 28, Feb 11 & 25, March 11 & 25, April 22, May 6 & 20, Jun 3 & 17

Where: Different location across Lockleaze.
Check online or get in touch/join the WhatsApp group at reallywild@lockleazent.co.uk or 07708 471787.

All ages, and abilities welcome, with tasks for all.
All tools and training provided. No need to come to every session or attend the whole session. For access information please get in touch.

Really Wild Lockleaze
Lockleaze Neighbourhood Trust
Heritage Fund
Nature Towns and Cities

Really Wild Wednesdays

Fortnightly outdoor volunteering in Lockleaze

Accompanied older children welcome, tools provided and tasks to suit you.

Meet friendly people, get some exercise and learn outdoor skills.

Every second Wednesday, 1:30 - 5pm- arriving late is welcome.

Different locations each time- call 07708 471787 or visit

www.lockleazent.co.uk/series/really-wild-wednesdays/



BRISTOL BEARS
COMMUNITY FOUNDATION

FUN 2 MOVE SPORT HUB

TUESDAYS FROM 9TH SEPTEMBER | 4-5PM

LOCKLEAZE NEIGHBOURHOOD TRUST - THE HUB
UNIT 1, FEDDEN BUILDINGS, GAINSBOROUGH SQUARE, LOCKLEAZE, BRISTOL, BS7 9FB

Pan-Disability SEND event run by Bristol Bears Community Foundation for young people aged 13-17 at Lockleaze Neighbourhood Trust.

This will be a fully inclusive space for SEND and physically disabled participants to engage in multi-sport activities led by specialist coaches.

TO REGISTER YOUR INTEREST, EMAIL [KPASSFIELD@BRISTOLBEARSRUGBY.COM](mailto:kpassfield@bristolbearsrugby.com)

Fun2Move Pandisability Sports

At the Hub, Gainsborough Square BS7 9FB

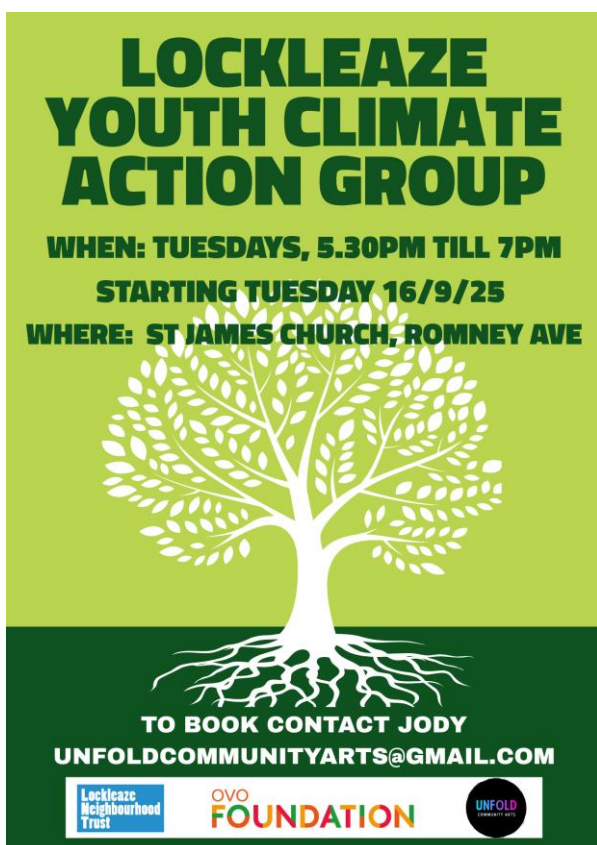
For young people age 13-17

Run by Bristol Bears Community Foundation

Every Tuesday 4pm - 5pm

Email

kpassfield@bristolbearsrugby.com to register your interest.



LOCKLEAZE YOUTH CLIMATE ACTION GROUP

WHEN: TUESDAYS, 5.30PM TILL 7PM
STARTING TUESDAY 16/9/25
WHERE: ST JAMES CHURCH, ROMNEY AVE

TO BOOK CONTACT JODY
UNFOLDCOMMUNITYARTS@GMAIL.COM

Lockleaze Neighbourhood Trust **OVO FOUNDATION** **UNFOLD COMMUNITY ARTS**

Lockleaze Youth Climate Action Group

For ages 11 - 19

Tuesdays 5:30 - 7pm

At St James Church, Romney Avenue, BS7 9TD

Young people get to shape the group, running events and doing creative projects to engage local people on climate issues. Learn loads, make friends and build confidence.

Contact unfoldcommunityarts@gmail.com to register.

www.lockleazent.co.uk/project/lockleaze-youth-climate-group/

Information and services for parents / carers

Dads Group

North Bristol Dads' Group

We are a dads' group in North Bristol which is run by dads in partnership with Family Help.

If you feel overwhelmed and want somewhere to vent, or want to talk to other dads in a similar position, or if you just want to meet new people and have chat over a cup of coffee!

We meet the 3rd Tuesday of every month at Henbury Library, 6pm-8pm and often organise activities. Feel free to pop along or scan the barcode below to register your interest.

**3RD TUESDAY OF EVERY MONTH
6PM-8PM**



**AMBITION LAWRENCE
WESTON,
2 STILE ACRES, BS11 0PZ**



SAY: 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 February Topic is Mediation

If a parent/carer/young person disagrees with a decision about an EHC needs assessment or a part of an EHC plan, they will be offered the chance to go to mediation to try and settle the disagreement before going to First-Tier Tribunal.



This information series breaks down key information about the mediation process...

Scan the QR code to view

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

The poster for SEND and You Appointments on Thursday 5th March 2026. It features the SAY logo and the Hartcliffe & Withwood Community Partnership logo. The text provides details about the session, including the time (12:30-1:30pm), location (@Symes Resource Centre, Peterson Avenue, Hartcliffe, BS13 0BE), and the fact that it is a drop-in session. It also mentions the services provided, such as SEN support, EHCPs, and legal rights, and includes the website www.sendandyou.org.uk.



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 0117 989 7725

Workshops to Manage BIG Emotions in the Family

Mindfulness tools for calmer,
more connected parenting



Parenting can feel overwhelming when emotions run high.

These online workshops offer simple, practical mindfulness tools to help you:

- Stay calm in difficult moments
- Support your child's emotional resilience
- Reduce conflict at home
- Strengthen connection and communication

For more info:

www.mpcp.info

mpcp.bristol@gmail.com | 07949 399533

Online Workshops

Fridays 9:30 - 11am
Wednesdays 6-7:30pm
Via Zoom

Managing Difficult Behaviour

Friday 6th March am
Weds 11th March pm

Developing Emotional Resilience

Weds 22nd April pm
Friday 24th April am

Managing Conflict within the Family

Friday 8th May am
Weds 20th May pm

Love and Limits (setting limits)

Friday 5th June am
Weds 17th June pm

Managing Emotions Teens/Tweens

Weds 1st July pm
Friday 10th July am

Cost: Unwaged - By donation

Low waged - £10

Waged - £25

<https://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-19809497987727aff=oddtcreator>



Nacooa



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

FREE Helpline 0800 358 3456
helpline@nacooa.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 • Elle Macpherson • Jerry Moe • Vicky Pattison • Suzanne Stafford CQSW
Camilla Tominey • David Yelland

Nacooa (National Association for Children of Alcoholics)

Nacooa (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.

Nacooa'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

Nacooa's **free, confidential telephone (0800 358 3456)** and **email helpline (helpline@nacooa.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.

Nacooa's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences (www.nacooa.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@nacooa.org.uk



@NacooaUK



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

Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacooa.org.uk
Web nacooa.org.uk
Socials @nacooaUK



Bristol 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>

<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.**

