



October 2025 Family Help Bulletin

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

Hello and welcome to the October 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:

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

Beezee Families

Take the 'scare' out of school holidays!

Beezee Families is our FREE healthy lifestyle programme, designed to help you learn more about healthy eating and finding habits that work for you. Check out these fun spooktacular activities to keep your little monsters entertained this half term.

Activity 1:

Munchable Mummies

Give making these booootiful munchable mummies a go!

Activity 2:

Get crafty with your recycling

Use toilet roll tubes to make your own devilish decorations, create a haunted house out of an old cereal box or print off this fun bat cutout to make your own ghoulish garlands!

Activity 3:

Walk this way

Get the family all wrapped up and explore the great outdoors this autumn.

Activity 4:

Learn a brand-new dance routine

Get you and the kids dancefloor-ready for the Halloween party season!

Want more healthy lifestyle support?
Check out our website to find out how we can help your family.*

Scan here
or
Click the link

brf.maximusuk.co.uk

*Our courses are designed for families with children aged 5 and up

24-5250

Children Scrapstore



Super Saturday!

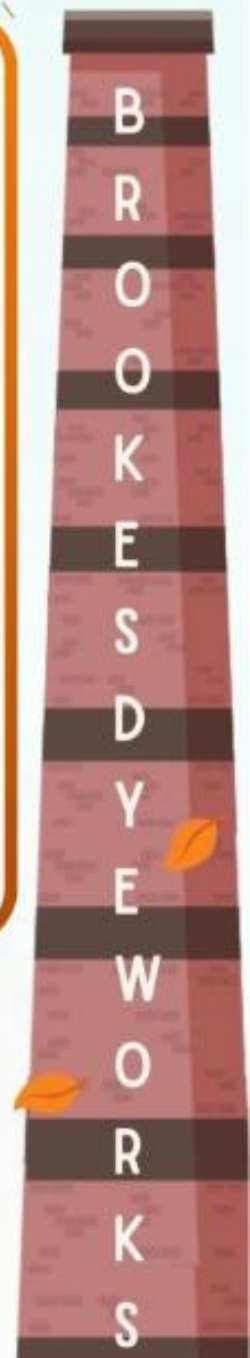


Arts, Crafts, & Play at Children's Scrapstore

Join us for **FREE** and crafty fun, aimed towards Primary School children and their families. This drop-in session runs from **10:00am - 11:30am.**

No unaccompanied Children. This session takes place in our Playroom, and can be busy, so you may need to wait for a moment in our Children's Corner if the room is full.

www.childrensscrapstore.co.uk/free-events



Join us on
Saturday 1st
November 2025!



October Half-Term Programme 2025

Date	Time	Event	Session
Tuesday 28th October	10:15am - 11:30am	Under 5s	Taste Safe Messy Play
Tuesday 28th October	1:45pm - 3:00pm	Stay & Play	Messy Play for All
Wednesday 29th October	10:15am - 11:30am	Under 5s	Messy Play
Wednesday 29th October	1:45pm - 3:15pm	Stay & Play	Halloween Craft
Thursday 30th October	10:15am - 11:45am	Stay & Play	Frankentoys
Thursday 30th October	1:45pm - 3:15pm	Stay & Play	Playing with Light & Shadow
Friday 31st October	10:15am - 11:30am	Stay & Play	Friday Craft
Friday 31st October	1:45pm - 3:15pm	Stay & Play	Make and Mend
Saturday 1st November	10:00am - 11:30am	Families	Super Saturday
Saturday 1st November	1:45pm - 3:15pm	Stay & Play	Family Autumn Crafting

Under 5s

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

Stay & Play

These sessions are best for ages 5-10, but all are welcome, and adults stay and play.

Families

Free stay & play drop-in sessions (so no need to book), for children and their adults. See more details for these sessions at:
www.childrenscrapstore.co.uk/free-events

To book your place on any of our events, or to find out more, please visit our website:
www.childrenscrapstore.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@childrenscrapstore.co.uk, or calling us on 0117 9085644





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

FREE

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



OCTOBER HALF TERM

PLAY, HANG OUT & HAVE LUNCH



Outdoor play sessions

Lawrence Weston

1 - 3pm

Lunch for children 

We bring lots of play to the green spaces

Longcross/
Bangrove Walk:
Tuesday 28th Oct

Beverston Gardens:
Thursday 30th Oct



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.

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

Dads' Group – Christmas Party!



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

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

**NO
COST!***



Where?

Sites across Bristol & South Glos

*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.

Any questions?
Call/Text

0117 428 6240 or 07831 914685
Email: kitty@uniquevoice.org



To find out more visit our
booking page here

www.esqg.org/uniquevoice



Every Family – Timetable

everyFAMILY
empowering families for life

Autumn

What's On?

Remember to follow us on social media for all our group and course updates!
f Instagram in

**Autumn Term
September 2025**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>'PLAY TIME' STAY & PLAY STARTING FROM 8TH SEPTEMBER 2025</p> <p>9:30-11 AM 0-5 YRS £2</p>	<p>'MUSICAL BABIES' STARTING FROM 9TH SEPTEMBER 2025</p> <p>10-11 AM 0-18 MONTHS £2</p> <p>'BABY MASSAGE' 1:30- 2:30 PM 5 WEEK COURSE</p> <p>FOLLOW US ON FACEBOOK FOR FUTURE DATES</p> <p>£25 FOR 5 WEEKS BOOKING ESSENTIAL</p>	<p>BABY HUB 9:30-11:30 AM RUN BY NORTH BRISTOL CHILDRENS CENTRE</p> <p>INFANT FEEDING GROUP RUN BY NBCC 11:30AM- 1 PM</p> <p>'AFTER SCHOOL HANGOUT' STARTS FROM 10TH SEPTEMBER 2025 3:15- 6PM 8-11YRS - FREE</p> <p>STARTS FROM 10TH SEPTEMBER 2025 INCLUDES A HOT MEAL. BOOKING ESSENTIAL FUNDED BY BRISTOL YOUTH & PLAY SUPPORT</p>	<p>'OUTDOOR EXPLORERS' STAY & PLAY STARTING FROM 11TH SEPTEMBER 2025</p> <p>10-11 AM 0-5 YRS £2</p>	<p>FOLLOW US ON FACEBOOK FOR NEW WORKSHOPS COMING SOON!</p>

Brenty Lane, Brenty, BS10 6RG
0117 9593800 everyfamily.org.uk

Cost of paid groups are per family,
payable via cash or card.







Groups are drop in unless
stated otherwise.
For bookings call 0117 9593800

Family Hubs – Half Term Timetable




HALF TERM

27th - 31th October 2025

	Tuesday	Wednesday	Thursday	Friday
Filton Avenue <small>3 Bakerly Road, Horfield, BS7 0DL</small>	Horfield Baptist Church Baby Hub <small>For families with children under 5 10am - 11:45am</small> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.	Family Fun Session <small>10am - 11:30am</small> Drop-in for fun family activities and more. Aimed at ages 0-5. <small>Location: Horfield Baptist Church, 165a Gloucester Road Tel: 0202 025 6278</small>	Baby Hub <small>For families with children under 5 9:30am - 11:30am</small> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.	
Southmead <small>Doncaster Road, Southmead, BS10 5PV</small>	Infant Feeding Group <small>12:30pm - 2pm</small> A supportive drop-in session to help you and your baby get the most out of breastfeeding.		Baby Hub <small>For families with children under 5 9:30am - 11:15am</small> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.	Family Fun Session <small>10am - 11:30am</small> Drop-in for fun family activities and more. Aimed at ages 0-5.
Long Cross <small>Long Cross, Lawrence Weston, BS11 0LP</small>			Family Fun Session <small>10am - 11:30am</small> Drop-in for fun family activities and more. Aimed at ages 0-5.	
Sea Mills <small>Riverloze, Sea Mills, BS50 2HL</small>		Baby Hub <small>For families with children under 5 9am - 11am</small> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.		
Brentry <small>Brentry Lane, Henbury, BS10 6RG</small>		Baby Hub <small>For families with children under 5 9:30am - 11:30am</small> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.	Infant Feeding Group <small>11:30pm - 1pm</small> A supportive drop-in session to help you and your baby get the most out of breastfeeding.	Scan to view our online timetable and more! 

www.northbristolcc.org.uk





HALF TERM FAMILY FUN SESSIONS

27th - 31th October 2025

northbristolcc



-Wednesday-

FILTON AVENUE CHILDREN'S CENTRE

Drop-in from 10am - 11:30am
Blakeney Road, Horfield
BS7 0DL



-Thursday-

LONG CROSS CHILDREN'S CENTRE

Drop-in from 10am - 11:30am
Long Cross, Lawrence Western
BS11 0LP

Lots of activities for
babies and young
children up to
five years



-Friday-

SOUTHMEAD FAMILY HUB

Drop-in from 10am - 11:30am
Doncaster Road, Southmead
BS10 5PW



Scan to view our
online timetable
and more!



www.northbristolcc.org.uk

Branch Community Church



ROOTS

Branch After School Club
For school years 5-7 5-6.15pm
Every Tuesday (in term time)

Activities

Game consoles, crafts, group games, board games, snacks, a faith talk and more!

Location

*Branch Community Church,
Satchfield Crescent,
Henbury,
BS10 7BN*

**Scan the QR code
to secure your place:**



Free Storytelling Workshops

STAND
STRENGTH TOGETHER AGE-VERSIBLE DEVELOPMENT

alive
Lighting up later life

Free Storytelling Workshops

Join us to explore creative storytelling and unleash your imagination alongside a professional storyteller.

Write your own stories and hear tales from throughout the generations at our free intergenerational workshops. These sessions are aimed at older adults and young people under 5 & their grown-ups, however all are welcome.

The Beehive Centre, Bristol BS5 7AW
11:30am - 1:00pm on the following Wednesdays:

October: 8th, 15th, 22nd

November: 5th, 12th, 19th

Contact us to book your FREE space or find out more:
mel@aliveactivities.org



aliveactivities.org | 07861 385 543 | Reg. Charity 1132708

Information and services for parents / carers

Dad's 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**



**HENBURY LIBRARY,
CROW LANE,
HENBURY, BS10 7DR**



Nacoa



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

FREE Helpline **0800 358 3456**
helpline@nacoa.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

Nacoa (National Association for Children of Alcoholics)

Nacoa (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.

Nacoa'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

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

Nacoa's services include: -

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



@NacoaUK

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

Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacoa.org.uk
Web nacoa.org.uk
Socials @nacoauk



Parent/Carer Workshop

FRIDAY
17th
OCTOBER '25
9.30–
10.30am

When Should I Worry?

**A FREE Parent/Carer workshop
with Dr Lunts from
Pioneer Medical Group.**



**Advice on coughs,
diarrhoea, fever,
rashes and other
childhood illnesses.**

DROP IN!
REFRESHMENTS
AVAILABLE.

everyFAMILY
empowering families for life

Brentry Lane, BS10 6RG
0117 9593800

Family Hub – Advice Drop in's



**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 us for our Advice Drop-In

Friday 7th November 9am - 12pm

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

Bristol Family Hub Navigators are here to support all families in Bristol with children from 0-19 (25 with SEND)

You do not need to have a child attending Southmead Children's Centre to attend our drop-in

all are welcome

The Care Forum - NHS App Support Team

Come along and get support from the team with downloading and using the NHS app. Please note if you are downloading the app for the first time you will need to -

- Bring your smart phone
- Bring a form of ID (valid passport or driving licence) - if you do not have ID please get in touch and we can discuss alternatives - savannahbassewitz@thecareforum.org.uk
- Have access to your emails on your smart phone

Skills Connect

offer free support to residents of Bristol to enter training, gain employment, progress within their current career or change into a new career.

Pop along to speak to one of their Coaches
from 9am - 12pm

Shelter - Family Service

Do you have housing concerns?
Come along and get free independent housing advice from Shelter's Housing Rights Advisor
from 10am - 12pm

WorkWell West

WorkWell is a friendly, free and local support service for anyone with a disability or health condition who is struggling to stay in work, return to a job, or trying to find new employment.

Come along and have a chat with one of their Work & Health Coaches
from 9am - 11pm

Avon Fire & Rescue Service

offer free advice to local residents on how to keep your homes Fire Safe!

Pop along to speak to one of their Community Advisors
from 9.30am - 12pm

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

Filton Avenue Nursery



Are you looking for an outstanding nursery place for your child?

We are a pre-school nursery setting, serving the Horfield, Lockleaze, Ashley Down and Filton communities of North Bristol and we offer term time educational provision including day care.

- Places for 2-, 3-, & 4-year-olds
- Morning, afternoon, or 2-day options, as well as 30-hours places per week
- Additional paid childcare available
- Outstanding teaching and learning from qualified teachers and highly experienced staff



"The teaching, learning and care observed was of a very high quality. At such an early stage in the term all the children were settled, happy and working purposefully in a harmonious learning community."

- Her Majestys Inspector

"I was nervous about him starting nursery but all staff have made it a breeze couldn't be happier with how he is getting on."

- Parent/Carer



Filton Avenue Nursery School, Blakeney Road,
Bristol, BS7 0DL

0117 3772680

filtonavenue.org



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
Or call 0117 951 5751
Registered Charity number: 1066921



Send and you: SENDIAS



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 November Topic of the Month: SEN Support:



This information series covers what 'special educational needs' (SEN) means and how any needs should be identified and supported in educational settings.
Scan the QR code to find out more about SEN Support.



1:1 Appointments available to discuss all things special educational needs, coming up in Bristol:

SAY
SEND AND YOU
SENDIAS

**Bristol
SEND and You**

In-person bookable appointments for
SEND advice on any topic

Thursday 6th November 2025
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 26th November 2025
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



SAY



SEND AND YOU SENDIAS

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

Little Foxes Forest School



SPACES AT LITTLE FOXES

“Where Nurture Meets Nature”

Come and join us in the woods!

Little Foxes Forest School have a few spaces left in our preschool group for this academic year. Little Foxes Forest School was founded and set up in 2018 by primary school teachers with over 30 years combined experience.

Our team has seen first-hand the benefits that children gain from playing and learning outdoors. We are on a mission to offer children the opportunity to play and learn in a natural environment. Our magnificent settings encourage children to become decision makers, explorers, foragers, chefs, climbers and so much more.

Our outdoor Nurseries cater for children aged 2.5 - 4 years old. We believe in the strength of nature for turning children into creative and resilient learners. We have a few core hours spaces in our preschool group situated in the beautiful Stoke Park estate. We are open from 9.30am-2.30pm, Monday - Thursday term time only, and we offer spaces of 2 or more days.

If you are interested in a space with us, please email info@littlefoxesforest.co.uk or call us on 07365491361

We look forward to seeing you soon!

Work Well West

WorkWell West is one of 15 pilot in the UK. This scheme was set up to help around 60,000 long term sick or disabled people access local support services to help them start, stay or succeed in work.

The main focus of the programme is to provide early intervention and support to help people to address any health-related barriers they are currently facing and to provide a tailored plan to meet their personal goals.

At WorkWell West, we are here to support people who live in Bristol, North Somerset and South Gloucestershire (or are registered to a GP in these locations), who are over 16 years old, have a health condition or disability, and are struggling to stay in work, return to a job, or are trying to find new employment.

The term 'health conditions' covers a lot, and we don't require medical proof of your condition. It could, for example, be that you:

- Are struggling with stress or anxiety
- Feel that you are neurodivergent or have a diagnosis for this
- Have pains in your body such as musculoskeletal pains or you have other ongoing physical issues

As long as you feel that you have some sort of health condition or disability, then we would be able to support you.

If you contact us, we some of our team process the initial referrals that we receive and complete eligibility calls with participants. These usually take around 15 minutes and we request more details to better understand your situation.

You will then be assigned to one of our Work and Health Coaches who will provide you with personalised support and signposting, so that you are getting the best help possible.

The support we've offered so far has included programmes like Fit Robins with the Bristol City football team and Comedy for Careers, as well as other referrals to a wide range of support available for both physical and mental health.

One of our previous participants said "I recommend WorkWell for those with disabilities or health conditions" and another proclaimed, "if you want some sound guidance about your employment and health, don't hesitate to get in touch with WorkWell!"

If you feel that this programme would be suitable for you then please do complete a [Referral form on our website](#) and one of our team will be in contact with you. You can also email us at workwell@bristol.gov.uk if you have any questions.