

Families in Focus Bulletin - Part 1

Information & Support for Families, Parent/Carers and Young People

Hello and welcome to the Information Bulletin from your locality Families in Focus team. **This bulletin contains information on citywide and South based services.**

The amount of information has grown so large that we have split the Bulletin into two parts and this is Part 1

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 Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus 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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*Activities for
Young People
& Families*

Your Holiday HUB Bristol

Hundreds of holiday
activities available
in Bristol



Do you know about Your Holiday Hub?

If your child receives benefits related free school meals, they can join in with lots of fully-funded activities taking place during the school holidays!

What's included?

- A meal with every session
- Activities from sports, crafts, drama, gardening and much more!

It's a great way to stay active, meet friends, have fun and learn new things.

To book, visit:

www.yourholidayhubbristol.co.uk or contact your school.

Any questions? Email: haf@bristol.gov.uk



Your
Holiday
HUB
Bristol

Department
for Education



BAND
Bristol Area Neighbourhood
Development



PLAYFUL
BRISTOL

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

Your Holiday Hub – Creative Summer Holiday Club



The poster features a yellow background with two circular photos of children. The left photo shows two boys, one with curly hair and one with straight hair, both smiling. The right photo shows a girl with blonde hair sitting inside a tire swing, also smiling. A white starburst graphic with the text 'UNIQUE VOICE' is positioned near the girl. A large pink speech bubble in the center contains the title 'Creative Holiday Club' and the subtitle 'For 5 - 11 year olds'. Below this, the poster is divided into sections: 'Activities' with a list of four items, 'When?' with a clock icon and dates, 'Where?' with a location pin icon and address, and 'NO COST!' in a yellow circle. A yellow rounded rectangle contains contact information for questions. At the bottom, there is a QR code, a website URL, and funding information.

Creative Holiday Club

For 5 - 11 year olds

Activities

- Arts and Crafts
- Drama
- Games
- Outdoor play

When?

10am - 2pm

Tues 30th July - Thurs 1st August
Tues 6th - Thurs 8th August
Tues 13th - Thurs 15th August
Tues 20th - Thurs 22nd August

Where?

Merchants' Academy Primary,
Hareclive Avenue,

NO COST!*

Any questions?
Call/Text/WhatsApp
0790 102 3552

*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

A square QR code is located in the bottom right corner of the poster, with a small orange circle in the center.

Funded by Bristol City Council through the DfE



Zion Church - free Zionbury Festival Community event

ZIONBURY
FESTIVAL
COMMUNITY PARTY!
27TH JULY 2024

KIDS CRAFT | LIVE MUSIC | FOOD
DANCE | PRINCESS ARIEL | LEGO
FAMILY SEA SHANTY | FACE GLITTER

DONATION ENTRY ON THE DAY

SPONSORED BY

DM WINDOW INSTALLATIONS
0117 313 6884
sales@dmwindowsbristol.com
www.dmwindowsbristol.com

ZIONBURY FESTIVAL - a free community festival to say thank you to the community!

ALL DAY FUN! Saturday 27th July 11am - 9.30pm - DONATION ON THE DAY

Let us know you're coming, by reserving your free space through Eventbrite!

[ZIONBURY - FREE COMMUNITY FESTIVAL Tickets, Sat 27 Jul 2024 at 11:00 | Eventbrite](#)

Zion Bristol, Bishopsworth Road, Bristol, BS13 7JW



BAR TROPICANA & SUMMER WONDERLAND

**BRISTOL'S ONLY VINTAGE
SUMMER WONDERLAND**



Millennium Square, Bristol Harbourside

**OPEN DAILY FROM
11TH JULY TO 1ST SEPTEMBER 2024**

FREE ENTRY

**VINTAGE RIDES, GAMES, BARS
AND FOOD MARKET**

FAMILY FUN FOR ALL AGES



HWCP - Summer Fair for the whole family

HARTCLIFFE & WITHWOOD
COMMUNITY PARTNERSHIP

BRINGING THE COMMUNITY TOGETHER AGAIN!

SYMES RESOURCE CENTRE BS13 0BE

SUMMER FAIR

FRIDAY 26TH JULY

10:00AM - 1:00PM

FUN FOR THE WHOLE FAMILY
BOUNCY CASTLE • CAKE POPS • HAIR BRAIDING • SWEETS • FOOD
SS GREAT BRITAIN • KIDS JEWELLERY AND PLENTY MORE

SUMMER HAZARD CLUBS
BRUNEL'S SS GREAT BRITAIN
Miss B's Bakes
ENCHANTED FEATHERS HANDMADE CRAFTS
JUST FOR KIDZ

South Bristol Children's Centres - Summer holiday activities in the local parks






Summer Holidays 2024
Come & Join us in your local park within the community.
See the list of parks below.....

SBCC

WK 1 July 24th-26th July	WK 2 July 29th-2nd August	WK 3 August 5th-9th August
<p>Weds 24th 10:00-11:30 Play In The Park SOUTH STREET BS3 3BE</p> <p>Fri 26th 10:00-11:30 Play In The Park MILMOT PARK BS13 0AA</p>	<p>Mon 29th 1:00-2:30 Play In The Park REDCATCH PARK BS4 2EY</p> <p>Tues 30th 10:00-11:30 Play In The Park KINGHEAD PARK BS13 7DA</p> <p>Weds 31st 10:00-11:30 Play In The Park GREVILLE SMYTH PARK BS3 2EQ</p> <p>Thurs 1st 10:00-11:30 Play In The Park MOBRAY PARK BS14 9HD</p> <p>Fri 2nd 10:00-11:30 Play In The Park MILMOT PARK BS13 0AA</p>	<p>Mon 5th 1:00-2:30 Play In The Park INNS COURT PARK BS4 1XU</p> <p>Tues 6th 10:00-11:30 Play In The Park MITHYMOD PARK BS13 8PL</p> <p>Weds 7th 10:00-11:30 Play In The Park VICTORIA PARK BS3 4QE</p> <p>Thurs 8th 10:00-11:30 Play In The Park ST AUGUSTINES PARK BS14 0EP</p> <p>Fri 9th 10:00-11:30 Play In The Park MILMOT PARK BS13 0AA</p>
WK 4 August 12th-16th August	WK 5 August 19th-23rd August	WK 6 August 27th-30th August
<p>Mon 12th 1:00-2:30 Play In The Park FILWOOD PARK BS4 1JP</p> <p>Tues 13th 10:00-11:30 Play In The Park BISHOPSWORTH PARK BS13 8EA</p> <p>Weds 14th 10:00-11:30 Play In The Park GORSE MARSH PARK BS3 2LP</p> <p>Thurs 15th 10:00-11:30 Play In The Park COTTLE RD PARK BS14 8QR</p> <p>Fri 16th 10:00-11:30 Play @ Gym Tots 0-5yrs HENGROVE LEISURE CENTRE BS14 0DE</p>	<p>Mon 19th 1:00-2:30 Play In The Park PERRETT'S PARK BS4 2EA</p> <p>Tues 20th 10:00-11:30 Play In The Park HEADLEY LANE PARK BS13 7PP</p> <p>Weds 21st 10:00-11:30 Play In The Park DEAN LANE PARK BS3 1DW</p> <p>Thurs 22nd 10:00-11:30 Play In The Park STOCKMOOD OPEN SPACE BS14 8LX</p> <p>Fri 23rd 10:00-11:30 Play In The Park MILMOT PARK BS13 0AA</p>	<p>MONDAY 26TH BANK HOLIDAY</p> <p>NO PLAY IN THE PARK THIS WEEK. PLEASE SEE OUR SUMMER HOLIDAY TIMETABLE FOR ALL OTHER GROUPS HAPPENING</p> <p>THANKS SBCC</p>




South Bristol Children's Centres - Summer Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hartcliffe Hareclive Rd. Hartcliffe BS13 OJW 01179- 038633	Little Explorers Stay & Play Running 5th 12th 19th August For expectant parents & parents under 25 years of age. 1:00 - 2:30	Register interest in any of our parenting programmes by scanning the below QR code Thank you 	Baby Hub 9:30 – 10:30 Milky Way, Infant Feeding Group 10:30 – 12:00	Baby Group 1:30 – 2:30	Play in the Park 10:00 11:30 See flyer for location	Sat 3rd August Scribble & Sketch 10:30-12:30 Drop in email ellen.pye@rwa.org.uk
Stockwood Whittock Rd, Stockwood BS14 8DQ 01173-533503	Baby Group 10:00 – 11:00	Food Club 9:00 – 10:00 Baby Hub 1:30 – 2:30 Whitchurch 1st & 3rd of the month Stockwood 2nd & 4th of the month			Play in the Park 10:00–11:30 Please see flyer for Location	
Knowle Inns Court, Knowle BS4 1TR 01173-532036	Play in the Park 1:00-2:30 Please See flyer for Location	Baby Hub 9:30 – 11:00 Scales available until 10:30.		Baby Group (including Sing & Sign) 10:00 – 11:00 Food Club 12:30 – 2:30	Food Club 1:00-2:30	
Bishopsworth 2 Lakemead Grove, Bishopsworth BS13 8EA 01179-781028		Baby Hub 9:30 – 10:30 Milky Way, Infant Feeding Group 10:30- 12:00	Baby Group 9:30 – 10:30		Play In The Park 10:00– 11:30 Please see flyer for location	
Bedminster British Rd Bedminster BS3 3BZ 01173-746362	Stay & Play Faithspace, Redcliffe BS1 6PB 9:30 – 11:00	Baby Group 1:30 – 2:30	Play In The Park 10:00-11:30 please see flyer for location Redcliffe Food Club 1:00 – 2:30 Faithspace BS1 6PB	Baby Hub 10:00 – 11:30	Look out for our New timetable for September 2024	

RWA & Hartcliffe Children's Centre - Free weekend Family Art Workshop

RWA Royal West of
England Academy

Supported by:  **Quartet
Community
Foundation**

Free Family Art Workshop

Every 1st Saturday of the month at Hartcliffe Children's Centre
Scribble and Sketch | Free (Drop - in) | 10.30am - 12.30pm

2024: 6 Jul, 3 Aug, 7 Sep, 5 Oct, 2 Nov, 7 Dec



Photo by Alice Hendy

These sessions are designed for children and grown-ups to take part in together - everyone is welcome.

For more info email: ellen.pye@rwa.org.uk

Zion Church - Breakfast with the Princesses



BREAKFAST WITH THE PRINCESSES
ELSA & BELLE

THURSDAY 1ST AUGUST 9.30-11AM
£10 KIDS/ ADULTS (INCLUDES PANCAKES)

BREAKFAST, FOLLOWED BY A PRINCESS DANCE PARTY FULL OF MAGICAL GAMES, FUN, BUBBLES AND RIBBON DANCING GUARANTEED TO CAPTURE YOUR CHILD'S IMAGINATION!!
KIDS PANCAKES: PINK PRINCESS PANCAKES
ADULTS CAN CHOOSE FROM:
PANCAKES WITH MAPLE SYRUP & BACON OR
PANCAKES WITH BERRY COMPOTE

Join us for an enchanting morning with Princesses Belle & Elsa! All ages welcomed but aimed at ages 4-8.

All tickets include pancakes (choose which pancakes when selecting your tickets)

- Kids - Pink Princess Pancakes (Maple Syrup & Sprinkles)
- Adults - Berry Compote & yoghurt on pancakes OR Bacon & Maple Syrup on pancakes

9.30am Doors, Event finishes at 11am.

Meet & Greet & photos with Belle and Elsa!

Breakfast will be brought out around 9.45am. Followed by a princess dance party full of magical games, fun, bubbles and Ribbon dancing guaranteed to capture your child's imagination!!

£10 Tickets [Breakfast with the Princesses Tickets, Thu, Aug 1, 2024 at 9:30 AM | Eventbrite](#)

Zion Bristol, Bishopsworth Road, Bristol, BS13 7JW

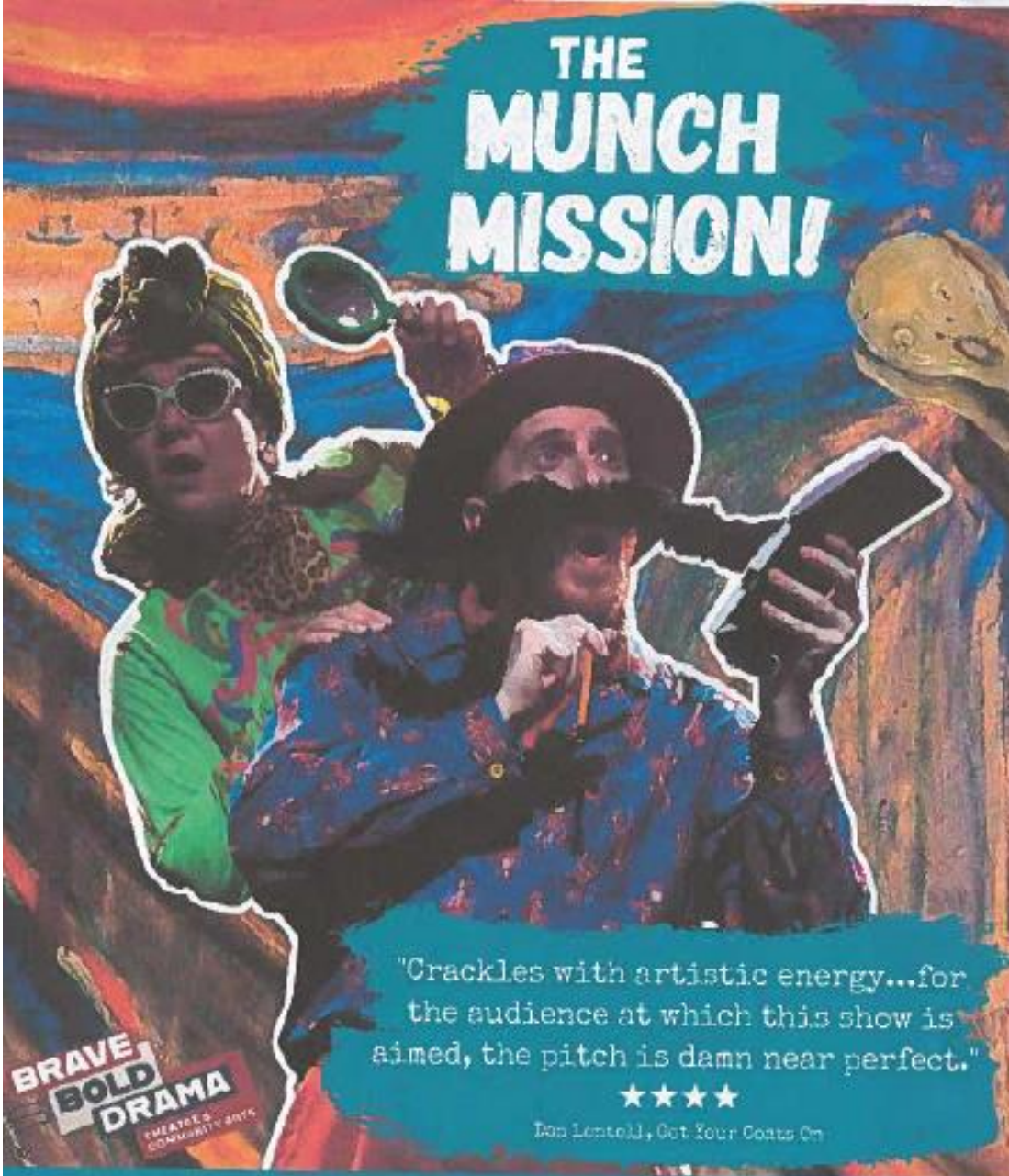


KIDS DRAWING CLUB
WEDNESDAY'S 12-1

- 31st July - Garden Insects & Flowers
- 7th Aug - Hot Air Balloons
- 14th Aug - Cute cupcakes & Masks
- 21st Aug - Dinosaurs & Unicorns

Optional donation on the day

ZION BRISTOL, BISHOPSWORTH ROAD, BS13 7JW



THE MUNCH MISSION!

"Crackles with artistic energy...for the audience at which this show is aimed, the pitch is damn near perfect."

★★★★

Don Lintell, *Get Your Coats On*

**Art heist
playable family theatre
adventure!**

Playable means you vote throughout the show to control the story!

www.bravebolddrama.co.uk


Best suited for people aged 7+

Brave Bold Drama
THEATRE & COMMUNITY ARTS

Heart of BS13 - Summer holiday activities

<p>HAF MINECRAFT-THEMED COOKERY AT THE FARM GRUB FOR GAMERS</p> <p>DATES: JULY 30 @ 11:00 AM - 3:00 PM AUGUST 6TH, 13TH 27TH @ 11.00 AM – 3.00PM</p>  	 <p>ORGANISERS Jodie Smith HAF Team</p> <p>VENUE <u>Hartcliffe City Farm</u> Lampton Avenue Bristol, BS13 0QH United Kingdom jodie.smith@heartofbs13.org.uk 07493753691</p>	<p>HAF MINECRAFT-THEMED COOKERY AT THE FARM</p> <ul style="list-style-type: none"> • A fun, free session for 8-13 year old Minecraft-enthusiasts this summer holidays at Hartcliffe City Farm! • Explore the biomes of Minecraft and build delicious food from each area of the Minecraft world with different features like jungles, deserts, oceans, and mountains. • Gaming snacks: make your favourite 2D characters out of food • Cook and eat your lunch together • Meet and feed the animals on the farm • A family-sized frozen meal to take home will be provided to each participating child. • These sessions are available to 8-13 year olds who receive benefits-related free school meals only. • Booking essential
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<p>HAF Cookery and Crafts on the farm!</p> <p>Dates: July 31, August 14th Time: 11:00 am - 3:00 pm</p> 	 <p>ORGANISERS Jodie Smith HAF Team</p> <p>VENUE <u>Hartcliffe City Farm</u> Lampton Avenue Bristol, BS13 0QH United Kingdom jodie.smith@heartofbs13.org.uk 07493753691</p>	<p>A fun, free session for 8-13 year olds this summer holidays at Hartcliffe City Farm!</p> <p>You will:</p> <ul style="list-style-type: none"> • Make nature-inspired tote bags, pencil cases and jewellery • Cook and eat your lunch together around the campfire • Meet and feed the animals on the farm • A family-sized frozen meal to take home will be provided to each participating child. • These sessions are available to 8-13 year olds who receive benefits-related free school meals only. • Booking essential <p>Computer saying no?! If your child is eligible for these sessions and you are having trouble using the booking website, please email haf@heartofbs13.org.uk and we'll be in touch to help.</p>
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<p>HAF Puppets and pasta on the farm</p> <p>Dates: August 7th, 28th</p> 	<p>ORGANISERS Jodie Smith HAF Team</p> <p>VENUE <u>Hartcliffe City Farm</u> Lampton Avenue Bristol, BS13 0QH United Kingdom jodie.smith@heartofbs13.org.uk 07493753691</p>	<p>Puppet-making – make a farmyard friend out of recycled materials</p> <p>Pasta-making – cook pasta from scratch, which we will eat together over lunch</p> <p>A family-sized frozen meal to take home will be provided to each participating child.</p> <p>These sessions are available to 8-13 year olds who receive benefits-related free school meals only.</p> <p>Booking essential</p>
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<p>HAF HORRIBLE HISTORIES KITCHEN AT THE FARM Date : August 20th Time: 11.00 am – 3pm</p> 	 <p>ORGANISERS HAF Team VENUE Hartcliffe City Farm Lampton Avenue Bristol, BS13 0QH United Kingdom haf@heartofbs13.org.uk</p>	<p>A fun, free, horrible histories-themed session for 8-13 year olds this summer holidays at Hartcliffe City Farm!</p> <p>Find out all about the gruesome (but wholesome) diets of kings and queens of old by making gory and gooey dishes Fill up your food bar with delicious delights from the garden Cook and eat lunch together Visit the farm animals – pigs, goats and more! A family-sized frozen meal to take home will be provided to each participating child.</p> <p>These sessions are available to 8-13 year olds who receive benefits-related free school meals only.</p> <p>Booking essential</p>
<p>HAF PIGS, PICNIC AND PRIZES! Date: AUGUST 21st Time:11:00 AM - 3:00 PM</p> 	<p>ORGANISERS HAF Team VENUE Hartcliffe City Farm Lampton Avenue Bristol, BS13 0QH United Kingdom haf@heartofbs13.org.uk</p>	<p>A fun, free session for 8-13 year olds this summer holidays at Hartcliffe City Farm!</p> <p>Make your own picnic lunch and snacks to eat together on the farm Win a prize taking part in the flower farm treasure hunt Visit the animals on the farm – pigs, goats and more! A family-sized frozen meal to take home will be provided to each participating child.</p> <p>These sessions are available to 8-13 year olds who receive benefits-related free school meals only. Please note, while we hope for the parts of these sessions to take place outdoors, in case of wet weather, we have a dry, covered space in which they can take place. Booking essential.</p>

HWPC - free summer holiday activities



Free BS13 Summer Activities for Young People

www.hwcp.org.uk




Summer Holidays 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week commencing 22/07/2024			Hartcliffe Olympics 1:00pm - 3:00pm Withywood Park		Summer Fair 10:00am - 1:00pm The Symes Resource Centre
Week 2 Week commencing 29/07/2024	All Aboard Watersports 10:00am - 12:30pm Harbourside	DigMakers 9:00am- 3:00pm The Symes Resource Centre Boxing and Training 10:00am - 2:00pm Sarton club	Hartcliffe Olympics 1:00pm - 3:00pm Willmott	Weymouth Trip 8:00am - 4:30pm Meeting point The Symes Resource Centre	Graffiti Workshop 10:00am - 1:00pm 2:00pm - 5:00pm The Symes Resource Centre
Week 3 Week commencing 05/08/2024	ACTA Drama 10:00 - 2:00pm Mowcroft Church	DigMakers 9:00am- 3:00pm The Symes Resource Centre All Aboard Watersports 1:30pm - 4:00pm Harbourside	Hartcliffe Olympics 1:00pm - 3:00pm Millennium Green		Yoga Wellbeing & Go Sketch 10:00am - 2:00pm The Symes Resource Centre
Week 4 Week commencing 12/08/2024	Breakfast Club & POT Gang 9:30am- 12:30pm The Symes Resource Centre	Boxing and Training 10:00am - 2:00pm Sarton Club			Yoga Wellbeing & Go Sketch 10:00am - 2:00pm The Symes Resource Centre
Week 5 Week Commencing 19/08/2024	ACTA Drama 10:00 - 2:00pm Mowcroft Church	Boxing and Training 10:00am - 2:00pm Sarton Club			Yoga Wellbeing 10:00am - 2:00pm The Symes Resource Centre
Week 6 Week Commencing 26/08/2024	Bank Holiday	Boxing and Training 10:00am - 2:00pm Sarton Club			Summer Fair 10:00am - 1:00pm The Symes Resource Centre

HWCP EVENTBRITE
SUMMER HOLIDAY ACTIVITIES



PLEASE SCAN THE
QR CODE TO BOOK
YOUR SPACE



HAF
CHILDREN WHO RECEIVE BENEFITS-RELATED
FREE SCHOOL MEALS CAN EXPLORE YOUR
HOLIDAY HUB SUMMER ACTIVITIES



Digi Makers®

Create the digital world

FREE COMPUTER CLASSES

WHERE?
Hartcliffe & Withywood Community Partnership, Community Room,
@symes Resource Centre, Peterson Ave, BS13 0BE

WHEN?
Tuesday 30th July (Robot Week)
Tuesday 6th August (Games Making)

10:30 - 12:00
12:30 - 14:00

WHO?
10—14 year olds

Book from 1st July:
<https://bbb.gd/clubdigi>



SUMMER FUN DAY



Get your summer off to a good start, with a fun-filled day at The Park. Free workshops, dance and fitness sessions and more...

★ Something for all the family

- Face Painting
- Bouncy Castle
- Arts & Crafts
- Stalls & Tombola
- Free Massage
- Cafe & Pizza

THURSDAY
25 July
10am-3pm



Holiday Play Sessions



Weekdays
10am - 2pm

Where:

Newquay Road
Playground
Knowle, BS4 1EG

What?

Sports
Nature Activities
Crafts
Food included

Free to all!

For more information
contact Carly on
07442843856



E: enquiries@lpw.org.uk
T: 0117 987 3700
W: lpw.org.uk

Play Sessions

Every
Monday

3-5pm

Where:

King's Head Lane Park
Highridge
BS13 8ES

Free session!

For more information
contact Lauryn (LPW)
on 07769956019, or
Heidi (Streetspace)
on 07723104344



LPW Learning
Partnership
West



E: enquiries@lpw.org.uk T: 0117 987 3700 W: lpw.org.uk

LPW The Big Hideout – Summer sessions at Teyfant Road



Summer Sessions



Weekdays
11am - 3pm

Where:

Teyfant Road
Bristol BS13 0RF

What?

Arts and crafts
Sports and play
Food included

Free to all!

Registration form
completed on the day.

For more information
contact Sammy:
07717816825



E: enquiries@lpw.org.uk
T: 0117 987 3700
W: lpw.org.uk



Play Sessions

Every
Thursday

11am - 2pm

Where?

Victory Park
School Road
Brislington
BS4 4NE

What?

Arts and crafts
Nature activities
Food included

Free to all!

For more information
contact Carly on
07442843856

LPW Learning
Partnership
West

E: enquiries@lpw.org.uk
T: 0117 987 3700
W: lpw.org.uk

Summer Detached Sessions

Hengrove detached

Friday 12pm-2pm

Contact: Lauryn 07769956019

Knowle detached

In partnership with

Streetspace

Friday 2pm-4pm

Contact: Heidi (Streetspace)

07723104344 or Lauryn (LPW)

07769956019





Summer Holidays 2024

COST: FREE!

Scan here to register your interest for Summer Holidays 2024

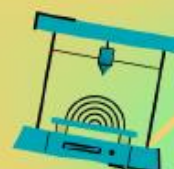


Places are prioritised for young people living in BS4, BS3 5, BS13 & BS14



Maker City

KWMC The Factory
Monday 29th July -
Wednesday 31st July
10 - 3pm
Ages: 10 - 16



Come and experience magical opportunities @ KWMC The Factory. Try your hand at a mixture of making activities. Get imaginative with creative tech and digital design. Help to build something that matters to you.



Soundwave

KWMC
Monday 5th August -
Wednesday 7th August
10 - 3pm
Ages: 10 - 16



Digitally creating songs, learning different instruments, having the chance to write lyrics, working with others to create music and learn to record in our music studio. You don't need to have any experience - just come along and get involved!

Redcatch Community Garden - Summer holiday cooking, crafts & games club



Free Summer Holiday Club Cooking, Craft and Games



**For children who are eligible for
Free School Meals and aged 8-12**
25, 26, 29 & 30 July and 1, 2, 5 & 6 August
9.30am-1.30pm
Redcatch Community Garden, Knowle
A hot meal will be provided.

This is a SEND Friendly Provision - the small group,
flexible nature of the offering means it is accessible
and appealing for the SEND community

Book here Or by following this link:

 <https://eequ.org/experience/7623>

www.redcatchcommunitygarden.com
Redcatch Park, Broadwalk, Knowle BS4 2RD



Redcatch Community Garden Summer Holiday Timetable

More information & booking can be found using QR code unless stated otherwise



Happymess on every Wednesday 10-11

Summer holiday pack available throughout the holidays which includes colouring book, activity sheet, crayons & chocolate bar - £2 from Roots

Friday 2nd August 2.15-3.45	Lego £4 For kids aged 3-10	Monday 19th August 9.30-3.30	Theatre SOLD OUT
Wednesday 7th August 12.30-1.45 & 2.15-3.30	George's Marvellous Science £6 For kids aged 4-11	Tuesday 20th August 2.30-3.45	Nature Sprouts- tree guardians & cyanotype £6 For kids aged 3+
Friday 9th August 10-12	Summer Holiday Party £8 For kids aged 4-11	Wednesday 21st August 12.30-1.45, 2.15-3.30	George's Marvellous Science £6 For kids aged 4-11
Monday 12th August 9.30-3.30	Theatre SOLD OUT	Friday 23rd August 10.30-12.00 & 1-2.30	Lego £4 For kids aged 3-10
Tuesday 13th August 2.30-3.45	Nature sprouts - flower wands & cyanotype £6 For kids aged 3+	Tuesday 27th August 2.30-4	Garden Cooks £6 For kids aged 6-10
Wednesday 14th August 12.30-2	Happymess + No booking required	Wednesday 28th August 12.30-2	Happymess + No booking required
Friday 16th August 11-3	Junk Modelling Day £3 For kids aged 3-10	Friday 30th August 10-10.45, 11-12, 1-1.45 & 2-3	Circus £6 For kids aged 3+

Roots & Garden open everyday from 9.30-4.30

www.redcatchcommunitygarden.com

Redcatch Park. Broadwalk. Knowle BS4 2RD



Square Food Foundation - free Summer Cooking workshops



This summer holiday, join us for *FREE* cooking workshops at the Square Food Foundation in *The Park Centre, Knowle West*.

Classes will be running over 4 weeks, from 29th July - 22nd August.

Our booking system has changed, and we are now required to use Eequ - here is a really helpful page with videos explaining; How to book a HAF session, booking multiple young people and how to cancel amongst other things: click link [How to book a HAF session | Eequ Help Center](#).

You can find our listing, all the information and sign up via this link: <https://eequ.org/experience/8194> or using the below QR code:



REDCATCH COMMUNITY GARDEN also will be running some sessions with us in their beautiful gardens down the road from Square Food Foundation on 29th & 30th July and 5th & 6th Aug - please be aware these are overseen by RCG so any questions for these dates should be directed to them! You can book those, or any of their sessions using this link: <https://eequ.org/experience/7623>.

We're looking forward to cooking with you!



Get Gardening Fun Days

Fun for all the family!

Wednesdays 14th August till 28th August

Make bug hotels, plant up pots and baskets and get your hands in the soil. All children must be with an adult.

- **10.00 to 12.00pm** - Belfast Walk Community Garden, Belfast Walk BS4 1LB.
- **1.00 to 3.00pm** - Inns Court Community and Family Centre, 1 Marshall Walk BS4 1TR.

To book call Lucy on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

Community Learning - free family summer craft sessions



Get Making

Summer Fun for all the family!

When: Friday 16th and 23rd August 10.00 till 3.00pm

Mix of crafts, arts, cooking and fun.

Free family workshops. Must book places.

Hartcliffe Methodist Church Hall

Mowcroft Road BS13 0LT

**To book call Helen on 07760990855 or email
helen.richards@bristol.gov.uk**

**WEST OF
ENGLAND**
Combined Authority



**COMMUNITY
LEARNING**

communitylearningwest.net
lctinfo@bristol.gov.uk
01172 510230

St Bernadette's RFC - Youth rugby open days



**ST. BERNADETTE'S
OLD BOYS'
R.F.C**

**YOUTH RUGBY
OPEN DAYS: 11:00 - 13:00**

7TH JULY: RECEPTION - YEAR 2
14TH JULY: YEAR 3 - YEAR 4
21ST JULY: YEAR 5 - YEAR 6
28TH JULY: YEAR 9 BOYS - ALL AGE GIRLS

**WHY SHOULD YOU
JOIN US?**

- BRAND NEW CLUB HOUSE ✓
- 3G TRAINING FACILITIES ✓
- RFU QUALIFIED COACHING TEAMS ✓
- BUILD CONFIDENCE AND MAKE NEW FRIENDS ✓

CONTACT US

 07867 485 091

 FULFORD ROAD |
BS13 9PB



Bristol City Council – Activities for Children & Young People webpage

The Bristol City Council Website has a list of positive activities available for children and young people aged 8 - 19 or up to 25 with SEND. These can be found here: [Activities for young people \(bristol.gov.uk\)](https://www.bristol.gov.uk/activities-for-young-people)



The screenshot shows the top navigation bar of the Bristol City Council website. On the left is the Bristol City Council logo, which features a red shield with a white ship and the text 'BRISTOL CITY COUNCIL' around it. To the right of the logo is the text 'bristol.gov.uk'. Further right is a search box with the placeholder text 'Search bristo'. Below the navigation bar is a dark grey menu with three options: 'For residents' (which is highlighted with a red underline), 'For business', and 'Council'. Below the menu is a breadcrumb trail: '[For residents](#) > [People and communities](#) > Activities for young people'. The main heading of the page is 'Activities for young people' in a large, bold, black font.

No referral is required to access these sessions and each activity has a link to the organisation that is running it should you want to find out more/are interested in joining in the fun.

*Services and
opportunities
for young
people*

YOUTH GAP

COMING TOGETHER TO BUILD COMMUNITY

FOR AGES 13-16

- **FREE 12 - 18 WEEK COURSE**
- **FUN ACTIVITIES AND TRIPS**
- **DISCUSSIONS AND TEAM WORK**
- **CREATE A SOCIAL ACTION PROJECT**

WEDNESDAYS FROM SEPT 2024

- **WEEKLY FROM, 6PM-830PM**
- **SOUTH BRISTOL BASED**
- **FACE TO FACE**

SCAN TO APPLY!

GRASSROOT COMMUNITIES

- **07787502232**
- **INFO@GRASSROOTCOMMUNITIES.ORG**
- **GRASSROOTCOMMUNITIES.ORG**

Youth Moves - Youth Club sessions



Youth Moves
The Park Centre
Bristol
BS4 1DQ

Youth Moves is here for the young people of South Bristol. As a youth-driven charity, we deliver the best for young people through our outstanding youth work.

Our youth clubs offer positive, purpose-built spaces in the heart of South Bristol where young people can meet, take part in a range of activities and get involved in projects that benefit the wider community.

Open sessions - Come along!

Juniors (aged 8-11 primary) - Thursdays 3:45-5:15pm

Inters (aged 11-13 secondary) - Fridays 6-8pm

Seniors (aged 13-19) - Wednesdays 6:30-8:30pm

Closed Sessions

Skittles (aged 13-18) - LGBTQ+ young people aged 13-19 somewhere safe to go.

If you would like to join this group then please email Dulseigh:
dulseigh@youthmoves.org.uk

Inclusion session (aged 15-25) – young people with additional needs.

If you would like to join this group then please email Paul:
paul.coyne@youthmoves.org.uk

Holiday Club

The Park (aged 8-12):

Week 1: Monday 5th-Friday 9th 10-2pm

Week 2: Monday 19th-Friday 23rd 10-2pm



Junior Spiritual Empowerment Programme - New multi-faith youth group



SOUTH BRISTOL
JUNIOR YOUTH SPIRITUAL
EMPOWERMENT PROGRAM

4:30pm on Mondays
in Ashton

For more info email:
southbristoljunioryouth@gmail.com

The Programme is offered for young people aged 11 to 14 and its purpose is to instil in them a sense of moral purpose, which helps channel their capacity for justice and altruism into meaningful contributions to their community

SAY Send & You SENDIAS - Youth matters group



SEND AND YOU
SENDIAS
FOR YOUNG PEOPLE

0-25

**Monday 15th July
2024**

Royal Oak House, Bristol @
6.00pm

**Children &
Young People**

Youth Matters Group



SEND and You invite Children and Young People with SEND to join our next Youth Matters Group which will meet on **Monday 15th July at 6pm in our SEND and You office space.**

This is an opportunity for children and young people with experience of SEND to meet, be heard and inform a service focused on meeting their needs.

We'll be meeting @ 3rd Floor Royal Oak House, Royal Oak Avenue, Bristol, BS1 4GB.

Please do share this event with any young people or service providers that may find our group of interest.

Any questions, please email Jane Franklin, Volunteer Coordinator / Local Area Practitioner (CYP Focus) jane.franklin@sendandyou.org.uk

OTR - Digital Mind Aid workshops



We have new dates for the next rounds of the **Digital Mind Aid** workshops, which will run over the summer!

Aimed at young people living in Bristol & South Glos struggling with low mood and anxiety, they will be delivered to two separate age ranges - see below. Sign-ups are through the [OTR web-site](#).

Please note: We will be taking sign-ups for the July 11-14 group first. Once this is filled-up/started, we will then proceed to taking sign-ups for the 11-14 August group.

MIND AID 11-14

- **8th of July to 12th of August**
- Mondays 4:30pm – 5:45pm, Online for 6 weeks
- This is for young people aged 11-14

MIND AID 15-17

- **23rd July to 27th of August** for 6 weeks
- Tuesdays, Time TBC, Online for 6 weeks
- This is for young people aged 15-17 and 11 months

MIND AID 11-14

- **8th of August to 12th of September** for 6 weeks
- Thursdays 4:30pm – 5:45 pm, Online for 6 weeks
- This is for young people aged 11-14

Mind Aid is for anyone struggling with difficult feelings related to stress, anxiety, low mood, or depression. Learn more here <https://www.otrbristol.org.uk/what-we-do/mind-aid-2/>

1. The workshop will run via ZOOM and YP will have the opportunity to participate via interactive activities and online tools such as quizzes, discussions and videos
2. Participation and the use of mics and cameras are welcome and encouraged but not mandatory
3. Once signed up, the facilitators will get in touch so that young people will know what to expect and will have the opportunity to ask any questions before the first session!

Step Together Volunteering - outdoor cooking course

Step Together Volunteering

“GET COOKING!” OUTDOOR COOKING COURSE FOR YOUNG PEOPLE AGED 16-25



5 weeks, 5 meals under £5!

Our 5 week cooking course will teach a small group of young people in South Bristol how to make 5 nutritious and delicious meals for under £5 each. Each week, the group will prepare, cook and share a meal at the allotment and then will be given the ingredients to recreate the meal at home after each session.



This course is available for young people who are not currently in education, employment or training, and they will need to be able to commit to all 5 sessions. The course will take place at our allotment in Bishopsworth.



We have limited availability, so early booking is essential. To book, contact Mel below or scan the QR code which will take you to our referral page.



Where: Bishopsworth, Bristol

When: Start date Thursday 25th July. This course will run on Thursdays every week for 5 weeks, between 11am - 1pm.

For more information contact: Mel Head, Project Manager & Allotment Lead
07702 811935 | mel.head@step-together.org.uk

www.step-together.org.uk

**STEP
TOGETHER**
CELEBRATING 40 YEARS
1978-2018



*Services and
opportunities
for
Parents/Carers*

Redcatch Community Garden - weekly sessions

WEEKLY SESSIONS AT REDCATCH COMMUNITY GARDEN

ALL SESSIONS ARE FREE UNLESS STATED OTHERWISE
(DONATIONS WELCOME)

Tuesday

Art in the Garden 9.30-11.30
Art group for adults exploring a variety of techniques in a supportive space

Gardening for Pollinators 10-12 (Term-time only)
For adults, focusing on soft skills and real gardening. Carers & support workers welcome

Community Lunch 12-1.30
Join us for a free lunch in our warm canopy

Wednesday

Happymess 10-11
Weekly creative messy play for pre-school children. £4 per child (£3 siblings)

Knitting & Crochet Group 11.30-1
Come and enjoy knitting or crochet. For beginners or professionals

Thursday

Wellbeing in the Garden 10.30-12
Supporting adult wellbeing, enabling you to meet others and enjoy being outdoors

Art Together - For People Living with Dementia 1-3
Art Therapy group you can attend with partner/carer

Friday

Tai Chi Qigong Shibashi for over 55s 3-4 and 4-4.45
Easy to learn gentle movements to improve balance, flexibility, strength & wellbeing. Beginners welcome - £2 per session

Saturday

Knitting & Crochet Group 11.30-1
Come and enjoy knitting or crochet. For beginners or professionals

To book a place please email Heather@redcatchcg.com or call/text 07858 630507

www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



The Community Farm – Wellbeing courses

The Community Farm

The Community Farm is a not-for-profit, organic farm that delivers nourishing food across the local area. We aim to grow community as much as we grow food. Every year we welcome more than 1,500 people onto the land for wellbeing courses, social events and volunteering sessions overlooking Chew Valley Lake, just south of Bristol.

Growing Wellbeing: Restoring People and Place

Our three wellbeing courses, Grow and Make, Wild Steps and Lakeside Wellbeing, sit alongside each other, offering different routes to improved wellbeing for different people with different needs and interests. You can either come to the full course or to one-off days.

Grow and Make – Therapeutic Horticulture Programme

12-week course: Wednesdays, 10am–3pm. The next course starts on 11th September 2024

Grow Days 2024: 24th & 30th July, 14th & 22nd August

Our Gardening for Wellbeing course is underpinned by the Five Ways to Wellbeing: Give, Take Notice, Connect, Be Active and Keep Learning. Every week you'll learn more about what you can do in the garden and how it connects with the wider webs of life around you. Together, we will nurture and be nurtured by our vegetable patch and forest garden through practical activities supported by theory sessions. We will sow, tend and harvest veg and fruit from the farm, forage in our hedgerows and learn about herbal teas and balms.

Wild Steps – Therapeutic Conservation Programme

New 6 week course: Thursdays, 11am–3pm. The next course starts on 12th September

Wild Days 2024: 9th August, 6th September



Run as a block of 6 structured sessions, the Wild Steps course is framed by the 5 Pathways to Nature Connectedness*: Contact, Beauty, Emotions, Compassion and Meaning. These sessions allow you to experience relaxation in a safe and supportive space, foster a sense of community and develop greater awareness of how our connectedness to other life benefits our own wellbeing.

You'll have the opportunity to develop a range of practical conservation skills for instance hedge-laying, tree and wildflower planting/sowing, building and construction and pond maintenance to care for a mixture of habitats on the farm. These activities are combined with mindfulness, natural crafts, campfire cooking, folklore and seasonal celebrations.

Lakeside Wellbeing – Therapeutic mindfulness, movement and creativity programme


New 6-week course: Mondays, 10am–3pm. The new course starts on 9th September.

Lakeside Day 2024: 12th August

Run by our longstanding wellbeing partner, Ecowild, this course will support your physical and mental health through nourishing wellbeing practices in The Farm's beautiful setting. The morning will involve nature connection, active practice such as a walk, gentle stretching, and mindfulness practice whilst the afternoon will be for creative practice, including a variety of nature crafts and opportunity for reflection together.

Register your interest by following the link below and the course leader will give you a call or send you an email to get to know you a bit. Let us know if you would prefer to be called or emailed. [Wellbeing – The Community Farm](#)









**Let's talk
about mental
health**

We understand that no one should have to face difficult times alone.

That's why we provide peer support groups and befriending for anyone aged 18 or over, offering a safe and friendly space where people can talk about any worries they might have.

There is no referral required, so you can join at any time, and you don't have to have a diagnosis to join our groups. Simply turn up to one of our meetings, sign up online, or call us to find out more.

www.changesbristol.org.uk
info@changesbristol.org.uk
0117 941 1123



Peer Support Groups South Bristol



Mondays

Ashton Vale, 1-3pm
Ashton Vale Community
Centre, BS3 2QY

Wednesdays

Knowle, 1.30-3.30pm
Redcatch Community Centre,
BS4 2EP
Bedminster, 7-9pm
West Street URC, 48 Stanley Street
BS3 3PG

Thursdays

Brislington 1-3pm
St Cuthbert's Church,
BS4 3PG

Safe, free, and confidential spaces.
A chance to connect with others and
share anything you are facing in your life.
No referral needed, just show up at the start time.

More information at changes.org.uk



Telephone Befriending Service



Changes Bristol also offers weekly telephone support for up to 6 months for people living in Bristol who may be feeling isolated and/or need help maintain their mental wellbeing.

We know it is so important to have someone to talk to about how you are feeling, what is going on in your life and what challenges you may be facing. Changes Bristol match people with trained volunteer befrienders who will arrange weekly phone calls to see how you are doing and offer a friendly non-judgmental ear.

If you feel that someone who is accessing your service could benefit from a weekly chat with a friendly volunteer to maintain good mental health please get in touch with our befriending team. It is important to note that it is not a crisis service, counselling service or advice line.

To access the befriending service or find out more visit the website:
www.changesbristol.org.uk or email the team at: befriending@changesbristol.org.uk



**Bristol, North Somerset &
South Gloucestershire
Talking Therapies**

**Are you feeling low, worried
or stressed?
Or do you know someone
who is?**


We are here to help you


At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in Bristol, North Somerset and South Gloucestershire we can support you by providing the tools you need to get life back on track.

**Contact us
today - it is a FREE
and confidential
service.**

 vitahealthgroup.co.uk

 0333 200 1893

 Text 'YOU' to 88802

**Scan to
self refer**



Service provided by



Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03


A fully qualified therapist will support you throughout your treatment.



Contact us today - it is a FREE and confidential service.

 vitahealthgroup.co.uk

 0333 200 1893

 Text 'YOU' to 88802

Scan to self refer



Making People Better in Bristol, North Somerset and South Gloucestershire

MOTHERS FOR
MOTHERS

PARENT & INFANT ART THERAPY GROUP

When and where

Where: Across North and South
Bristol Children's Centres

When: Thursday afternoons

How often: course of 8 sessions -
contact & register with Mothers for
Mothers if you are interested in
attending.



Aim of the group

- To provide a safe space for parents to express and explore feelings and experiences using creative tools.
- Build confidence, self-worth and noticing strengths as parents.
- Use the art making as a way to create opportunities for and support a warm connection between parent and infant.



MARY MADDOCKS
SESSIONAL ART
PSYCHOTHERAPIST



JESS COX
SESSIONAL ART
PSYCHOTHERAPIST

If you are interested

Contact Ruth Short at
therapy@mothersformothers.co.uk OR
01179359366

Before we can offer you a place in the group,
we will arrange a time to speak and think about
whether you feel this group is right for you, and
your needs, hopes and expectations.

Infants need to be aged between 3months-
24months



Helpline: 0117 9359366

STRESSBUSTING FOR PARENTS



This powerful ten-week course is FREE and explores stress that comes from being a parent or carer. Evidence tells us that in moments of stress we cannot easily remember parenting strategies. This course is unique because it trains the brain in a very different way.

By the end of this course, you will have a toolbox of mindfulness practices for every situation that will help you:

Manage strong emotions. Feel calmer. Be more accepting.

Respond to your children calmly in times of stress.

Be a more confident parent. Enhance your enjoyment.

Create precious moments with your children. Re-discover yourself.

FREE Stressbusting Course for Parents/Carers

Taster Session: Friday 20th September 2024 @ 9.30 – 11am

Course Dates: Friday 4th October for 10 weeks (term time only) until Friday 13th December 2024

Day/time: Fridays 9.30 am – 12 noon

Venue: Hartcliffe Nursery School & Children's Centre, Hareclive Rd., BS13 0JW

Contact: Suzanne on 07577 956911 or call Kimberley Taylor, Family Support Office Administrator at the Children's Centre on 0117 903 8633

Email: mpcp.bristol@gmail.com **Website:** www.mpcp.info

Mindfulness for Bristol Parents of SEND Children



Pause•Soften•Connect•Be

A Mindfulness Course for parents and carers living in Bristol, which looks at how to be with the stress and worry that comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows us to notice how we habitually react when under stress and how practising mindfulness techniques can help us to regulate our emotions more effectively, including becoming more resilient during stress. With practise, we become more able to pause, soften, connect with our breath and be with difficulties in the moment. As a result, we may find we are able to respond more calmly and skilfully.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports you to:

- Reduce stress
- Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

Online Mindfulness for Bristol Parents of SEND Children:

Day: Tuesdays 9.30 am – 12 noon

Dates: 24th September – 3rd December 2024 (Term time only)

Via: Online Zoom

Cost: FREE

Book: Call Claire-Louise on 07949399633

Contact: mcp.bristol@gmail.com

Website: <https://www.mcp.info>



SAY Send & You SENDIAS - Annual General Meeting

A graphic invitation for the SAY Annual General Meeting. It features the SAY logo in the top left. The main text is arranged in overlapping colored boxes: a blue box for the event title and location, and a yellow box for the date and time. A QR code is positioned in the bottom right, next to a call to action. A small disclaimer is in the bottom left.

Annual General Meeting
Royal Oak House, Royal Oak Avenue,
Bristol BS1 4GB

**Monday 15th
July 2024
7.30 - 8.30pm**

Join us to hear about
our achievements
during the past year

This is a free in-person event but please scan the code to reserve a space on our Eventbrite due to limited spaces.

You are invited to join us to hear about our achievements during the past year.

Date: Monday 15th July 2024

Time: 7.30-8.30pm

Location: Royal Oak House, Royal Oak Avenue, Bristol BS1 4GB

Please feel free to share this invitation with friends, family & colleagues. To join this free event, you will not need to be a member simply register via Eventbrite.

Murmuration Community Therapy - Nurture Groups



MURMURATION COMMUNITY THERAPY



New SEND Parent Carer Nurture Groups

Starting Tuesday 24th September 2024

Initial Zoom 1 to 1 plus 8 in person sessions.

Nurture Group are intimate circles of SEND parents to find belonging and support, build resilience and learn ways to stay well on the challenging path.

Upper Horfield - Tuesday - 10.30am - 12 noon (1st October)

Upper Horfield Children's Centre, 34 Sheridan Rd, Horfield, BS7 0PU

[To book Horfield click here](#)

Oldbury Court - Tuesday - 13.00-2.30pm (1st October)

Oldbury Court Children's Centre, Frenchay Rd, Downend, Bristol BS16 2QS

[To book Oldbury Court click here](#)

Places are free, we welcome donations.

FOR MORE INFO AND TO BOOK VISIT
MURMURATIONCOMMUNITYTHERAPY.COM



MURMURATIONCOMMUNITYTHERAPY

SIPCo (Support for Inter-Parental Conflict) A Project to Improve Parents' Communication



FREE support
available
for one or
both parents

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?

If so, then this SIPCo project could help.

Support is available for either one or both parents. The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or a local practitioner will help you access online resources which can be used at your own pace. If English is not your first language, translators can be provided.

Please contact Gina Paziienza:

 relationshipsmatter@bristol.gov.uk

 07721 635376

 <https://www.bristol.gov.uk>

When you apply, your details will not be shared with anyone else.
After applying online, if you do not see our response email, please check your junk/spam folder, then mark relationshipsmatter@bristol.gov.uk as a trusted sender.

Scan QR code to find
out more



STAND AGAINST RACE HATE
STAND AGAINST HOMOPHOBIC HATE
STAND AGAINST TRANSPHOBIC HATE
STAND AGAINST BIPHOBIC HATE
STAND AGAINST RELIGIOUS HATE
STAND AGAINST DISABILITY HATE
STAND AGAINST GENDER HATE

If someone is violent or hostile towards you, just because of who you are, who they think you are, or what you believe in, it's a hate crime. **And that's against the law.**

We're here to give help, support and advice.
Our service is free and completely confidential.

SEE IT REPORT IT STOP IT



**STAND
AGAINST
RACISM &
INEQUALITY**



www.saricharity.org.uk • hello@saricharity.org.uk • 0117 942 0060 • @SARlcharity

Registered Charity No. 1047699 • Company No. 3060925

IGNITE – Design a Logo competition

GENERATIONS

IGNITEPLAN.CO.UK

EMPOWERMENT

THRIVING | OWNERSHIP | NETWORK | EQUITY | RESILIENCE | REPRESENTATION | COMMUNITY VOICE

INNOVATION | EQUITY | RESILIENCE | REPRESENTATION | COMMUNITY VOICE

IGNITE COMPETITION DESIGN OUR LOGO



1ST PLACE: £50

(AND YOUR LOGO DESIGN BECOMING REALITY)

2ND PLACE: £20

3RD PLACE: £10

WHAT IS IGNITE PLAN?

We are a group of residents from Hartcliffe and Withywood who are developing a community plan which sets out what we want to see in our neighbourhood! We believe in making a difference by amplifying the community's voice to influence decision-makers. Our goal is to spark positive changes in our neighbourhood based on what matters to the community.



RULES

1. Your design must be inspired by our values - the words that frame this poster.
2. Entries via email to hello@igniteplan.co.uk or into the drop box in HWCP, BS13 0BE (near Morrisons). Remember to leave contact details if using the drop box.
3. The winning idea will be incorporated in the Ignite Plan's logo. By participating in this competition, you agree for the Ignite Plan to use your work.
4. This competition is open to EVERYBODY, the only requirement is that you are a Hartcliffe or Withywood resident.
5. Winners will be announced in August 2024.

DEADLINE: 26 JULY 2024



INCLUSIVITY | TOGETHERNESS | INSPIRATION | PROGRESS

Tuesday Club



We're a community club open every Tuesday for anyone who lives in and around the Bedminster area.



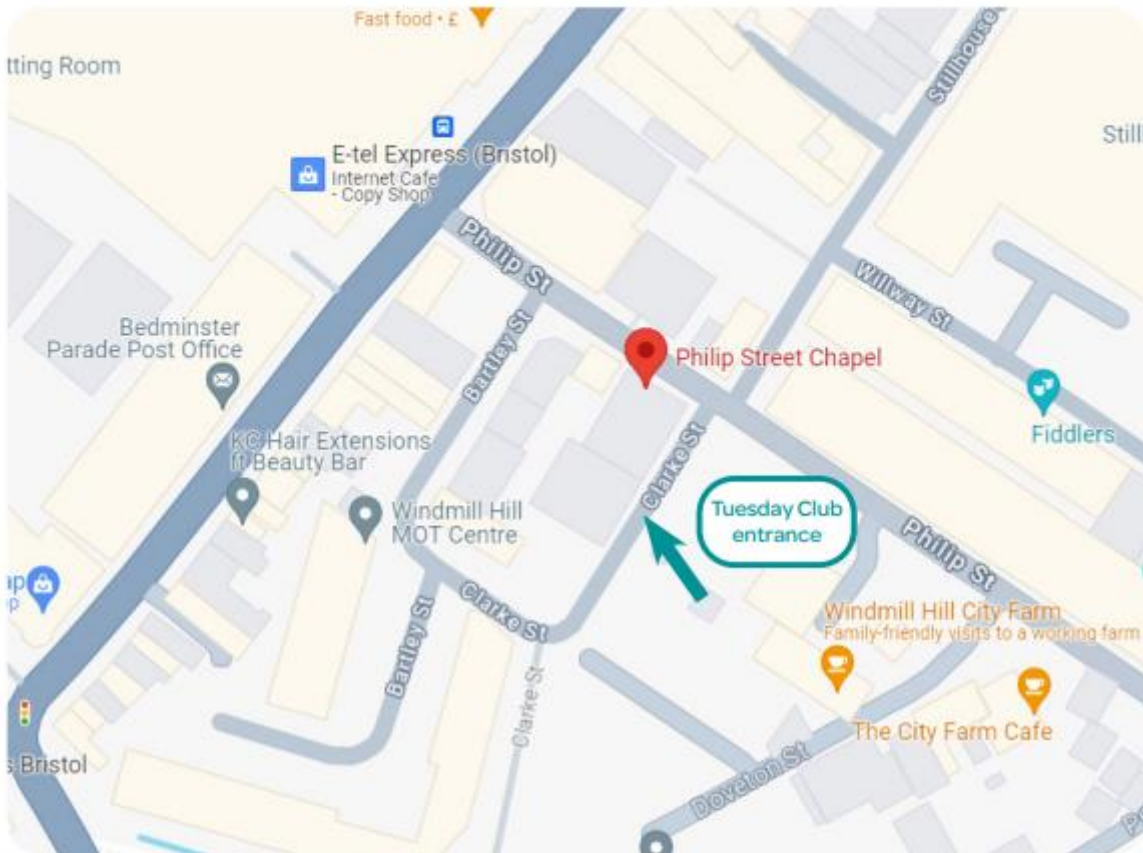
- We have affordable food cupboard essentials for sale for local residents experiencing difficulties.
- Our space can also offer support through our communities team, including social prescribing and finding out about local events.
- Adult digital skills support available.
- Kids corner for under 5's with toys and free refreshments.



Get in touch to find out more
info@bs3community.org.uk
0117 923 1039

Open 9.30 to 4pm
Philip Street Chapel
Clarke Street Entrance
Bedminster
Bristol BS3 4EA





Philip Street Chapel
Clarke Street Entrance
Bedminster
Bristol
BS3 4EA



Philip Street is part of the Bedminster East Residents' Parking Scheme giving easy free parking for blue badge holders.

There is on-street parking in the surrounding streets. Please note parking meters are in operation Monday – Friday 9am to 5pm.

The closest bus stops are on Bedminster Parade (Bus numbers 52, 75, 76, 90, 121, 510, 511 and 672)

The Harbour Totterdown - services & support for families



Services available at The Harbour Formerly Totterdown Methodist Church

Harbour Tots

Tuesday 10-11:30am

Voluntary donation £1

Toddler group led by two experienced early years practitioners with refreshments for adults and children, plenty of toys and songs in a very welcoming environment.

Refugee Welcome Hub

Friday 10-11:30 Term Time Only

Free

Welcoming and supportive ESOL for those at an entry level with direction and support into accredited courses. Support with benefits and housing CV writing, signposting etc.

Brighter Bristol Storehouse

Contact: 07397 138411

or brighterbristol@severnvineyard.org for an appointment

Free

Providing great quality baby equipment, children's clothes and household items, completely free of charge to families in need.

Christians Against Poverty

Contact: 0800 328 0006 to make an appointment

Free and personal debt advice and support covering all South Bristol Postcodes and others. Offering home visits or a variety of locations across the area with befrienders for ongoing support, connection and signposting to other organisations for support.



100 Women

This project aims to support women build their confidence and resilience in their personal development journey, as well as offering employability support where appropriate. Eligibility criteria:

- Aged 19+
- Identify as female
- Live in a South Bristol postcode
- Not currently in paid work

Participants will have access to a specialised course called Steps, 121 support and other courses such as First Aid, Sewing, Cooking and Food Safety.

Contact the South Bristol Development Worker Team on:

100women@bristol.gov.uk

Community Learning Computer Skills for Work course (Stockwood)



COMPUTER SKILLS

Computer Skills for Work

12:45—14:45PM. Thursdays
STARTS 19th September for 6 weeks – Stockwood Children’s Centre

This free course will help you to become more confident in Word, Excel and Powerpoint. We will learn how to make posters in Word, understand Excel features and how to create a presentation in Powerpoint.

For more information and to book please contact:

Catherine.landon@bristol.gov.uk Phone: 07785 702454

Eligibility: Adults aged 19+, not working with few or no qualifications.

 **WEST OF ENGLAND**
Combined Authority

 **COMMUNITY LEARNING**

communitylearningwest.net
lctinfo@bristol.gov.uk
01172 510230



Thinking about the next step?

Issues with drugs or alcohol now or in the past? Community Learning can help you get into work, training or volunteering.

Our specialist support package includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help you meet your goals.

Contact: adder_project@bristol.gov.uk

Eligibility: Aged 19+

Community Learning – Course Enrolment & Information Day
(Hartcliffe)

**FREE Courses with Community Learning
ENROLMENT & INFORMATION DAY
TUESDAY 10th September**

**Come Between 8.30am and 12.00pm
Hartcliffe Nursery School and Children's Centre
BS13 0JW**

Courses running from September 2024

In Hartcliffe

English Qualification

Maths Qualification

Level 1 Award in Health & Social Care

Basic IT

IT for Work

Information on other courses available

Find out about Hartcliffe City Farm and

Level 1 Horticulture Course



**EMPLOYMENT
SKILLS &
LEARNING**



communitylearningwest.net



01172 510230

**FREE ESOL Courses with Community Learning
Assessment Day for ESOL Courses
Tuesday 10th September
12.30 until 3.00pm
Hartcliffe Nursery School & Children's Centre
BS13 0JW**

**Come along and complete
ESOL Assessment
Find out about ESOL
Courses in South Bristol
Get information on local
Conversation Clubs**



**EMPLOYMENT
SKILLS &
LEARNING**



communitylearningwest.net



01172 510230

FREE ESOL courses with Community Learning

Enrolment & Assessment Day
Wednesday 11th September
The Park Centre, Daventry Road BS4 1DQ

**Come and enrol and complete your
assessment between 12.30 to 3.00pm**

ESOL for Computers on Mondays

Build your skills using computers and improve
your English on this 11-week course

ESOL for Everyday on Wednesdays

Improve your reading, writing and speaking in
this 11-week friendly course.

Community Learning - ESOL English class Registration Day



English Class Registration Day

Want to find out your English level and hear about local free ESOL and Functional Skills course opportunities?

Come to a 2024 English assessment and registration event:

- **12:30pm Monday 9 September Faithspace, BS1 6PB**
- **10am Thursday 12 September Faithspace, BS1 6PB**
- **10am Friday 13 September, Bedminster Children's Centre, BS33BZ**

Aged 19+ only.

Call 07721 512583 or email Bryony.sims@bristol.gov.uk

Priority will be given to people eligible for government benefits or do not yet have a level 2 qualification.

  **COMMUNITY
LEARNING**

communitylearningwest.net
ictinfo@bristol.gov.uk
01172 510230

HWCP - Safeguarding Awareness training



Safeguarding Awareness



WEDNESDAY 24TH JULY 2024
12:00PM - 2:00PM
THE SYMES RESOURCE CENTRE,
BS13 0BE



PLEASE SCAN THE QR CODE TO BOOK YOUR SPACE



Melanie Monaghan Training and Consultancy
Learning. Empowering. Inspiring.



HARTCLIFFE RESIDENTS DISABILITY GROUP

DROP IN SOCIAL MEETING SPACE FOR DISABLED RESIDENTS AND CARERS



FORTNIGHTLY FRIDAYS
1:00PM – 3:00PM

SYMES RESOURCE CENTRE
BS13 0BE

Dates:

- June 28th
- July 12th & 26th
- August 9th & 23rd
- September 13th & 27th
- October 11th & 25th
- November 8th & 22nd
- December 13th

