

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 Families



FRIDAY 5TH APRIL
10.00AM TO 1.00PM
SYMES RESOURCE CENTRE
BS13 0BE

JOIN US FOR OUR 2024

SPRING FAIR

**FREE
ENTRY**



FUN FOR THE WHOLE FAMILY
CAKES • BOOKS • FACE PAINTING
SWEETS • WAX MELTS • AND PLENTY MORE



HARTCLIFFE & WITHWOOD
COMMUNITY PARTNERSHIP

GO SKETCH
WORKSHOPS TO INSPIRE YOUNG ARTISTS

COMIC WRITING

CLAY MODEL MAKING

THURSDAY
4TH APRIL 2024

AGES
6 TO 14

CADET CENTRE
MOLESWORTH DRIVE,
BS13 9BJ

Your Holiday HUB
Bristol

PLEASE SCAN THE QR CODE TO BOOK YOUR SPACE



ACTA DRAMA

**AGES 6
TO 14**

**10:00AM
- 2:00PM**

**MONDAY
8TH APRIL
2024**

Hartcliffe Methodist Church
51 Mowcroft Rd, Bristol BS13 0LT



PLEASE SCAN
THE QR CODE
TO BOOK YOUR
SPACE

HARTCLIFFE & WITHYWOOD
COMMUNITY PARTNERSHIP

Your Holiday HUB
Bristol

GRASSROOT COMMUNITIES

WICKETZ
BRISTOL

**GLOUCESTERSHIRE
CRICKET CLUB &
OTHER SPORTS**

TUESDAY 9TH APRIL 2024
10:00AM -2:00PM
AGES 6 TO 12

MERCHANTS' ACADEMY SPORT CENTRE
MOLESWORTH DR
BS13 9BJ

PLEASE SCAN
THE QR CODE
TO BOOK YOUR
SPACE



MINI REPORTERS



Article writing



Podcast training



Use of a camera



FRIDAY 12TH APRIL 2024

10:00AM - 2:00PM

AGES 8 TO 14

SYMES RESOURCE CENTRE

BS13 0BE



PLEASE SCAN
THE QR CODE
TO BOOK YOUR
SPACE

Learning Partnership West – Easter at Teyfant Road



EASTER

At The Big Hideout, Teyfant Road, BS13 0RF

Learning Partnership West will be providing free play sessions for children and young people on Tuesday 2nd April – Friday 12th April 12 to 4pm

Age range: 8-13 year olds, everyone attending must complete a registration form. Under 8's are welcome but must be accompanied by a responsible adult (18+)

Week 1:	Tuesday 2 nd April	Wednesday 3 rd April	Thursday 4 th April	Friday 5 th April
Monday 1 st April CLOSED DUE TO BANK HOLIDAY	Magnets/Keyrings Vegetable curry	Campfire – Smores Cheese on toast	Sun catchers Full English breakfast	Friendship bracelets Burgers/Hotdogs
Week 2:	Tuesday 9 th April	Wednesday 10 th April	Thursday 11 th April	Friday 12 th April
Monday 8 th April Mask making Bacon sandwiches	Glitter tattoos Pitta pizzas	Rock painting Beans on toast	Clay Chili con carne wraps	Mug painting Pasta bake



For further information please contact sparsons@lpw.org.uk 07717816825



The poster features a light blue background with a string of colorful Easter eggs hanging from the top. The eggs have various patterns like polka dots, stripes, and zig-zags in colors like purple, orange, green, pink, and blue. A white cloud with the word 'spring' is on the left. The LPW logo, which includes a stylized 'L' and 'P' with 'LPW' in bold letters and 'Celebrating 25 years' on a banner below, is on the right. At the bottom, there are colorful flowers and more Easter eggs in shades of green, pink, blue, and yellow.

**FILWOOD
OPEN PLAY
SESSION**

THURSDAY 4TH & 11TH APRIL

10AM-2PM
**@ INNS COURT
PARK**

**JOIN US FOR AN OPEN PLAY SESSION
PROVIDED BY LPW!**

**EXPECT:
OUTDOOR SPORTS ACTIVITIES | ARTS &
CRAFTS | FOOD & REFRESHMENTS**

FOR MORE INFORMATION
CONTACT JESS ON
07917013210 OR
JOSBORNE@LPW.ORG.UK

South Bristol Children's Centre 15th April – 19th July

Our centres are safe, welcoming spaces with easy access to a range of activities and services including groups, events & 1:1 support.

To access our services just pop in and see us, give us a call, send an email or check out our Facebook pages or website.

Facebook: [southbristolchildrenscentrehub](#)

Email: sbcc@bristol.gov.uk

Website: www.southbristolcc.org.uk

To register interest in any of our parenting groups please visit this link <https://forms.gle/tTWypDqXzL9PoQ3j6>



Facebook..



Website..



Stay & Play

Come along and meet other parents/carers and their children. Enjoy lots of fun activities which change every week and learn more about other services available to you.

Suitable for children aged 0-5
No booking required.

Baby Hub

A chance to see the Health Visitor for advice, scales will be available for you to use.

Also breastfeeding support and the Children's Centre team are on hand to share information. Suitable for parents/carers of children under 5. Drop-in – no need to book

Baby Group

Come along and join in our baby sensory play session and meet other parents/carers in your local community. A different sensory activity every week. Suitable for non-walkers. No booking required

Dads Rock

Come join our FREE sessions to explore music, stories and games together. Our interactive sessions are designed to support you and your baby and toddler's development in areas such as communication, language, numeracy and creativity. Have fun and bond with your little ones and meet other dads too.

More info visit www.evolveusic.org.uk.

Boogie Disco

For parents and children to come along and have fun through movement and dance!

Infant Feeding

A chance to get advice and support around feeding and what works best for parent and baby.

Toddler Yoga

For parent and child to engage in fun and movement through stories.

Gym Tots

Fun active group for toddlers with a warm up to music, exploring the gym equipment then cooling down with a fun parachute game.

Scribble and Sketch

Drop in session for parents and children to enjoy
Art
Together

For any Parenting Programmes

Welcome To The World ,
Nurture Programme
Parenting Puzzle
Circle of Security
please Scan QR code.



For further information and other agency and services information please visit www.southbristolcc.org.uk

South Bristol Children's Centre – Spring Groups



SBCC GROUPS RUNNING

Spring Break 2024, Week 1

TUESDAY 2ND APRIL

- BABY HUB BISHOPSWORTH CC, BS13 8EA 9:30-10:30
- MILKYWAY INFANT FEEDING BISHOPSWORTH CC, BS13 8EA 10:30-12:00
- BABY HUB KNOWLE CC, INNS COURT, BS4 1TR 9:30-11:00
- BABY HUB WHITCHURCH HEALTH CENTRE, BS14 0SU 1:30-2:30
- BABY GROUP BEDMINSTER CC BS3 3BZ 1:30-2:30

WEDNESDAY 3RD APRIL

- BABY HUB HARTCLIFFE CC, BS13 0JW 9:30-10:30
- MILKYWAY HARTCLIFFE CC, BS13 0JW 10:30-12:00
- BABY GROUP BISHOPSWORTH CC, BS13 3BZ 9:30-10:30
- STAY & PLAY BEDMINSTER CC BS3 3BZ 9:30-11:00

THURSDAY 4TH APRIL

- BABY HUB BEDMINSTER CC, BS3 3BZ 10:00-11:30
- BABY GROUP (INCLUDES SING & SIGN)
- KNOWLE CC, INNS COURT, BS4 1TR 10:00-11:00
- BABY GROUP HARTCLIFFE CC BS13 0JW 1:30-2:30

FRIDAY 5TH APRIL

- STAY & PLAY BISHOPSWORTH CC BS13 3BZ 9:30-11:00

Groups are for parents & children 0-5 years. We are unable to accept older siblings due to capacity during school holidays Thanks SBCC





SBCC GROUPS RUNNING *Spring Break 2024, Week 2*

MONDAY 8TH APRIL

STAY & PLAY FAITHSPACE REDCLIFFE BS1 6PB 9:30-11:00

STAY & PLAY KNOWLE CC, INNS COURT, BS4 1TR 1:00-2:30

BABY GROUP STOCKWOOD CC, (INCLUDES SING & SIGN)
BS14 8DO 10:00-11:00



TUESDAY 9TH APRIL

BABY HUB BISHOPSWORTH CC, BS13 8EA 9:30-10:30

MILKYWAY INFANT FEEDING BISHOPSWORTH CC, BS13 8EA 10:30-12:00

BABY HUB KNOWLE CC, INNS COURT, BS4 1TR 9:30-11:00

BABY HUB STOCKWOOD BS14 8DO 1:30-2:30

BABY GROUP BEDMINSTER CC BS3 3BZ 1:30-2:30

WEDNESDAY 10TH APRIL

BABY HUB HARTCLIFFE CC, BS13 0JW 9:30-10:30

MILKYWAY INFANT FEEDING BISHOPSWORTH CC, BS13 8EA 10:30-12:00

BABY GROUP BISHOPSWORTH CC, BS13 3BZ 9:30-10:30

THURSDAY 11 TH APRIL

BABY HUB BEDMINSTER CC, BS3 3BZ 10:00-11:30

BABY GROUP (INCLUDES SING & SIGN)

KNOWLE CC, INNS COURT, BS4 1TR 10:00-11:00

BABY GROUP HARTCLIFFE CC BS13 0JW 1:30-2:30

FRIDAY 12 TH APRIL

STAY & PLAY HARTCLIFFE CC BS13 0JW 9:30-11:00

Groups are for parents & children 0-5 years. We are unable to accept older siblings due to capacity during school holidays Thanks SBCC



Grassroots & Your Holiday Hub – Forest School & Outdoor Cooking
Easter Holiday Sessions

FOREST SCHOOL & OUTDOOR COOKING



HEART OF BS13 CLIMATE ACTION HUB

- Outdoor play
- Foraging
- Woodcraft
- Den construction
- Fire building
- Outdoor cooking
- Plus much much more!

**AGES
8-15**



**2ND, 3RD, 4TH &
10TH, 11TH, 12TH APRIL**

11AM-245PM For info call Jabez: **07376 590832**

Free places based on eligibility & limited free places for all



SIGN UP HERE



HAF Forest School & Outdoor Cooking with Grassroot Communities · Eequ

Forest School and Outdoor Cooking – Grassroot Communities

Square Food Foundation – Easter Holiday Cooking Classes

A teal-colored rectangular text box is centered on a background of several bright red, ripe tomatoes. The text inside the box is white and provides information about Easter holiday cooking workshops.

Easter Holiday FREE cooking workshops at Square Food Foundation.

This Easter, there are FREE cooking workshops running at Square Food Foundation.

Please use this form to express your interest in coming to our Easter Holidays cooking classes @ Square Food Foundation.

If you are an adult showing expression for more than 1 young person please complete 1 form for each child.

PLEASE NOTE: THESE CLASSES ARE FOR 6 - 11 YEAR OLDS WHO RECEIVE BENEFITS RELATED FREE SCHOOL MEALS. If you are not registered for Free School Meals but think you may be eligible you can apply through the Bristol City Council website or school - <https://parent.bristol.gov.uk/web/portal/pages/parents/travel-and-free-school-meals>

If you have any questions about the classes or filling in this form you can call the office on 0117 462 2686 or email us at info@squarefoodfoundation.co.uk

Thanks!

We'll be running cookery classes over the Easter Holidays for 6-11 year olds who normally receive benefit related free school meals on dates: April Wed 3, Thurs 4, Wed 10, Thurs 11, Fri 12.

Please find more information in the attached link, and to sign up your young person/person's interest or pass on to someone who might be:

[Easter Holiday FREE cooking workshops at Square Food Foundation & Redcatch Community Garden](#)

We will be in touch to confirm places, answer any questions, or offer multiple dates if there is availability!

Zinnia Murdoch | Operations & Kitchen Assistant
0117 462 2686



Explore: Springtime at St John’s

Thursday 4th April 10:30 - 14:00

Celebrate Springtime and be inspired by the changing season at the stunning crypt of St John on the Wall, one of the oldest buildings in Bristol!



A family craft event:

- Decorate a pot and plant a seed
- Make flying seasonal creatures
- Create your own springtime animal.

St John on the Wall Church, Broad Street, BS1 2EZ.

Free - donations welcome

www.visitchurches.org.uk / 0117 929 1766

All children must be accompanied by an adult.
Inside this historic building there are uneven floors, steps and a narrow entrance. Toilets are located nearby.

Churches Conservation Trust is the national charity protecting historic churches at risk.
Registered charity number 258612.



*Services and
opportunities
for
Parents/Carers*



**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



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?**

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



Mothers for Mothers – Parent and Infant Art Therapy Group

MOTHERS FOR
MOTHERS

REBECCA RICE
TARGETED SERVICES & PROJECTS
COORDINATOR

PARENT & INFANT ART THERAPY GROUP

SCHEDULE FOR SOUTH BRISTOL CHILDRENS CENTRES - 2024

Sessions take place on Thursdays 1-2:30pm, with a total of 8 sessions

Hartcliffe Childrens Centre
Hareclive Rd, BS13 0JW
28th March-16th May 2024

Bishopsworth Childrens Centre
2 Lakemead Grove, BS13 8EA
6th June-25th July 2024

Bishopsworth Childrens Centre
2 Lakemead Grove, BS13 8EA
29th August-17th October 2024

Bedminster Childrens Centre
British Road Entrance, BS3 3BZ
7th November-9th January 2025



If you are interested

Contact us at:

rebecca.rice@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

PARENT & INFANT ART THERAPY GROUP

When and where

Where: Across 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 us

rebecca.rice@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

Mindful Parenting & Community Project – Online Mindfulness Course
for Parents of SEND Children

Mindfulness for Parents of SEND Children



Pause • Soften • Connect • Be

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

This ten-week course allows parents to notice how you habitually react when under stress and how practising mindfulness techniques can help you to regulate your emotions more effectively, including becoming more resilient during stress. Therefore, you will become more able to pause, soften, connect with your breath and be in the moment with whatever difficulty that may be here. And then to respond more calmly and appropriately.

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 Parents of SEND Children:

Day: Fridays 9.30 am - 12 noon

Dates: 3rd May - 12th July 2024 (Term time only)

Via: Online Zoom

Cost: FREE

Book: Call Claire-Louise on 07949399633

Contact: mpcp.bristol@gmail.com

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



Mindful Parenting & Community Project – Stressbusting Workshop for
ESOL Parents

Stressbusting for ESOL Parents



Free Workshop

This workshop is to support parents who have English as a second or other language or who have lower literacy skills. It will look at how we deal with the stress and worry which comes from being a parent or carer.

We can learn to notice what happens when we are stressed and how to find calm when faced with difficulties.

Stressbusting for Parents/Carers supports us to:

- **Feel more confident about being a parent**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**

Date: Friday 19th April 2024
Time: 9.30am -11.30 am
At: Hartcliffe Nursery School & Children's Centre, Hareclive Rd.
BS13 0JW
Cost: FREE
Creche: Places available - booking required
Contact: mpcp.bristol@gmail.com, www.mpcp.info,
07577 956 911 (Suzanne)
or speak to Kim at the Children's Centre.

Mindful Parenting & Community Project – Stressbusting Course for
ESOL Parents

Stressbusting for ESOL Parents



Free Course

This six-week course is aimed at parents who have English as a second language or for parents with lower literacy skills. It will look at how we deal with the stress and worry which comes from being a parent or carer.

We can learn to notice what happens when we are stressed and how to keep calm when faced with difficulties.

Stressbusting for Parents/Carers supports us to:

- **Feel more confident about being a parent**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**

Dates: Friday 26th April to Friday 14th June - 6 weeks
(no session 10th May or 31st May)
Time: 9.30am - 11.30 am
At: Hartcliffe Nursery School & Children's Centre, Hareclive Rd.
BS13 0JW
Cost: FREE
Creche: Places available - booking required
Contact: mpcp.bristol@gmail.com, www.mpcp.info,
07577 956 911 (Suzanne)
or speak to Kim at the Children's Centre.



100 BLACK MEN TALK HEALTH

A free, online workshop about Black,
African and Asian men's health

This session is for men only. If you are a woman and would like to come to future sessions on Black, African and Asian men’s health, please sign up to our mailing list via the ‘register’ QR code below



LET’S TALK ABOUT PROSTATE CANCER

with Errol Campbell , Chairperson and
founder of The Friends of Caswell Thompson

March 28th | 12.00 - 1.30pm

Register here:

<https://forms.gle/jXeMmH7Cd7LWXtbC8>



Scan for the Zoom link:

Meeting ID: 838 4806 7974

Passcode: 645835



Are you a kinship carer?

A kinship carer is someone who is raising a relative's or friend's child.

Come along to our group for kinship carers



A chance to meet, listen, share and support one another.

Bristol Kinship Group

When: 10:30am-12pm
Wednesday 13th March 2024
Wednesday 17th April 2024
Wednesday 15th May 2024

All kinship carers and special guardians are welcome

Where: Tesco Extra, Eastgate Road, Eastville, Bristol, BS5 6XU
Ask for Rachel at the Customer Services Desk

Text Rachel on 07768858100 for more information



Part of the Kinship Group Network

Bringing kinship carers together



compass.kinship.org.uk
kinship.org.uk

Kinship is the working name for Grandparents Plus, which is a company limited by guarantee registered in England and Wales under number 4454103 and registered as a charity under number 1093975



Are you a kinship carer in England and Wales?

We can offer you free support and advice

A **kinship carer** is someone who is raising a relative or friend's child.

Kinship is the leading national kinship care charity. We want kinship carers and the children they are raising to be **recognised, valued and supported.**

What you can access:

Our **FREE Advice Service** is available from **Mon - Friday 9.30am - 2pm.** Contact us to arrange a call with one of our expert staff.

You can talk to us about:

- Your legal options
- Benefits
- Employment
- Housing
- Education and much more



We can also signpost you to other **helpful organisations** in your local area.

Visit:

www.compass.kinship.org.uk/advice



Phone - free
0300 123 7015



Fill in a form online
Once you've filled in the form our adviser will contact you



Book a 1:1 appointment
Book an appointment at a time which works for you



Online Advice Finder
Personalised information for you

Charity Registration: 1093975

Wellbeing Workshops

**MARCH - MAY 2024
PROSPECTUS**



**BRISTOL
WELLBEING
COLLEGE**

Welcome

Bristol Wellbeing College provides free workshops, courses and activities to explore, improve and maintain our mental health and wellbeing.

Our workshops and courses are available to adults living in Bristol and anyone who has used mental health services in Bristol.

Please enrol and book online at:

www.second-step.co.uk/bristol-wellbeing-college

For all enquiries, please email us at

bristol.wellbeing.college@second-step.co.uk

If you have no access to the internet, please call **0117 914 5498** and we will be happy to help.

**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

Workshops & Courses Guide

Green, blue or pink?

Choose the right workshops for you.



Green Workshops:

Lighter workshops offering an introduction into various ways to improve wellbeing. They are accessible to anyone, encouraging self-expression and self-care. Workshops involve techniques, activities and ways to connect with our senses to develop a wellbeing toolkit.

Blue Workshops:

More detailed workshops that focus on making positive changes to habits, behaviours and lifestyle. The workshops support you to maintain positive change or take steps towards making a change. These more structured workshops aim to provide you with helpful tools and strategies.

Pink Courses:

In-depth and encouraging self-reflection, long-term planning and progression. Our courses provide an opportunity to share experiences and support each other. Courses require commitment to attend all dates and a willingness to complete homework.

Online Workshops

Delivered via the free video conferencing app Zoom. We are happy to provide technical assistance to any learners who are new to the platform or who need help with downloading and using it.

Wednesday Mornings Online 10:30am - 12:30pm

Date	Course
Wed 17 Apr	Anxiety Course 1/4
Wed 24 Apr	Anxiety Course 2/4
Wed 1 May	Anxiety Course 3/4
Wed 8 May	Anxiety Course 4/4

Wednesday Afternoons Online 2:30pm - 3:30pm

Date	Workshop
Wed 15 May	Building Resilience
Wed 22 May	Introduction to Coping with Low Mood
Wed 29 May	B-ACE (Body-care, Achieve, Connect & Enjoy)

Thursday Afternoons Online **2:30pm - 3:30pm**

Date	Workshop
Thu 7 Mar	Better Sleep
Thu 14 Mar	Mindful Portraits
Thu 21 Mar	Confidence Building

Friday Mornings Online **10:30am - 11:30am**

Date	Workshop
Fri 1 Mar	Be Present: Intro & Breathing Meditation
Fri 8 Mar	Be Present: Five Senses Meditation
Fri 15 Mar	Be Present: Self-Connection Meditation
Fri 22 Mar	Be Present: Appreciation Meditation
Fri 12 Apr	Be Present: Self-Compassion Meditation
Fri 19 Apr	Be Present: Visualisation Meditation
Fri 26 Apr	Be Present: Soundscapes Meditation
Fri 3 May	Be Present: Stillness Meditation
Fri 17 May	Confidence Building
Fri 24 May	Self-Kindness
Fri 31 May	Finding Motivation

Also happening...

Mindful Walks | 10:30am - 12pm

Date	Location
Thu 18 Apr	Harbourside
Thu 25 Apr	Castle Park

Wellbeing Café

Boston Tea Party,
156 Cheltenham Road, Stokes Croft, BS6 5RL

Every Tuesday between 2pm - 4pm

Our Wellbeing Café sessions are relaxed afternoons of company and conversation in a regular café space. Here you can also book onto our workshops and find out more of what the college has to offer.

Online Sessions | 3pm - 4pm

Date	Location
Mon 18 Mar	Online Wellbeing Café
Mon 29 Apr	Online Wellbeing Café
Mon 27 May	Online Wellbeing Café

Classroom Workshops

Monday Afternoons at John Wesley's New Room 36 The Horsefair, Bristol City Centre BS1 3JE **2:30pm - 4:30pm**

Date	Workshop / Course
Mon 18 Mar	Assertive Communication: Saying "No"
Mon 25 Mar	Reframing Loneliness
Mon 8 Apr	Anxiety Course 1/4
Mon 15 Apr	Anxiety Course 2/4
Mon 22 Apr	Anxiety Course 3/4
Mon 29 Apr	Anxiety Course 4/4
Mon 13 May	Mind & Movement
Mon 20 May	Better Sleep

Monday Afternoons at The Greenway Centre Doncaster Road, Southmead, BS10 5PY **2:30pm - 4:30pm**

Date	Workshop
Mon 4 Mar	Introduction to Coping with Low Mood
Mon 18 Mar	Introduction to Anxiety
Mon 25 Mar	Better Sleep

Tuesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill, BS5 0AX **10:30am - 12:30pm**

Date	Workshop / Course
Tue 5 Mar	Confidence Building
Tue 2 Apr	Understanding Trauma Course 1/4
Tue 9 Apr	Understanding Trauma Course 2/4
Tue 16 Apr	Understanding Trauma Course 3/4
Tue 23 Apr	Understanding Trauma Course 4/4
Tue 30 Apr	Self-Kindness
Tue 7 May	Coping with Low Mood Course 1/4
Tue 14 May	Coping with Low Mood Course 2/4
Tue 21 May	Coping with Low Mood Course 3/4
Tue 28 May	Coping with Low Mood Course 4/4

Tuesday Afternoons at Avonmouth Community Centre

257 Avonmouth Road, Avonmouth, BS11 9EN

2:30pm - 4:30pm

Date	Workshop
Tue 5 Mar	Building Resilience
Tue 12 Mar	Understanding Yourself
Tue 19 Mar	Self-Kindness
Tue 26 Mar	Ways to Wellbeing

Wednesday Mornings at Windmill Hill City Farm

Philip Street, Bedminster, BS3 4EA **10:30am - 12:30pm**

Date	Workshop
Wed 20 Mar	B-ACE (Body care, Achieve, Connect & Enjoy)
Wed 27 Mar	Building Resilience
Wed 15 May	Introduction to Anxiety
Wed 22 May	Making Picture Poems
Wed 29 May	Reframing Loneliness

Wednesday Afternoons at Shirehampton JTE Hub

Side entrance of the Methodist Church on Penpole Avenue, Shirehampton, BS11 0DY **2:30pm - 4:30pm**

Date	Course
Wed 6 Mar	Assertive Communications Course 1/4
Wed 13 Mar	Assertive Communications Course 2/4
Wed 20 Mar	Assertive Communications Course 3/4
Wed 27 Mar	Assertive Communications Course 4/4
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Wed 3 Apr	Emotional Intensity Course 1/4
Wed 10 Apr	Emotional Intensity Course 2/4
Wed 17 Apr	Emotional Intensity Course 3/4
Wed 24 Apr	Emotional Intensity Course 4/4

Thursday Mornings at The Station Silver Street, Bristol
City Centre, BS1 2AG **10:30am - 12:30pm**

Date	Workshop
Thu 7 Mar	Writing for Wellbeing
Thu 14 Mar	Writing with Emotions
Thu 21 Mar	(Re)Writing Stories

Thursday Afternoons at Windmill Hill City Farm
Philip Street, Bedminster, BS3 4EA **2:30pm - 4:30pm**

Date	Workshop
Thu 4 Apr	Understanding Yourself
Thu 11 Apr	Confidence Building

Thursday Afternoons at Avonmouth Community Centre 257 Avonmouth Road, Avonmouth, BS11 9EN
2:30pm - 4:30pm

Date	Course
Thu 9 May	Assertive Communications Course 1/4
Thu 16 May	Assertive Communications Course 2/4
Thu 23 May	Assertive Communications Course 3/4
Thu 30 May	Assertive Communications Course 4/4

Further information and bookings

Please visit our website or scan the QR code.

www.second-step.co.uk/bristol-wellbeing-college



Bristol Wellbeing College – Courses at Windmill City Farm

Feel **anxious** or **low** at times?

Learn tools, skills and strategies to improve your wellbeing at

WINDMILL HILL CITY FARM

FREE to anyone 18+

Wednesday Mornings 10.30am - 12.30pm

20 Mar	B-ACE (Body Care, Achieve, Connect & Enjoy)
27 Mar	Building Resilience
04 Apr	Understanding Yourself
11 Apr	Confidence Building
15 May	Introduction to Anxiety
22 May	Making Picture Poems
29 May	Reframing Loneliness

See our full calendar online

To book visit:

second-step.co.uk/bristol-wellbeing-college

Get in touch:

bristol.wellbeing.college@second-step.co.uk or 0117 914 5498

**Book
here!** →



**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

It's about
you
**BRISTOL
WELLBEING
COLLEGE**

One Front Door – Employment Support and Advice



One Front Door supports Bristol residents who need employment support, advice and guidance. We can help you get a job and career, plan your work and training options and help you find out about the support services available in Bristol. We can also signpost recommendations around other issues including mental health, wellbeing, financial problems and a wide range of other topics.

Our service is free and is available to anyone who is unemployed in the city of Bristol.

We also support employers and partner organisations and help fill vacancies and reach the people who need your help.

One Front Door is part of Skills Connect which supports people who are in-work, those looking for work, looking for career development and training.

To find out more, please visit: <https://onefrontdoor.org.uk/>

You can also get in touch with us via email: onefrontdoor@bristol.gov.uk

Or by calling: 0117 9223440



alive
Lighting up later life

Alive's South Bristol Dementia-Friendly Allotment

Come along to free weekly sessions at our new site

Our friendly team welcome you to join in with accessible gardening and green crafts. Sessions are open to anyone in the community living with dementia, along with carers, relatives or friends. Refreshments and tools provided.

**Where: Talbot Road Allotments,
Brislington, Bristol, BS4 2NT**

When: Every Tuesday afternoon 1:30-3:30pm

**To book or find out more information, please contact Nick on
0117 377 4756 or communitygardening@aliveactivities.org**

W: aliveactivities.org
E: info@aliveactivities.org
T: 0117 377 4756

Alive is a Registered Charity No.1132708

Hartcliffe City Farm – Supper Club

Hartcliffe City Farm is free and open 9am-4pm Tuesday to Sunday every week.

At present, we provide nurture groups for children and young people, school visits, independent and supported adult volunteer sessions, a supper club for families and some cooking sessions. We will soon be offering a Saturday morning farm club for children with or on the path to a diagnosis, as a Bristol Short Breaks program.

I am often free to support families to attend the sessions and/or come and talk to groups about what we offer.

Please contact me for more info: nicky.orr@windmillhillcityfarm.org.uk



We'd like to invite you to our
Supper Club



Come with your children after school and stay for a warm welcome, a shared family meal and a kids' activity

Every Thursday from 22nd February
to May 2024, 3.30-5.30pm

Hartcliffe City Farm, Lampton Ave, BS13 0QH

Price: Free!

For more info or to book in, get in touch on:
07783454551 or nicky.orr@windmillhillcityfarm.org.uk

*Services and
opportunities
for young
people*

Mental Health Support Team

Are you aged 5 - 18 or are a parent of a child this age?

Are you, or is your child struggling with mental health difficulties (e.g. stress, mild anxiety or low mood) and would like some help?

We are a new NHS initiative working in full partnership with OTR (Off the Record) and the Child and Adolescent Mental Health Service (CAMHS).

We offer individual therapeutic support and whole school activities, or approaches.

We are based in some schools in Bristol, North Somerset and South Gloucestershire, with an aim to have 50% coverage by 2024.

HOW CAN YOU ACCESS US?

1. Check we're in your school by following this link or scanning the QR Code: www.otrbristol.org.uk/what-we-do/mhst/
2. Speak to a trusted member of staff in your school and ask about us
3. With your consent they will talk to us, and if it sounds like we can help they will refer you to us



Schools are selected by a 'needs led' process by Public Health. If you want to know more about this we have a briefing document with more details that we can send you.

Get in touch:

mhstenquiries@otrbristol.org.uk