



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.**

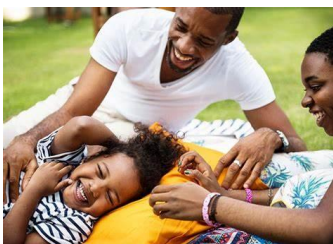
The amount of information has grown so large that we have split the Bulletin into two parts and this is Part 1

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.



Contents

Activities for Families	3
LPW – May half-term sessions in Hartcliffe	4
HWCP – spacemakers Family Picnic.....	5
HWCP – Community litter pick & family rounders	6
HWCP – HART Attack	7
HWCP – Football Tournament	8
hARTcliffe FUN days – Summer 2023	9
Unique Voice – HAF summer holiday programme	10
HWCP - weekly local activities for young people.....	11
LPW – Detached youth engagement sessions	12
LPW – Term Time Play sessions	13
Hartcliffe City Farm – Free Stay and Play Sessions	14
Hartcliffe City Farm – SEND After School Club.....	15
Services and opportunities for Parents/Carers	16
Families in Focus Parenting workshop – Supporting children with anxiety	17
Families in Focus Parenting workshop – Supporting children who self-harm.....	18
Oneplusone – Getting it right for children course	19
Oneplusone – Arguing Better Course	20
Mothers for Mothers – perinatal mental health support.....	21
Changes Bristol – Welcome Space Wellbeing Groups	22
SAY SEND AND YOU – SENDIAS Bristol Events.....	23
HMV The Gatehouse – newsletter	24
South Bristol Debt Advice Service	26
South Bristol Debt Advice Service – Inns Court drop-in.....	27
South Bristol Debt Advice Service – Perrycourt drop-in	28
Services and opportunities for young people	29
Grassroot – Grassroot Activators Programme (GAP).....	30
Unique Voice – Safer Streets crime prevention project	31
Off The Record – mental health support	32

Activities for Families



The Big Hide Out

MAY HALF TERM 2023

Learning Partnership West will be providing free play sessions for children and young people at The Big Hideout, Teyfant Road, Hartcliffe, BS13 0RF on Wednesday 31st May, Thursday 1st June & Friday 2nd June 10-1PM

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+)

For further information please contact Sammy on 07717816825 or sjimenez@lpw.org.uk

Wednesday 31st May: Pancakes & Drums/shakers

Thursday 1st June: Chili con carne wraps & Magnet making

Friday 2nd June: Chicken curry & Tie Dye

HWCP – spacemakers Family Picnic



FREE Fun for all the family

SPACEMAKERS FAMILY PICNIC



Tuesday 30th May

12:00PM til 2:00PM

Willmott Park, Bristol BS13 0AA

**We will have a range of activities
and some food!**

Bringing the community together again

Contact - zak.dugdale@hwco.org.uk

HWCP – Community litter pick & family rounders



FREE Fun for all the family



COMMUNITY LITTER PICK & FAMILY ROUNDERS



Wednesday 31st May

12:00PM til 3:00PM

Withywood park, Riverland Dr, Bristol

BS13 8PL



Bringing the community together again

Contact - zak.dugdale@hwco.org.uk

HWCP – HART Attack



FREE Fun for all the family

HART ATTACK



Thursday 1st June

12:30PM til 3:30PM

**@symes Resource Centre in the
Cummunity Room**

Supported by Local Volunteers

Bringing the community together again

Contact - zak.dugdale@hwco.org.uk

HWCP – Football Tournament



FREE Fun for all the family

HARTCLIFFE YOUNG PEOPLE FOOTBALL TOURNAMENT



Friday 2nd June

**Ages 8 to 12 and 12 to 16 years
Sign up between 9:30am and
10:00am**

**From Merchants Academy Sports
Centre**



Bringing the community together again

Contact - zak.dugdale@hwco.org.uk

hART CLIFFE FUN DAYS

Summer 2023

21 MAY

25 JUNE

16 JULY

20 AUGUST

BOOK TICKETS

www.braveolddrama.co.uk/events
or scan QR code



children must
be accompanied
at all times at
these events

**PAY
WHAT
YOU
CAN**

for safety these
events have
LIMITED CAPACITY
so please book in
advance!

gates open
11.15am
events end
3pm

performances &
arts activities
happening
throughout the
day

bring your own
picnics
no alcohol on site
please

PAY WHAT YOU CAN outdoor family arts festivals
Teyfant Road Adventure Playground, BS13
including circus, music, theatre and dance
plus creative workshops and a take-home pack of creative
materials for children at no extra cost.
For families living in BS13.

Funded by Arts Council England
Produced by Brave Bold Drama
www.braveolddrama.co.uk/events



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Unique Voice – HAF summer holiday programme



We will be delivering Holiday Activity and Food programme (HAF) funded holiday programmes this summer break across Bristol. Sessions will be running Tuesdays - Fridays throughout the summer, 10:00 - 2:00pm daily.

Children will be taking part in performing arts, games, crafts and outdoor play. All activities designed to increase confidence, social emotional development and of course play!

- Children are provided with a free hot lunch and snacks each day.
- Places are free and fully funded by Bristol City Council.
- Sessions are delivered by UV Youth and Play Workers. Our team members have an Enhanced DBS on the update service and receive trauma-informed and safeguarding training.

Unfortunately at this time, we are unable to support children who require 1:1 support at our programmes.

Referrals are not currently open. However if you would like to be notified of our launch please send an email titled, **Referral List**, to Becky at beckyh@uniquevoice.org.

You will then be added to our Community email list and will receive programme referrals and opportunities notifications.

If you have any questions contact Becky, UV Community Manager, at beckyh@uniquevoice.org

Upcoming Summer Programmes

Locations

We are running programmes in Eastville, Hillfields, Lockleaze, and Withywood.

Dates

Tuesday 25th - Friday 28th July
Tuesday 1st - Friday 4th August
Tuesday 15th - Friday 18th August
Tuesday 22nd - Friday 25th August

Time

10:00am - 2:00pm

Eligibility

Children must be aged between 5-11 years and in receipt of benefits-related Free School Meals.

This provision has been supported by funding from Bristol City Council via the DfE



HWCP - weekly local activities for young people

MONDAY

- The Hideout**
Age 8 to 13
Teyfant Road, BS13 ORF
3:00PM - 5:00PM
- Robins Girls Football Foundation**
Age 6 to 16
Hareclive Academy BS13 OHP
4:30PM - 5:30PM
- SAFE Social Action for Young People**
Age 12 to 16
Hartcliffe Club for Young People
Gatehouse Avenue, BS13 9AE
5:00PM - 6:00PM
- HCYP - Hartcliffe Club for Young People**
Age 8 to 11
Gatehouse Avenue, BS13 9AE
5:30PM - 7:30PM
- Beavers**
Age 6 to 8
Scouts Hut, Bishport Avenue, BS13 9LW
6:00PM - 7:30PM
- Hareclive Youth Club**
Age 11 to 16
Moxham Dr, Bristol BS13 OHP
6:00PM - 8:00PM

TUESDAY

- FixX Bike Workshop**
Age 11 to 25
The Grove BS13 OAF
10:30AM - 5:30PM
- Hareclive Youth Club**
Age 8 to 11
Moxham Dr, Bristol BS13 OHP
4:00PM - 6:00PM
- Multi-Sports**
Age 8 to 16
Hareclive Academy
Moxham Drive BS13 OHP
4:30PM - 5:30PM
- Club Adapt**
Age 8+
Gatehouse Avenue, BS13 9AE
6:00PM - 8:00PM
- Lego Legends For Families**
Hartcliffe Club for Young People
Gatehouse Avenue, BS13 9AE
4:00PM - 5:00PM

WEDNESDAY

- The Hideout**
Age 8 to 13
Teyfant Road, BS13 ORF
3:00PM - 5:00PM
- Hart Attack For Families**
HWCP Community Room
@symes Resource Centre, BS13 OBE
3:30PM - 5:00PM
- Bike Rock up and ride**
All Ages
Wilmott park, Fulford Road BS13 OAA
3:30pm - 5:00pm
- Wicketz Cricket**
Age 8 to 16
Merchants Academy, BS13 9AJ
4:30PM - 5:30PM
- Robins Disability Football**
Age 8 to 18
Bridge Learning Campus, BS13 ORL
5:00PM - 6:30PM
- CUBS**
Age 8 to 10
Scouts Hut, Bishport Avenue,
BS13 9LW
7:00PM - 8:30PM

If you have any more info or ideas for local Groups please E-mail:
HELLO@HWCP.ORG.UK

THURSDAY

- The Hideout**
Age 8 to 13
Teyfant Road, BS13 ORF
3:00PM - 5:00PM
- C-Card Drop in**
Age 11+
HWCP Community Room
@symes Resource Centre, BS13 OBE
4:00PM - 5:00PM
- HCYP - Hartcliffe Club for Young People**
Age 12+
Gatehouse Avenue, BS13 9AE
6:30PM - 8:30PM

FRIDAY

- The Hideout**
Age 8 to 13
Teyfant Road, BS13 ORF
3:00PM - 5:00PM
- Robins Junior Football**
Age 6 to 12
Hareclive School
Moxham Drive, BS13 OHP
4:30PM - 5:30PM
- Robins Senior Football**
Age 12 to 16
Bridge Learning Campus,
BS13 ORL
6:00PM - 7:00PM
- Inters Club**
Year 7 and 8 Students
Hartcliffe Club for Young People
Gatehouse Avenue, BS13 9AE
6:00PM TO 8:00PM
- Scouts and Guides**
Age 10 to 14
Scouts Hut, Bishport Avenue
BS13 9LW
6:30PM TO 8:00PM

Local Activities for Young People



Visit www.hwcp.org.uk



LPW
Detached youth engagement sessions

Monday - Hartcliffe 4pm-6pm

Tuesday - Withywood 4pm-6pm

Friday - Knowle (in partnership with Streetspace) 4pm-6pm

Positive engagement session for young people in the community

LPW – Term Time Play sessions

FUN & CREATIVE ACTIVITIES

LPW

... Play ...
Session
Tuesday's 15:30-17:30
(Term Time)

Dame Emily Park

Find us in the picnic
area



The Activities

Arts and Crafts | Outdoor Games | Outdoor cooking |



In partnership with Friends of Dame Emily Park





STAY AND PLAY SESSIONS FOR LOCAL FAMILIES

Nature and farm play sessions, including a snack.

Thursday mornings at Hartcliffe City Farm
10:00-11.30am
8th, 15th, 22nd and 29th June 2023

Open to preschool children 3-5 years old with their
parent/ carer.

Places are free but must be booked, contact
nicky.orr@windmillhillcityfarm.org.uk



AFTER SCHOOL CLUB AT HARTCLIFFE CITY FARM

Join us at Hartcliffe City Farm for our new After School Club, running through terms four, five, and six! Sessions will include activities around animals, gardening, cooking, and nature.

Starting Thursday 20th April, 4 - 5.30pm

6 places for children aged 8 - 12

Booking is essential

These sessions are for SEND children and young people with a diagnosis and/or on the pathway to diagnosis.

Please contact us to sign up:

Catherine.Ware@windmillhillcityfarm.org.uk

*Services and
opportunities
for
Parents/Carers*

Families in Focus Parenting workshop – Supporting children with anxiety

Parents workshop- Supporting children with Anxiety

Gatehouse Centre

Hareclive Road

Hartcliffe BS13 9JN



Friday 9th June 2023 10am-12

Facilitated by - *Susanna Harvey*

Primary Mental Health Specialist- Child and Mental Health Service
(CAMHS)



Email: Pauline.sparkes@bristol.gov.uk – or call 07464907637-
(Parenting Practitioner- Families in Focus South)

Families in Focus Parenting workshop – Supporting children who self-harm

**Parents workshop-
Supporting children who
self harm**

Gatehouse Centre

Hareclive Road

Hartcliffe BS13 9JN



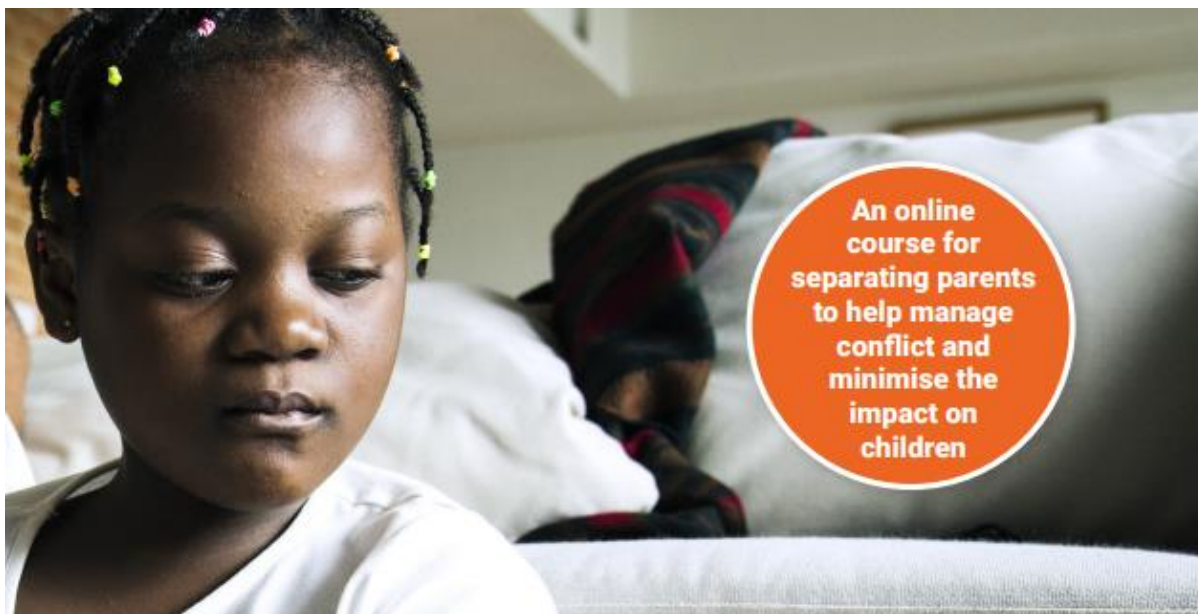
Friday 14th July 2023 10am-12

Facilitated by - Susanna Harvey

Primary Mental Health Specialist- Child and Mental Health Service. (CAMHS)

Please contact:

**Email: Pauline.sparkes@bristol.gov.uk – or call 07464907637-
(Parenting Practitioner- Families in Focus South)**



Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

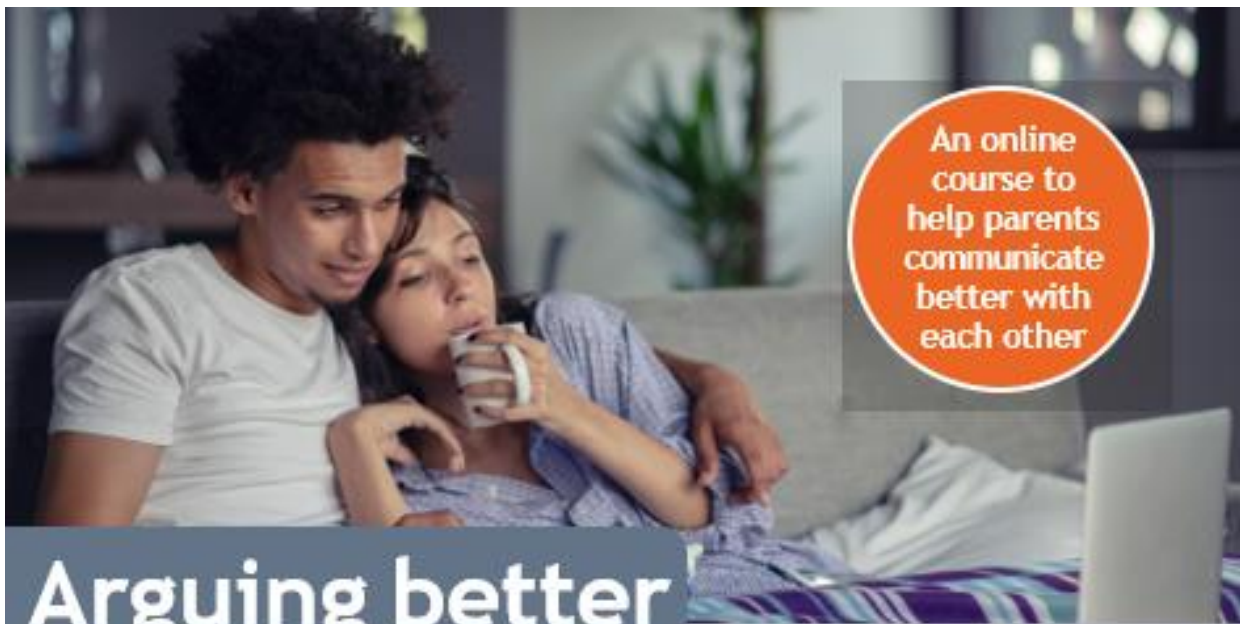
- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parents
or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.



Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

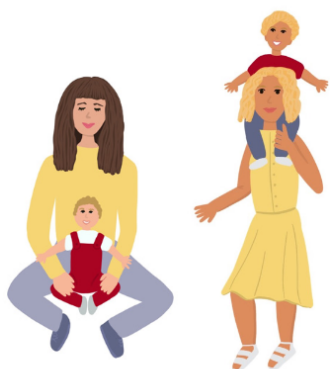
To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parents
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

Mothers for Mothers – perinatal mental health support



"Telling someone how you feel can help you get the support you need."

Come along to our support group in

Hartcliffe

Every Wednesday - 10:00am to 12:00pm
at New Fulford Family Centre, Gatehouse
Avenue, Hartcliffe, BS13 9AQ

Contact us at groups@mothersformothers.co.uk



perinatal mental health



"The struggles will change, we are here for you good days and bad days."

Come along to our support group in

Bedminster

Every Thursday - 12:45pm to 2:45pm
at St Francis Church, North Street,
Ashton Gate, Bedminster, BS3 2AN

Contact us at groups@mothersformothers.co.uk



perinatal mental health



Welcome Space Wellbeing Groups

How do you feel?

Feeling overwhelmed? Anxious? Experiencing low mood, lacking motivation, worried or feeling isolated? Concerned about cost of living?

Free support

Free, confidential, non-judgemental groups. A chance to connect and support each other. No referral required- just show up. Held in Welcome Spaces across Bristol.

What to expect

An opportunity to share anything that is on your mind, if you choose to do so, and we will listen and support each other. All welcome, come as you are.




For more information contact:


 changesbristol.org.uk
 0117 941 1123



SAY SEND AND YOU – SENDIAS Bristol Events

 For details and booking to all of our events

SCAN ME


SAY
SEND AND YOU
SENDIAS

Bristol Events

June
July
2023


Drop in Sessions
Symes Resource Centre


ALL 12:00 -1:30


Thurs 11 May

Thurs 8th June

Thurs 13th July
Accessible, heated building, toys for pre school children

 SEND and You Website

 **SAY**
SEND AND YOU
SENDIAS



Join Bristol Educational Psychology Service for sessions on -

- Emotion Coaching
- Attunement: Building Connections with your Child
- The teenage brain
- How to support your child with their maths and literacy at home

Coming in June and July - look out on social media for details and booking info

Bristol Daytime SEND Surgery

[Wednesday 14th June 2023](#)

SEND and You Youth Matters Group

[Monday 19th June 2023](#)

SEND and You Professionals' Information Day

[Wednesday 12th July](#)



HWV THE GATEHOUSE

NEWSLETTER

Short courses

HWV offers short courses in a small, friendly, relaxed, and comfortable atmosphere at The Gatehouse. There are no qualifications attached, no exams and they are informal fun courses. These courses are free depending on eligibility, please contact us for further information. These courses start regularly.



SHORT COURSES INCLUDE

IT for Beginners

Quick and Easy Cooking

Health and Well-being

Online Job search and CV writing

Living on a Budget and Managing Money

Craft course

OTHER COURSES WE OFFER

MATHS AND ENGLISH COURSES

Stepping Stones and Functional Skills qualifications from Entry 1 up to level 2 (GCSE equivalent), developing skills for home, life and sustainable employment. Whether you want to keep up with the kids or you need to brush up your skills to get a job, our English and Maths courses can help. **These course are roll on roll off courses and start weekly.**

COMPUTER COURSES

Accredited and recognised ICT qualifications from Entry up to level 1. Using Microsoft software, emails and online search which giving learner's office skills as well as skills for life and sustainable employment.

These course are roll on roll off courses and start weekly

PERSONAL DEVELOPMENT

Improve your confidence and learn to work more effectively with others. If you don't think you're quite ready to access training, education, or employment then our Personal Development courses are supportive, empowering, fun, and engaging.

Next course starts in September

A COURSE FOR WORK AND LIFE

An 11-week course 2 days a week. This course helps to establish a routine for returning to work. Covers Universal Job Match and Universal Credit, CVs, online job applications, interview techniques, using email, oral presentation skills and much more work-related topics.

Next course starts in September.

TEL: 01179 781 708 Email: gatehouse@hvv.org.uk Web: www.hvv.org.uk

WHAT'S ON @

HWV THE GATEHOUSE

Other things happening @ The Gatehouse Centre

A2A Youth Training



Achieve your full potential with our 16–18-year-old provision. If you did not get the expected results or wish to improve upon them. This could be the best place for you to build and prepare for your future.

With Youth support advisers to give you support and advice and guidance for progression into further education, employment, or training.

Taking enquiries now for September.

The Gatehouse Nursery



An up to 120 place nursery offering sessional day care, in a home-from-home setting. With friendly and fully qualified staff across 3 rooms for children aged 1 to 5 years old.

Offering 2-year old NEG (Nursery Education Grant) and 3-year old NEG. A safe, secure and stimulating learning environment for your child. 3 rooms for different aged children, a private play area, and a beautiful "nature garden".



The Gatehouse Café

An open and friendly café offering a range of excellent hot and cold food, hot beverages and cold drinks. With comfy "Costa" chairs, a book lending library, children's small play area and free Wi-Fi, our café is a fantastic community space.

Home-made cakes all week, roast dinners on Thursdays, sandwiches made to order and all-day breakfasts.

Eat in or Take-away available.

Everyone welcome!

NEED DEBT ADVICE?

STRUGGLING WITH BILLS?

Don't know WHERE to turn?

CALL SOUTH BRISTOL'S

DEBT ADVICE TEAM



**FREE, CONFIDENTIAL,
IMPARTIAL & LOCAL
advice YOU can trust on...**

**RENT ARREARS CREDIT DEBT
INCOME MAXIMISATION DEBT COLLECTORS HP
DROPS COUNCIL TAX CCJs
UTILITIES FINES WATER DEBT
BENEFIT OVERPAYMENTS BAILIFFS**

Call Us! 0117 903 8358

South Bristol Advice Services, Withywood Centre, Queens Road, Bristol, BS13 8QA
Funded by the Money and Pensions Service to provide SPECIALIST debt advice throughout South Bristol
Open Monday to Friday 9 am to 5pm except public holidays.

Inns Court Community & Family Centre Drop-in Session



We are currently holding debt advice drop-in sessions at

**Inns Court Community & Family Centre
1 Marshall Walk, Bristol BS4 1TR**

Between 10am and 12pm on

25th May 2023

22nd June 2023

27th July 2023

24th August 2023

28th September 2023

26th October 2023

23rd November 2023

25th January 2024

22nd February 2024

28th March 2024

If you are worried about your debts or need advice, please come and see us or call 0117 903 8358.

South Bristol Advice Service, Withywood Centre, Queen's Rd, Bishopsworth, Bristol BS13 8QA

24hr Message Machine: 0117 985 1122

Email address: admin@southbristoladvice.org.uk

Perrycourt Academy Drop-in Session



We are currently holding debt advice drop-in sessions at

**Perry Court E-ACT Academy
Great Hayles Rd,
Bristol BS14 0AX**

On the following dates

11th May 2023

8th June 2023

13th July 2023

14th September 2023

12th October 2023

9th November 2023

11th January 2024

8th February 2024

14th March 2024

**If you are worried about your debts or need
advice, please come and see us
or call 0117 903 8358.**

South Bristol Advice Service, Withywood Centre, Queen's Rd, Bishopsworth, Bristol BS13 8QA

24hr Message Machine: 0117 985 1122

Email address: admin@southbristoladvice.org.uk

Services and opportunities for young people

WHAT'S YOUR PASSION?

CREATIVITY COMMUNITY CAREER PATHWAYS

NATURE YOUTH WORK SOCIAL ACTION

ARE YOU 16-30 YEARS OLD

The **GRASSROOT ACTIVATORS PROGRAMME (GAP)** is a yearlong course in central Bristol that will support YOU to be the changes YOU want to see...

Learning a wide variety of new skills, knowledge, experiences, and connections to help **transform your life...**

We will help YOU close the GAP to **achieving future opportunities** with your own dedicated Youth and Community Worker and Business mentor...

Do YOU want to be supported to realise an opportunity based on your passion?

Starting in September from 11-4pm on Tuesdays and Wednesdays...

Change is coming and it is going to be from the grassroots and up...

To explore this opportunity in more detail please contact Ben Carpenter



 07787502232

 info@grassrootcommunities.org



 SCAN ME

Unique Voice – Safer Streets crime prevention project



What Would You Do? Safer Streets An innovative crime prevention project

CrimeStoppers.



In partnership with Crimestoppers and Bristol City Council, Unique Voice worked with Merchants Academy Primary School and Bridge Learning Campus to create two films about crime and how to report it. UV hosted workshops in both schools about community cohesion, anti-social behaviour, relationships, and grooming. The young people involved in the project came up with concepts for two films, one about discrimination and community cohesion and the other about violence against women and girls.

Film 1 - Let's Stop Discrimination Together Made with Merchants Academy Primary School

<https://www.wvyd-wccs.co.uk/videos>

This film is all about celebrating community, diversity and speaking up to help prevent discrimination. The film includes interviews with the young people sharing their thoughts on their feelings on these topics. The young people came up with this idea during a series of workshops where they created story boards and freeze frames exploring the key themes.



Film 2 - We Feel Unsafe Made with Bridge Learning Campus

<https://www.wvyd-wccs.co.uk/videos>

The secondary film is about the safety of women, how the young people feel about this and how it's up to everyone to make small changes to help women and girls feel safe within their community. A young person in the group came up with the concept of 'a letter to my younger self'. The young people involved and teachers from Bridge Learning Campus narrate their letters of advice to girls, boys and professionals directly to camera. The film includes community spaces that the young people have expressed make them feel both safe and unsafe.



Off The Record – mental health support



OTR is a mental health organisation and social movement by and for young people aged 11-25 living in Bristol, South Gloucestershire and North Somerset. We're not just a charity providing mental health services, we're a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people. OTR is free, confidential and self-referral – we give young people a choice and a voice.



Our Current Offer

Project Updates

Green Woodworking

Green woodworking involves shaping freshly cut wood into finished objects with hand tools. This four-week course in collaboration with Bristol Tree Craft is an opportunity for young people aged 16-25 to learn all about it and give it a go themselves.

Green woodwork brings lots of benefits for our mental health and general wellbeing by learning a new skill, connecting with natural materials and the enjoyment of making something with our hands.

All tools and materials will be provided and workshops are beginner-friendly.

Starts Tuesday 30th May, 2:30-5pm @ Bridge Farm, Glenfrome Road, BS16 1BQ

Young people can read more and sign up here: otrbristol.org.uk/green-woodworking

Resilience Lab for Teens

Everyone at some stage in their life will face something that they struggle with. Knowing how to get through these tricky times and ‘bounce back’ from them is really important for our health and happiness. At Resilience Lab, we can inspire young people to do just that! Resilience Lab for Teens is a five-week course all about good mental health. These fun, interactive exercises have been designed to help 11-16 year olds learn all about self-care.

Starts Thursday 22nd June, 4-5pm, online via Zoom

Young people can read more and sign up here: otrbristol.org.uk/resilience-lab-for-teens

Shameless

Shameless is a six-week group for anyone aged 11-17 feeling impacted by issues around body image and low self-esteem. This is a safe space where we’ll look at why we’ve grown to feel ashamed of our bodies, where expectations of how we should look come from, and how we can fight back against these messages. Together we’ll find practical ways to grow in confidence, accept our bodies and learn to celebrate who we are.

New start dates for Shameless are due to be announced soon!

Young people can register their interest here: otrbristol.org.uk/shameless

Hubs

Our Hubs are safe and relaxed spaces young people can drop into for a chat – no appointment needed. They’re a great place to meet our team, discover more about what we offer and learn about mental health and self-care. There will also be opportunities to get involved in creative activities, and lots of tea and biscuits on offer too!

Mondays 4-7pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

Wednesdays 3:30-5:30pm @ Armadillo, Station Road, Yate, BS37 4FW

Saturdays 10am-1pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

You can read more about Hubs here: otrbristol.org.uk/what-we-do/hubs

Get In Touch

Check out our website to read more about our services and sign up: otrbristol.org.uk

Give us a call on **0808 808 9120** – our Enquiry Line is open **Monday-Friday 2-5pm**

Outside of these hours, you’re welcome to leave us a voicemail and we’ll get back to you – just make sure to give your name and number!

Send us an email at hello@otrbristol.org.uk