

**Families in  
Focus**



## July 2024 Families in Focus Bulletin - Part 1

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

Hello and welcome to the July information and Services Bulletin from the North Bristol Families in Focus team. We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

The bulletin has grown so big that we have split it into two parts as follows:

### **Part 1 – Information and Support for Families, Parents / Carers and Young People**

### **Part 2 – Information and Support for Practitioners**

Please note that the information here is being shared by 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

Information and services for children and young people .....	- 4 -
Nacoa .....	- 5 -
Crime Stoppers .....	- 6 -
Send and you: SENDIAS for young people.....	- 8 -
Children Scrapstore: Play Sessions .....	- 9 -
Off The Record.....	- 13 -
Hubs.....	- 13 -
Mind Aid .....	- 14 -
Art Works.....	- 15 -
Book Club.....	- 15 -
OTR Sounds.....	- 16 -
Feedback Lab .....	- 17 -
Mental Health Support.....	- 18 -
NBCC .....	- 19 -
Summer Reading Challenge.....	- 20 -
Healthier with nature .....	- 21 -
Information and services for parents / carers.....	- 22 -
Bristol Autism Support .....	- 23 -
BAS Support Groups: .....	- 23 -
1-1 sessions.....	- 23 -
Sensory play and support sessions:.....	- 23 -
Coffee mornings / Meet ups:.....	- 24 -
North Bristol Dads Group .....	- 25 -
SAY: Send and you.....	- 26 -
Lockleaze Wellbeing Walks July 2024.....	- 27 -
Beloved .....	- 28 -
Bristol Libraries – Opening Hours .....	- 29 -
Bristol Parenting Groups .....	- 30 -
Free Nature Play for under 5s .....	- 31 -
Fun Football.....	- 32 -
Summer Picnic .....	- 33 -
Online Relationships Support for Parents .....	- 34 -
Beginners Peace of Mind Sessions .....	- 35 -
Lockleaze Pop-Up Nature Festival .....	- 36 -
Ante Natal: Welcome to the world .....	- 37 -
Support for Inter-Parental Communication .....	- 38 -
Community Litter Pick .....	- 39 -

NHS Talking Therapies .....	- 40 -
Beezee Families .....	- 41 -
Stressbusting for parents.....	- 42 -
Mindfulness for Bristol parents of SEND Children .....	- 43 -

# Information and services for children and young people

## Nacooa



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

FREE Helpline 0800 358 3456  
helpline@nacooa.org.uk

Patrons: Tony Adams MBE • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell • Geraldine James OBE • Sophie K  
Cherie Lunghi • Elle Macpherson • Jerry Moe • Vicky Pattison • Suzanne Stafford CQSW • Camilla Tominey • David Yelland

### **Nacooa (National Association for Children of Alcoholics)**

Nacooa (National Association for Children of Alcoholics) addresses the needs of children growing up in families where one or both parents suffer from alcoholism, this includes children of **all** ages, many whose problems only become apparent in adulthood.

Nacooa's aims are: -

1. To offer information, advice, and support to children of alcohol-dependent parents
2. To reach professionals who work with these children.
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group.

Nacooa's **free, confidential telephone (0800 358 3456)** and **email helpline (helpline@nacooa.org.uk)** is at the heart of all we do, providing information, advice, and support for everyone affected by a parent's drinking.

Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacooa's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences ([www.nacooa.org.uk](http://www.nacooa.org.uk)), FAQs, resources, and research
- COAisathing.com community blog site
- Information packs
- Publications for a range of ages, situations, and professions
- Volunteering opportunities and training
- Lectures, outreach, and COA Week co-ordination
- Research into the experience of children affected by parental drinking.
- Media and social media advocacy
- Parliamentary representation for children affected.



**Free Helpline: 0800 358 3456**

[helpline@nacooa.org.uk](mailto:helpline@nacooa.org.uk)



@NacooaUK

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

Registered Charity No: 1009143

Tel 0117 924 8005  
Email [admin@nacooa.org.uk](mailto:admin@nacooa.org.uk)  
Web [nacooa.org.uk](http://nacooa.org.uk)  
Socials [@nacooa](https://www.instagram.com/nacooa)



## Crime Stoppers

Have you heard of us? You may be surprised to know we are NOT part of the police and we are NOT the TV show Crimewatch. We work in partnership with both. Almost 2000 reports are made to our national contact centre every day resulting in around 10 arrests.

This is what happens when you contact us <https://youtu.be/TV5k3QFBI3U?si=N60Wj8uSFL4ufY4i>

Our youth service is [www.fearless.org](http://www.fearless.org)

With the rising concerns about exploitation of vulnerable young people and knife crime in the West Country I am taking opportunities to raise awareness of our charity and hope to garner support to amplify our call to action.

**Parents can be signposted here :**

<https://crimestoppers-uk.org/fearless/parents-guardians>

**Young people over the age of 11 will find this video useful**

<https://youtu.be/ssXIZ51f5nl>

**I have  
information  
about a crime.**

**I am worried  
someone is going  
to get hurt.**

Need to tell  
someone

Don't want my  
name involved

Who can I tell?



Tell us  
**WHAT  
YOU KNOW**

**fearless**  
Part of Crimestoppers  
Fearless.org 0800 555 111

100% anonymously  
at Fearless.org

Crimestoppers Trust, registered charity in England & Wales (1108587), Scotland (SC037960)



Send and you: SENDIAS for young people



**SEND AND YOU  
SENDIAS  
FOR YOUNG PEOPLE**

**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](mailto:jane.franklin@sendandyou.org.uk)



## Children Scrapstore: Play Sessions



# Open access Play Sessions

led by the Children's Scrapstore

**What is open access?** Children can come and go as they please so they need to be responsible for themselves or be with their adult. Children **aged 8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

**WE BRING THE KIT, YOU LEAD THE PLAY!**

**Tuesdays Thursdays**

**Park by BMX track  
Lawrence Weston,  
BS11 0EZ**

**Beverston Gardens,  
Lawrence Weston,  
BS11 0SB**

**Term time: 3:30pm - 5:30pm**

**Half Term Holidays: 11:30am - 1:30pm**

**Easter / Summer Holidays: 10:30am - 2:30pm**

Get **creative** and **imaginative** at these regular play sessions for **all ages**. Expect arts and crafts, sports kit, construction materials and much more!

**No booking required.**

**FREE**

contact: [playteam@childrenscrapstore.co.uk](mailto:playteam@childrenscrapstore.co.uk)  
facebook page: Children's Scrapstore Play Rangers  
charity no. 1008788



Funded lunch for children provided in holiday sessions





# Summer Holiday Play Sessions

led by the Children's Scrapstore

**What is open access?** Children can come and go as they please so they need to be responsible for themselves or be with their adult.

Children **aged 8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

## WE BRING THE KIT, YOU LEAD THE PLAY!

### Tuesday

10:30am - 2:30pm

- 30th July
- 6th August  
Drumming
- 13th August
- 20th August  
Nature Play
- 27th August

Park by BMX track, Lawrence  
Weston, BS11 0EZ

### Thursday

10:30am - 2:30pm

- 25th July
- 1st August
- 8th August
- 15th August  
Drumming
- 22nd August  
Nature Play
- 29th August

Beverston Gardens, Lawrence  
Weston, BS11 0SB

Get **creative** and **imaginative** at these regular play sessions for **all ages**.  
Expect arts and crafts, sports kit, construction materials and much more!

**No booking required.**

**FREE**

contact: [playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)  
facebook page: Children's Scrapstore Play Rangers  
charity no. 1008788



Funded lunch for children provided in holiday sessions



Bristol

# Playday

2024

Wednesday 7th August

Ardagh Community Trust, BS6 7YL

from 11am to 3pm

Games,  
Arts & Crafts,  
Nature Trails,  
Accessible and Quiet  
Spaces too!

Check out the  
website for more  
info:  
[playday.org.uk](http://playday.org.uk)



# Want to access the Scrapstore Warehouse?

Becoming a member of Children's Scrapstore offers lots of benefits and is really easy to join. Our Scrapstore Warehouse is full of low-cost resources for creativity and play. Members receive:

- Unlimited access to all scrap materials from the Warehouse
- A discount on ArtShop purchases
- A discount on hire of equipment

Membership is open to any group or individual working or volunteering with a group of children or adults in creative, play, care, educational, therapeutic or community settings.

Schools, universities, nurseries & other educational institutions are also able to buy membership, and the price of these differ dependent on the amount of students.

Cost varies dependent on group type - check online or ask in the ArtShop for more information.

If you don't qualify for full membership, don't worry - you can still access our scrap by purchasing a Supporters Plus card.

**tel: 0117 908 5644 / charity no: 1008788**

**[www.childrensscrapstore.co.uk](http://www.childrensscrapstore.co.uk)**

 @childrensscrapstore  @scrapstorebrist  @scrapstorebrist

## Off The Record

### Hubs

OTR's Hubs are a safe and relaxed space you can simply drop into for a chat – no appointments needed. They are there for you to meet our team and discover more about what we offer. You'll find they are a great place to learn about mental health and self-care too. You can also meet us

These sessions run every week throughout the year, but there are other Hubs that pop-up across Bristol and South Gloucestershire at different times. Keep an eye on this page, or [sign up to the OTR E-Newsletter](#) for the latest on when and where these are.

**Mondays 4pm – 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**

### What can I expect?

When you come along to one of our Hubs the first thing you can expect is a warm welcome.

Each Hub is run by our friendly team of Peer Navigators (trained young people) and Engagement Workers, who are always on hand to have a natter about our services and help you sign up. If you'd like a private chat away from the Hub to figure out what the best option might be, that's ok too.

The aim of the Hub is to make accessing OTR as easy and worry free as possible. You can meet us before deciding whether you want to access some support, and you can explore all the different projects we offer in more detail to find the right one for you. You can even just drop-in and browse our online self-help resources if you'd prefer.

Whatever your reason for coming, whether you're a little worried about something that's going on in your life or you just fancy a chat and some space, OTR is here for you. You can also [book in a chat](#) if you'd like to meet us before deciding whether you want to access some support.

### Creative Drop-In

OTR's Creative Drop-ins, hosted at the Monday and Saturday Hubs, are a great opportunity to connect with other young people aged 11-25, and try all things creative. It doesn't matter if you don't think you're arty, or you're someone who is already making art and fancy a change of scene, everyone is welcome. We often do group projects, try out different art techniques or colour and chat.

Mondays 4-7pm, Saturdays 10am-1pm

The OTR Hub, 8-10 West Street, Old Market, Bristol BS2 0BH

## Mind Aid

At Mind Aid, we look together at how living in difficult situations can cause these feelings, and learn ways that might help us manage better in what is often a stressful world. The workshop also offers a space to share with other young people going through the same stuff, but you don't have to talk if you don't want to.

You'll learn how to protect yourself from everyday challenges, how to challenge your thoughts, how to relax and feel safe (a strategy that can also help with sleeplessness!), we'll also look into how to cope with difficult emotions

Each workshop meets once a week for six weeks, and each has young people of a similar age in attendance.

### Groups

#### 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

### **SIGN UP HERE**

#### Mind Aid 15-17\*

- 8th of August to 12th of September
- Thursdays 4:30-4:45pm
- Online for 6 weeks
- This is for young people aged 15 -17 and 11 months

### Workshop Overview

Week 1 – Introduction to mind aid

Week 2 – Challenging negative thoughts

Week 3 – Anxiety and how to keep calm

Week 4 – Low mood and what to do about it

Week 5 – Identifying and coping with emotions and keeping safe

Week 6 – Stress and self-care



## Art Works

Art Works is an arts-centred wellbeing project, acting to ensure creativity is accessible to all young people.

Signing up for Art Works means you will have the opportunity to work on some of the newest and most exciting art projects Bristol has to offer. OTR believes in the power of art to support your emotional wellbeing, amplify your voice and strengthen your community. So, Art Works teams up with artists and galleries across Bristol and South Glos who we think will support you with exactly that.

Our projects are always changing, but in the past we've worked with music, clay, dance, paint, collage, photography, virtual realities and more. You don't need any creative experience to sign up for Art Works and all our projects are FREE!

### Creative Drop-In

This is a great space to get creative whether you've tried it before or not. Each month we'll be working with a new material but if you don't fancy it you can do your own thing and use any of the materials in the room that excite you. How you participate is totally up to you!

You can find out about any and all of the creative projects going on at OTR here by chatting with Isla or our lovely team of Art Works volunteers. We're here each week in person to chat about any thoughts, worries or questions you have.

If you have any questions or would like to arrange a chat before coming along, then drop Isla (she/her) an email at [isla@otrbristol.org.uk](mailto:isla@otrbristol.org.uk) (with the subject heading 'Creative Drop-In').

**11-25 year olds**

**Wednesdays 4.30-6.30 pm**

**The John James Room, Windmill Hill City Farm, Philip Street, Bedminster BS3 4EA**

### Book Club

**We run a monthly Book Club which, in collaboration with Give a Book, provides free books to keep and discuss.**

The OTR **Book Club** is a safe place for young people to gather and meet like-minded book-lovers, as well as read titles they may not have previously considered.

The Book Club runs on the last Monday of each month. Members can suggest 3 books each, which run in a Doodle poll for the group to vote on our monthly book.

**For 16-25 year olds**

**Online**

**Every last Monday of each month**

**Sign up [here](#)**



## OTR Sounds

OTR Sounds run every other Monday 6-7:30pm on the first and third Monday of the month. It offers a space for 16-25 year olds to listen to music together, create collaborative playlists, and chat about why particular songs mean stuff to us.

**Please note that the OTR Sounds sessions will be online.**

OTR Sounds is a group where we listen to music together. It happens online (we use zoom), every other Monday 6-7:30pm on the first and third Monday of the month. Each session we start out with a quick go-round to say hello, then we plug our headphones in and listen to music that you choose. After each track there's a space to chat about it, or anything else that comes up for you, but talking is completely optional. Think of it like a very personal, interactive and friendly radio station! It's also a really nice opportunity to meet new people, feel part of a community, and discover new music.

You don't need to know anything about music, OTR Sounds is open to anyone who is interested in trying the sessions out. Music plays important roles in people's lives in very different ways, there's no one "type" of person that OTR Sounds is for, and some of the best sessions have been when everyone's music choices are super different.

We invite everyone to pick a theme for the next session. The theme is like a springboard to act as inspiration for choosing music, but isn't there as a restriction. You can pick a song really closely related to the theme, or one that's been stuck in your head that week.

We run OTR Sounds because we believe that music can play a huge part in our wellbeing and feels really important for our cultural identities, sense of self, belonging and community. We hope the sessions provide a space for this.

**For 16-25 year olds**  
**Online**  
**Every other Monday**  
**Sign up [here](#)**

## Feedback Lab



### Unleash Your Creativity at The Feedback Lab

Hello, young creative! Are you between 13 and 23 years old and eager to dive into the world of music? Feedback Community Projects invites you to The Feedback Lab, our dynamic, open-access creative space tailored just for young people like you. It's completely FREE and equipped with everything you need for music production, DJing, and recording.

### What We Offer at The Feedback Lab:

- **Professional-Grade Music Facilities:** Packed with high-quality equipment for making music, DJing, and recording songs. Dive into your musical projects using tools and technology that professionals use!
- **Guidance from Experts:** Learn from skilled musicians and industry professionals passionate about nurturing the next generation of artists. They're here not just to teach, but also to mentor you as you transition from budding musician to professional.
- **Showcase Your Work:** We provide platforms for you to perform and promote your music both within our community and to a broader audience, helping you build a professional portfolio and presence.
- **Snacks & Drinks:** Keep your energy up with free snacks and drinks, available whenever you need a quick break or a burst of inspiration.
- **Wellbeing & Career Support:** More than just a creative space, we offer guidance on wellbeing and professional development, helping you build a career in the music industry.

### Why Join The Feedback Lab?

- **It's Completely Free:** Access our facilities and resources at no cost.
- **No Experience Necessary:** We welcome all levels of experience, from novices eager to learn to advanced artists polishing their craft.
- **Professional Environment:** We treat you like the young professional you are, preparing you for a successful career in the music industry.
- **A Safe Space Free of Judgement:** Join a welcoming community where you can express yourself freely, explore your talents, and grow without worry of judgement.

### Location & Hours:

- Located at St Dunstan's House, Bedminster, Bristol, we're open every Tuesday from 4 PM to 6 PM. Easily accessible by public transport and centrally positioned for convenience.

**Get Started:** Are you ready to unleash your musical potential? Visit The Feedback Lab at St Dunstan's House this Tuesday and explore all that we have to offer! Our space is designed for you to experiment, learn, and grow as a professional musician. Whether you're laying down tracks, spinning decks, or crafting your next big hit, we're excited to support your journey.

**Contact Us:** For more information, check out our website or give us a call at [your contact information]. Don't forget to follow us on [social media links] for the latest updates and showcases from our community.

**Unleash Your Creativity**—where your professional musical journey begins with Feedback Community Projects!

## Mental Health Support

# 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/](http://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](mailto:mhstenquiries@otrbristol.org.uk)



NBCC



**FILTON AVENUE CHILDREN'S CENTRE**  
**SUMMER STAY & PLAY**

Drop-in on Wednesdays  
10:00am - 11:30am

A fun and interactive play session for families with children 0-5.



**SOUTHMEAD CHILDREN'S CENTRE**  
**FAMILY FRIDAY**

Drop-in on Fridays  
10:00am - 11.30am

Join us for fun and interactive activities for families with children under 8.

- 26th July - Books - joined by Southmead Library.
- 2nd August - Nature
- 9th August - Water Play
- 16th August - Music
- 23rd August - Den Building
- 30th August - Celebrating our Community

Joined by our Family Hub Navigators who can help you access local activities, courses and support.





**LONG CROSS CHILDREN'S CENTRE**

**SUMMER STAY & PLAY**

Drop-in on Thursdays  
10:00am - 11.30am

A fun and interactive play session for families with children 0-5.






Scan to view our online timetable

### Summer Holiday Groups

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Filton Avenue</b>	<p>Location: Horfield Baptist Church, 1600 Gloucester Road, BS7 8NT</p> <p><b>Horfield Baptist Church Baby Hub</b> 10am - 11:45am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p>		<p><b>Stay &amp; Play</b> 10am - 11:30am A play session for families with children 0-5.</p>	<p><b>Baby Hub</b> 9:30am - 11:30am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p>	
<b>Southmead</b>		<p><b>Welcome to the World (antenatal)</b> 10am-12pm, 5 weeks (including a week zero for paperwork) - no crèche. Starting 30th July 10am-12pm</p> <p><b>Infant Feeding Group</b> 12:30pm - 2pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.</p>	SUMMER	<p><b>Baby Hub</b> 9:30am - 11:5am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p> <p><b>Antenatal Group Hello Baby</b> 1:30pm - 3:30pm Please book via your midwife.</p>	<p><b>Family Friday</b> 10am - 11:30am Drop-in for fun family activities and more. For parents and children under 8.</p> <p>Speak to Family Hub Navigators who can help you access local activities, courses and support.</p>
<b>Long Cross</b>		<p><b>Baby Hub</b> 9:00am - 11:00am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p>		<p><b>Stay &amp; Play</b> 10am - 11:30am A play session for families with children 0-5.</p> <p><b>Antenatal Group Hello Baby</b> 1:30pm - 3:30pm Please book via your midwife.</p>	
<b>Sea Mills</b>			<p><b>Baby Hub</b> 9am - 11am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p>		
<b>Avonmouth</b>		<p><b>Rainbow Group</b> 9:30am - 11:30am Supporting families with children who have additional needs, in a safe environment.</p>	<p>Please contact Helen on 01825 215732 for more information.</p>		
<b>Brenty</b>			<p><b>Baby Hub</b> 9:30am - 11:30am (with infant feeding support from 10am) Gain support from your health visiting team. For families with children 0-5.</p>		

www.northbristolcc.org.uk

## Summer Reading Challenge



### School Newsletter – Summer Reading Challenge 2024

We're so excited to reveal that the theme for this year's #SummerReadingChallenge is **Marvellous Makers!** Developed in partnership with [Create](#) a leading charity bringing the creative arts to those who need it most, this year's Challenge aims to fire up children's imaginations and unleash storytelling and creativity through the power of reading.

**The annual Challenge is delivered in partnership with public libraries,** and it's free to take part. From June to September, children taking part in 'Marvellous Makers' can discover new stories and explore their creativity – from junk modelling to craft to drawing and painting.

#### **How to take part**

Children can join at the library from Saturday 6th July.

To take part in the library, simply pick up a free folder, collect stickers and then read at least 6 library books. At the end the reward is a brilliant Summer Reading Challenge medal!

Children & families can also take part online. To take part online go to [summerreadingchallenge.org.uk/](https://summerreadingchallenge.org.uk/) where children create their own profile with the assistance of an adult. Children are encouraged to read library books, digital eBooks and listen to eAudio books. With fun digital activities, digital badges & a downloadable certificate when they finish.

**Find us on** Twitter @BristolLibrary, Instagram Bristolibraries and Facebook Bristol Libraries.





Healthier with nature

# Healthier with Nature

**1 Buzz Community Garden**  
Weds & Sat 10am-12pm  
a Gloucester Road Medical Centre  
b Horfield Health Centre

**2 Wellbeing walks**  
First Tues of each month 10am-12pm  
Lockleaze Community Orchard  
Muller Rd Recreation Ground

**3 Really Wild Project**  
Contact for details  
Vetch Garden  
Stoke Park Estate

**4 Active Talk**  
Contact for details  
Ducross Pond

**5 Conservation Volunteering**  
Thursdays & first Sat of each month 10am-12.30pm  
Gainsborough Square  
Cameron Garden Centre

**6 Adult Volunteering for Wellbeing**  
Mon & Weds See website  
St Werburghs City Farm

**7 Keep Going, Keep Growing**  
Once a month Contact for details  
Ashley Down  
Boiling Wells

**1** 3 Gainsborough Square, BS7 9XA (behind Gainspace)  
Contact: maria@lockleazehub.org.uk  
tel: 0117 914 1129, web: lockleazehub.org.uk

**2** Lockleaze Neighbourhood Trust, Gainsborough Square, BS7 9FB  
Contact: wellbeing@lockleazehub.org.uk  
tel: 0117 914 1129, web: lockleazehub.org.uk

**3** Lockleaze Neighbourhood Trust, Gainsborough Square, BS7 9FB  
Contact: reallywild@lockleazehub.org.uk  
tel: 0117 914 1129, web: lockleazehub.org.uk

**4** Active Being @ Stoke Park Estate  
Contact: charliehh@activebeing.co.uk  
tel: 07764 744609, web: activebeing.co.uk

**5** Stoke Park Community Group, Stoke Park Estate  
Contact: stokeparkgroup@gmail.com  
web: stoke-park.co.uk

**6** St Werburghs City Farm, BS2 9YJ  
Contact: volunteers@swcityfarm.co.uk  
tel: 0117 942 8241, web: swcityfarm.co.uk

**7** Boiling Wells, BS2 9XY  
Contact: growing@changesbristol.org.uk  
tel: 0117 941 1123, web: changesbristol.org.uk

# Information and services for parents / carers



## Bristol Autism Support

### What's on July 2024

Bristol Autism Support is a registered charity (1186287) offering peer to peer support for parents and carers of autistic children in South West of England. BAS is the regional hub delivering the Peer Education Programme for Autism Central.

Details for all our sessions and links for booking can be found here -

<https://www.bristolautismsupport.org/whats-on/>

**BAS Support Groups:** Casual meetings where you can have a chat, talk through any issues and enjoy the company of others who really get what you are going through.

- **South Bristol:** Thursday mornings at the Imperial Sports Ground, West Town Lane BS14 9EA. **Dates: 4th July, 18th July - 10-11am.**
- **North Bristol:** Fridays at Grupo Lounge, 8 Canford Lane BS9 3DH **Dates 12th July - 10-11am**
- **Online Drop In** Wednesday 17th July

### Online Information Sessions, booking required:

- **Autism and Masking** | Wednesday 3rd July 10.00am-12.00pm
- **Autism and Toileting** | Wednesday 17th July 10.00am-12.00pm

### 1-1 sessions

Book a 1-1 session with our wrap around coordinators for families and carers of autistic people. This is an opportunity to talk to one of our team who can provide support and signposting to further information. This 1-1 service is only open to families and carers of autistic people that live in South West England.

### Find out more & book sessions here:

<https://www.autismcentral.org.uk/hubs/bristol-autism-support>

### Sensory play and support sessions:

For parents and carers with their children. Your child can play whilst you chat with our support volunteers. Upcoming dates:

### Super Sense, Imperial Sports Ground (West Town Lane , Bristol BS14 9EA):

- Any age child – 4th July, 11-12pm.
- Children aged 5-18 – 18th July 11-12pm

Booking for events is circulated via our member only Facebook group (BAS Village) and our weekly member newsletter. To become a Bristol Autism Support Member (free) visit

<https://www.bristolautismsupport.org/membership/>

## Coffee mornings / Meet ups:

Join us for a casual cuppa and a chat with other families and our peer educators No booking required just turn up. Check details on our calendar -

<https://www.bristolautismsupport.org/whats-on/>

- **Fishponds Coffee Morning:** Porto Lounge, 784 & 782a Fishponds Rd, Bristol BS16 3TT - Tuesday 2nd & 16th July 10-11am.
- **BAS Dad's:** Lodekka, Tramway Rd, **Brislington** BS4 3DS, Thursday 4th July 7.30-9pm.
- **Bishopston Coffee Morning:** Boston Tea Party, 293 **Gloucester Rd** BS7 8PE – Monday 15th July, 10-11am.
- **South Bristol Coffee Morning:** Costa Coffee Imperial Retail Park, Wills Way BS16 3TT – Tuesday 9th July 10-11am.
- **Keynsham Coffee Morning:** Mokka, 34 High Street, **Keynsham** BS31 1DQ, Monday 8th July 1-2pm
- **Yate Coffee Morning:** YMCA, Station road, **Yate** BS374PQ, Tuesday 16th July, 10-11am.
- **BAS Dad's:** Crafty Cow, **Gloucester Rd** BS7 0BJ, Thursday 18th July 7.30-9pm.
- **Easton Coffee Morning:** Easton Community Centre, **Kilburn St, Easton** BS5 6AW –Friday 19th July 10-11am.
- **Post-16 Coffee Morning:** Bristol Loaf, 96 Bedminster Parade, BS34HL Thursday 4th July 11am-12noon.
- **Weston-super-Mare Coffee Morning:** NSPCWT, The Firs, 89a Drove Road, Weston-Super-Mare, BS23 3NX, Friday 12th July 9.30-10.30am.
- **Grandparents:** Barranco Lounge, Unit 7, Abbeywood Retail Park, **Stoke Gifford** BS34 7JL – Friday 5th July, 10-11am.

North Bristol Dads Group

# North Bristol Dad's Group

Feeling overwhelmed, stressed, or just in need of some good company?

Juggling family, work, and personal time can be tough. The North Bristol Dad's Group offers a relaxed environment for dads to vent, share, and support each other. Improve your mental well-being and connect with fellow dads who know exactly what you're going through.

TUESDAY 16TH JULY 2024  
6:00PM-8:00PM



RUBY JEANS CAFE,  
3-4 THE PARADE,  
BRISTOL BS11 9TS



PLEASE SCAN THE QR CODE TO  
REGISTER YOUR INTEREST!

Here is the link to the forms on the barcode: <https://forms.office.com/e/hZ1kenwWZi>

SAY: Send and you



**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.

## Lockleaze Wellbeing Walks July 2024



### **Lockleaze Wellbeing Walks July 2024**

Helping you to explore Lockleaze, get outdoors  
and connect with others.

**TUESDAY 2nd JULY - Love Where You Live**

Walk to Cheswick Ponds

**10 am - 12 pm**

**TUESDAY 9th JULY - Wellbeing Walk**

Sculpture Trail Part 1

**10 am - 12 pm**

**FRIDAY 12th JULY - Wellbeing Walk**

Sculpture Trail Part 2

**10 am - 12 pm**

**TUESDAY 16th JULY - Wellbeing Walk**

Mindful Nature in Stoke Park

**10 am - 11.30 am**

**FRIDAY 19th JULY - Love Where You Live**

Walk to Purdown Gun Battery

**10 am - 11.30 am**

**TUESDAY 23rd JULY - Blooming Lockleaze**

Revisit Lockleaze Sports Centre  
& Buzz Community Garden

**10 am - 11.30 am**



**For more information**, get in touch on:  
[wellbeing@lockleazent.co.uk](mailto:wellbeing@lockleazent.co.uk), or pop into  
The Hub on Gainsborough Square, Lockleaze, BS79FB.



Beloved

BELDVED ♡

We offer a friendly, non-judgemental and confidential service for women working in the indoor sex industry in Bristol.

If you would like to access practical and emotional support or just need a listening ear, please contact us on the details below.

Call or Text:

07541366577

Email:

[info@beloved.org.uk](mailto:info@beloved.org.uk)



## Bristol Libraries – Opening Hours

### Bristol Libraries – opening hours

From 18 May 2024

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Central Library	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
Avonmouth	0117 9038580	10-2	1-5	10-2	CLOSED	1-5	10-2	CLOSED
Bedminster	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
Bishopston	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
Bishopsworth	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
Clifton	0117 9038572	10-2	1-5	CLOSED	1-5	10-2	1-5	CLOSED
Filwood	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
Fishponds	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
Hartcliffe	0117 9038568	1-5	CLOSED	10-2	1-5	1-5	CLOSED	CLOSED
Henbury	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
Henleaze	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
Hillfields	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSED
Horfield	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSED
Junction 3	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSED
Knowle	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSED
Lockleaze	07342031887	CLOSED	11-4	11-4	11-4	CLOSED	9-2	CLOSED
Marksbury Road	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSED
Redland	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSED
St George	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSED
St George Extended Access*	0117 9038523	8-3	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-11 5.15-7	1-5
St Pauls	0117 9145489	1-5	1-5	10-2	1-5	CLOSED	11-4.30	CLOSED
Sea Mills	0117 9038555	10-2	10-2	1-5	1-5	10-3	10-3	CLOSED
Shirehampton	0117 9038570	1-5	CLOSED	1-5	10-2	1-5	10-2	CLOSED
Southmead	0117 9038583	CLOSED	11-5	11-5	CLOSED	1-5	11-5	CLOSED
Stockwood	0117 9038546	1-5	1-5	10-2	1-5	10-2	11-5	CLOSED
Stockwood Extended Access*	0117 9038546	8-1 5.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-11 5.15-7	1-5
Westbury	0117 9038552	2-7	11-4	11-4	11-4	11-4	11-4	CLOSED
Westbury Extended Access*	0117 9038552	8-2	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	1-5
Whitchurch	0117 9031185	1-5	10-2	1-5	CLOSED	1-5	10-2	CLOSED
Wick Road	0117 9038557	CLOSED	10-5	10-5	CLOSED	10-5	11-5	CLOSED



## Bristol Parenting Groups



# Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

**Free groups for adults run by Bristol Children's Centres**

Scan here to find out more and register your interest!



Your parenting toolbox:

- Listening
- Play
- Praise
- Nurture
- Empathy
- Connection

For more information please call: **07721 311 497**  
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:  
**[www.bit.ly/BristolParentingGroups](http://www.bit.ly/BristolParentingGroups)** we will be in touch to find the best group option for you.



## Free Nature Play for under 5s

**Free nature play for under 5s**

Join us at the Buzz Community Garden for a bug hunt, nature crafts and stories, perfect for under 5s. Older siblings also welcome.

**Wednesday 17th & 24th July**  
**10am-12pm**

Meet outside the hub or come straight to the community garden

17 Great George Street, Bristol BS1 5QT  
Reg. in England and Wales No. 1495108 Reg Charity No. 28042



## Fun Football

### **Pan-Disability Fun Football with NextGen Circle**



NextGen Circle are excited to offer **free** pan-disability fun football sessions to disabled, d/Deaf and neurodivergent children. The sessions are fun, fully inclusive and available for children aged 5 - 11 years.



**When:** Sundays 2-3pm

**Starts:** 30th June 2024

**Where:** Trinity Academy, Romney Avenue,  
Bristol BS7 9BY

Scan the QR code to sign up!



For more information contact:  
[info@nextgencircle.co.uk](mailto:info@nextgencircle.co.uk)



NextGen  
Circle



Access  
Sport

## Summer Picnic



Come join us for a free community event hosted by local residents like you!

It's a fantastic opportunity to connect with fellow community members and come together as one.

Interested in getting involved? Please reach out to Jody Cook at [jodyscook@gmail.com](mailto:jodyscook@gmail.com).

Don't forget to bring your own chair, blanket, and picnic items to make the most of your time at the event!



Online Relationships Support for Parents

# Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR ALL PARENTS

## Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR NEW PARENTS

## Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR SEPARATING PARENTS

## Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting: [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)



Beginners Peace of Mind Sessions

# BEGINNERS PEACE OF MIND SESSIONS



Free group guided peace of mind sessions to help you feel more calm and relaxed.

**FRIDAYS IN JULY FROM  
12.30 PM - 1.30PM**

12th July, 19th July, 26th July, 2nd August

**@ THE HUB, LOCKLEAZE, BS7 9FB.**

To book your FREE place please contact Maria on [maria@lockleazent.co.uk](mailto:maria@lockleazent.co.uk), 01179141129 or pop into The Hub



**Lockleaze  
Neighbourhood  
Trust**



## Lockleaze Pop-Up Nature Festival

# LOCKLEAZE POP-UP NATURE FESTIVAL!



**13th July 10-12pm**  
**Gainsborough**  
**Square**  
**All welcome!**



....STEVE ENGLAND'S NATURE ACTIVITIES &  
BUG HUNT... FREE WILDFLOWER  
SEEDS... TRINITY ACADEMY SINGERS...  
LITTLE FOXES... PAVEMENT BOTANY...  
HORFIELD GREENARY PLANT SALES...  
GARDEN FOLK VEG & CUT FLOWERS....  
STREET GOAT, STOKE PARK COMMUNITY  
GROUP & MUCH MORE!

**Come down and enjoy!**



**#CommunityClimateAction #BristolClimateAction #ClimateFundUK**

Contact the Really Wild Lockleaze team on [reallywild@lockleazent.co.uk](mailto:reallywild@lockleazent.co.uk),  
01179141129 or pop into The Hub on Gainsborough Square, BS79FB.



## Ante Natal: Welcome to the world








**FREE**  
5 Week  
Group

# ANTE NATAL WELCOME TO THE WORLD



Suitable for parents at around 22 weeks of pregnancy onwards...

-  Understanding your baby and baby's brain development
-  Your future as parents and as a family
-  Your roots, traditions, hopes and fears for the future
-  Infant feeding and the practical tasks of caring for a new baby
-  Practical Skills - safer sleep, bath time and changing nappies

Starting  
Tuesday 30th July  
10am - 12pm

at Southmead  
Children's Centre,  
BS10 5PW



Scan the QR code or if you would like further information or to register your interest directly then please call us on: 07721311497 or email: [pssso@bristol.gov.uk](mailto:pssso@bristol.gov.uk)  
Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).



## Support for Inter-Parental Communication



### Support for Inter-Parental Communication






- 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?

FREE support available for one or both parents

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](mailto:relationshipsmatter@bristol.gov.uk)
-  07721 635376
-  Visit the SIPCo page at [www.bristol.gov.uk](http://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](mailto:relationshipsmatter@bristol.gov.uk) as a trusted sender.

Scan QR code to find out more





Community Litter Pick

# COMMUNITY LITTER PICK

SUNDAY 21ST JULY

10-11.30AM

Make a difference to your community!

Come and make a difference in Lockleaze,  
connect with other residents and be more  
active.

Together let's keep Lockleaze tidy for all our  
neighbours.

MEET OUTSIDE THE  
HUB,  
GAINSBOROUGH SQ.  
MARIA@LOCKLEAZENT.CO.UK  
0117 9141129



## NHS Talking Therapies



**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](https://vitahealthgroup.co.uk)

 0333 200 1893

 Text 'YOU' to 88802

**Scan to  
self refer**



Service provided by





## Beezee Families

# Beezee FAMILIES



## Ready to start making healthy habits as a family?

Sign up for Beezee Families today and find **FREE** healthy lifestyle support that's right for your family. We can help you with healthy eating, getting more active, and having fun while doing so! You can:



Log in for 10 weeks  
of online group sessions,  
plus 2 check-in calls



Learn at your own  
pace by enrolling  
onto the Academy



[bri.maximusuk.co.uk](http://bri.maximusuk.co.uk)

Sign up for your  
**FREE PLACE** today



[hellobristol@maximusuk.co.uk](mailto:hellobristol@maximusuk.co.uk)



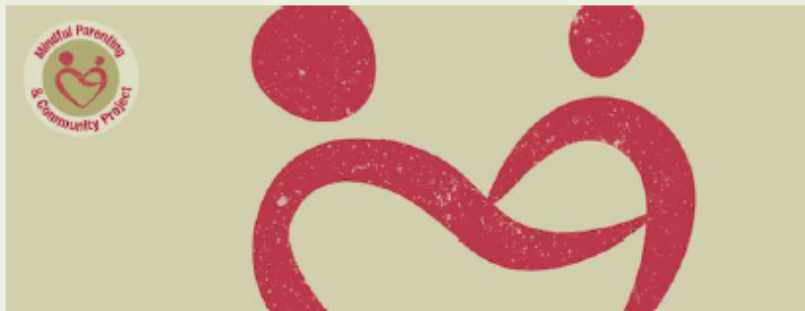
03308 186 308



Our online group programmes are for children above their ideal weight, see our website for more information.

24-0853

## 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 20<sup>th</sup> September 2024 @ 9.30 – 11am

**Course Dates:** Friday 4<sup>th</sup> October for 10 weeks (term time only) until Friday 13<sup>th</sup> 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](mailto:mpcp.bristol@gmail.com) **Website:** [www.mpcp.info](http://www.mpcp.info)



## Mindfulness for Bristol parents of SEND Children

**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:** 24<sup>th</sup> September – 3<sup>rd</sup> December 2024 (Term time only)

**Via:** Online Zoom

**Cost:** FREE

**Book:** Call Claire-Louise on 07949399633

**Contact:** [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com)

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

