Family Help South Bulletin – Part 1
Information & Support for Families, Parent/Carers and Young People

Hello and welcome to the Information Bulletin from your locality Family Help 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 Family Help but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Family Help hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities, and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.







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Activities for Young People & Families

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Welcome to Your Holiday Hub

Bristol's Holiday Activities and Food Programme

What We Offer

Your Holiday Hub Bristol is providing a wide range of funded activities for eligible families with children and young people in reception to year 11 (inclusive) who receive benefits-related free school meals this winter. From sports and arts to cooking classes and outdoor adventures, there's something for everyone. Each session includes a nutritious meal, helping families access healthy food while children have fun.

Why Choose Your Holiday Hub Bristol?

We believe every child deserves a happy, healthy holiday. Our activities are designed to support wellbeing, build confidence, and create lasting memories. By working with local organisations, we ensure safe, inclusive spaces where children can thrive.

How to get involved

This document provides all the details about activities taking place across Bristol during winter. You'll find information on what's happening, where, when, and who for! If you are looking at this document on a computer or handheld device you will be able to easily click on the link to the provider's booking page.

Children who are not eligible for benefits-related free school meals can still join in the fun through Open Access sessions.

If you are viewing this as a paper copy, please visit: www.yourholidayhubbristol.co.uk to search for activities.

If your child has special educational needs or disabilities (SEND), please contact the activity provider directly to discuss how they can best support your child's needs.

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In partnership with:



Your Holiday Hub Provider Locations

Use the below guide to see which providers are delivering sessions in your area.
You can then browse through the booklet to find information about activities they are running!

North

- Bristol Sport Foundation
- Imayla
- Lawrence Weston And Shirehampton Out Of School Activities
- Learning Partnership West CIC
- Oasis Hub North Bristol
- Predator Athletics
- Premier Education – Let's Play LTD
- Pro-Coaching
- Progressive Kids
- The Ranch (Southmead Adventure Playground)
- The Vench – Groundwork South
- Unique Voice
- Unity Holiday Hub
- uSports

South

- Bristol City Robins Foundation
- Campus Skateparks CIC
- Community Of Purpose CIC
- Fun 4 Families
- Future Stars Coaching
- Hartcliffe And Withywood Community Partnership
- Hartcliffe City Farm
- Hartcliffe Club For Young People
- Heart of BS13
- Natural Networks
- Oasis Hub South Bristol
- Progressive Kids
- Square Food Foundation
- Swift Sports Coaching
- uSports
- Windmill Hill City Farm
- Youth Moves

East Central

- Bizzy Kidz Club
- Bristol City Robins Foundation
- Bristol Horn Youth Concern
- Bristol Somali Youth Voice
- Bristol Sport Foundation
- Chaysestar Entertainment CIC –
- YBGT Sensory Play Sessions
- Eastside Community Trust
- Fun Science
- Fun 4 Families
- Imayla
- Khaas
- Learning Partnership West CIC
- Munchkins Childcare
- Oldbury Court Out of School Clubs
- Pro-Coaching
- Teachsport & Buzzers @ Glenfrome Primary
- St Agnes Adventure Playground
- St Mary Redcliffe PCC (Redcliffe Hub)
- Unique Voice
- Unity Holiday Hub

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Bizzy Kidz Club

When? 22nd, 23rd, 24th December and 2nd January
All sessions 9:00 – 1:00

Where? Frome Vale Academy, BS16 2QS

Who? Ages 4 – 11

Ward:
Frome Vale

[Find out more and book here](#).

Bristol City Robins Foundation

When? 22nd, 23rd, 24th December and 2nd January
All sessions 10:00 – 2:00

Where? Different venues, check the link for more information.

Who? Different ages, check the link for more information

Wards:
Central
Hartcliffe and Withywood
Knowle

[Find out more and book here.](#)

Bristol Horn Youth Concern

When? 22nd, 24th, 29th, 30th and 31st December
Times vary, check the link for more information.

Where? Different venues, check the link for more information.

Who? Ages 9 - 16

Wards:
Central
Easton
Lawrence Hill

[Find out more and book here.](#)

Bristol Somali Youth Voice

When? 22nd, 23rd, 24th, 29th, 30th, 31st December and 2nd January
Times vary, check the link for more information.

Where? Different venues, check booking link for information.

Who? Ages 5 – 16, 18+

Wards:
Central
Easton
Eastville
Frome Vale
Lawrence Hill

[Find out more and book here.](#)

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St George West

Bristol Sport Foundation

When? 22nd, 23rd, 24th December and 2nd January
Times vary, check the link for more information.

Where? Different locations, check the booking link for details.

Who? Ages 5 - 11

Wards:
Ashley
Frome Vale
Lawrence Hill
Lockleaze

Find out more and book here.

Campus Skateparks CIC

When? 23rd, 24th, 30th, 31st December and 2nd January
All sessions 10:00 - 4:00.

Where? Campus Pool, Whitchurch Lane, BS13 7RW

Who? Ages 7 - 12

Ward:
Bishopsworth

Find out more and book here.

Chaysestar Entertainment CIC – YBGT Sensory Play Sessions

When? 22nd, 23rd, 24th and 28th December
All sessions 11:00 – 3:00

Where? Easton Community Centre, Kilburn Street, BS5 6AW

Who? Ages 5 – 16

Wards:
Easton

Find out more and book here.

Community Of Purpose CIC

When? 20th, 21st and 22nd December
Times vary, check the link for more information.

Where? Different trips, check booking link for more information.

Who? Ages 8 – 14

Wards:
Knowle

Find out more and book here.

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Eastside Community Trust

When? 21st, 22nd and 23rd December
Times vary, check the link for more information.

Where? Felix Road Adventure Playground, Felix Road, BS5 0JW

Who? Different ages, check the link for more information.

Wards:
Easton

Find out more and book here.

Fun Science

When? 22nd and 23rd December
All sessions 10:00 – 3:00

Where? Scout Hut 6388, Saint Bartholomews Road, BS7 9BJ

Who? Ages 4 – 9

Ward:
Ashley

Find out more and book here.

Fun 4 Families

When? 19th, 22nd, 23rd, 29th, 30th December and 2nd January
Times vary, check the link for more information.

Where? Different sites, check booking link for more information.

Who? Different ages, check booking link for more information.

Wards:
Brislington East
Hengrove and Whitchurch Park
Stockwood

Find out more and book here.

Future Stars Coaching

When? 22nd, 23rd, 29th and 30th December
All sessions 9:00 – 3:30

Where? Hillcrest Primary School, Cemetery Road, BS4 3DE

Who? Ages 4 - 11

Wards:
Windmill Hill

Find out more and book here.

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Hartcliffe And Withywood Community Partnership

When? 22nd, 23rd, 24th December and 2nd January
Times vary, check the link for more information.

Where? Different sites, check booking link for more info.

Who? Different ages, check booking link for more info.

Find out more and book here.

Ward:
Hartcliffe and Withywood

Hartcliffe City Farm

When? 23rd December
10:00 – 2:00

Where? Hartcliffe City Farm, Lampton Avenue, BS13 0QH

Who? Ages 6 – 13, 18+

Find out more and book here.

Ward:
Hartcliffe and Withywood



Hartcliffe Club For Young People

When? 22nd, 23rd, 29th December and 2nd January
Times vary, check the link for more information.

Where? Hartcliffe Club For Young People, Gatehouse Ave, BS13 9AJ

Who? Different ages, check booking link for info.

Find out more and book here.

Ward:
Hartcliffe and Withywood

Heart of BS13

What? Festive Feast Cook-At-Home Activity Box - Cook together with the kids this Christmas

Where? For residents of BS13 – check booking link for more info

Who? For ages 8 - 13

Find out more and book here.

Ward:
Hartcliffe and Withywood

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Imayla

When? 22nd December
Different times, check booking link for more info.

Where? Different venues, check booking link for more info.

Who? Ages 8 -12

Ward:
Ashley
Avonmouth and Lawrence Weston
Eastville
Hillfields
Stockwood

Find out more and book here.

Khaas

When? 13th December
11:00 – 3:00

Where? St Werburgh's Community Centre, BS2 9TJ

Who? Ages 5 - 15

Ward:
Ashley

Find out more and book here.

Lawrence Weston And Shirehampton Out Of School Activities

When? 22nd, 23rd, 29th and 30th Dec, 2nd Jan
All sessions 8:30 – 5:30

Where? Shirehampton Primary School, Saint Mary's Walk, BS11 9RR

Who? Ages 4 - 12

Wards:
Avonmouth and Lawrence Weston

Find out more and book here.

Learning Partnership West CIC

When? 22nd, 23rd and 24th December
All sessions 11:00 – 3:00

Where? The Big Hideout + more!

Who? Ages 4 – 14

Wards:
Avonmouth and Lawrence Weston
Frome Vale
Hartcliffe and Withywood
Hillfields

Find out more and book here.

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Munchkins Childcare

When? 22nd, 23rd and 24th December
All sessions 9:00 – 1:00

Where? Saint Anne's Infant School, Bloomfield Road, BS4 3QJ

Who? Ages 4 - 11

Ward:
Brislington West

Find out more and book here.

Natural Networks

When? 22nd, 29th and 30th December
Times vary, check the link for more information.

Where? Different sites, check booking link for more info.

Who? Ages 5 - 15

Ward:
Hartcliffe
Filwood
Eastville

Find out more and book here.

Oasis Hub North Bristol

When? Different venues, check booking link for more info.

Where? Different venues, check booking link for more info.

Who? Different ages, check booking link for more info.

Wards:
Avonmouth and Lawrence Weston

For more information, and to book, click here.

Oasis Hub South Bristol

When? 22nd December
9:30 – 1:30

Where? Oasis Hub South Bristol, Melvin Square, BS4 1NH

Who? Ages 8 - 14

Ward:
Knowle

Find out more and book here.

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Oldbury Court Out of School Clubs

When? 22nd, 23rd, 29th, 30th December and 2nd January
All sessions 9:00 - 13:00.

Where? OCOSC, Delabere Avenue, BS16 2ND

Who? Ages 4 - 12

Ward:
Frome Vale

[Find out more and book here.]

Predator Athletics

When? 22nd, 23rd, 24th, 29th, 30th and 31st December

Where? Predators Gym, The Greenway Centre, Doncaster Road, BS10 5PY.

Who? Ages 5 - 16

Ward:
Southmead

[Find out more and book here.]

Premier Education – Let's Play LTD

When? 29th, 30th and 31st December and 2nd January
Full day: 8:45 – 3:30
Half day: 8:45 – 12:45

Where? Horfield Church of England Primary School, BS10 5BD

Who? Ages 5 - 12

Ward:
Horfield

[Find out more and book here.]

Pro-Coaching

When? 22nd, 23rd, 24th, 29th, 30th and 31st December, 2nd of January
All sessions 10:00 – 2:00

Where? Multiple venues, explore where via the booking link

Who? Ages 5 – 12 or 14, check via booking link.

Wards:
Henbry and Bentry
Southmead
St George Troopers Hill

[Find out more and book here.]

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Progressive Kids

When? 22nd and 23rd December and 2nd January
All sessions 8:30 – 3:30

Where? Multiple venues, explore where via the booking link

Who? Ages 4 - 11

Wards:
Filwood
Hartcliffe and Withywood
Henbury and Brentry

[Find out more and book here.]

Teachsport & Buzzers @ Glenfrome Primary

When? 22nd and 23rd December
All sessions 10:00 – 4:00

Where? Glenfrome Primary School, Cottisford Road, BS5 6TY

Who? Ages 5 - 11

Ward:
Eastville

[Find out more and book here.]

The Ranch (Southmead Adventure Playground)

When? 23rd, 24th, 29th, 30th December
Times vary, check the link for more information.

Where? Southmead Adventure Playground (The Ranch), BS10 5PP

Who? Ages 0 – 12, 18+

Wards:
Southmead

[Find out more and book here.]

Square Food Foundation

When? 16th and 17th December

Where? Square Food Foundation, The Park Centre, BS4 1DQ

Who? Ages 8 - 14

Ward:
Knowle

[Find out more and book here.]

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St Agnes Adventure Playground

When? 22nd December to 2nd January (excluding bank holidays)
All sessions 1:00 – 5:00.

Where? St Agnes Adventure Playground, Fern St, BS2 9LN

Who? Ages 8 - 16

Ward:
Ashley

Find out more and book here.

St Mary Redcliffe PCC (Redcliffe Hub)

When? 22nd, 23rd, 29th December and 2nd January
Times vary, check the link for more information.

Where? Different locations, check booking link for info

Who? 8 – 15 or 16, depending on session.

Ward:
Central

Find out more and book here..

Swift Sports Coaching

When? 22nd, 23rd, 29th and 30th December
Times vary, check the link for more information.

Where? St Peter's Primary School, BS13 8EF

Who? Ages 5 - 11

Wards:
Bishopsworth

Find out more and book here.

The Vench – Groundwork South

When? 23rd December
11:00 – 3:00

Where? The Vench, Romney Avenue, BS7 9TD

Who? Ages 8 - 16

Ward:
Lockleaze

Find out more and book here.

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Unique Voice

When? 22nd and 23rd December
All sessions 10:00 – 4:00

Where? Lockleaze & St Anne's

Who? Ages 4 - 11

Wards:
Brislington East
Southmead

Find out more and book here.

Unity Holiday Hub

When? 22nd, 23rd and 30th December
All sessions 11:00 – 3:00

Where? Different sites, check the booking link for info

Who? 5 - 16

Wards
Avonmouth and Lawrence Weston
Eastville

Find out more and book here.

uSports

When? 22nd and 23rd December
All sessions 9:00 – 3:

Where? Different sites, check the booking link for info

Who? Ages 5 -12

Wards:
Bedminster
Avonmouth and Lawrence Weston

Find out more and book here.

Youth Moves

When? 22nd and 23rd December
Times vary, check the link for more information.

Where? The Park Centre, Daventry Road, BS4 1DQ

Who? 8 – 12 or 13 – 18, depending on the session.

Ward:
Knowle

Find out more and book here.

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LPW - The Big Hideout Christmas sessions



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Christmas Play sessions

The Big Hideout

The big hideout adventure playground,
Teyfant road, Hartcliffe, BS130RF

Free! All Ages

Under 8's must be supervised

Times: 10am - 2pm

	Mon 22nd	Tues 23rd	Wed 24th
Craft	Ginger bread men	Snow flake stencils	DIY decorations
Activity	Reindeer relay race	Santa's scavenger hunt	Festive forest school
Food	Pie and Mash	Seasonal Soup	Christmas Eve Baps

For more information
contact Dani:
07771838155

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

LPW Learning Partnership West

Bristol City Council

Your Holiday HUB Bristol

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HWCP - Christmas Crafts



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HWCP - Elfie Breakfast



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Unique Voice (HAF) - Creative Holiday Club



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Youth Moves - Winter HAF Junior sessions



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Youth Moves - Winter HAF Seniors Sessions



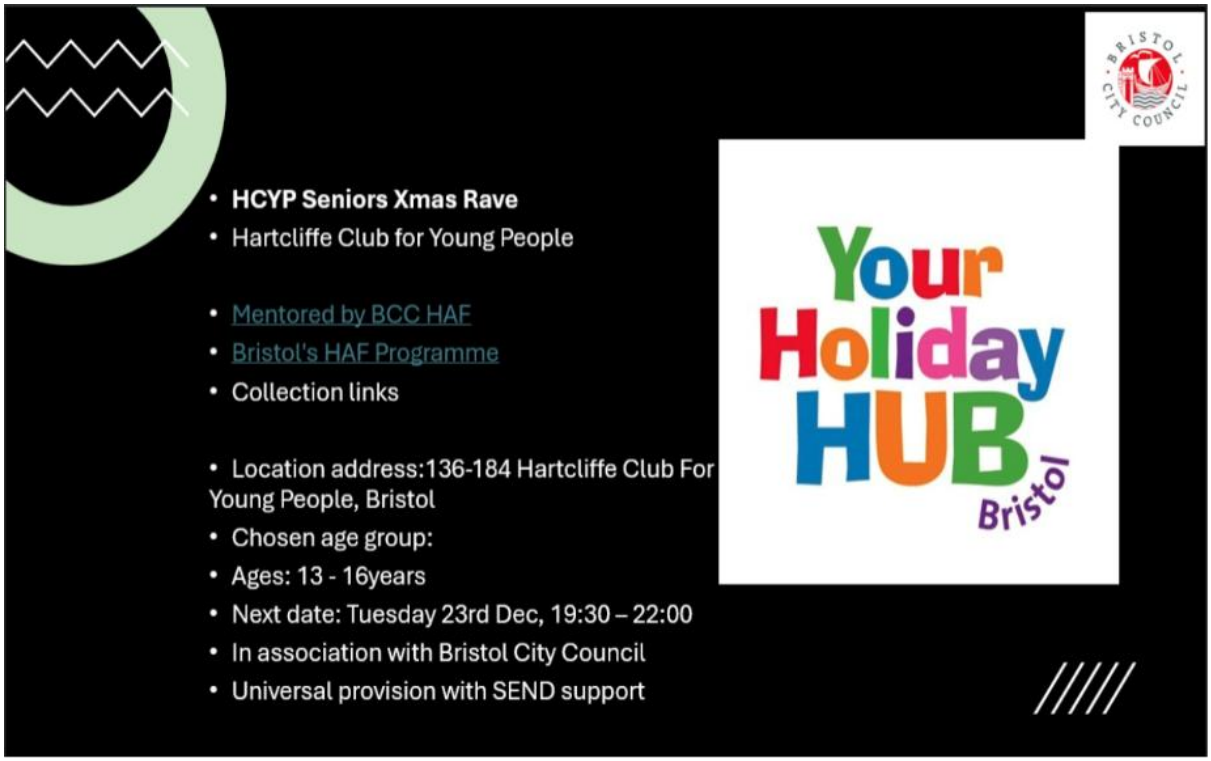
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Square Food Foundation - Winter HAF cookery sessions



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Hartcliffe Club for Young People - HAF Seniors Xmas Rave



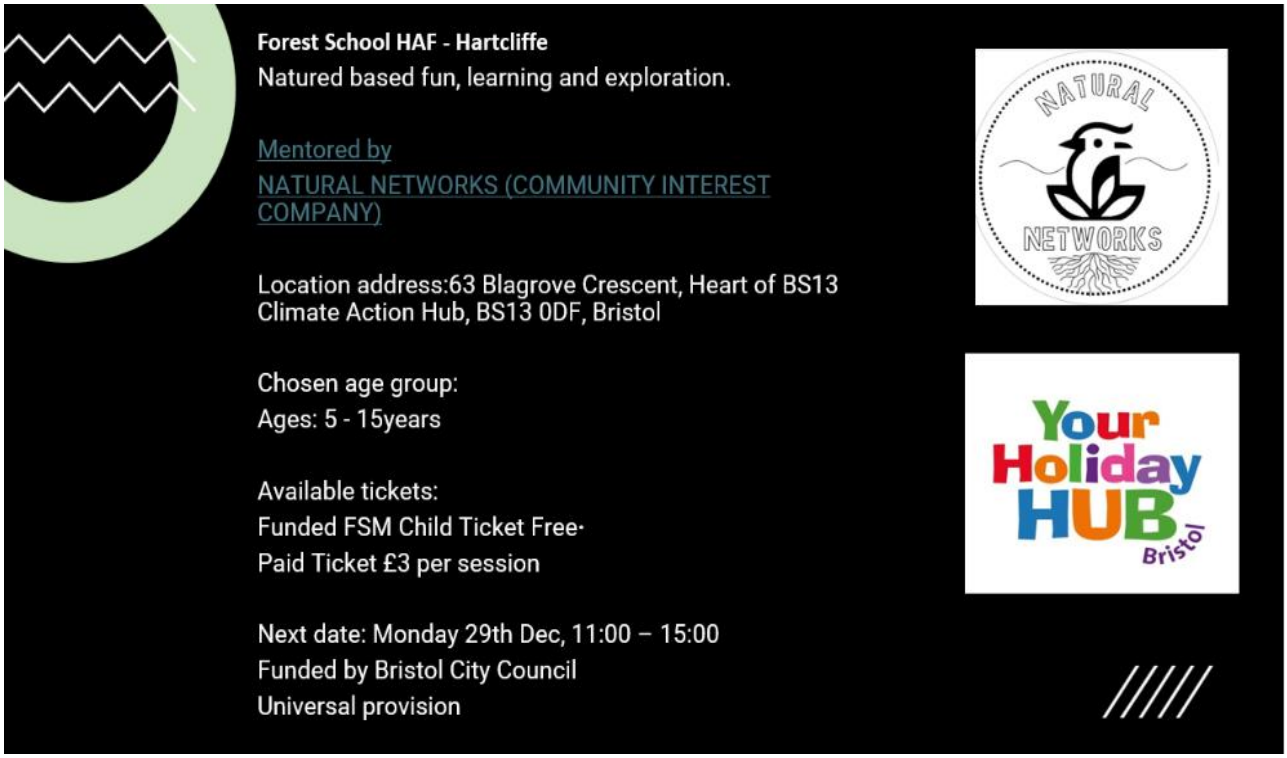
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Natural Networks – Knowle West HAF Forest School



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Natural Networks - Hartcliffe HAF Forest School



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Robins Foundation - Football & sport holiday camps



- **Holiday Camps - Merchants**
- Variety of football and sport activities.

- Mentored by
- BRISTOL CITY ROBINS FOUNDATION
- To bring the club and community together.

- Location address:136-184 Merchants' Academy, Bristol
- Chosen age group:
- Ages: 7 - 16years
- Available tickets:
- Funded FSM Child Ticket Free
- Next date: Monday 22nd Dec, 10:00 – 14:00
- Funded by Bristol City Council
- Universal provision

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Your Holiday Hub - Chance to Shine Street Cricket

Chance to Shine Street Cricket

About
Cricket provision for children and young people aged 6 to 16 years old

Age group
6 to 16 years old

Day
Tuesday

Time
5pm to 6pm

Address
Hengrove Park Leisure Centre, Hengrove Promenade, Bristol, BS14 0DE

Area
Hengrove and Whitchurch Park

Organisation name
Gloucestershire Cricket Foundation (GCF)

Contact
Email: kieran.slade@gloucestershirecricketfoundation.org
Website: Chance to Shine Street | Gloucestershire Cricket Foundation

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WECIL Youth Services - Sessions for Disabled & SEND young people

Youth services

Our Youth programme is open to Disabled young people aged 13-18 years old. We offer a range of regular evening sessions which help individuals grow in confidence, meet new people and build positive relationships with themselves and each other.

- **Evening sessions for young people**
- We provide regular evening sessions for young Disabled / SEND people living in Bristol for young people aged 13-18 years. We always welcome new people and will ensure that any access needs are met.

- **Evening Knowle**
- Thursdays 7.00pm – 9.00pm

The Park, Daventry Road, Bristol, BS4 1DQ

- **LAST MEETING OF THE YEAR: THURSDAY 18TH DECEMBER**
- **FIRST MEETING OF NEW YEAR: THURSDAY 8TH JANUARY**

If you live in Bristol, you can also contact Bristol City Council's FLORA team who provide information and advice for children and young people with additional needs and their parents and carers.
For more information, email flora@bristol.gov.uk with your name and phone number. The team will contact you as soon as possible.
You can also call FLORA on 0117 352 6020.

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Young Bristol - Local Youth Clubs in South



Young Bristol
Works for young people

ASHTON VALE CLUB FOR
YOUNG PEOPLE
SILBURY ROAD, BS3 2QE

Young Bristol
Works for young people

THE GROVE – 27A
CHEDDAR GROVE,
BS13 7EN

Young Bristol
Works for young people

HARTCLIFFE CLUB FOR
YOUNG PEOPLE
GATEHOUSE AVENUE,
BS13 9AN

Young Bristol
Works for young people

BS14 YOUTH CLUB –
STOCKWOOD LANE,
BS14 8SJ

Young Bristol
Works for young people

YOUTH BUS – COMMUNITY SESSIONS

Youth Clubs in Bristol | Young Bristol

ALL CLUBS ARE RUNNING AS USUAL THROUGH DECEMBER UNTIL THE CHRISTMAS CLOSURE ANDNEW YEAR OPENING: 23RD DECEMBER 2025 – 5TH JANUARY 2026

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St Barnabas Church - Weekly youth session



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St Barnabas Church - Messy Church sessions



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Services and opportunities for Parents/Carers

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Work Well West - Support to find work

Need a little extra support this festive season? WorkWell West are here to help!

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

We know the festive period can bring extra stress and challenges—whether it's anxiety, work worries, or just feeling overwhelmed. You don't need medical proof to access our support. If you're struggling with stress, anxiety, neurodivergence, ongoing pain, or any health condition, we're here for you. As long as you feel that you have some sort of health condition or disability, then we would be able to support you.

If you contact us, we will contact you to complete eligibility calls. These usually take around 15 minutes and we request more details to better understand your situation.

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

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

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

We have recently won the South West Integrated Personalised Care Award as winners of the Collaborative Working Award, which is a massive achievement that we are very proud of and this shows the fantastic work that we are doing!

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

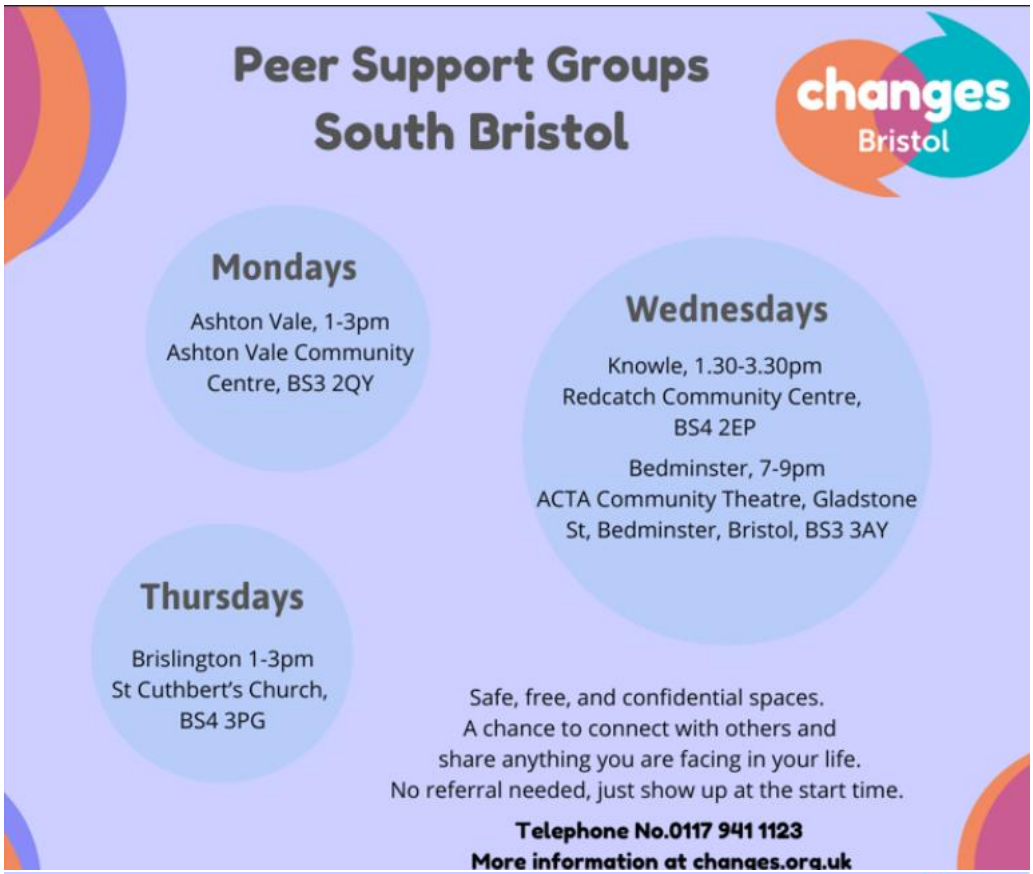
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Bristol City Council Skills Connect - Employment, Skills & Lifelong Learning events

Date/Time	Name	Area	Location	Audience/Purpose	Organising Group	Who to contact
19th January **11am-2pm**	**New Monday**	Bristol	Ground floor of the Galleries, Broadmead, Bristol, BS1 3XD	A day of positivity where people can find solutions to their problems. We bring together a number of organisations to support people at this challenging time- this usually includes support with: Debt, Health, Energy and much more. In addition, as one solution to some people's problems can be a new job, we also run a Job Fair at the same time.	Bristol City Council's Employment, Skills and Lifelong Learning Team	Bethan.thomas@bristol.gov.uk
12th February **2:30-5:30pm**	**South Bristol Jobs & Apprenticeships Fair**	Bristol	South Bristol Skills Academy, City of Bristol College, The Boulevard, Hengrove Park BS14 0DB	This event is an opportunity for young people in Bristol South to speak to employers with real vacancies, to learn about their options for further training and apprenticeships and to have the conversation about their future. Come and meet a wide range of exhibitors and find out about the jobs, college courses and apprenticeships that are available to you.	Bristol City Council's Employment, Skills and Lifelong Learning Team City of Bristol College Office for Karin Smyth DWP	Bethan.thomas@bristol.gov.uk

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Changes Bristol - Peer support and telephone befriending services





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Mothers for Mothers - Peer Support Group



mothers for mothers
perinatal mental health support
BRISTOL

Peer Support Groups

Talking to someone about your emotional wellbeing and how you are feeling can be a great way to find the support you need.

St George every **TUESDAY**
10am - 12pm: The Beehive Centre
19a Stretford Road, Whitehall, BS5 7AW

Hartcliffe every **WEDNESDAY**
10am - 12pm: Hartcliffe Children's Centre
Hareclive Road, Hartcliffe, BS13 0JW

Albanian Mum's Group every other **WEDNESDAY**
11am - 1pm: IKEA, Eastgate Centre
Eastgate Road, Eastville, BS56XX

Bedminster every **THURSDAY**
12:45pm - 2.45pm: St. Francis Church
North Street, Ashton Gate, Bedminster, BS3 2AN



Are you or someone in your family experiencing anxiety, depression, distress or isolation during and/or after the birth of your baby?
Are you supporting someone who is experiencing this?
CONTACT US: 0117 935 9366
support@mothersformothers.co.uk

perinatal mental health support

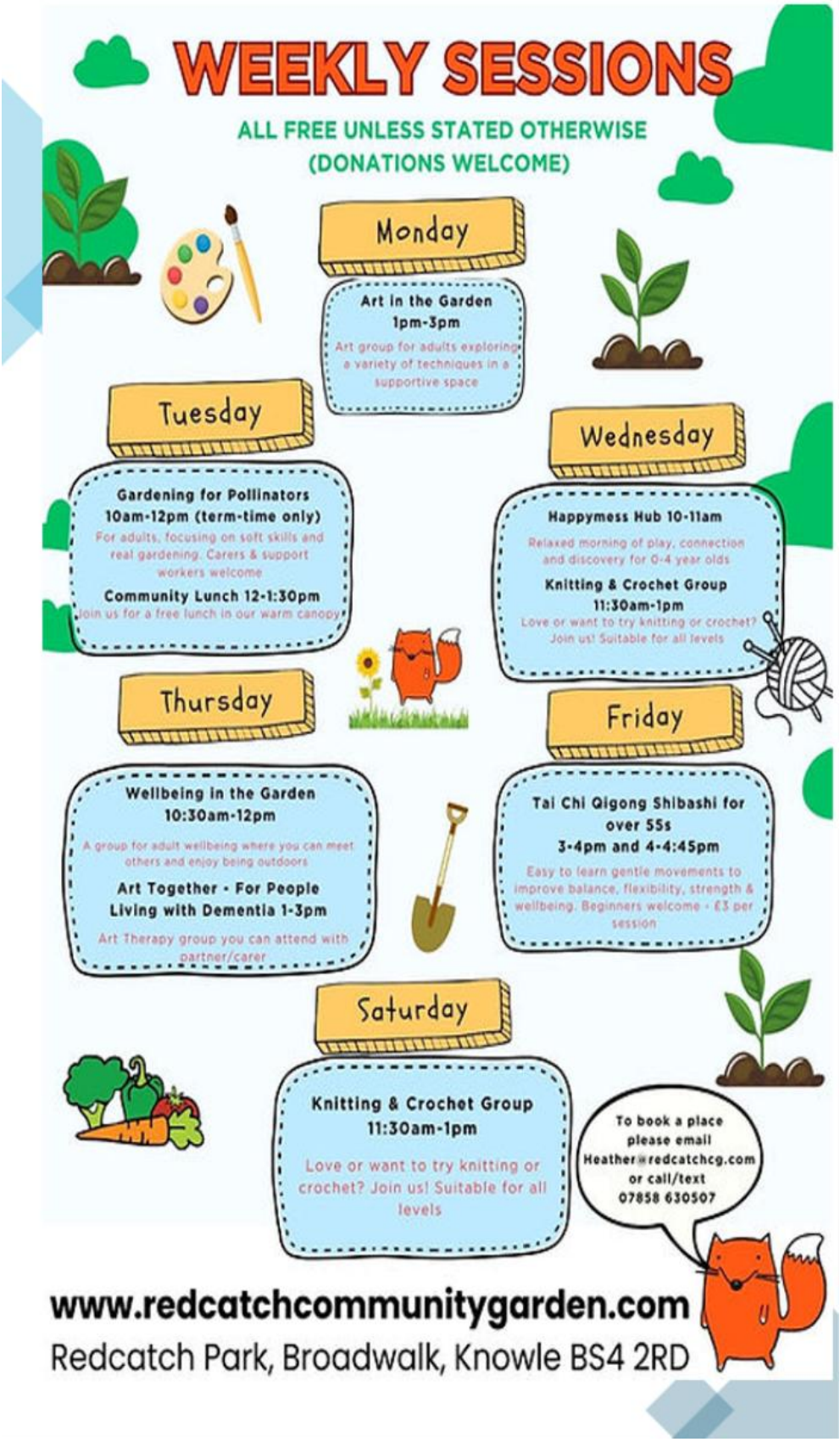
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Mothers for Mothers - REACH Helpline and Support Call Service



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Redcatch Community Garden - Weekly sessions



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Green BS13 - Climate & Nature Group



OFFICIAL

HWCP - Book Club



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Supper Club

- Every Tuesday evening from 5-7pm, we serve a hot, nutritious, home-cooked meal in the café. Whether you're looking for a warm bite to eat, a night off from cooking, or a place to meet with friends, we've got you covered.
- Free meals for everyone
- Our Supper Club is open to everyone, and best of all – it's free! We believe in creating a welcoming space where everyone can enjoy a good meal and a sense of community. Whether you're stopping by on your way home or bringing the whole family, there's always a spot at our table.
- Fun for the kids
- While you enjoy your meal, there's always something fun planned for the kids, from arts and crafts to games and interactive activities. It's an excellent opportunity for kids to engage, make new friends, and have fun in a safe, friendly environment.
- 🗓 Every Tuesday ⏰ 5-7pm 📍 Windmill Hill City Farm Cafe

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Windmilll Hill City Farm - Seasonal Kid's Cinema



Seasonal Kid's Cinema
Head to the City Farm Cafe and catch a FREE children's film this winter!

Every weekday, at 3.45 PM, we will be showing a family-friendly film in our cosy cafe.

Previous titles have included: The Gruffalo, Tiddler, Room on the Broom and The Highway Rat.

No need to book, just come along, grab a coffee and enjoy!

OFFICIAL

Hartcliffe City Farm



Free Supper Club

Our FREE supper club takes place on Thursdays during term time from 3.30pm to 5.30pm

Come with your children after school from 3.30pm and feed the animals, create something and then eat a meal with us. Food is ready for 4.30pm.

All free and open to everyone.

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

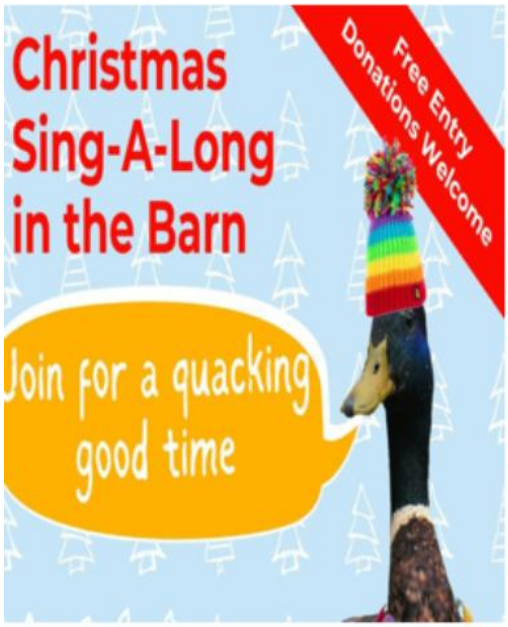


OFFICIAL

Hartcliffe City Farm - Christmas sing-along in the barn

Hartcliffe City Farm

Christmas sing-along in the barn



Join us for a Christmas sing-along in the playful barn!

On Sunday 21st December from 1 – 3pm, we'll be gathering with local residents and visitors to sing some favourite Christmas songs.

The event is free, but donations are welcome and we will be holding a raffle.

The Haybale café will be open with all the usual treats plus some festive specials.

Wear your cosiest Christmas outfit and join in the fun!

OFFICIAL

St Barnabas Church - Barney's Toddler Group



OFFICIAL

SEND & You Sendias - SEN support events in December & January

SAY SEND AND YOU SENDIAS

We provide the information, advice and support service for Children and Young People with SEND and their families in Bristol, South Gloucestershire and North Somerset

SAY's December Topic of the Month: SEN Choosing a school with an EHCP:

Choosing a school with an EHCP

This information series covers the law and process of choosing a school with an EHCP, which differs from the usual admissions process. You can also find out what to do if you do not agree with the school decision. Scan the QR code to view our slideshow.

Events coming up in December and January

We will be taking a short break from our Bristol Bookable appointments in December but will return in January for the following sessions:





OFFICIAL

Are you a parent, carer or young person in need of some help and advice about special educational needs/disabilities? Our dedicated team are trained to IPSEA level 3 in SEND law and can provide advice that is:

- **Free**
- **Confidential**
- **Impartial**

SAY SEND AND YOU SENDIAS

We provide Information, Advice and Support around Special Educational Needs and Disabilities. Our service covers Bristol, North Somerset and South Gloucestershire.

Contact Us

Our advice service is open Monday to Friday from 9:30-16:30 year round. To get in contact with us you can:

- Scan the QR code below to access our Contact Form
- Enter your details into the form
- An advisor will call you within 3-5 working days
- If you are not available, the advisor will send you a link to book a telephone appointment

Unable to access the form? Please email or call:
support@sendandyou.org.uk 0117 989 7725

Synergy Mind & Body - Therapeutic Intervention

Are you worried about your child's wellbeing?

SYNERGY
- MIND & BODY -

Waiting for professional help but want to assist your child now?

Drawing and Talking is a gentle, child-centred therapeutic intervention designed to help with expressing and processing emotions through non-directed drawing and supportive dialogue. It offers an alternative to therapies like CBT, allowing children to explore their feelings at their own pace in a safe environment.



Drawing and Talking Practitioner

How it works:

One-to-one sessions: 30 minutes each, once a week over 12 consecutive weeks.

Who benefits?

- Children aged 5+ experiencing:
- Anxiety, low self-esteem, intrusive thoughts, or school stress.
- Trauma from bereavement, family separation, or difficult life events.
- Attachment challenges, adoption or fostering transitions.
- Behavioural challenges or difficulties making friends.
- Neurodiverse needs including Autism, ADHD, or PDA profiles.
- Young Carers

READY TO FIND OUT MORE?

Book a free no obligation discovery call

www.synergymindandbody.co.uk

rae@synergymindandbody.co.uk



Together, we build meaningful change.

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South Bristol Advice Service - Free debt advice



OFFICIAL

Services and opportunities for young people

OFFICIAL

Step Together Volunteering - Get Growing Allotment Project

Step Together Volunteering

"GET GROWING!" ALLOTMENT PROJECT FOR YOUNG PEOPLE AGED 16-25





If you are not currently in education, employment or training, our allotment project might just be the ticket to helping you find your place. At Step Together Volunteering we believe that everyone has something special to offer.

We can help you find your passion, improve your confidence and skills, and build a brighter future.



You decide what you get involved in - growing and harvesting vegetables, cooking, woodwork and recycling projects, or a bit of creative artwork!

Rest assured, you will have some fun!

"It's a relaxed environment with lovely and understanding people... I like knowing that if I'm not having such a great day, I can still get down to the allotment with the understanding that I may have to take things easier."

Where: Bishopsworth, Bristol

When: Tues 1:30-4pm Thurs 11am-1pm

For more information contact: Mel Head, Project Manager & Allotment Lead

07702 811935 | mel.head@step-together.org.uk

www.step-together.org.uk

STEP TOGETHER

OFFICIAL

Young Carers Service – Support for Young Carers

YOUNG CARERS SERVICE BRISTOL AND SOUTH GLOUCESTERSHIRE

CARERS SUPPORT CENTRE – The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

Contact details: 0117 958 9980; youngc@carersbsg.org.uk: f @youngcarersbsg

If you care, we care.

Carers Support Centre



Our Young Carers Service provides help and support for children and young people aged 5-17 years in Bristol and 8-17 years in South Gloucestershire, along with their families and professionals working with young people.

A young carer looks after someone in their family who has a disability, a long-term illness, or is affected by mental health or substance misuse.

We help young carers feel positive about being a young carer, reduce isolation, reduce inappropriate care, and we provide support to develop and fulfil their future plans.

Our support provides opportunities for young carers to try out different tools and techniques to help strengthen self-esteem and resilience, manage challenges, become more informed, know where to go for support when they need it, and realise their potential.

We tailor support to meet their needs and can offer:

- ★ Young carers assessments to develop support plan
- ★ 1-1 support sessions (limited number of sessions)
- ★ Group work (including Resilience Lab and themed groups meeting emerging needs)
- ★ Respite activities, including trips, creative, physical and nature-focused sessions.
- ★ Free Family Days Out passes to Bristol Zoo Project, Noah's Ark Zoo Farm and We the Curious

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★ Bi-weekly Young Carer Groups in each locality run in partnership with Creative Youth Network:



- North Bristol: Every other Wednesday 5.30-7.30pm @ The Vench, Lockleaze
- South Bristol: Every other Tuesday 5.30-7.30pm @ Youth Moves, The Park Centre, Knowle West BS4 1DQ
- Central and East: Every other Tuesday 5.30-7.30pm @ The Swannery Youth Centre, Morley Street, Barton Hill BS5 9NB

Transport is provided to those who need it. Contact Connie Howard-McCombe for further information: connie.howard-mccombe@creativeyouthnetwork.org.uk or 07759 839941.

Young Carers Voice

Young carers who have been supported by us have formed YOUNG CARERS VOICE who aim to raise awareness about young carers and influence decision makers to improve how services recognise and support young carers.

Support for professionals

Awareness and Training sessions

We also deliver a variety of awareness and training sessions that can be delivered within team meetings or CPD sessions.

Work with schools

Young carers often have struggles in school, including being late, frequent absences, being bullied, and feeling isolated and anxious. We have a dedicated schools' worker who can support schools in identifying young carers and improving the support they offer them. We encourage schools to sign up to the Young Carers in Schools programme and can provide:

★ CPD training
★ Assemblies (in person, online or ready-made presentations schools can deliver
★ Support to start a young carer group
★ Advice on policies and procedures

Referral forms for our service are on our website:
Carers Support Bristol and South Gloucestershire
Referral to our young carers service | Carers Support Centre

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