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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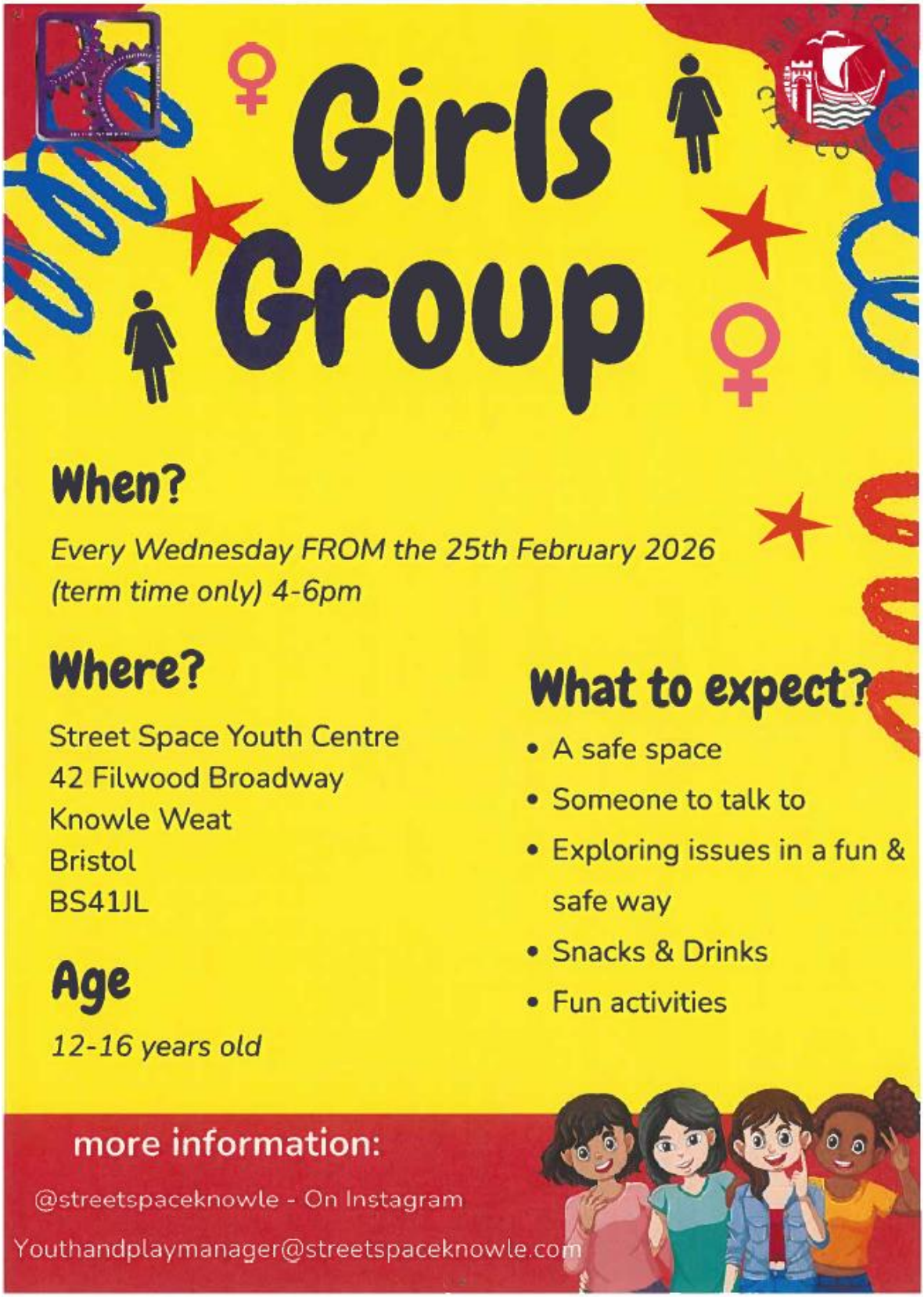
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Activities for Young People & Families

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Bristol City Council & Street Space - Girls Group in Knowle



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HWCP & Bristol Old Vic – Drama sessions



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Knowle West Media Centre - Free Activities for Young People

Free Activities for Young People

Knowle West Media Centre

After School Sessions
Term time only. Priority for young people in BS4, BS3 5, BS13 & BS14.







Nature Works

- Ages 11-14
- Thursdays
- 4.30 - 6:30pm
- Springfield Allotments

Join KWMC and OTR to enjoy time out in nature in this 6-week programme starting 26th Feb 2026! Try out cooking on the campfire, digital art, printmaking, photography, sowing seeds and more.

See our website to sign up for family-friendly Taster Day on Thursday 19th Feb.

Maker City

- Ages 10-17
- Tuesdays
- 4.30 - 6.30pm
- KWMC

Experiment with digital making, creative technologies and social action! Make products using laser cutters, 3D printers, vinyl cutters for social action campaigns.

Creative Hub

- Ages 10-13
- Wednesdays
- 4:30 - 6pm
- KWMC

Have fun trying out different art and tech activities including music, animation, VR, gaming, photography and digital drawing!

More info and sign up:
kwmc.org.uk/youngpeople
or call 0117 903 0444

Bristol City Council · The Society of Merchant Venturers · The Nisbet Trust · Mott MacDonald · Quartet Community Foundation · medlock charitable trust · ARUP · Youth Music · Arcadis · Comino Foundation · John James Bristol Foundation

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Knowle West Media Centre - Nature Works

Knowle West Media Centre

OTR

Nature Works



Enjoy time out in nature in this 6-week programme starting 26th February 2026!



Whether it is cooking on the campfire, digital art, willow weaving, printmaking, photography, sowing seeds, playing games or simply having a chat with other young people, there will be something for everyone!

This is a supportive and low-pressure space. All activities are optional. Warm food provided.

Led by KWMC and OTR.

More info and sign up: **kwmc.org.uk/natureworks** or call **0117 903 0444**

- £ Free
- Ages 11-14 *
- Thursdays
- 4.30-6.30pm
- Springfield Allotments, Daventry Road, Bristol, BS4 1DG

Quartet Community Foundation

*Priority given to young people in BS4, BS3 5, BS13 & BS14

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Redcatch Community Garden - February Half Term Holiday Timetable

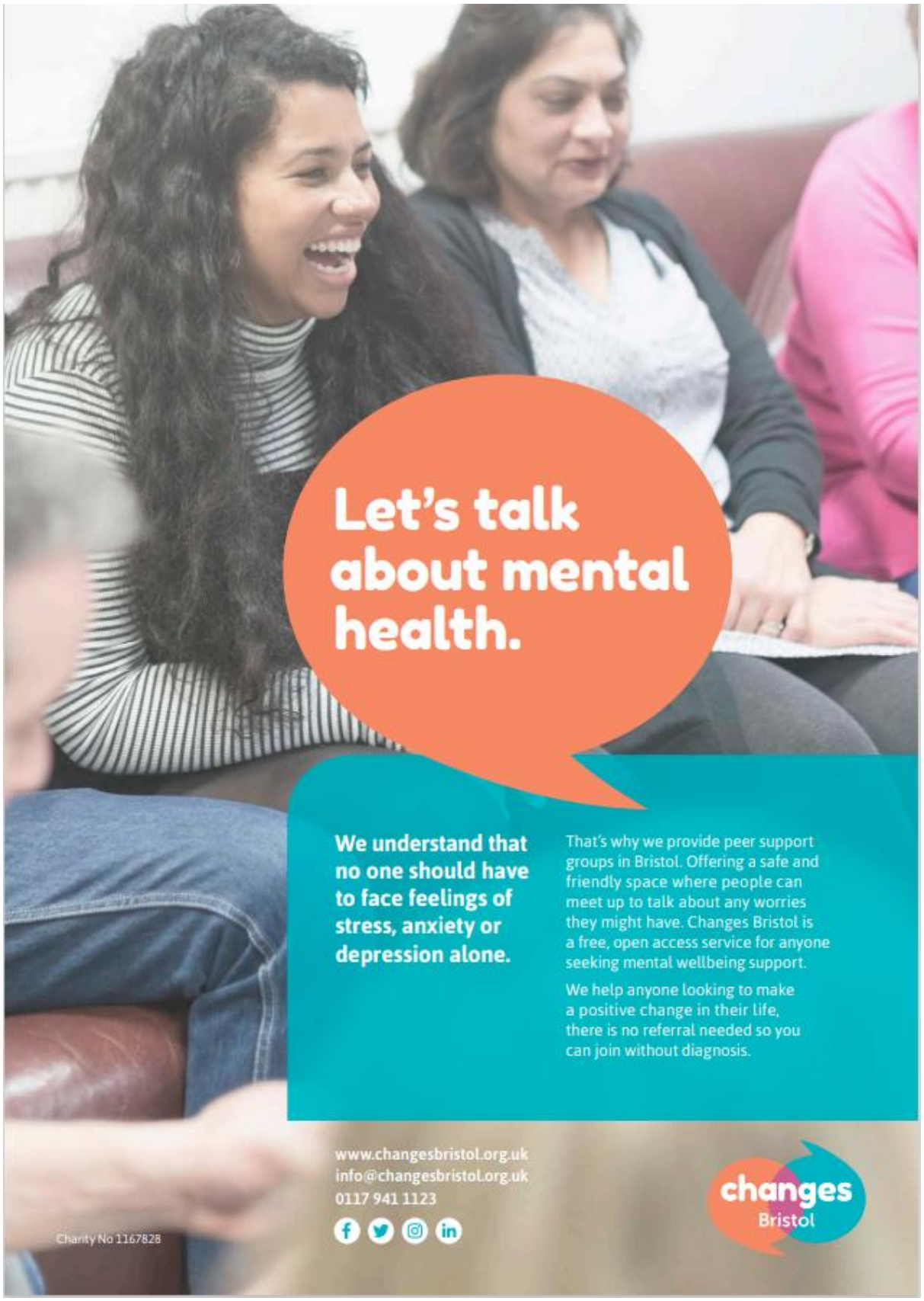


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Services and opportunities for Parents/Carers

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Changes Bristol - Mental Health peer support groups



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South Bristol Peer Support Groups

changes Bristol

Let's talk about mental health

Mondays

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

Wednesdays

Knowle - 1:30 - 3:30pm
Redcatch Community Centre, BS4 2EP

Bedminster - 7 - 9pm
ACTA Community Theatre, Gladstone St, BS3 3AY

Thursdays

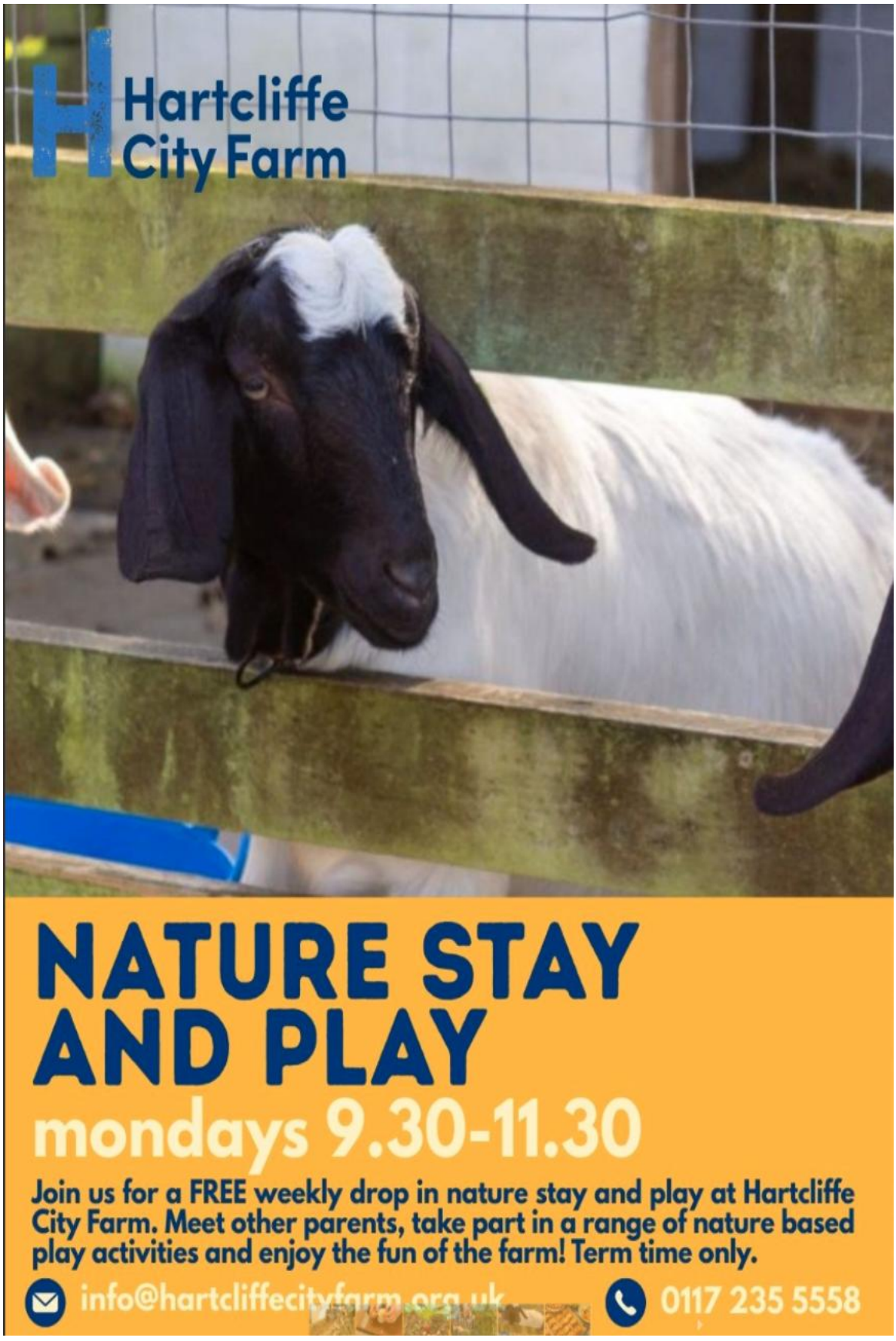
Brislington - 1- 3pm
St Cuthbert's Church, BS4 3PG

Providing free, safe and non-judgemental peer support to discuss wellbeing with others within your community.

www.changesbristol.org.uk
01179411123

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Hartcliffe City Farm - Nature Stay and Play



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Hartcliffe City Farm - Market Garden Volunteering



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Hartcliffe City Farm - Cooking for Wellbeing



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Hartcliffe City Farm - Animal Care for Wellbeing



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Hartcliffe City Farm - Supper Club Free Family Meal



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Windmill Hill City Farm – One World Garden sessions

One World Garden

Come enjoy the gardens at Windmill Hill City Farm and help grow plants we use in everyday life.

Every Wednesday 1.00-2.30pm
From March 2026

Time to learn about plants, be in nature and have a cuppa.
All are welcome for these free sessions.



Email or call for details and to sign up
Nicky.orr@windmillhillcityfarm.org.uk / 01179 633252

COMMUNITY FUND
Part of Plant Power grant

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Redcatch Community Garden – Happymess Hub



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Send and You (SAY) - Support Service for Children & Young People with SEND

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 February Topic is Mediation

If a parent/carer/young person disagrees with a decision about an EHC needs assessment or a part of an EHC plan, they will be offered the chance to go to mediation to try and settle the disagreement before going to First-Tier Tribunal.

This information series breaks down key information about the mediation process...
Scan the QR code to view

SAY SEND AND YOU SENDIAS

SEND and You Appointments on Thursday 5th March 2026

@Symes Resource Centre, Peterson Avenue, Hartcliffe, BS13 0BE

The session is from **12:30-1:30pm** and will be with our trained SEND practitioner. The sessions are drop-in so no need to book, just turn up!

We can provide advice and support on education issues such as SEN support in schools, EHCPs, exclusions, your legal rights and signposting to other helpful services.

www.sendandyou.org.uk

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

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Nature & Nurture Collective – Therapeutic support for neurodivergent people

Nature & Nurture Collective

Creative therapeutic support for neurodivergent people

Nature & Nurture Collective is an emerging group of creative practitioners offering therapeutic support to neurodivergent people. We run therapeutic groups for neurodivergent people.

The collective is run by Jenny Clarke, an HCPC registered, AuDHD Art Therapist who also offers 1:1 art therapy at Thyme Art Therapy.

For further info:

www.nature-and-nurture.org



CURRENT GROUPS

Family art & wellbeing group for young people 8+ not attending school full-time
Weekly: Fridays 10.30am-12pm
Bedminster Quaker Meeting House

Art & wellbeing group for late-identified neurodivergent adults
Monthly: Mondays 7-8.30pm
Bedminster Quaker Meeting House

Both facilitated by Jenny Clarke, HCPC registered Art Therapist.

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Kids Stuff Bristol - Donated, preloved items & Pay-as-you-can lunch

Supporting Local families, building community

Kids Stuff Bristol is a new Social enterprise who believes that raising a family shouldn't cost the earth. Kids Stuff is for those who want to reuse, those who need to watch the pennies, and those who love community.

We receive donated preloved children's items and make them accessible for the community. Clothes from birth to 10years. School uniform from £1/item. Cots, prams, buggies, baby baths, slings, nappy bags, books (3 for £1) Toys & games. We also have a wide range of maternity clothing.

Open every Wednesday – Friday 10-2pm
Pay-as-you-can Lunch served from noon on Thursdays

We receive referrals through BS3 & BS4 Foodbanks, CAP & South Bristol Salvation Army & others Each family gets a voucher of £30 per child to spend as they choose.

come and see for yourself or find out more at
www.kidsstuffbristol.org.uk
find us on Facebook, Instagram
email Kyle on Hello@kidsstuffbristol.org.uk

Kids stuff Bristol is a trading name of South Bristol Grace Network CIC, company number 15894745, we have grown out of Kids Stuff Stroud which has been running for 8 years.

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Ygam - Lunch + Learn Gaming & Gambling Awareness Sessions



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Read Easy – Helping adults learn to read



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Skills Connect - South Bristol Jobs and Apprenticeships Fair

skills CONNECT

BRISTOL CITY COUNCIL

South Bristol Jobs and Apprenticeships Fair

Thursday 12 Feb 2026
2:30pm-5:30pm

South Bristol Skills Academy
City of Bristol College, The Boulevard, Hengrove Park, BS14 0DB

Come and meet a wide range of exhibitors and find out about the jobs, college courses and apprenticeships that are available to you.

A wide variety of opportunities will be available.

Scan the QR code for more information and to reserve a spot.



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Opportunities to suit everyone

Karin Smyth, MP for Bristol South says:

Looking to find your first job? Thinking about a change in career? Wanting to develop new skills that can take you places?

Then come along to my South Bristol Jobs and Apprenticeships Fair, which is back for its tenth year.



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.

Refreshments will be available to buy throughout the day at the café.

For more information contact the council's Skills Connect team on 0117 332 1500 or e-mail skillsconnect@bristol.gov.uk

Bristol College | Karin Smyth MP for Bristol South | Department for Work & Pensions | WEST OF ENGLAND MAYORAL COMBINED AUTHORITY | Bristol City Council

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Services and opportunities for young people

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Square Food Foundation – Free 12 week programme ‘How to be a Chef’

We are now recruiting for our **'How to Be A Chef'** course at Square Food Foundation in Knowle.

If you don't know already the ‘How To Be A Chef’ program is a free, 12-week (just Wednesdays and Thursdays in term time) training course for young people aged 16-25, specifically designed to support those who are not currently in full-time work or education.

The program runs twice a year, with the **next course starting on March 11th, 2026**.

Participants will have the opportunity to gain practical skills in a supportive environment. The course includes hands-on cooking lessons, farm visits, and opportunities to work with Bristol chefs. The program aims to empower young individuals with the skills and confidence needed to pursue a career in the culinary field.

Apply before 7th Feb. The form can be found on our website as well as more info at **www.squarefoodfoundation.co.uk/how-to-be-a-chef**

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Step Together - ‘For My Future’ new free 6 week course for young women age 16 – 25



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Step Together – Get Growing Allotment Project for ages 16 – 25



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Crimestoppers – Fearless





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