

Family Help East/Central Bristol Bulletin March 2026

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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

Your parenting
toolbox:

Listening

Play

Nurture

Praise

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 we will be in touch to find
the best group option for you.

EASTER PROGRAMME 2026

| Date | Time | Event | Session |
|----------------------|-------------------|-------------|-----------------------|
| Saturday 4th April | 1:45pm - 3:15pm | Stay & Play | Spring Crafting |
| Tuesday 7th April | 10:15am - 11:30am | Under 5s | Taste Safe Messy Play |
| Tuesday 7th April | 1:45pm - 3:00pm | Stay & Play | Messy Play for All |
| Wednesday 8th April | 10:15am - 11:30am | Under 5s | Messy Play |
| Wednesday 8th April | 1:45pm - 3:15pm | Stay & Play | Pirates |
| Thursday 9th April | 10:15am - 11:45am | Stay & Play | Robots |
| Thursday 9th April | 1:45pm - 3:15pm | Stay & Play | Dinosaurs |
| Friday 10th April | 10:15am - 11:30am | Stay & Play | Friday Craft |
| Friday 10th April | 1:45pm - 3:15pm | Stay & Play | Fidget Toys |
| Tuesday 14th April | 10:15am - 11:30am | Under 5s | Taste Safe Messy Play |
| Tuesday 14th April | 1:45pm - 3:00pm | Stay & Play | Messy Play for All |
| Wednesday 15th April | 10:15am - 11:30am | Under 5s | Messy Play |
| Wednesday 15th April | 1:45pm - 3:15pm | Stay & Play | Painting & Printing |
| Thursday 16th April | 10:15am - 11:45am | Stay & Play | Puppets |
| Thursday 16th April | 1:45pm - 3:15pm | Stay & Play | Magical Crafting |
| Friday 17th April | 10:15am - 11:30am | Stay & Play | Friday Craft |
| Friday 17th April | 1:45pm - 3:15pm | Stay & Play | Mini Gardens |

Under 5s

These are open, creative, and child-led messy play sessions for under 5s.

Stay & Play

These sessions are best for ages 5+, but all are welcome, and adults stay and play.



To book your place on any of our events, or to find out more, please visit our website:

www.childrensscrapstore.co.uk/events, or scan the QR code.

Please let us know if your child has any specific requirements in order to access a session, by emailing us via events@childrensscrapstore.co.uk, or calling us on 0117 9085644

DROP-IN SERVICE

1-2-1 SUPPORT FOR ANYONE AGED 11 - 25
MONDAY - FRIDAY 2PM - 8PM

BE SEEN BY A FRIENDLY YOUTH WORKER FOR A
CONFIDENTIAL AND INFORMAL CHAT ABOUT WHAT IS
GOING ON FOR YOU

CREATIVE
YOUTH
NETWORK.



SCAN ME



The Station
Silver Street, Bristol
BS1 2AG



The Station in Bristol is now welcoming young people to come in for 1-2-1 support. For your first visit, you will be seen by a friendly youth worker for an informal chat about what is going on for you, and make a decision together as to what support would be most suitable.

We can help with:

- Wellbeing and mental health support
- Advice and guidance on getting into education, employment, or training
- Finding positive activities to get involved with
- Support with sexual health
- Support with drugs and alcohol
- Support with housing
- Signposting to specialist support services
- Advice and support on healthy relationships
- If you are currently feeling unsafe and need a safe space to be in

Aged 11-25? Just drop-in for a one-off chat Monday to Friday, 2-8pm or to set up a series of sessions, or call us on 01179477948.

This service is made possible by the support of the Prudence Trust.

CREATIVE
YOUTH
NETWORK.

THE STATION

Silver Street, Bristol BS1 2AG

Easter Play Sessions

LPW

Wednesday's and
Friday's

8th , 10th , 15th , 17th

April

11:00am - 3:00pm

Where?

Hillfields
Community centre
BS16 4EH

What?

Activities, games, sports

Free!

Ages: 5-14

Under 8s must be
supervised by an adult

E: enquiries@lpw.org.uk

T: 0117 987 3700

W: lpw.org.uk



Easter Play Sessions

LPW

Wednesday 8th &
Wednesday 15th
April
11:00am - 3:00pm

Where?

Urban Park,
Barton Hill, Morley Street,
Bristol

What?

Activities, play, sports,
Crafts, lunch, and snacks

Free!

Ages: 5 - 14

Under 8s must be
supervised by an adult

E: enquiries@lpw.org.uk

T: 0117 987 3700

W: lpw.org.uk



Easter Youth Sessions

LPW

Friday 10th &
Friday 17th April
1:00pm - 5:00pm

Where?

The Swannery
Morley St, Barton Hill,
Bristol BS5 9NB

What?

Activities, games, hot
food, snacks

Free!

Ages: 11-16

E: enquiries@lpw.org.uk

T: 0117 987 3700

W: lpw.org.uk





MURMURATION
COMMUNITY
THERAPY



SEND PARENT NURTURE GROUPS

An 8 week course to build emotional wellbeing
and solidarity with other SEND parents



Monday evenings - Oldbury Court from 20th April
7.30-9.00pm (for parents of Autistic girls)



Wednesday afternoons - Bedminster from 22nd
April 1-2:30pm



Wednesday mornings - Longcross Children's
Centre from 22nd April 10.00-11.30am



'Life changing. I now feel
that I can cope.'



Workshops to Manage BIG Emotions in the Family

Mindfulness tools for calmer,
more connected parenting



Parenting can feel overwhelming when emotions run high.

These online workshops offer simple, practical mindfulness tools to help you:

- Stay calm in difficult moments
- Support your child's emotional resilience
- Reduce conflict at home
- Strengthen connection and communication

For more info:

www.mpcp.info

mpcp.bristol@gmail.com | 07949 399533

Online Workshops

Fridays 9:30 - 11am

Wednesdays 6-7:30pm

Via Zoom

Managing Difficult Behaviour

Friday 6th March am

Weds 11th March pm

Developing Emotional Resilience

Weds 22nd April pm

Friday 24th April am

Managing Conflict within the Family

Friday 8th May am

Weds 20th May pm

Love and Limits (setting limits)

Friday 5th June am

Weds 17th June pm

Managing Emotions Teens/Tweens

Weds 1st July pm

Friday 10th July am

Cost: Unwaged - By donation

Low waged - £10

Waged - £25

<https://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-19809497961721?aff=oddtdtcreator>



Mental Health Support Team

East Central Bristol

What is a Mental Health Support Team?

We are a new project that has been created to make mental health support accessible for more children and young people. We work solely with schools, helping them to develop ways to look after the mental health of their students, staff, parents and carers.

An MHST is a trained team made up of a Clinical Lead, Team Managers, Supervisors and **Education Mental Health Practitioners (EMHPs)**, who work with schools to support children and young people who are struggling with their thoughts and feelings.

How do we help children and young people?

1:1 CBT Sessions (Cognitive Behavioural Therapy)

- We work with students on a **1-1 basis**, supporting them to manage anxiety, low mood and other problems with wellbeing.
- We sometimes work with families by delivering something we call **parent-led interventions**.
- In primary schools, we can work **1-1 with parents**, giving them new ideas for supporting their child's mental health.

Whole School Approach

We also work with the whole school to deliver what we call a '**whole school approach**' to mental health.

This involves loads of different activities, such as: providing staff training, doing assemblies, running parent workshops, running psychoeducation groups, creating wellbeing boards and providing reflective spaces for school staff.

How can you access us?

- 1 Check the list on the next page to confirm we're in the young person's school.*
- 2 Contact the school's designated **Mental Health Lead** about making a referral.
- 3 With the young person's consent, they will talk to us, and if it sounds like we can help they will refer the young person to us.

Get in Contact



0117 403 8735



awp.mhstenquiries@nhs.net



*The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. Schools are selected for us on a 'needs-led' basis by Public Health England.

Mental Health Support Team

East Central Bristol Schools

Air Balloon Primary
Bannerman Road Community Academy
Barton Hill Academy
Begbrook Primary
Bristol Brunel Academy
Bristol Metropolitan
Cabot Primary School
City Academy Bristol (incl. SV ALP)
Easton CofE Academy
Evergreen Primary (incl. SV Engage ALP)
Frome Vale Academy (incl. SV ALP CLF Nest)
Hannah More Primary
May Park Primary
Minerva Primary Academy
Montpelier High School
Redfield Educate Together
Snowdon Village City School HQ Beam Street
St Barnabas CofE VC Primary
St Matthias Academy
St Nicholas of Tolentine
St Patrick's Catholic Primary
Summerhill Academy
Summerhill Infants
Willow Park





EASTER PLAY & HANG OUT

FREE

Outdoor play session

Monday 13th April 2026

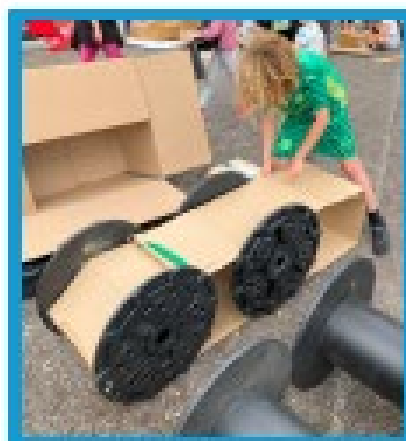


10.30 - 2.30pm

Lunch provided for children & young people

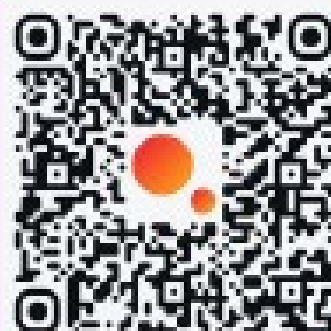
We bring lots of play to the green spaces.

Outside Oldbury Court Children's Centre, BS16 2QS



Children aged 8 and over can come on their own if they are allowed out unsupervised. They will be free to come and go as they please, so they need to be responsible for themselves. Under 8's need to be with an adult.

The sessions are **FREE** but please **book your child on** so that we have an idea of numbers.



Led by:



Funders include:



No need to book, just come along. Scan for details or call 01179 14 3002



WE ACCEPT CHILDCARE VOUCHERS



PLEASE BRING
Water bottle
Lunch
Suitable clothing
Loads of energy!



PREMIER HOLIDAY CLUBS



more fun, more friendships, more smiles
DURING THE EASTER BREAK!

Our 5* Holiday Clubs are the perfect place to keep your kids entertained over the Easter holidays.

8:45AM-15:30PM

AGES 4-11

Every day is different, with a mix of fun activities that children may not have tried before - from dodgeball to cricket, basketball to archery.

Lunch available to order on arrival at Horfield.



HORFIELD

Book now for lots of Easter fun!

£24.65

premier-education.com
SIBLING DISCOUNT

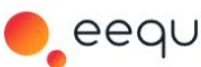


HORFIELD



Your Holiday HUB
Bristol

BOOK LUNCH CHOICE ON ARRIVAL



DOWNEND

Those eligible to attend the fully funded HAF programme, will receive healthy food and enriching activities.



office-008@premier-education.com



Premier Education

Public Health Nursing – NHS

Have your say on the future of Public Health Nursing services in Bristol

A consultation on the future of Bristol's Public Health Nursing Service is now open for everyone to share their views, especially young people, parent/ carers, and professionals working with children and young people. Please do share on.

The Public Health Nursing Service includes Health Visiting and School Nursing, and is currently commissioned by the Bristol, North Somerset and South Gloucestershire Integrated Care Board, with Bristol as an associate commissioner.

From 2028, Bristol will look to directly commission Health Visiting and School Nursing so it can be better tailored to the needs of local families' and develop stronger links with other children's services in the city.

Share your feedback on the plans by completing the online survey at [Bristol.gov.uk/PHNursing2026](https://bristol.gov.uk/PHNursing2026) by Wednesday 29 April 2026 or email consultation@bristol.gov.uk to request the survey in a different format. The full Commissioning Strategy is also available via this link.

Key dates

- Start date: 4 March 2026
- End date: 29 April 2026



Bristol City Council

bristol.gov.uk



Appointments with SEND and You

Wellspring Settlement Family Centre,
Barton Hill, BS5 0AX

SAY
SEND AND YOU
SENDIAS



Wednesday 22nd April 2026

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.

Appointment Times:

1:00 - 1:20pm

1:20 - 1:40pm

1:40 - 2:00pm

2:00 - 2:20pm

Scan the QR code to book!



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 Topic of the month is Tribunal

The SEND Tribunal decides appeals against local authority (LA) decisions about the special educational needs (SEN) of children and young people. It also hears disability discrimination claims against schools.

Parents, carers and young people can appeal to the SEND Tribunal if they are unhappy with a decision their LA has made about an education, health and care (EHC) needs assessment or an EHC plan.



Scan the QR code to find out more

Our telephone number is changing!

From 1 April 2026, our Information, Advice and Support Line will have a new telephone number:

0117 992 6009

Our old number will redirect until 31 May 2026, so you won't miss us during the changeover.

You can always find our most up-to-date contact details on our website: <https://www.sendandyou.org.uk/contact-us/>



Super Saturday!

at Children's Scrapstore



Arts, Crafts, & Play in our Playroom

Join us for **FREE** and crafty fun, aimed towards primary school children and their families. This drop-in session runs from
10:00am - 11:30am.

No unaccompanied children. This session takes place in our Playroom, and can be busy, so you may need to wait for a moment in our Children's Corner if the room is full.

www.childrensscrapstore.co.uk/free-events



Join us on
Saturday 4th
April 2026!



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Feeling unsure of how to help your child?

Worried about their anger, withdrawal, or concerning habits?
You're not failing. You just need support.

We can help you move forward



Does this sound familiar?

- Your child has explosive outbursts that leave the whole family drained
- Your child is struggling at school and you're getting constant calls
- Mealtimes, bedtimes, or leaving the house has become a daily battle
- You're worried about self-harm, eating issues, or concerning habits
- Your teen seems withdrawn, anxious, or angry most of the time
- You know something needs to change, but you don't know where to start



We look beneath the surface

We can help you and your child understand the reasons behind feelings and behaviours, giving you real tools for lasting change.



We support parents too

Parent support is part of our approach - we work with you, not just your child. You are given a space to authentically express yourself, and time to reflect on the highs and lows of parenting.



We tailor therapy to you

Children don't always sit and talk - through art, music, and play, we build relationships with their therapists over time, enabling them to safely explore their feelings in a trusted environment.

"I don't know how I would have coped with secondary school without you."

We can support you and your child/young person with...



Changing lives for over 40 years

- Depression, anxiety, and overwhelming emotions
- Relationship and friendship difficulties
- Trauma and difficult experiences
- Life transitions
- Work and study related stress or burnout
- Understanding yourselves and your reactions better
- Navigating the highs and lows of being neurodivergent
- Exploring identity, gender, and sexuality

Ready to take the next step?

“

My child and I's relationship is so much better now - our communication has improved, and we are much happier.



Getting started is simple

We know reaching out can feel daunting, but getting in touch with us could be the beginning of real change for you and your family.

Scan the QR code or go to our website to complete our referral form, and we'll be in touch within 5-10 days.

Therapy group for parents & carers

Are you looking for a safe space
to share the highs and lows of
parenting?

Would you benefit from
accessing affordable therapy?

"This group has been a
lifeline for me."

"Sharing experiences
helped me feel less
alone."

You can expect to...



Receive expert support from
experienced psychotherapists



Connect with other parents/carers
experiencing similar issues



Feel better resourced &
understood

Find out more or book your free consultation.

 0117 942 4510

 info@bridgefoundation.org.uk

Who runs the group?

The group is run by Anita Bradford, a highly experienced Group Analytic Psychotherapist, and is joined by another of our expert psychotherapists.

How does it work?

A small group of parents/carers (max 8) meet together with two therapists to discuss the challenges that come with parenting. Maybe your child is experiencing mental health difficulties, or are neurodivergent - or maybe you'd just benefit from some extra support. Whatever is going on for you, we're here to help.

The group has a fluid structure, and the discussions had will depend on what members feel is important to them on the day.




To help foster meaningful connections, and to enable us to provide you with consistent, long-lasting support, we kindly ask that you try to commit to the group long term (min 6-12 months).

Is it right for me?

Before joining, you'll have a free consultation call with one of our therapists. This will help you to decide if the group feels right for you. There's no pressure to join - this is just an honest chat to see if we can help you.

If it is suitable, and there is a place in the group, you will be invited to join. If the group is full, you will be put on a waiting list until a vacancy occurs.

When, where and how much?

-  Thursdays 4pm-5:30pm (term-time only)
-  The Bridge Foundation, 13 Sydenham Road, Bristol, BS6 5SH
-  Sliding scale of £10-30 per session

strengthening families strengthening communities



Starts Thursday 30th April 2026

9.15am to 12.15pm

11 sessions

Settlement Site, Ducie Road, BS5 0AX

An inclusive course to help parents
raise happy confident children,
from babies to teens

Scan here for
more
information or
to book!



Free
Course
and
Creche!

Or call
Sally or
Laura on
07492 870557



www.wellspringsettlement.org.uk info@wsb.org.uk

Settlement Site, 43 Ducie Road, BS5 0AX - 0117 3041400

Wellspring Site, Beam Street, BS5 9QY - 0117 304 1400

A company limited by guarantee, registered in England and Wales (05031499) and a registered charity (1103139)

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



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

- ★ Bi-weekly Young Carer youth groups for 11+ year-olds who are in secondary school, run in three localities in partnership with Creative Youth Network:



- North Bristol: Every other Wednesday 5.30-7.30pm @ The Vench, Lockleaze BS7 9TB
- 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](#)