



October 2025 Family Help Bulletin

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

Hello and welcome to the October information and Services Bulletin from the East Central Bristol Family Help team. We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

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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MORE THAN MUSIC

FREE music and
media sessions in
a fun & supportive
space!



**TUESDAYS | 5:30PM -
7:30PM (8-11 YR OLDS)
@ DOCKLANDS**

**WEDNESDAYS | 6:30PM
- 8:30PM (12-16 YR
OLDS) @ DOCKLANDS**

**THURSDAYS | 7PM -
9PM (17-21 YR OLDS)
@ DOCKLANDS**

**GET IN TOUCH ON;
INSTAGRAM
@ACE_CIC
WHATSAPP
07342369623
EMAIL
INFO@ACECICTEAM.
COM**

**NEW
YOUTH SESSION**

**MORE
THAN
MUSIC**

FREE

EVERY FRIDAY 6PM - 8PM

11 - 19 YEAR OLDS

**MUSIC STUDIO, CINEMA ROOM, COOKING,
SPORTS AND MORE...**

THE PICKLE FACTORY, EASTON BS5 0HH

Info@ACEcicTeam.com

07342369623

www.AspirationCreationElevation.com

**ASPIRATION
CREATION
ELEVATION**



Inspiring dementia action in Bristol schools

Dementia can have a significant impact upon a family and community, as well as the person who is living with dementia. We aim to raise dementia awareness amongst our pupils in Bristol schools and to create positive social change, so that we can become more dementia friendly as a city and beyond. By teaching pupils about dementia, we can improve knowledge and understanding, as well as empower individuals to make a positive difference to people's lives. You can play a part in helping us to achieve this.

"It takes a society to beat dementia." (Alzheimer's Society, 2025)

Did you know ..?

There are approximately 1 million people living with dementia in the UK.

A diagnosis of dementia is made every 3 minutes.

1 in 2 people will be affected by dementia in their lifetime.

Approximately 1 in 3 pupils know someone living with dementia.

1 in 3 cases of dementia could be delayed or prevented.

How is this relevant to your school?

There are clear links to the curriculum and OFSTED framework. Through learning about dementia, pupils will be encouraged to become more active and responsible citizens.

Teaching pupils about dementia empowers them to make healthier lifestyle choices, as well as supporting their own and others' wellbeing, now and in the future.

Through education, we are helping to create a dementia friendly workforce for the future, where young people will be able to have a positive impact on lives in communities.

Educating pupils and the wider school community about dementia increases understanding and changes attitudes, resulting in reduced fear, stigma and isolation for people living with and affected by dementia.

What I can offer your school:

- * A free assembly raising awareness of dementia
- * A free Dementia Friends session for pupils, deepening knowledge and understanding and enabling social change
- * Free bespoke sessions with visitors sharing their lived experience of dementia
- * A range of free sessions for staff and / or parents

What next?

If you would like more information, please contact me;



E: sally.townsend@alzheimers.org.uk

M: 07590 884435



The Dementia Wellbeing Service is a partnership between Alzheimer's Society and the NHS, delivering dementia support services to people affected by dementia in Bristol.

Feedback from Schools

Waycroft Academy, YR story

"Children were encouraged to join in with the session throughout. Really clear vocabulary which was taught at the children's level. Sally was encouraging and used lots of positive language with the children."

Bristol City College, Post 16 Dementia Friends and enrichment session

"It was great to see the students all engaged and really keen to join in, even those that were originally hesitant. The empathy suit really gave students an awareness of what some individuals with dementia may experience. This gave them an idea of how difficult some tasks can be and led them to think of solutions together. A very valuable session."

Waycroft Academy, Y3 Dementia Friends session

"Fantastic sessions. The children were engaged and asked respectful questions. Sally was very informative and supportive."

CLF INSET, Staff Dementia Friends session

"I learnt that it is still worth making beautiful memories- even if they don't last long, the feeling of happiness will remain."

Oasis Academy Brislington, Year 7 and 8 assembly

"The assembly was very informative without being too complex. It was engaging, interesting and thought provoking, with upcoming activities on how the students can get involved."

Westbury-On-Trym C of E Academy, Y5 sessions with lived experience of dementia

"The children thoroughly enjoyed a really important session which should be part of the curriculum; Educating children on how to look after their community and the people within it. It was lovely seeing how the children demonstrated such kindness, warmth and understanding. Invaluable."

Collegiate, Y9 presentation with lived experience, of dementia

"The visitors were fantastic. The session was pitched perfectly for the age group. It was open, honest and moving, but also uplifting – motivating our students to take action."

Westbury-On-Trym C of E Academy, Y6 session with parents

"This was a fantastic session. Sally worked with her usual energy and enthusiasm to engage the Y6 children in the planning session and there was great preparation for delivery to the parents on the day. The session was well received by the parents and it has been an opportunity to share our work with the parents."

Redland Green, Y7 Dementia Friends session

"The session was delivered very well and gave greater knowledge for students learning this earlier in life. I learnt so much as a teacher from your talk too."

Take the 'scare'

out of school holidays!



Beezee Families is our FREE healthy lifestyle programme, designed to help you learn more about healthy eating and finding habits that work for you. Check out these fun spooktacular activities to keep your little monsters entertained this half term.

Activity 1:

Munchable Mummies

Give making these boootiful munchable mummies a go!



Activity 2:

Get crafty with your recycling

Use toilet roll tubes to make your own devilish decorations, create a haunted house out of an old cereal box or print off this fun bat cutout to make your own ghoulish garlands!



Activity 3:

Walk this way

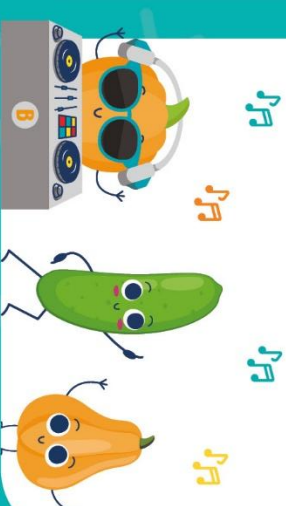
Get the family all wrapped up and explore the great outdoors this autumn.



Activity 4:

Learn a brand-new dance routine

Get you and the kids dancefloor-ready for the Halloween party season!



Want more healthy lifestyle support?

Check out our website to find out how we can help your family.*

Scan here

or

Click the link



bri.maximusuk.co.uk



*Our courses are designed for families with children aged 5 and up



OCTOBER HALF TERM HOLIDAY

PLAY, HANG OUT & HAVE LUNCH



Outdoor play session

1 - 3pm

Lunch for children 

Monday 27th October

We bring lots of play to the green space:

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.

Led by:



Funded by:



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



October Half-Term Programme 2025

Date	Time	Event	Session
Tuesday 28th October	10:15am – 11:30am	Under 5s	Taste Safe Messy Play
Tuesday 28th October	1:45pm – 3:00pm	Stay & Play	Messy Play for All
Wednesday 29th October	10:15am – 11:30am	Under 5s	Messy Play
Wednesday 29th October	1:45pm – 3:15pm	Stay & Play	Halloween Craft
Thursday 30th October	10:15am – 11:45am	Stay & Play	Frankentoys
Thursday 30th October	1:45pm – 3:15pm	Stay & Play	Playing with Light & Shadow
Friday 31st October	10:15am – 11:30am	Stay & Play	Friday Craft
Friday 31st October	1:45pm – 3:15pm	Stay & Play	Make and Mend
Saturday 1st November	10:00am – 11:30am	Families	Super Saturday
Saturday 1st November	1:45pm – 3:15pm	Stay & Play	Family Autumn Crafting

Under 5s

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

Stay & Play

These sessions are best for ages 5–10, but all are welcome, and adults stay and play.

Families

Free stay & play drop-in sessions (so no need to book), for children and their adults. See more details for these sessions at:

www.childrensscrapstore.co.uk/free-events

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



UNDER 5'S MESSY PLAY

EVERY TUESDAY & WEDNESDAY

10:15am – 11:30am



📍 21 Sevier St, St Werburghs, BS2 9LB

Open and creative child-led Messy Play session. Come and explore the world through different sensory activities with us! On Tuesday all activities will be taste safe and have no small parts. These sessions are designed with under 5s in mind but older siblings are welcome.





TERM TIME PLAY & HANG OUT

Outdoor play sessions

FREE

3.30 - 5.30pm

Mondays

We bring lots of play to the green space:

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.**

Led by:



Supporting
Independent Living

Funders include:



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

FREE

An introduction to play and playwork



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www.childrensscrapstore.co.uk/free-events

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



...nding your skills and
...ffer quality play
...el session is for you.

...children play
...play (at any age)

To book, email training@bandltd.org.uk with the name of the attendee and the setting.

Attending this session gives you the opportunity to shop in Children's Scrapstore's Warehouse for up to a **basket of scrap**, for the recommended donation of £6 for a full basket.

**Children's
Scrapstore**

BAND
Making Childcare Count


BIG LOTTERY FUND
**NATIONAL
LOTTERY FUNDED**

**BRISTOL
PLAY &
YOUTH
ALLIANCE**



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



AUTUMN at Felix Road Adventure Playground



VENTURES + VIBES - Sunday 19 October, 1pm to 5pm

Family fun day for Black History Month. Expect music, dance, food, culture, arts and craft.

DIWALI PARTY - Sunday 26 October, 1pm to 5pm

Family fun day for Diwali with food, performances, henna and more

HALLOWEEN PARTY- Thursday 30 October, 12pm to 5:30pm Join us for a spook-tacular afternoon with party games and fancy dress!

HALF TERM - Monday 27 to Thursday 30 October, 12pm to 5:30pm - lots of opportunities for adventure!

GIRLS' GROUP - Every Friday, 3:30pm to 5:30pm

WAVEY NIGHTS Tuesday and Wednesday, 5:30pm to 7:30pm - youth sessions for 11 - 16 year olds

All children under 8 must be supervised by their parent or carer at all times.

FOOD IS FUEL FOR PLAY! Children's meals are free during half term, and £1 at weekend events. Halal and vegetarian option available Food is served from 1pm - 4pm, on a first come, first serve basis.





VENTURES + VIBES

AT FELIX ROAD ADVENTURE PLAYGROUND

JOIN US FOR OUR ANNUAL CARIBBEAN
AND AFRICAN CULTURE FAMILY FUN DAY
FOR BLACK HISTORY MONTH

MUSIC, FOOD, SPORT,
ACE YOUTH PERFORMERS,
MONSTER BASH, FREE PLAY
PLUS SPECIAL GUEST JEN REID

Free family forest school sessions



St Nicholas of Tolentine RC Primary school are holding free family forest school sessions for local pre-school children and families.



When?

The following Wednesdays at 1.30pm – 3pm:

Wednesday 5th November 2025

Wednesday 10th December 2025

Wednesday 4th February 2026

Wednesday 18th March 2026

Wednesday 20th May 2026

Wednesday 1st July 2026



If you would like to attend, please call the school office on 0117 377 2260 or email st.nicholas.p@bristol-schools.uk to book a place!

We have access to indoor space for forest school if it is raining!



NEWMAN
CATHOLIC
TRUST
HEART SPEAKS TO HEART



'Where charity and love are, God is there'



Mindfulness enables you to develop inner strength in the face of stress, anxiety and illness. You then become able to pause, see the situation more clearly and choose to respond rather than continue in usual patterns of immediate and automatic reacting.

The Mindful Parenting & Community Project CIC (MPCP)

MPCP was established by a group of Bristol-based Mindfulness Practitioners to support positive mental health and wellbeing in the South West.

We focus our services on the more deprived areas of the South West to bring improved health and wellbeing to those that are more isolated or vulnerable within their community.

We offer a variety of grant funded mindfulness-based courses and sessions based on specific themes.

All of these can be tailor-made to the specific needs of the group and delivered in a variety of venues within Bristol and the South West.

We can offer:

- 1:1 sessions,
- Information workshops,
- Bespoke workshops,
- Mindfulness Courses,
- Retreat Days and Weekends.

Stressbusting For Parents

Our Stressbusting Course is an evidenced-based mindfulness course that was developed by Professor Susan Bögel and Kathleen Restifo.

These courses are grant funded and delivered in more deprived areas of Bristol and the South West to support families who might not be able to attend a private mindfulness course.

It is a 10-week course using the building blocks of mindfulness that includes both formal and informal practices, movement, communication and relationship-based practices.

The aim of this course is to:

Look at how to manage the stress and frustration that comes from life as a parent. This course supports parents to notice stressful situations and learn mindfulness-based techniques to respond calmly to children.

When life gets tough, relationships with our children can be a source of additional worry and anxiety. We sometimes feel we do not have the resources or time to respond to them in the way that we would wish.

Stressbusting for Parents will support carers in their role as a parent.

It will help to:

- Feel more confident about being a parent.
- Manage the stress and frustration that affect us during difficult moments.
- Recognise and manage difficult / strong / uncomfortable emotions.
- Talk with, and listen to children.
- Strengthen the parent/child bond and improve communication.

Coming soon for autumn 2023:

We are organising a 10-week stressbusting course for parents taking place in South Bristol in the Autumn term with a taster session.

This is a free course for those parents on benefits or living in deprived areas and the aims of the course are described in the previous sections.

We are also organising taster or introductory workshops in all the MANs areas of Bristol.

Please contact us if you would like to be involved, host workshops or courses or you have clients you would like us to invite.

To find out more about any of the above, please email: mpcp.bristol@gmail.com

www.mpcp.info

Stressbusting for Parents



Free Taster and Course

This six-week course is aimed at parents with English as a second language or those with lower literacy skills. We will look at how we deal with the stress and worry which comes from being a parent or carer. We can learn to notice what happens when we are stressed and how to keep calm when faced with difficulties.

Stressbusting for Parents/Carers supports us to:

- Feel more confident about being a parent
- Manage stress and frustration more effectively
- Talk to and listen to children with curiosity and kindness

FREE Stressbusting Course for Parents/Carers

Taster Workshop: Monday 20th October 9.30 - 11.30 am

Course Dates: Monday 3rd November - Monday 8th December 2025

Time: 9.30 am - 11.30 am

At: St Pauls Children's Centre, Little Bishop Street, BS2 9JF

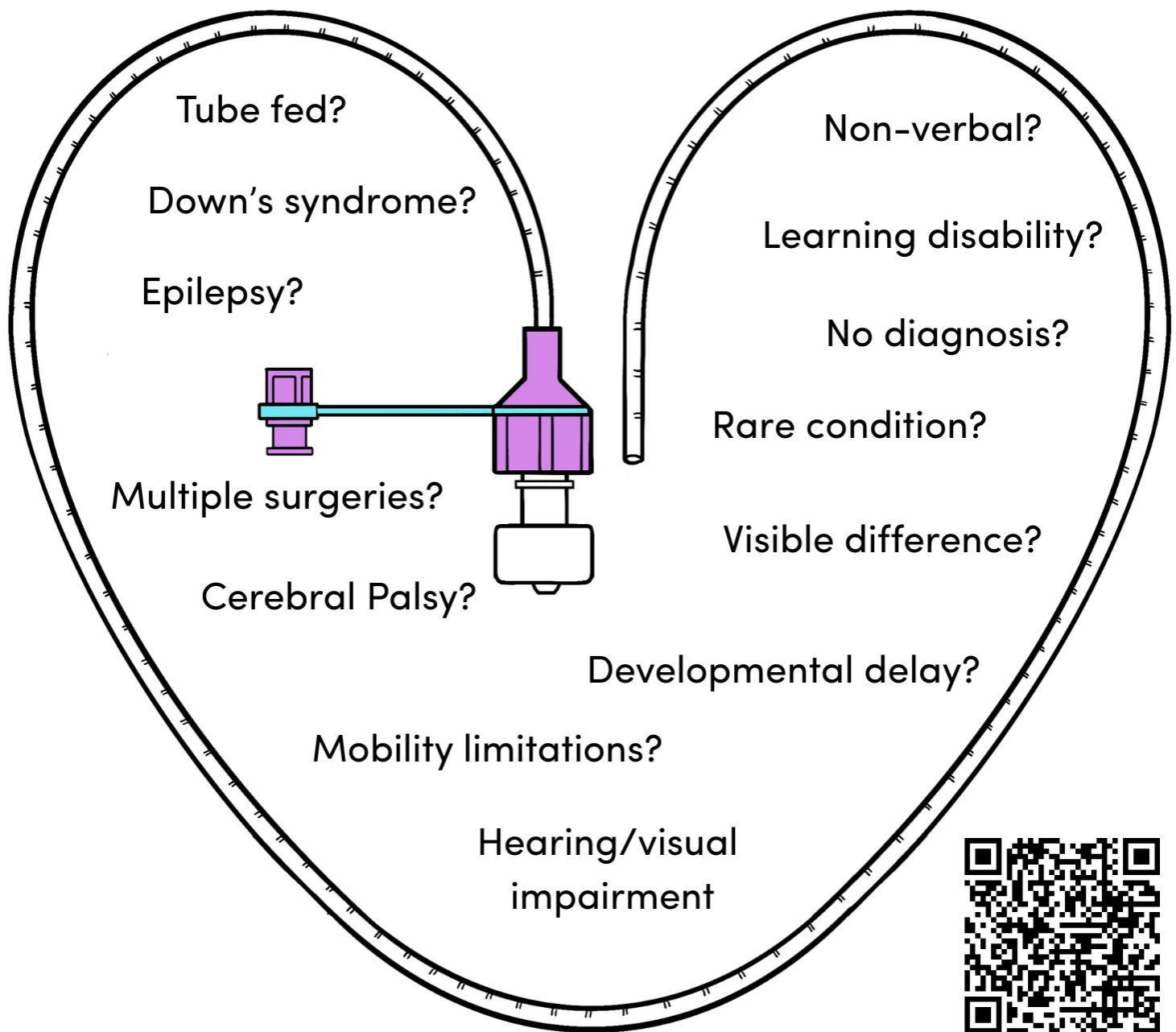
Cost: FREE

Book: mpcp.bristol@gmail.com, www.mpcp.info

Call: Donna on 07747573687 or Suzanne on 07577956911

Navigation & Nurture

“Having a child with additional needs has been the hardest thing I've ever had to do and this group is my safe space.”



Come to a monthly group offering practical and emotional support for parents of young medically complex and disabled children.

Info and booking at <http://www.bit.ly/navandnurch>



Premier
Education



HOLIDAY CLUBS



more fun, more friendships, more smiles
DURING THE WINTER HOLIDAYS!



Our 5* Holiday Camps are the perfect place to keep your kids entertained over the winter holidays. *Full details will be sent by your child's school.

And with the HAF programme*, your children can attend sessions free of charge. Each session includes healthy food and enriching activities.

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

Book now for loads of festive fun!

FULL DAYS

08:45am - 15:30pm

AGES 4-11

Half or full day option for 4 year olds.



Horfield
CHURCH OF ENGLAND
Primary School

BS10 5BD

Happy Kids. Healthy Futures.

Premier Education Bristol

office-008@premier-education.com

Excellent



Trustpilot

Rainbows Information for Families

Rainbows is a stay and play group that celebrates strengths, interests and differences. It is for pre-school children who have additional needs, who are neurodivergent and/or disabled and their families.

It provides:

- An opportunity for parents to meet,
- A space for children to socialise and explore with a variety of resources,
- Time to have fun, playing and learning together.

The group runs over two hours, and you are welcome to arrive and leave when you wish within that time. The practitioners leading the group will play with your child alongside you, and you can talk with them about your child's development. They will provide ideas for play activities that could stimulate your child's development and/or they may signpost other appropriate services or support.



They can also provide some guidance around applications for Disability Living Allowance and charity grants to which you may be entitled. There is a shared snack for those that want it.

The groups run most weeks at six locations across the city. Siblings up to the age of 8 are welcome at groups in school holidays.

	Morning – 9.00-11.00am	Afternoon – 1.00-3.00pm
Tuesday	Avonmouth Children's Centre BS11 9LG Ellie Hallett: 07741188025	St Werburghs Nursery School BS2 9UX Sally Stevens: 07345446886
Wednesday	Oldbury Court Children's Centre BS16 2QS Helen Millard: 07500954106	
Thursday	Hartcliffe Children's Centre BS13 0JW Helen Cottrell: 07825315732	Southmead Children's Centre BS10 5PW Ellie Hallett: 07741188025
Friday	Stockwood Children's Centre BS14 8DQ Katie Reece-Wolsey: 07393782917	

Your information will be stored and shared in accordance with the Privacy Notice available on the Bristol City Council website:

www.bristol.gov.uk/EarlyYearsInclusionPrivacyNotice

Contact email: earlyyears.sensupport@bristol.gov.uk



Do you know someone who struggles to read?

**ReadEasy provides free and confidential
one-to-one reading coaching for adults**

Email

bristolnetworker@readeasy.org.uk

or call **07554 117 763**

to find out more!

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



SAY
SEND AND YOU
SENDIAS

SEND and You Appointments on Wednesday 22nd October 2025

**@Wellspring Settlement Family Centre, Barton Hill,
BS5 0AX**

SEND and You can provide advice and support around: SEN support in schools, EHCPs, completing paperwork, your legal rights and much more!

Use the QR code below to book a free appointment with our SEND and You Practitioner!

Appointment times:

1pm

1:20pm

1:40pm

2pm



www.sendandyou.org.uk

www.bristolparentcarers.org.uk

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 November Topic of the Month: SEN Support:

**SEN
Support**

This information series covers what 'special educational needs' (SEN) means and how any needs should be identified and supported in educational settings.

Scan the QR code to find out more about SEN Support.



1:1 Appointments available to discuss all things special educational needs, coming up in Bristol:



SAY
SEND AND YOU
SENDIAS

**Bristol
SEND and You**

In-person bookable appointments for
SEND advice on any topic

Thursday 6th November 2025

Times: 12:30 - 12:50pm
12:50 - 1:10pm
1:10 - 1:30pm
1:30 - 1:50pm

@ Symes centre,
Peterson Avenue,
Hartcliffe, BS13 0BE



SAY
SEND AND YOU
SENDIAS

**Bristol
SEND and You**

In-person bookable appointments for
SEND advice on any topic

Wednesday 26th November 2025

Times: 1:00 - 1:20pm
1:20 - 1:40pm
1:40 - 2:00pm
2:00 - 2:20pm

@Wellspring Settlement,
Ducie Road, Barton Hill,
BS5 0AX





SEND and You Appointments on Wednesday 26th November 2025

@Wellspring Settlement Family Centre, Barton Hill,
BS5 0AX

SEND and You can provide advice and support around: SEN support in schools, EHCPs, completing paperwork, your legal rights and much more!

Bristol Parent Carers will also be offering a drop-in session from 1-2:30pm. No need to book for this if you would like to come along for a chat with people who understand.

Use the QR code below to book a free appointment with our SEND and You Practitioner!

Appointment times:

1pm

1:20pm

1:40pm

2pm



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

EDUCATIONAL PLACEMENTS

St Werburgh's
City Farm

Woodland Magic

Forest school - Animals - New friends - Challenge

Day: Thursday 9.30-12.00

Dates (term 2): Thursday 6th November - Thursday 11th December

**Location: Our Boiling Wells site
Age 7-12**

We are excited to present our new alternative learning placement for primary age children and year 7s. This is a pilot scheme starting in November. Participants will develop their social connections at the same time as learning new skills in the outdoors. Through carefully considered activities, including lighting fires, making bird feeders, exploring our nature reserve site and visiting the animals, children will develop confidence and resilience ready to take back to their classroom settings.

This course is run by a primary teacher with over a decade of experience and a level 3 qualified Forest School leader with a particular interest in young people with SEN.

Referrals

For referrals or to find out more contact the child and youth team.

childandyouth@swcityfarm.co.uk
0117 942 8241

**£60 per
session**

One:One bespoke

2 hours on agreed day

For some young people, who may find a group setting difficult or have something specific that they would like to work on, we offer 1:1 sessions.



Free Storytelling Workshops

Join us to explore creative storytelling and unleash your imagination alongside a professional storyteller.

Write your own stories and hear tales from throughout the generations at our free intergenerational workshops. These sessions are aimed at older adults and young people under 5 & their grown-ups, however all are welcome.

The Beehive Centre, Bristol BS5 7AW
11:30am - 1:00pm on the following Wednesdays:

October: 8th, 15th, 22nd

November: 5th, 12th, 19th

Contact us to book your FREE space or find out more:
mel@aliveactivities.org



aliveactivities.org | 07861 385 543 | Reg. Charity 1132708



Looking to take a more strategic approach to teaching and promoting health and wellbeing in your school?

The [Bristol Healthy Schools](#) offer is FREE and available for all Bristol schools to support with establishing a whole-school- approach to health and wellbeing. The Bristol Healthy Schools Team offers evidence-based and up-to-date information, frameworks, resources, and guidance from a dedicated team of specialists.

In response to school feedback last year, the awards structure was refreshed, and the Healthy Schools Network for PSHE and Healthy Schools Leads was launched. This growing network offers a space for collaboration, sharing best practice, and staying informed on key health and wellbeing topics. We warmly invite schools to contact the [Bristol Healthy Schools team](#) to join the network and get involved.

Additional support includes:

- One-to-one guidance tailored to school health and wellbeing objectives.
- Access to Public Health Specialists for expert advice.
- Monthly newsletters with updates and resources.
- Healthy Schools/PSHE Network meetings.
- A resource-rich website: [Bristol Healthy Schools](#)
- [Free awards scheme](#) (The [Essential Award](#) lays the foundation for a healthy school, while [Specialist Awards](#) take a more focused approach to topics such as mental wellbeing, physical activity, nutrition, substance awareness, and healthy relationships.)
- Bespoke School Community Health Profiles (community-level data).
- Pupil Voice Survey (pupil-level data), with individual school reports and a city-wide report available [here](#). Sign up for [Pupil Voice Survey 2026](#).

Interested? Visit the [Bristol Healthy Schools](#) website or contact healthy.schools@bristol.gov.uk to learn more and set up an introduction session.

Primary School Train-the-Trainer Workshops

Supporting children and families affected by harmful family conflict – a whole school approach

Who is it for?

Designated Safeguarding Leads (DSLs) and school leadership staff who will train colleagues within their school.

When?

* Wednesday 26th November 12.30-3.30 On-line

* Friday 28th November 9.15 – 12.15 On-line



What's included?

Participants will receive and explore materials co-produced with six Bristol primary schools, including:

- KS2 Lesson Plan – to support classroom discussions around family conflict
- Intervention Outline – for working with individual pupils or small groups
- Conversation Starters – to help staff engage parents in supportive dialogue
- Evidence Base Overview – understanding the “why” and “how” behind this approach
- Model Policy for Separated Families – ready to adapt for your school context

Booking:

Reserve your place by completing this form: <https://forms.office.com/e/uwHwMhTYya>



Every Thursday from 15th January 2026 for 11 sessions, excluding school holidays. The last session will be on 2nd April.

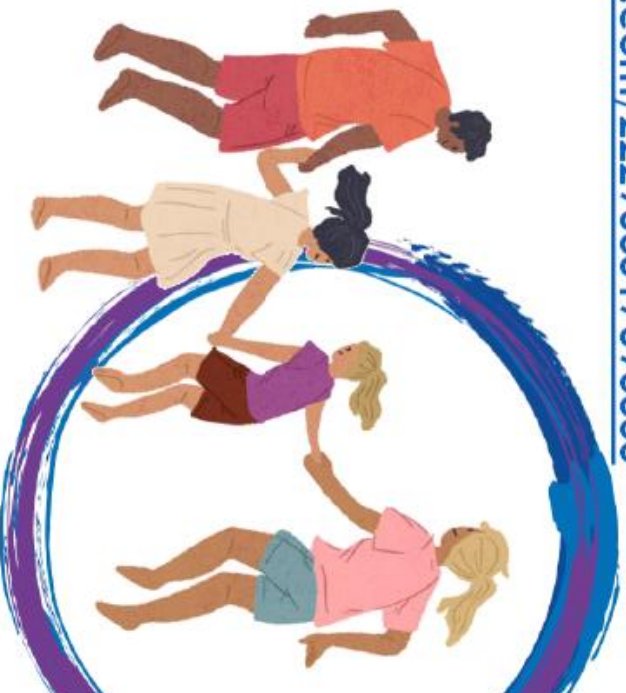
9.15am to 12.15pm

Wellspring Settlement
43 Ducie Road, Bristol, BS5 0AX

For more information or to book, call Sally or Laura on 0117 3041400 extension 155

Professionals: find a referral form at <https://form.jotform.com/222903517095355>

Parents: self-refer by scanning the QR code:



strengthening families communities

A free, inclusive course to help parents and carers raise happy, confident children, from babies to teens

FREE CRECHE SPACES AVAILABLE! PLACES MUST BE BOOKED!



Family Centre, Settlement Site, Ducie Road, Barton Hill, BS5 0AX

0117 3041400

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

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 05031499 and is a charity, number 1103139



About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

You will receive a certificate and a parent manual.

SFSC runs weekly for 11 weeks, excluding school holidays. We can provide free childcare and refreshments. Just come along, bring a friend or partner if you prefer, and see if it's for you!



"I really enjoyed the programme and have found it the most useful out of all the programme that I have done and social services have scored me higher in meetings too."

"The programme really changed my thoughts about parenting, as I think parenting is kind of an art of how to be a good parent or a model parent, it's not an easy job to take care of a human being."



"I found it very good and I have had a good experience on this programme, it is very good to help myself and my children."