



## **July 2025 Family Help Bulletin**

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

Hello and welcome to the July 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.

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

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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Your family are invited to the

# ALL SAINTS FAMILY CAFE

Free

Activities for primary school aged children.



Join us as a family for  
play, craft and cooking  
activities.

Tuesdays and Thursdays  
29<sup>th</sup>, 31<sup>st</sup> July  
5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup> and 19<sup>th</sup>  
August

3pm - 5pm

All Saints Church

# Looking for free rainy day activities?

The summer holidays are just around the corner and while we're hoping for more sunshine, you never know.

Looking for ways to get the kids moving more and using screens less? We're here to help!

Check out our rainy day activities.



Our **FREE** healthy lifestyle programme, **Beezee Families**, can help you get moving, find tasty recipes, and have fun no matter the weather!

**Scan the code  
to sign up today**

**...or click here  
to get started**



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

Get a **FREE** summer activity pack



Find out more on our website

Make an indoor obstacle course



Play sink or float



Find a see-through container, fill with water and get experimenting!

Try a new healthy recipe



Have a dance party



Go on a puddle walk



Don't forget the wellies!

Write a play and perform it





# Summer Holidays

## at Children's Scrapstore

Join us this Summer for a range of playful,  
creative child-led sessions!

Let your creativity shine using our sustainable scrap materials in these activities including; Scrap Monsters, Puppets, Fidget Toys, Bug Hotels, Dinosaurs, Pirates, Mini Worlds and much, much more!



Find out more and start booking your  
scrapstastic summer now through the QR code.



# Super Saturday!



## Arts, Crafts, & Play at Children's Scrapstore

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.childreansscrapstore.co.uk/free-events](http://www.childreansscrapstore.co.uk/free-events)



Join us on  
Saturday 2nd  
August 2025!



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# SUMMER HOLIDAY

## PLAY, HANG OUT & HAVE LUNCH

FREE

Outdoor play sessions

10:30am - 2:30pm

Hot lunch for children 

Monday 28th July

Monday 4<sup>th</sup> August

Monday 11<sup>th</sup> August

Monday 18<sup>th</sup> August

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:



childrensscrapstoreplayrangers

No need to book, just come along whenever



Bristol

# Playday

2025

Wednesday 6th August

Ardagh Community Trust, BS6 7YL

Eastville Park, BS5 6QL

Redcatch Community Garden, BS4 2RD

from 11am to 3pm

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

Come along, join in  
and have some fun!

Families Welcome

Check out the  
website for more  
info:  
[www.childrensscrapstore.co.uk/free-events](http://www.childrensscrapstore.co.uk/free-events)







# Easy money could be too good to be true.

Young people can be caught up in money laundering schemes by organised criminals who use their bank accounts to move dirty money.

If you suspect someone is trapped in a money laundering scheme, tell our charity, 100% Anonymously. Always.

**[crimestoppers-uk.org](https://www.crimestoppers-uk.org)**

Crimestoppers Trust, registered charity in England & Wales (1106687).

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.

# Bristol Parenting Groups

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

Free  
groups for  
adults run  
by Bristol  
Children's  
Centres

Scan here  
to find out  
more and  
register your  
interest!



Your parenting  
toolbox:

Listening

Play

Praise

Nurture

Empathy

Connection

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

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

# strengthening families

# strengthening communities



Every Thursday from 18th September 2025 for 13 sessions, excluding school holidays. Last session on 18th December. 9.15am to 12.15pm, Settlement Site, Ducie Road, BS5 0AX

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

FREE CRECHE SPACES AVAILABLE, BOOK NOW!

“I have had a good experience on this programme, it is very good to help myself and my children”

Parents: self-refer by scanning the QR code:



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>







We offer free, confidential support, friendship and practical help to parents who live in Bristol and South Gloucestershire who are going through challenging times and have at least one child under the age of 5 years.

### Home visiting Service

We support parents in their own home so that we can really get to know them and their families. We never judge a parent and always put the needs of children and families first. Families are visited by a member of staff and then matched with one of our trained and supported volunteers, who are mostly parents themselves. They can offer, emotional and practical support as well as helping families to connect to their communities. Our Family support coordinators liaise with other services and help connect families to other support that they might need.

To make a referral yourself or to point families to self-refer for home visiting or for one of our groups please see the website: <https://homestartbsg.org.uk/referrals/>

### Groupwork - Mums in Mind (Mims)

This is a peer support group for mums with children under 2 years who are feeling lonely or anxious, or like everything is getting on top of them and who would like to connect to other mums in a similar situation. The Mums in Mind groups have been developed in partnership with Children's Centres across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 10 sessions with a focus for each session and are by referral only, but parents can also self-refer. It's a chance for mums to get together and talk with other mums in a safe space whilst joining in with activities, crafting, snacks etc.

The MIMs groups are running termly in 2 locations across Bristol – Knowle and Lawrence Weston. The next sessions start again in September. Please get in touch if you would like more information or to make a referral.

### Volunteering

We are looking for Volunteers to join our next training courses. Becoming a Home-Start volunteer is an incredibly rewarding experience. You will be able to give back to your community and help change parents and children's lives. Our volunteers tell us the experience changes their lives as well – giving them new skills and experience as well as the satisfaction of having helped a family get back on track. If you would like details of our next training course, please contact

[admin@homestartbsg.org.uk](mailto:admin@homestartbsg.org.uk) or give us a call on 0117 950 1170

**Because Childhood Can't Wait** 

# Summer Youth Sessions

Every Monday  
4:30-8:30pm

## Where

Frome Vale Youth Club  
Vassal Centre  
Gill Ave, Bristol  
BS16 2QQ

## What?

Arts and crafts  
Games and  
activities  
Food included

**Ages 12+**

*Free to all!*

For more information  
contact Carly on  
07442 843856



**LPW**

E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk) T: 0117 987 3700 W: [lpw.org.uk](http://lpw.org.uk)



# Summer Youth Sessions

Every Friday  
plus Monday  
28<sup>th</sup> July

13:30-17:30

## Where

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

## What?

Arts and crafts  
Nature activities  
Snacks included

Free to all!

Ages 12+

For more information  
contact Carly on 07442843856

E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk) T: 0117 987 3700 W: [lpw.org.uk](http://lpw.org.uk)



**LPW** Learning  
Partnership  
West



# Summer Play Session



Every  
Monday and  
Wednesday  
11am-3pm

## Where?

Urban Park, Morley  
St, Barton Hill, Bristol  
BS5 0EY

## What?

Come along to play  
games, sports, get  
creative, eat snacks  
and make friends!

## Free session

All ages welcome, under 8s  
must attend with an adult.

LPW



E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk)  
T: 0117 987 3700  
W: [lpw.org.uk](http://lpw.org.uk)



For children  
in years  
1 - 6

Barton Hill families are invited to

# School Holiday Food and Fun

Fully  
funded

St Luke's Lunch and Travelling Light are offering food and fun this school holiday.

Monday 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> August  
10.30am - 1pm

The Travelling Light Studio, Wellspring Settlement,  
Ducie Street, Barton Hill, BS5 0AX

## Cooking & Creative Activities

- Drop off your child for drama, creative and cooking activities.
- The children will prepare and cook lunch.
- At 1pm you can join your child for lunch or you can take the food away.



### Book your child's space now if:

- You live in Barton Hill
- Your child/ren are in school years 1 - 6
- Your child/ren receive benefit related free school meals.



Scan the QR Code to book

Please only book if your child plans to attend as spaces are limited.



See the Wellspring Family centre Website for activities for younger children  
<https://wellspringsettlement.org.uk/activities/list/>

Any questions message Amy [lunchstlukes@gmail.com](mailto:lunchstlukes@gmail.com) 07801 762655



@travellinglighttheatre



ST LUKE'S LUNCH

SCHOOL HOLIDAY FOOD & FUN



@stlukeslunch







# SUPPORTING

FAMILIES SINCE 1981



# The Grounded Men's Course: The Manhood Journey



A 6-session course for men where we explore the concept of masculinity and how it contributes to shaping an individual's identity. A welcoming space to talk and grow.

**For more information call**

**0117 952 5742**

NILAARI



agency



184 Stapleton Road,  
Bristol, BS5 0NZ



[Nilaari@nilaari.co.uk](mailto:Nilaari@nilaari.co.uk)

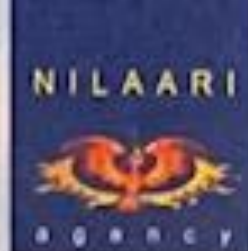


[www.nilaari.co.uk](http://www.nilaari.co.uk)



# STEP AHEAD

## with Nilaari



Using Nordic Walking to improve physical & mental well-being.

Nordic Walking is walking with poles and gives you a gentle way to exercise your whole body.



Some mental wellbeing benefits of Nordic Walking:

- Helps lower levels of depression
- Decreases mood swings
- Contributes to stress reduction
- Improves self confidence

If you would like to learn how to Nordic Walk in a small group (maximum of 6 people) call Nilaari for more details:

0117 952 5742



# 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 July Topic of the Month:

**SEND and You:  
Our service  
and  
how we help**

Scan the QR code to find out more about what we do and the ways in which we can and cannot help:



## Events

SAY will be taking a short break from our local area events in July and August. Events will resume in September as usual.

We will be attending the following free coffee mornings with Bristol Parent Carers. No booking necessary. Parents and carers can drop-in to speak to us for advice on all areas of SEND including school-based support, Education Health and Care Plans (EHCP) Support plans, suspensions, part-time timetables, EHCP appeals and judicial review.

**INNS COURT CENTRE**  
10:30-12:30

Mar 6th  
April 3rd  
May 1st  
June 12th  
**July 10th**

**1 Marshall Walk,  
Knowle BS4 1TR  
Car Park: Free  
Buses: M1**

July 10th

**Fishponds Old Library**  
9 - 11am

June 19th  
**July 17th**  
Sept 18th  
Oct 16th

**Fishponds Road  
BS16 3UH  
Free parking  
Buses 6,17,49,49x**

July 17th

SAY general contact details:



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



# SUMMER ACTIVITIES

## FREE

Holiday Activities at  
St Werburghs City Farm

**pots, den building,  
printing**

Wednesday 28<sup>th</sup> - Thursday 29<sup>th</sup> May 11.00-3.00

Age 6-11



**pizzas and natural tie  
dye**

Wednesday 23<sup>rd</sup> - Thursday 24<sup>th</sup> July  
11.00-3.00

Age 6-11



These are sessions for young people experiencing a difficult time at school, home or with their mental health - or have limited access to the outdoors.

**St Werburghs**  
**City Farm**



We accept referrals from professionals or parents.  
To find out more, email: [childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk) or text:  
07706 252 737



# EDUCATIONAL PLACEMENTS

St Werburghs  
City Farm

## W2L Animal care

Mondays 10am-2pm  
Age 11-17

Young people learn the routine of being a farmer - helping care for the animals, cleaning animal homes, providing animal enrichment and ensuring there is enough food and water. Additionally, young people do some planting and crafting related to resources we have on the farm. Young people get the chance to develop close relationships with the animals as well as other members of their small group (up to 6 people) Young people develop a number of skills. We focus on wellbeing and confidence building.



## 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.



## W2L Youth Cafe

Tuesdays 10am-2pm  
Age 11-17

Young people learn how to use a variety of kitchen tools and food types to make delicious meals. We focus on seasonal food and ensure that young people learn about different food groups.



Young people learn to follow hygiene guidelines, how to engage with customers, money handling and business skills.

£75 per day



We are able to provide termly placements or a 6 month placement with a review at the end to decide where more time would be beneficial for a young person.

Contact Celeste at [childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk) to find out more about booking your young person in.



**St Werburgh's**  
City Farm

# City Farmers

**Age: 6-17**

SUNDAYS IN SEPTEMBER

14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> September

Age 6-11: Morning

Age 12-17: Afternoon

**FREE**



Spend three Sundays working with our farmer learning how to care for our animals. You will get a behind the scenes view of the farm whilst helping the animals to stay happy and healthy!

These are sessions for young people experiencing a difficult time at school, home or with their mental health - or have limited access to the outdoors. We accept referrals from professionals or parents.

Email: [childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk)

Call: 0117 9428 241

Text: 07706 252737



# Online Mindfulness for Parents of SEND Children



## Pause•Soften•Connect•Be

A Mindfulness Course for parents and carers, which looks at how to be with the stress and worry that comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows us to notice how we habitually react when under stress and how practising mindfulness techniques can help us to regulate our emotions more effectively, including becoming more resilient during stress. With practise, we become more able to pause, soften, connect with our breath and be with difficulties in the moment.

As a result, we may find we are able to respond more calmly and skilfully.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports you to:

- Reduce stress
- Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

### Online Mindfulness for Bristol Parents of SEND Children: Taster Session: Friday 19<sup>th</sup> September 9.30 - 11.30 am

#### Course Info:

Day: Fridays 9.30 am – 12 noon

Dates: 3<sup>rd</sup> October – 12<sup>th</sup> December 2025 (Term time only)

Via: Online Zoom

Cost: FREE

Call: Carol on 07764538595

Book: <https://www.eventbrite.co.uk/e/online-mindfulness-for-parents-of-children-send-tickets-1389510867409?aff=oddtcreator>

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

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





# **FREE Workshop for Parents/Carers**

**Wednesday 16<sup>th</sup> July 9.15-10.45am**



When parenting in moments of stress we often forget helpful strategies, but we can learn to train our brain in a very different way.

By the end of this workshop, you will have a number of mindfulness-based approaches that help us to:

**Understand our reactions better.**

**Be more accepting.**

**Respond to our children more calmly in times of stress.**

**Enhance our enjoyment of life and re-discover ourselves.**

No previous experience of mindfulness needed; come along and find out what it's about!

The Mindful Parenting and Community Project has been supporting parents for 10 years. We are parents ourselves and so have a lived experience of the challenges and joys of parenting!

For more info:

[www.mpcp.info](http://www.mpcp.info)

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

Call Suzanne on 07577956911

Date: Wednesday 16<sup>th</sup> July 2025 @ 9.15 – 10.45am (1.5 hours)

Venue: The Park Primary School, Hollow Road, Kingswood, Bristol, BS15 9TP

Contact: Suzanne Lloyd on 07577 956911 or Debbie Emes, Family Support Adviser [Debbie.Emes1@gmail.com](mailto:Debbie.Emes1@gmail.com)

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

Website: [www.mpcp.info](http://www.mpcp.info)

**Book your space!**







SUMMER

Your Holiday HUB Bristol

# PICNIC

OLDBURY COURT PARK

Enjoy activities from holiday providers and sign up to more of their sessions over the summer holidays!



ROBINS FOUNDATION

Your family are invited to the ALL SAINTS FAMILY CAFE



East Bristol Children's Centres



Football with Bristol City Robins  
Picnic and Fun Games  
Activities and crafts

23 July | 11am-2pm

FREE for children on free school meals, or £5 each!

BOOK HERE






### A little bit about us...

At our centres you will find a safe & welcoming environment with easy access to a range of activities & information to help you lead a happy, healthy family life.

Services include a variety of groups, family events, 1:1 support & signposting to other services to ensure you and your family get the best experience possible.

We are always keen to know what services you would like in your local children's centre! Please pop in and see us, give us a call, drop us an email or send a message via Facebook or our website.




Breastfeeding is welcome in our centres and we have trained staff to answer any feeding queries. Specialist feeding support is also available, please contact your Health Visitor for more information or call 0300 125 6274 (East/Central) or 0300 125 6264 (South).


**Information, advice & guidance**

Support is available to calculate your entitlement to benefits including a better off in work calculation, identifying employment and training opportunities.

For more information, contact 0117 357 4192 or email askcyps@bristol.gov.uk



Early years SEND support is available at Oldbury Court Children's Centre from the Bristol Portage team. For more information, please visit [www.bristol.gov.uk/web/bristol-local-offer/portage-home-visiting-service](http://www.bristol.gov.uk/web/bristol-local-offer/portage-home-visiting-service)



**Community Children's Health Partnership**

The Speech & Language team are available for one to one appointments across East Bristol Children's Centres

**Safeguarding is everyone's responsibility**

Are you worried about a child or young person? Do you or your child need some help? Call First Response on 0117 903 6444 (Out of hours emergency team 01454 615165)



*'Helping children and families be the best they can be'*

# East Central Bristol Children's Centres Timetable

## 23rd July - 29th August 2025



### Keep in touch

0117 9223189

[ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)

[www.eastbristolchildrenscentres.co.uk](http://www.eastbristolchildrenscentres.co.uk)

[eastbristolchildrenscentres](http://eastbristolchildrenscentres)

Sign up for our newsletter:

[www.eastbristolchildrenscentres.co.uk/email-sign-up](http://www.eastbristolchildrenscentres.co.uk/email-sign-up)



# YOUTH CLUBS

IN BRISTOL!

- 11. FELIX ROAD ADVENTURE PLAYGROUND**  
Monday - Thursday 3.30pm - 5.30pm  
(Open Access Ages 8-14)
- 12. DOCKLANDS COMMUNITY CENTRE ST PAULS**  
Monday Break Dancing 8pm - 10pm (Age 14+)  
Wednesday Olderz Night 6.30pm - 8.30pm (Ages 12-16)  
Wednesday Open Music Studio 6.00pm - 8.00pm (Age 12-16)  
Thursday Female Basketball 7.00pm - 9.00pm (Age 14+)  
Friday Boys Basketball 5.30pm - 6.30pm

- 13. ASHTON VALE YOUTH CLUB**  
Monday 6.00pm - 8.30pm

- 14. KNOWLE WEST MEDIA CENTRE**  
Soundwave: Intro to music making  
Wednesday 4.30pm - 6.00pm (Ages 10-13)  
Wednesday 6.30pm - 8.00pm (Ages 14-17)

- 15. THE PARK CENTRE KNOWLE**  
Tuesday 5.30pm - 7.30pm (Ages 12-19)

- 16. STOCKWOOD YOUTH CLUB**  
Monday 6.30pm - 8.30pm (Ages 11-19)

- 17. HARTCLIFFE CLUB FOR YOUNG PEOPLE**  
Tuesday 6.00pm - 8.00pm (Ages 10-15)  
Thursday 6.30pm - 8.30pm (Ages 12-19)  
Friday 6.00pm - 8.00pm (Ages 11-13)

- 18. THE GROVE YOUTH CLUB BISHOPSWORTH**  
Wednesday 6.30pm - 8.30pm (Ages 12-19)

## Young Bristol: Youth Club on Wheels

1. St Pauls Sports Academy  
Monday 3.30pm - 5.30pm
2. Speechwell Mallards Close  
Tuesday 3.30pm - 5.30pm
3. Bishop Sutton Village Hall  
Wednesday 6.00pm - 8.00pm
4. Bridlington Watson Avenue  
Wednesday 3.30pm - 5.30pm
5. Henbury Skate Park  
Thursday 6.00pm - 8.00pm
6. Hengrove Leisure Centre  
Tuesday 6.00pm - 8.00pm
7. Horfield Leisure Centre  
Thursday 3.30pm - 5.30pm



- 1. AVON YOUTH CLUB**  
Tuesday - Friday 6.00pm - 8.00pm

- 2. BROAD PLAIN & RIVERSIDE YOUTH PROJECT**  
Monday \* Wednesday 7.00pm - 9.00pm  
(Boxing and Youth Club)

- 3. THE VENCH YOUTH SESSIONS**  
Tuesday 6.30 - 8.30pm (Ages 11-16)

- 4. MANOR FARM BOYS' CLUB**  
Tuesday 6.30pm - 8.00pm  
Wednesday 6.30pm - 8.30pm

- 5. SEA MILLS' BOYS AND GIRLS CLUB**  
Tuesday 6.30pm - 8.00pm  
Thursday 6.30pm - 8.30pm

- 6. HILLFIELDS YOUTH CENTRE**  
Wednesday 5.00pm - 7.00pm (Ages 11-19)

- 7. KINGSMEADOW @ MADE FOREVER**  
Tuesday 7.00pm - 9.00pm (Ages 11-18)  
Thursday 7.00pm - 9.00pm (Ages 11-18)

- 8. HANHAM YOUTH CENTRE**  
Wednesday 7.00pm - 9.00pm (Ages 11-13)  
Thursday 7.00pm - 9.00pm (Ages 13-19)

- 9. ST ANNES CREATIVE OPEN ACCESS SESSIONS**  
Tuesday 5.00pm - 6.00pm (Ages 13-19)

- 10. FULL CIRCLE DOCKLANDS (SP)**  
Wednesday 6.30pm - 8.30pm