

Family Help South Bulletin – Part 1

Information & Support for Families, Parent/Carers and Young People

Hello and welcome to the Information Bulletin from your locality Family Help team. **This bulletin contains information on citywide and South based services.**

The amount of information has grown so large that we have split the Bulletin into two parts, and this is Part 1

Part 1 – Information and Support for Families, Parents/Carers and Young People

Part 2 – Information and Support for Practitioners

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

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



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Activities for Young People & Families

Alive Activities-STAND Storytelling workshop



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

Hartcliffe City Farm-Supper Club



We'd like to invite you to our
Supper Club



Come with your children after school and stay for a warm welcome, a shared family meal and a kids' activity

Every Thursday from , 3.30-5.30pm

Hartcliffe City Farm, Lampton Ave, BS13 0QH

Price: Free!

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



HALF TERM FREE FAMILY MEAL

**AT ST. ANNE'S HOUSE
CIBOMATTO CANTEEN**

**12PM
TO
12.45PM**

**OCTOBER
MON 27TH, TUE 28TH,
WED 29TH, THU 30TH**

**DROP IN,
NO NEED TO BOOK**

KIDS FREE

**PARENTS AND CARER
PAY AS YOU CAN**

ST ANNE'S HOUSE

St Anne's House - St Anne's Rd Brislington BS4 4AB
Questions contact - info@cibomattobristol.co.uk

cibomatto
• CANTEEN •

Redcatch Community Garden-October half term holiday Timetable

Redcatch Community Garden

October Half-Term Holiday Timetable



More information & booking via QR code (unless stated otherwise)





Monday 27th October 9.00am-4.00pm	Theatre in the Garden Play in a Day for kids aged 5-10yrs £39.50 per child
Tuesday 28th October 2.30-3.45pm	Nature Sprouts - Halloween Wreaths Create your own Halloween wreath to take home. For accompanied children aged 3+ £6 per child
Wednesday 30th October 10.00-11.00am	Happymess Messy play and a different art or craft activity each week £4 per child, £3 per sibling
Wednesday 29th October 12.30-1.45pm & 2.45-4pm	George's Spooktacular Science Step into the wonderful world of experimentation £6 per ticket (1x adult, 1x child included)
Thursday 30th October 10-11.30am	Terrifying Terrariums Create your own terrifying terrarium! For accompanied children aged 8+. £12 per ticket
Friday 31st October 9.30-10.30am	Squishy Squids Messy & sensory play for babies & toddlers 6 months-4 yrs Adult & Child - £8, Sibling - £3, Extra Adult - £3 (Booking link to follow!)
Friday 31st October 11.30am-12.45pm & 1.15-2.30pm	Spooky Silent Disco Get down with the Beets and shake your Artichokes at the Halloween Silent Disco at the Garden! Headphone wearers - £6.50 (all headphone wearers need a ticket) / Attendee only, no headphones - £3

Roots & Garden open daily from 9:30am-4:30pm

www.redcatchcommunitygarden.com

Redcatch Park. Broadwalk. Knowle BS4 2RD



Batch Cook Club Bristol-Winter Wellness



The poster features a teal background with white stars. At the top right is the Batch Cook Club Bristol logo, which is a circular emblem containing illustrations of various vegetables like a carrot, broccoli, and cauliflower. The main title 'Winter wellness' is written in large, bold, white letters with an orange drop shadow. Below the title, a red banner contains the text 'FREE nutrition talks and pay-as-you-can meals at St Anne's House'. The poster is divided into two columns by a vertical line. The left column is for Thursday 13th Nov, titled 'Everyday Immunity' in a red box, with the subtitle 'Ways to boost your immune system' and the time '7-8.30pm'. The right column is for Thursday 5th Feb, titled 'Feel energised' in a red box, with the subtitle 'Advice to balance your blood sugars' and the time '7-8.30pm'. In the center, there is a large illustration of a brown hand holding a basket of autumnal produce, including pumpkins, leafy greens, and citrus slices. At the bottom left, there is a QR code with the text 'Scan for more info' and the 'ST ANNE'S HOUSE' logo. At the bottom center, a red box contains the text 'Book your free place online: batchcookclub.com/st-annes-house', followed by a location pin icon and the address 'St Anne's House, Brislington, Bristol BS4 4AB'. At the bottom right, it says 'Project funded by' above the 'FEEDING BRISTOL' logo, which depicts a hand holding a plant.

Winter wellness

**BATCH COOK CLUB
BRISTOL**

FREE nutrition talks and pay-as-you-can meals at St Anne's House

Thursday 13th Nov
Everyday Immunity
Ways to boost your immune system
7-8.30pm

Thursday 5th Feb
Feel energised
Advice to balance your blood sugars
7-8.30pm

Scan for more info

ST ANNE'S HOUSE

Book your free place online:
batchcookclub.com/st-annes-house

📍 St Anne's House, Brislington, Bristol BS4 4AB

Project funded by
FEEDING BRISTOL

Beezee Families-Free Healthy Lifestyle Programme

**Beezee
FAMILIES**

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**

brt.maximusuk.co.uk

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

24-5230

*Services and
opportunities
for
Parents/Carers*

Bristol Parent Carer Forum-Community coffee morning

BRISTOL PARENT CARER COMMUNITY COFFEE MORNINGS



Come along for a chat with our team and other families who get it. We are happy to talk through any problems or issues you are facing over a nice cup of tea (or coffee!). In these sessions you can:

-  Connect with other Parent Carers in similar situations
-  Find out how to access services for your child
-  Get support from SEND and You on school issues
-  Have a little break and a chance to chat to someone who gets it!



THE GREENWAY CENTRE, SOUTHMEAD:

The Greenway Centre, Greystoke Ave., Southmead, BS10 5PY

**9.15am-
10.30am**

Sept 11th
Oct 16th
Nov 13th

Dec 11th
Jan 8th
Feb 12th

Mar 12th
Apr 23rd
May 21st

Jun 18th
Jul 9th

THE OLD LIBRARY, FISHPONDS:

The Old Library, Fishponds Rd, BS16 4UH

**9am-
11am**

Sept 18th
Oct 16th
Nov 13th

Dec 11th
Jan 15th
Feb 5th

Mar 19th
Apr 30th
May 14th

Jun 11th
Jul 9th

INNS COURT, KNOWLE:

Inns court family & community centre, 1 Marshall Walk, Knowle BS4 1TR

**10.30am-
12.30pm**

Oct 23rd
Nov 20th

Dec 18th
Jan 22nd
Feb 12th

Mar 19th
Apr 23rd
May 21st

Jun 18th
Jul 9th



Say SEND and YOU SENDIAS-Advice and support with EHCP's



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

One World Garden

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

1pm–2:30pm every Wednesday
from September 2025

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



Christians against Poverty-Free debt advice



With help from CAP, I sat down and looked at how to manage my everyday life. Now I no longer get up thinking about debt every day and wondering whether I can afford to feed my children.

Francella

**CAP
DEBT
HELP**

Lifting the weight of debt

Free debt advice and personal support in your community.

Call free on: **0800 328 0006**
or visit: **capdebthelp.org**



CAP are unsurpassed when it comes to the debt help they give people across the country.

Martin Lewis,
Money Saving Expert

capdebthelp.org **always hope.**

Charity Registered No: 1087337 (England & Wales), SC068770 (Scotland)
CAP is authorised and regulated by the Financial Conduct Authority (Product Code: 10001461)



**CAP
DEBT
HELP**

Lifting the weight of debt

Free debt advice and personal support in your community.

John – became debt free through CAP



With CAP, you've got food in your cupboard, all your bills are paid, nobody's phoning you asking for money. It's such a weight off your shoulders. You're not a slave to debt – and that's priceless.

Reg and Janice



When CAP is involved, they don't just leave you. Even when you're debt free, they're still there for you. They actually get to know you. It has turned my life around.

Sharon

Call free on: **0800 328 0006**
or visit: **capdebthelp.org**



If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear in confidential appointments and provide a practical solution to your debts.

Since we started helping people out of debt in 1996, we've helped thousands in situations like yours through our professional service offered by over 250 CAP Debt Centres. So ring us today and begin your journey to becoming debt free.

Does it cost anything?

Our service is completely free. We are able to provide a totally free service because CAP is a charity and receives donations from churches and individuals who want to help people.

Will my creditors cooperate with you?

Yes. We have worked with over 1,000 companies within the finance industry and we are well respected. This means that councils, utilities and mortgage companies work with us because they have seen the results of our involvement. They know we offer fair repayments based on what you can afford.

Is CAP just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We are committed to our service being available to all individuals regardless of age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation. Will take appropriate measures to monitor this.

How our debt help service works

- 1 Local appointments**
After you call CAP, a Debt Coach from a local CAP Debt Centre will carry out your first appointment.
- 2 An effective budget**
Our trained Debt Advisors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.
- 3 CAP Plan**
In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cover your debts and also bills if appropriate. CAP will then distribute this to your creditors on your behalf. You can also build up savings through your CAP Plan.

4 Severe debt

If you are in severe debt, we can walk you through insolvency options, such as petitioning for bankruptcy and helping you to fill out the forms.

5 Debt free

You can use your CAP Plan to pay your bills and debt repayments until you are debt free. We look forward to celebrating with you when you cross the finish line!

Call free on: **0800 328 0006**
or visit: **capdebthelp.org**

We know it takes a lot of courage to make the first call. But the sooner you ring, the sooner you'll have peace of mind.

Forest Therapy – Nature wellbeing for parents with young children

*Nature Wellbeing for Parents with Young Children
at Stockwood Family Hub Forest Space
Whittock Rd, Bristol, BS14 8DQ*

*4 week course, Fridays
17th & 24th October, 7th & 14th November 2025
Arrive any time from 12. Session runs 1pm-2.30pm*

-  Learn tips to make the most of your wellbeing using nature, with a different theme each week.
-  Time to explore or enjoy the newly renovated Forest Space.
-  Have a cup of tea and and a chat.
-  Access to the Family Hub for feeding / toilets / nappy changes.
-  Run by Certified Forest Therapy Practitioner and Registered Health Visitor.

Please call or text 07751 867 248 with any questions,
or book through Eventbrite code below (Booking
Required)



Mothers for Mothers-tell us your truth survey

Tell Us Your Truth: Maternal Mental Health, In Your Words

Marking 45 years supporting families



We would like to hear from you if you experienced anxiety, depression, distress or isolation during pregnancy and / or after the birth of your baby.

⌚ Takes approx 20 mins.

🔒 100% confidential

💡 Your insights will help shape future support

📱 Scan the QR Code or follow the link🔗

📅 Survey closes 31 Oct



bit.ly/44riTIE



Charity Commission No: 1185281 Company House: 08764052

*Services and
opportunities
for young
people*

Step Together Volunteering-Get Growing Allotment Project

Step Together Volunteering

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



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



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



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

Rest assured, you will have some fun!

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

Where: Bishopsworth, Bristol

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

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

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

www.step-together.org.uk







Young Carers Service-Support for Young Carers

YOUNG CARERS SERVICE BRISTOL AND SOUTH GLOUCESTERSHIRE

CARERS SUPPORT CENTRE – The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ
Contact details: 0117 9589980; youngc@carersbsg.org.uk; f @youngcarersbsg



Our Young Carers Service provides help and support for children and young people aged 5-17yrs in Bristol and 8-17years in South Gloucestershire, their families and professional 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 have support to develop and fulfil their future plans.

Support provides opportunities for young carers to try out different tools and techniques that can help them strengthen self-esteem and resilience, manage challenges, become more informed, know where to go for support when then need it and develop 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 group work meeting emerging need)
- Respite activities: including trips, creative, physical and nature focused sessions.
- Free Family days out (free family passes to Wild Place, Puxton Park and Noah's Arc)

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



- North Bristol: Every other Wednesday 5.30-7.30pm @ The Vench, Lockleaze
- South Bristol: Every other Tuesday 5.30-7.30pm @ The Withywood Centre Queens Road Withywood Bristol BS13 8QA
- Central and East: Every other Tuesday 5.30-7.30pm @ The Crypt, St Lukes Church, Barton Hill

transport is provided to those who need. Contact Connie Howard-McCombe connie.howard-mccombe@creativeyouthnetwork.org.uk 07759 839941

Referral forms for to our service are on our website [Carers Support Bristol and South Gloucestershire](#)

[Referral to our young carers service | Carers Support Centre](#)

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 have common struggles in schools including being late, frequently being absent, being bullied, feeling isolated, anxious and alone. We have a dedicated school's worker who can support schools identify young carers and improve support they can offer. 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 carers group
- Advice on policies and procedures