

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*



**Your
Holiday
HUB**
Bristol

**Hundreds of
holiday activities
are available
in Bristol**
*Eligibility criteria apply

Sports

Day trips

Cookery

Performing arts

Crafts

yourholidayhubbristol.co.uk

Funded by UK Government

Your Holiday HUB

Department for Education

BRISTOL CITY COUNCIL

BAND

FEEDING BRISTOL

PLAYFUL BRISTOL

HAF funded by DfE – supported by Bristol City Council, BAND, Feeding Bristol and Playful Bristol

BD17561

The graphic features a central image of children in a classroom. Overlaid on this are several colorful banners with activity categories: 'Sports' (orange), 'Day trips' (red), 'Cookery' (green), 'Performing arts' (pink), and 'Crafts' (purple). The top right has a blue box with text about activity availability. The bottom has a green box with the website URL and logos for funding partners.

Get ready for new adventures this spring with Your Holiday Hub

Children and young people in Bristol who receive benefits-related free school meals, can book lots of fun activity sessions taking place during the school holidays from 6 April to 17 April. Your Holiday Hub sessions are fully funded and include a healthy meal as part of the day. There's lots to choose from with activities ranging from sports to crafts, and drama to baking plus so much more. Join in and stay active with fun new things to see and do.

Go to www.yourholidayhubbristol.co.uk to find out more and book your place today.

What's happening in Bristol this spring?

This document provides all the details about the fully funded activities taking place across Bristol during the Easter holidays. You'll find information on what's happening, where, when, and who it's for! Each activity listing includes a link to the provider's booking page, so you can contact them directly if you have any questions.



Bristol's holiday programme, **Your Holiday Hub**, is funded by the Department for Education's Holiday Activities and Food (HAF) Programme. It offers exciting, enriching activities and nutritious meals for **school-aged children eligible for benefits-related free school meals** during the spring, summer, and winter breaks.

Children who are not eligible for benefits-related free school meals can still join in the fun through **Open Access** sessions— please see below for details.

If your child has special educational needs or disabilities (SEND), you can filter the booking page to bring up clubs that offer SEND or Specialised SEND services. We recommend contacting the activity provider directly to discuss how they can best support your child's needs.

For information on **eligibility and qualifying benefits**: <http://bristol.gov.uk/fsm>

Book sessions by visiting www.yourholidayhubbristol.co.uk

Or follow the QR Code to our **bookable sessions**:





Ward:
Eastville

ACE – Gloucestershire Cricket Club

When? Tuesdays, Wednesdays and Thursdays
10:00am to 3:00pm

Where? Rose Green Centre, 65 Gordon Road, BS5 7DR

Who? Ages 8 - 16

[For more information, and to book, click here.](#)



Ward:
Bedminster

Acta Community Theatre

When? Monday 13th April
10:00am – 3:00pm

Where? Gladstone Street, BS3 3AY

Who? Ages 8 - 16

[For more information, and to book, click here.](#)



Ward:
*Avonmouth and
Lawrence
Weston*

Back2Basics Forest School

When? Thursday 9th, Monday 13th and Friday 17th April
10:00am – 2:00pm

Where? Lawrence Weston Community Farm, BS11 0NJ

Who? Ages 6 - 11

[For more information, and to book, click here.](#)



Ward:
Frome Vale

Bizzy Kidz Club

When? Tuesday 7th April – Friday 17th April
All sessions run from 9:00am – 1:00pm

Where? Frome Vale Academy, BS16 2QS

Who? Ages 4 – 11

[For more information, and to book, click here.](#)



Wards:
*Central
Hartcliffe and
Withywood
Knowle*

Bristol City Robins Foundation

When? Tuesday 7th, Wednesday 8th and Thursday 9th April
10:00am – 2:00pm

Where? Different venues, see link for more details.

Who? Different ages, see link for more details

[For more information, and to book, click here.](#)



Wards:
*Ashley
Central
Lawrence Hill*

Bristol Horn Youth Concern

When? Tuesday 7th, Wednesday 8th, Thursday 9th and Friday 10th
April
12:00noon – 4:00pm

Where? Different venues, see link for more details.

Who? Different ages, see link for more details.

[For more information, and to book, click here.](#)



Wards:
Lockleaze

Bristol Rovers Community Trust

When? Thursday 9th, Friday 10th, Wednesday 15th and Thursday
16th April

Where? Lockleaze Sports Centre, Bristol City, BS7 9XF

Who? Ages 6 - 13

[For more information, and to book, click here.](#)



Bristol Sport Foundation

When? Tuesday 7th - Friday 17th April
9:00am – 4:00pm

Where? Different venues, see link for more details.

Who? Ages 5 - 11

Wards:

Ashley
Frome Vale
Knowle
Lawrence Hill
Lockleaze

[For more information, and to book, click here.](#)

Bristol Youth Connect CIC

When? Tuesday 7th – Thursday 9th April, and Friday 17th April
Different times, see link for more details.

Where? Different venues, see link for more details.

Who? Ages 5 – 17, 18+

Wards:

Lawrence Hill

[For more information, and to book, click here.](#)



Campus Skateparks CIC

When? Tuesday 7th to Friday 17th April (except Friday's)
10:00am – 4:00pm

Where? Campus Pool, Whitchurch Lane, BS13 7RW

Who? Ages 7 - 12

Ward:

Bishopsworth

[For more information, and to book, click here!](#)



Chaysestar Entertainment CIC – YBGT Sensory Play Sessions

When? Tuesday 7th to Friday 17th April
10:00am – 3:00pm

Where? Easton Community Centre, Kilburn Street, BS5 6AW

Who? Ages 5 - 16

Wards:

Easton

[For more information, and to book, click here.](#)



Wards:
Avonmouth and
Lawrence
Weston
Frome Vale

Children's Scrapstore

When? Tuesday 7th, Thursday 9th, Monday 13th, Tuesday 14th, and
Thursday 16th April
10:30am – 2:30pm

Wednesday 8th and Wednesday 15th April
11:00am – 3:00pm

Where? Different venues, [follow the link for more information.](#)

Who? 0 – 18

This session is open access – just turn up!



Wards:
Lawrence Hill

Eastside Community Trust

When? Tuesday 7th – Friday 17th April
12:00noon – 17:30pm

SEND: Tuesdays, 11:00am – 3:00pm

Wavey nights: Tuesdays and Wednesdays, 5:30pm – 7:30pm

Where? Felix Road Adventure Playground, BS5 0JW

Who? Ages 5 - 15

This session is open access – just turn up!



Ward:
Ashley

Full Circle Docklands

When? Monday 7th, Tuesday 8th, Monday 13th and Tuesday 14th
April
11:00am – 3:00pm

Where? Docklands Community Centre, BS2 8UA

Who? Ages 8 - 11 (12 – 16 on Tuesday 8th)

This session is open access – just turn up!



Fun 4 Families

When? Tuesday 7th to Friday 17th April

Where? Different venues, see link for more details.

Who? Different ages, see link for more details.

Wards:
*Brislington West
Stockwood*

[For more information, and to book, click here.](#)



Future Pages CIC

When? Tuesday 7th, Wednesday 8th, Tuesday 14th and Wednesday 15th April
11:00am – 3:00pm

Where? St Werburgh's City Farm, Watercress Road, BS2 9YJ

Who? Ages 5 – 11

Wards:
Ashley

[For more information, and to book, click here](#)



Future Stars Coaching

When? Tuesday 7th – Friday 17th April
9:00am – 3:30pm

Where? Different venues, see link for more details

Who? Ages 4 - 11

Wards:
*Bishopsworth
Windmill Hill*

[For more information, and to book, click here.](#)



Hartcliffe And Withywood Community Partnership

When? Different venues, see link below for more information

Where? Different venues, see link below for more information

Who? Different ages, see link below for more information

Ward:
*Hartcliffe and
Withywood*

[For more information, click here.](#)

This session is open access – just turn up!



Hartcliffe City Farm

When? Thursday 9th and 16th April
10:00am – 2:00pm

Where? Hartcliffe City Farm

Who? Ages 6 - 13

Ward:
*Hartcliffe and
Withywood*

[For more information, and to book, click here.](#)



Hartcliffe Club For Young People

When? Monday 6th, Wednesday 8th, Monday 13th and Wednesday
15th April
10:00am – 2:00pm

Where? Hartcliffe Club for Young People, Gatehouse Avenue, BS13
9AE

Who? Ages 8 – 16

Ward:
*Hartcliffe and
Withywood*

[For more information, and to book, click here.](#)



Heart of BS13

When? Wednesday 9th April
11:00am – 3.00pm

Where? Heart of BS13, Bristol

Who? Ages 8 – 16

Ward:
*Hartcliffe and
Withywood*

[For more information, and to book, click here.](#)



Imayla

When? Thursday 9th and Wednesday 15th April

Where? Different venues, see link below for more information

Who? Different ages, see link below for more information

Wards:
*Ashley
Avonmouth and
Lawrence
Weston*

[For more information, and to book, click here.](#)



Wards:
Lockleaze
Southmead

Incredible Kids

When? Monday 6th, Friday 10th and Monday 13th April
Different times, see link below for more information.

Where? The Ranch, BS10 5PP and The Vench, BS7 9TB

Who? 0 – 18, 18+

[For more information, and to book, click here.](#)



Wards:
Ashley

Khaas

When? Wednesday 8th at 11:00am – 2:30pm
Wednesday 15th 12:00noon – 6:00pm

Where? Clevedon Road, Coombe Road, BS48 1PG

Who? Ages 5 - 18

[For more information, and to book, click here.](#)



Wards:
Avonmouth and
Lawrence
Weston

Lawrence Weston And Shirehampton Out Of School Activities

When? Different days, see link below for more information

Where? Different venues, see link below for more information

Who? Ages 4 – 12

[For more information, and to book, click here.](#)



Wards:
Avonmouth and
Lawrence
Weston
Frome Vale
Hartcliffe and
Withywood
Hillfields
Lawrence Hill

Learning Partnership West CIC

When? Monday 7th April – Friday 17th April

Where? Different venues, see link below for more information.

Who? Ages 5 – 14

This session is open access – just turn up!



Munchkins Childcare

When? Tuesday 7th, Wednesday 8th and Thursday 9th April
9:00am – 1:00pm

Where? Saint Anne's Infant School, Bloomfield Road, BS4 3QJ

Who? Ages 4 - 11

Ward:
Brislington West

[For more information, and to book, click here.](#)



Natural Networks

When? Monday 6th to Friday 17th April
11:00am – 3:00pm

Where? Different venues, see link below for more information.

Who? Ages 5 - 15

Ward:
*Hartcliffe and
Withywood
Knowle*

[For more information, and to book, click here.](#)



Oasis Hub North Bristol

When? Tuesday 7th, Wednesday 8th and Wednesday 15th April

Where? Different venues, see link below for more information.

Who? Ages 5 - 15

Wards:
*Avonmouth and
Lawrence
Weston*

[For more information, and to book, click here.](#)



Oasis Hub South Bristol

When? Tuesday 7th April – Thursday 16th April
Different times, see link below for more information.

Where? Different venues, see link below for more information.

Who? Different ages, see link below for more information.

Wards:
Filwood

[For more information, and to book, click here.](#)



Wards:
Central

Off the Record

When? Tuesday 7th, Wednesday 8th, Thursday 9th, Monday 13th and Tuesday 14th April
10:00am – 1:00pm

Where? 8 West Street, Saint Philip's, BS2 0BH

Who? Ages 11 - 16

[For more information, and to book, click here.](#)



Ward:
Frome Vale

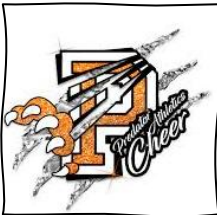
Oldbury Court Out of School Club

When? Tuesday 7th April – Friday 17th April
9:00am – 1:00pm

Where? Oldbury Court Out of School Clubs, BS16 2ND

Who? Ages 4 - 12

[For more information, and to book, click here.](#)



Ward:
Southmead

Predator Athletics Cheer

When? Tuesday 7th April – Friday 17th April
10:00am – 2:00pm

Where? Predators Gym, The Greenway Centre, BS10 5PY

Who? Ages 5 - 16

[For more information, and to book, click here.](#)



Ward:
Horfield

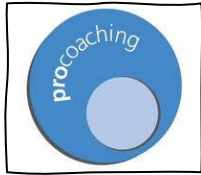
Premier Education – Let's Play LTD

When? Tuesday 7th April – Friday 17th April
8:45am – 3:30pm

Where? Horfield Church of England Primary School, BS10 5BD

Who? Ages 5 - 12

[For more information, and to book, click here.](#)



Wards:

*Southmead
St George
Central*

Pro-Coaching

When? Tuesday 7th April – Friday 17th April
10:00am – 2:00pm

Where? Different venues, see link below for more information.

Who? Ages 5 - 12

[For more information, and to book, click here.](#)



Wards:

*Bedminster
Brislington East
Brislington West
Hartcliffe and
Withywood
Henbury and
Brentry*

Progressive Kids

When? Tuesday 7th April – Friday 17th April
8:30am – 3:30pm

Where? Different venues, see link below for more information.

Who? Ages 4 -11

[For more information, and to book, click here.](#)



Ward:

Knowle

Redcatch Community Garden

When? Monday 13th, Tuesday 14th, Wednesday 15th and Thursday
16th April
9:30am – 1:30pm

Where? Redcatch Community Garden, Knowle, BS4 2RD

Who? Ages 8 - 16

[For more information, and to book, click here!](#)



Ward:

Eastville

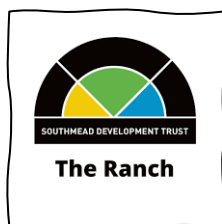
Teachsport & Buzzers @ Glenfrone Primary

When? Tuesday 7th April – Friday 17th April
10:00am – 4:00pm

Where? Glenfrone Primary School, Bristol

Who? Ages 4 - 11

[For more information, and to book, click here.](#)



The Ranch (Southmead Adventure Playground)

When? Tuesday 7th – Friday 17th April
12:00noon – 4:00pm

Where? The Ranch, Doncaster Rd, BS10 5PP

Who? Ages 0 - 12 (*Under 8s must be accompanied by an adult*)

Wards:
Southmead

This session is open access – just turn up!



Square Food Foundation

When? Wednesday 8th, Thursday 9th, Wednesday 15th and
Thursday 16th
10:00am – 2:00pm

Where? Square Food Foundation, The Park Centre, BS4 1DQ

Ward:
Knowle

Who? Ages 8 - 14

[For more information, and to book, click here.](#)



St Agnes Adventure Playground

When? Tuesday 7th – Friday 17th April
1:00pm – 5:00pm

Where? St Paul's Adventure Playground, BS2 9LN

Ward:
Ashley

Who? 8 - 16

This session is open access – just turn up!



St Mary Redcliffe PCC (Redcliffe Hub)

When? Tuesday 8th, Wednesday 9th, Thursday 10th and Monday
13th April
Different times, see link below for more information.

Where? Different venues, see link below for more information.

Ward:
Central

Who? Ages 8 - 16

[For more information, and to book, click here.](#)



Ward:
Central

The Climbing Hangar

When? Monday 6th, Wednesday 8th, Friday 10th, Monday 13th,
Wednesday 15th, Friday 17th April
12:30noon – 4:30pm

Where? 15-29 Union Street, The Climbing Hangar, BS1 2DF

Who? 7 - 16

[For more information, and to book, click here.](#)



Ward:
Lockleaze

The Vench – Groundwork South

When? Tuesday 7th, Wednesday 8th, Thursday 9th, Monday 13th,
Tuesday 14th, Wednesday 15th April

Where? The Vench, Romney Avenue, BS7 9TB

Who? Ages 0 - 12

[For more information, and to book, click here.](#)



Wards:
Hillfields

Unique Voice

When? Tuesday 7th to Thursday 16th April
11:00am – 3.00pm

Where? Minerva Primary School, Bristol

Who? Ages 4 - 11

[For more information, and to book, click here.](#)



Wards
*Avonmouth and
Lawrence
Weston
Eastville*

Unity Holiday Hub

When? Thursday 9th, Friday 10th, Thursday 16th and Friday 17th
April
11:00am – 3.00pm

Where? Different venues, see link below for more information.

Who? Ages 5 - 15

[For more information, and to book, click here.](#)



Young Bristol

When? Tuesday 7th – Thursday 16th April
Different times, see link below for more information

Where? Different venues, see link below for more information

Who? Different ages, see link below for more information

[This session is open access – just turn up!](#)

Wards:

*Avonmouth and
Lawrence
Weston
Bedminster
Bishopsworth
Stockwood*



Youth Moves

When? Different days, see link below for more information

Where? Different venues, see link below for more information

Who? Different ages, see link below for more information

[For more information, and to book, click here.](#)

Wards:

Knowle

We hope you've found something exciting to do this spring!

www.yourholidayhubbristol.co.uk

**Your
Holiday
HUB
Bristol**

Redcatch Community Garden Easter Holiday Timetable



**More information &
booking via QR code**





Tuesday 7th April 2.30-3.45pm	Pandora - Queen of Unicorns Join the Queen of Unicorns for a fun afternoon of dancing, bubbles, games & fun £8 per child (includes drink & snack)
Wednesday 8th April 9.30-10.45am 11.45am-13.00pm	George's Marvellous Science Step into wonderful world of experimentation with George's Spring Science Workshops! £6.50 per child
Thursday 9th April 10-11.30am	Spring Nature Sprouts Decorate a spring biscuit, listen to a story, plant some seeds, make a sun catcher & do some colouring in. £8 per child, ages 5-10 (includes free drink)
Monday 13th April - Thursday 16th April 9.30am-1.30pm	Free Holiday Club For children aged 8-16 who receive benefits-related free school meals or who have special educational needs. Booking through QR code! 
Friday 17th April 10-11am & 11.15am -12.15pm	Lego £4 per child / For accompanied children aged 3-10

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

Easter Egg Hunt: Find all the clues & get a Easter treat!
Running every day during the holidays - £1.50

www.redcatchcommunitygarden.com
Redcatch Park. Broadwalk. Knowle BS4 2RD







BE YOURSELF & BE CREATIVE

These Monday groups are aimed at those who are aged 11-16yrs who have anxiety, are neurodiverse (diagnosed or non-diagnosed) and are not able to currently access full-time education. Both groups will be led by the interests of the young people.

- ✔ **Be Yourself: Mondays 12-1pm**
This is an opportunity to share interests, cook and chat. The session is led by experienced Session Practitioners and would be particularly appropriate for those with high energy who may need space and support to socialise.
- ✔ **Be Creative: Mondays 2-3pm**
This is an opportunity to craft, create and chat in a calm and supported environment. The session is led by experienced Session Practitioners.

Spaces are limited and booking is essential: Please email for more information

THE HARGREAVES FOUNDATION These groups are funded by the Hargreaves Foundation

Redcatch Community Garden
BS4 2RD
sophie@redcatchcg.com

Easter Holidays Radical Creators



FREE FOR YOUNG PEOPLE
IN BS4, BS13, BS14 & BS3 5



Try out digital art, hands-on making, music production and more!

Use awesome tech, make cool projects to campaign for change that matters to YOU. Meet new friends and create something amazing. Let's make your ideas come to life!

Any questions? Contact:
youngpeople@kwmc.org.uk

 Ages 10-17
 14-16 April 2026
 10-2pm
 KWMC, BS4 1NL

 Sign up by Sunday 5th April: kwmc.org.uk/radicalcreators
Or call: 0117 903 0444



Sign Up by Scanning the QR Code or going to kwmc.org.uk/radicalcreators

LPW - Easter Play sessions in Hartcliffe



Easter Play Sessions

LPW

Weekdays
7th March -
17th April
11:00am - 3:00pm

Where?

The big hideout adventure playground,
Teyfant road,
Hartcliffe,
BS130RF

What?

Activities, play, sports,
Hot food

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



*Services and
opportunities
for
Parents/Carers*



Raising a family shouldn't cost the earth

Who we are

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

Shop **Play** **Relax**

Shop & donate clothing & items from birth - teen!

We have a free inside play space for under 5's

pay-as -you-can lunch wednesday & thursday coffee & cake every day!

Wednesday - Friday 10-2pm

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

Come and see for yourself or find us on Facebook & Instagram

find out more at www.kidsstuffbristol.org.uk

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

Welcome to Happymess Hub

Wednesday 10-11am
Free for Children 0-4

Bring your little ones for a relaxed morning of play, connection and discovery.

There will be:

- A sensory corner with books & blankets
- Family play, craft & activities.
- Free hot drinks, squash & snacks.
- Each week, families can take away a frozen meal made by our RCG chefs.

From Nov 2025 to May 2026 we are delighted to be running a fun, free session funded by Bristol Play Hubs

 In our heated Canopy (now with quieter heater) Book online or just turn up (limited spaces available) 

www.redcatchcommunitygarden.com
Redcatch Park, Broadwalk, Knowle BS4 2RD 

Happymess Hub

Visiting Guests!

10-11am Every Wednesday in termtime
Special events below for your diary...



Children's Kitchen

Advice and support for families looking for affordable and nutritious food



Early Years Speech & Language Therapist

Advice and support on developing speech and language in the early years



Bristol Autism Support

Supports families of Autistic Children, diagnosed or suspected

If you would like to access this support but your child is in a setting or at school that day, please feel free to come along, we'd love to have a chat with you



We have several playmakers on hand for support (and fun!) as well as lots of information available about Family Hubs



 Bristol Autism Support



www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



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-1980949798172?aff=oddtcreator>



SAY SEND and You - Drop in sessions for SEND & disability advice



Bristol drop-in for Special Educational Needs and Disability Advice



SAY
SEND AND YOU
SENDIAS

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



Thursday 2nd April 2026

The session is from 12:30-2pm and will be with our trained SEND practitioner. No need to book, just turn up!

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

Bristol Parent Carer Forum will also be offering a drop-in session if you would like to come along for a chat with people who understand.



SAY SEND and You - Support service for children with SEND



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/>





**Let's talk
about mental
health.**

**We understand that
no one should have
to face feelings of
stress, anxiety or
depression alone.**

That's why we provide peer support groups in Bristol. Offering a safe and friendly space where people can meet up to talk about any worries they might have. Changes Bristol is a free, open access service for anyone seeking mental wellbeing support.

We help anyone looking to make a positive change in their life, there is no referral needed so you can join without diagnosis.

www.changesbristol.org.uk
Info@changesbristol.org.uk
0117 941 1123



Charity No 1167828



South Bristol Peer Support Groups



Let's talk about
mental health

Mondays

Ashton Vale - 1 - 3pm

Ashton Vale Community Centre, BS3 2QY

Wednesdays

Knowle - 1:30 - 3:30pm

Redcatch Community Centre, BS4 2EP

Bedminster - 7 - 9pm

ACTA Community Theatre, Gladstone St, BS3 3AY

Thursdays

Brislington - 1- 3pm

St Cuthbert's Church, BS4 3PG



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

www.changesbristol.org.uk

01179411123



Bristol City Council - Public Health Nursing Services Consultation



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.

This is an opportunity for Bristol residents to help shape the future of Public Health Nursing Services in Bristol.

The Public Health Nursing Services consultation is open from Wednesday 4 March 2026 until midnight on Wednesday 29 April 2026.

[View an Easy Read version of this consultation.](#)

Crimestoppers - Anonymous service for reporting crime



If you have
information
about crime,
contact
Crimestoppers

Our independent charity gives you the power to speak up whilst staying 100% anonymous.

Our team is available 24/7, 365 days a year - over the phone or on our website.

Tell us what you know, not who you are.

Speak up and stay 100% anonymous. Always.

© Crimestoppers Trust, registered charity in England & Wales (1108687), Scotland (SC037960).

CrimeStoppers.

0800 555 111

100% anonymous. Always.

crimestoppers-uk.org

*Services and
opportunities
for young
people*

OTR - Weekly youth group for ages 16-25



HUBS

Youth group for 16-25-year-olds



Mondays, 4pm - 7pm

8-10 West Street, Old Market, BS2 0BH

FREE drop-in

- Find out about mental health services and get support signing up.
- Take part in group activities like board games and cooking.
- A safe non-judgemental space for you to be yourself and meet others.
- No sign-up needed beforehand, just show up and see if it's right for you.

Any questions? Drop us an email at hello@otrbristol.org.uk



Step-Together - 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 - while working towards Volunteering Certificates to mark your volunteering hours at the allotment.

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



**STEP
TOGETHER**

