



October 2026 Family Help Bulletin

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

Hello and welcome to the October information and Services Bulletin from the North 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:

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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Information and services for children and young people

St Peter's Church



Your voice, your say!

"The 4 Villages Play & Youth Partnership and wider North Bristol Play & Youth Partnership have been running a youth consultation since the summer to hear how young people aged 8-19 (up to 25yrs with SEND) feel about their local area and what's on offer. It's not too late for young people to take part in the short survey, just scan the QR code below or follow the link Your voice, your say!.

This Friday 16th October we are asking young people to join us and the youth council members to start looking at the early results of that survey, join discussions and have their voices at the centre of local decision-making!

5-7pm at Ambition House, Lawrence Weston, BS11 0PZ. Dinner included. Contact 07352336914 if you would like us to arrange transport to and from the event or have any questions."



YOUR VOICE, YOUR SAY!

Join us to talk about youth and play activities in North Bristol and put youth voice at the centre of local decision-making!

FRIDAY 16TH OCTOBER
17:00-19:00

Ambition House
 Lawrence Weston
 BS11 0PZ

For 8-19yolds
 (up to 25yrs with SEND)



Review the results of the North Bristol Youth Consultation and have your say on changes to be made!
 Free pizza dinner included!

Scan for survey:









@cesishubnb mobile: 07352 336914

Lockleaze Sports Centre

LSC Lockleaze Sports Centre #ACTIVE LSC

MULTI SPORTS CAMP

GIRLS & BOYS AGES 8 - 12

HOT MEAL INCLUDED



£21
PER CHILD
PER DAY



**TUESDAY 27TH, THURSDAY 29TH
& FRIDAY 30TH OCTOBER 2026**
9:30 - 3:30

LOCKLEAZE SPORTS CENTRE

SCAN HERE



FREE FOOTBALL SESSIONS

AGE
8-17



TURN UP - PLAY - HAVE FUN

DATE

Thursdays *until 15th October

TIME

17:00 - 18:00

LOCATION

LOCKLEAZE SPORTS CENTRE

BS7 9XF

You must book through the
link before attending!



BRISTOL ROVERS
COMMUNITY TRUST



Lockleaze
Sports Centre

FUNDED BY



Food Drinks &
Tasty Treats
Available to
Purchase

WE'RE DYING TO SEE YOU
**Party
peeps**

HALLOWEEN KIDS DISCO

4pm - 7pm
FRIDAY 30TH OCTOBER
LOCKLEAZE SPORTS CENTRE
AGES 2 - 14

*ADULTS MUST BE PRESENT



LSC Lockleaze
Sports Centre

THE
TERRACE *bar*

everyFAMILY

September 2026

What's On?

For more information:
Call 0117 959 3800
or email everyfamily.org.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLAY TIME STAY & PLAY 9:30 - 11am 0-5 years £2	MUSICAL BABIES 10 - 11am 0-18 months £2	BABY HUB 9:30 - 11:30am Run by NBCC FREE INFANT FEEDING 11:30am - 1pm Run by NBCC FREE	BABY MASSAGE 10 - 11am 5 week course 12th Nov - 10th Dec £25- booking essential	FOLLOW US ON SOCIAL MEDIA FOR WORKSHOPS!

Remember to follow us on social media for group and course updates!

@everyFAMILY.UK

Registered charity number: 1108713

Brentry Lane,
Bristol, BS10 6RG
www.everyfamily.org.uk

The cost of paid groups is per family. Payable via cash, card, or contactless.

No booking required unless stated.

Children's Scrapstore



OCT HALF TERM '26

PLAY & HANG OUT!



Outdoor play sessions

Lunch provided for children & young people
We bring lots of play to the green spaces.



Lawrence Weston By the BMX track Tuesday 1 - 3pm	Sea Mills The Recreation Ground Wednesday 1 - 3pm	Lawrence Weston Beverston Gardens Thursday 1 - 3pm
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Led by:



Funders include:






Children aged 8 and over can come on their own if they are allowed out unsupervised. They are 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.

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





Super Saturday!

at Children's Scrapstore

FREE

Arts, Crafts, & Play in our Playroom

Join us for **FREE** and crafty fun, aimed at primary school children and their families.

This drop-in session runs the first Saturday of every month from **10:00am - 12:00pm**

www.childrensscrapstore.co.uk/free-events

You may need to wait for a moment in our Children's Corner if the room is full.*

*This activity is drop-in on a **first-come, first-served** basis. There is no guarantee of a place when extremely busy.

No unaccompanied children.



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Join us on
Saturday 7th
November 2026!



Super Saturday!

at Children's Scrapstore

FREE

Arts, Crafts, & Play in our Playroom

Join us for **FREE** and crafty fun aimed at primary school children and their families.

This drop-in session runs the first Saturday of every month from **10:00am - 12:00pm**

www.childrensscrapstore.co.uk/free-events

You may need to wait for a moment in our Children's Corner if the room is full.*

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No unaccompanied children.



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Join us on
Saturday 5th
December 2026!





October Half-Term Programme 2026

Date	Time	Event	Session
Tuesday 27th October	10:15am - 11:30am	Under 5s	Taste Safe Messy Play
Tuesday 27th October	1:45pm - 3:00pm	Stay & Play	Messy Play for All
Wednesday 28th October	10:15am - 11:30am	Under 5s	Messy Play
Wednesday 28th October	1:45pm - 3:15pm	Stay & Play	Box Monsters
Thursday 29th October	10:15am - 11:45am	Stay & Play	Frankentoys
Thursday 29th October	1:45pm - 3:15pm	Stay & Play	Playing with Light & Shadow
Friday 30th October	10:15am - 11:30am	Stay & Play	Scrappy Explorers
Friday 30th October	1:45pm - 3:15pm	Stay & Play	Family Autumn Crafting
Saturday 31st October	10:15am - 11:45am	Stay & Play	Halloween Crafting

Under 5s

Creative child led sessions for under 5s.

(Tuesdays are taste safe, better for little ones likely to put things in their mouths while Wednesdays have paint, scissors, glue & some small parts).

Stay & Play

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

To **book your place** on any of our sessions or to find out more, please visit Children's Scrapstore's website at www.childrensscrapstore.co.uk/events, or scan the **QR code**. You'll also find pricing details and other upcoming events there.



SCRAPPY EXPLORERS

EVERY FRIDAY

10:15am – 11:30am



Starting at
£10
for 1 adult
& 1 child

+ £6
for each
additional
adult or child

📍 21 Sevier St, St Werburghs, BS2 9LB

We will provide a selection of sustainable art & craft materials for you and your child to explore. All our sessions are open ended and child led. These sessions are **aimed at children aged 3+**. Younger siblings are welcome but there will be scissors, glue, paint, tape and small pieces, and we sometimes use glue guns.



**Children's
Scrapstore**

No: 01179085645

Book Online:

www.childrensscrapstore.co.uk/events

Registered Charity Number: 1008788uk

Oasis North Bristol

 **MORE INFO**

Book your place via EEUU

OASIS NORTH BRISTOL

OCTOBER HALF TERM

ALL ACTIVITIES FREE & INCLUDE A MEAL!

10-18yrs	MON 26TH	HIKING AND NAVIGATION AT WICKWAR WOODS 09.00 - 15.00 Meet at Oasis Brightstowe	LIMITED SPACES! BOOKING ESSENTIAL
8-18yrs	TUE 27TH	PUMPKIN CARVING + ACTIVITIES 10:00-13:00 Avon Youth Club, BS11 0LP	
	WED 28TH	BREAKFAST CLUB WITH HALLOWEEN CRAFT 09:30-12:00 Avonmouth Community Centre BS11 9EN	Families welcome! Under 8s to be accompanied by an adult
10-18yrs	FRI 30TH	YOUTH CLUB + DRAMA WORKSHOP 18:30-20:30 The Rock Community Centre, BS11 0QE	

Open access session

Contact North.Bristol@oasisuk.org or call 0735233691



Book your
place via
EEQU!

<<<



Hiking and Navigation Trip to Wickwar Woods



This session is
NOT open
access -
booking is
essential!



Free Half Term Youth Activity!

Delivered in partnership with Do What Matters Outdoors CIC



Monday 26th October

09:00 - 15:00

Drop off Pick up



Meet at Oasis Brightstowe

We will travel by minibus to Lower
Woods National Nature Reserve!

Join us for an outdoors adventure including:

**Packed Lunch and Hot
Chocolate Provided**

**Map-reading, navigation
and wildlife identification!**

Please note, this session does not require any previous hiking experience. However, young people will be expected to have a base level of fitness, capable of walking 5 kilometers. The trails in the woods can be muddy and rough underfoot.

Please review the kit list detailed in the EEQU event listing.

Contact: north.bristol@oasisuk.org - 07352 336 914



Halloween Craft

Youth Activity Session

Join us at Avon Youth Club for a fun morning of pumpkin carving, spooky halloween mask-making, as well as games and sports!
Food and refreshments provided!



THIS ACTIVITY IS FREE FOR ALL YOUNG PEOPLE AGED 8-19

Tuesday 27th October
10:00 - 13:00

 Avon Youth Club, 98A Long Cross, Bristol BS11 0LP

CONTACT: NORTH.BRISTOL@OASISUK.ORG - 07352 336 914



BOOK YOUR FREE PLACE VIA EEU!





Book your
place via
EEQU!

<<<

Youth & Family Breakfast Club

Join us for breakfast with our friends at Avonmouth Community Centre! We'll provide a hot breakfast, as well as teas, coffees and juice. Breakfast will be served until 10:30, stick around after for Halloween arts and crafts, games and more!

- ✓ Open to families and children aged 5-16
- ✓ Under 8s must be accompanied by an adult
- ✓ Free breakfast from 9:30-10:30!
- ✓ Halloween craft activities + sport!

 09:30 - 12:00

This is an open access session, but please book online to ensure that we can cater to all dietary requirements



WEDNESDAY
28TH
OCTOBER

 07352 336 914

 Avonmouth Community Centre
Association
257 Avonmouth Rd,
Avonmouth, Bristol BS11 9EN

M^aN^y
iNds



BOOK YOUR
PLACE VIA
EEQU!
<<<

Oasis
North Bristol

YOUTH CLUB DRAMA WORKSHOP

In partnership with Many Minds

Join us for a fun evening of theatre in an inclusive and accessible environment.

Alongside the workshop there will be games, sports, craft and food to enjoy!



THIS ACTIVITY IS FREE FOR ALL YOUNG PEOPLE
AGED 10-19 AND WILL RUN ALONGSIDE OUR
FRIDAY NIGHT YOUTH CLUB

Friday 30th October

18:30-20:30

The Rock Community Centre,
Ridingleaze, Lawrence Weston, 
BS11 0QE

CONTACT: NORTH.BRISTOL@OASISUK.ORG

07352 336 914

King's Trust



Everyone starts somewhere.
Get the skills, experience and
opportunities to help you land
a job.

Find out more via email:
outreach.bristol@kingstrust.org.uk



ON THIS COURSE YOU'LL:

- Develop knowledge and practical skills required for the role.
- Have the opportunity to gain a Door Supervisor & First Aid Qualification.
- Get support to apply for an SIA Badge post-programme.
- Receive up to six 1-1 support sessions post-programme with The King's Trust.

DATES FOR YOUR DIARY:

Taster day: 11 Nov 26

Course dates: 16 - 27 Nov 26

Express interest by: 3 Nov 26

Location: Bristol

Eligibility criteria: 18-30 years old, not in employment, education or training.

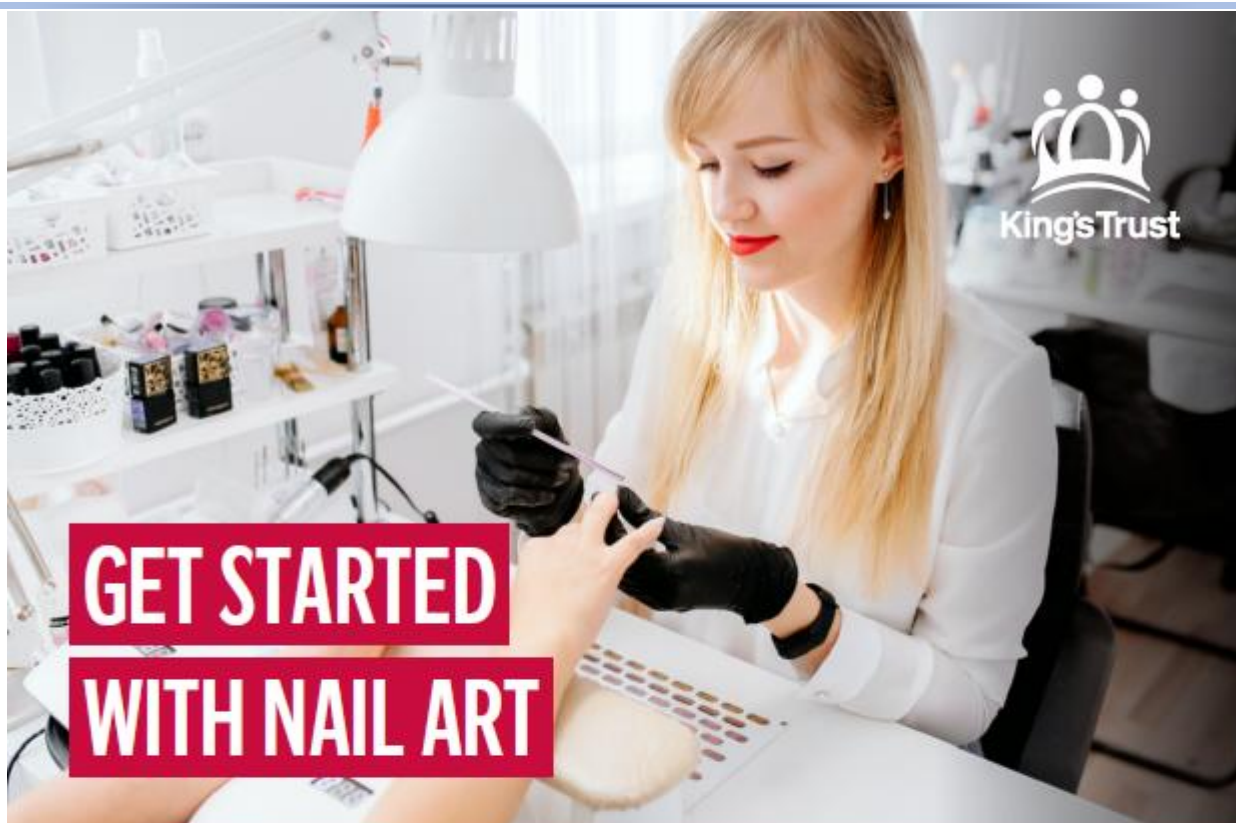


YOUTH GUARANTEE
Funded by UK Government

WEST HELEN GOODWIN
OF ENGLAND MAYOR OF THE
WEST OF ENGLAND



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Registered office: The King's Trust, The King's Trust South London Centre 8 Glade Path London SE1 BEC. Registered charity number in England and Wales: 1079675 and Scotland: SC041198.



GET STARTED WITH NAIL ART

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it is like to work in the nail industry.

Find out more via email:
outreach.bristol@kingstrust.org.uk



ON THIS COURSE YOU'LL:

- Develop skills in gel manicures and nail art.
- Practice using professional standard equipment.
- Gain inspiration from an industry expert.
- Gain up to six 1-1 sessions post-programme with The King's Trust

DATES FOR YOUR DIARY:

Taster day: 4 Nov 26

Course dates: 9 - 13 Nov 26

Express interest by: 30 Oct 26

Location: Bristol

Eligibility criteria: 16-30 years old, not in employment, education or training.

nicolettes.nails
NAIL ARTIST & EDUCATOR



YOUTH GUARANTEE
Funded by UK Government

WEST HELEN GODWIN
MAYOR OF THE
OF ENGLAND WEST OF ENGLAND



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GET STARTED WITH BEAUTY

Everyone starts somewhere.
Learn from industry experts,
get invaluable experience and
a taste of what it is like to work in the
Beauty sector.

Find out more via email:
[outreach.bristol
@kingstrust.org.uk](mailto:outreach.bristol@kingstrust.org.uk)



ON THIS COURSE YOU'LL:

- Learn to do eyelash extensions, lash lifts and eyebrow shaping.
- Have the opportunity to get accredited post-programme.
- Develop valuable skills in customer service and health and safety in the Beauty sector.
- Gain up to six 1-1 sessions with The King's Trust post-programme.

DATES FOR YOUR DIARY:

Taster day: 28 Oct 26

Course dates: 2 - 6 Nov 26

Express interest by: 22 Oct 26

Location: Bristol

Eligibility criteria: 16 - 30 years old



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Registered office: The King's Trust, The King's Trust South London Centre 8 Glade Path London SE1 8EC. Registered charity number in England and Wales: 1079675 and Scotland: SC041198.

Lockleaze Neighbourhood Trust

Wonder Baby: <https://www.lockleazent.co.uk/wonder-baby-theatre-show-comes-to-lockleaze/>

Bug Walk: <https://www.lockleazent.co.uk/event/family-bug-walk/>

All events at Lockleaze Neighbourhood Trust including advice, classes for adults, community café and more:
<https://www.lockleazent.co.uk/events/>

WHAT'S ON

THIS HALF TERM

Tue 27 Oct 10am & 1:30pm
Wonder Baby

A relaxed play and performance experience, for 0-3 years and their families. Tickets £5 or pay what you can.

More Info:

Wed 28 Oct 10am
Bug Walk

Family walk with Eric, our lovely Ecologist. Meet outside Lockleaze Adventure Playground. Free to attend. Booking needed.

Book now:

Wed 28 Oct 1-4pm
Christmas Tree care and scything

Join the Really Wild Team for a fun afternoon of weeding, banging in fence posts and mulching as we get our Christmas tree ready for the festive season! Suitable for accompanied children aged 8+

Thu 29 Oct 2-3pm
The Hatchings Nature Stroll

Wander around Herkomer and Thornycroft learning about the plants, insects and nature with Eric, our lovely Ecologist. Free to attend. Just meet us at Herkomer Close, what3words[///shelf.vivid.froth]

Fri 30 Oct 9:30-11:30am
Halloween "Fun-gi" trail

Halloween fun during half term! Mushroom-based activity for children at Buzz Garden. Free to attend. Just pop-in!

✉ info@lockleazent.co.uk ☎ 0117 914 1129
www.lockleazent.co.uk @lockleazeneighbourhoodtrust

Play Patch

Community Soft Play

Monday to Friday: Cafe Sessions for 0-5s

Opening Times:

- 9 am – 11 am
- 11:30 am – 1:30 pm
- 2pm to 4pm

Prices:

Online:

£2.50 per adult or child over 5 months, plus 50p booking fee.

Walk-ins: £3 per person



Book at

www.lockleazent.co.uk/playpatch

Saturday and Sunday: private parties! 

Book the whole soft play centre for a fun, fuss-free party.



 playpatch@lockleazent.co.uk
 www.lockleazent.co.uk/playpatch
 Play Patch Community Soft Play

 [playpatchlockleaze](https://www.instagram.com/playpatchlockleaze)

**Lockleaze
Neighbourhood
Trust**

Bristol Sport Foundation



OCTOBER HOLIDAY CLUBS

£25 PER DAY
£2.50
EARLY/LATE



LOCATIONS



FILTON



KNOWLE



PILNING



STAPLETON



YATE



NERF GAMES!



GYMNASTICS &
DANCE



ARCHERY &
DEN BUILDING

BOO-K NOW!



0117 963 0683



FRIDAY, OCTOBER 31ST

DARE TO DRESS UP, BEST
HALLOWEEN COSTUME
WINS A PRIZE!



Bristol Libraries

Free Children's Halloween Craft Event at Bedminster Library



Come make and decorate a paper
witches' hat to wear and do some
spooky Halloween colouring!



On Halloween:

Saturday 31st October

11am-11:30am

before Lego Club

Ages 4+ all children must

be accompanied by an adult



Rugby Youth Group



RUGBYZ
YOUTH GROUP

AVON YOUTH CLUB
98A LONG CROSS, LAWRENCE WESTON, BS11 0LP

EVERY WEDNESDAY EVENING
6PM-8PM | AGES 14-18 YEARS

RUGBYZ is a rugby-focused youth provision for young people in the north of Bristol, offering FREE rugby sessions and youth workshops.

FREE

 **BRISTOL BEARS**
FOUNDATION

 **COMMUNITY FUND**

Kings Weston House



Greenway Market

GREENWAY MARKET

31ST OCTOBER
12 TO 3



**Your Local Market For Handmade &
Pre-Loved Items**

**JOIN US AT THE GREENWAY
CENTRE BS10 5PY**

**For More Information Call 0117 950 3335 or
Email: karen.tgwish@yahoo.co.uk**



Memorial Stadium – Halloween Party!



Ambition Lawrence Weston

A vibrant Halloween-themed poster for an event at Lawrence Weston Allotments. The background is a colorful illustration of an allotment garden at dusk, with a full moon, bats, and a scarecrow. The main title 'HALLOWEEN AT THE ALLOTMENTS' is written in large, orange and white, distressed letters on a wooden sign. A green banner below the title provides the date and time: 'Tuesday 27th October 10am - 1pm' and the location: 'Lawrence Weston Allotments'. A list of activities includes 'Pumpkin picking & decorating', 'Spooky crafts', 'Nature trails', 'Seasonal games', and 'Refreshments'. A 'Book your place' button with a ticket icon and an Eventbrite link is at the bottom. The poster also features a 'Spooky fun, seasonal activities and outdoor adventures!' speech bubble, a 'ALL WELCOME' sign, and a 'Book via Eventbrite' button with a URL.

 **Ambition**
Lawrence Weston
Stronger Communities · Brighter Futures

Spooky fun,
seasonal activities
and outdoor
adventures!

HALLOWEEN AT THE ALLOTMENTS

 Tuesday 27th October
10am - 1pm

 Lawrence Weston Allotments

-  Pumpkin picking & decorating
-  Spooky crafts
-  Nature trails
-  Seasonal games
-  Refreshments

 Book
your place

Book via Eventbrite:
<https://www.eventbrite.co.uk/e/halloween-at-the-allotments-tickets-2002504078605>

 Everyone welcome – come and get into the Halloween spirit! 



Ambition
Lawrence Weston
presents

MURDER comes to — **LAWRENCE WESTON**

*An evening of intrigue, suspense and
delicious food...*

- ✓ Three-course dinner included
- ✓ Great company
- ✓ Prizes for the best detective!

Join us for a thrilling Murder Mystery Night at Ambition House. Can you solve the crime? Expect twists, turns and plenty of surprises!



FRIDAY 20 NOVEMBER 2026



6:30PM – 9:30PM



AMBITION HOUSE



£10 PER PERSON



THREE-COURSE DINNER INCLUDED



BOOK NOW AT
<https://LWMurder.eventbrite.co.uk>

CASE FILE
CONFIDENTIAL

Good food. Great people. A night to remember!

Bristol Dockyards

MA-AD
SCIENCE MAYHEM
26 SEP - 1 NOV

A SHAUN THE SHEEP
MOVIE CHALLENGE AT
BRISTOL DOCKYARDS
+HALLOWEEN OCTOBER HALF-TERM FUN!

sky original
Shaun the Sheep
THE BEAST OF MOSSY BOTTOM
IN CINEMAS SEPTEMBER 18

© 2015 AARDMAN ANIMATIONS LTD 2015

The poster features a dark, metallic background with a circular porthole. Inside the porthole, a sheep character (Shaun) is depicted as a mad scientist, wearing a white lab coat, orange gloves, and goggles. He is holding a round-bottom flask containing a bright pink liquid. The background around the porthole is dark with white lightning bolts. At the bottom left, there is a large orange flame-like shape. The text is arranged in a clear, bold, and playful font.

Shirehampton Social Club



Information and services for parents / carers

Dads Group

North Bristol Dads' Group

We are a dads' group in North Bristol which is run by dads in partnership with Family Help.

If you feel overwhelmed and want somewhere to vent, or want to talk to other dads in a similar position, or if you just want to meet new people and have chat over a cup of coffee!

We meet the 3rd Tuesday of every month at Henbury Library, 6pm-8pm and often organise activities. Feel free to pop along or scan the barcode below to register your interest.

3RD TUESDAY OF EVERY MONTH
6PM-8PM



AMBITION LAWRENCE
WESTON,
2 STILE ACRES, BS11 0PZ



North Bristol Advice Centre



Worried about money?

We are a local charity offering free and independent welfare benefits and debt advice

For North Bristol and South Gloucestershire



Ways to contact us:

Use our online form

www.northbristoladvice.org.uk/advice-tool/

Call from 10am to 4pm, Monday to Thursday,
on **0117 951 5751**

Email **team@northbristoladvice.org.uk**

Reception opening hours: **Monday – Thursday, 10am – 2pm**
2 Gainsborough Square, Lockleaze, Bristol BS7 9XA

www.northbristoladvice.org.uk

Registered Charity 1066921, Company number 3449469, Authorised and regulated by the Financial Conduct Authority FRN: 618812

Beezee Families

Looking for healthy after-school snack ideas?



**Beezee
FAMILIES**

We've got you covered!

Our free, Beezee Families healthy lifestyle programme can help your family make healthy habits.



Tuck into these healthy snacks:

- Two wholegrain crackers and tzatsiki
- Rice cakes or corn cakes
- Two crackers with a spread of low-fat cream cheese and cherry tomatoes
- Plain or Greek yoghurt and fruit
- 150ml homemade fruit smoothie
- Vegetable sticks (carrot/pepper/cucumber) with hummus
- Fruit kebabs



- Wholegrain toast with a thin layer of peanut butter
- Breadsticks
- Handful of dried fruit
- Dried apple slices (slice into 1/4 inch circles, bake at 200 degrees until dry)
- Handful of homemade popcorn
- Homemade fruit ice lollies
- Apple slices with peanut butter.



24-2313

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.



Healthy lifestyle support for families in Bristol

A healthy life is a happy life. We run free courses that help children and young people aged between 4 – 12 and their families make long-lasting healthy habits. Refer families to us for non-judgmental, friendly support - with programmes available in September, January and April.

How do our services help people?

- 12 weeks of free sessions for both children and parents
- Family-focused healthy lifestyle advice and support
- Online support sessions that make learning fun
- Advice from a personal nutritionist on WhatsApp
- Inspiration for quick and easy meals to cook together
- Weekly games and activities to get the whole family moving.



Two ways to attend

Online group session

- Families can join us for one hour every week for 10 weeks, plus two check-in calls
- They can learn from the comfort of their own home and join our WhatsApp group for even more support.

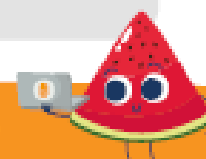
Learn online at their own pace

- Or families can get six months of Beezee Academy, our free online learning platform
- No classes or appointments so it can fit around their schedule.

Refer a family today:

☎ 03308 186 308

@ hellobristol@maximusuk.co.uk



For alternative formats, email: marketing@maximusuk.co.uk quoting 24-1977

Beezee
FAMILIES



Ready to have fun, play games,
and build healthy habits as a family?

Sign up to Beezee Families today for **FREE**, fun-filled, healthy lifestyle support. Our award-winning programme has helped hundreds of families, just like yours.

How can we help your family? By signing up you can:

Get expert support and practical tips from our nutritionists

Start making healthy lifestyle changes as a family

Discover delicious and nutritious meals

Find fun ways to get more active



Find support that works for your family



Log in for
10 weeks of
online group
sessions, plus 2
check-in calls



Learn at your
own pace by
enrolling onto
the Academy

You can get FREE goodies
during online group sessions



Sign up for your

FREE PLACE

today



bri.maximusuk.co.uk



hellobristol@maximusuk.co.uk



03308 186 308



Our online group programmes are for children above their ideal weight, see our website for more information.

24-0856

The Bridge Foundation

Feeling unsure of how to help your child?



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

We can help you move forward



Does this sound familiar?

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



We look beneath the surface

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



We support parents too

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



We tailor therapy to you

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

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

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



Changing lives for
over 40 years

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

Ready to take the next step?



Getting started is simple

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

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

“

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

www.bridgefoundation.org.uk | info@bridgefoundation.org.uk | Registered charity number: 1178918

EveryFAMILY

Makaton Taster Workshop

16th October 2026 9.30-11.30am

Join Jacqui from The Thinking Spot Early Education Consultancy, for a FREE Makaton Taster Workshop. Learn signs, symbols and practical vocabulary for everyday communication and to continue your Makaton journey.

Scan the QR code to book your place!



**The
Thinking
Spot**
Early Education Consultancy

everyFAMILY
empowering families for life

Brentry Lane,
Bristol,
BS10 6RG



Work Well West



Telephone 0117 922 3623 **Email** workwell@bristol.gov.uk

We are a service dedicated to supporting individuals facing health-related barriers to work.

This can include a wide range of situations: whether someone is currently in work and struggling, off sick, has left employment due to ill health, or is finding it difficult to secure work because of health challenges.

At WorkWell West, childcare and family responsibilities are often identified as key contributors to employment pressures. Many parents who access our service express a desire to return to work for the benefit of their children.

Our team of Work and Health Coaches offers personalised support, including guidance on employment rights, return-to-work planning, and access to local resources to help individuals achieve their goals.



SEND And You (SAY)



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:

support@sendandyou.org.uk

Or call us:

Phone number - 0117 992 6009



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 October Topic is Annual Review of an EHCP

The Annual Review is a legal process for checking a child or young person's progress towards achieving the outcomes in their EHCP. During the Autumn term there should also be a transition review for those moving between phases of education, so that the new educational placement can be decided before:

- 31 March if the transfer is from secondary school to a post-16 institution/ college
- 15 February if the transfer is from primary to secondary or early years to primary

On the year the child/young person is due to transition.
Scan the QR code to find out more...



Mindful Parenting & Community Project

Feel Good Fridays

Welcome to our monthly wellbeing sessions in Bristol, open to parents. Come along for some well deserved 'Me time' with delicious snacks from 10-12. Restful activities to restore and nourish.

First session is taking place on **Friday 9th October**, at the Roundhouse, Enter through the gate between 63-65 Blagrove Crescent, Hartcliffe, Bristol BS13 0DG.

Next session will be on **Friday 6th November**, at East Central Family Hub, Princes Street entrance, St Paul's, Bristol BS2 9JA

More dates to follow; please check on Eventbrite or contact us directly. These sessions are offered FREE to parents, you don't need to reserve a place via this link, or by scanning the QR code:

<https://www.eventbrite.com/e/feel-good-fridays-tickets-1999376578167?aff=oddtcreator>



Contact mpcp.bristol@gmail.com for more information if needed



[Feel Good Fridays - South Bristol Tickets, Friday, October 9 • 10 AM - 12 PM | Eventbrite](#)

Family Hubs



**Join our WhatsApp
Community to find out
what activities and
resources are available for
families in
North Bristol**

- No personal information needed except your WhatsApp phone number.
- Your phone number will not be visible to other members.
- Only admin of the WhatsApp Community can share content.
- Scan the QR code to receive up-to-date activities in your area.



<https://www.bristol.gov.uk/bristol-family-hubs>

Home Start & Dad Matters



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/>

"Thank you for everything that you have done for us, for taking us on when others wouldn't, for the chats, the wise words, the encouragement and showing me there is a way forward and a kindness out there" (mum of four after home visiting support)

Dad Matters

[Dad Matters Bristol and South Gloucestershire](#) supports dads and father figures to build strong, positive relationships with their babies and children from pregnancy onwards. The programme offers friendly, non-judgemental support, helping dads feel more confident in their role, improve their mental wellbeing, and strengthen family bonds. Through group sessions, outreach, and one-to-one conversations, Dad Matters works alongside local services to ensure dads are included, heard, and supported as an important part of their child's early development.

Groupwork

Best Start for Mums (formerly Mums in Mind)

This is a free peer support group for mums with children under 2 years who are feeling lonely or anxious, and who would like to connect to other mums in a similar situation. These groups have been developed in partnership with Family Hubs across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 9 sessions with a topic for discussion 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 groups are running termly in 3 locations across Bristol – Knowle, Barton Hill and Lawrence Weston. The next sessions start again in January. Please get in touch if you would like more information or to make a referral.

Twins and Multiples Drop in

Our Twins and Multiples Drop-In takes place on the first Friday of every month from 10:00–11:30am at Oldbury Court Children's Centre. This free, friendly and relaxed session is open to parents and carers of twins, triplets, and more, offering a chance to meet others who understand the unique joys and challenges of raising multiples. Families can connect, share experiences, and enjoy time together while children play. No booking required.

Boing! Drop in

Home-Start is currently running two free weekly drop-ins One at Boing! Inns Court as part of our South Bristol Project for families living in BS4, BS13 and BS14. And one at Boing! Lawrence Weston for families living in BS10 and BS11. Join us on Tuesdays from 9am–11am for play, connection, and support from our trained Home-Start staff and volunteers. This friendly and inclusive session offers a relaxed space for children to play and for parents and carers to meet others in the community. Please book your space via Eventbrite <https://www.eventbrite.co.uk/o/home-start-bristol-and-south-gloucestershire-74210028183>

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 or give us a call on 0117 950 1170

"I really enjoyed building a connection with the mums and children I meet – both in groups and individual home visits. It's incredibly rewarding. I have also enjoyed getting to know the staff and other volunteers."
Volunteer of three years.

We run training courses for volunteers 3 times a year. To find out when the next one starts go to <https://homestartbsg.org.uk/become-a-volunteer/> .

Because Childhood Can't Wait 