



May 2026 Family Help Bulletin

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

Hello and welcome to the May 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

Children Scrapstore

Family Fun Friday at Children's Scrapstore

Join us for Family Fun Friday on
May 29th 2026, 11am - 3pm
for fun and **FREE** family activities!



We will be running **drop-in creative activities**,
suitable for a **range of ages**.

Some activities will be running outside,
subject to change depending on weather.
Keep an eye on our social media for more
information soon!



Scrapstore House, 21 Sevier Street, St Werburghs, BS2 9LB
www.childrensscrapstore.co.uk 01179085644 Charity No: 1008788



May Half Term Programme 2026

Date	Time	Event	Session
Tuesday 26th May	10:15am - 11:30am	Under 5s	Taste Safe Messy Play
Tuesday 26th May	1:45pm - 3:00pm	Stay & Play	Messy Play For All
Wednesday 27th May	10:15am - 11:30am	Under 5s	Under 5's Messy Play
Wednesday 27th May	1:45pm - 3:15pm	Stay & Play	Space
Thursday 28th May	10:15am - 11:45am	Stay & Play	Imagination Machines
Thursday 28th May	1:45pm - 3:15pm	Stay & Play	Box Monsters
Friday 29th May	11:00am - 3:00pm	Families	Family Fun Friday
Saturday 30th May	10:15am - 11:45am	Stay & Play	Scrap Creations

Under 5s

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

Stay & Play

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

Families

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

To **book your place** on any of our events, or to find out more, please visit our website: www.childrensscrapstore.co.uk/events, or scan the QR code.





Super Saturday!

at Children's Scrapstore



Arts, Crafts, & Play in our Playroom

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.childrensscrapstore.co.uk/free-events



Join us on
Saturday 6th
June 2026!



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TASTE SAFE MESSY PLAY

EVERY TUESDAY & WEDNESDAY

10:15am - 11:30am



📍 21 Sevier St, St Werburghs, BS2 9LB

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

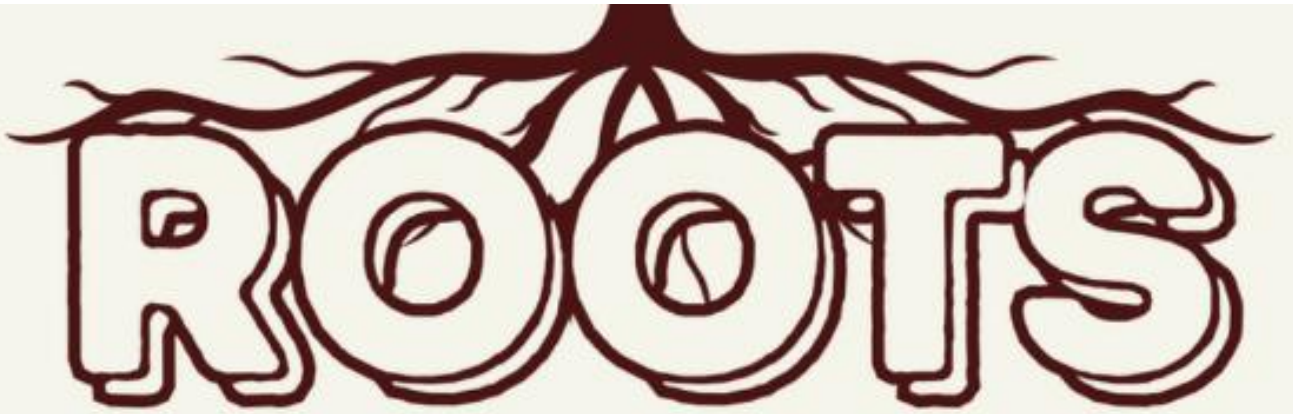


**Children's
Scrapstore**

No: 01179085645
Book Online:

www.childrenscrapstore.co.uk/events
Registered Charity Number: 1008788uk

Branch Community Church: Roots



Branch

COMMUNITY CHURCH

AFTER SCHOOL CLUB

FUN WITH YOUR FRIENDS!

**GAME CONSOLES, CRAFTS, GROUP
GAMES AND MORE!**

Tuesdays 4-5.30pm

term time only | Year 5-7



To book your place

Branch Community Church

Satchfield Crescent, Henbury, BS10 7BN

info@branchcommunity.church



Beezee Families



We're here to help your family
make healthy habits fun

Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our group online sessions start on:

Date: Week commencing 11th May 2026

Time: 5.30pm/6.30pm



Sign up for your
FREE PLACE today

@ hellobristol@maximusuk.co.uk

☎ **03308 186 308**



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

24-0841

Lockleaze Climate & Nature Festival



LOCKLEAZE CLIMATE & NATURE FESTIVAL



SATURDAY 6TH JUNE • 1:30 PM – 5PM
THE HUB + GAINSBOROUGH SQUARE



DJ K ANTHONY
CEILIDH • FILMS • PICNIC

2:30PM: FANCY DRESS COMPETITION

3:00PM: FLOWER POWER BEE PARADE
WITH LOCKLEAZE YOUTH CLIMATE ACTION



STALLS:

**HORFIELD GREENARY • DR BIKE
ARTISTS • COMMUNITY GROUPS
KIDS ACTIVITIES • AND MUCH MORE**

Volunteers needed! Contact reallywild@lockleazent.co.uk
Think green: Why not bring your own cup or travel by foot/bike?



Fearless



www.fearless.org

What is Fearless?

We know it's difficult to speak up about crime – so we've tried to make it easier for young people to share what they know and help keep our communities safe.

'If you have information about crime, such as a drug dealer or someone who is exploiting young people , or you know someone who is carrying a knife? you can give that information to us – 100% Anonymously via www.fearless.org/en/give-info This means that no one will know you gave us the information. We pass that information on to the police so that we can all help create the type of communities that are safe for everyone. You can also get information about what to do if you think you are involved in crime or a victim of crime and want help'

Talking Therapies



Friday 24th April 2026



Bristol, North Somerset & South Gloucestershire Talking Therapies

VCSE BULLETIN

Patient satisfaction:

77%

Referral to assessment:

~ 34 days

Reliable improvement:

73%



Bulletin Spotlight: Monthly Drop-ins across Bristol, North Somerset & South Gloucestershire



Email BNSSGPartnerships@vhg.co.uk for more information

We have many 10 monthly drop-in sessions across BNSSG:

Bristol:

- Knowle
- Hartcliffe/Withywood
- Hillfields
- St Pauls
- Horfield

North Somerset:

- Nailsea
- Weston-Super-Mare
- Pill

South Gloucestershire:

- Kingswood
- Lockleaze

Our partnership officers can help patients refer into NHS Talking Therapies, give more information and assist with any problems.

Please check our [website](#) for dates, times and locations

Referral Process:

- Limbic referral via website
- Professional referral form
- Call 0333 200 1893

Self-referral - Quickest referral

Inclusion criteria

- 16+
- GP in BNSSG
- Common low-moderate mental health problem
- Low risk
- Ready to engage
- Can focus on one specific problem

Exclusion criteria

- High risk to self or others
- Presenting in crisis
- Open to PCLS
- Secondary or severe mental health needs
- Not ready or willing to engage
- Situational/practical needs
- Substance misuse, psychosis, eating disorders

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**



SAY: SEND AND YOU



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 Transitions for Children and Young People with SEND

This series aims to help parents and carers to prepare for transitions such as moving between phases of education or settings. It contains impartial information based on SEND Legislation and Statutory Government Guidance on the duties on Local Authorities in supporting you and your child at these times as well as practical tips on things you may find helpful.

Scan the QR code to find out more or visit:
<https://www.sendandyou.org.uk/transitions-for-children-and-young-people-with-send/>



Our telephone number has changed!

From 1 April 2026, our Information, Advice and Support Line has 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/>



Mindful Parenting & Community Project



Managing Conflict in the Family

Mindfulness tools for calmer,
more connected parenting

Online Workshop

Friday 8th May 9:30 - 11am

and

Wednesday 20th May 6-7:30pm

Via Zoom

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>

For more info:

www.mpcp.info

mpcp.bristol@gmail.com | 07949 399533



<http://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-1980949798172?aff=oddtcreator>

Nacooa



Providing information, advice and support
for everyone affected by a parent's drinking

FREE Helpline 0800 358 3456
helpline@nacooa.org.uk

Patrons: Tony Adams MBE • Rt Hon Jonathan Ashworth • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell Geraldine James OBE • Sophie K Cherie Lunghi • Elle Macpherson • Jerry Moe • Vicky Pattison • Suzanne Stafford CQSW
Camilla Tominey • David Yelland

Nacooa (National Association for Children of Alcoholics)

Nacooa (National Association for Children of Alcoholics) addresses the needs of children growing up in families where one or both parents suffer from alcoholism, this includes children of all ages, many whose problems only become apparent in adulthood.

Nacooa's aims are: -

1. To offer information, advice and support to children of alcohol-dependent parents
2. To reach professionals who work with these children
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Nacooa's free, confidential telephone (0800 358 3456) and email helpline (helpline@nacooa.org.uk) is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking.

Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacooa's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences (www.nacooa.org.uk), FAQs, resources and research
- COAisathing.com community blog site
- Information packs
- Publications for a range of ages, situations and professions
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experience of children affected by parental drinking
- Media and social media advocacy
- Parliamentary representation for children affected



Free Helpline: 0800 358 3456
helpline@nacooa.org.uk



@NacooaUK



The National Association for Children of Alcoholics (Nacooa)
PO Box 64, Bristol, BS16 2UH

Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacooa.org.uk
Web nacooa.org.uk
Socials @nacooaUK



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 May. 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 a free weekly drop-in at Boing! Inns Court as part of our South Bristol Project, and we welcome families living in BS4, BS13 and BS14 to join us on Tuesdays from 9am–11am for play, connection, and support from our trained Home-Start staff and Community Ambassadors. 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.

Our next course is running from 30th April every Thursday for 4 weeks 9:30-2:30 at The Greenway Centre in Southmead.

Because Childhood Can't Wait 

Free Home Fire Safety Visits



AVON
FIRE & RESCUE

www.avonfire.gov.uk

Free Home Fire Safety Visits

Avon Fire & Rescue Service offers free home fire safety visits to help keep you, your family, and your home safe. During the visit, our trained staff will give you practical advice on preventing fires and what to do in an emergency. The service – and any equipment we provide – is completely **free of charge**.

A home fire safety visit covers:

- What to do if a fire breaks out
- Cooking and electrical safety tips
- How to plan and practice an escape route
- Creating a safe night-time routine



AVON
FIRE & RESCUE



@AvonFireRescue

North Bristol Advice Centre



North Bristol
Advice Centre

**Free and independent
advice and support**
For North Bristol and
South Gloucestershire

- ▶ Welfare Benefits
- ▶ Universal Credit
- ▶ Debt Advice
- ▶ Appeals and representation
- ▶ Help to Get Online

**Enquire using our Advice Tool at
www.northbristoladvice.org.uk**
Or call 0117 951 5751
Registered Charity number: 1066921



Community Learning West



Gardening / landscaping .

**Every Thurs for 6 weeks from 4th June – 9th July
1.30pm – 4pm.**

**Venue: Buzz Community Garden, Gainsborough
Square, Lockleaze, BS7 9XA**

This course involves clearing the land and laying planters alongside some landscaping. This is an addition to compliment & develop the existing Buzz Community Garden and increase the scope of this therapeutic community resource.

You will learn or develop skills in landscaping, designing raised flower beds, mapping bed layout etc.

Contact email Colin.young@bristol.gov.uk Phone: 07901 236 435

Eligibility: Earn under £24,700, are aged 19+, have no or few qualifications,.



**COMMUNITY
LEARNING**

communitylearningwest.net
lctinfo@bristol.gov.uk
01172 510230

**WEST OF
ENGLAND**
Combined Authority

Bristol Family Hubs



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:



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

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



www.bit.ly/BristolParentingGroups

Foodbanks

Could you help us?



We are currently looking for **new volunteers** to help us keep things ticking at North Bristol and South Glos foodbank!

Our local sites: Horfield, Lockleaze, Southmead, Redcliffe and Stokes Croft

Volunteering hours: between 9 and 5, Tuesday - Friday

If you might be interested, please email volunteering@nbsg.foodbank.org.uk or follow:

