



March 2024 Families in Focus Bulletin - Part 1

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

Hello and welcome to the March information and Services Bulletin from the North Bristol Families in Focus 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 Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus 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

2Wish: Support for those affected by sudden death in young people



What can we do to help?

Immediate Support

2wish offer immediate support after the sudden and unexpected death of a child or young person aged 25 years and under. With consent, a professional will inform the charity, pass on your details and you will be contacted within 48 hours of the referral by an Immediate Support Coordinator. When making the initial telephone call, the Immediate Support Coordinator will arrange a home visit as soon as possible and provide memory boxes where required. Our support coordinators are there to help you understand the procedure following a sudden child death, provide emotional support and help in any way they can through the initial stages of your loss.

Ongoing Family Support

Once the immediate support comes to an end, your Immediate Support Coordinator will inform you about other services 2wish offer and the ways in which you can access ongoing support. The ongoing support is not time limited, allowing access in your own time, to support you and your individual needs.

We do not put a timeline on grief and our service can be accessed at any time. The death of your loved one may have happened some time ago and support was not offered at that time, or you did not feel ready to access available services. Whatever the reason, 2wish will support anyone affected by the sudden death of a child or young person whether the death happened yesterday, or twenty years ago.

Counselling

Counselling doesn't aim to hurry the process along; it supports people as they grieve, in their own way and in their own time. 2wish provide funded sessions of 1:1 counselling with a local, qualified, BACP registered counsellor. You can access this service as an individual, a couple, or as a young person. We can also offer counselling sessions online or over the phone if preferred. We are very much person-led and let you guide the way, providing support that is right for you, when you are ready.

Support for Children and Young People

2wish offer support for any child or young person following the sudden and unexpected death of a child or young person aged 25 years and under. We understand that sometimes young people feel isolated in their grief and may struggle with difficult emotions or feel alone. We offer a safe space for them to speak privately with one of our friendly team about their feelings, emotions, and anything else they wish to talk about.

We hold support events giving children and young people the opportunity to enjoy new experiences in a safe environment and meet others who have experienced a similar loss. We also help schools, colleges and universities with bereavement support which can be provided through bespoke workshops, group, and individual sessions.





Parent Support Pathway

2wish offer a pathway to guide and empower parents when supporting a bereaved child. The pathway is facilitated by specialised child and young person counsellors. They will offer bespoke advice and support to help parents and carers understand and identify the individual needs of their bereaved child. The support available will be age appropriate and may include Play Therapy and Young Person Counselling.

Play Therapy

Play Therapy is a form of psychotherapy that uses play to help children deal with emotional and mental health issues. By using play and creative techniques, children are able to explore their feelings and thoughts and begin to process and understand muddled feeling and upsetting events. Play Therapy is suitable for children aged 4-12 years old. All of our Play Therapists are BAPT or PTUK registered.

Complementary Therapy

2wish offer complementary therapies like reflexology, aromatherapy massage and Yoga. All are proven to have calming, soothing, and rebalancing benefits, effective for treating stress, anxiety, and insomnia. Complementary therapies can be used solely or combined with counselling.

Focus Support Groups

Focus Support Groups are closed groups facilitated by two qualified and registered counsellors. The focus groups bring together a small group of bereaved family members who have lost their loved one in a similar way. The focus is on group talking, sharing and helping each other to process and understand their

loss within a safe environment. Topics include, triggers, physical aspects of grief and continuing bonds. The friendships that often form from these groups offer peer support and comfort to those who can relate to each other's experiences.

Support Events

Regular support events are held throughout the year. They are tailored for Mum's, Dads, siblings, extended family, and friends. Our events offer the opportunity to enjoy new experiences whilst coming together with others who understand the journey of bereavement and loss.

Support for Professionals and Witnesses

We offer immediate and ongoing confidential support for professionals and witnesses who have been affected by the sudden and unexpected death of a child or young person. Our support includes counselling, complementary therapy and debrief sessions that fit alongside work commitments and daily life.

Ty Uchaf

Ty Uchaf is a beautiful respite cottage situated just south of Caernarfon in North Wales, less than 30m from the beach. The cottage is available for families, professionals, and others to have quality time away to rest, reflect or reconnect. Guests can choose to engage in local attractions, or simply appreciate the natural beauty of their surroundings, spending quality time with loved ones, or much-needed time alone.



Making the first step is always the hardest

Facebook Group

2wish run a closed group specifically for the families we support who have experienced the sudden loss of a child or young person. The group is private and can only be accessed by members.

You can access the group by searching '2wish - Families' and requesting access to the group, which will be reviewed by a member of the 2wish support team.

2wish Blog – 'The elephant in the room'

Our journal of grief and loss – this collaborative blog is written by anyone in our community who finds comfort in the cathartic act of writing about their own experiences of grief and loss. The blog aims to provide a sense of belonging to those with shared experience, who live the pain of losing a child or young person every day.

Please let us know if you would like to contribute to our blog, we welcome all entries which can be credited to each author or anonymised upon request.

Contact us

If you feel you would like further support or information about the services we offer, please call or email:

support@2wish.org.uk

01443 853125

www.2wish.org.uk

Registered charity in England and Wales
Charity number: 1168140



Information and services for parents / carers

Nacoo



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

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

Patrons: Tony Adams MBE • 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

Nacoo (National Association for Children of Alcoholics)

Nacoo (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.

Nacoo'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

Nacoo's **free, confidential telephone (0800 358 3456) and email helpline (helpline@nacoo.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.

Nacoo's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences (www.nacoo.org.uk), FAQs, resources and research
- COAsathing.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@nacoo.org.uk



@NacooUK

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

Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacoo.org.uk
Web nacoo.org.uk
Socials @nacooauk



Mindfulness for Parents of SEND Children

Mindfulness for Parents of SEND Children



Pause • Soften • Connect • Be

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

This ten-week course allows parents to notice how you habitually react when under stress and how practising mindfulness techniques can help you to regulate your emotions more effectively, including becoming more resilient during stress. Therefore, you will become more able to pause, soften, connect with your breath and be in the moment with whatever difficulty that may be here. And then to respond more calmly and appropriately.

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

Mindfulness for Parents/Carers supports you to:

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

Online Mindfulness for Parents of SEND Children:

Day: Fridays 9.30 am - 12 noon

Dates: 3rd May - 12th July 2024 (Term time only)

Via: Online Zoom

Cost: FREE

Book: Call Claire-Louise on 07949399633

Contact: mpcp.bristol@gmail.com

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



NHS Talking Therapies



**Bristol, North Somerset &
South Gloucestershire
Talking Therapies**


**Are you feeling low, worried
or stressed?
We are here to help you**

At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in Bristol, North Somerset and South Gloucestershire we can support you by providing the tools you need to get life back on track.

**Contact us
today - it is a FREE
and confidential
service.**

 vitahealthgroup.co.uk

 0333 200 1893

 Text 'YOU' to 88802

**Scan to
self refer**



Service provided by



Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.



Contact us today - it is a FREE and confidential service.



vitahealthgroup.co.uk



0333 200 1893



Text 'YOU' to 88802

Scan to self refer



Making People Better in Bristol, North Somerset and South Gloucestershire

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

Solihull Approach – Parenting Courses

Free online Solihull Approach parenting courses for Bristol parents and carers from antenatal to 19+y which can be found by following links on the Family Hub webpage.

Courses include Understanding Your Child: from Toddler to Teenager, Understanding your Child with Additional Needs, Understanding your Child's Mental Health and Wellbeing, Understanding Your Teenager's Brain...plus many others. There are also resources for teens and adults too.

The Understanding Your Child course (as well as some others) is also available translated into Bulgarian, Modern Standard Arabic, Polish, Simplified Chinese, Somali, Spanish, Urdu and Welsh.

Parents and carers will be directed to input the Bristol access code (GROWING) and then be redirected to a page asking for some basic details and to create a password to access the courses online.

inourplace.co.uk/bristol/

Children's Scrapstore: Easter Holiday, Avonmouth



EASTER HOLIDAY OPEN ACCESS PLAY SESSIONS

led by Children's Scrapstore

What is open access? Children are free to come and go as they please so they need to be responsible for themselves.

Children aged **8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

Fully funded lunch will be provided for children

**FREE
10:30AM - 2:30PM
EASTER HOLIDAYS**

Week 1 - Make your own fidgets!
Week 2 - Make your own puppets!

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

NO BOOKING REQUIRED

**WEDNESDAYS
AVONMOUTH
COMMUNITY CENTRE
ASSOCIATION,
257 AVONMOUTH ROAD**

playteam@childrensscrapstore.co.uk
for more information



PLAYFUL
BRISTOL



Children's Scrapstore: Open Access , Avonmouth

FREE

OPEN ACCESS PLAY SESSIONS

led by the Children's Scrapstore and Oasis

What is open access? Children can **come and go** as they please so they need to be **responsible for themselves** or **be with their adult**. Children **aged 8 and over** can **come on their own** if they are allowed out unsupervised.
Under 8's need to have an adult with them

EVERY WEDNESDAY

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

3:30PM - 5:30PM
TERM TIME

10:30AM - 12:30PM
HALF TERM HOLIDAYS*

10:30AM - 2:30PM
EASTER / SUMMER HOLIDAYS*

Avonmouth Community Centre Association
257 Avonmouth Road

*Funded lunch for children provided in holiday sessions
Contact: playteam@childrensscrapstore.co.uk
No booking required

Avonmouth Community Centre
Oasis
Children's ScrapstCre
PLAYFUL BRISTOL

Children's Scrapstore: Easter Holiday, Lawrence Weston



EASTER HOLIDAY OPEN ACCESS PLAY SESSIONS

led by Children's Scrapstore

What is open access? Children are free to come and go as they please so they need to be responsible for themselves.

Children **aged 8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

Fully funded lunch will be provided for children

**FREE
10:30AM - 2:30PM
EASTER HOLIDAYS**

Week 1 - Make your own fidgets!
Week 2 - Make your own puppets!

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

NO BOOKING REQUIRED

**TUESDAYS
PARK BY BMX TRACK
LAWRENCE WESTON,
BS11 0EZ**

**THURSDAYS
BEVERSTON GARDENS,
LAWRENCE WESTON,
BS11 0SB**

playteam@childrensscrapstore.co.uk
for more information



PLAYFUL
BRISTOL



Children's Scrapstore: Easter Holiday, Oldbury Court



EASTER HOLIDAY OPEN ACCESS PLAY SESSIONS

led by Children's Scrapstore

What is open access? Children are free to come and go as they please so they need to be responsible for themselves.

Children aged **8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

Fully funded lunch will be provided for children

FREE
10:30AM - 2:30PM
EASTER HOLIDAYS

Make your own puppets!
Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

NO BOOKING REQUIRED

MONDAY 8TH
APRIL
GREEN SPACE OUTSIDE
OLDBURY COURT
CHILDREN'S CENTRE,
BS16 2QS

playteam@childrensscrapstore.co.uk
for more information



Supporting Independent Living



Children's Scrapstore: Open Access Play Sessions, Lawrence Weston



The poster features a blue border and a white background. At the top left is the 'PLAY RANGER' logo, which includes a pink paint splatter and a blue baseball bat. To the right of the logo is the main title 'OPEN ACCESS PLAY SESSIONS' in large, bold, black letters, with two birds flying above it. Below the title is the text 'led by the Children's Scrapstore'. A paragraph explains 'What is open access?' and provides details about age requirements and supervision. Two teal boxes on the right specify the days and locations: Tuesdays at Park by BMX Track and Thursdays at Beverston Gardens. An orange box on the left lists the times for term time, half term, and easter/summer holidays. A yellow starburst at the bottom left says 'FREE'. The bottom section includes contact information, logos for Bristol City Council, National Lottery Funded, and Playful Bristol, and a silhouette of a child performing a handstand.

PLAY RANGER

OPEN ACCESS PLAY SESSIONS

led by the Children's Scrapstore

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult. Children aged **8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

3:30PM - 5:30PM
TERM TIME
10:30AM - 12:30PM
HALF TERM HOLIDAYS*
10:30AM - 2:30PM
EASTER / SUMMER HOLIDAYS*

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

TUESDAYS
PARK BY BMX TRACK
LAWRENCE WESTON,
BS11 0EZ

THURSDAYS
BEVERSTON GARDENS,
LAWRENCE WESTON,
BS11 0SB

FREE

Contact:
playteam@childrensscrapstore.co.uk
(No booking required)

Children's Scrapstore

BRISTOL CITY COUNCIL

NATIONAL LOTTERY FUNDED

PLAYFUL BRISTOL

*Funded lunch for children provided in holiday sessions

Children's Scrapstore: Open access play sessions, Oldbury Court



PLAY RANGER

OPEN ACCESS PLAY SESSIONS

led by Children's Scrapstore with LPW and Wecil

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult. Children aged **8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

EVERY MONDAY*
3:30PM - 5:30PM
TERM TIME
10:30AM - 12:30PM
HALF TERM HOLIDAYS*
10:30AM - 2:30PM
EASTER / SUMMER HOLIDAYS*

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

No booking required

FREE

Green space outside Oldbury Court
Children's Centre, BS16 2QS

Contact: playteam@childrensscrapstore.co.uk
*Except bank holidays. Funded lunch for children provided in holiday sessions

Children's Scrapstore | EBCC | LPW | BRISTOL PLAYFUL BRISTOL | WECIL Supporting Independent Living

After-school Teatime Club at the Farm



**After-School Teatime
Club at the Farm**

Come cook and enjoy an after-school meal
together as a family

**Every Wednesday in term time
3:30-5:30pm**

Fully funded - free of charge
At Lawrence Weston Community Farm

**For families living in Lawrence Weston
with children of any age**

Request your family's space here:
<https://bit.ly/TeatimeClub>

**Starting Weds 17 April
in 6-week blocs**

This Project is part of the Shaping Places for Healthier Lives programme supported
by the Health Foundation in partnership with the Local Government Association.



EveryFamily: Easter Holiday Hangout



FREE

Active, fun & creative activities for children aged 5-11 years who are entitled to free school meals

everyFAMILY
EASTER
HOLIDAY HANGOUT

09:30 - 13:30

INCLUDES FREE BREAKFAST & LUNCH

DATES:

- 2nd 3rd, 4th April
- 9th, 10th 11th April

ACTIVITIES:

- Trips such as indoor climbing and Bristol Zoo Project
- Activities focus on being active & healthy
- Indoor and outdoor space for children to have fun, be creative and keep active

BOOKING ESSENTIAL
SPACE IS LIMITED

BOOK NOW 



Brentry Lane, BS10 6RG
For more info:
call 0117 9593800

Funded by: Holiday Activity & Food Programme (HAF) by The DfE

Mothers for Mothers: Parent & Infant Art Therapy Group

MOTHERS FOR
MOTHERS

CHLOE SPINDLOVE
LEAD ART PSYCHOTHERAPIST &
THERAPY COORDINATOR

PARENT & INFANT ART THERAPY GROUP

SCHEDULE FOR NORTH BRISTOL CHILDRENS CENTRES - 2024

Sessions take place on Wednesdays 1-2:30pm, with a total of 8 sessions

Avonmouth Childrens Centre
Catherine Street, BS11 9LG
17th January-6th March 2024

Filton Avenue Children's Centre
Filton Avenue Nursery School and
Children's Centre, Blakeney Rd,
BS7 0DL
27th March-15th May 2024

Filton Avenue Children's Centre
Filton Avenue Nursery School and
Children's Centre, Blakeney Rd,
BS7 0DL
29th May-17th July 2024



If you are interested

Contact us at:

therapy@mothersformothers.co.uk OR 01179359366

Before we can offer you a place in the group, we will arrange a time to speak and think about whether you feel this group is right for you, and your needs, hopes and expectations.
Infants need to be aged between 3months-24months



Helpline: 0117 9359366

SEND and you: SAY SENDIASS

SEND And You SENDIAS Service (SAY SENDIASS) March - April 2024 News



Welcome to our new Head of Service!

Flo Weston started with the induction period of her new role on the 11th of March and will be observing and joining meetings from now on.

General SAY News

We are aware of **enquiries about suspensions and exclusions**. Our information about these topics can be found in our [SAY Suspensions and Exclusions toolkit](#) and watch a [recording on exclusions on this webpage](#).

SAY [Information Series](#) Topics (on our website and social media) for parents and professionals

March – Tribunals. You can see the information [HERE](#).

April – Reasonable Adjustments. Find information [HERE](#).

SAY [Resources](#) for parents and professionals

Reasonable Adjustments – find out more [HERE](#).

One-page Graduated Approach can be found [HERE](#).

SAY Ways for Parent carers to Access SENDIAS Service 1-hour online Information Sessions

Free one-hour online sessions on different topics are available for parent carers to join free. Booking is essential.

26 March – Naming a School in your EHCP. Book a place [HERE](#).

25 April – Applying for an EHCP. Book a place [HERE](#).

Bookable Appointments for Existing SAY users

◆ *Please be aware* ◆ *Anyone who has not used SAY SENDIASS the last 6 months is considered a new service user.*

We offer **30-minute bookable PHONE appointments** to our **existing service users**.

These are on offer **Monday-to-Friday** from **10am until 1pm**.

Additionally, there is a **Thursday Twilight Session** available from **4pm-to-6pm**.

Book a free place [HERE](#).

SAY Young People Work

Find out about SAY's [0-25-Virtual-Hub](#) [HERE](#).

First time Users can get in touch with SAY by scanning the QR code below

Contacting SEND and You:

If you have not contacted us before, or not for at least 6 months – please complete our contact form as a first step. This will allow us to best respond to your enquiry.

Visit our website for ways to contact us <https://www.sendandyou.org.uk/contact-us/>
Or Scan the QR Code Below



If you have contacted the service more recently, or if you are having trouble completing the form, you can still contact us in the following ways:

Phone our Information, Advice & Support (IAS) line – 0117 9897725

By email on support@sendandyou.org.uk

We will respond within 3-5 working days.



Free Online Safety Conference



CLIFTON  COLLEGE

Free Online Safety Conference

The Redgrave Theatre, Clifton
09:00-13:00 | Friday 7th June

The conference aims to help you understand the importance of effective online safety measures, practical solutions, trends amongst children and young people, the law and protecting yourselves as professionals.

The conference is designed to support those working with children and young people:

- Designated Safeguarding Leads and Deputy designated safeguarding leads
- E-Safety Officers and Online Safety Leads
- Teachers
- Youth Workers
- Pastoral Leaders
- Mentors

With expert speakers from:
Avon and Somerset Police, YGAM and the South West Grid for Learning.



Scan to find out more and book your place

Women's Work Lab



Women's Work Lab

In partnership with



Mums! Ready to join our hive?

Our powerful programme is created by mothers, for mothers. Join the community of women at our hive where we give you the tools, techniques and work experience to rediscover employability skills and explore your path so you can find work that works for you and your family.



Our Bristol programme is held at:
**Nelson Trust, Ground Floor,
Protheroes House,
Denmark Street,
Bristol, BS1 5EJ**

**Apply today at
www.womensworklab.co.uk**

Find out more by getting in touch with Sophia, our Marketing Coordinator:

✉ sophia@womensworklab.co.uk
☎ 07300840732

Starts: Tues 23rd April

Ends: Wed 10th July

Every Tues & Wed 10am - 1pm except half term

All travel expenses are covered. Open to mums ages 19+ (no upper age limit) who are not working and in receipt of benefits.

