



East Bristol Children's Centres

OLDBURY COURT



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0117 3532899

BROOMHILL



Fermaine Avenue
BS4 4UY
0117 3534276

ST ANNE'S PARK



Lichfield Road
BS4 4BJ
0117 3773189

SPEEDWELL



Speedwell Road
BS5 7SY
0117 9030329



Everyone is welcome to access all services across all of our sites

eastbristol.childrenscentres@bristol-schools.uk

www.eastbristolchildrenscentre.co.uk



Facebook: [eastbristolchildrenscentres](https://www.facebook.com/eastbristolchildrenscentres)

To keep up to date with each of our session please follow our Facebook page.

'Helping children and families be the best they can be'

Contents

This document is for professionals only. The details of some courses are confidential. Please refer to our timetable, website or Facebook for families.

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What is a Children's Centre?

- Children's centres are based within communities and act as a 'hub' of support for families and their children from pre-birth – school age
- Children's centres provide a range of high quality services based upon health and wellbeing, family support and advice as well as early learning and childcare services for local families
- They are usually sited on or close to a primary school wherever possible

Our Core Purpose

The core purpose of children's centres is to improve outcomes for young children and their families, with a particular focus on families in greatest need of support, in order to reduce inequalities in:

- Child development and school readiness
- Parenting aspirations, self-esteem and parenting skills and
- Child and family health and life chances

Universal Services

Universal services are activities accessible for the whole community including; Stay and Play, Rhyme Time, coffee mornings, Baby Building Blocks, DragonBird Theatre etc.

Universal services are an open gate way for families to access their local community with an aim to reduce isolation and promote cohesion.

Universal services are usually flexible, non-commitment and ran by family support workers.

Targeted Services

Targeted services are aimed at a specific audience and have an intended outcome. They serve a wide community, however are aimed at a specific need. Targeted groups usually run for a set period of weeks and require booking on, although not all.

Examples; Antenatal clinics, family wellbeing hubs, SALT drop ins, Breastfeeding Support, Weaning Workshops, parenting programmes – Circle of Security, Nurturing Programme, Incredible Years, Parent Gym, Rock-A-Bye, Infant Massage and New Parent groups.

Some of our groups are **confidential** and not advertised to protect and safeguard families including; Freedom programme and Recovery Toolkit which operate across the city. Please do not circulate this document to families that you are working with.

Circle of security

Circle of Security Parenting is:

- Circle of Security parenting (COSP) is a parent-reflection programme aimed at families with children 2 months – 6 years
- The course content is relevant for **all ages** however we know the real gap in parenting programmes are 0-2 years
- This course offers relationship tools to provide a new way of understanding children's needs with an aim to create lasting security of children and more satisfaction in parenting
- We provide parents with a user friendly map of attachment theory which we call '**The Circle of Security**' the 'circle' is used to help parent's to know what to look for so that they can be guided to meet children's needs
- The programme presents video examples of secure and problematic parent-child interaction, healthy options in parenting and animated graphics designed to clarify principles central to the circle of security
- We aim to create a holding environment or secure base from which the parents can explore their parenting as well as their childhood experiences
- We aim to help parents to develop their observational skills to read and respond to their children's cues (often subtle and misleading)
- We aim to develop a process of reflective dialogue in the group – a skill that the parent can then use internally: this process is viewed as the central dynamic for change
- To support the parent's empathetic shift from defensive process to empathy for their children

How sessions run:

- Each group will run for an hour and a half, once a week, for 8 weeks
- Each group is run by trained facilitators from children's centre/PIMHS team
- We hope for between 8-12 learners in each group
- Parents are welcomed to group and offered hot and cold drinks, as well as snacks throughout each session
- The course is run with a crèche alongside to support parents to attend, however it is on a first come first served basis

How to book:

- Professionals will need to complete a short referral with families (please find attached)
- Parents can self-refer by contacting any of our East Bristol Children's Centres sites
- Crèche is provided on a first come first served basis and spaces are limited, so need to be booked weekly. Please always let us know if you do not need a booked crèche space
- More information available from trained facilitators: Anna Maynard and Michelle Powell
Phone: 0117 377 3189 or Email: eastbristol.childrenscentres@bristol-schools.uk

The Nurturing Programme

The Nurturing Programme is:

- A 10 week parenting course facilitated by two Family Support Practitioners within children's centres and linked settings. Suitable for parents with children aged 2-11
- The course will give parents the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop
- "The Nurturing Programme is the approach that is designed to provide adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships"
- "Evidence based, monitored and evaluated to improve parent / child relationships and to make a positive difference"
- "A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel"

How sessions run:

- Sessions are two hours each and run for 10 weeks consecutively during term time only
- The course is run with a crèche alongside to support parents to attend
- Parents are welcomed to group and offered hot and cold drinks, as well as snacks throughout each session
- Sessions include group discussions, experience sharing, fun activities and reflection opportunities
- What does it cover? Over the 10-week Programme, you will look at lots of different topics, including: Understanding why children behave as they do, Recognising the feelings behind behaviour (ours and theirs,) Exploring different approaches to discipline, Finding ways to develop co-operation and self-discipline in children, Learning the importance of looking after ourselves

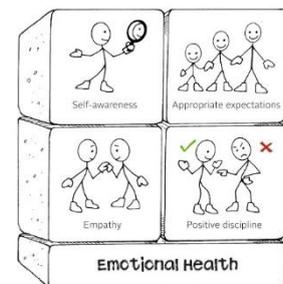
Feedback from parents attending previous courses:

"I felt comfortable every session, staff and attendees were so respectful and kind"

"I feel like I am more calm at home"

"The new tools I've learnt have been really great"

"I have begun to enjoy time with my child"



How to book:

- Parents can book to join The Nurturing Programme at East Bristol Children's Centres. Professionals may also refer families
- Crèche is provided on a first come first served basis and spaces are limited, so need to be booked weekly. Please always let us know if you do not need a booked crèche space
- More information available from trained facilitators: Anna Maynard, Katie Parker, Alicia Myrie, Jennie Lovegrove, Michelle Powell and Ella Vickery
Phone: 0117 377 3189 or Email: eastbristol.childrenscentres@bristol-schools.uk

The Nurturing Puzzle

The Nurturing Parenting Puzzle is:

- A four week parenting course facilitated by two Family Support Practitioners within children's centres and linked settings. Suitable for parents with children aged birth – five
- The course will give parents the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop
- “The Nurturing Programme is the approach that is designed to provide adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships”
- “Evidence based, monitored and evaluated to improve parent/child relationships and to make a positive difference”
- “A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel”

The course covers:

Workshop 1) Understanding children's behaviour, Listening and communicating, Praise and encouragement

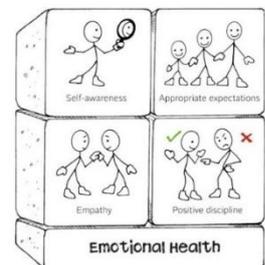
Workshop 2) Praise and guidance VS Criticism, Child-led play and positive moments

Workshop 3) Boundaries and parenting Styles, Time to calm down, Dealing with stress and conflict

Workshop 4) Choices and consequences, Behaviour to ignore, Putting the puzzle together, Looking after ourselves

How sessions run:

- Sessions are two hours each and run for 4 weeks consecutively during term time only
- The course is run with a crèche alongside to support parents to attend
- Parents are welcomed to group and offered hot and cold drinks, as well as snacks throughout each session
- Sessions include group discussions, experience sharing, fun activities and reflection opportunities



How to book:

- Parents can book to join The Nurturing Programme at East Bristol Children's Centres. Professionals may also refer families
- Crèche is provided on a first come first served basis and spaces are limited, so need to be booked weekly. Please always let us know if you do not need a booked crèche space
- More information available from trained facilitators: Anna Maynard, Katie Parker, Alicia Myrie, Jennie Lovegrove, Michelle Powell and Ella Vickery
Phone: 0117 377 3189 or Email: eastbristol.childrenscentres@bristol-schools.uk

Parent Gym

Parent Gym is:

- An opportunity for parents to sign up 6 free workshops with each session lasting 2 hours
- A chance to meet up with other parent's and find out how to; have happier more confident children, get your children to open up and talk more and feel calmer and have more fun time with your family

The course covers:

Week 1: Chat: Talking and listening to your child in a positive way every day

Week 2: Love: Getting the right balance of closeness and independence

Week 3: Behave: Bring calm to your family with rules and routines that work

Week 4: Care: Keep yourself and your family healthy and happy

Week 5: Discover: Help develop healthy learning habits with your child

Week 6: Together: Keep your family feeling happy, supported and loved

Each session has a number of simple 'missions' parents can choose to sign up to, to focus on over the week and then feedback.

A mission is a task/challenge/idea which parents can use to help improve an area of their situation e.g. introducing a bedtime routine or using a reward chart, taking time for yourself or family time.

How sessions run:

- The focus is on peer support and discussion, sharing ideas, experiences and tips
- With each session supported by a magazine, packed with information, research and ideas of fun activities and challenges to take part in with your family
- Tea, coffee and biscuits are provided on arrival and at break time
- Parents are expected to attend all 6 sessions where possible and it is suitable for parents of children aged 2-11
- The programme is aimed for families with children that will either be in nursery or in school and do not attend sessions

How to book:

- Parents can book to join Parent Gym by popping into any of our East Bristol Children's Centres. Professionals may also refer families
- More information available from trained facilitators: Claire Littlejohn and Richa Pandya
Phone: 0117 377 3189 or Email: eastbristol.childrenscentres@bristol-schools.uk

The Incredible Years®

The Incredible Years® is a programme specifically designed around supporting parents to manage significant challenging behaviour in their children. It is a series of interlocking, evidence-based programs for parents, supported by over 30 years of research. The goal is to prevent and treat young children's challenging behaviour problems, and promotes their social, emotional, and academic competence.

In Bristol, **The Incredible Years®** is a programme for children 3-12 years, and it operates across the city, usually with a crèche provided. It is a programme that is highly sought, and places are limited. It is an extensive parenting course lasting 14 sessions, aimed at strengthening parenting skills by:

- Helping parent's to encourage their child's positive behaviour
- Providing parents with the tools to deal with conflict situations

The course focuses on positive parenting skills. It encourages parents to relate to their children in a positive way, and move away from an aggressive approach.

Evidence Based Practice:

The Incredible Years® is an 'evidence based' parenting course, meaning scientific research proves the effectiveness of the course, and it is government funded (government backing for evidence based teaching approaches). It is a course that uses the cognitive behaviour therapy concept to help parents begin to learn about different ways of parenting their child/ren, and helps them to find ways they can make positive changes in the home, reducing the significant challenging behaviour their child currently expresses.

Before the course starts:

The facilitators aim to meet with parents on a 1-1 basis before the programme starts. During these visits, facilitators seek to learn about the challenges the families face in regards to their child's behaviour, and support them in identifying Goals' as a parent they would like to achieve over the 14-week period.

How sessions run:

- The sessions last for 2 hours, with a break in between. They are built around different topics which foster positive parenting, including, Child directed play activities, Effective limit setting, Praising and rewarding, Handling misbehaviour and Communication skills
- Each week parents are given hand-outs to support them at home, and parents would benefit from attending all the sessions – the teaching approach works best if built upon week by week – if parents miss sessions they will not have learnt the foundations for the following sessions.
- Parents will receive a goody bag on completion of the course

How to book:

For more information or to find out when the next Incredible Years course is running, please contact **April Scott** on **0117 353 2899** or Email: april.scott@bristol-schools.uk

New Parent Group

The New Parents group is:

- A 6-week programme with a themed focussed topic each week, alongside opportunities to get to know other new parents locally, enjoy different activities and share tips and advice
- Run by the Family Support team within the children's centres
- Suitable for all parents with new babies (ideally before 6months)
- To provide a supportive, relaxed environment for parents and their babies to gain confidence outside the home environment (sometimes for the first time!). Parents have the opportunity to learn and explore a range of different topics and activities led by different professionals with expertise in those areas. For example, a Speech and Language Therapist is invited to speak about the importance of baby's language development, Weaning Workshops via health professionals etc.
- To reduce isolation for new parents and for them to meet other parents with babies
- To support new parents in building their confidence and the transition to parenthood
- For parents to gain advice and to be signposted to relevant/ appropriate services e.g. Rock-a-bye, Bluebell, Mothers for Mothers and other children's centre services

The course covers:

Over the 6-week, parents will engage in a range of different topics and activities, such as: baby massage, nurturing ourselves, baby yoga, importance of baby's play and language, weaning, home safety and injury prevention.

How sessions run:

- Sessions are one and a half hours long and run for 6-weeks
- The group is for both parents and babies to attend together
- Sessions include focussed topics, group discussions, experiences sharing and fun activities e.g. singing, exploring treasure baskets and lots of colourful materials

Feedback from parents attending previous groups:

"Brilliant intro. to lots of important things and great activities for baby"

"Really informative, interesting and relaxed"

"Come with open mind as a second time mum- the size of group is good and appropriate topics"

"Enjoyed meeting new parents and gaining advice"

"Getting out of the house and interact with my baby in a new environment was brilliant"

"I got to know my local children's centres and gained confidence in being a new parent"

How to book:

- Parents can book to join New Parents group at East Bristol Children's Centres. Professionals may also refer families

Phone: 0117 377 3189/0117 353 2899 or Email: eastbristol.childrenscentres@bristol-schools.uk

Rock-A-Bye

The Rock-A-Bye programme is a chance for Mums or Dads to:

- Meet other people with babies and talk with them about what it is really like being a parent
- Learn about their baby's non-verbal communication, and how to understand them
- To grow in confidence and have a special time getting to know their new baby
- See how sociable their new baby can be

Some of the reasons carers come:

- To support the transition to parenthood
- Postnatal depression, anxiety and low mood
- Previous mental health conditions
- Parent/carers with a disability
- Babies with a disability or long term illness
- Birth trauma
- High energy mum's who over stimulate their babies
- Parent's anxious about attending groups
- And any families who you feel need extra support and you are not quite sure what!

This list is an example but we will happily discuss any referrals and see if Rockabye is suitable.

How sessions run:

- One hour sessions weekly for one school term (usually 10-12 weeks)
- Adults and babies sit within a circle of blankets and cushions together to enable interaction
- Session divided in two sections. We always begin with 'talk time' which is a chance for each person to reflect in the first week on their birth story and from then on reflect on their past week. We always finish with activities for parents to enjoy 1:1 with their baby including; sensory ribbons and streamers, musical instruments and singing, bubbles
- Talk time are confidential conversations unless safety concerns are raised in which case a facilitator will speak to the parent after the session

Feedback from parents attending previous groups:

"The group has helped me interact with others"

"I like the smallness of the group and the closeness of the group"

(Have you enjoyed the session?) "Yes, knowing someone could listen to me and understand me"

"The connection with my baby was amazing"

"It has given me strength to go and meet new people"

"I really loved the way the leaders worked"

"I am able to see my baby clearly now"

How to book:

- Parents can book to join Rock-A-Bye at East Bristol Children's Centres. Professionals may also refer families
- More information available from trained facilitators: Katie Parker or Alicia Myrie
Phone: 0117 377 3189 or Email: eastbristol.childrenscentres@bristol-schools.uk

One World

One World is:

- A 6-week course facilitated by a Family support practitioner and worker, aimed at parents in the local area
- The session takes a collaborative approach to help connect families. We aim to encourage adults to share their skills and get creative in creating their own group to promote a sense of community
- Both workers will be on hand to offer parents with advice and support and promote any other service which may be required
- **Mondays 1.30-3pm @ Hillfields Library Hub**

Aimed for:

- Parents and families at risk of isolation
- Families who would like to access services and learn some new skills
- Parent who need encouragement to engage with their children
- Parents aiming to seek information on Children's centre services: applying for nursery/school, local information

How sessions run:

- The session will be set up half for stay and play and half for adult contributions
- Each week will be an opportunity for parents to meet new people, to discuss their skills and bring something creative to the table if they desire
- Each week will vary depending on who wants to share their ideas. Some weeks may just be an opportunity to meet others and play alongside the children
- Two practitioners will be on hand along with computers to support with applications or paperwork
- The session will be dependent on the contributions and community that the families accessing provide

How to book:

- Parents can drop into One World. Professionals may also refer families
- More information available from facilitators: Ella Vickery and Rebecca Davidson
Phone: 0117 3532889 or E-mail: eastbristol.childrenscentres@bristol-schools.uk

Branching Out

Branching Out is:

- An ongoing group that takes place between 9am and 11am on Tuesdays in term time at Speedwell Children's Centre
- Facilitated by Luci Gorell Barnes, Artist in Residence
- Designed to enable socially vulnerable parents to participate in creative group projects. We work with an ethos of individual expression as part of a shared purpose. For example, we have made a welcome banner, a recipe book and are currently working on a project about bread from around the world
- There to help people develop friendships, build positive social networks for themselves and their families, build their confidence and have a positive impact on community cohesion
- Open by invitation from the EBCC and Speedwell Nursery School staff
- Evidence based by being monitored and evaluated weekly

How sessions run:

- There is continuous provision of a free crèche weekly, refreshments, art materials and books, books documenting previous sessions, an experienced facilitating artist, an information folder about health, money housing, education and training opportunities etc., and signposting to other services
- Participants receive an email or WhatsApp reminder the day before the group
- Parents are welcomed to group and offered hot and cold drinks as well as snacks throughout each session
- Sessions include group discussions, experience sharing, creative group activities and reflection opportunities
- Participants are encouraged to suggest their own ideas for creative projects.
- Participants are encouraged to bring food to share
- This group has a high attendance of EAL parents and participants are encouraged to help with translating and scribing for each other

Feedback from parents attending previous sessions:

"Coming to the Branching Out group has meant a lot to me, Branching Out provides a place for me to be myself, an adult, an individual, not just someone's mum. It's a place that allows me to learn new skills and practice old skills that have been forgotten and pushed aside in my role as a mother. It's fun, creative, enjoyable and inspirational. Branching Out has helped to boost my confidence and make new friends. I am extremely sad to leave this group but the group has helped to open new doors for me. Thank you Luci for everything!"

"Before I joined this group I felt lonely and I didn't know where to go or who I am speaking to. I gained lots of important information about living in the UK and how to communicate with people. I've met women from other countries and having fun sharing ideas, learning things about cultural communication. Also for my kids they learn lots of things like sharing toys, being with other kids, and mainly without me. For me this means I have time for myself"

“I look forward to it every week because it gives me a chance to have a break (the crèche provided is amazing) and means I can chat to other parents and take part in art projects. When the group doesn't run (holidays) I really struggle as it's such a comforting constant. I find doing art projects really worthwhile for my mental health. It also gives me a tremendous sense of achievement. I am so glad that this group exists”

“Coming to the group has also helped me to feel a part of the community and now I have made friends who I go out to coffee with and invite over to my house. Without the group I would normally just stay at home”

How to book:

- Professionals can refer families by contacting Luci on contactlucigb@gmail.com
- More information about the group is available from Artist in Residence, Luci Gorell Barnes
- The crèche is provided on a first come first served basis, booked through the Speedwell office on **0117 9030329**. Spaces are limited so need to be booked weekly. Participants are asked to always let us know if they do not need their booked crèche space

Companion Planting

Companion Planting is:

- An ongoing group that takes place between 9.30am and 11.30 am on Thursdays in term time at Speedwell Allotments, and between 10am and 12am on Thursdays in half terms and holidays
- Facilitated by Luci Gorell Barnes, Artist in Residence
- For parents and their children
- Designed to enable socially vulnerable families to participate in an outdoor project based around creative practice and organic gardening
- There to help people develop friendships, build positive social networks for themselves and their families, build their confidence, learn more about nature, and have a positive impact on community cohesion
- Open by invitation from the EBCC and Speedwell Nursery School staff
- Evidence based by being monitored and evaluated weekly

How sessions run:

- There is continuous provision of an allotment site, refreshments, gardening tools and books, books documenting previous sessions, an experienced facilitating artist/gardener, and signposting to other services
- Participants receive an email or WhatsApp reminder the day before the group
- Parents are welcomed to group and offered hot and cold drinks as well as snacks throughout each session
- Sessions include group discussions, experience sharing, gardening, creative group activities and reflection opportunities
- Participants are encouraged to suggest their own ideas for creative projects
- Participants are encouraged to bring food to share
- This group has a high attendance of EAL parents and participants are encouraged to help with translating and scribing for each other

Feedback from parents attending previous sessions:

“Coming to this group I practice speaking English and meet other women. Speaking sharing new ideas and have fun. It build confidence and I learn new skills and everything good I learn I will reflect it to my family. I make friends and am learning from them or knowing about their cultures. We are more than a group, like becoming a family”

“From the outset the group is welcoming and feels like a safe space. Even though some group members have been coming for a long time it is very easy to slot in as a new member. With young children it is especially useful not to have to arrive or leave at set times or attend every week. Luci has a fantastic way of teaching really interesting little snippets of information just as we go about the allotment and work. It’s so nice for the children to be able to be in an unstructured outdoor space where they can just potter and find their own experiences. Such a diverse group of people come to the group. I haven’t experienced this in any other group I go to in Bristol despite it being such a diverse city. I think it just shows how welcoming the group is but also it makes it so interesting talking to people from really different backgrounds and sharing ideas and experiences. Anyone can share an opinion and it is listened to and discussed, it’s a non-judgmental space”

"I grew up in Uganda, which means that much as I liked the idea of gardening, I was not accustomed to the gardening tools I came across in the UK. My children love it, they have grown up on the allotment and love spending time in our garden at home. It continues to give me tools to enjoy fresh air, be lost in nature, involve the whole family and produce something good at the end of the day. I could talk about the friendships, conversations, life shared away from the Thursday sessions, cultural diversity, food, watching children grow in confidence and communication, what can I say? Companion Planting enhances my full-time-stay-at-home season and I love it!"

How to book:

- Professionals can refer families by contacting **Luci on contactlucigb@gmail.com**
- More information about the group is available from Luci.
- Times of the group may vary during half terms and holidays. Participants can check these with Luci

Freedom Programme

“What is The Freedom Programme?”

The Freedom Programme was devised and written by a woman called **Pat Craven**. Working for 10 years in the probationary service with men convicted of violence and abuse towards women Pat began to **recognise patterns of abuse**. She developed the Freedom Programme to **explore the characteristics of an abusive person**, as well as creating a **safe space** where women can begin to learn about abusive tactics, explore the ‘beliefs’ of the perpetrator and start a path of recovery.

The Freedom Programme



Supporting women & children who are, or who have experienced Domestic Violence & Abuse...

“How does it help?”

The Freedom Programme helps women to **begin to understand** the behaviours and beliefs of the perpetrator, and explore their own beliefs. It's a place where women can **connect** with other women who have had similar experiences, feel less isolated and alone and work through their feelings and experiences in a safe way.

“What about confidentiality?”

The Freedom Programme is a **confidential support group** for any woman aged 16 plus, and operates across the city of Bristol in confidential locations. We welcome women who are currently living with domestic abuse and violence, anyone recently separated from an abusive partner, and any woman who has experienced domestic abuse anytime in the past and feels it's still affecting her life today.

Details of sessions...

The Freedom Programme is a **rolling-programme of 11 sessions** meeting weekly for 1 ½ hours. As it is a rolling programme, you can join at any time and it doesn't matter if you miss a session. We explore **different characteristics of an abusive person** (male or female), our **own beliefs as women today**, as well as looking at the **characteristics of a non-abusive person**.

We also discuss a ‘**Group Agreement**’ to follow which helps us to create a respectful atmosphere and a safe space for all the come along. This can be added to and updated as needed. We also have a ‘**self-help**’ file full of information that women may find helpful, and copies of documents can be made

How to refer...

If you would like to refer a woman to The Freedom Programme, please contact April Scott, Freedom Facilitator who can give you more information.
Tel: **0117 5352899 / 07795446228**
Email: **april.scott@bristol-schools.uk**

The Freedom Programme is connected with Next Link Bristol and all groups that operate across the city are accredited with them. All referrals are shared with The Freedom Coordinator, and information is stored securely and confidentially.

The Recovery Toolkit

Recovery Toolkit is:

- A 12 week course for small groups of women (6-10) who have left an abusive relationship
- Women's own strengths, resources and coping strategies are reinforced to help improve their wellbeing and health in the long term
- The course uses group work to build positivity and reduce anxiety
- Women are empowered to take control by setting goals and identifying positive changes within themselves
- A safe and welcoming environment is created to help everyone feel comfortable and free to share their thoughts

Sessions in the course look at:

- How our thoughts affect the way we feel
- Increasing self esteem
- Understanding power and control in abusive relationships
- Understanding our own anger
- Boundaries and trust
- Healthy relationships
- Recovery Toolkit runs as a closed group, no new members will join after the first two sessions and we hope women will attend all sessions where possible

How to book:

Due to the nature of the group, referrals are made through next link via Becky Davidson and Sara Frears.

If you would any more information on being referred or referring, please **email Becky at rebecca.davidson@bristol-schools.uk**

Tots Talking

Tots Talking is:

- A group for parents/carers developed by parents to improve the language skills of 2 year olds
- Gives information about 2 year olds language development, explaining the link between language skills and being ready for nursery or school
- Explains what contingent language and behaviours are and how to use these in play
- Role plays and coaches on how to use/enhance contingent behaviours and play with 2 year olds
- Helps parents/carers create resources which they can take away to use at home practicing contingent behaviours and positive interactions

How sessions run:

- Sessions are weekly over the course of eight weeks and are an hour long, there is currently no crèche and the session is for adults only
- Parents are welcomed into the group and are offered a hot drink and snacks
- The sessions include watching two videos on contingent behaviours and language development, making a resource which can be taken home, group discussions and a conversation/reflection on how each week has gone
- The group is supported by the tots talking app that parents/carers can use on their phones to keep up with session videos and discussions
- Parents/carers who attend receive a free tots talking t shirt for their child/ren

Feedback from parents attending previous sessions:

"It's amazing how much I now notice how my behaviours have a difference on my daughters learning and language"

"I have learnt new techniques which I now use with my son during play"

How to book:

- The group is booking only and with a maximum of 10 spaces, these sessions are aimed at parent/carers with 2 year olds who struggle with using contingent language or responding to their children
- This group is just for parents/carers, but currently we do not have a crèche for this group
- **For more information or to book a space for Broomhill/St Annes Park, please contact Zoe Mcphail or Rachel Hawkins on 0117 3773189**
- **For Oldbury Court/Speedwell, please contact Richa Pandya or Becky Davidson on 0117 3532899**

Bookstart Corner

Bookstart Corner is:

- A 4-week group run by Family Support Workers within the children's centres for families (6-10) with children 0-5
- The group will give engage parents/carers in positive experiences with books, songs, rhymes and stories. It aims to help parents/carers feel confident in reading, telling stories and using books to engage with their children by modelling these and incorporating them into everyday life
- The group aims to facilitate parents/carers use songs, rhymes, stories and books to engage with their children thus boosting the child's speech and language and communication skills
- "The evidence we have collated shows that Bookstart Corner is making the difference, encouraging reading and singing and therefore supporting children's communication and language development"

How sessions run:

- The group runs for an hour, for 4 weeks consecutively during term time.
- Groups follow a set outline:
- Circle time where we sing the Hello song and deliver the key messages, as well as asked what they have done differently this week because of the weeks before session
- Story time – where we read a story
- Free play – with activities that link to the key messages
- Story/ Singing time – at the end of the session we join together as a group to either listen to a story or sing rhymes
- Handout – at the end of the session we give each child a gift from their Bookstart corner pack

Feedback from parents attending previous sessions:

"This group is the highlight of our day!"

"It's given me so many new ideas to do at home, stories can be told anywhere and don't have to be overly complicated! My daughter loves telling stories now"

"We've started singing more at home and now my son recognises his favourite and dances along"

How to book:

Families can book to join Bookstart Corner by calling Oldbury Court Children's Centre Children's Centre

More information available from trained facilitators: Becky Davidson, Zoe McPhail

Phone: 0117 352 899 or Email: eastbristol.childrenscentres@bristol-schools.uk

Welcome to the World

About 'Welcome to the World Ante Natal Parenting Programme':

- The welcome to the world programme can be used as supportive tool for prevention & early intervention to support the emotional & mental wellbeing in pregnancy & beyond
- The group provides learning opportunities for parents/carers in regards to understanding baby development, the importance of communication, changes during pregnancy, afterbirth and healthy living
- The programme highlights the importance of nurturing yourself, building relationships and expectations of pre and post baby. The sessions cover mental health needs and transitioning into parenthood
- This course is based upon the Family Link's Nurturing Programme

Who it targets:

- Pregnant mums and partners in 2nd trimester of pregnancy (13-28 weeks)
- Parents/carers who suffer with low self-esteem, confidence or anticipation for parenthood
- Parents/carers who may need encouragement in understanding the needs of children
- Parents/carers suffering with mental health issues
- **Any** Parents/carers who want to actively learn and prepare for life with a baby

How the session runs:

- 8-week course covering: Introduction, Communication with baby, Importance of attachment and brain development, family life, Healthy eating, parenting skills, feelings and expectations.
- Ran by two Family Support Practitioners. A taught session alongside using small relaxed activities encouraging active learning and group participation.
- We will provide hot or cold drinks as well as snacks throughout a calm, relaxing environment.

How to book:

Parents can book through East Bristol Children's Centres. Professionals may also refer families.

Phone: 0117 3532889 or Email: eastbristol.childrenscentres@bristol-schools.uk.

More information available from facilitators: Ella Vickery and Anna Maynard.

Weaning Workshop

The Weaning Workshop is:

- One hour and half session run in partnership between East Bristol Children's Centres and Fishponds Health Visiting Team. The session is led by Suzanne Hughes (Community Nursery Nurse) and Alicia Myrie (Family Support Practitioner) on the last Wednesday of each month at Oldbury Court Children's Centre.
- The group is to support parents in building confidence and to gain awareness of when to introduce family foods, reducing milk supply and when babies should naturally transfer to three main meals per day.
- The group is to reduce isolation for parents by introducing and integrating them into their local Children's Centre.
- The group is for parents to gain advice and to be signposted to relevant/ appropriate services from Family Support Practitioner E.g. New Parents, Baby Building Blocks, Adult Learning etc.
- There is an opportunity for parents to speak to a health professional about any other health concerns that they might be experiencing with their babies.

How sessions run:

- Sessions are one and half hours long and run once a month.
- The session is for both parents and babies to attend together.
- The session provides information about when to start weaning babies, different methods of weaning, healthy eating, portion sizes, sugar/ salt content, vitamins, oral health care etc.

Feedback from parents attending previous groups:

"Really informative, interesting and relaxed environment"

"Enjoyed meeting new parents and gaining advice"

"Getting out of the house and interact with my baby in a new environment was brilliant"

"I got to know my local children's centre and gained confidence to return for other groups"

How to book:

Currently the session is invitation ONLY by Fishponds or Lodgeside Health Team.

If parents wish to query, then they must contact Fishponds health team, telephone: 0117 9082385



Ante Natal Session

The Ante natal workshop is:

- A monthly session on Tuesday evenings between 4 – 5.30pm based at Oldbury Court Children's Centre, Frenchay Road Bristol BS16 2QS (Situated next to Frome Vale Academy)
- During the workshop you will have an opportunity to network and meet other expectant parent's locally
- Introduction to your local Children's centre services
- Find out more information about your local health visiting team and what to expect from the role of a health visitor
- Participate in discussion and activity to prepare you for the transition to parenthood
- An opportunity understanding your baby and the support available after birth

How sessions run:

- Sessions are usually between 1 hour/ 1 ½ hours. And run every month other than August (Please request dates for the year if useful)
- Parents are welcomed to group and offered hot and cold drinks as well as snacks throughout each session
- Sessions include group discussions, experience sharing, fun activities and reflection opportunities
- Sessions are appropriate for any families 2nd Trimester- birth. (New parents or existing)

Feedback from parents attending previous courses:

"I had no idea there was so much support available for me and my baby"

"I feel really reassured that I can use the children's centre as a support network when my baby arrives"

"Lovely staff, great friend environment, can't wait to come back with my baby"

"Really useful information, fun session with important information kept light hearted"

"I used the children's centre with my older child and found the support and service invaluable, I don't know what I would do without support from the children's centre"

How to book:

Parents can ring to book one of the ante natal workshops at East Bristol Children's Centres.

Professionals may also refer families. **Phone: 0117 3532899** or **E-mail: anna.maynard@bristol-schools.uk or ella.vickery@bristol-schools.uk.**

More information available from facilitators: Anna Maynard & Ella Vickery



Infant Massage

Infant Massage is:

- Infant massage originated in 1980's from the founder Vimala McClure, it is now one of the most popular massage techniques and is facilitated across the world
- Infant massage is about love, bonding, communication and nurturing touch between caregiver and their baby
- Infant massage is baby led and based upon recognising cues, listening and respecting babies whilst offering soothing massage techniques
- The key principles of Infant massage are from yoga, reflexology, Indian & Swedish massage
- The main benefit infant massage can help with are; Interaction, stimulation, relief and relaxation
- A 4-week programme where parents will have the opportunity to facilitate a top-toe full body massage technique. Week 1 – Legs & Feet, Week 2 – Belly & Colic routine, Week 3 – Chest, Arms & Hands, Week 4 – Face & Back
- Each week you will have the opportunity to recap the previous week's technique

How sessions run:

- Parents are welcomed to group and cold drinks as well as relaxing environment
- Sessions are usually 1-hour long (15 minutes Icebreaker/ talk time with 45 minutes practical)
- Sessions are suitable for babies ideally 1month – 12months (easiest pre crawling!)
- You will be provided with use of a towel, and oil throughout the sessions and handouts so you can continue to practice at home and once the course has finished

Feedback from parents attending previous courses:

"It gives me more to do with the baby and he loves it"

"It's been so helpful to settle baby"

"It's really helped our bedtime routine she seems so much more settled for bed"

"It's nice to forget about everything else and just enjoy some relaxing time for us both"

How to book:

There are 8-10 spaces per course which fill up quickly. Due to high demand we ask for payment to secure your place and it is a first come first serve basis.

Parents can pop in to our Oldbury Court (BS16 2QS), St Anne's Park (BS4 4BJ) or Broomhill Site (BS4 4UY). The cost is £20 and includes the 4-week programme, use of towels & oil.

There are 2 allocated spaces on each course for professionals to allocate families for free.

More information available from trained facilitators: Anna Maynard, Michelle Powell & Rachel Hawkins

Baby Yoga

Baby Yoga is:

- Baby Yoga is an old tradition which can help give a baby the best start in life-health-happiness-security and a feeling of being loved
- The benefits of baby yoga for both Mother and baby are significant
- Baby yoga involves the parent and baby working together

The course covers:

- Each week the parent and baby explore yoga the parent is given handouts of different moves they have learnt and can do at home
- This is done in a friendly and informal way by letting baby and mother move stretch and help with the development of babies physiological and psychological also deepen the parent baby bond through nurturing touch

How to book:

There are 6-8 spaces per course which fill up quickly. Due to high demand we ask for payment to secure your place and it is on a first come first serve basis.

Parents can pop in to our Broomhill Site (BS4 4UY) 0117 3534276 or contact Rachel on 07342078124

There are 2 allocated spaces on each course for professionals to allocate families for free.

More information available from trained facilitator: Rachel Hawkins.





Fun with Food

Fun with Food is:

- A 6-week course facilitated by the Family support team
- Aimed for parents with children 18months+
- The course will introduce simple cooking skills with children, healthy eating options for family meals, sugar swaps and getting involved in the process of cooking
- £6 for the six weeks is required on the first session of the course

The course is aimed for:

- Most appropriate for children 18month + so they can be involved
- Families who can struggle to introduce balanced and healthy diets
- Families who find it hard to engage their children with healthy foods or have 'fussy eaters'
- Families who would like to access services and learn some new skills
- Parents who need encouragement to engage with their children

How sessions run:

- We start the session by discussing the ingredients and recipe that we are making on that day, highlight the importance of cooking with children and read a food related story
- We then choose our equipment appropriate for the recipe and go to a food station. (We encourage two sets of parents on each table, this encourages parents to work together, socialise and make new friends)
- We go through the recipe step by step encouraging each table as we cook
- Re-gather at the end to taste and discuss what we have made and encourage parents to take food home
- We review at the end with the parents and agree on next week's recipe

How to book:

- Parents can book to join Fun with food at East Bristol Children's Centres. Professionals may also refer families
- £6 to be paid on the first session attended. Refunds are not made for unattended weeks
- More information available from facilitators: Ella Vickery and Rebecca Davidson
Phone: 0117 3532889 or Email: eastbristol.childrenscentres@bristol-schools.uk



Stay and Play

Stay and Play is:

- Stay and play is a 'universal' group where any parents/carers of children aged 0 – 4 years can come along, interact with other parents/carers and give children the opportunity to interact with children of a similar age. Often activities are provided such as messy play and singing time and your child will have the opportunity to try out new experiences
- Activities in stay and play groups reflect children's development and are based around new skills and experiences they can learn as well as impacting the child's overall development. Activities and experiences are also based around the child's interest and delivered in a safe, relaxing and encouraging environment
- Both children's and adults learning/interests are captured via photos which are then put into a scrapbook and shared with the rest of the service users who attend the group. A member of family support will be there to give any support or guidance which may be needed
- Sessions run throughout our 4 centres and in the community. For the most up to date information on Stay & Play sessions please ask or refer to our East Bristol Children's Centre Timetable.

Feedback from parents attending previous sessions:

"A fun and safe place where my children can express themselves and see other children their age"

"My son enjoys these sessions because the toys that are out are always things he is interested in"

"Lovely group to meet other families and interact with, my child enjoys being able to play inside or outside and with other children"

"The groups are always set up really lovely and the staff are helpful"

How to book:

- All Sessions are flexible drop-ins, therefore you can turn up and leave when you like and no need to book on.
- All service users are required to complete a Children's Centre membership form if you haven't already done so.
- The session is for parents/carers to attend with their child and the sessions are usually around 1 hour and 30 mins long.
- All sessions are free; however, we do ask for any donations to support resources.

Baby Building Blocks

Baby Building Blocks is:

- Baby Building Blocks is a stay and play session aimed for families with children between 0-18 months of age. The session provides a range of sensory activities for children to explore and investigate in a safe and calm environment
- Our activities are based on Five to Thrive which are the building blocks for healthy brain development
- Every session has different themes and activities and parents are encouraged to share their child/ren's interests so we can incorporate that into our planning
- The classes are fun and interactive enabling parents to engage positively with their child/ren
- Provides opportunity for parents to meet other parents, make friends, share experiences and access other services and support

How sessions run:

- The session runs for 1 hour and 30 minutes
- It is a flexible drop-in session so no need to book in, parents can come in any time they want and leave anytime
- Parents are welcomed to the group. New parents are given a brief induction to the Children's Centre and explained how the group runs
- Towards the end of the session we tidy up (everybody helps) and gather around to do some singing. (everybody's favourite part of the session)
- Sessions can be quite busy, if you know of a parent that experiences anxiety and might find it difficult to access you can contact a member from the family support team who will be able to encourage and support families to access group

Feedback from parents attending previous sessions:

"I have been attending this group since my daughter was 2 months old, she loves it here and so do I"

"It gets us out of the house, meet other mums and make friends"

"It has helped me with my confidence"

How to book:

- All Sessions are flexible drop-ins, therefore you can turn up and leave when you like and no need to book on
- All service users are required to complete a Children's Centre membership form if you haven't already done so
- The session is for parents/carers to attend with their child and the sessions are usually around 1 hour and 30 mins long
- All sessions are free; however, we do ask for donations to support resources



Men Behaving Daddly

Men Behaving Daddly is:

- Men Behaving Daddly has been set up for male carers to enjoy some 1:1 play time with their children in a safe and stimulating environment
- Whether you are a parent, step parent, grandparent or a male carer you are welcome to come along to our Men Behaving Daddly session
- Each session will have a themed activity e.g. (Forest school, Seasonal activities, karate taster sessions, general stay and play activities to explore)
- All sessions will provide a range of activities from birth – school age
- There will be something for everyone!
- All sessions are planned and facilitated by Family Support practitioners

How sessions run:

- You can drop in to either of our sessions which run 10-11:30 twice a month
- Broomhill (BS4 4UY) Situated next to Broomhill Infant School runs every **FIRST** Saturday of the month
- Oldbury Court (BS16 2QS) Situated next to Frome Vale Academy runs every **LAST** Saturday of the month
- We have both indoor and outdoor facilities therefore no matter the weather we will run the session!
- At the end of each session we offer Bacon sandwiches / vegetarian option

Feedback from parents attending previous sessions:

"It was so nice to have some 1:1 time and get a bacon sandwich at the end!"

"First impressions great, little ones had so much fun so can't wait to come again"

"Lots of things to play with, very active, nice people – don't change anything!"

"Children were happy, we were happy, great relaxed environment"

How to book:

- There is no need to book Men behaving Daddly – just turn up!
- If you have any further questions or feedback to share please call any of our sites and a member of the team will be more than happy to help



Gym Tots

Gym Tots is:

- A one-hour session where children with the support of their families can explore various different physical activities and equipment. The one-hour session has been planned and structured to enhance a child's physical development skills alongside their social and cognitive development as well as safely taking risks
- The group is aimed at children who are 18 months plus and can confidently walk around
- We enhance children with essential skills for life whilst contributing to their recommended 3 hours of physical activity that is needed every day
- Our equipment improves agility, balance, climbing and co-ordination whilst helping with self-confidence and developing a positive attitude towards physical activity
- Taking part in an activity physical play such as in gym tots improves a child's brain development by enhancing both fine and gross motor skills, as well as so many other benefits that both children and families can enjoy
- Booking is required and costs £2 per session

When are the sessions?

- Mondays at Oldbury Court Children Centre 1:30 – 2:30pm
- Fridays at St Anne's Park Children Centre 9:30 – 10:30am

Feedback from parents attending previous sessions:

"My son really enjoys coming to gym tots, he thinks he is doing gymnastics just like his sisters"

"The equipment provided is really fun, its encouraged my children to practice balancing and climbing in a fun environment"

How to book:

- Limited spaces are available for this group, names and contact details are to be added to a waiting list
- The course runs for a whole term, families attend for one term and receive a certificate at the end
- The group costs £2 per session, to be paid upfront
- **Contact Zoe Mcphail on 0117 3773189 or Richa Pandya on 0117 3532899 for more information regarding the waiting list**

Adult Learning and Volunteering

- Children's centres provide opportunities based upon community need for adults to access further education, short courses/ workshops and introduction courses to support families back into work or education
- Some of the courses we provide are; ESOL conversation club, ESOL learning, English, Maths, First Aid, Family Cookery etc. There are usually crèches alongside these programmes to make it as accessible as possible

Healthy Holidays

We are looking to address child hunger and provide a community to socially isolated families during the school holidays. Increasing healthy eating for families that rely on free school meals or might struggle to provide healthy food options for the family during the holidays.

We've trialled school holiday lunches at Oldbury Court, Broomhill and Speedwell. We want to continue this provision and grow to other areas of East Bristol but can only do this through partnership.

If you are interested in partnering with us get in touch with amy.goodwin@bristol-schools.org.

Referral Process

- Children's centres play a key role in prevention and early intervention in Bristol by bringing together early education, health and family support services to make the best use of expertise and resources in order to most effectively support families with young children.
- There is a revised City wide referral (2019) for all partners and parents to use.
- Family support practitioners tailor the frequency of visits, context of support and involvement of specialist partners/organisations on an individual needs basis.

Why might I refer for support?

Has anyone ever had a gut feeling about a family? There could be something they need support with however you're not quite sure what?

- Money management, income, finances
- Domestic abuse/ family dynamic concerns
- Behaviour / routines / parenting / play and development
- Food bank/ baby bank/ charity applications
- Wellbeing/ mental health
- Family changes (New to the area, isolation, new baby)
- Parent disclosure / safeguarding concerns DNA from First response
- Support to access employment/ education / adult learning opportunities

Request for Family Support Services in Bristol Children's Centres.

(Revised Feb 2019)

The Children's Centres Family Support Service is voluntary. You are requesting our help to support specific areas you might highlight on this form. This is for a home visiting service which maybe short (Under six weeks) or a longer piece of work.

We want to build a good relationship with you which is open and trusting. Our work needs to be clear and planning it with you is important so that both of us know the actions we will do to achieve your goals.

Identifying details:

Name of person being referred:	Phone number:	Address:
Name of child/children:	Date of birth or EDD:	Relationship to child:

What are we worried about?

What's Working Well?

What additional support is needed from the Family Support Service for the family?

Please note any other agencies working with family and their contact details.

Are there any potential risks when making a home visit?

For referring agency

(PVI settings & Childminders do not need to answer this)

- What has your service offered already?
- Has a CNN/Family worker been involved if not what is the reason they are unable to take on this work?

Name of Professional

Contact

Tel No:

Address of Professional

Date form completed

The parent/carer will be expected to complete a Children's Centre registration form, in partnership with Children's Centre staff, when they start to use Children's Centre services.

I have had the reasons for information sharing explained to me and I understand those reasons. I agree to the sharing of information agreed between the services involved, I have parental responsibility.

Parent/Carer Signature

Date

Pin Point

How to identify a families local Children's Centre using Pin Point?

Here is the link: <https://maps.bristol.gov.uk/pinpoint/>

Pinpoint is a very clever tool! It helps you search for an address and let you know what reach area a family live in!

- Go into address at the top and click the little add button
- Type in the postcode at the top – choose Bristol (if you think it isn't Bristol, click wider area- very helpful for Oldbury Court (Little Hayes) as so close to South Glos!)
- Click Search
- Click the address you want
- Go down to local information and click the add button
- Click Children Centre hub area and reach area (this will break it down into hub – East and area – Little Hayes)
- Click on the red pin (circle) and it will tell you which area they are in.

There is then lots of helpful tools such as schools, GPs, dentists.

Once families are registered with a children's centre they can access ANY children's centre services across Bristol however 1:1 referral's should be sent to their nearest centre.

Baby Bank

What is Baby Bank?

Baby Bank Network redistributes pre-loved baby items to families that cannot afford to buy them, to make sure that families are provided with items to ensure their babies' basic needs are met. All items are given to recipients free of charge. Baby Bank cannot have direct contact with the families themselves, nor do they collect any information about them.

Items for redistribution include:

Baby mat/gym	Cribs	Breast pump
Baby monitors	Baby bouncers	Feeding bottle bundles with teats
Prams/pushchairs	Toiletries for baby	Changing bag
Changing mat	Clothes bundles	Feeding bra/tops
Feeding pillow	High chairs	Moses basket/stands/bedding
Shoes	Slings	Stair gates
Toys & books	Steriliser	Swim nappies
Cloth nappies	Toiletries for expectant/postnatal mums	

Baby bank works closely with children's centres, health visitors and other organisations that are in contact with vulnerable families.

The Baby Bank was established in July 2015 and in its first 3 years, supported over 1600 families across Bristol and the surrounding area.

How to refer:

Referrals can be made from all agencies and organisation that are in contact with vulnerable families.

To become a referral partner you will need to initially complete the information on the referrals website <https://referrals.babybanknetwork.com/>

When you have become a partner you will be able to log on and make a referral for items your family require.

Baby Bank will send you a confirmation email to acknowledge your referral has been received. Once your referral is ready you will receive another email to say that your order is now ready for collection.

Alternatively, if you would prefer delivery to your place of work, you can contact Baby Bank to arrange this service.

Due to the volume of requests Baby Bank receive, they ask all referral partners to collect their items within 2 weeks from receiving their notification. If the items are not collected after 2 weeks, they will be re-distributed to other families in need.

Contact information:

www.babybanknetwork.com

Baby Bank Network
Stoke View Business Park
Bristol, BS16 3AE

Opening times for collections:

Monday to Friday 9.30-2.30.

Foodbank

What is the Food bank?

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. A simple box of food makes a big difference, with foodbanks helping prevent crime, housing loss, family breakdown and mental health problems.

Foodbank provides three days' nutritionally balanced, non-perishable emergency food and support to local people who are referred to them in crisis.

Foodbank is part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

It is a project founded by local churches and community groups, working together towards stopping hunger in our local area.

What is in a food parcel?

A typical food parcel includes:

- Breakfast cereals
- Soup
- Pasta
- Rice
- Pasta sauce
- Tinned beans
- Tinned meat
- Tinned vegetables
- Tinned fruit
- Tea or coffee
- Sugar
- Biscuits
- Snacks

How to refer:

The foodbank works using a voucher referral system.

The foodbank works with a number of different agencies, such as Citizens Advice, children's centres and health visitors who can issue families in crisis with a food bank voucher.

Once a family has been issued with a food bank voucher from one of the referral partners it can then be taken to a local foodbank centre in exchange for an emergency food parcel which offers supplies for a family for a minimum of three days.

East Bristol Children's Centres provide vouchers for food bank.

Contact information:

www.eastbristol.foodbank.org.uk

Email: ebfoodbank@crisis-centre.org.uk

Locations:

Kingswood

07584 625 082 / 01179 478 441

Opening times: Mon 11:00 – 13:00

ADDRESS

Waters Road
Kingswood
BS15 8BE

Fishponds

07584 625 082 / 01179 653 421

Opening times: Fri 12:30 – 14:15

ADDRESS

Fishponds Baptist Church
Downend Road
BS16 5AS

St Marks

07584 625 082

Opening times: Wed 12:30 – 14:00

& Fri 14:00 – 16:15

ADDRESS

St Marks Community Cafe
St Marks Baptist Church
St Marks Road
BS5 6HX

Mangotsfield

01173 050 969

Opening times: Fri 10:00 – 12:00

ADDRESS

Resound Food bank
Blackhorse road
Mangotsfield
BS16 9BP

Partners – We want your voice!

We value every partnership within our community and are always looking for ways to strengthen our partnership and work together.

Please share your ideas with us of what would be helpful for your organisation and East Bristol Children's Centre to work together.

- How can we work with you and your organisation?
- What support work you like?
- Termly meetings?
- A link support worker?
- Staff training?

Please email anna.maynard@bristol-schools.uk or lucy.hudd@bristol-schools.uk