

# Support

BBA was host to the Bristol Parent Carers Coffee 'Afternoon' on Tuesday 26th March. We welcomed parents from BBA as well as other schools in the local area.

It is an opportunity to find out about support within Bristol as well as more information on specific services.

Bristol Autism Support Service joined this time, previously we have had the Educational Psychologist as well as the Education Mental Health Practitioner and BBA's own counsellor.

It is also an opportunity to meet with staff from BBA to find out about provision within the academy and support.

Other events from Bristol Parent Carers can be found on their website.

<https://www.bristolparentcarers.org.uk/>



**SEND COFFEE AFTERNOON**  
WITH BRISTOL PARENT CARERS  
**Tue 26th March**  
**@ 5 - 6pm**  
Come along to chat with Bristol Parent Carers to find out about services available locally to support your family and children

Look out on the school social media and emails for the next date coming soon in Term 6

**Out & About** is a group of specialist organisations who work together to provide inclusive sessions and support for Disabled and SEND children and young people.

WECIL leads the Out and About Consortium, we have been delivering our services for over 10 years, and as a Disabled People's Organisation, lived experience is at the heart of everything we do. Combined with the specialist experience of our partners, the services we offer are specifically tailored to meet the needs of the individuals in the sessions.

<https://wecil.org.uk/children-young-people/out-about-bristol/>

# Support / Activities

## 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: 3<sup>rd</sup> May - 12<sup>th</sup> July 2024 (Term time only)

Via: Online Zoom

Cost: FREE

Book: Call Claire-Louise on 07949399633

Contact: [mcpb.bristol@gmail.com](mailto:mcpb.bristol@gmail.com)

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



## SEND Advice Drop in @Wellspring Settlement Barton Hill

Free statutory advice service. This is your chance to meet with a qualified SENDIAS Practitioner in confidence for advice and information about special educational needs. We can advise about SEN Support in school, Applying for an EHCP, preparing for meetings, your legal rights and more... No need to book just come along.

### Dates:

29th February 2024

28th March 2024

25th April 2024

### Time:

10.30 -12 noon

[www.sendandyou.org.uk](http://www.sendandyou.org.uk)



## DADS & PARTNERS ONLINE PEER SUPPORT GROUP

"For me talking openly with others about my thoughts, feelings and emotions really helped me to feel less alone, it also helped me to meet others who had been through similar experiences which really helped smash the stigma and guilt I was feeling as a Dad and Husband."

JACOB KELLY  
PEER SUPPORT WORKER

### When and where?

Every first Thursday of the month  
8-9pm  
Online via zoom



### To find out more

If you want to find out more about how you can access this group, you can speak with our client care team on:

01179359366 OR

[support@mothersformothers.co.uk](mailto:support@mothersformothers.co.uk)



**FAMILY FILM CLUB**

4TH SATURDAY OF THE MONTH,  
10AM TO 12.30PM,  
EASTON COMMUNITY CENTRE

£2 PER FAMILY

BRING YOUR OWN SNACKS AND DRINKS

CONTACT ABIIR FOR MORE INFORMATION:  
[ABIIR@UPOURSTREET.ORG.UK](mailto:ABIIR@UPOURSTREET.ORG.UK) / 07539 309 326

# Out and About Support



**YOUTH CLUB**

Want to get out of the house, meet some new people and do something different? Come and just hang out or get involved in activities such as:

- Bush craft skills and games
- Natural crafts such as felting and candle making
- Cooking on the fire
- Woodwork skills
- Occasional visits to the farm to care for the animals

For young people of secondary school age

**Every Tuesday, 4 - 6pm during term-time**

Email Ro at [childandayouth@swcityfarm.co.uk](mailto:childandayouth@swcityfarm.co.uk) or call 0117 9428241



**YOUTH CLUB**

AGES 10+

**FREE MONDAY S**  
6:30-8:30

**FREE OF CHARGE**

A FUN OPPORTUNITY FOR KIDS TO GET OUT, PLAY AND MAKE NEW FRIENDS!

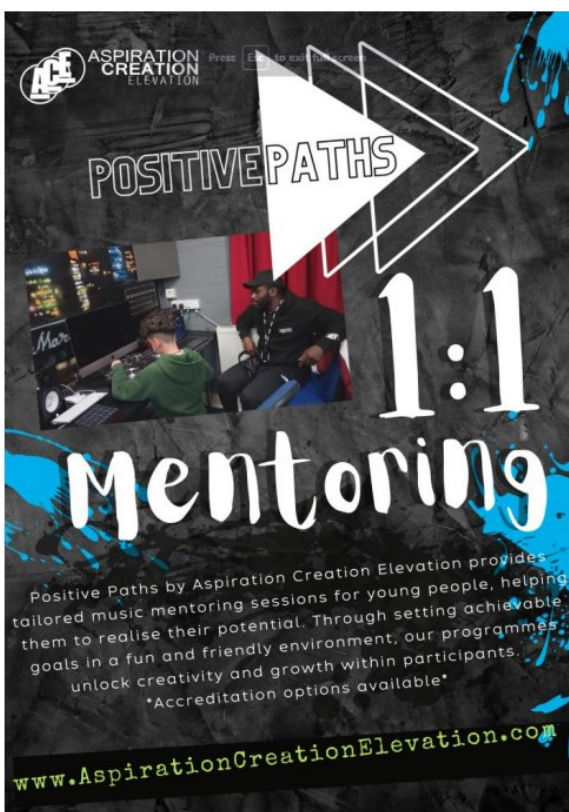
THE VASSALL CENTRE  
GILL AVE. BS16 20Q

**CONTACT-**  
[CWILSHIRE@LPW.ORG.UK](mailto:CWILSHIRE@LPW.ORG.UK)

**ACTIVITIES:**

- PING PONG
- ARTS N CRAFTS
- OUTDOOR
- COOKING

Children's ScrapStore Children and Young People WECIL supporting independent living LPW



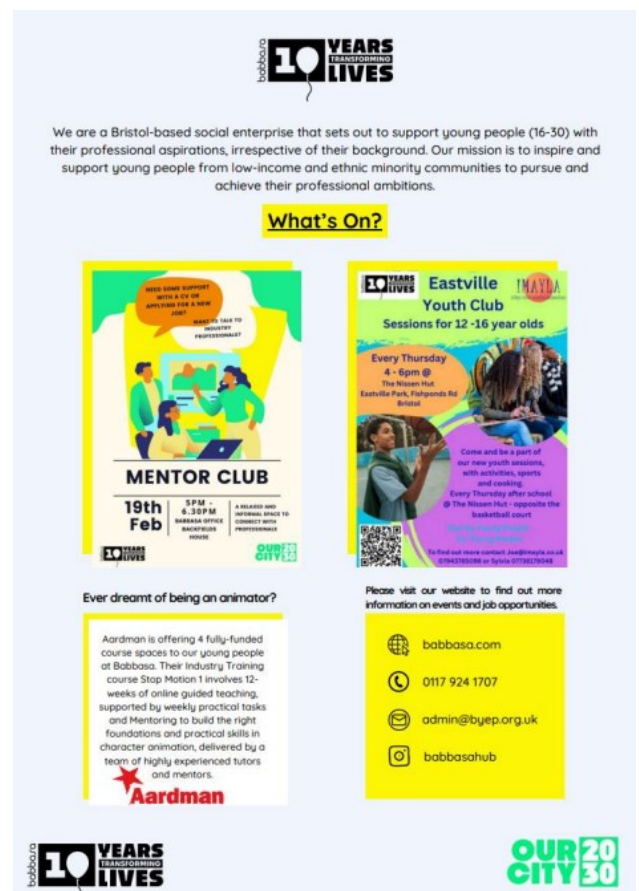
**ASPIRATION CREATION ELEVATION**

**POSITIVE PATHS**

**1:1 Mentoring**

Positive Paths by Aspiration Creation Elevation provides tailored music mentoring sessions for young people, helping them to realise their potential. Through setting achievable goals in a fun and friendly environment, our programmes unlock creativity and growth within participants. \*Accreditation options available\*

[www.AspirationCreationElevation.com](http://www.AspirationCreationElevation.com)



**babbaasa 10 YEARS TRANSFORMING LIVES**

We are a Bristol-based social enterprise that sets out to support young people (16-30) with their professional aspirations, irrespective of their background. Our mission is to inspire and support young people from low-income and ethnic minority communities to pursue and achieve their professional ambitions.

**What's On?**

**MENTOR CLUB**  
19th Feb 5-8:30 PM  
A relaxed and informal space to connect with professionals

**Eastville Youth Club**  
Sessions for 12-16 year olds  
Every Thursday 4-6pm @ The Nisvan Hut, Fishponds Rd Bristol

Ever dreamt of being an animator?  
Aardman is offering 4 fully-funded course spaces to our young people at Babbasa. Their Industry Training course Stop Motion 1 involves 12-weeks of online guided teaching, supported by weekly practical tasks and Mentoring to build the right foundations and practical skills in character animation, delivered by a team of highly experienced tutors and mentors.

Please visit our website to find out more information on events and job opportunities.

[babbaasa.com](http://babbaasa.com)  
0117 924 1707  
[admin@byep.org.uk](mailto:admin@byep.org.uk)  
[babbaasahub](https://www.babbaasa.com)

**OUR 20 CITY 30**

# Support

## Schools and Colleges Early Support Service

Young Person Support Offer 11-15

*Information for parents and carers*

### Who are we?

The Schools and Colleges Early Support Service provides guided support for young people experiencing mild to moderate mental health difficulties such as stress, anxiety and low mood. We provide a range of services to support young people 11-25 and the key adults in their lives; school/college staff and parents and carers.

### Parent and carer webinars

Throughout the academic year we offer webinars for parents and carers on a range of topics chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars cover the following topics:

- Anxiety in adolescence
- Low mood
- Adolescent self-harm
- Strong teen emotions
- Building resilience
- Managing teen behaviour
- Emotional based school avoidance
- Impacts of bullying
- The adolescent brain



Schools and Colleges  
Early Support Service



Anna Freud

Access the links to sign up through the Positive Mental Health and Well being Page on the BBA website:

<https://bristolbrunelacademy.clf.uk/key-information/positive-mental-health-and-wellbeing/>

Via email sent to parents, on the BBA social media.

Or speak with your child's Year Team