Families in Focus Bulletin - Part 2
Information & Support for Practitioners

Hello and welcome to the Information Bulletin from your locality Families in Focus team. **This bulletin contains information on citywide and East Central based services**.

The amount of information has grown so large that we have split the Bulletin into two parts and this is Part 2

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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Training and Development for Professionals

Reducing Parental Conflict

Free Online Course with weekly facilitated group discussion

SFSC
Stronger Relationships

The SFSC Reducing Parental Conflict course is evidence based and provides a mixture of self study and group work discussion. The course is suitable for co-parents and other main adult carers of children aged up to 18. **Two courses are available: one for co-parents living together and one for those living apart**

SFSC Reducing Parental conflict online course provides parents with the key concepts and techniques to reduce the effects on children of harmful conflict which is 'frequent, intense and poorly resolved' including:

- What harmful conflict is and how it affects children's wellbeing and development
- Tools to reflect upon personal values, vulnerabilities and strengths and identify areas of conflict with their co-parent
- Techniques to enhance adult relationships for co-parents and carers living together and improve communication for those living apart
- Skills to manage stress and anger and resolve conflict
- Information for co-parents living apart to work towards a parenting agreement
- Techniques to enhance the parent child relationship for parents whose children do not live with them permanently

The course consist of six online modules and a weekly facilitated group discussion. The individualised online session are released one at a time on a weekly basis (so over six weeks) and take around one hour to complete. Parents/carers can complete each session in one sitting or as and when they have time to do so. They can revisit sessions at any point.

The course activities include, video content, scenarios, drag and drop activities, quizzes and other interactivity.

Participants also attend a weekly online group discussion facilitated by one of the SFSC team and attended by up to six others who are at the same stage of the course. This is an opportunity for parents to

- Review and check on their learning
- ask any questions; and
- hear from other parents

At the end of the course, participants who have completed all six sessions will be provided with a certificate and signposted to further help.

How will parents sign up?

Parents will sign up online . They can either register themselves or can be referred by an agency such as their school or early help team. Parents will be talked through what to do stage by stage and there is a help email and telephone number to support them.

Parents will be reminded via email and text message about completing sessions and joining online group discussions.

This course will be free until November 2024.

Refer a parent on the email address below or tell them to sign up here:
https://strengthening-families.net/reducing-parental-conflict/

Further information: Eleni or Antoinette
sfsc-parent@racefound.org.uk
07708360561 or 07926696502

strengthening families
strengthening communities

SIPCO

TAVISTOCK RELATIONSHIPS
Improving Lives for Generations

Sheffield Hallam University

YOUTH ENDOWMENT FUND

Introducing the Support for Inter-Parental Conflict (SIPCo) project







The Youth Endowment Fund is funding a Randomised Controlled Trial of a therapeutic intervention to help parents and carers to reduce their conflict.

Do you work with parents/carers of a child or children aged between 8 and 14 who may be locked in conflict due to the pressures they are facing? The SIPCo project could help.

We are looking for Dorset, BCP (Bournemouth, Christchurch and Poole) and Bristol City Council staff, such as local authority early help practitioners, school staff and social workers to refer families to the project who:

- Have a child **aged 8-14**
- Have **intense, frequent, and unresolved inter-parental conflict**
- Are **willing to try something new** to help reduce their conflict

The SIPCo project aims to raise parents' awareness of the impact of their conflict on their children, and teaches parents strategies to reduce their conflict.

Referred parents/carers will be randomly allocated to receive either Mentalization-Based Therapy for Parents under Pressure (MBT-PP) or access to digital resources for reducing parental conflict, with support in how to use them.

MBT-PP involves online therapy sessions with a therapist, in which parents are supported to communicate better. MBT-PP is delivered by Tavistock Relationships.

The digital resources are online programmes that parents work through at their own pace, with the support of a staff member. The support is provided by local authority staff administering this project.

Although the intervention referred families receive will be decided randomly, it is important to note that we expect both interventions (MBT-PP and the digital resources) to be helpful to parents who need to reduce their conflict.

If you are a local authority early help practitioner, school staff member or social worker, and are interested in being part of this project, please get in touch using the details below.

Referrals open in March 2023. Get in touch now.

For more information contact

Gina Pazienza 07721 635 376

relationshipsmatter@bristol.gov.uk

https://www.bristol.gov.uk/residents/social-care-and-health/children-and-families/support-for-parents-and-carers/relationship-support-parents-and-co-parents

TAV1432_Tavistock_SIPCo advert.indd 1 07/03/2023 10:32

CAPO

Children Affected by Parental Offending

- Do you want more information about CAPO?
- Could you be a CAPO champion for your organisation?
- Do you know a child or family affected by parental offending?



everyFAMILY
empowering families for life

For more information contact:
www.everyfamily.org.uk
capo@everyfamily.org.uk

everyFAMILY empowering families for life | KEEPING BRISTOL SAFE PARTNERSHIP | BRISTOL CITY COUNCIL | CAPO Children Affected by Parental Offending

Julian House and Next Link- Early Intervention Programme for Staff and Students

EARLY INTERVENTION PROGRAMME FOR STAFF AND STUDENTS

Julian House
The home of opportunity

NEXTLINK.PLUS+ Bristol
changing the face of domestic abuse support services

- Helping schools to work towards their Bristol Ideal Award
- Delivering workshops to teachers and students on the impact of domestic violence, FGM, honour based abuse, forced marriage, peer on peer sexual harassment and abuse
- Preventative work with young people to break the cycle of unhealthy relationships
- Providing 1:1 drop in sessions for advice and referrals



Contact us

Almas: 07757727016 Nadine: 07730664028

cyp.healthyrelationships@nextlinkhousing.co.uk

Julian House is a registered charity (No. 1183751) and a company limited by guarantee in England & Wales (No. 11791952). Registered provider of social housing (No. LH569). Registered Address: 1 Kelso Place, Upper Bristol Road, BATH, BA1 3AU

Missing Link is a Housing Association with a charitable status, registered under the Co-operative and Community Benefit Societies Act (2014). Register No. 28218R

About LPW

LPW is a Community Interest Company that provides **all-year-round support** designed to build children and young people's **resilience**, improve school attendance, support **progress** and **attainment**. We help children and young people to develop **positive relationships** in their community at home and with their education.

Through **relentless care** and attention, our personalised interventions model secure attachment and attachment theory. **Our tailored support is either 1:1, group-based or a combination of both.** Our core aim is to reconnect children and young people, putting the **right support** in place at the earliest possible opportunity to help them **overcome barriers** to engagement.





Each of our programmes are delivered by our **specialist team** of school teaching staff and Engagement Workers who are experienced practitioners in working with **childhood trauma** and with children and young people that have multiple **Adverse Childhood Experiences**. We work in education settings (mainstream and Alternative Learning Provision), in the community or a combination of both. We also work with children and young people's **families/carers** to ensure they understand the role they play in supporting children or young people referred to us.

Our **Engage** and **Explore Programmes** of support encompass **mentoring, play** work, **youth** work, **alternative education** and **part-time ALP**, offering a clear, graduate response to individual children and young people's needs. They are available across Key Stages 1-5 as part of our **drive to reduce exclusion.**

LPW House, Princess Street, Bedminster, BS3 4AG
T: 0117 987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk
Learning Partnership West CIC. A company limited by guarantee. Company Number 02911928

What We Offer

Engage Programmes

Our **mentoring** can be community or classroom based. It is highly personalised and co-constructed with the referring school or professional agency.

Bespoke 1:1 or group-based support available as term-time only through to all-year-round provision.

Suitable for: Early intervention and ongoing support for children and young people to help **overcome barriers** that might otherwise hinder their ability to **successfully engage** in mainstream education, community settings or home environments.







Both our Education Recovery Programme and Recovery Plus+ embed a **combined approach** that works with children and young people to fulfil their educational needs. We **break down barriers** to learning and build in **vocational provision**. This ensures that children and young people can access a broad and balanced curriculum offer, and that mainstream schools can **successfully re-engage** their most vulnerable students.

Education Recovery
Suitable for: Children or young people where concerns exist about their suitability for a full-time, school based timetable.

Education Recovery Plus+
Suitable for: Children or young people that have previously received significant additional support, possibly including our Recovery Programme, without having a significant impact on their engagement with education.

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Explore Programmes

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Our highly skilled team of **trauma informed practitioners** work alongside education providers to inspire and **re-engage** young people at risk of exclusion. We focus on helping children and young people to develop their **self-esteem** and a true sense of their own identity by encouraging them to take risks in a safe manner, supported by **trusted adults**.

By combining **invigorating activities** and our years of experience as skilled **mentors** we are able to successfully adopt an approach that **empowers** children and young people, and develops **positive mental health**. Typical activities include mountain biking, kayaking, rock climbing, forest school and urban tracking. Being in nature and participating in high adrenaline activities have been scientifically proven to boost positive mental health, **reduce anxiety** and **increase self-confidence**, all of which are major contributing factors in school and reduce social exclusion.

Options can include:

- ★ One to one or group sessions (1:3 staff ratios);
- ★ Half and full day sessions to suit need;
- ★ Transport and food included;
- ★ Targeted sessions working towards individual targets.



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Flourish Framework



DOES YOUR ORGANISATION WANT TO BE MORE PLAYFUL & ENGAGING?

We can offter FREE play training & support



Playful Bristol is looking to help non play organisations who would like to develop the quality of play opportunities they have available to children.

We would look to support you with training; improving your environment, and writing policies and procedures.

If you are interested please get in touch with:
Ellie Hookham at
ellie@bandltd.org.uk

If you would like to find out more about the Children and Young Peoples Network, please look at our website.

www.childrenandyoungpeoplebristol.co.uk

COMMUNITY FUND

PLAYFUL BRISTOL

Children & Young People's Network

Want to access the Scrapstore Warehouse?

Becoming a member of Children's Scrapstore offers lots of benefits and is really easy to join. Our Scrapstore Warehouse is full of low-cost resources for creativity and play. Members receive:



- Unlimited access to all scrap materials from the Warehouse
- A discount on ArtShop purchases
- A discount on hire of equipment

Membership is open to any group or individual working or volunteering with a group of children or adults in creative, play, care, educational, therapeutic or community settings.



Schools, universities, nurseries & other educational institutions are also able to buy membership, and the price of these differ dependent on the amount of students.

Cost varies dependent on group type - check online or ask in the ArtShop for more information.

If you don't qualify for full membership, don't worry - you can still access our scrap by purchasing a Supporters Plus card.

tel: 0117 908 5644 / charity no: 1008788

www.childrensscrapstore.co.uk

@childrensscrapstore @scrapstorebrist @scrapstorebrist

FREE

An introduction to play and playwork

5th December 2024
2 - 4pm

Children's Scrapstore,
St Werburghs, BS2 9LB



If you facilitate play and are interested in extending your skills and knowledge of play provision, or you'd like to offer quality play experiences but are new to play, this entry level session is for you.

In this 2 hour session we will explore:

- what play is and why it is so important
- the play process and what happens when children play
- the role of the adult in supporting quality play (at any age)



To book, email training@bandltd.org.uk with the name of the attendee and the setting.

Attending this session gives you the opportunity to shop in Children's Scrapstore's Warehouse for up to a basket of scrap, for the recommended donation of £6 for a full basket.

Children's Scrapstore

BAND
Making Childcare Count

BIG LOTTERY FUND
NATIONAL LOTTERY FUNDED

BRISTOL PLAY & YOUTH ALLIANCE

Play-way Level 1 training

FREE

Play-Way

Level 1play training



Session 1- 18th November 9.30 - 16.30
Session 2 - 2nd December 9.30 - 16.30

All participants will receive a basic certificate after attending both sessions.

(Participants who currently work or volunteer with children can receive a full certificate if they complete a gap task between session 1& session 2.)

The UK play sector covers a wide range of settings working with children of all ages and abilities. Play- Way offers those interested in or already working with children an introduction to play and playwork at Level 1.

The course aims to provide learners with:

- an understanding of children's freely chosen play and the roles and responsibilities of the adult in supporting children and young people's play alongside safe working practices
- underpinning theory around play and playwork
- an understanding of the Playwork Principles, Children's Rights and the importance of inclusion and equalities when working with children and young people
- confidence and skills when working with children and young people aged 4-16 in a range of settings including a play setting
- signposting to further training and job opportunities

The course emphasises participative learning, discussion, practical activities. The assessment will be based on participation in the taught session and completion of a short question paper.

You may have already done our Introduction to Play and Playwork course but it isn't a necessity. After Play- Way you could go onto Level 2 in Play and Playwork, or straight into employment/volunteering in the play sector.

To book, email:
training@bandltd.org.uk
with the name of the attendee and the setting.

Training venue:
Children's Scrapstore, St Werburghs, Bristol, BS2 9LB

Children's Scrapstore

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Making Childcare Count

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NATIONAL LOTTERY FUNDED

BRISTOL PLAY & YOUTH ALLIANCE

Bristol Healthy Schools

The Bristol Healthy Schools team provides support for Bristol schools to improve the health and wellbeing of pupils, staff and families.

Offer

- 1:1 support meetings
- Step by step checklists
- Awards scheme
- Webinars
- Advice and guidance from specialists
- Healthy Schools/PSHE Network meetings
- School Community Health Profile
- Bristol Pupil Voice
- Healthy Schools Website

Contact

healthy.schools@bristol.gov.uk

www.bristol.gov.uk/bristol-healthy-schools

Inspiring dementia action in Bristol schools

Dementia can have a significant impact upon a family and community, as well as the person who is living with dementia. We aim to raise dementia awareness amongst our young people in Bristol schools and to create positive social change, so that we can become more dementia friendly as a city and beyond. By teaching young people about dementia, we can improve knowledge and understanding, as well as empower individuals to make a positive difference to people's lives. You can play a part in helping us to achieve this. As one of our ambassadors says;
"You can't change my dementia, but you can change the world I live in."

Did you know ..?

Nearly a third of our young people know someone living with dementia.

A diagnosis of dementia is made every 3 minutes.

There are approximately 1 million people living with dementia in the UK.

This figure is predicted to reach 1.4 million by 2040.

1 in 2 people will be affected by dementia in their lifetime.

How is this relevant to your school?

There are clear links to the curriculum and OFSTED framework. Through learning, young people will be encouraged to become more active and responsible citizens.

Educating young people about dementia means that they will be more able to protect their own health and wellbeing.

Through education, we are helping to create a dementia friendly workforce for the future, where young people will be able to support their own and others' lives professionally, as well as personally.

Educating young people and the wider school community about dementia increases understanding and changes attitudes, resulting in reduced fear, stigma and isolation for people living with and affected by dementia.

What I can offer your school:

* A free assembly raising awareness of dementia
* A free Dementia Friends session for pupils, deepening knowledge and understanding and enabling social change
* Free bespoke sessions sharing lived experience of dementia
* A range of free sessions for staff and / or parents

What next?

If you would like more information, please contact me;



E: **sally.townsend@alzheimers.org.uk**

M: 07590 884435

dementia wellbeing service

The Dementia Wellbeing Service is a partnership between Alzheimer's Society and the NHS, delivering dementia support services to people affected by dementia in Bristol.

Support for Young People and families

Babbasa

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?





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.

Aardman

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

- babbasa.com
- 0117 924 1707
- admin@byep.org.uk
- babbasahub

About LPW

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Through **relentless care** and attention, our personalised interventions model secure attachment and attachment theory. **Our tailored support is either 1:1, group-based or a combination of both.** Our core aim is to reconnect children and young people, putting the **right support** in place at the earliest possible opportunity to help them **overcome barriers** to engagement.

Each of our programmes are delivered by our **specialist team** of school teaching staff and Engagement Workers who are experienced practitioners in working with **childhood trauma** and with children and young people that have multiple **Adverse Childhood Experiences**. We work in education settings (mainstream and Alternative Learning Provision), in the community or a combination of both. We also work with children and young people's **families/carers** to ensure they understand the role they play in supporting children or young people referred to us.



Our **Engage** and **Explore Programmes** of support encompass **mentoring**, **play** work, **youth** work, **alternative education** and **part-time ALP**, offering a clear, graduate response to individual children and young people's needs. They are available across Key Stages 1-5 as part of our **drive to reduce exclusion.**

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Bespoke 1:1 or group-based support available as term-time only through to all-year-round provision.

Suitable for: Early intervention and ongoing support for children and young people to help **overcome barriers** that might otherwise hinder their ability to **successfully engage** in mainstream education, community settings or home environments.







Both our Education Recovery Programme and Recovery Plus+ embed a **combined approach** that works with children and young people to fulfil their educational needs. We **break down barriers** to learning and build in **vocational provision**. This ensures that children and young people can access a broad and balanced curriculum offer, and that mainstream schools can **successfully re-engage** their most vulnerable students.

Education Recovery
Suitable for: Children or young people where concerns exist about their suitability for a full-time, school based timetable.

Education Recovery Plus+
Suitable for: Children or young people that have previously received significant additional support, possibly including our Recovery Programme, without having a significant impact on their engagement with education.

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Explore Programmes

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Options can include:

- ★ One to one or group sessions (1:3 staff ratios);
- ★ Half and full day sessions to suit need;
- ★ Transport and food included;
- ★ Targeted sessions working towards individual targets.



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Inspire: Training, development and workshops

Celebrating 25 years

We are passionate about ensuring all children and young people receive **high quality support** that is appropriate to their needs, relevant to their situation and that is available at the **earliest possible point**.



Our staff and team hold specialist skills, experience, knowledge and intelligence that help to **improve the quality** of support children and young people receive, including the ability to make better informed decisions themselves. Whether it's formal **training** for professionals, **assemblies** for children and young people, or **team building** days we provide **bespoke opportunities** to **inspire** professionals, children and young people.







If you would like to know more about **LPW and our range of Engage, Explore and Inspire programmes**, please get in touch to discuss your requirements using the contact details below.

E: **enquiries@lpw.org.uk** or call **0117 987 3700**

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Recovery and Recovery Plus+ Programmes

Celebrating 25 years

The programmes support children and young people across **Key Stages 1 – 5** to access a **broad and balanced** curriculum offer, and supports schools **to re-engage** their most vulnerable students. Our combined approach provides **a graduated response** that is tailored to individual children and young people that have experienced childhood trauma and a high number of Adverse Childhood Experiences.

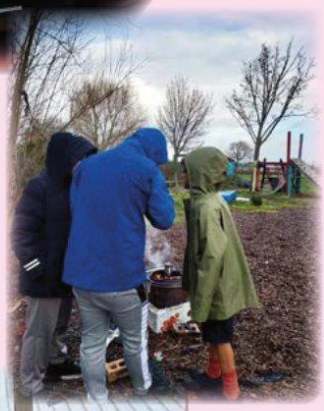


In summary, we offer a combination of:



★ **In school or off-site** interventions – this offers the child or young person the opportunity to work with a **trained teacher**, to **break down** their **barriers** to learning, and ensure they remain at a **strong academic level** whilst maintaining and **rebuilding relationships** with staff and peers where problems have previously arisen.

★ **Community** intervention – it is often external factors that influence a child or young person's ability to **engage positively** with their education and LPW has a wealth of expertise at working with individuals and families to **support** them in their locality.



★ **Vocational provision** – for many children and young people the opportunity to **develop skills** in a particular area of interest acts as the **springboard** to educational engagement. We work with our partners to secure **opportunities** for individuals to put their skills to use in a range of **active learning** opportunities.



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Recovery Programme	Recovery Plus+ Programme
Suitable for: Young people where concerns exist about their suitability for a full-time, school based, timetable.	**Suitable for:** Young people that have previously received significant additional support, possibly including our Recovery Programme, without having a significant impact on their engagement with education.
Focus: Supporting students to maintain their academic focus but allowing opportunities for bespoke alternative education away from their home school.	**Focus:** May be a final stage in a graduated response before a placement at a full-time ALP is considered.
Key features: ★ Combines work in the community, home and school. ★ Provides support within the home school to ensure staff are supported. ★ An effective handover once programme is complete. ★ Allows participants to continue to access a near complete curriculum offer at their home school.	**Key features:** ★ Combines work in the community, LPW Hubs and the home school. ★ Allows for bespoke interventions to support development of teaching, learning and communication strategies for use by staff in home school. ★ Provides support within the home school to ensure staff are supported. ★ An effective handover once programme is complete. ★ Provides young person with one full day away from school to develop skills and experience a hands on learning programme.

All **timetables** are adapted to suit the needs of each individual young person referred and will be **co-constructed** with learners' home school. They may also include a combination of **therapeutic work**, **targeted sessions** on child criminal exploitation or packages that support post 16 transition. Sample timetables are available on request, and are for illustration only.

Costs

All costs are based per young person and per 6-week term. Costs exclude VAT and are correct at the time of printing. Please check our website for current prices.

Recovery Programme	Recovery Plus
£2,455	£5,200

If you would like to know more about **LPW and our range of Engage, Explore and Inspire programmes**, please get in touch to discuss your requirements using the contact details below. E: **enquiries@lpw.org.uk** or call **0117 987 3700**

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LPW Engage Mentoring

Engage Mentoring Programmes

We believe that **learning is a relational** activity, which takes place in education settings and the community. Our highly personalised **1:1 and small group mentoring** support is **co-constructed** with the referring school or agency and parents/carers to ensure we meet children and young people's needs.

Our support focuses on:

- ★ Improving children and young people's self-regulation, resilience and respect for themselves, peers and adults
- ★ Supporting children and young people's social, emotional and mental health
- ★ Supporting parents to engage with their child's education
- ★ Improving children and young people's attendance, aspirations and enable them to reach their full potential
- ★ Reducing fixed term and preventing permanent exclusions
- ★ Diversionary activities that reduce antisocial behaviour, crime and serious youth violence
- ★ Providing a mechanism for maintaining agency engagement, awareness and support at a point where statutory provision drops off
- ★ Reducing the risk of holiday hunger by offering healthy drinks and meals
- ★ Aiding transition back into school after the holidays.



Examples include but are not limited to:

LPW 1:1 work:
We created a programme for a student who was at risk of dis-engagement, and struggling to find **positive relationships** in their local community. Working on a 1:1 basis we supported them with **numeracy** and **literacy**, which was seen as a barrier to engagement. This young person is now highly engaged, **making good academic** and **social progress**.

"LPW's creative approach to bespoke timetabling and quick reaction to our request for support meant that a learner who was at risk of becoming disengaged from his studies at a crucial point of Yr11 is now making progress and enjoying his learning once again." Bristol Cathedral Choir School

LPW received a **ROUTES** referral for 1:1 support. The young person was involved in **street conflict**, serious violence and **gang activity**. Relationships had broken down within the family home and he didn't have a school placement. We **built strong relationship** with the young person and focussed on keeping him **safe**. We supported the young person to acknowledge his behaviour and actions, put a plan in place to make **positive changes and rebuild** his relationship with his parents. The young person has now moved home and is expected to return to education.

LPW House, Princess Street, Bedminster, BS3 4AG
T: 0117 987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk
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Examples of Small Group work:

We developed an **identity project** for young people delivering 2 hours per week over 12 weeks, helping them **communicate** with professionals about **understanding diversity** within a mainstream setting, resulting in the production of a toolkit for education professionals to support young people with their identity.

"I am happy with the involvement that my daughter has had with her engagement worker. She's not been in as much trouble with the police recently, is learning new things and even baked me a cake the other day. LPW are having a really positive impact." Parent.

"The LPW team has been an amazing addition to our staff team, they are attentive and supportive. Our pupils feel like they are really easy to talk to and take the time to support and understand them and the team are reflective of our pupils which is a great addition." College Head of Safeguarding.

We are play and Forest School specialists:

As an example, we ran a programme of half day **forest school** provision in a south Bristol primary school targeting children with emotional and behavioural difficulties. Using the **outdoor environment**, we were able to support children to engage, **improve attendance** and attainment. School staff have reported childrens' **improved behaviour** within the classroom and ability to self-regulate.

"The pupils really enjoy the lunch time forest school sessions. Most of these pupils were identified as having poor skills and unable to play a game nicely with others. Through the programmes LPW staff helped pupils to learn new skills, as well as how to take turns, being patient and the confidence to work as part of the team!" Primary School.



Costs

Session Type	1:1 cost per 12 week programme	Group* cost per 12 week programme
2 hours per week (minimum charge)	£1,620	£4,500

*Group price: Two Engagement Workers, working with up to 8 children/young people in their mainstream setting. For larger groups please enquire. Costs exclude VAT and are correct at the time of printing. Please check our website for current prices.

If you would like to know more about **LPW and our range of Engage, Explore and Inspire programmes**, please get in touch to discuss your requirements using the contact details below. E: **enquiries@lpw.org.uk** or call **0117 987 3700**

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Explore Programme

The Explore programme provides opportunities for children and young people in **Key Stages 3 and 4** to engage in active learning and outdoor activities. It **supports students struggling in their mainstream settings** by incorporating experiences that support positive mental health, build resilience, promote teamwork and provide opportunities to develop new skills and improve self-confidence.

The Explore model



- The Explore programme is **underpinned by a growing body of research** on the effects of adverse childhood experiences on the brain.
- The programme promotes the activation of the PLAY, CARE and SEEKING systems in the brain by offering an **enriched environment** and opportunities for child-led play and active learning. This allows children and young people to build **social and emotional connections**, try new activities, take risks (safely) and share joy in new experiences and places. When optimally activated, the SEEKING system enables children to grow up with the capacity for will, drive and energised engagement in life.
- Research also highlights the significant benefits of increased **time spent in nature** for young people. These include improved academic outcomes, higher self-esteem, better physical health, positive mental health and a reduction in symptoms associated with ADHD.



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The Explore programme is suitable for:

Children and young people in KS3 and KS4 who would benefit from opportunities for building self-esteem, developing confidence and experiencing part-time quality education outside the classroom.

Explore is part of a graduated offer from LPW which also includes the Recovery and Recovery Plus programmes and a full-time ALP.

Focus:

Providing opportunities to develop underactive PLAY, SEEKING and CARE systems in the brain. We do this through social and emotional connection, child-led play and enriched environments that allow students to take risks to support their development and wellbeing.

Key features:

- ★ Half-day sessions led by experienced mentors trained in working in a trauma-informed and attachment-focused way.
- ★ Typical activities over the course of a term include kayaking, mountain biking, airsoft, bushcraft, rock climbing, paddle boarding, axe throwing and archery.
- ★ Enables students to demonstrate and improve skills in new environments, boosting self-confidence, resilience, physical well-being, group working and awareness of boundaries.
- ★ Can feature as part of a graduated response approach to minimise risk of exclusion.
- ★ Written sessional feedback provided for each young person (session aims can be tailored to individual targets).





Costs

Cost per student per half-day session (minimum one-term booking and minimum three students per school)	What's included
£150 Lunch available if required for £5 per person	High ratio of mentors to students Travel to and from school

Costs exclude VAT and are correct at the time of printing. Please contact us for current prices.

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Inspire: Training, development and workshops

Our **Inspire Programmes** are all bespoke and support multi-agency development and **training** by upskilling professionals to deliver their own **high quality** relationship driven interventions where appropriate. We also provide **workshops** and **assemblies** to enable children and young people to make more informed decisions themselves.

Conflict resolution training
In response to increasing anti-social behaviour in the community, we have been commissioned to deliver conflict resolution training to staff at a community anchor organisation.

In school workshops – Understanding Serious Youth Violence and Child Criminal Exploitation
"Most of the teachers don't understand us. Only one or two teachers do. Talking to you is different and helped me to understand what the issues are and how to keep safe. LPW understood what I was saying." Young person

LPW can provide certified safeguarding training to schools and community organisations.

Staff training- 'How to hold difficult conversations with young people'
"Today helped me to see I need to try to spend more time with students in a nice relaxed way rather than dealing with the 'day to day'. Also how important it is to build trusted professional relationships."



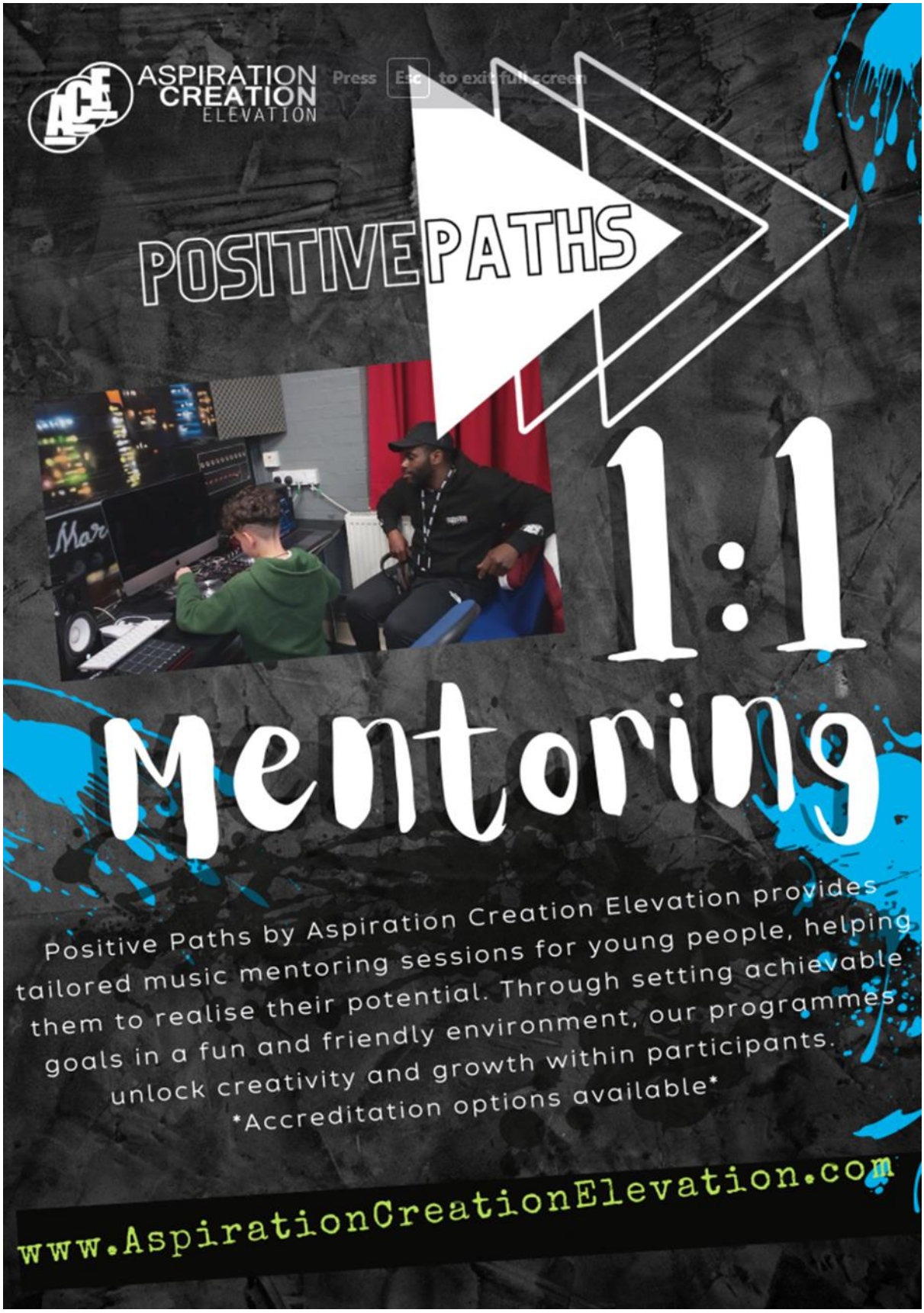
Culture awareness training in working with Gypsy and Roma Traveler communities
"The training has given a greater awareness of the need to include the Gypsy Roma Traveler community and the difficulties they face integrating themselves, so we have thought of ways to restructure to go to them as opposed to offering events that are far from their sites."

"The training gave me a great insight into the challenges faced by Gypsy Roma Travelers within Bristol and wider."

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Positive Paths



St Werburghs- Forest play, Transitions and Youth sessions

Who: These sessions are for children aged 6-12 years old. They are for young people who are experiencing a difficult time at home, school or with their mental health or young people who do not have a lot of access to the outdoors.

We welcome referrals from teachers, social workers, youth workers and other professionals who work with young people.



August Transition sessions

When: 10.30-4.00 Monday 5th August – Wednesday 7th August

Where: Boiling Wells (a short walk from St Werburghs city farm)

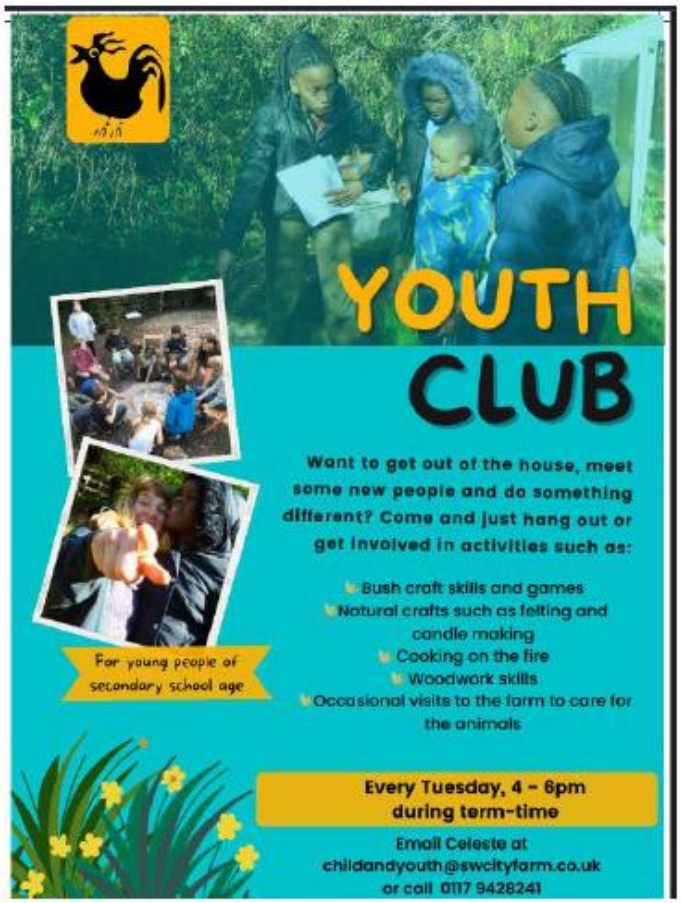
What: These sessions will give the young people an opportunity to bond with other people transitioning from primary for secondary. Children will cook and eat together as well as playing games and doing some craft activities. We will have opportunities to talk through our worries and things that we are looking forward to. The sessions are

facilitated by three trained professionals and the group will include up to 12 young people.

Lunch and a snack will be provided.

Who: These sessions are for children aged 10-11 years old tranistioning from year 6 to secondary. Any young person who you think would benefit from some support with this transition are welcome.

We welcome referrals from teachers, social workers, youth workers and other professionals who work with young people.



Youth Club

When: Tuesdays 4.00pm-6.00pm during term time

Where: Boiling Wells (a short walk from St Werburghs city farm)

What: Youth club is a space for young people to meet friends and hang out. We enjoy spending time with nature at our Boiling Wells nature conservation site. The sessions are led by young people's ideas.

Food is provided

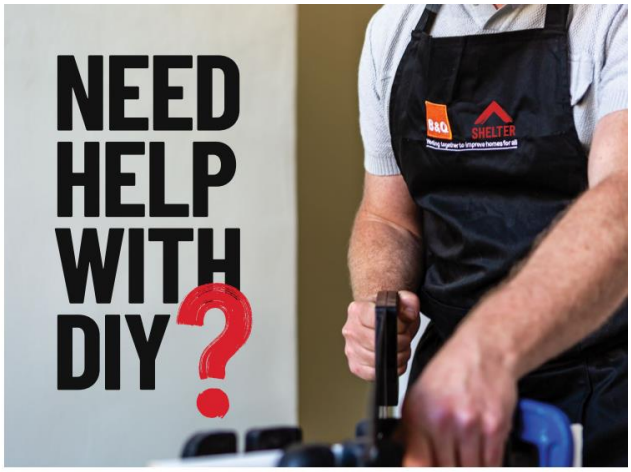
Who: Young people aged 12-17

We welcome referrals from teachers, social workers, youth workers and other professionals who work with young people.

Shelter- DIY Skills Adviser

Shelter exists to defend the right to a safe home.

Thanks to our partnership with B&Q, the support and advice provided through our team of DIY Skills Advisers help turn unfit accommodation into comfortable homes.



Want to make your house feel more like home, but lacking the skills and tools?

We can help.

SHELTER | B&Q

Working together to improve homes for all

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Registered charity in England & Wales (263710) and Scotland (SC002327).

How we can help

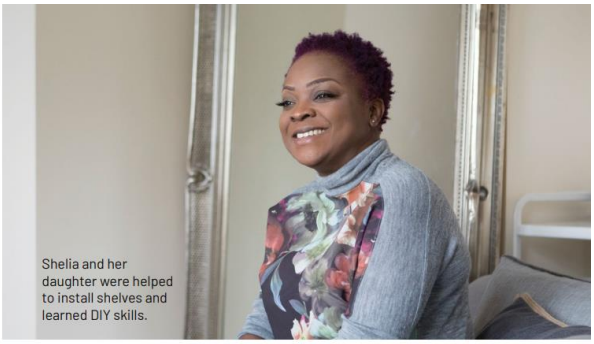
Our DIY Skills Advisers can help with housing improvements. By providing basic DIY training and hands-on help, we'll support you to turn a house in disrepair into a safe, comfortable home.

Here are some of the things we can help with:

- Painting and decorating
- Shelving
- Fitting of curtain rails, curtains and blinds
- Building furniture
- Fencing repairs & installation of gates
- Gardening and landscaping

We're not experts in everything, unfortunately we can't help with:

- Flooring or carpeting whole rooms
- Major plumbing, electrical work and gas maintenance
- Tree surgery or ongoing gardening work
- External or structural work



Shelia and her daughter were helped to install shelves and learned DIY skills.

Get in touch

If you would like to find out more about the service, please get in touch.

Housing advice

For information and advice on general housing issues, visit: **shelter.org.uk/housing_advice**

You can also contact your local Shelter hub:

Email: adam_round@shelter.org.uk
Call: 07717701301

Bristol Family Arts Network

'Together we can help every child and family access arts and culture.'

The Bristol Family Arts Network is part of the Family Arts Campaign, funded by the Arts Council England, to raise family engagement with arts and culture. The Bristol network is open to anyone looking to connect families with arts and culture in the Bristol area.

To find out about the campaign nationally visit www.familyarts.co.uk For more information or to get involved with the Bristol Network please get in touch with: bristolfamilyarts@childrensscrapstore.co.uk

We have a family mailing list called Bristol Family Fun where we share events and activities throughout Bristol for families. All the members of the network are committed to providing a warm welcome for all.

You can sign up to the mailing list as a professional to keep up with news and opportunities from the network or signpost the network to families who may be looking for things to do. Use the QR code or this link to sign up: www.childrensscrapstore.co.uk/bristolfamilyfun



Brook Clinic

brook



Brook offers free and confidential sexual health treatment, information and advice for young people aged 13-19 in Bristol, South Gloucestershire and North Somerset.

Brook Clinic **3rd Floor,** **The Station,** **Silver Street,** **Bristol** **BS1 2AG**	**Monday** 12-7pm **Tuesday** 12-7pm **Wednesday** 12-7pm **Thursday** 12-7pm **Friday** 12-5pm **Saturday** 12-5pm **Sunday** closed

Please call our friendly reception team on **0117 929 0090** for all services and appointments.
For our **drop-in sessions** times, please visit our website below).

Our Free and Confidential Services

- Advice and information about all aspects of sexual health
- Contraception (condoms, C-Card & long-acting options)
- Emergency contraception
- Pregnancy testing
- STI testing and treatment
- PrEP (taken before sex to prevent HIV infection)
- Counselling
- 1:1 Relationships and Sex Education support (Bristol and South Gloucestershire only)

We welcome young people of all genders and sexualities

brook.org.uk

brook.org.uk/service/brook-bristol/

brook

Unity Sexual Health runs weekly sexual health clinics for the under-25s around Bristol, South Gloucestershire and North Somerset. Please call 0117 342 6900 to book an appointment. Or visit our website for walk in details.

unity Sexual Health

Be Informed.
Be Safe.
Be In Control.

Provided by:
NHS
University Hospitals Bristol
NHS Foundation Trust

Unity @ Withywood	**Amelia Nutt Clinic, The Withywood Centre, Queen's Road, BS13 8QA**	**Mondays 15:15 – 17:45**
Unity @ Southmead	**Southmead Health Centre, Ullswater Road, BS10 6DF**	**Mondays 15:00 – 17:30**
Unity @ Lawrence Weston	**Ridingleaze Health Centre, BS11 0QE**	**Tuesdays 15.00 – 17:30**
Unity @ South Bristol Community Hospital	**Hengrove Promenade, BS14 0DE**	**Wednesdays 16:00 – 18:00**
Unity @ Clevedon	**Clevedon Health Centre, Old Street, BS21 6DG**	**Thursdays 18:00 – 20:30**
Unity @ Concord Medical Centre	**Braydon Avenue, Little Stoke, BS34 6BQ**	**Wednesdays 15:00 – 17:30**
Unity @ Yate Westgate Centre	**Westgate Centre, 21 West Walk, Yate, BS37 4AX**	**Thursdays 16:00 – 17:30**
Unity @ Cadbury Heath Health Centre	**Parkwall Road, Barrs Court Cadbury Heath, BS30 8HS**	**Mondays 15:30 – 18:00**

Testing for STIs (Sexually Transmitted Infections)
If you are over 16, you can order **free STI test kits by post from the website,** that arrive at your house in plain packaging. Or pick them up from **vending machines** across the area. All information and how to access at www.unitysexualhealth.co.uk



C-Card in Bristol, South Glos and N Somerset provides free condoms for those aged 13-24 years.
Scan the QR code for more information

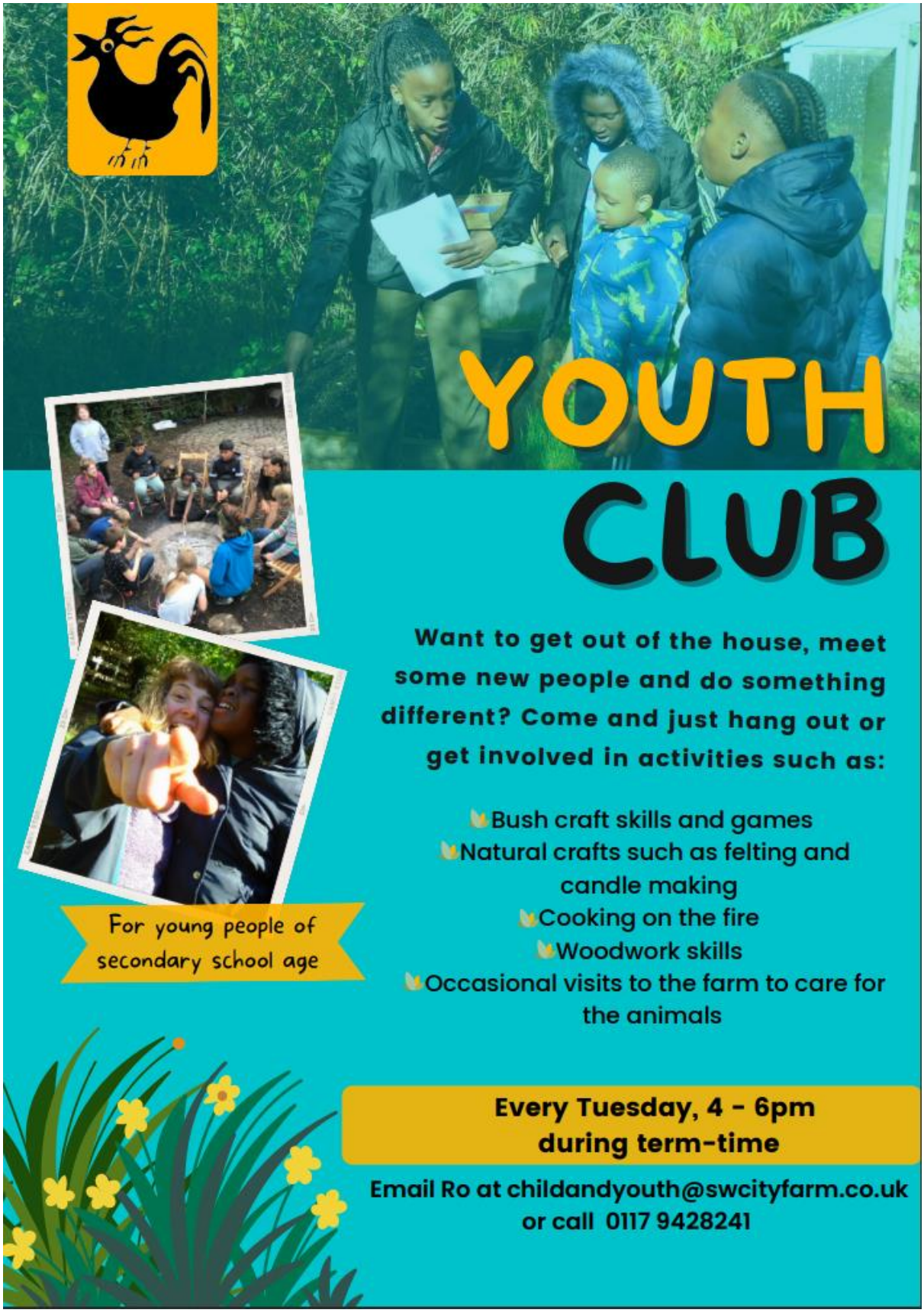
Bristol only: 16-24 years – Digital C-Card Registration and Condoms by Post. Visit www.brook.org.uk/regions/brook-bristol/

unitysexualhealth.co.uk Visit website for any updates to clinic opening times

Crimestoppers- Fearless



St Werburgh's City Farm- Youth Club



Youth Club- The Vassall Centre



Love Squared

LOVE SQUARED

We are Love Squared, a Bristol-based charity that supports children and families impacted by mental health. Our Glow service provides creative and imaginative free support projects for children (age 4+) at risk of falling through the cracks in support systems.

Our holiday programme is for children and young people who may be feeling anxious, isolated or anyone struggling to fit in with peers. The groups aim to build confidence, friendships, and improve wellbeing in a supportive environment. Find out more - https://lovesquared.org.uk.



LOVE SQUARED

LOVE SQUARED

