

Friday 14 February 2025

End Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Truth/Honesty

Learning behaviour: Self Evaluating

We have loved Term 3 with lots of fantastic learning to reflect back on. All the children have been excellent Frome Vale Citizens, and have been working hard in class whilst enjoying plenty of opportunities to experience learning outside of the classroom too. The whole school enjoyed Music Day and RE Day this term. We had our youngest pupils heading out for a walk in our local area, with our older children experiencing a fabulous trip to the Beacon to experience a full orchestra. Some of our Year 6 had a wonderful opportunity to play basketball at the home of the Bristol Flyers Basketball team. PE for all children will continue in Term 4, Please do check the Week Ahead to confirm which days your child will need to wear their PE kit to school. Enjoy the half term break and we look forward to seeing you all again on Tuesday 25 February 2025.

We are Honest



A short video on how you can help your children to be honest.

Click on the logo above

We are Self Evaluating



What are the benefits and disadvantages of self evaluation and how can this help your child to develop? Want to find out more?

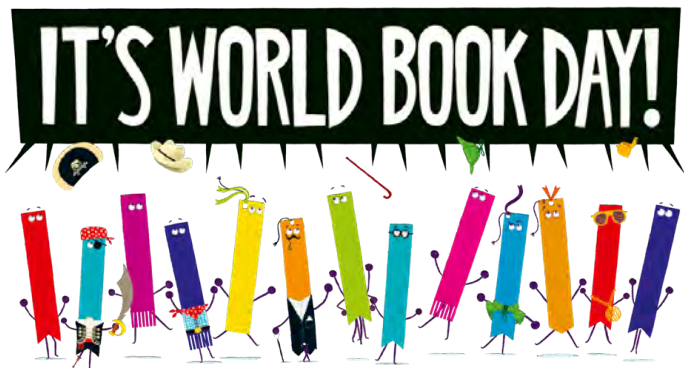
Click on the logo above

We are Honest



Some great resources for teaching children about internet safety and how to some people are not who they say they are

Click on the logo above.



We are going to celebrate World Book Day at FVA on **Wednesday 6 March.**

This is a chance for us to:

- Take part in some activities that help celebrate the amazing world of reading
- Raise awareness with our children about the joy of reading
- Special World Book Day lunch Menu **Click HERE**

Dress as a book character. Pupils can come into school on 6/3/25 wearing clothes that reflect your favourite book character. This is just for fun (no stress needed)!!!

If you can, please donate £1

Tuesday 25 February 2025

Friday 7 March 2025

Monday 10 to Friday 14 March 2025

Tuesday 11 March 2025

Thursday 13 March 2025

Tuesday 18 March 2025

Tuesday 18 and Wednesday 19 March

Thursday 27 March 2025

Thursday 27 March 2025

Friday 4 April 2025

Tuesday 22 April 2025

Friday 2 May 2025

Monday 5 May 2025

First Day Term 4

Girls Football Event

World Book Week

Year 1 Trip—Chew Valley Farm

Open Door Event 8.30am to 8.50am

My Bank Financial Session for KS2 children

Parent Evenings—Save the date

BMX Taster Session—Save the date

PTA Spring Craft Event 3.30pm

Last Day Term 4 Non school uniform day

First Day Term 5

Music Day

Bank Holiday—school closed to all

Key Dates for your diary



It is essential that we have your correct email address and mobile telephone number in order to support you.

If you think we may have incorrect contact details, please email info@fva.clf.uk to provide us with your correct information

Pupils at Frome Vale Academy protest proposed cuts to lollipop staff

Under plans to save money, it had been proposed that all lollipop ladies and men across Bristol would be axed, sparking uproar from parents and children alike.

Upon hearing that latest proposal, pupils at Frome Vale Academy decided to fight back against the decision by staging a peaceful protest in support of their lollipop person. Gary.

Arranged and organised entirely by themselves, 50 or so pupils made banners and placards and held a peaceful protest at our local zebra crossing, where they are normally safely guided by their lollipop person.

In addition to their demonstration, the pupils also organised a petition to block the move, which contained over 140 signatures.

Jan Saunders, Principal of Frome Vale Academy, praised the pupils' efforts, saying:

"This is a great example of Frome Vale Citizens showing social action and demonstrating that they care about the problems and issues that are important in our community."

Well done FVA Citizens—Bristol City Council have announced that Gary and all the other Lollipop peoples jobs are now safe.



Bristol Flyers Basketball Trip

A group of year 6 were entered into The Flyers Cup annual basketball tournament. Playing at the home court of Bristol Flyers Basketball team, 8 schools competed in mini games to try and get through to the next round of the cup. Our team were brilliant. They started off a little nervous and frantic, but after some good advice from the event coach and ref, they improved hugely and began to work better as a team with their passing, moving into space and decision making. Players continually switched on and off court, like in the professional game, so that they could rest, watch the opposition and talk tactics before going back on. They did a fab job and ended the last game with an exciting buzzer beater from Kabir! We were very proud to win 2 awards in the end of tournament ceremony. Troy was crowned MVP (most valuable player) out of all the schools, for his passion, energy and enjoyment. For this, he has two tickets to see Bristol Flyers play their next game. Kabir was also identified for his natural talent and has a golden ticket pass to a basketball coaching session in Easton. What a fantastic morning we all had and they represented Frome Vale brilliantly.



For more information about the Bristol Flyers [Home - Bristol Flyers](#)



Sad Goodbye and Happy Hello

We wanted to share an important change in our teaching staff.

After 7 years, Mrs Pakrooh will be leaving Frome Vale Academy at the February half term to pursue new career opportunities at another school where she will be SENDCo. We are grateful for the dedication and hard work Mrs Pakrooh has shown during her time with us. Her contributions have been invaluable, and they will be greatly missed by both students and colleagues.



We understand that transitions can be challenging, but we are pleased to announce that we have successfully recruited a highly qualified replacement. Miss Tattersall will be joining our team starting on April 22nd. Miss Tattersall currently works withing our trust and comes with a wealth of experience and a strong commitment to education, and we are confident that they will be a great addition to our school community.

We are committed to ensuring a smooth transition for our students and staff. Miss Tattersall will be working closely with Mrs Pakrooh over the next few weeks to ensure a seamless handover of responsibilities. Whilst we wait for Miss Tattersall to start, Mrs McMahon (an existing member of the FVA team and well known by the children) will teach the year 2 class.

Please join me in wishing Mrs Pakrooh all the best in their future endeavours and in welcoming Miss Tattersall to our team.

Thank you for your understanding and support during this transition.

Dr Saunders



After over 7 years at Frome Vale, I am sad to be saying goodbye to all the school, the children and families I have come to know. Some of you I have grown to know really well and it will be particularly hard to say goodbye to my current class, who are truly delightful and to whom I feel very attached. For many of you, I have taught several of your children and waved them off to secondary, wishing them every success as they go on their journey. But, it is now time for me to take my leave of Frome Vale and I will be taking up a role as a SENDCo and part time teacher elsewhere. I wish you all a happy, healthy and successful continuation of 2025 and beyond.

Best wishes, Tracey Pakrooh

My name is Miss Tattersall, and I am so excited to be joining the Frome Vale Academy family! I live locally and love being a part of my community. I am a keen runner and help deliver sessions at a nearby running group, as well as taking part in races like the Frenchay 10k which passes right in front of the school gates. I lived in Japan for a number of years as an English teacher and in my free time I enjoy recreating my favourite Japanese meals and practising the language. I love travelling to new places and meeting lots of different people. I look forward to meeting and working with you all.

Miss Tattersall



Safer Internet Day 2025 | Tuesday 11 February

This year's Safer Internet Day theme, "Too good to be true? Protecting yourself and others from scams online," has provided a crucial opportunity for our children to learn about internet safety. On this special day, our pupils engaged in a full day of activities and lessons designed to equip them with the knowledge and skills they need to navigate the online world safely.

Throughout the day, children participated in interactive workshops and discussions that highlighted the importance of recognising and avoiding online scams. They learned how to identify suspicious emails, messages, and websites, and were taught the significance of safeguarding their personal information.

Our teachers emphasised the importance of critical thinking and scepticism when encountering offers that seem too good to be true. By fostering an environment of awareness and vigilance, we aim to empower our pupils to protect themselves and others from the ever-present threat of online scams.

The lessons learned on Safer Internet Day are vitally important, not just for our children, but for the entire community. As we continue to embrace the digital age, it is essential that we all remain informed and proactive in ensuring our online safety.

Let's work together to create a safer internet for everyone.

Some useful resources for you to review at home:

BBC Teach - a collection of online safety resources exploring different aspects of online safety, such as online bullying, managing online information, privacy and security, and copyright and ownership.

<https://www.bbc.co.uk/teach/topics/cp440njz78zt>



Childnet - How to protect young people from online scams:

<https://www.childnet.com/blog/how-to-protect-young-people-from-online-scams/>

Ideas for independent follow up work and homework:

- Create acrostic poems using key topic words as the starting letters for each line - examples might include SCAM, FRAUD, PHISHING, PASSWORD, INFORMATION etc.
- Create a cartoon strip starring a new scam-busting superhero character.
- Create a crossword or wordsearch containing some of the new vocabulary learned from the days activities.



Penalty Notices for unauthorised absences are changing

What you need to know if your child is absent (unauthorised) during term time - valid from September 2024 onwards

Unauthorised absences will be monitored on a rolling 3-year basis (including between schools and different local authority areas).

Penalty Notices can be issued when there have been 10 unauthorised absences (1 school day = 2 sessions, 5 school days = 10 sessions). The threshold can be met with any combination of unauthorised absence within 10 school weeks. Penalty Notices are issued for any term-time or irregular absences that are unauthorised (for example, a 5-day term-time holiday) - whether these absences are taken consecutively or cumulatively over a period of 10 school weeks.

1st Penalty Notice

The first Penalty Notice is issued for term time absences or irregular absences, the amount will be:

- **£80** per parent, per child (if paid within 21 days)
- **£160** per parent, per child (if paid between 22 to 28 days)

| No. of parents | No. of children | Fine amount up to 21 days | Fine amount after 21 days |
|----------------|-----------------|---------------------------|---------------------------|
| 1 | 1 | £80 | £160 |
| 1 | 2 | £160 | £320 |
| 2 | 3 | £480 | £960 |

2nd Penalty Notice

There is no opportunity to pay a reduced amount

The second time a Penalty Notice is issued for term time or irregular absences issued to the **same parent** for the **same child**, the amount will be:

- **£160** per parent, per child (if paid within 28 days)

| No. of parents | No. of children | Fine amount up to 21 days | Fine amount up to 28 days |
|----------------|-----------------|---------------------------|---------------------------|
| 1 | 1 | Not applicable | £160 |
| 1 | 2 | Not applicable | £320 |
| 2 | 3 | Not applicable | £960 |

Further offences

The third time an offence is committed for unauthorised term time or irregular absences **within 3 years** by the same parent for the same child (including those from other schools or Local Authorities) may result in an automatic request for **Prosecution**.

Education Act: 1996: It is your responsibility as the parent/carer to ensure your child's school attendance is on a regular basis and if you fail to do this without good cause, you are liable to prosecution. If found guilty of this offence you could be liable to, amongst other things, a fine of up to **£2500** and/or a custodial sentence of up to **3 months**.

FOOD
FESTIVAL
By Aspens

WORLD BOOK DAY

6th March

Neverland Burger

with Wedges & Magic BBQ
Beans



Jack's Beanstalk Burrito with
Wedges & Garden Salad

Jacket Potato and Tomato Pasta is also
available

And

**Paddington's
Orange Marmalade
Sponge**





A WORLD OF FUN AT BIZZY KIDZ CLUB

17 - 21 February 2025

This February half term, let your child embark on an exciting journey around the globe without leaving town! At Bizzy Kidz Club, we'll explore countries, cultures and landmarks through engaging activities that spark curiosity and creativity.

What's in Store?

-  Cultural Crafts
-  Landmark Adventures
-  Tasty Travels
-  Music & Dance
-  Interactive Games & More

www.bizzykidzclub.com

If you are entitled to Free School Meals, your child is also entitled for Holiday Club funding to allow your child to attend for FREE!

The club is running on the following days at FVA;
Monday 17 February 2025 to 21 February 2025

Please use www.bizzykidzclub.com to book your child into the club.

Online Safety

What Parents Need to Know!

Each newsletter we will provide a helpful fact page on an online game or issue. We know children will want to play online games with their friends and this can be a great way for children to have fun. However as you will be aware with every benefit there is also a disadvantage. Being aware of what these can be will help to keep your child safe.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

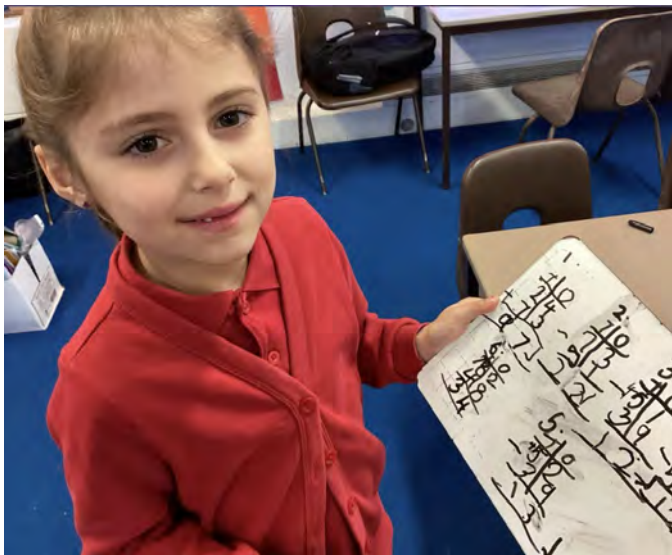
Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College

This term's learning at FVA



You can stay in touch with what is happening at the academy by logging onto our Twitter feed.

Click [Here](#)



Holiday Club @ FVA



KIDS HOLIDAY CLUB

ARTS & CRAFTS ~ COOKING ~ EXPERIMENTS
WOODLAND ACTIVITIES ~ GAMES

8.30am - 5pm
Open every school holiday

Frome Vale Academy,
Bristol, BS16 2QS

Price List

Day Session: £38

Morning Session: £22

Afternoon Session: £22

Book The Week: £175

★ Childcare vouchers and
tax-free childcare
payments accepted


Ofsted
Registered

www.bizzykidzclub.com

FREE SPACES AVAILABLE FOR FAMILIES RECEIVING BENEFITS



OPEN ACCESS Play Sessions

Led by Children's Scrapstore with LPW and WeCIL

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

WE BRING THE KIT, YOU LEAD THE PLAY!

EVERY MONDAY

Term time: 3:30pm - 5:30pm

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

Half Term Holidays*:

11:30am - 1:30pm

Easter / Summer Holidays*:

10:30am - 2:30pm

Get creative and imaginative at these regular play sessions aimed at young people, **age 8 and over**.

Expect arts and crafts, sports kit, construction materials and much more!

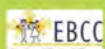
No booking required

FREE

contact: playteam@childrensscrapstore.co.uk
facebook page: Children's Scrapstore Play Rangers
charity no. 1008788

*Except bank holidays.

Funded lunch for children provided in holiday sessions



WOMEN OF COLOUR WELLBEING GROUP

MONDAYS ONLINE
6.30 - 8.30pm



LGBTQIA+ WELLBEING GROUP

TUESDAYS ONLINE
6.30 - 8.30pm



BLACK, ASIAN, AND ETHNIC MINORITY MEN'S WELLBEING GROUP

THURSDAYS
Easton Community Centre
5.30 - 7.30pm



MEN'S WELLBEING GROUP

THURSDAYS ONLINE
6.30 - 8.30pm



WOMEN'S WELLBEING GROUP

THURSDAYS ONLINE
6.30 - 8.30pm



SCAN ME

Safe, non-judgemental and confidential spaces to discuss mental wellbeing with others who belong in your community.

Free to join and are facilitated by people who identify as being in that community.



www.changesbristol.org.uk

0117 941 1123



Mindful Mandala Workshop

By Sayambrita Mukherjee, Community Artist & Workshop Facilitator

A relaxed and informal event, for anyone affected by eating difficulties or eating disorders, including friends, family and supporters. All materials provided.



Wednesday 26th February 2025



6:30-8:30pm



Vassall Centre, Bristol, BS16 2QQ



Free to register via Eventbrite <https://tinyurl.com/mtmfbk23>



Patient & Public Involvement (PPI) event, funded by Bristol Health Partners
E-mail: helloedhit@gmail.com | @EDHITBristol #EDHITPPI #EDAW2025

Including a Bharatnatyam dance performance by Chandini Sree



MilestonesTrust



MUSIC TRAIN

AT THE
VASSALL CENTRE
Fishponds, Bristol, BS16 2QQ

5TH FEBRUARY
5TH MARCH

1.30-3.00pm

EVERYONE WELCOME



SCAN
FOR MORE
INFORMATION



Website
bit.ly/themusictrain



Facebook
facebook.com/themusictrainbristol



ROOTS TO WELLBEING AT HILLFIELDS



Connect with nature through this NEW 4 week programme!



Fridays

10.30am-1pm

24th, 31st Jan & 1st, 14th Feb
Hillfields Community Garden

Roots to Wellbeing is a nature-based health & wellbeing support group for anyone struggling with mental health or finding life challenging.

Sessions involve a free lunch & reflection, mindfulness, sensory activities, simple craft activities & gardening.

Open to all over 18 years & any one who supports them.

Referrals welcome any time. This course will run in January, March and May 2025

Register or find out more

roots@yourpark.org.uk

07759 616037

https://yourpark.org.uk/rootstowellbeing



If you have a **learning disability** you can get a free **annual health check**.

- Annual health checks will help **improve your health**.
- Your GP will provide an annual health check. **Book an appointment today!**
- If you are **over 14 years old** you can get a check.
- Ask for a **free annual health check!**

Autism Independence supports people with a learning disability and autistic people and their families. We have a focus on ethnic minorities.

We have teamed up with local GP services to help people with a learning disability, with and without autism, to attend annual health checks.

Research shows that people with a learning disability from ethnic minorities do not go to their annual health checks. Health outcomes and life expectancy for these groups of people are a lot worse.

Autism Independence has been commissioned by BNSSG ICB to help people go to their annual health checks.

Find out more at autism-independence.org, email hello@autism-independence.org or telephone: **07354 486 322**.

Autism Independence can help:

- If you or the person you are supporting has a learning disability and you or they are from an ethnic minority background.
- With translating and explaining the annual health check if English is not your first language.
- By getting you or the person you are supporting on your GP's learning disability register.
- By helping you to book and attend your annual health check.
- By helping you to follow up on your health action plan.



Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!



Your parenting toolbox:



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

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



FREE 11 Week Group

Incredible Years

A parenting group for parents of children aged 2 - 8 years old, run by qualified staff at your local Children's Centre. This group is for adults only.

This programme will help parents learn how to:

- Help their children feel loved and secure
- Encourage their children's language, social and emotional development
- Establish clear and predictable routines
- Handle separations and reunions
- Use positive discipline to manage misbehaviour

Scan here to register your interest



If you would like further information or to register your interest directly then please call us on: **07721311497** or email: pssso@bristol.gov.uk Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).



Bristol Parenting Courses

Did you know that via [Bristol Family Hubs](#) you can access FREE parenting courses?

Children's Centres across the city run courses for parents with children aged 4 - 8 years old.

Here is some information about what is on offer:

Parenting Puzzle

'Parenting Puzzle' is a 4 week course whereby you will be given the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop. Suitable for parents with children ages 0 - 5 years old. In person and virtual courses available.

The Nurturing Programme

'The Nurturing Programme' is a parenting 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 family relationships. Suitable for parents with children ages 2 - 8 years old. 10 week course. In person only and creche available.

Incredible Years

The 'Incredible Years' Programme is designed to strengthen child well-being, promote social-emotional learning and academic competence, and prevent, reduce, and treat behavioural and emotional problems in young children. Suitable for parents with children ages 2 - 8 years old. 11 week course. In person only and creche available.

To register for a course please follow this link: <https://forms.office.com/e/gBv9Z5EUHv>

Following you submitting a form via the above link - you will be contacted with details of the next available courses.

FREE 10 Week Group

The Nurturing Programme

A parenting group for parents of children aged 2 - 8 years old, run by qualified staff at your local Children's Centre. This group is for adults only.

- 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

Scan here to register your interest



If you would like further information or to register your interest directly then please call us on: **07721311497** or email: pssso@bristol.gov.uk Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).



All Saints After School Family Cafe

From 12th September

Thursdays 3.15pm - 4.30pm
(term time only)
Fishponds Old Library
(next to Fishponds Academy) BS16 3UH

After school space for families.
Free hot drinks and snacks.
A child friendly space to play.



FAMILIES ONLY
All children must be with an adult.
All adults must be with a child/ren.

  [allsaintsfamilycafe](https://www.facebook.com/allsaintsfamilycafe)




The Children's Kitchen Feeding Your Family

Our Feeding Your Family Sessions are a time to share ideas, learn new skills, and make some food to take home. These free sessions take place during the school day and are just for adults. We focus on simple, affordable meals that the family will love based on our recipe booklets. You will get a free recipe booklet, spice kit and food to take home if you attend the sessions. This is a four-week course, please choose the location closest to you.



The Gatehouse, Gatehouse Ave, Hartcliffe, BS13 9JN
The teaching kitchen in the community building.
Wednesdays 1-2.30pm from 22nd January

Ambition Lawrence Weston, 2 Stile Acres, Lawrence Weston, BS11 0PZ
The kitchen in the new Ambition House.
Tuesdays 1-2.30pm from 21st January

The Vassall Centre, Gill Avenue, Fishponds, BS16 2QQ
In the new Community Hub, Dawn James Room
Wednesdays 9.30-11am from 26th February

To book please visit: [this booking form](#) or with the QR code
Please note we do not have creche facilities for these sessions.





Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!



Your parenting toolbox:

- Listening
- Play
- Praise
- Nurture
- Empathy
- Connection

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

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



Antenatal Welcome to the World

FREE 5 Week Group

Suitable for parents at around 22 weeks of pregnancy onwards...

- Understanding your baby and baby's brain development
- Your future as parents and as a family
- Your roots, traditions, hopes and fears for the future
- Infant feeding and the practical tasks of caring for a new baby
- Practical Skills - safer sleep, bath time and changing nappies

Oldbury Court Children's Centre BS16 2QS

13th March - 10th April
9.30am - 11.30am

Register your interest here: www.bit.ly/BristolParentingGroups

If you would like further information then please call us on: 07721311497 or email: pssso@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best course for you (in person or virtual options available).





Connecting People into Communities: Disabled People's Drop-ins

The Vassall Centre

The Hub - Gill Avenue, Bristol BS16 2QQ
From 9th December every Monday 1 - 3pm

These drop-in meetings are for any one who identifies as a Disabled person to discuss issues that affect Disabled people in Bristol, and to get individual support. It is also a chance to meet new people and build up your confidence and resilience, and make plans for your future. Please feel free to come along and have a chat and a cup of tea with us.

*Please note these Drop-ins will not run on Bank Holidays
No drop-ins over the Christmas period, due to start back again on
6th January 2025

Contact us by email: info@bristoldef.org.uk
Or phone: 07759 430 758



FREE Community BMX Sessions Hillfields Park, Pump Track

New
Information!

**Thursdays
4PM-5PM**

Come and try BMX!

- Sign-up on the day (first-come-first served)
- The coach can take up to 16 people at a time*
- Everyone is welcome, all abilities
- Bikes and helmets are provided for free
- Please bring gloves (if you have them)
- Wear long sleeves and trousers
- Dress for the weather as there is no shelter
- Bring a some water!

*If there are more than 16 people, we will split the session into 2 x 30 mins and swap groups.

Contact:

bm@accesssport.org.uk



ADULTS! Register using the QR.
Please sign in your child at the
container and remain in the park.
You only need to register once!

**Volunteers
wanted!**
Get in touch to
find out more

Registration QR



Women of Colour, Lets Talk Health



You're invited to join us for a series of empowering and informative conversations led by Black female health professionals.

Together, we'll explore key health topics that matter to us.

Save the dates & don't miss out!

- **Thursday 16 Jan @ 7.00pm on line** - Menopause addressing the myths & embrace this phase of life with knowledge and confidence!
- **Thursday 13 Feb @ 12.30pm online** - Facts about breast health & breast care
- **Saturday 22 March @ 10.30am** - **Rose Green Sport Centre, Bristol**
Reproductive health focusing on endometriosis & fibroids



Your **Health** is your **Wealth**

