

# Children and Young People (4 – 16 years) and Families Health and Wellbeing booklet

We have listed some websites that we are aware of and which you may find helpful.

This booklet has three parts.

**Getting out and about**  
**Emotional health and wellbeing**  
**Getting more active**

Click on the links to find out more. If you have a smartphone, you can scan the QR reader to access the websites.

## Getting out and about

There are lots of fun activities and clubs in the local area. What are you interested in?



### Well Aware

Well Aware gives information on a huge range of organisations, support groups, community groups, events and activities to improve health and wellbeing in Bristol and South Gloucestershire. Click [here](#) for find out more.

### Youth Clubs

Youth clubs offer a safe environment where children and young people can get together and enjoy themselves. They offer different activities to suit everyone. To find out more about Youth Clubs near you click [here](#).



### Cadbury Heath (Juice Community Project)

Juice Community Project provides help and support to people who live in Cadbury Heath and the surrounding area. Click [here](#) to find out more.



### Creative Youth Network

The Creative Network also runs popular youth groups and courses in Hanham. Click [here](#) to find out more.





### Libraries

Libraries are not just about books! Computers use, free wifi, film rental, audiobooks and clubs and groups are also on offer. Click [here](#) to find out more.



Activities for children, young people and families are FREE! New faces are always very welcome! Click [here](#) for the home webpage for children and young people. And click on the links below to find out more about:

#### [Holiday activities.](#)

[Lego™ Clubs](#) for primary school aged children. Make a model to display at the library.

[Chatterbooks Reading Groups](#) where children have a great time talking about books and getting involved in fun activities.

[Coding Clubs](#) for 8 -14 year olds.

[Teen book groups and volunteering opportunities](#) for young adults

[Library activities for babies and young children](#) including rhyme times, story times and play sessions.



### Scouts

Scouts is about fun, challenge and adventure for boys and girls between 6- 25 year olds. Scouts offer great opportunities to try different activities and hobbies. Click [here](#) to find out more.



### Kingsmeadow Community Flat

Kingsmeadow aims to prevent isolation and works with individuals, families and young people facing multiple challenges. Click [here](#) to find out more.



### Friends of Page Park

There are lots of events and activities in Page Park. Some are in the school holidays and include arts and crafts and outdoor activities. Click [here](#) to find out more.



### Health in Schools Programme (HiSP)

Schools can join the HiSP to improve health and wellbeing of the whole school community. Click [here](#) to find out more.



### 1 Big Database

Find support for a range of family issues, childcare, parenting support, benefits, school and much, much more in Bristol and South Gloucestershire. Just enter a postcode to find support and activities in your local area. Click [here](#) for more details.



### Southern Brooks

Southern Brooks is based in Kingswood and Patchway. They offer a wide range of services for local communities including families and young people. Click [here](#) to find out more.



### Family lives

Family Lives offers support to parents/carers and families including online videos and a confidential helpline. Click [here](#) for more details.



### Other local community webpages

Find out more about what is going on in your local area!

[Bradley Stoke](#)

[Filton](#)

[Patchway](#)

[Yate](#)

[Thornbury](#)

### Emotional health and wellbeing

It's important to look after your emotional health and wellbeing. Here are some ideas and contacts.



### Mind You

This is the mental health and emotional wellbeing hub for young people in South Gloucestershire. **Mind You** helps you to look after your mental health, find out about mental health problems and where you can go if you are struggling. Click [here](#) to find out more.





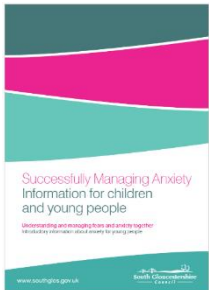
### Off The Record (OTR)

OTR is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire. They provide free and confidential 1:1 and group mental health support. Click [here](#) to find out more.



### Bourne Family Project

This a safe space where families and individuals can seek emotional, practical, social and, if requested, spiritual support. Services include adult counselling, children’s play therapy and parenting courses. Click [here](#) to find out more.



### Anxiety toolkit

This toolkit aims to help people understand their emotions, how to manage them and when to ask for help. It includes information tailored for parents and carers, teachers and young people. Click [here](#) to find out more.



### Sleep toolkits

Sleep is extremely important to support physical and mental development. The toolkits give guidance and support for parents and carers, and those working with families with babies and young children. For 0-5 years click [here](#), for 5-13 years click [here](#) and for 13-18 years click [here](#).

### Breakthrough

Breakthrough placements require a funding source. Mentoring sessions help vulnerable and excluded individuals achieve goals to help move their life forward. Activities offered are based on individual need, for example, sport, music, conversation, computing. Click [here](#) to find out more.



### Childline

You can get advice and support on a huge number of topics on the Childline website. Click [here](#) to find out more.



### South Glos Parents & Carers

This group involves parents/carers of children and young adults aged 0-25 years with Special Educational Needs and Disability (SEND). They understand the issues faced, the challenges and the joys that children bring. Click [here](#) to find out more.

## Getting more active

There are lots of activities and sports clubs in the local area. What are you interested in?



### Leisure Centres

The Leisure Centres at Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate all offer a great range of activities. Click [here](#) to find out more!

### Active play

Some families with children aged 0-4 years or 5-16 years with a disability may be eligible for Active Play. This gives vouchers for swimming and soft play. Referrals are made by health visitors, school nurses and support workers. Ask them for more details.



### Wesport

Find out about a wide range of sports and physical activities, how you can get involved and who to contact. Click [here](#) to find out more.



### SportsPound

Are you over 14 years old and active for less than 30 minutes a week? If yes, SportsPound will give you the chance to try 8 free activity sessions. Find something new that you enjoy! Click [here](#) to find out more.





### Sport for people with disabilities

Seven out of ten disabled people want to be more active. The English Federation for Disability Sports encourage sports and physical activity for people with disabilities. Click [here](#) to find out what is available in your local area.



### StreetGames

These are free drop in, multi-sports sessions for anyone 13+years old. For more information call 01454 865821, or click [here](#).



### Junior parkrun

2 km runs for children aged between 4 - 14 years, take place every Sunday at 9.00 am at Little Stoke and Page Park. Click [here](#) for the main website.

Little Stoke: click [here](#) to find out more.

Page Park: click [here](#) to find out more.

### Disclaimer

These are websites and organisations that we are aware of but there may be more. The details in this booklet were correct at the time of writing. Please check individual websites for up to date details.

### If you have any questions contact:

☎ 01454 864005

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May 2018