

# Services available to young carers (Bristol)

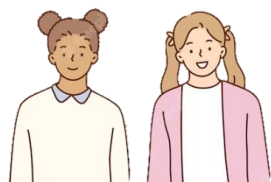
Here are a list of **free** services that we would recommend you look through who could help support you whilst you wait for an assessment. These services are aimed to support young people all over Bristol.

## Youth and play organisations:

| Name of service                               | Description   | Website   | Age range            |
|---|---|---|----------------------|
| Young Carers Service<br>Carers Support Centre | Providing free activities, groups and 1-1 support for young carers. Also undertakes statutory assessments for young carers.                                       | <a href="#">Help for young carers   Carers Support Centre</a><br><a href="mailto:youngc@carerssupportcentre.org.uk">youngc@carerssupportcentre.org.uk</a><br>0117 9589980 | 5-17 years old       |
| ACTA  | Drama club for young carers in South or East Bristol. On Thursdays 5-6pm, on Zoom at present. To refer your child, please follow the link and sign your child up. | <a href="https://www.acta-bristol.com/">https://www.acta-bristol.com/</a>   | 10-18 years old      |
| Bagga Bites Youth                             | Free takeaway for 12-18 years old   | <a href="https://www.facebook.com/baggator.bristol/">https://www.facebook.com/baggator.bristol/</a>   | 12-18 year olds      |
| Barnardos                                     | Youth services, support for young people particularly with homelessness, employment/training/skills and LGBTQ+  | <a href="https://www.barnardos.org.uk/">https://www.barnardos.org.uk/</a>   | Children of all ages |
| Brave Bold Drama                              | Hartcliffe based for families living in BS13, range of art based activities   | <a href="https://bravebolddrama.co.uk/">https://bravebolddrama.co.uk/</a>   | 6-12 years old       |
| Bristol Black Carers                          | Providing support and assistance for Caribbean, African and Asian carers in Bristol   | <a href="http://www.bristolblackcarers.org.uk/">http://www.bristolblackcarers.org.uk/</a>   | 8-18 years old       |

Young carers questionnaire to help identify appropriate support

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| Bristol Drugs Project        | Support young carers of parents with substance use.  | <a href="http://www.bdp.org.uk/">http://www.bdp.org.uk/</a>   | 5-16 years old                           |
| Creative Youth Network (CYN) | 1-1 support covering a wide range of topics. Weekly young carers group in East Central and South Bristol. Open access youth groups In different location in the city.  | <a href="http://www.creativeyouthnetwork.org.uk">www.creativeyouthnetwork.org.uk</a>  | 11-19 years old                          |
| Children's Centres           | <p>Check your local Children's Centre for activities, advice, and guidance for family support. You will need to register your child at your local centre.</p> <p><b>North Bristol Children's Centre:</b><br/>Covers Filten Avenue, Upper Horfield, Lockleaze, Southmead, Brentry, Henbury, Sea Mills, Long Cross and Avonmouth</p> <p><b>Central Bristol Children's Centre:</b><br/>Covers St Pauls, Barton Hill, City Centre, Hotwells, Redcliffe, Whitehall, St Judes, Easton, Lawrence Hill</p> <p><b>South Bristol Children's Centre</b><br/>Covers Bedminster, Withywood, Hartcliffe, Whitchurch, Stockwood, Knowle, part of Redcliffe and Totterdown</p> | <p><a href="https://digital.bristol.gov.uk/schools-learning-early-years/register-children-centre">https://digital.bristol.gov.uk/schools-learning-early-years/register-children-centre</a></p> <p><b>North Bristol Children's Centre:</b><br/>Website - <a href="https://northbristolcc.org.uk/">https://northbristolcc.org.uk/</a><br/>Phone number - 0117 2772685<br/>Email - <a href="mailto:nbcc@bristol-schools.uk">nbcc@bristol-schools.uk</a></p> <p><b>Central Bristol Children's Centre:</b><br/>Website – <a href="http://www.centralbristolcc.co.uk">www.centralbristolcc.co.uk</a><br/>Phone Number – 0117 9030337<br/>Email – <a href="mailto:stpaulsncc@bristol-schools.uk">stpaulsncc@bristol-schools.uk</a></p> <p><b>South Bristol Children's Centre</b><br/>Website – <a href="http://www.southbristolcc.org.uk/">http://www.southbristolcc.org.uk/</a><br/>Phone number – 07795952621<br/>Email – <a href="mailto:sbcc@bristol-schools.uk">sbcc@bristol-schools.uk</a></p> | Children and family support for all ages |



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| Empire Fighting Chance                   | This is a programme that integrates mentoring, carers support and therapy with boxing to support young people. You can refer your child on the website   | Call: 0117 233 8700<br>Email: <a href="mailto:Info@empirefightingchance.org">Info@empirefightingchance.org</a><br><a href="https://www.empirefightingchance.org">https://www.empirefightingchance.org</a>  | 8 – 16 year olds             |
| Felix Road Adventure Playground (Easton) | Open access adventure playground location in Easton. Please check link for opening times during term time and school holidays  | <a href="https://eastsidecommunitytrust.org.uk/our-places/felix-road/">https://eastsidecommunitytrust.org.uk/our-places/felix-road/</a><br>Contact: 0117 954 1409<br>Email: <a href="mailto:Contact@upourstreet.org.uk">Contact@upourstreet.org.uk</a> | Children aged 8-14 years old |
| Sense                                    | Support for siblings and young carers in Bristol & South Glos. Free activities, groups and 1-1 support, both face to face and online. Group meets in Kingswood.  | <a href="https://www.sense.org.uk/our-services/support-for-children/support-for-young-carers-and-siblings/">https://www.sense.org.uk/our-services/support-for-children/support-for-young-carers-and-siblings/</a>                                      | 5-18 years old               |
| St Pauls Adventure Playground            | Open sessions<br>Also has an onsite bike project/workshop with access to the public.<br>Younger children are welcome if supervised by an adult.  | <a href="https://stpaulsventures.org.uk/">https://stpaulsventures.org.uk/</a><br>Contact: 0117 954 2145  | All ages                     |
| Southmead Adventure Playground           | Open access service for play, cooking and fun activities. Check out their Facebook page for up-to-date timetable for events and activities coming up.<br>Under 8s are welcome if supervised by an adult. | <a href="https://southmead.org/youth-play">https://southmead.org/youth-play</a><br>Contact: 0117 950 3335<br>Email: <a href="mailto:info@southmead.org">info@southmead.org</a>   | 8-13 years old               |
| Full Circle Project @ Docklands          | Youth support groups, fencing, music groups, coding club, basketball, and football.  | <a href="http://fullcircleproject.org.uk/">http://fullcircleproject.org.uk/</a><br>Contact: 0117 9077 164  | 8+ years old                 |

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|--------------------------------------|---|---|----------------|
| Learning Partnership West (LPW) Play | Community support for youth work engagement. Play sessions @ the hideout adventure playground ( <i>BS13 0RF, Teyfant Road</i> ) Urban Park – Thursdays 3-5pm ( <i>Barton Hill</i> ) | <a href="https://www.lpw.org.uk/">https://www.lpw.org.uk/</a><br>Contact: 0117 987 3700<br>Email: enquiries@lpw.org.uk  | 6-25 year olds |
| Life Cycle UK                        | Help children and young people learn to cycle and become more confident. 1-1, group rides and youth activities.   | <a href="https://www.lifecycleuk.org.uk/youth">https://www.lifecycleuk.org.uk/youth</a>   | 8+ years old   |
| Young Bristol                        | Youth services, youth clubs, outdoorsy activities, and creative activities. These clubs are based all over Bristol. Please see the link to see where your nearest club is.          | <a href="https://youngbristol.com/">https://youngbristol.com/</a>   | 8-19 years old |
| Youth Moves (South Bristol)          | Youth services, sport, music, outdoors, youth clubs, 1-1 mentoring, extra-curricular education support, social action/volunteering support,   | <a href="https://www.youthmoves.org.uk/">https://www.youthmoves.org.uk/</a>   | 12+ years olds |
| Your Holiday Hub                     | Information on free activities in the school holidays   | <a href="https://www.yourholidayhubbristol.co.uk/">https://www.yourholidayhubbristol.co.uk/</a>   | All ages       |
| Bristol City Council                 | Information on youth activities   | <a href="https://www.bristol.gov.uk/residents/schools-learning-and-early-years/information-for-young-people-in-bristol/activities-for-young-people">https://www.bristol.gov.uk/residents/schools-learning-and-early-years/information-for-young-people-in-bristol/activities-for-young-people</a> | All ages       |



## Schools and education:



| Name of service                                       | Description  | Website   | Age range      |
|---|--|---|----------------|
| Carers Support Centre (Our Service)                   | Check to see if your child's school or college is already registered with our Young Carers in Schools programme (YCiS). If you can't see your child's school, please check with your school to see if they have a young carers staff lead or champion.                 | Here is a link to all the schools who are signed up to the YCiS programme. Schools Young Carers lead are listed.<br><a href="https://www.carerssupportcentre.org.uk/young-carers/young-carers-in-schools/local-member-schools/">https://www.carerssupportcentre.org.uk/young-carers/young-carers-in-schools/local-member-schools/</a>   | All age ranges |
| Off The Record (OTR) Mental Health support in schools | This service supports young people around mental health. They have groups that meet online and provide 1-1 support in schools. The school will need to be registered with OTR. Please contact the school to register your child.                                       | Here is a link to a list of schools that are registered with OTR:<br><a href="https://www.otrbristol.org.uk/what-we-do/mhst/">https://www.otrbristol.org.uk/what-we-do/mhst/</a>  | 11+            |
| School Nurses   | The Bristol and South Gloucestershire School Nursing Service. It is available to all children and young people living, or at school/college within the Bristol and South Gloucestershire local authority area, as a first point of contact for advice and signposting. | <a href="https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing/bristol-south-gloucestershire">https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing/bristol-south-gloucestershire</a><br><br><b>North Bristol School Nurse Team:</b> 0300 124 5816<br><b>South Bristol School Nurse Team:</b> 0300 125 6277<br><b>East &amp; Central Bristol School Nurse Team:</b> 0117 939 3760 | 5-19 years old |

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### Further Education:

| Name of service         | Description   | Website   | Age ranges        |
|-------------------------|---|---|-------------------|
| Young Carers Service    | The transition workshop is to give advice and guidance to young people to explore their options moving into further education. We have also listened below other services to support further education. | Transition Workshops: Please speak to your child's support worker to discuss joining this free workshop.                      | 15+               |
| Square Meals Foundation | 12-week programme, see website for start dates  | <a href="https://www.squarefoodfoundation.co.uk/how-to-be-a-chef">https://www.squarefoodfoundation.co.uk/how-to-be-a-chef</a> | 16+               |
| Babbasa                 | Inspiring and supporting under-represented young people in Bristol to pursue their ambitions through skills training, professional mentoring, events and recruitment support services                   | <a href="https://babbasa.com/contact/">https://babbasa.com/contact/</a><br>Telephone: 01173290717                             | 16 – 25 years old |
| Princes Trust           | The Princes Trust run programmes to help young people get into employment   | <a href="https://www.princes-trust.org.uk/">https://www.princes-trust.org.uk/</a><br>Telephone: 0800 842 842                  | 16+               |



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### Health and Wellbeing:

| Name of service                          | Description   | Website   | Age range                |
|--|---|---|--------------------------|
| AFC (Text Crisis Support) SHOUT          | Free, confidential, 24/7 text message support service. If you need support you can text <b>AFC to 85258</b>   | <a href="https://www.annafreud.org/on-my-mind/afc-crisis-messenger/">https://www.annafreud.org/on-my-mind/afc-crisis-messenger/</a><br>LGBTQI+ Mental health support<br><a href="https://www.annafreud.org/on-my-mind/lgbtqi-mental-health/">https://www.annafreud.org/on-my-mind/lgbtqi-mental-health/</a> | 11+                      |
| Heart to Heart Counselling               | Free counselling for ages 12+   | <a href="https://hearttoheartbristol.co.uk/">https://hearttoheartbristol.co.uk/</a>   | 12+                      |
| Kooth                                    | Free anonymous online text counselling for young people   | <a href="http://www.kooth.com/">http://www.kooth.com/</a>   | 11+                      |
| Love Squared (Previously Leading Lights) | A specialist mental health and SEN charity based in Bristol. They provide creative and imaginative support for children and families affected by social, emotional, and mental health needs. Their services include telephone emotional support, therapeutic support and 1:1 mentoring. | <a href="https://lovesquared.org.uk/glow/">https://lovesquared.org.uk/glow/</a>   | 5+                       |
| Mind Info Line                           | Online and telephone resource that doesn't offer counselling but provides a safe space to anonymously discuss your mental health concerns.  | <a href="https://www.mind.org.uk/information-support/helplines/">https://www.mind.org.uk/information-support/helplines/</a><br><br>Telephone: 0300 1233393  | Parent and child support |

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| Nilaari                               | Social care and talking therapies for BAME   | <a href="https://www.nilaari.co.uk/">https://www.nilaari.co.uk/</a><br>Telephone: 01179525742   | Under 25        |
| Sidekick Action for Children          | Sidekick is a confidential helpline for young carers in the UK. You can message us any time about anything that is bothering you as a young carer.   | <a href="https://sidekick.actionforchildren.org.uk/">https://sidekick.actionforchildren.org.uk/</a><br>Text: 07888 868 059  | 13-18 years old |
| Off The Record                        | Youth services, mental health support  | Please check out their range of services:<br><a href="https://www.otrbristol.org.uk/">https://www.otrbristol.org.uk/</a>  | 11-25 years old |
| The Mix                               | A free mental health service. The Mix offers a range of short-term support options for getting help without leaving home, 1:1 chats, telephone or crisis messenger. With information and support for young carers and a weekly online young carers chat group. | <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a><br><br>Telephone: 0808 808 4994   | 11-25 years old |
| The NHS Urgent Mental Health Helpline | Short online quiz for all ages allowing you to access local mental health services   | <a href="https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline">https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline</a> | All ages        |
| Young Minds                           | Ideas for practical support  | <a href="https://www.youngminds.org.uk/young-person/my-feelings">https://www.youngminds.org.uk/young-person/my-feelings</a>   | 11+             |

