

Face-to-Face Compass drop in sessions at the One Stop Shops

Compass are launching weekly drop-in sessions to provide advice and signposting for families from pregnancy through to teenage years.

These sessions are designed to help support parents and carers navigate where and how to access the right support available locally. We can offer guidance and connect families to services that can help with a range of needs, including parenting support and community resources.

Drop-in details:

- Patchway One Stop Shop – Tuesdays
- Kingswood One Stop Shop – Wednesdays
- Yate One Stop Shop – Thursdays

All sessions run from 9am – 12:30pm.

No appointment needed – families can simply come along and chat with our friendly team.

The first session takes place on Tuesday 13 January at Patchway One Stop Shop.

If you are working with families who may benefit from advice or support, please signpost them to these sessions. This is a great opportunity for families to get practical help in an informal setting.

Please see the attached poster

Parenting group for parents/carers of children with ADHD

Please find attached the flyers for the next parenting group for parents of children with ADHD. The next groups are running as follows:-

1. Kingswood Hub Thursday mornings / 10.00am – 12.30pm / 29th Jan – 26th March (excluding February half term)
2. Patchway Children's Centre Thursday evenings / 6pm – 8.30pm / 29th Jan – 26th March (excluding February half term)

Please send referrals to ParentingADHD@southglos.gov.uk with the following information:-

- Name of parent / Carer:
- Contact details for parent – tel no. & email address:
- Locality for group – Patchway or Kingswood
- Child's Name and age:
- Number of children in family:
- Diagnosis of ADHD / Assessment pathway in progress / No diagnosis or assessment pathway yet:

Many thanks,

Phil (Philippa) Gatehouse (she/her)

Senior Families Plus Support Worker - Families Plus 5-18 North
Department for People

Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce

A 6-week course starting on Thursday 29th January to Thursday 12th March 9.30-12 at Christchurch School, Hanham, Bristol

For more information or to reserve your place contact

relationshipsatter@southglos.gov.uk or Tel 07900703452

There is no course on Thursday 19th February due to the school holiday.

King's Trust Updates

Team Programme – Boost your confidence!

We are thrilled to announce our Team programme is back in Bristol!

Starting on the 26th January 2026, our 12-week programme for 16-25 years old focuses on personal development. During the programme, young people will:

- Gain new skills and develop confidence
- Meet like-minded people
- Take part in a community project
- Go on a fun-filled residential trip
- Develop English and Maths skills
- Plan for the future and be supported with interview practice and CV building

Please see attached the leaflet for more information about the programme and what to expect from each week.

To refer a young person for this programme, please use our referral link: [King's Trust Referral Partner Enquiry Form 25-26 \(Page 1 of 2\)](#)

or email outreach.bristol@kingstrust.org.uk

Multi Agency Cluster (MAC) Meeting led by Compass – Save the Date Tuesday 3 March 4pm – 5.30pm

Compass hold a multiagency cluster meeting 3 times a year where we invite guest speakers from support services and other partner agencies to come and share what it is they do and how they can help you to support the children, young people and families you work with. We are busy confirming the next guest speakers ready for our next MAC meeting on **Tuesday 3 March** from **4pm-5.30pm**. This is always held on TEAMS – keep an eye out for more details closer to the time, including the link to join but pop the date in your diaries so you don't miss it!

Pathways to Independence (PTI) Parenting Special Needs Group, starting 20th January 2026. The program will run over 7 weeks.

The Pathways to Independence Team are offering a parenting programme for parents/ carers of:

- Young people who have a disability, aged 10 to 25 years.
- Young people with learning disabilities and additional permanent, substantial conditions such as ASD, ADHD, or physical disabilities.
- Children and young people aged 10 to 25 years who have an Education, Health and Care Plan (EHCP) in place or in progress.
- Young people who have previously been supported by an EHCP, but it may have ceased.

The [Pathway to Independence \(PTI\) Parenting Programme](#) is based on the Parents Plus Special Needs Programme which is a solution-focused, trauma-informed and evidence-based course built on parents' strengths. The overall goal of this programme is to support parents and to help them to have close, connected family relationships.

The PTI parenting programme:

- can be delivered in both group settings and on a one-to-one basis.
- is parent-led, recognising parents as the experts on their own children.

- encourages parents to share their knowledge within groups, with facilitators building on ideas and expertise.
- can be used universally, preventatively, or as a targeted intervention.
- provides opportunities to develop and strengthen support networks with other parents and carers.
- is facilitated and includes discussion, guest speakers, handouts, homework tasks, and self-care exercises.

The first programme starts on Tuesday 20 January and runs until Tuesday 10 March 2026 (excluding 17 February half term). It will be taking place at Kingswood Children's Centre, Hollow Rd, Bristol BS15 9TP from 6pm to 8.30pm.

Important:

- Participants must **enrol before attending** (details on the flyer).
- This is **not a drop-in group**.
- Parents must have young people between the age of 10-25yrs old who have EHCP, applying for EHCP or previously had EHCP as well as the young people having long term disability.

We'd appreciate it if you could share this information should it feel relevant or contact us on PTI.Parenting@southglos.gov.uk if you have parents who are interested or if you have any questions or need further details.

CBeebies Parenting support

CBeebies Parenting is a completely free BBC resource full of expert advice, fun activities and trusted content to support families with children under five.

<https://www.bbc.co.uk/tiny-happy-people>

The website includes over 1,300 videos and articles designed for both parents/carers and Early Years professionals. It covers everything from children's speech, language and communication to routines, mealtimes, potty training, school readiness and emotional development.

We also have a dedicated Professionals' Area with downloadable tools, group session plans and SEND-friendly resources.

Free ESOL Classes for Beginners

Do you want to learn English? **A new ESOL Beginners' course** for every resettling community in South Gloucestershire will start from January.



ESOL Classes
English for Speakers of Other Languages

When is it? Thursday morning during 15 January - 26 March 2026

What will you learn?

- Daily Life: How to say hello, ask for the time, and use the bus.
- Life skills: Learning numbers and how to share your personal information.
- Basics: The English alphabet, letter sounds, and simple sentences.

Who can join?


Free for refugees, asylum seekers, and resettling communities in SG

Priority is for people who have been **in the UK for less than 1 year**

 **Time and Place:**

It will be in the morning. We will tell you the exact time and location very soon!

 **Please register here :** <https://forms.office.com/e/Kbfqd1dKSs>

 Know someone who could be interested in this? **Forward this message** to help your friends and family get these benefits too! 

Thank you.
