

Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.

NEW

Online Parent/Carer Sessions

NEW

To sign up, please
complete a registration
form here:



[MHST Online Session](#)



What is it?* It is an hour long workshop aimed at parents & carers to support their Young People with:

- 5 Ways to Wellbeing
- An Introduction to Anxiety
- Exam Stress
- Transitions

When are they? Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

What happens next? Once you have completed the online form, please look out for an email so you can confirm your attendance at the relevant workshop. Following this you will be sent login details to the online session.

*Other topics will be released soon so please check our website for updates

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work, check out our webpage:

www.otrbristol.org.uk/what-we-do/mhst/



Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR
ALL
PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR
NEW
PARENTS

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR
SEPARATING
PARENTS

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

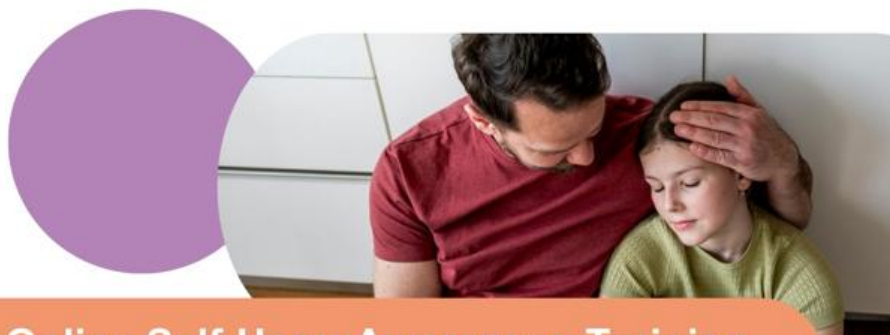
- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:

www.oneplusone.org.uk/parents





Online Self-Harm Awareness Training for Parents & Carers - Wednesday 23 September 6.00-8.30pm

Training to build knowledge, confidence, and practical communication skills to help you support a young person who may be self-harming or experiencing emotional distress. Session open to all parents and carers.

Topics covered include:

- Signs and indicators of self-harm
- What can lead to self-harm
- Broaching suspected self-harm
- Phrases/language to be aware of



To find out more and register, scan the
QR code or visit bit.ly/4w68hF1.

For more information email
hello@bristolhealthpartners.org.uk

COMMUNITY SUPPORT & INTEGRATION HUBS for RESETTLING COMMUNITIES in South Gloucestershire



Alongside, ACH and The Care Forum provide support in Hubs
for all refugees, people seeking asylum, Ukrainian guests and hosts,
and people from Hong Kong on BN(O) visas

Our weekly sessions offer:

- Advice around housing
- Information about Health and Wellbeing services
- Employment support
- Support with welfare benefits
- Information about services in South Gloucestershire
- Language skills provision

Thornbury Hub

Monday: advice 10.30am - 12.30pm
Thornbury Methodist Church Hall
(Hall entrance via Castle Court)
High Street, Thornbury, BS35 2AQ

Yate Hub

Monday: advice 10am -12pm
10am-12pm English Conversation Class
YMCA, Yate Station Road, Yate, BS37 4PQ
Thursday: advice 11am - 1pm (YMCA)
HK Club 9.30am-14.30pm
Yate Community Centre, 100 Station Rd, BS37 4PQ

Kingswood Hub

Tuesday: advice 10am-1pm
Thursday: advice 10am-1pm
Room 5, The Park Centre
Kingswood High Street, Kingswood,
Bristol, BS15 4AR

Patchway Hub

Tuesday: advice 10am-12pm
Wednesday: advice 2.30-4.30pm
1-1.30pm Free Hot halal lunch
1.30-2.30pm English Conversation Class
St Chad's Church
172 Rodway Rd, Patchway, BS34 5ED

Please check the Hub calendar for information:

<https://tinyurl.com/SGHubs> or call 0117 3327 960 or email
hubenquiries@julianhouse.org.uk

Ask to be added to our WhatsApp group for the latest updates on
Hub special events, workshops, and trips!



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

PARENTS PLUS Parenting When Separated

A 7-week course starting on Thursday 24th September to Thursday 12th November 9.30 -12.

At Blackhorse Primary School, Blackhorse Lane, Emersons Green, BS16 6TR

**For more information or to reserve your place contact
relationships@southglos.gov.uk or Tel 07900703452**

Excluding school holidays


ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsuplus.ie



The Cygnet parenting support programme is for parents and carers of autistic children and young people aged 5-18 with a diagnosis from a professional. There is a 1.5 hour session online (using Zoom) or 2.5 hours in-person each week for 7 weeks.



Cygnet Oct 2026 Online Fri morning



Support for parents of children...
TURTLE CYGNET TRAINING...

- Online Zoom, Bristol
- For age: 18+
- Next date: Friday, October 2nd

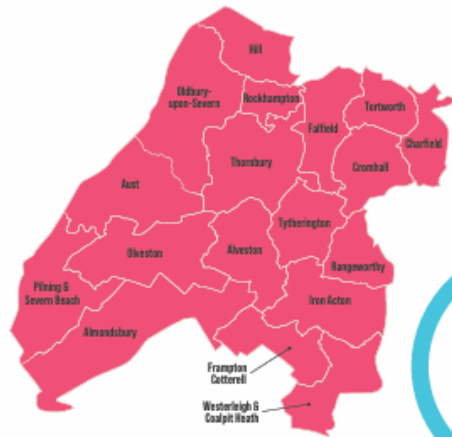


Cygnet January 2027 Yate



Support for parents of children...
TURTLE CYGNET TRAINING...

- Yate and Bristol Bowls Club, Yate
- For age: 18+
- Next date: January 6th 2027



Get involved in what matters to you



Marketplace

Information stands,
meet local organisations
and council teams



Roundtable discussions

Join workshops
to tackle local
challenges



Community talks

Hear key updates,
share your views

Tuesday 3 November

6:30pm–8:30pm

Turnberries Community Centre

Let us know you're
coming and sign up to
receive email updates:

southglos.gov.uk/your-voice



Let us know your thoughts
on the meetings and how
we can make them better:

southglos.gov.uk/your-voice-feedback

