



Support and advice in and around Bristol

Rainbows Stay and Play Groups



This group is for pre-school children who have additional needs, who are neurodivergent and/ or disabled, and their families.

It provides:

- an opportunity for parents to meet
- a space for children to socialise and explore a variety of resources
- time to have fun, play and learn

The groups run most weeks at 6 locations across the city.

For more information, please visit: www.bristolearlyyears.org.uk/rainbows

Murmuration Community Therapy



Murmuration Community Therapy runs courses and events that support SEND parent wellbeing and connection.

We gather parents into nurture groups where we share experiences, process the often complex feelings and develop real friendships with other people who get it.

We believe that like a murmuration where the birds flock together, connection builds resilience and joy.

For more information, please visit: www.murmurationcommunitytherapy.com

The Bristol Local Offer



An online resource providing information, support and guidance for children and young people with SEND and their families in Bristol.

The Bristol Local Offer is designed for children and young people aged 0-25 who have special educational needs or disabilities (SEND), as well as their parents, carers and families. It provides a central hub of information about the support available in education, health and social care, helping families navigate services and access the right help for their child.

For more information, please visit: www.bristol.gov.uk/bristol-local-offer

Bristol Parent Carers



Bristol Parent Carers is a charity that provides information and support to families with children and young people aged 0-25 years with special educational needs and disabilities (SEND) in Bristol.

Your child or young person does not need to have a formal diagnosis to get our help. We provide support to families in the following ways:

- Parent to Parent support
- Information sessions
- Working with services

For more information, please visit: www.bristolparentcarers.org.uk

Sirona



Sirona provide a wide range of advice, information and services to children and young people in Bristol, Including:

- Early years speech and language therapy
- Community Paediatrics
- Occupational/ physiotherapy

For more information, please visit : www.sirona-cic.org.uk/children-services/

Eric – Toilet training support



Eric is the national charity dedicated to improving children's bladder and bowel health. Our mission is to reduce the impact of continence problems on children and their families.

For more information, please visit : www.eric.org.uk

Bristol Autism support

Bristol Autism Support provides peer to peer support for parents and carers of autistic children in Bristol and the surrounding areas. We provide a safe haven and a community for Bristol's autism families in order to reduce isolation and improve mental and physical well-being. Our vision is to nurture, empower and connect parents / carers in order to improve outcomes for Bristol's autistic children. We offer support groups, helpline, information sessions, support blocks, coffee morning and family events.



For more information please visit : www.bristolautismsupport.com