

Bristol based Parenting Courses 2018 Term 1 co-ordinated by the Families in Focus Parenting Team (FIFPT).

All courses are Free & Term Time Only (Unless otherwise stated)

Bristol Parents/Carers are welcome to attend a course in any area.

Courses in italics are delivered by other providers.

<http://www.bristol.gov.uk/page/children-and-young-people/parenting-courses-currently-running-bristol>

If you are concerned about the well-being of a child please contact the **First Response Team** 0117 903 6444

NORTH

Course	Venue	Dates/Times	Childcare available?
<p>FIFPT delivered: Incredible Years</p> <p>For parents of children aged 3-10y with challenging behaviour</p>	<p>Horfield CE Primary School Bishop Manor Road Westbury-on-Trym BS10 5BD</p>	<p>Starts – Monday 10th September *For 14 Weeks*</p> <p>Time – 09.30 -11.30am</p> <p>Contact – Gail Hunter: 07774573539</p>	Crèche Available

Course	Venue	Dates/Times	Childcare available?
<p>FIFPT delivered: Parents Plus Adolescents Programme (PPAP)</p> <p>For parents of children aged 10 - 17y</p>	<p>Woodstock School Rectory Gardens, Henbury BS10 7AH</p>	<p>Starts –Wednesday 12th September *For 10 Weeks*</p> <p>Time – 9.30am-12.00pm</p> <p>Contact- Gail Hunter: 07774573539</p>	By arrangement
<p><i>Nurturing Programme</i></p> <p><i>For parents of children aged 2-10y</i></p>	<p>Sea Mills Children's Centre Riverleaze Sea Mills BS9 2HL</p>	<p>Starts – Tuesday 11th September *For 11 Weeks*</p> <p>Time – 1.00 – 3.00pm</p> <p>Contact – Bret Nega 0117 353 3520</p>	Crèche Available
<p><i>Nurturing Programme</i></p> <p><i>For parents of children aged 2-5y</i></p>	<p>Longcross Children's Centre Longcross Lawrence Weston BS11 0LP</p>	<p>Starts – Wednesday 19th September *For 11 Weeks*</p> <p>Time – 9.30 - 11.30am</p> <p>Contact – Alison Gutsall 0117 9030740</p>	Crèche Available
<p><i>Nurturing Programme</i></p> <p><i>For Parents of children aged 2-10y</i></p>	<p>Brenty and Henbury Children's Centre Brenty Lane Brenty BS10 6RG</p>	<p>Starts – Tuesday 9th October *For 11 Weeks*</p> <p>Time – 12.45 –2.45pm</p> <p>Contact- Anna Jenkins 0117 9593800 or 0117377259</p>	Crèche Available

EAST CENTRAL

Course	Venue	Dates/Times	Childcare available?
FIFPT delivered: Incredible Years For parents of children aged 3 -10 with challenging behaviour	St Pauls Nursery School & Children's Centre Little Bishop Street St Pauls BS2 9JF	Starts - Friday 7 th September *For 14 Weeks* Time – 10.00am-12.30pm Contact- Chris Hardy 0117 3576460 / 07795091462 or Deb Davis 0117 3521499 / 07880179204	Crèche Available
FIFPT delivered: Parents Plus Adolescents Programme (PPAP) For parents of children aged 10 - 17y	Steiner Academy College Rd Fishponds BS16 2JP	Starts – Tuesday 2 nd October *For 10 weeks* Time - 9.30 -12pm Contact – Kauser Perveen 0117 3576460	By arrangement
Nurturing Programme with Islamic Perspective For Mothers of children aged 2-12y	East/Central Bristol Venue TBC	Starts- Tuesday 18 th September *For 11 Weeks* Time – 9.45am – 12.00pm Contact – Huma Shaikh 07949251020	Crèche Available
Rockabye For parents of babies 5 weeks -8 months (pre-crawling)	Bannerman Road Children Centre Bannerman Road Easton BS5 0RR	Starts- TBC *For 12 Weeks* Time – (TBC) Contact – Debbie Jones 0117 377 3189	No

Course	Venue	Dates/Times	Childcare available?
Nurturing Programme For parents of children aged 2-12y	St Anne's Park Children's Centre Lichfield Road, BS4 4BJ	Starts- Monday 24 th September *For 10 Weeks* Time – pm (TBC) Contact – 0117 377 3189	Crèche Available
Nurturing Programme For under 8's	The Limes Children's Centre Johnsons Road, BS5 9AT	Starts – Wednesday date TBC *For 10 Weeks* Time – am (TBC) Contact – 0117 903 0317	Crèche Available
Strengthening Families Strengthening Communities For parents of children aged 2-12y	Barton Hill Academy Queen Anne Rd Barton Hill BS5 9TX	Starts – Monday 17 th September *For 12 Weeks* Time- 9.00am-11.30am Contact- Sally Williams 0117 9556971	Crèche Available
Strengthening Families Strengthening Communities For parents of children aged 2-12y	Barton Hill Settlement 43 Dulcie Road Barton Hill BS5 0AX	Starts – Tuesday 18 th September *For 12 Weeks* Time – 9.30am – 12.00pm Contact – Sally Williams 0117 9556971	Crèche Available

SOUTH

Course	Venue	Dates/Times	Childcare available?
<p>FIFPT delivered: Incredible Years</p> <p>For parents of children aged 3-10y with challenging behaviour</p>	<p>TBC</p>	<p>Starts – Wednesday 19th September *For 14 Weeks*</p> <p>Time – 6.30 – 8.45pm</p> <p>Contact- Denise Quilty 0117 903 7770 or 0788 126 7126</p>	No
<p>FIFPT delivered: Incredible Years</p> <p>For parents of children aged 3-10y with challenging behaviour</p>	<p>Knowle West Children's Leinster Avenue Knowle West BS41NN</p>	<p>Starts – Thursday 6th September *For 14 Weeks*</p> <p>Time – 12.30 – 2.45pm</p> <p>Contact- Saf Cooper or Vicky Collis 0117 903 7770</p>	Crèche available
<p>FIFPT delivered: Parents Plus Adolescents Programme</p> <p>For Parents of Children aged 10-17 years</p>	<p>Compass Point School South Street Bedminster BS3 3AU</p>	<p>Starts – Monday 17th September *For 10 weeks*</p> <p>Time – 6.30 – 8.45pm</p> <p>Contact – Vicky Mundy 0117 903 7770</p>	No

Course	Venue	Dates/Times	Childcare available?
<p>Rockabye <i>For parents of babies 5 weeks -8 months (pre-crawling)</i></p>	<p>Southern Links Children's Centre Whittock Road Stockwood BS14 8DQ</p>	<p>Starts- Monday 17th September *For 10 Weeks* Time – (TBC)</p> <p>Contact – Donna Saunders 0117 353 3503</p>	No
<p>CAN Parenting <i>For parents of children aged 2-10y</i></p>	<p>Southern Links Children's Centre Whittock Road Stockwood BS14 8DQ</p>	<p>Starts- Thursday 27th September *For 4 Weeks* Time – 9.15 – 11.30am</p> <p>Contact – Donna Saunders 0117 353 3503</p>	No

If you are uncertain about the most appropriate service to meet the needs of parents requiring parenting support, please contact your area parenting practitioner by phone or email.

If you would like parenting support for a child **under 2**, please contact your local Children's Centre.
This web tool will help you locate your nearest Centre:
<https://www.gov.uk/find-sure-start-childrens-centre>

**FAMILIES IN FOCUS
PARENTING TEAM (FIFPT)**

AREA

City Wide Parenting Supervisor

Saf Cooper
M: 07760 990 850

City Wide

0117 903 7770
saf.cooper@bristol.gov.uk

Parenting Practitioners

Denise Quilty
M: 07881 267 126
denise.quilty@bristol.gov.uk

Families in Focus Team South

Rowan Stewart
M: 07552 289 598
rowan.stewart@bristol.gov.uk

The Park
Davenry Rd
Knowle
0117 903 7770

earlyhelpsouth@bristol.gov.uk

Vicky Mundy
M: 07464 989 849
victoria.mundy@bristol.gov.uk

Vicky Collis
0117 903 7770
Vicky.collis@bristol.gov.uk

Parenting Practitioners

Karen Legge
T: 0117 941 5886
M: 07464983539
karen.legge@bristol.gov.uk

Chris Hardy
T: 0117 941 5886
M: 07552289599
Chris.hardy@bristol.gov.uk

Kausar Perveen
T: 0117 941 5886
kausar.perveen@bristol.gov.uk

**Families in Focus Team East
Central**

Bristol Education Centre
Sheridan Road
Horfield
BS7 0PU
0117 903 0190
earlyhelpeastcentral@bristol.gov.uk

Parenting Practitioners

Deborah Davis
M: 07880 179 204
deborah.davis@bristol.gov.uk

Gail Hunter
M: 07810 506 891
gail.hunter@bristol.gov.uk

Families in Focus Team North

Ridingleaze House
Ridingleaze
Lawrence Weston
BS11 0QE
0117 352 1499
earlyhelpnorth@bristol.gov.uk

**Families in
Focus**

Autism Family Courses

NAS EarlyBird Programme (3 month course for Parents and Carers of children with a diagnosis of autism under 5 years)

Barnardo's Cygnet Course (7 sessions for Parents and Carers of children with a diagnosis of Autism aged 5-8 years)

The Teenage Life Autism Course (Parent information and Advice Course for Parents of Children ages 8-18 years)

These are just some of the courses available for Parents and Carers who have children with Autism.

For more details on any of the Autism Family Courses,

please contact:

Menai Gore, Family Courses – Business Support Officer from The Bristol Autism Team

Tel: 0117 9036700

Email: autismfamilycourses@bristol.gov.uk

**Think
Family**



The YARD Group for parents of Youths and Adolescents using Recreational Drugs (8 x 1½hr sessions fortnightly: information, guidance and practical advice to parents of children who are using drugs or alcohol *delivered by Bristol ROADS*)

for more details please contact:

Tel: 0117 916 6588

Email: family@dhi-services.org.uk

Online Parenting Courses /Advice and 1:1 Telephone Coaching

- **Family Lives -**

Confidential Helpline: 0808 800 2222 Web:

<http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

- **Parenting UK -**

Web: <http://www.parenting.co.uk/>

- **Netmums -**

Web: <http://www.netmums.com/parenting-support/parenting-advice/netmums-parenting-course-about-the-courses>

- **NSPCC -**

Tel: 0808 800 5000, Email: help@nspcc.org.uk or text 88858

- **Mindfulness for parents-**

<http://www.connectingwithmindfulness.co.uk/>

**Children &
Families
PARTNERSHIP**

