

Bristol based Parenting Courses

Term 3 2018-19 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/Contact	Childcare available?
FIFPT delivered: Incredible Years (IY) For parents of children with challenging behaviour aged 3-10	Stoke Park Children's Centre Romney Avenue, Lockleaze, BS7 9BY	Starts – Friday 25 th January For 14 weeks (Term time only) Time - 10am - 12.15pm Contact -Deborah Davis Tel: 07880 179204 / 0117 352 1499 Email: Deborah.davis@bristol.gov.uk	Crèche available

Course	Venue	Dates/Times/Contact	Childcare available?
FIFPT delivered: Incredible Years (IY) For parents of children with challenging behaviour aged 3-10	Long Cross Specialist Children's Centre Long Cross, Lawrence Weston, BS11 0LP	Starts – Friday 11 th January For 12 weeks (Term time only) Time - 9:30-11:30am Contact - Gail Hunter Tel: 07774 573 539 or 0117 352 1499 Email: gail.hunter@bristol.gov.uk	Crèche available
FIFPT Delivered: Parenting When Separated Programme A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.	TBC	6 week course-dates/times to be confirmed Contact - Deborah Davis Tel: 07880 179204 / 0117 352 1499 Email: Deborah.davis@bristol.gov.uk	TBC
FIFPT Delivered: Parents Plus Adolescents Programme (PPAP) For parents of young people aged 10-17 years old	Henbury Community Centre Machin Road, Henbury, BS10 7HG	Starts – Wednesday 23 rd January For 10 weeks (Term time only) Time - 9:30am- 12pm Contact - Gail Hunter Tel: 07774 573 539 or 0117 352 1499 Email: gail.hunter@bristol.gov.uk	No

EAST CENTRAL

Course	Venue	Dates/Times/Contact	Childcare available?
FIFPT delivered: Incredible Years (IY) For parents of children with challenging behaviour aged 3-10	Hillfields & Little Hayes Family Hub & Library Summerleaze, BS16 4HL	Starts – Thursday 24th January For 14 weeks (Term time only) Time - 9:15-11:15am Contact - Vicky Mundy / Anna Maynard Tel: 0117 903 7770 Email: Victoria.mundy@bristol.gov.uk	Crèche available
Nurturing Programme- For parents of children under 8 years old	St Pauls Nursery School & Children's Centre Little Bishop Street, St Pauls, BS2 9JF	Starts – Wednesday 30 th January For 10 weeks (Term time only) Time - 1-3 pm Contact - Jane Dennett/ Wendy Robins Tel: 0117 903 0337 / 0117 955 6971	Crèche available
Nurturing Programme Parents of children aged 2-10	St Anne's Park (East Bristol) Children's Centre Lichfield Road, St Anne's BS4 4BJ	Starts – Monday 21st January For 10 weeks (Term time only) Time - 12:30-2:30pm Contact - Anna Maynard or Katie Parker Tel: 0117 377 3189 / 0117 353 2899	Crèche available

Course	Venue	Dates/Times/Contact	Childcare available?
Nurturing Programme For parents of primary school age children	Dolphin School Bath Buildings, Montpelier, BS6 5PT	Starts – Wednesday 23rd January For 10 weeks (Term time only) Time - 1-3 pm Contact - Kendall Noyes Tel: 0117 924 0517 Email: Kendall.noyes@dolphinschoolbristol.org	Crèche available
Strengthening Families Strengthening Communities Parenting Programme For parents of children aged 2-12	Barton Hill Settlement 43 Ducie Road, Barton Hill, BS5 0AX	Starts – Wednesday 16th January For 12 weeks (Term-time only) Time - 9:30am-12pm Contact - Sally Williams / Annie Oliver Tel: 0117 955 6971	Crèche available
Strengthening Families Strengthening Communities Parenting Programme For parents of children aged 2-12	Barton Hill Settlement 43 Ducie Road, Barton Hill, BS5 0AX	Starts – Wednesday 16th January For 12 weeks (Term-time only) Time - 6-8:30pm Contact - Sally Williams / Annie Oliver Tel: 0117 955 6971	No

SOUTH

Course	Venue	Dates/Times/Contact	Childcare available?
FIFPT delivered: Incredible Years (IY) For parents of children with challenging behaviour aged 2-11	The Hub, Oasis Academy Connaught Melvin Square, Knowle, BS4 1NH	Starts – Tuesday 15th January For 14 weeks (Term time only) Time- 9:30-11:45am Contact- Saf Cooper / Paul Edwards Tel: 0117 903 7770 / 07760 990 850	Crèche available
FIFPT delivered: Incredible Years (IY) For parents of children with challenging behaviour aged 3-10	Four Acres Children's Centre Four Acres, Withywood, BS13 8RB	Starts – Wednesday 23 rd January For 14 weeks (Term time only) Time- 9:30-11:45am Contact- Vicky Collis / Denise Quilty Tel: 0117 903 7770 / 07464 983 531	Crèche available
Nurturing Programme	Bishopsworth Children's Centre 2 Lakemead Grove, BS13 8EA	Starts – Thursday 10th January For 11 weeks (including taster session) Time- 9:15-11:45am Contact- Deborah Skuse (St Peter's Primary) Tel: 01179 377 2368	Crèche available

Course	Venue	Dates/Times/Contact	Childcare available?
Restorative Thinking	Ilminster Avenue Nursery School Leinster Avenue, Knowle, BS4 1NN	Starts – Thursday 17th January 4 weeks (no session on 31/1/19) Time- 9:15-11:30a, Contact- Caroline Wade / Lucy Hobbs Tel: 0117 903 8736 / 0117 903 0255	Crèche available

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>

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.

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

AREA

**City Wide Parenting
Supervisor**

Saf Cooper
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City Wide

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Parenting Practitioners

Denise Quilty
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Vicky Collis
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South Families In Focus Team

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North Families In Focus Team

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Parenting Practitioners

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Lucy Dixon

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East Central Families In Focus Team

Bristol Education Centre

Sheridan Road

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0117 3576460

familiesinfocuseastcentral@bristol.gov.uk

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The YARD Group for parents of Youths and Adolescents using Recreational Drugs

- 8x 1 1/2 hour 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

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,

See <https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism> or **contact:**

Menai Gore, Business Support Officer at the Family Learning and Family Support Hub

Tel: 07827 896 700

Email: menai.gore@bristol.gov.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/>

