

# Bristol based Parenting

## Term 1 2019-20 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



**Think  
Family**

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>

### North

Course	Venue	Dates/Times/Contact	Childcare available?
<b>FIFPT Delivered: Incredible Years</b> For parents of children with challenging behaviour aged 3-10years	<b>Nova School</b> Barrack's Lane Bristol BS11 9NG	Tuesdays 9:30 – 11:30am  Starts on 10 <sup>th</sup> September 2019 and finishes on 10 <sup>th</sup> December  Gail Hunter: 07810506891	TBC
<b>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</b> For parents of young people aged 11-17 years old	<b>Lancercost Day Centre</b> Lancercost Road Bristol BS10 6HZ	Thursdays 6:00 – 8:30pm  Starts on 12 <sup>th</sup> September 2019 and finishes on 21 <sup>st</sup> November  Gail Hunter 07810506891	No childcare available
<b>FIFPT Delivered: Parents Plus Adolescents Programme (PRAP)</b> For parents of young people aged 11-17 years old	<b>Woodstock School</b> Rectory Gardens Bristol BS10 7AH	Wednesdays 9:30am – 12:00pm  Starts on 6 <sup>th</sup> November and finishes on 22 <sup>nd</sup> January  Gail Hunter 07810506891	No childcare available
<b>Monthly Parents/Carers Group</b> <i>A group for parents to come along and talk with each other about the issues that they face. The topic for the meeting will be decided by the</i>	<b>St Pauls Adventure Playground</b> Thomas Street Bristol BS2 9LL	Monthly Starting 1 <sup>st</sup> July 2019 6:00pm – 8:00pm  No need to book  For queries contact Jacqui: 07912964201 Bev: 07810506966 Marlene: 07917474693	

Course	Venue	Dates/Times/Contact	Childcare available?
group each month.			

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

**AREA**

**City Wide Parenting  
Supervisor**

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**City Wide**

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**Parenting Practitioners**

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**South Families In Focus Team**

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**North Families In Focus Team**

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**East Central Families In Focus Team**

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Lucy Dixon

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### **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 70

**Email:** [menai.gore@bristol.gov.uk](mailto:menai.gore@bristol.gov.uk)

### **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](mailto: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](mailto:help@nspcc.org.uk) or text 88858

- **Mindfulness for parents-**

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