

Bristol based Parenting Menu

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 Parent/Carers are welcome to attend courses 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**

SOUTH

Course	Venue	Dates/Times/Contact	Childcare available
FIFPT Delivered: Incredible Years For parents of children with challenging behaviour aged 3-10 years	Oasis New Oak Walsh Avenue BS14 9SN	Thursdays 9.30-11.45am Starting 5 th September for 14 weeks Contact Vicky (07464983531) or Helen (07979708741)	Crèche available

Course	Venue	Dates/Times/Contact	Childcare available
<i>The Nurturing Programme</i> <i>Parents of children aged 2-10 years</i>	<i>Hartcliffe Children's Centre and Nursery</i> <i>Hareclive Road BS13 0JW</i>	<i>Mondays 9.30-11.30am</i> <i>Start date TBC (Sept/Oct) for 11 Weeks</i> <i>Contact Amy Tuckwell for booking 01179038633</i>	<i>Crèche available</i>
FIFPT Delivered: Non-Violent Resistance For parents of young people aged 11-17years	Parents' Room, Juniors, Bridge Learning Campus, Teyfant Road Hartcliffe BS13 0RL	Tuesdays 9.30-11.45am Starts 15 th October for 10 weeks Contact Rowan on 07552289598	None available
FIFPT Delivered: Parents Plus Adolescents Programme For parents of young people ages 10-18 years	TBC	Start time and date TBC – October – 10 weeks Run by Vicky Mundy and Lorraine Smith Contact 01179037770	None available
<i>Incredible Years</i> <i>For parents of children with challenging behaviour aged 3-10years</i>	<i>Four Acres Children's Centre</i> <i>Four Acres BS13 8RB</i>	<i>Thursdays 9.30-11.30am</i> <i>Start date TBC</i> <i>Contact Rachael Elson on 01179781028 or 07795952955</i>	<i>Crèche available</i>
<i>Incredible Years</i> <i>For parents of children with challenging behaviour aged 3-8 years</i>	<i>Ilminster Avenue Nursery School</i> <i>Ilminster Avenue Knowle Bristol BS4 1BX</i>	<i>Wednesdays 6.30-8.45pm</i> <i>Starting 18th September – 13 weeks</i> <i>Contact Lucy (01179030255) or Donna (01173533503) for booking</i>	<i>None available</i>

EAST CENTRAL

Course	Venue	Dates/Times/Contact	Childcare available
FIFPT Delivered: Parents plus Adolescents Programme (PPAP) For parents or young people aged 11-17 years	Fairfield High School Allfoxtton Road Bristol BS7 9NL	Mondays 6.00-8.30pm Starting 16 th September 2019 for 8 weeks Contact Karen Legge 01173576460	None available
FIFPT Delivered: Parents plus Adolescents Programme For parents or young people aged 11-17 years	Pickle Factory Allhallows Road BS5 0HH	Fridays 10.30am-1.00pm Starting 6 th September 2019 for 8 weeks Contact Neil on 07787315863 to book	None available
FIFPT Delivered: Incredible Years For parents of children with challenging behaviour aged 3-10 years	Hannah More Primary School New Kingsley Road BS2 0LT	Wednesdays 9.30-11.45am Starting 18 th September 2019 for 12 week Contact Saf Cooper 07760990850	Crèche available
FIFPT Delivered: Incredible Years IY For parents of children with challenging behaviour aged 3-10 years	St Anne's Infant School Bloomfield Road Bristol BS4 3QJ	Thursdays 9.30am-12.30pm Starting 5 th September 2019 for 14 weeks Contact Karen for booking 01173576460	Crèche available
The Nurturing Programme with Islamic Perspective For mothers with children 0-12 years	TBC	TBC – September 2019 11 week programme Contact Huma Saikh for details 07949251020	TBC

Course	Venue	Dates/Times/Contact	Childcare available
The Nurturing Programme Parents of children aged 2-10 years	St Anne's Park (East Bristol) Children's Centre Lichfield Road BS4 4BJ	Tuesdays 12.30-2.30pm Starting 1 st October 2019 for 11 weeks Contact Katie Parker 07342078166 or Jennie Lovegrove 07795826400	Crèche available
Incredible Years For parents of children with challenging behaviour aged 3-10 years	Hillfields & Little Hayes Family Hub & Library Summerleaze BS16 4HL	Thursday mornings for 14 weeks Time and start date TBC Contact April 07795446228 or 01173532899 or Lucy 01173576460 or 07929365231	Crèche available
Rock a Bye For parents of babies 5 weeks – 8 months (pre-rawling)	St Anne's Park (East Bristol) Children's Centre Lichfield Road BS4 4BJ	Mondays 9.45-10-45am Starting 16 th or 23 rd September (TBC) for 12 weeks Contact Katie 07342078166 or Alicia 07748106571 / 0117 3532899)	N/A

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>

Think Family



NORTH

Course	Venue	Dates/Times/Contact	Childcare available
FIFPT Delivered: Incredible Years For parents of children with challenging behaviour aged 3-10years	Nova School Barrack's Lane Bristol BS11 9NG	Tuesdays 9.30-11.30am Starts on 10 th September for 12weeks Contact Gail Hunter on 07584202855	TBC
FIFPT Delivered: Incredible Years For parents of children with challenging behaviour aged 3-10years	Long Cross Children's Centre Long Cross Bristol BS11 0LP	Wednesdays 12.30-2.45pm Starts 4 th September for 14weeks Contact Jude 07920365232 or Denise 07881267126	Crèche available
FIFPT Delivered: Parents Plus Adolescents Programme (PPAP) For parents of young people aged 11-17 years	Lanercost Day Centre Lanercost Road Bristol BS10 6HZ	Thursdays 6.00-8.30pm Starts on 12 th September for 10weeks Contact Gail Hunter on 07584202855	None available
FIFPT Delivered: Parents Plus Adolescents Programme (PRAP) For parents of young people aged 11-17 years	Woodstock School Rectory Gardens Bristol BS10 7AH	Wednesdays 9.30am - 12.00pm Starts on 6 th November for 10weeks Contact Gail Hunter on 07584202855	None available
Incredible Years For parents of children with challenging	Upper Horfield Children's Centre Sheridan Road	Tuesdays Starting 17 th September Time TBC	TBC

Course	Venue	Dates/Times/Contact	Childcare available
<i>behaviour aged 3-10years</i>	<i>Horfield BS7 0PU</i>	<i>Contact Tasha or Charlene on 01173772685</i>	
The Nurturing Programme <i>Parents of children aged 2-10 years</i>	Blaise Primary and Nursery School Clavell Rd, Bristol BS10 7EJ	Thursdays 9.30-11.30am <i>Starts 19th September for 10 Weeks</i> <i>Contact Family Support Team, Brentry and Henbury Children's Centre 01179593800</i>	Crèche available
FIFPT Delivered: Parents Plus 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.	Venue to be confirmed	Tuesdays 10.00am - 12.30pm Starts 1st October for 7 weeks (including a 1 week break) To register interest contact: Deborah Davis 07880 179204 0117 9223688 Deborah.davis@bristol.gov.uk	None available

Children & Families
PARTNERSHIP



**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

Karen Legge
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Chris Hardy
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Kauser Perveen
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Lucy Dixon
M: 07929365231
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East Central Families In Focus Team

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Parenting Practitioners

Deborah Davis
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Gail Hunter
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Jude Elias
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Judith.elias@bristol.gov.uk

North Families In Focus Team

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PO Box 3176
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Parenting Practitioners

Denise Quilty
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Denise.quilty@bristol.gov.uk

Rowan Stewart
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Vicky Mundy
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victoria.mundy@bristol.gov.uk

South Families In Focus Team

The Park
Daventry Rd
Knowle
BS4 1DQ
0117 903 7770
familiesinfocussouth@bristol.gov.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 70

Email: 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

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/>

Monthly Parents / Carers Group Starting 1st July 2019, 6.00-8.00pm at St Paul's Adventure Playground, Thomas Street, Bristol, BS2 9LL

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 group each month

For more details contact: Jacqui on 07912964201, Bev on 07810506966 or Marlene on 07917474693