

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

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

**EAST CENTRAL**

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

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

**SOUTH**

Course	Venue	Dates/Times/Contact	Childcare available?
<p><b>FIFPT delivered: Incredible Years (IY)</b></p> <p>For parents of children with challenging behaviour aged 2-11</p>	<p><b>The Hub, Oasis Academy Connaught</b></p> <p>Melvin Square, Knowle, BS4 1NH</p>	<p><b>Starts</b> – Tuesday 15th January For 14 weeks (Term time only)</p> <p><b>Time-</b> 9:30-11:45am</p> <p><b>Contact-</b> Saf Cooper / Paul Edwards Tel: 0117 903 7770 / 07760 990 850</p>	Crèche available
<p><b>FIFPT delivered: Incredible Years (IY)</b></p> <p>For parents of children with challenging behaviour aged 3-10</p>	<p><b>Four Acres Children's Centre</b></p> <p>Four Acres, Withywood, BS13 8RB</p>	<p><b>Starts</b> – Wednesday 23<sup>rd</sup> January For 14 weeks (Term time only)</p> <p><b>Time-</b> 9:30-11:45am</p> <p><b>Contact-</b> Vicky Collis / Denise Quilty Tel: 0117 903 7770 / 07464 983 531</p>	Crèche available
<p><b>FIFPT delivered: Parents Plus Adolescents Programme (PPAP)</b></p> <p>For parents of teenagers</p>	<p><b>Compass Point Children's Centre</b></p> <p>South Street, Bedminster, BS3 3AU</p>	<p><b>Starts</b> – Thursday 24<sup>th</sup> January For 10 weeks (Term time only)</p> <p><b>Time-</b> 6:30-8:45pm</p> <p><b>Contact-</b> Rowan Stewart Tel: 0117 903 7770 / 07552 289 598</p>	No

Course	Venue	Dates/Times/Contact	Childcare available?
<p><b>Nurturing Programme</b></p>	<p><b>Bishopsworth Children's Centre</b></p> <p>2 Lakemead Grove, BS13 8EA</p>	<p><b>Starts</b> – Thursday 10th January For 11 weeks (including taster session)</p> <p><b>Time-</b> 9:15-11:45am</p> <p><b>Contact-</b> Deborah Skuse (St Peter's Primary) Tel: 01179 377 2368</p>	Crèche available
<p><b>Restorative Thinking</b></p>	<p><b>Ilminster Avenue Nursery School</b></p> <p>Leinster Avenue, Knowle, BS4 1NN</p>	<p><b>Starts</b> – Thursday 17th January 4 weeks (no session on 31/1/19)</p> <p><b>Time-</b> 9:15-11:30a,</p> <p><b>Contact-</b> Caroline Wade / Lucy Hobbs Tel: 0117 903 8736 / 0117 903 0255</p>	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  
M: 07760 990 850

**City Wide**

0117 903 7770  
[saf.cooper@bristol.gov.uk](mailto:saf.cooper@bristol.gov.uk)

**Parenting Practitioners**

Denise Quilty  
M: 07881 267 126

[denise.quilty@bristol.gov.uk](mailto:denise.quilty@bristol.gov.uk)

Rowan Stewart  
M: 07552 289 598

[rowan.stewart@bristol.gov.uk](mailto:rowan.stewart@bristol.gov.uk)

Vicky Mundy  
M: 07464 989 849

[victoria.mundy@bristol.gov.uk](mailto:victoria.mundy@bristol.gov.uk)

Vicky Collis  
0117 903 7770

[Vicky.collis@bristol.gov.uk](mailto:Vicky.collis@bristol.gov.uk)

**South Families In Focus Team**

The Park  
Daventry Rd  
Knowle  
BS4 1DQ  
0117 903 7770

[familiesinfocussouth@bristol.gov.uk](mailto:familiesinfocussouth@bristol.gov.uk)

**Parenting Practitioners**

Gail Hunter

M: 07810 506 891

[gail.hunter@bristol.gov.uk](mailto:gail.hunter@bristol.gov.uk)

Jude Elias

M: 07920 365 232

[Judith.elias@bristol.gov.uk](mailto:Judith.elias@bristol.gov.uk)

Deborah Davis

M: 07880 179 204

[deborah.davis@bristol.gov.uk](mailto:deborah.davis@bristol.gov.uk)

**North Families In Focus Team**

Ridingleaze

PO Box 3176

Bristol

BS3 9FS

0117 352 1499

[familiesinfocusnorth@bristol.gov.uk](mailto:familiesinfocusnorth@bristol.gov.uk)

## Parenting Practitioners

Kauser Perveen

Tel: 0117 357 6460

[Kauser.perveen@bristol.gov.uk](mailto:Kauser.perveen@bristol.gov.uk)

Chris Hardy

M: 07552 289 599

[Chris.hardy@bristol.gov.uk](mailto:Chris.hardy@bristol.gov.uk)

Lucy Dixon

Tel: 0117 357 6460

[Lucy.dixon@bristol.gov.uk](mailto:Lucy.dixon@bristol.gov.uk)

## East Central Families In Focus Team

Bristol Education Centre

Sheridan Road

Horfield

Bristol

BS7 0PU

0117 3576460

[familiesinfocuseastcentral@bristol.gov.uk](mailto:familiesinfocuseastcentral@bristol.gov.uk)

[uk](http://www.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)

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

- **Mindfulness for parents-**

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

