Bristol based Parenting Menu
Term 4 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.


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

**NORTH**

<table>
<thead>
<tr>
<th>Course</th>
<th>Venue</th>
<th>Dates/Times/Contact</th>
<th>Childcare available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incredible Years</td>
<td>Upper Horfield Children’s Centre</td>
<td>Thursday 9.30 – 11.45am</td>
<td>Crèche Available</td>
</tr>
<tr>
<td>For parents of children aged 3-10 years with challenging behaviour</td>
<td>Sheridan Road, Horfield BS7 0PU</td>
<td>Starts 19th March for 14 weeks Term Time only</td>
<td>Contact: Kauser Perveen 07464 983 529 or Jessica Kelly 0117 353 2153</td>
</tr>
</tbody>
</table>

**SOUTH**

<table>
<thead>
<tr>
<th>Course</th>
<th>Venue</th>
<th>Dates/Times/Contact</th>
<th>Childcare available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incredible Years</td>
<td>Waycroft academy, Selden Road, Stockwood BS14 8PS</td>
<td>Wednesday 12.30-2.45pm</td>
<td>Crèche Available</td>
</tr>
<tr>
<td>For parents of children aged 3-10 years with challenging behaviour</td>
<td></td>
<td>Starts 11th March 2020 for 12 weeks Term Time only</td>
<td>Contact Naomi Trickey Rachael Elson 0117 3772198</td>
</tr>
<tr>
<td></td>
<td>Waycroft academy, Selden Road, Stockwood BS14 8PS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incredible Years</td>
<td>Knowle Park Primary School Queenshill Rd, Knowle Park, BS4 2XG</td>
<td>Tuesday 9.30-11.45am</td>
<td>Crèche Available</td>
</tr>
<tr>
<td>For parents of children aged 3-10 years with challenging behaviour</td>
<td></td>
<td>Starts 25th February 2020 for 14 weeks Term Only</td>
<td>Contact Vicky Collis 07464 983531 or Vicky Mundy 07464 989849</td>
</tr>
</tbody>
</table>

**EAST CENTRAL**

<table>
<thead>
<tr>
<th>Course</th>
<th>Venue</th>
<th>Dates/Times/Contact</th>
<th>Childcare available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incredible Years</td>
<td>St Anne’s Park Children’s Centre</td>
<td>Tuesday 12.30-3.00 pm</td>
<td>Crèche Available</td>
</tr>
<tr>
<td>For parents of children aged 3-10 years with challenging behaviour</td>
<td>Lichfield Rd, St Anne’s, BS4 4BJ</td>
<td>Starts 25th February 2020 for 14 weeks Term only</td>
<td>Contact Chris Hardy 07552289599 <a href="mailto:chris.hardy@bristol.gov.uk">chris.hardy@bristol.gov.uk</a></td>
</tr>
</tbody>
</table>
**FAMILIES IN FOCUS PARENTING TEAM (FIFPT)**

**Parenting Supervisor**
Saf Cooper
M: 07760 990 850
saf.cooper@bristol.gov.uk

**Parenting Specialists**
Rowan Stewart
M: 07552 289 598
rowan.stewart@bristol.gov.uk
Vicky Mundy
M: 07464 989 849
victoria.mundy@bristol.gov.uk
Vicky Collis
M: 07464 983 531
Vicky.collis@bristol.gov.uk
Pauline Sparkes
0117 903 7770
Pauline.sparkes@bristol.gov.uk

**South Families In Focus Team**
The Park
Daventry Rd
Knowle
BS4 1DQ
0117 903 7770
familiesinfocussouth@bristol.gov.uk

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.bristol.gov.uk/schools-learning-early-years/childrens-centre

---

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

**Parenting Specialists**
Gail Hunter
M: 07584 202 855
gail.hunter@bristol.gov.uk
Jude Elias
M: 07920 365 232
Judith.elias@bristol.gov.uk
Natasha Kirby
0117 352 1499
natasha.kirby@bristol.gov.uk

**North Families In Focus Team**
Ridingleaze
PO Box 3176
Bristol
BS3 9FS
0117 352 1499
familiesinfocusnorth@bristol.gov.uk

**Parenting Supervisor**
Denise Quilty
M: 07881 267 126
Denise.quilty@bristol.gov.uk

**Parenting Specialists**
Karen Legge
M: 07384 243 765
karen.legge@bristol.gov.uk
Chris Hardy
M: 07552 289 599
Chris.hardy@bristol.gov.uk
Lucy Dixon
M: 07827 305 457
Lucy.dixon@bristol.gov.uk
Kauser Perveen
M: 07464 983 529
Kauser.perveen@bristol.gov.uk

**East Central Families In Focus Team**
Bristol Education Centre
Sheridan Road
Horfield
Bristol
BS7 0PU
0117 357 6460
familiesinfocuseastcentral@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](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

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](http://www.familylives.org.uk/how-we-can-help/online-parenting-courses)

- **Parenting UK** -
Web: [http://www.parenting.co.uk/](http://www.parenting.co.uk/)

- **Netmums** -

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

- **Mindfulness for parents** -
[http://www.connectingwithmindfulness.co.uk/](http://www.connectingwithmindfulness.co.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

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