

# Bristol based Parenting

## Term 5 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



### EAST CENTRAL

Course	Venue	Dates/Times/Contact	Childcare available?
<i><b>Strengthening Families Strengthening Communities</b></i>  <i>For parents of children aged 2-12 years old</i>	<b>Barton Hill Settlement,</b> Barton Hill, Bristol BS5 0AX	Wednesdays 9:30-12pm  starting 1 <sup>st</sup> may 2019. (term time only)  Sally Williams: 01179556971	Crèche available
<b>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</b>  <i>For parents of young people aged 11-17 years old</i>	<b>All Hallows Hall</b> 13 All Hallows Road Bristol BS5 0HH	Thursday 10:00am-12:30pm for 10 weeks  starting 25 <sup>th</sup> April 2019. (term time only)  Chris Hardy: 07552289599	No childcare available
<i><b>Rock a bye</b></i>  <i>For parents of babies aged 2-7 months</i>	<b>Hillfields Library Hub,</b> Summerleaze Bristol BS16 4HL	Monday 9:45am-10:45am  starting 22 <sup>nd</sup> April 2019 for 10/12 weeks. (term time only)  Alicia Myrie / Katie Parker 01173532899	TBC

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>

**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 3-10</p>	<p><b>Southern Links Children's Centre,</b> Stockwood, BS14 8DQ</p>	<p>Wednesdays 6:30-8:45pm</p> <p>Starting 24<sup>th</sup> April 2019. For 13 weeks</p> <p>Vicky Mundy: 01179037770 Donna Saunders: 01173533503</p>	No childcare available
<p><b>Incredible Years (IY)</b></p> <p>For parents of children with challenging behaviour 2-6 years</p>	<p><b>Iminster Avenue Nursery School, Iminster Avenue,</b> Knowle West, BS4 1BX</p>	<p>Thursdays 9:15am-11:45am</p> <p>Starting 25<sup>th</sup> April 2019 for 14 weeks.</p> <p>Lucy Hobbs: 01179030255</p>	Crèche available
<p><b>Nurturing Programme</b></p> <p>For parents of children aged 2-10y</p>	<p><b>Southern Links Childrens Centre</b> Whittock Road Stockwood BS14 8DQ</p>	<p>Tuesdays 12:15pm-2:15pm</p> <p>starting 23<sup>rd</sup> April 2019 for 10 weeks (term time only)</p> <p>Leanne Evans or Lianne Sheldon: 01173533503</p>	Crèche available
<p><b>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</b></p> <p>For parents of young people aged 11-17 years old</p>	<p><b>Bridge Learning Campus</b> William Jessop Way Hartcliffe Bristol BS13 ORL</p>	<p>Tuesdays 12:30pm-2:45pm</p> <p>Starting 30<sup>th</sup> April 2019 for 10 weeks (term time only)</p> <p>Vicky Mundy or Wendy Butt: 01179037770</p>	No childcare available

Course	Venue	Dates/Times/Contact	Childcare available?
<p><b>Nurturing Programme</b></p> <p>For parents of children aged 2-10y</p>	<p>Hartcliffe Childrens Centre, Hareclive Road BS13 0JW</p>	<p>Mondays 9:30am-11:30</p> <p>starting 29<sup>th</sup> April 2019 for 11 weeks (term time only)</p> <p>Kelly Hawkins: 01179038633</p>	Crèche available

**NORTH**

Course	Venue	Dates/Times/Contact	Childcare available?
<p><b>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</b></p> <p>For parents of young people aged 11-17 years old</p>	<p><b>Horfield C.E Primary School</b> Bishop Manor Road, Manor Farm, BS10 5BD (No parking available)</p>	<p>Wednesdays 9:45am – 12:15pm</p> <p>Starting 24<sup>th</sup> April 2019. (Term time only)</p> <p>Gail Hunter: 07584202855</p>	No childcare available
<p><b>FIFPT Delivered: Incredible Years (IY)</b></p> <p>For parents of children with challenging behaviour aged 3-10years</p>	<p><b>Longcross Children's Centre</b> Long Cross, Bristol BS11 0LP</p>	<p>Thursdays 10:00am-12:15pm</p> <p>starting 25<sup>th</sup> April 2019 for 13 weeks. (Term time only)</p> <p>Deborah Davis: 01173521499, 07880179204</p>	Crèche available
<p><b>FIFPT Delivered: Parents Plus Parenting When Separated Programme</b></p> <p><b>6 week course</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>	<p><b>Tuesdays – 10am – 12.30pm. To register interest contact</b> Deborah Davis 07880 179204 0117 352 1499 Deborah.davis@bristol.gov.uk</p>	TBC

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

**AREA**

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**City Wide**

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**East Central Families In Focus Team**

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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](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/>