

# Bristol based Parenting Menu On-line and Face to Face City-wide Courses Term 1 2022-23

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## Co-ordinated by the Families in Focus Parenting Team (FIFPT)

All courses are free, term time only unless stated and available to Bristol Parents and Carers. For further information visit our [Parenting courses page](#)

*Please be aware that Families in Focus Parenting Team (FIFPT) courses are currently over-subscribed and there are waiting lists for all programmes. Please do contact the FIFPT or course facilitators to be placed on the waiting list. Details of face-to-face courses may be subject to change as required by any amendments to Covid-safe working practice in 2022.*

## Live Course: Nurturing Programme, Welcome to the World: Antenatal programme for parents expecting a baby

Start date: TBC Sept or October 2022

Length of course: 8 weeks

Day of course: Friday

Time of course: 9.30am to 11.30am

Course provider: North Bristol Children's Centres

Course venue: Southmead Children's Centre, Doncaster Road, Southmead, BS10 5PW

Course enquiries: Kate Fairhurst or Phyllida Wyatt: 07778 441845

Email: [kate.fairhurst@bristol-schools.uk](mailto:kate.fairhurst@bristol-schools.uk) or [p.wyatt@bristol-schools.uk](mailto:p.wyatt@bristol-schools.uk)

## Live Course: Rockabye: Parents and pre-crawling babies

Start date: 26<sup>th</sup> September 2022

Length of course: 12 weeks

Day of course: Monday

Time of course: 10am to 11am

Course provider: East Bristol Children's Centres

Course venue: Hillfields Library and Community Hub, Summerleaze, Speedwell, BS16 4HL

Course enquiries: Richa Pandya or Claire Beckell: 07880465063

## Live Course: Nurturing Programme: Parents of children aged 2 to 10years

Start date: 29<sup>th</sup> September or 6<sup>th</sup> October 2022

Length of course: 10 weeks

Day of course: Thursday

Time of course: 9.30am to 11.30am

Course provider: East Bristol Children's Centres

Course venue: Chester Park Junior School, Abingdon Rd, Bristol BS16 3NX

Course enquiries and Creche booking: Sandra Ciant: 07734627686 or East Bristol Children's Centre: 01173532899

### **Live Course: Nurturing Programme: Parents of children aged 2 to 10years**

Start date: TBC September 2022

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 12.30pm to 2.30pm

Course provider: North Bristol Children's Centres

Course venue: Long Cross Children's Centre, Long Cross, Lawrence Weston, BS11 0LP

Course enquiries and Creche booking: Lisa Caltabiano or Kate Fairhurst: 07778441845

Email: [kate.fairhurst@bristol-schools.uk](mailto:kate.fairhurst@bristol-schools.uk) or [lisa.caltabiano@bristol-schools.uk](mailto:lisa.caltabiano@bristol-schools.uk)

### **Live Course: Nurturing Programme: Parents of children aged 2 to 10years**

Start date: TBC September 2022

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 9.30am to 11.30am

Course provider: North Bristol Children's Centres

Course venue: Stoke Park Children's Centre, Romney Avenue, Lockleaze. BS7 9SX

Course enquiries and Creche booking: Kate Fairhurst or Phyllida Wyatt: 07778 441845

Email: [kate.fairhurst@bristol-schools.uk](mailto:kate.fairhurst@bristol-schools.uk) or [p.wyatt@bristol-schools.uk](mailto:p.wyatt@bristol-schools.uk)

### **Live Course: Nurturing Programme with Islamic Values: Mothers of children aged 0 to 16years**

Start date: TBC September 2022

Length of course: 10 weeks

Day of course: TBC

Time of course: TBC

Course provider: BTIT Islamic School

Course venue: TBC

Course enquiries: Huma Shaikh: 07949251020

### **Live Course: Stressbusting for Parents: Parents of children under 5 years old**

Start date: 21<sup>st</sup> September

Length of course: 7 weeks

Day of course: Wednesday

Time of course: 9am to 11.30am

Course provider: Mindful Parenting & Community Project

Course venue: Hannah More Primary School, New Kingsley Rd, St Philips, Bristol BS2 0LT

Course enquiries: Claire-Louise Symonds: 07949399633 or Sarah Franke: 07443569614

Creche booking: Sarah Franke 07443569614

### **Live Course: Stressbusting for Parents: Parents of children under 5 years old**

Start date: 23<sup>rd</sup> September

Length of course: 10 weeks

Day of course: Friday

Time of course: 9.30am to 12pm

Course provider: Mindful Parenting & Community Project

Course venue: Bedminster Children's Centre, British Road, Bedminster. BS3 3BZ

Course enquiries: Claire-Louise Symonds: 07949399633 or Julie Long: 0117 3746362

Creche booking: Julie Long: 0117 3746362

### **Online Course: Triple P: Parents of children aged 2 to 11 years**

Start date: 23<sup>rd</sup> September 2022

Length of course: 10 weeks

Day of course: Friday

Time of course: 12.45 to 2.45pm

Course provider: Wider World

Course platform: Google Meet

Course enquiries: Jonothan Hope: 07779 086 892

Email: [Jonothan.hope@wider-world.org.uk](mailto:Jonothan.hope@wider-world.org.uk) or register: <https://forms.gle/aFHxpakTRgZmZKQ69>

### **Live Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10 years**

Start date: 12<sup>th</sup> September 2022

Length of course: 12 weeks

Day of course: Monday

Time of course: 9.30am to 11.45am

Course provider: Families in Focus Parenting Team and Horfield CEVC Primary

Course venue: Horfield CEVC Primary School Bishop Manor Road, Bristol BS10 5BD

Course enquiries: Gail Hunter: 07584 202 855

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

### **Live Course: Incredible Years: refugee parents and/or parents with English as an additional language of children aged 3 to 10 years**

Start date: 13<sup>th</sup> September 2022

Length of course: 13 weeks

Day of course: Tuesday

Time of course: 1pm to 3pm

Course provider: Families in Focus Parenting Team

Course venue: Easton Family Centre (Central Hub), Beaufort St, Easton, BS5 0SQ

Course and Creche enquiries: Lucy Dixon: 07827 305 457 or Jessica Kelly: 0776 574 1630

Email: [lucy.dixon@bristol.gov.uk](mailto:lucy.dixon@bristol.gov.uk) or [jessica.kelly@bristol.gov.uk](mailto:jessica.kelly@bristol.gov.uk)

### **Live Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10years**

Start date: 19<sup>th</sup> September 2022

Length of course: 12 weeks

Day of course: Monday

Time of course: 9.30 to 11.45am

Course provider: Families in Focus Parenting Team

Course venue: Hartcliffe Children's Centre, Hareclive Road, Bristol BS13 0JW

Course enquiries: or Vicky Collis: 07464 983531

Creche enquiries (limited spaces): Pauline Sparkes: 07464 907 637

Email: [Pauline.sparkes@bristol.gov.uk](mailto:Pauline.sparkes@bristol.gov.uk) or [Vicky.collis@bristol.gov.uk](mailto:Vicky.collis@bristol.gov.uk)

### **Live Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10years**

Start date: 20<sup>th</sup> September 2022

Length of course: 12 weeks

Day of course: Tuesday

Time of course: 10am to 12.15pm

Course provider: Families in Focus Parenting Team and St Anne's Park Children's Centre

Course venue: Broomhill Children's Centre, Fermaine Avenue, Bristol BS4 4NY

Course enquiries: Vicky Collis: 07464 983531 or April Scott: 07795446228

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

### **Online Course: Timid to Tiger: parents of children with anxiety aged 3 to 11years**

Start date: 26<sup>th</sup> September 2022

Length of course: 11 weeks

Day of course: Monday

Time of course: 7.15pm to 9.15pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course enquiries: Lucy Dixon: 07827 305 457 or Jude Elias: 07919 397 634

Email: [lucy.dixon@bristol.gov.uk](mailto:lucy.dixon@bristol.gov.uk) or [Judith.elias@bristol.gov.uk](mailto:Judith.elias@bristol.gov.uk)

### **Live Course: Timid to Tiger: parents of children with anxiety aged 3 to 11years**

Start date: 6<sup>th</sup> October 2022

Length of course: 10 weeks

Day of course: Thursday

Time of course: 10am to 12.15pm

Course provider: Families in Focus Parenting Team

Course venue: TBC

Course enquiries: Vicky Mundy: 07464 989 849 or Kauser Perveen: 07880101276

Email: [victoria.mundy@bristol.gov.uk](mailto:victoria.mundy@bristol.gov.uk) or [kauser.perveen@bristol.gov.uk](mailto:kauser.perveen@bristol.gov.uk)

## **Live Course: Strengthening Families Strengthening Communities: parents of children 0 to 18years**

Start date: 21<sup>st</sup> September 2022

Length of course: 12 weeks

Day of course: Wednesday

Time of course: 9.30am to 12pm

Course provider: Wellspring Settlement

Course venue: Docklands, 29 Brigstocke Road, St Paul's, Bristol. BS2 8UA

Course enquiries and creche booking: Sally Williams: 0117 955 6971

Email: [sally.williams@wsb.org.uk](mailto:sally.williams@wsb.org.uk)

## **Live course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17years**

Start date: 15<sup>th</sup> September 2022

Length of course: 10 weeks

Day of course: Thursday

Time of course: 10am to 12pm

Course provider: Families in Focus Parenting Team

Course venue: Gatehouse Centre, Hareclive Road, Bristol. BS13 9JN

Course enquiries: Pauline Sparkes: 07464907637 or Judith Elias: 07919397634

Email: [Pauline.sparkes@bristol.gov.uk](mailto:Pauline.sparkes@bristol.gov.uk) or [Judith.elias@bristol.gov.uk](mailto:Judith.elias@bristol.gov.uk)

## **Live course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17years**

Start date: 20<sup>th</sup> September 2022

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 9.45am to 12.15pm

Course provider: Families in Focus Parenting Team

Course venue: Filton Avenue Nursery School & Children's Centre, Blakeney Road, BS7 0DL

Course enquiries: Gail Hunter: 07584 202 855 or Natasha Kirby: 07464 510 313

Email: [gail.hunter@bristol.gov.uk](mailto:gail.hunter@bristol.gov.uk) or [natasha.kirby@bristol.gov.uk](mailto:natasha.kirby@bristol.gov.uk)

## **Online Course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17years**

Start date: 28<sup>th</sup> September 2022

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 7pm to 9.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course enquiries: Deborah Davis: 07880 179 204 or Jessica Kelly: 0776 574 1630

Email: [deborah.davis@bristol.gov.uk](mailto:deborah.davis@bristol.gov.uk) or [jessica.kelly@bristol.gov.uk](mailto:jessica.kelly@bristol.gov.uk)

### **Live course: Non-Violent Resistance: parents of children aged 8 to 17years with violent, controlling or self-destructive behaviours**

Start date: 13<sup>th</sup> September 2022

Length of course: 12 weeks

Day of course: Tuesday

Time of course: 9.30am to 11.45am

Course provider: Families in Focus Parenting Team

Course venue: Sea Mills Primary School, Riverleaze, Sea Mills, BS9 2HL

Course enquiries: Rowan Stewart: 07552 289 598

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

### **Online Course: Non-Violent Resistance: parents of children and young people aged 8 to 17years with violent, controlling or self-destructive behaviours**

Start date: 13<sup>th</sup> September 2022

Length of course: 12 weeks

Day of course: Tuesday

Time of course: 7pm to 9.15pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Saf Cooper: 07760 990 850

Email: [saf.cooper@bristol.gov.uk](mailto:saf.cooper@bristol.gov.uk)

### **Live Course: Non-Violent Resistance: parents of children and young people aged 8 to 17years with violent, controlling or self-destructive behaviours**

Start date: 22<sup>nd</sup> September 2022

Length of course: 12 weeks

Day of course: Thursday

Time of course: 10.30am to 12.45pm

Course provider: Families in Focus Parenting Team

Course venue: Knowle DGE, Leinster Avenue, Bristol BS4 1NN

Course enquiries: Karen Legge: 07384 243 765 or Natasha Kirby: 07464 510 313

Email: [karen.legge@bristol.gov.uk](mailto:karen.legge@bristol.gov.uk) or [natasha.kirby@bristol.gov.uk](mailto:natasha.kirby@bristol.gov.uk)

### **Parents Plus Parenting When Separated Programme: parents who are preparing for, going through, or have gone through a separation or divorce**

Start date: **week commencing 22<sup>nd</sup> May 2023**

Length of course: 7 weeks

Day of course: TBC: 1 x daytime programme and 1 x evening programme

Time of course: daytime programme: 10am to 12.30pm and evening programme: 7pm to 9.30pm

Course provider: Families in Focus Parenting Team

Course enquiries and registration: Deborah Davis: 07880 179 204

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

**Check your Children's Centre to see what further on-line and face to face parenting support is being provided.** This web tool will help you locate your nearest Centre:

[Children's centre - bristol.gov.uk](http://bristol.gov.uk/childrens-centre)

If you are concerned about the well-being of a child, please contact the **First Response Team: 0117 903 6444** or when offices are closed the **Emergency Duty Team: 01454 615 165**. [Report a concern about a child - bristol.gov.uk](http://bristol.gov.uk/report-a-concern-about-a-child)

## 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

### For more details on any of the Autism Family Courses

**Web:** [Autism - Bristol's SEND Local Offer - bristol.gov.uk](http://bristol.gov.uk/autism-bristol-send-local-offer)

**Contact:** Menai Gore, Business Support Officer at the Family Learning and Family Support Hub

**Tel:** 07827 896 700

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

## Other Online Parenting Courses, Support, Advice and Telephone Coaching

### Family Lives

Emotional support, information, advice and guidance on any aspect of parenting and family life:

**Helpline:** 0808 800 2222 (Monday to Friday: 9am to 9pm & Weekends 10am to 3pm)

**E-mail:** [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

**Web:** Parenting Tips, Advice and Support: [Parenting and Family Support - Family Lives \(Parentline Plus\)](http://www.familylives.org.uk/parenting-tips)

**Web:** Online course for parents of children aged under 5y:

<http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

### Netmums

Online parenting course based on the Nurturing Programme:

**Web:** [Netmums Parenting Course: What It Is And Where To Sign Up - Netmums](http://www.netmums.com/parenting-course)

### NSPCC

**Helpline:** 0808 800 5000

**Email:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**Web:** Parenting Tips, Advice and Support: [Support for parents | NSPCC](http://www.nspcc.org.uk/support-for-parents)

**Web:** Positive Parenting Guide (PDF): [Positive parenting \(nspcc.org.uk\)](http://www.nspcc.org.uk/positive-parenting)

## Young Minds

Information and support on-line for parents concerned about their child's mental health:

**Helpline:** 0808 802 5544 (Monday to Friday: 9.30am to 4pm)

**Web:** [Parents Mental Health Support](#) | [Advice for Your Child](#) | [YoungMinds](#)

## Parental Relationship Support:

**One Plus One:** Online resources and training to support building and maintaining healthy relationships: [Digital resources \(oneplusone.org.uk\)](#)

**Relationships and Caring for a Disabled Child:** A guide developed by Click and One Plus One: [relationships\\_guide.pdf \(contact.org.uk\)](#)

**Bristol Separated Parents Information Programme (SPIP):** A four hour CAFCASS programme provided by Action for Children: [Bristol SPIP](#) | [Action For Children](#)

## Full Circle Parents and Carers Speak (formerly Docklands Parent and Carers Support Meeting)

Parents and Carers Speak is an informal group run by parents and carers for parents and carers with support from Full Circle Youth services and Bristol City Council Safer Options staff team.

**Platform:** Zoom

**When:** Monthly on the first Wednesday of the month

For more information:

**Contact:** Judit: 0785171635 or Michelle: 07710396744

**Email:** [parents@fullcircleproject.org.uk](mailto:parents@fullcircleproject.org.uk) or [michelle.mcmorrow@bristol.gov.uk](mailto:michelle.mcmorrow@bristol.gov.uk)

## FAMILIES IN FOCUS PARENTING TEAMS (FIFPT)

### South Families In Focus Team:

#### Office:

Symes House PO BOX 3399 BS1 9NE

Tel: 0117 903 7770

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

#### Parenting Supervisor:

##### Saf Cooper

Tel: 07760 990 850

Email: [saf.cooper@bristol.gov.uk](mailto:saf.cooper@bristol.gov.uk)

#### Parenting Specialists:

##### Rowan Stewart

Tel: 07552 289 598

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



**Vicky Collis**

Tel: 07464 983 531

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

**Pauline Sparkes**

Tel: 07464 907 637

Email: [Pauline.sparkes@bristol.gov.uk](mailto:Pauline.sparkes@bristol.gov.uk)

**Jessica Kelly**

Tel: 0776 574 1630

Email: [jessica.kelly@bristol.gov.uk](mailto:jessica.kelly@bristol.gov.uk)

## **East Central Families In Focus Team**

**Office:**

Welsman Office, PO Box 3399, 100 Temple Street, BS1 9NE

Tel: 0117 357 6460

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

**Parenting Supervisor****Vicky Mundy**

Tel: 07464 989 849

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

**Parenting Specialists****Karen Legge**

Tel: 07384 243 765

Email: [karen.legge@bristol.gov.uk](mailto:karen.legge@bristol.gov.uk)

**Chris Hardy**

Tel: 07552 289 599

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

**Lucy Dixon**

Tel: 07827 305 457

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

**Kauser Perveen**

Tel: 07880 101 276

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

## North Families In Focus Team

### Office:

Ridingleaze, PO Box 3176, Bristol. BS3 9FS

Tel: 0117 352 1499

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

### Parenting Supervisor

#### Deborah Davis

Tel: 07880 179 204

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

### Parenting Specialists

#### Gail Hunter

Tel: 07584 202 855

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

#### Jude Elias

Tel: 07919 397 634

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

#### Natasha Kirby

Tel. 07464 510 313

Email: [natasha.kirby@bristol.gov.uk](mailto:natasha.kirby@bristol.gov.uk)

If you are concerned about the well-being of a child please contact the **First Response Team: 0117 903 6444** or when offices are closed the **Emergency Duty Team: 01454 615 165**. [Report a concern about a child - bristol.gov.uk](https://www.bristol.gov.uk/report-a-concern-about-a-child)