

Bristol based Parenting Courses

Term 3 2017 co-ordinated by the Early Help Parenting Team (EHPT).

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 | Childcare available? |
|--|--|--|----------------------|
| <p>EHPT delivered: Incredible Years</p> <p>For the parents of children aged 4-10 with challenging behaviour</p> | <p>Henbury Court Children's Centre, Trevyllan Walk, Henbury</p> <p>BS10 7NY</p> | <p>Starts – Monday 8th January *For 14 Weeks*</p> <p>Time – 12.45 – 2.45pm</p> <p>Contact – Gail Hunter 07774 573 539 or Sarah Partridge 07337 353 670</p> | Crèche Available |

| Course | Venue | Dates/Times | Childcare available? |
|---|--|--|--|
| <p>EHPT delivered: Parents Plus Adolescents Programme (PPAP)</p> <p>For Parents of Children Aged 10-17 years</p> | <p>Bristol Education Centre (BEC) Sheridan Road Horfield</p> <p>BS7 0PU</p> | <p>Starts –Tuesday 9th January *For 10 Weeks*</p> <p>Time – 12.15 -2.45pm</p> <p>Contact- Deborah Davis 0117 352 1499 or 07880 179 204</p> | No |
| <p>Rock a Bumps</p> <p><i>For Pregnant mums in their 2nd trimester</i></p> | <p>Brentry and Henbury Children's Centre, Brentry Lane, Brentry</p> <p>BS10 6RG</p> | <p>Starts – Monday 22nd January *For 6 Weeks*</p> <p>Time – 10.00-1.30am</p> <p>Contact – Sue George 0117 959 3800</p> | No |
| <p>Rock a Bye</p> <p><i>For Parents of babies aged 2-7months</i></p> | <p>Brentry and Henbury Children's Centre, Brentry Lane, Brentry</p> <p>BS10 6RG</p> | <p>Starts – Tuesday 9th January *For 12 Weeks*</p> <p>Time – 10.00 – 11.00am</p> <p>Contact – Sue George 0117 959 3800</p> | Parents and babies together No Crèche |
| <p>Stressbusting for Dads</p> <p><i>Mindfulness for fathers and step-fathers only</i></p> <p>Unwaged Free; Low waged £100; Waged £250</p> | <p>Boing, 6 Gainsborough Square, Lockleaze</p> <p>BS7 9XA</p> | <p>Starts –Wednesday 10th January *For 6 Weeks* (Taster sessions: 13.12.17 & 03.01.18 @ 6.30pm)</p> <p>Time – 6.30 – 9.00pm</p> <p>Contact- Claire-Louise Symonds 07949 399 633 or Donna Person 07747 573687</p> | No |

EAST CENTRAL

| Course | Venue | Dates/Times | Childcare available? |
|---|---|---|----------------------|
| <p>EHPT delivered: Incredible Years</p> <p>For the parents of children aged 2-10 with challenging behaviour</p> | <p>St John's C of E Primary School Worrall Road Clifton Bristol BS8 2UH</p> | <p>Starts – Wednesday 7th March *For 14 Weeks*</p> <p>Time – 6.30 – 9.00pm</p> <p>Contact- Chris Hardy 07552 289 599 or Denise Quilty 07881 267 126</p> | No |
| <p>EHPT delivered: Parents Plus Adolescents Programme (PPAP)</p> <p>For Parents of Children Aged 10-17 years</p> | <p>Hillfields and Little Hayes Family Hub and Library, Summerleaze, BS16 4HL</p> | <p>Starts –Thursday 11th January *For 10 Weeks*</p> <p>Time – 9.15am – 12pm</p> <p>Contact- Karen Legge 0117 3576460 or 07384 243 765</p> | No |
| <p>Strengthening Families Strengthening Communities</p> <p>For parents of children aged 2-12years</p> | <p>Barton Hill Settlement 43 Dulcie Road Barton Hill BS5 0AX</p> | <p>Starts – Tuesday 9th January *For 10 Weeks*</p> <p>Time – 9.30am – 12pm</p> <p>Contact – Sally Williams 0117 955 6971</p> | Crèche Available |
| <p>Strengthening Families Strengthening Communities</p> <p>For parents of children aged 2-12years</p> | <p>St Paul's Children Centre Little Bishop Street, Bristol BS2 9JF</p> | <p>Starts – Wednesday 24th January *For 12 Weeks*</p> <p>Time – 12.45 – 2.45pm</p> <p>Contact – Sally Williams 0117 955 6971</p> | Crèche Available |

SOUTH

| Course | Venue | Dates/Times | Childcare available? |
|---|--|--|----------------------|
| <p>EHPT delivered: Incredible Years</p> <p>For the parents of children aged 2-10 with challenging behaviour</p> | <p>Southern Links Children's Centre, Whittock Road, Stockwood, BS14 8DQ</p> | <p>Starts – Tuesday 16th January *For 14 Weeks*</p> <p>Time – 6.30 – 8.45pm</p> <p>Contact- Vicky Mundy 0117 9037770</p> | No |
| <p>EHPT delivered: Incredible Years</p> <p>For the parents of children aged 2-10 with challenging behaviour</p> | <p>Hartcliffe Nursery School and Childrens Centre, Hareclive Road, Hartcliffe BS13 0JW</p> | <p>Starts – Thursday 11th January *For 14 Weeks*</p> <p>Time – 12.30 - 2.45pm</p> <p>Contact – Saf Cooper 0117 903 7770 or 07760 990 850</p> | Crèche Available |
| <p>EHPT delivered: Parents Plus Adolescents Programme (PPAP)</p> <p>For Parents of Children aged 10-17 years</p> | <p>Parents' Room Bridge Learning Campus, Teyfant Rd, Hartcliffe, BS13 0RL</p> | <p>Starts – Thursday 11th January</p> <p>Time – 9.30am- 12pm</p> <p>Contact - Rowan Stewart 0117 903 7770 or 07552 289 598</p> | No |
| <p>Antenatal Nurturing programme</p> <p>For Pregnant mums</p> | <p>Southern Links Childrens Centre Whittock Road Stockwood BS14 8DQ</p> | <p>Starts – Wednesday 10th January *For 10 Weeks*</p> <p>Time – pm</p> <p>Contact – Jody Britton/Julie Long 0117 353 3503</p> | No |

| EARLY HELP PARENTING TEAM (EHPT) | AREA |
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|---------------------------------------|-------------------------|
| City Wide Parenting Supervisor | <u>City Wide</u> |
|---------------------------------------|-------------------------|

Saf Cooper
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|--------------------------------|-------------------------------------|
| Parenting Practitioners | <u>Early Help Team South</u> |
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Rowan Stewart
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Vicky Mundy
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| Parenting Practitioners | <u>Early Help Team North</u> |
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Bristol Education Centre
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or Gail Hunter
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| Parenting Practitioners | <u>Early Help Team East Central</u> |
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0117 3576460

Chris Hardy
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earlyhelpeastcentral@bristol.gov.uk

Karen Legge
M: 07384 243 765
Karen.legge@bristol.gov.uk

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.

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>

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,

please contact:

Menai Gore, Family Courses – Business Support Officer from The Bristol Autism Team

Tel: 0117 9036700

Email: autismfamilycourses@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 or text 88858

- **Mindfulness for parents-**

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

**Think
Family**



**Children &
Families
PARTNERSHIP**

