

Bristol based Parenting Courses Term 4 2018 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?
Incredible Years For the parents of children aged 3 - 5 with challenging behaviour	Upper Horfield Children's Centre Sheridan Road Horfield, Bristol BS7 0PU	Starts – Thursday 1st March *For 14 Weeks* Time – 12.30 – 3 pm Contact – Charlene Irvine 07826625798 or Tasha 07749991323	Crèche Available

EAST CENTRAL

Course	Venue	Dates/Times	Childcare available?
EHPT delivered: Incredible Years For the parents of children aged 2-10 with challenging behaviour	St John's C of E Primary School Worrall Road Clifton Bristol BS8 2UH	Starts – Wednesday 7th March *For 14 Weeks* Time – 6.30 – 9.00pm Contact- Chris Hardy 07552 289 599 or Denise Quilty 07881 267 126	No
EHPT delivered: Parents Plus Adolescence Programme For Parents of young people aged 10 - 17	TBC	Starts – Tuesday evenings in May (date TBC) *For 10 weeks* Time – 6.30 – 9pm Contact – Karen Legge 0117 3576460 or 07384 243 765	
EHPT delivered: Incredible Years For the parents of children aged 2-10 with challenging behaviour	Hillfields and Little Hayes Family Hub and Library, Summerleaze, BS16 4HL	Starts – Thursday 12th April *For 14 Weeks* Time – 9.30 am – 12pm Contact- Karen Legge 0117 3576460 or 07384 243 765	Yes

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>Saint Annes Infant School</p> <p>Bloomfield Road, Brislington, Bristol, BS4 3QJ</p>	<p>Starts – Friday 9th March *for 14 weeks*</p> <p>Time – 9.30 – 11.45am</p> <p>Contact – Vicky 0117 9037770 or victoria.mundy@bristol.gov.uk</p>	Limited Crèche Availability
<p>The Nurturing Programme with an Islamic Perspective</p> <p>For muslim mothers with children aged 2 - 10</p>	<p>Quran Academy</p> <p>28 Abingdon Road Fishponds Bristol, BS16 3NY</p>	<p>Starts – Tuesday 20th February *for 10 weeks*</p> <p>Time – 12.15 – 2.30</p> <p>Contact – Huma Shaikh 07949251020</p>	Crèche Available

SOUTH

Course	Venue	Dates/Times	Childcare available?
<p>Nurturing programme</p> <p>For the parents of children aged 2-10</p>	<p>Bishopsworth Children's Centre</p> <p>2 Lakemead Grove, Bishopsworth, Bristol, BS13 8EA</p>	<p>Starts – Wednesday 7th March *For 11 Weeks*</p> <p>Time – 9 – 11.30am</p> <p>Contact- Ann-Marie Payne 01179 3772186 or Ann-marie.payne@stpeterscofeprimary.co.uk</p>	Crèche Available
<p>Nurturing programme</p> <p>For the parents of children aged 2-10</p>	<p>Compass Point Children's Centre</p> <p>British Road, Bedminster, BS3 3AU</p>	<p>Starts – Tuesday 20th February *For 11 Weeks*</p> <p>Time – 9.15 – 11.15am</p> <p>Contact – Amy Tuckwell 0117 3772340</p>	Yes
<p>EHPT delivered: Incredible Years</p> <p>For the parents of children aged 2-10 with challenging behaviour</p>	<p>Victoria Park Primary</p> <p>14 Atlas Rd Bristol BS3 4QS</p>	<p>Starts- Friday 13th April *For 14 weeks*</p> <p>Time – 9.30-12</p> <p>Contact – Rowan Stewart 0117 903 7770 and 07552 289598</p>	Yes

EARLY HELP PARENTING TEAM (EHPT)	AREA
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City Wide Parenting Supervisor	<u>City Wide</u>
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Saf Cooper
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Parenting Practitioners	<u>Early Help Team South</u>
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Parenting Practitioners	<u>Early Help Team North</u>
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or Gail Hunter
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Parenting Practitioners	<u>Early Help Team East Central</u>
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Chris Hardy
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Karen Legge
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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**

