

# Bristol based Parenting Courses Term 2 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

## NORTH

Course	Venue	Dates/Times	Childcare available?
<b>FIFPT delivered: Parents Plus Adolescents Programme</b>  For parents of young people aged 10-16	<b>Lanercost Day Centre</b>  Lanercost Road, Southmead, BS10 6HZ	<b>Starts</b> – Thursday 8 <sup>th</sup> November  For 10 weeks  <b>Time-</b> 6 - 8.30pm <b>Contact-</b> Gail Hunter Tel: 07774 573 539 Email: gail.hunter@bristol.gov.uk	No

## EAST CENTRAL

*Unfortunately there are no courses taking place in the East Central area during Term 2.*

## SOUTH

Course	Venue	Dates/Times	Childcare available?
<b>FIFPT delivered: Incredible Years (IY)</b>  For parents of children aged 3-11	<b>Southern Links Children's Centre</b>  Whittock Road, Stockwood, BS14 8DQ	<b>Starts</b> – Tuesday 20 <sup>th</sup> November  For 14 weeks  <b>Time-</b> 12.30 - 2.45pm  <b>Contact-</b> Vicky Mundy or Donna Saunders Tel: 0117 903 7770 Email: Victoria.mundy@bristol.gov.uk	Crèche available
<b>FIFPT delivered: Parents Plus Adolescents Programme</b>  For parents of young people aged 10-17	<b>Gatehouse Centre</b>  Hareclive Road BS13 9JN	<b>Starts-</b> Wednesday 7 <sup>th</sup> November  10 weeks (no session on 14 <sup>th</sup> November)  <b>Time-</b> 09.30am-12 noon  <b>Contact-</b> Rowan Stewart Tel: 07552 289 598 Email: rowan.stewart@bristol.gov.uk	No

Course	Venue	Dates/Times	Childcare available?
<p><b>Nurturing Programme</b></p> <p>For parents of children aged 3-10</p>	<p><b>Bishopsworth Children's Centre</b></p> <p>2 Lakemead Grove BS13 8EA</p>	<p><b>Starts – Thursday 8<sup>th</sup> November</b></p> <p>For 11 weeks</p> <p><b>Time - 09:30 – 11.30am</b></p> <p><b>Contact-</b> Deb Skuse Tel: 0117 377 2368 Email: Deborah.skuse@stpeterscofeprimary.co.uk</p>	<p>Crèche available</p>

**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>

## FAMILIES IN FOCUS PARENTING TEAM (FIFPT)

## AREA

### City Wide Parenting Supervisor

Saf Cooper

M: 07760 990 850

### City Wide

0117 903 7770

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

## Parenting Practitioners

Denise Quilty

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Rowan Stewart

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Vicky Mundy

M: 07464 989 849

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

## South Families In Focus Team

The Park

Daventry Rd

Knowle

0117 903 7770

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

Vicky Collis

0117 903 7770

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

## Parenting Practitioners

Gail Hunter

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Deborah Davis

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## North Families In Focus Team

Ridingleaze

PO Box 3176

Bristol

BS3 9FS

0117 352 1499

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

## Parenting Practitioners

Kauser Perveen

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Chris Hardy

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

Lucy Dixon

Tel: 0117 357 6460

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

## East Central Families In Focus Team

Bristol Education Centre

Sheridan Road

Horfield

Bristol

BS7 0PU

0117 3576460

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

### 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](mailto: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](mailto:help@nspcc.org.uk) or text 88858

- **Mindfulness for parents-**

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



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