

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>Strengthening Families Strengthening Communities</i> <i>For parents of children aged 2-12 years old</i>	Barton Hill Settlement, Barton Hill, Bristol BS5 0AX	Wednesdays 9:30-12pm starting 1 st may 2019. (term time only) Sally Williams: 01179556971	Crèche available
FIFPT Delivered: Parents Plus Adolescents Programme (PPAP) For parents of young people aged 11-17 years old	All Hallows Hall 13 All Hallows Road Bristol BS5 0HH	Thursday 10:00am-12:30pm for 10 weeks starting 25 th April 2019. (term time only) Chris Hardy: 07552289599	No childcare available
<i>Rock a bye</i> <i>For parents of babies aged 2-7 months</i>	Hillfields Library Hub, Summerleaze Bristol BS16 4HL	Monday 9:45am-10:45am starting 22 nd 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>FIFPT Delivered: Incredible Years (IY)</p> <p>For parents of children with challenging behaviour aged 3-10</p>	<p>Southern Links Children's Centre, Stockwood, BS14 8DQ</p>	<p>Wednesdays 6:30-8:45pm</p> <p>Starting 24th April 2019. For 13 weeks</p> <p>Vicky Mundy: 01179037770 Donna Saunders: 01173533503</p>	No childcare available
<p>Incredible Years (IY)</p> <p>For parents of children with challenging behaviour 2-6 years</p>	<p>Iminster Avenue Nursery School, Iminster Avenue, Knowle West, BS4 1BX</p>	<p>Thursdays 9:15am-11:45am</p> <p>Starting 25th April 2019 for 14 weeks.</p> <p>Lucy Hobbs: 01179030255</p>	Crèche available
<p>Nurturing Programme</p> <p>For parents of children aged 2-10y</p>	<p>Southern Links Childrens Centre Whittock Road Stockwood BS14 8DQ</p>	<p>Tuesdays 12:15pm-2:15pm</p> <p>starting 23rd April 2019 for 10 weeks (term time only)</p> <p>Leanne Evans or Lianne Sheldon: 01173533503</p>	Crèche available
<p>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</p> <p>For parents of young people aged 11-17 years old</p>	<p>Bridge Learning Campus William Jessop Way Hartcliffe Bristol BS13 ORL</p>	<p>Tuesdays 12:30pm-2:45pm</p> <p>Starting 30th 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>Nurturing Programme</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 29th 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>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</p> <p>For parents of young people aged 11-17 years old</p>	<p>Horfield C.E Primary School Bishop Manor Road, Manor Farm, BS10 5BD (No parking available)</p>	<p>Wednesdays 9:45am – 12:15pm</p> <p>Starting 24th April 2019. (Term time only)</p> <p>Gail Hunter: 07584202855</p>	No childcare available
<p>FIFPT Delivered: Incredible Years (IY)</p> <p>For parents of children with challenging behaviour aged 3-10years</p>	<p>Longcross Children's Centre Long Cross, Bristol BS11 0LP</p>	<p>Thursdays 10:00am-12:15pm</p> <p>starting 25th April 2019 for 13 weeks. (Term time only)</p> <p>Deborah Davis: 01173521499, 07880179204</p>	Crèche available
<p>FIFPT Delivered: Parents Plus Parenting When Separated Programme</p> <p>6 week course</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>Tuesdays – 10am – 12.30pm. To register interest contact Deborah Davis 07880 179204 0117 352 1499 Deborah.davis@bristol.gov.uk</p>	TBC

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

AREA

**City Wide Parenting
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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

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

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/>