

# Bristol based Parenting Menu

## Term 3 2020

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

**All courses are Free & Term Time Only (Unless otherwise stated)**

**Bristol Parent/Carers are welcome to attend courses 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/Contact	Childcare available
<b>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</b> For parents of young people aged 10-17y	<b>Henbury and Brently Community Centre,</b> Machin Road, Henbury, BS10 7HG	<b>Wednesdays 9:30am-12pm</b>  Starting 29 <sup>th</sup> January 2020 10 Weeks, Term time only  Contact: Gail Hunter 07584 202 855 or Deborah Davis 0117 352 1499 <a href="mailto:Deborah.davis@bristol.gov.uk">Deborah.davis@bristol.gov.uk</a>	<b>No</b>

Course	Venue	Dates/Times/Contact	Childcare available
<b>FIFPT Delivered: Incredible Years</b> For parents of children with challenging behaviour aged 5 – 10	<b>Horfield CEVC Primary School,</b> Bishop Manor Road, Manor Farm, BS10 5BD	<b>Tuesdays 9:30- 11:30am</b>  Starting 7 <sup>th</sup> January 2020 13 weeks, Term time only  Contact: Gail Hunter 07584 202 855	<b>Yes – Crèche</b>
<b>FIFPT Delivered: Incredible Years</b> For parents of children with challenging behaviour aged 5 – 10y	<b>Lanercost Day Centre</b> Lanercost Road, Southmead, BS10 6HZ	<b>Thursdays 6pm – 8.30pm</b>  Starting 9 <sup>th</sup> January 2020 13 Weeks, Term Time only  Contact: Gail Hunter 07584 202 855	<b>No</b>
<b>FIFPT Delivered: Incredible Years</b> For parents of children with challenging behaviour aged 3 – 10y	<b>Nova Primary School</b> Barrack's Lane Shirehampton BS11 9NG	<b>Thursdays 9.30 – 11.45am</b>  Starting 30 <sup>th</sup> January 2020 14 Weeks, Term Time only  Contact: Jude Elias or Tasha Kirby 0117 352 1499	<b>Yes – Crèche</b>
<b>FIFPT Delivered: Parents Plus Parenting When Separated Programme</b> A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.	<b>Upper Horfield Community Trust Community Centre,</b> <i>The Boardroom</i> Eden Grove, Horfield BS7 0PQ	<b>Mondays 6.15 – 8.45pm</b>  Taster session: 13 <sup>th</sup> January 2020 Starts 27 <sup>th</sup> January 2020 for 6 weeks  Contact:  Deborah Davis 07880 179 204 0117 352 1499 <a href="mailto:Deborah.davis@bristol.gov.uk">Deborah.davis@bristol.gov.uk</a>	<b>No</b>

**SOUTH**

Course	Venue	Dates/Times/Contact	Childcare available
<p><b>FIFPT Delivered: Incredible Years</b> For parents of children with challenging behaviour aged 3 – 10y</p>	<p><b>Hartcliffe Children's Centre</b> Hareclive Rd, Hartcliffe, BS13 0JW</p>	<p><b>Thursdays 12.30-2.45pm</b>  Starting 16th January 2020 12 weeks, term time only  Contact: Vicky Collis 07464 983 531 or Saf Cooper 07760 990 850</p>	<p><b>Yes - Crèche</b></p>
<p><b>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</b> For parents of young people aged 11-17y</p>	<p><b>Bridge Learning Campus, Parents' Room,</b> William Jessop Way Hartcliffe BS13 ORG</p>	<p><b>Mondays 12:30 – 2.45pm</b>  Starting 27<sup>th</sup> January 2020 9 weeks, term time only  Contact: Rowan Stewart 07552 289 598 0117 903 7770</p>	<p><b>No</b></p>
<p><b>FIFPT Delivered: Non-Violent Resistance</b> Parents of teenagers with aggressive / violent behaviour aged 8-17y</p>	<p><b>The Park, Conference Room 2</b> Daventry Rd, Knowle, BS4 1DQ</p>	<p><b>Wednesday 9:30am-12pm</b>  4<sup>th</sup> Feb - 12<sup>th</sup> May 2020 (including 2 wks of 1-1) Term Time only  Contact: Rowan Stewart 07552 289 598 or 0117 903 7770</p>	<p><b>No</b></p>
<p><b>FIFPT Delivered: Timid to Tiger</b> For parents of children aged 3-10y with anxiety</p>	<p><b>TBC</b></p>	<p><b>Wednesday 12.30 pm to 2.45 pm</b>  22<sup>nd</sup> January – 1 April  Contact: Denise 07881 267 126 or Vicky 07464 989 849</p>	<p><b>Yes – Crèche</b></p>

Course	Venue	Dates/Times/Contact	Childcare available
<p><b>Stressbusting for Parents</b> <i>Universal</i></p>	<p><b>Bridge Learning Campus,</b> William Jessop Way, Hartcliffe BS13 ORL</p>	<p><b>Wednesday 9:30am-12pm</b>  Taster session: 8th January 2020 Starting 15<sup>th</sup> January 2020 10 weeks, term time only  Contact: Donna Person 07747 573 687 or Claire-Louise Symonds 07949 399633</p>	<p><b>No</b></p>
<p><b>Incredible Years</b> <i>For parents of children with challenging behaviour aged 3 – 10y</i></p>	<p>Ilminster Avenue Nursery School. Ilminster Avenue, Knowle, BRISTOL, BS41BX</p>	<p><b>Wednesday 6.15-8.30pm</b>  Starting 8<sup>th</sup> January 2020 12 weeks, term time only  Contact: Lucy Hobbs 0117 903 0255. <a href="mailto:lucy.hobbs@bristol-schools.uk">lucy.hobbs@bristol-schools.uk</a></p>	<p><b>No</b></p>

**EAST CENTRAL**

Course	Venue	Dates/Times/Contact	Childcare available
<p><b>FIFPT Delivered: Incredible Years</b> For parents of children with challenging behaviour aged 3 – 10y</p>	<p><b>May Park Primary School</b> Coombe Rd, Bristol BS5 6LE</p>	<p><b>Mondays 6.30-8.45pm</b>  Starting 13<sup>th</sup> January 2020 13 weeks, term time only  Contact: Karen Legge or Lucy Dixon 0117 357 6460</p>	<p><b>No</b></p>

Course	Venue	Dates/Times/Contact	Childcare available
<b>FIFPT Delivered: Incredible Years</b> For parents of children with challenging behaviour aged 3 – 10y	<b>Barton Hill Settlement</b> Family Centre 43 Ducie Road, Barton Hill, BS5 0AX	<b>Thursday 9.45am-12.15pm</b> Starting 22 <sup>nd</sup> January 2020 14 weeks, term time only Contact: Kauser Perveen 07464 983 529 or Shonaugh Iles 0117 9548 882	<b>Yes - Crèche</b>
<b>FIFPT Delivered: Incredible Years</b> For parents of children with challenging behaviour aged 3 – 10y	<b>St Anne's Park Children's Centre</b> Lichfield Rd, Bristol BS4 4BJ	<b>Tuesdays 12.30-2.45pm</b> Starting 25 <sup>th</sup> Feb 2020 14 weeks, term time only Contact: Chris Hardy 07552289599 <a href="mailto:chris.hardy@bristol.gov.uk">chris.hardy@bristol.gov.uk</a>	<b>Yes - Crèche</b>
<b>FIFPT Delivered: Parents Plus Adolescents Programme (PPAP)</b> For parents of young people aged 10-17y	<b>Hillfields &amp; Little Hayes Family Hub &amp; Library</b> Summerleaze BS16 4HL	<b>Thursday 9.30 am – 11.45 am</b> Starting 30 <sup>th</sup> January 2020 9 weeks, term time only Contact: Lucy Dixon: 07920 365 231	<b>No</b>
<b>FIFPT Delivered: Non-Violent Resistance</b> Parents of teenagers with aggressive / violent behaviour aged 8-17y	<b>TBC</b>	<b>Wednesday 09:45-12:00</b> Starting 15 <sup>th</sup> January 2020 11 weeks, term time only Contact: Karen Legge 0117 357 6460	<b>No</b>

Course	Venue	Dates/Times/Contact	Childcare available
<b>Nurturing Programme</b> <i>Parents of children aged 2-10y</i>	<b>Oldbury Court Children's Centre</b> Frenchay Road Downend BS16 2QS	<b>Tuesdays 12.45-2.45pm</b> Starting 28 <sup>th</sup> January 11 weeks, term time only Contact : Oldbury Court CC 0117 353 2899	<b>Yes – Crèche</b>
<b>Ante Natal Nurturing Programme – Welcome to the world</b>	Oldbury Court Children's Centre Frenchay Road Downend BS16 2QS	<b>Mondays 18:00-20:00</b> Starting 27 <sup>th</sup> January 2020 9 Weeks, term time only Contact: Oldbury Court CC 0117 353 2899	
<b>Strengthening Families Strengthening Communities Parenting Programme</b>	<b>Docklands Youth Project</b> Brigstocke Road, St Pauls BS2 0AU	<b>Thursdays 6.00-8.30pm</b> Starting 23 <sup>rd</sup> January 2020 11 weeks, term time only Contact: Bev Headman-Fearon 07810 506 966 <a href="mailto:Bev.headman-fearon@bristol.gov.uk">Bev.headman-fearon@bristol.gov.uk</a>	<b>No</b>
<b>Strengthening Families Strengthening Communities Parenting Programme</b>	<b>Barton Hill Settlement,</b> 43 Ducie Road, Barton Hill, BS5 0AX	<b>Tuesday 9.30am -12pm</b> Starting 14 <sup>th</sup> January 2020 11 weeks, term time only Contact: Sally Williams 0117 955 6971	<b>Yes – Crèche</b>
<b>Docklands Parent &amp; Carers Group</b> <i>Open to all parents and carers</i>	Docklands Youth & Community Centre, 74-80 City Road, St Pauls, BS2 8UH	<b>1<sup>st</sup> Monday of each month, 18:00-20:00</b> Contact: Bev: 07810506966 <a href="http://www.fullcircleproject.org.uk">www.fullcircleproject.org.uk</a>	<b>No</b>

## FAMILIES IN FOCUS PARENTING TEAM (FIFPT)

### Parenting Supervisor

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### Parenting Practitioners

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### East Central Families In Focus Team

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### Parenting Supervisor

Deborah Davis

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### Parenting Practitioners

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### North Families In Focus Team

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### Parenting Supervisor

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### Parenting Practitioners

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### South Families In Focus Team

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### 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](mailto:menai.gore@bristol.gov.uk)

### **The YARD Group for parents of Youths and Adolescents using Recreational Drugs**

- 8 x 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)

## 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/>

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.bristol.gov.uk/schools-learning-early-years/childrens-centre>

