

Bristol based Parenting Courses

2016/17 Term 1

<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

SOUTH

Course	Venue	Dates/Times	Childcare available?
Incredible Years For parents of children aged 2-10 with challenging behaviour	Ilminster Avenue Children's Centre Throgmorton Road, Knowle West, Bristol BS4 1HR	Starts – Sept 2016 for 14 weeks Day - Monday Time - 9.30 - 11.45 am Call Vicky Frost 0117 903 9781	Yes Call Vicky Frost 0117 903 9781
Incredible Years For parents of children aged 2-10 with challenging behaviour Term Time Only	The Park Centre Daventry Road, Knowle, Bristol BS4 1DQ	Starts – 20 th Sept 2016 for 14 weeks Day - Tuesday Time – 6.30 - 8.45 pm Call Vicky Mundy or Denise 0117 903 7770 07464 989 849	
Incredible Years For parents of children aged 2-10 with challenging behaviour Term Time Only	TBC	TBC Call Rowan Stewart 0117 903 7770 07552 289 598	

Course	Venue	Dates/Times	Childcare available?
Nurturing Programme For parents of children under 5 struggling with parenting issues.	Bishopsworth Children's Centre 2 Lakemead Grove, Bristol BS13 8EA	Starts – Sept 2016 for 11 weeks Day - Wednesday Time – 9.15 to 11.30pm Call - Lindsay Warr 0117 903 0460	Yes Call - Lindsay Warr 0117 903 0460
Parenting Plus Adolescent Programme PPAP For Parents of Children aged 10-17 years. Term Time only	Bridge Learning Campus Williams Jessop Way, Hartcliffe, Bristol BS13 ORL	Starts – 27 th Sept 2016 for 10 weeks Day - Tuesday Time –9.30am to 12.00 noon Call Vicky Mundy 0117 903 7770	No
Ante-natal Nurture For first time parents to be Term Time Only	Southern Links Children's Centre Whittock Rd, Stockwood. BS14 8DQ	Starts – 05 th Oct 2016 for 8 weeks Day - Wednesday Time – 6.00 pm – 8.00 pm Call Jody Britton and Julie Long 0117 353 3503	No
Rock a bye For Mothers with babies under 10 months Term Time Only	St Augustine's Church, East Duntry Road, Whitchurch. BS14 OLL	Starts – 22 nd Sept 2016 for 10 weeks Day - Thursday Time – 10.00 am – 11.00 am Call Donna Sanders and Julie Long on 0117 353 3503	No

EAST CENTRAL

Course	Venue	Dates/Times	Childcare available?
Incredible Years For Somali parents of children aged 3-10 with challenging behaviour. Co-facilitator fluent in Somali, and will interpret for Parents who need to access the course Term Time only	Easton Families Project Beaufort Street, Easton, Bristol, BS5 6AH	Starts – 13 th Sept 2016 for 13 weeks Day - Tuesday Time - 9.30 - 11.30 am Call :- Toria More 0117 955 5877	Yes Call :- Toria More 0117 955 5877
Incredible Years For parents of children aged 2-10 with challenging behaviour Term Time only	Dolphin School Cheltenham Road, Bristol BS6 5RD	Starts – Sept for 14 weeks Day - TBC Time - TBC Call Fiona Castle/ Kendall Noyes 07974319547	TBC
Incredible Years For parents of children aged 2-10 with challenging behaviour Term Time only	St Nicholas of Tolentine Primary school Pennywell Road, Easton, Bristol, BS5 0TJ	Starts – Sept 2016 for 12 weeks Day - TBC Time - TBC Call Fiona King / Louise Newsham 0117 377 2260	Yes Call Fiona King / Louise Newsham 0117 377 2260
Incredible Years For parents of children aged 2-10 with challenging behaviour Term Time only	Little Hayes and Hillfields Early Years and Family Centre, Frenchay Road, Downend Bristol BS16 2QS	Starts –15 th Sept 2016 for 10- 14 weeks Day - Thursday Time – 1.00pm to 3.00pm Call Anna/ Annelee 0117 353 2896	Yes Anna Maynard Annelee Harley 0117353 2896

Course	Venue	Dates/Times	Childcare available?
Welcome to the World - antenatal Nurture group. For Expectant mothers at risk of developing post-natal depression	The Limes Nursery school Johnsons Road, Whitehall, Bristol BS5 9AT	Starts –26 th Sept 2016 for 9 weeks Day - Mondays Time – 1.15pm to 3.30pm Call Penny Taylor 0117 903 0317	Yes Penny Taylor 0117 903 0317
The Nurturing Programme For parents of children aged 2 - 11 years	St. George Pre-School Netham House Blackswarth Road BS5 8AR	Starts –26 th Sept 2016 for 10 weeks Day - Mondays Time – 6.30 pm to 8.00pm Call Hannah Morland – Jones 07719672317 0117 955 2174	No
Parenting Plus Adolescent Programme(PPAP) For Parents of Children aged 10-18 years. Term Time only	Bristol Metropolitan Academy Snowdon Road Fishponds Bristol BS16 2HD	Starts –04 th Oct for 9 weeks Day - Tuesday Time – 9.30am to 12.00pm Call Ruby Jones 0117 941 5886 07464983539	No
The Nurturing Programme For parents of children aged 2 - 11 years	Air Balloon Primary School, Hillside Rd, Bristol, BS5 7PB	Starts –03 rd Week of Oct for 11 weeks Day - TBC Time – TBC Call Lindsey Fuller 0117 903 0329	Yes Lindsey Fuller 0117 903 0329

Course	Venue	Dates/Times	Childcare available?
Nurturing Programme with Islamic Perspective Muslim Parents – Somali/Pakistani/Bangladeshi/Ethnic Minorities Women Group Only	City Academy Bristol , Russell Town Avenue, Bristol BS5 9JH	Starts – Sept 2016 for 11 Weeks Day - Sunday Time – 9.45 to 12.00 Nadia Pawlowska, 07896533515	Yes Nadia Pawlowska, 07896533515
Mindfulness for Parents/Carers For parents and Carers, on how to deal with stress And worry.	Little Hayes Nursery and Children's Centre	Starts –26 th Sept 2016 Day - Monday Time – 9.30am to 12.00 noon Taster Workshop: Mon 12 th Sept 9.30am - 10.30am Orientation Session: Monday 19 th Sept 9.30-11.00am. email - mpcp.bristol@gmail.com	Yes
Nurturing Programme Children and family with children under 5 years	Speedwell Nursery School and Children's Centre , Speedwell Road, Bristol, BS5 7SY	Starts – 14 th Sept or 21 st Sept 2016 TBC Day - Wednesday Time – 9.15am – 11.30 pm Call Vikki Poole-Smit Juliet Stoneham 0117 903 0329	Yes Call Vikki Poole-Smit Juliet Stoneham 0117 903 0329

NORTH

Course	Venue	Dates/Times	Childcare available?
Incredible Years For parents of children aged 2-10 Term Time Only	Colston's Primary School 16-18 Cotham Grove, Cotham Bristol, BS6 6AL	Starts – 20 th Sept 2016 for 10 Weeks Day - Tuesday Time –1.00pm to 3.30pm	Yes Call Sam Martin 0117 377 2610

Course	Venue	Dates/Times	Childcare available?
		Call Sam Martin 0117 377 2610	
Incredible Years For parents of children aged 2-10 Term Time Only	Fonthill Primary Ascot Road Bristol BS10 5SW	Starts –14 th Sept 2016 for 12 weeks Day - Wednesday Time –12.45pm to 3.15pm Call Lisa Quinn 0117 377 2550	Yes Call Lisa Quinn 0117 377 2550
Incredible Years For parents of children aged 2-10 Term Time Only	Seamills Children Center Riverleaze Sea Mills Bristol BS9 2HL	Starts –08 th Sept 2016 for 14 weeks Day - Thursday Time – 9.30 to 11.30 Call Gail Hunter 0117 352 1499 07810 506 891	Yes Call Gail Hunter 0117 35 21499 07810 506 891
Parents Adolescents Programme (PPAP) For Parents of Children aged 10-18 years. Term Time only	Orchard Children Centre CLC ground floor Filton Rd, Bristol, BS7 0XZ	Starts –TBC for 10 Weeks Day – Tuesday Time – 6.00pm to 8.00pm Call Donna Pearson 07464 989 177 0117 352 1499	No
Incredible Years For parents of children aged 2-10 Term Time Only	Brunel Field Primary School , Arthur Milton St, Ashley Down, BS7 9JT	Starts –08 th Sept 2016 for 14 weeks Day - Thursday Time – 10.00am to 12.30pm Call Deborah Davis 07880 179 204 0117 352 1499	Yes Call Deborah Davis 07880 179 204 0117 35 2 1499
Nurturing Programme For parents of children ages 2 - 8	Stoke Park Childrens Centre Stoke Park Schools Brangwyn Grove	Starts – 29 th Sept 2016 for 10 weeks Day - Thursday Time – 1.00 – 3.15 Call Jade Sheeley	Yes Jade Sheeley 0117 37 7 2840 (option

Course	Venue	Dates/Times	Childcare available?
Term Time Only	Bristol BS7 9BY	0117 377 2840 (option 2)	2)
Nurturing Programme For parents of children ages 2 - 8 Term Time Only	Longcross Childrens Centre	Starts – 14 th Sept 2016 for 11 weeks Day - Wednesday Time – 9.30am – 12.00 pm Call Alison Gutsall/ Laura Mitchell- Miles 0117 903 0740	Yes Call Alison Gutsall/ Laura Mitchell- Miles 0117 903 0740
Rock a Bye For parents and carers of babies aged 2 – 8 months Term Time Only	Mama Bears Whiteladies Road, Clifton Bristol BS8 2ST	Starts – 12 th Sept 2016 for 12 weeks Day - Thursday Time – 10.00am – 11.00 am Call - Debbie Jones 0117 903 0337	Call - Debbie Jones 0117 903 0337
Nurturing Programme For parents of children ages 2 - 8 Term Time Only	Brentry and Henbury Children's Centre Brentry Lane, Brentry, Bristol, BS10 6RG	Starts – 23 rd Sept 2016 for 11 weeks Day - Friday Time – 9.15 to 11.30 Extra Sessions starts 02nd Sept 2016 Call Sue George 0117 959 3800	Yes Call Sue George 0117 959 3800

Online Parenting Courses / Advice and 1:1 Telephone Coaching

- Single Parent Action Network (SPAN) - Web: <http://www.singleparents.org.uk/learning/confident-parenting>
- 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

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: <http://maps.bristol.gov.uk/ccgaz>

Parenting Practitioners

Area

City Wide Parenting Supervisor

City Wide

Saf Cooper

0117 903 7770

M: 07760 990 850

saf.cooper@bristol.gov.uk

Parenting Practitioner s

Early Help Team South

Denise Quilty

The Park

M: 07881 267 126

Daventry Rd

denise.quilty@bristol.gov.uk

Knowle

or Rowan Stewart

0117 903 7770

M: 07552 289 598

earlyhelpsouth@bristol.gov.uk

rowan.stewart@bristol.gov.uk or

Vicky Mundy

M: 07464 989 849

Victoria.mundy@bristol.gov.uk

Parenting Practitioners

Early Help Team East Central

Ruby Jones

Easton Business Centre

T: 0117 941 5886

Felix Rd

M: 07464983539

Easton

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0117 941 5886

or

earlyhelpeastcentral@bristol.gov.uk

Chris Hardy

T: 0117 941 5886

M: 07552289599

Chris.hardy@bristol.gov.uk

Parenting Practitioners

Deborah Davis

M: 07880 179 204

deborah.davis@bristol.gov.uk

or Gail Hunter

M: 07810 506 891

gail.hunter@bristol.gov.uk

or Donna Person M: 07464 989 177

Donna.person@bristol.gov.uk

Early Help Team North

Romney House

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Lockleaze

0117 352 1499

earlyhelpnorth@bristol.gov.uk