

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?
FIFPT delivered: Parents Plus Adolescents Programme For parents of young people aged 10-16	Lanercost Day Centre Lanercost Road, Southmead, BS10 6HZ	Starts – Thursday 8 th November For 10 weeks Time- 6 - 8.30pm Contact- 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?
FIFPT delivered: Incredible Years (IY) For parents of children aged 3- 11	Southern Links Children's Centre Whittock Road, Stockwood, BS14 8DQ	Starts – Tuesday 20 th November For 14 weeks Time- 12.30 - 2.45pm Contact- Vicky Mundy or Donna Saunders Tel: 0117 903 7770 Email: Victoria.mundy@bristo l.gov.uk	Crèche available
FIFPT delivered: Parents Plus Adolescents Programme For parents of young people aged 10-17	Gatehouse Centre Hareclive Road BS13 9JN	Starts- Wednesday 7 th November 10 weeks (no session on 14 th November) Time- 09.30am-12 noon Contact- Rowan Stewart Tel: 07552 289 598 Email: rowan.stewart@bristol. gov.uk	No

Course	Venue	Dates/Times	Childcare available?
<p>Nurturing Programme</p> <p>For parents of children aged 3-10</p>	<p>Bishopsworth Children's Centre</p> <p>2 Lakemead Grove BS13 8EA</p>	<p>Starts – Thursday 8th November</p> <p>For 11 weeks</p> <p>Time - 09:30 – 11.30am</p> <p>Contact- 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

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City Wide

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Parenting Practitioners

Denise Quilty

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Vicky Mundy

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South Families In Focus Team

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Vicky Collis

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Parenting Practitioners

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Parenting Practitioners

Kauser Perveen

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Lucy Dixon

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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

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

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**