

# Bristol based Parenting Menu

## Term 2 2019-20

### 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>Parents Plus Adolescents Programme</b> For parents of young people aged 10-17years	<b>Woodstock School</b> Rectory Gardens, Henbury BS10 7AH	<b>Wednesdays 9.30-12.30pm</b>  Starts 6th November 2019 to 22nd January 2020 for 10 weeks Term Time only  Contact Gail Hunter: 0758202855	<b>None Available</b>

#### SOUTH

Course	Venue	Dates/Times/Contact	Childcare available
<b><i>Incredible Years</i></b> <i>For parents of children aged 3 – 10years with challenging behaviour</i>	<b>Waycroft academy,</b> Selden Road, Stockwood BS14 8PS	<b>Thursday 12.30-2.45pm</b>  Starts 7th November 2019 for 13 weeks Term Time only  Contact Donna 0117 3533503	Crèche Available
<b>Timid to Tiger</b> For parents of children aged 3 – 10years with anxiety,	<b>Hartcliffe Children's Centre,</b> Hareclive Road, BS14 0JW	<b>Mondays, 9.30-11.45</b>  Starts 4th November 2019 for 10 weeks Term Time Only  Contact Denise or Vicky 0117 903 7770 02881267126	Crèche Available

#### EAST CENTRAL

Course	Venue	Dates/Times/Contact	Childcare available
<b><i>Incredible Years</i></b> <i>For parents of children aged 3-6 years with challenging behaviour</i>	<b>Central Bristol Children's Centre</b> St Pauls Hub Little Bishop St St Pauls BS2 9JF	<b>Thursdays 12.30-3.00 pm</b>  Starting 7th November 2019 for 12-14 weeks Term time only  Contact Debbie or Jenny 0117 9030337	<b>Crèche Available</b>

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>



**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**

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**East Central Families In Focus Team**

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**Parenting Practitioners**

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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-** 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)

### **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/>

**Monthly Parents / Carers Group** Starting 1<sup>st</sup> July 2019, 6.00-8.00pm at St Paul's Adventure Playground, Thomas Street, Bristol, BS2 9LL

A group for parents to come along and talk with each other about the issues that they face. The topic for the meeting will be decided by the group each month

For more details contact: Jacqui on 07912964201, Bev on 07810506966 or Marlene on 07917474693