

# Bristol based Parenting Courses 2017 Term 1 co-ordinated by the Early Help Parenting Team (EHPT).

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?
<p><b>EHPT delivered: Incredible Years</b></p> <p>For the parents of children aged 4-10 with challenging behaviour</p>	<p><b>Badock's Wood Childrens Centre,</b> Doncaster Road, Southmead</p> <p>BS10 5PW</p>	<p><b>Starts</b> - Thursday 7<sup>th</sup> September *For 14 Weeks*</p> <p><b>Time</b> – TBC</p> <p><b>Contact</b> –</p> <p>Gail Hunter: 07774573539</p>	Crèche Available

Course	Venue	Dates/Times	Childcare available?
<p><b>EHPT delivered: Parents Plus Adolescents Programme (PPAP)</b></p> <p>For Parents of Children Aged 10-17 years</p>	<p><b>Orchard School Bristol</b> Filton Road Horfield</p> <p>BS7 0XZ</p>	<p><b>Starts</b> –Wednesday 27<sup>th</sup> September *For 10 Weeks*</p> <p><b>Time</b> – 10am-12.30pm</p> <p><b>Contact-</b></p> <p>Deborah Davis 0117 352 1499 / 07880179204</p>	By arrangement
<p><b>Nurturing Programme</b></p> <p><i>For Parents of children aged between 2-8</i></p>	<p><b>Blaise Primary School</b> Clavell Road, Henbury</p> <p>BS10 7EJ</p>	<p><b>Starts</b> – Wednesday 20<sup>th</sup> September *For 11 Weeks*</p> <p><b>Time</b> – 9.30am-12pm</p> <p><b>Contact</b> –</p> <p>Julie Dart 0117 3772424</p>	Unavailable
<p><b>Nurturing Programme</b></p> <p><i>For Parents of children aged under 11</i></p>	<p><b>Stoke Bishop Primary School</b> Cedar Park Stoke Bishop</p> <p>BS9 1BW</p>	<p><b>Starts</b> – Monday 11<sup>th</sup> September *For 11 Weeks*</p> <p><b>Time</b> – 5.30pm-7.30pm</p> <p><b>Contact</b> –</p> <p>Nicky Phillips 0117 3533520</p>	Unavailable
<p><b>Nurturing Programme</b></p> <p><i>For Parents of children aged between 2-8</i></p>	<p><b>Filton Avenue Nursery School and Children's Centre</b> Blakeney Road Horfield</p> <p>BS7 0DL</p>	<p><b>Starts</b> –Monday 2<sup>nd</sup> October *For 11 Weeks*</p> <p><b>Time</b> – 9.30am-11.30am</p> <p><b>Contact-</b></p> <p>Phyllida Wyatt 0117 3772680</p>	Crèche Available

**EAST CENTRAL**

Course	Venue	Dates/Times	Childcare available?
<p><b>EHPT delivered: Incredible Years</b></p> <p>For the parents of children aged 2-10 with challenging behaviour</p>	<p><b>Barton Hill Settlement</b> 43 Dulcie Road Barton Hill  BS5 0AX</p>	<p><b>Starts</b> - Thursday 7<sup>th</sup> September *For 14 Weeks*</p> <p><b>Time</b> – 10.00am-12.30pm</p> <p><b>Contact-</b> Ruby Jones 07464983539/ 0117 3576460</p>	Crèche Available
<p><b>Nurturing Programme with Islamic Perspective</b></p> <p>For Mothers of children aged between 2-12</p>	<p><b>East/Central Bristol</b>  Venue TBC</p>	<p><b>Starts-</b> Tuesday 3<sup>rd</sup> October *For 11 Weeks*</p> <p><b>Time</b> – 9.45am – 12.00pm</p> <p><b>Contact –</b> Huma Shaikh 07949251020 or  Rizwan Gargat 07983715011</p>	Crèche Available
<p><b>Strengthening Families Strengthening Communities</b></p> <p>For parents of children aged 2-12</p>	<p><b>May Park Primary School,</b> Coombe Road, Eastville  BS5 6LE</p>	<p><b>Starts</b> – Wednesday 20<sup>th</sup> September *For 12 Weeks*</p> <p><b>Time-</b> 9.00am-11.30am</p> <p><b>Contact-</b> Sally Williams 0117 9556971</p>	Crèche Available

Course	Venue	Dates/Times	Childcare available?
<p><b>Strengthening Families Strengthening Communities</b></p> <p>For parents of children aged 2-12</p>	<p><b>Barton Hill Settlement</b> 43 Dulcie Road Barton Hill  BS5 0AX</p>	<p><b>Starts</b> – Tuesday 19<sup>th</sup> September *For 12 Weeks*</p> <p><b>Time</b> – TBC</p> <p><b>Contact –</b> Sally Williams 0117 9556971</p>	TBC
<p><b>Nurturing Programme</b></p> <p>For under 8's</p>	<p><b>Speedwell Nursery School and Children's Centre</b> Speedwell Road, Speedwell  BS5 7SY</p>	<p><b>Starts</b> – Wednesday 20<sup>th</sup> September *For 11 Weeks*</p> <p><b>Time</b> – 9.30am-11.30am</p> <p><b>Contact –</b> Rachel Milsom 0117 9030329</p>	Crèche Available
<p><b>Nurturing Programme</b></p> <p>For Parents of children within Early Years and Reception</p>	<p><b>Hannah Moore Primary School,</b> New Kingsley Road St Philips  BS2 0LT</p>	<p><b>Starts-</b> Tuesday 26<sup>th</sup> September *For 11 Weeks*</p> <p><b>Time</b> – 9.30am-11.30am</p> <p><b>Contact –</b> Samari Karoui 01179039936</p>	Crèche Available
<p><b>EHPT delivered: Parents Plus Adolescents Programme (PPAP)</b></p> <p>For Parents of Children Aged 10-17 years</p>	<p><b>East/Central Bristol</b>  Venue TBC</p>	<p><b>Starts</b> – TBC</p> <p><b>Time</b> – TBC</p> <p><b>For further details Please contact:</b>  Chris Hardy 07921175723</p>	TBC

**SOUTH**

Course	Venue	Dates/Times	Childcare available?
<p><b>EHPT delivered: Incredible Years</b></p> <p>For the parents of children aged 2-10 with challenging behaviour</p>	<p><b>Ilminster Avenue Specialist Nursery and Children's Centre</b></p> <p>Ilminster Avenue, Knowle</p> <p>BS4 1BX</p>	<p><b>Starts</b> – Thursday 7<sup>th</sup> September *For 14 Weeks*</p> <p><b>Time</b> – 9.30am-12.00pm</p> <p><b>Contact-</b> Saf Cooper</p> <p>0117 9037770 / 07760990850</p>	Crèche Available
<p><b>EHPT delivered: Incredible Years</b></p> <p>For the parents of children aged 2-10 with challenging behaviour</p>	<p><b>Hartcliffe Childrens Centre,</b></p> <p>Hareclive Road, Hartcliffe</p> <p>BS13 0JW</p>	<p><b>Starts</b> – Friday 8<sup>th</sup> September *For 14 Weeks*</p> <p><b>Time</b> – 9.30am-11.45am</p> <p><b>Contact –</b> Vicky Mundy/ Denise Quilty</p> <p>0117 9037770 / 07881267126</p>	Crèche Available
<p><b>Nurturing Programme</b></p> <p>For parents of children aged 0-5</p>	<p><b>Four Acres Childrens Centre,</b></p> <p>Four Acres Withywood</p> <p>BS13 8RB</p>	<p><b>Starts</b> – Wednesday 20<sup>th</sup> September *For 11 Weeks*</p> <p><b>Time</b> – 9.30am-11.30am</p> <p><b>Contact –</b> Shelley Valleius</p> <p>0117 9030460</p>	Crèche Available

Course	Venue	Dates/Times	Childcare available?
<p><b>Nurturing Programme</b></p> <p>For Parents of children aged between 2-8</p>	<p><b>Compass Point Children's Centre</b></p> <p>British Road, Bedminster</p> <p>BS3 3AU</p>	<p><b>Starts</b> – Tuesdays from September, date TBC. *For 11 Weeks*</p> <p><b>Time</b> – 9.15am-11.15am</p> <p><b>Contact –</b> Amy Tuckwell 0117 9039941</p>	TBC
<p><b>EHPT delivered: Parents Plus Adolescents Programme</b></p> <p>For Parents of Children aged 10-17 years</p>	<p><b>South Bristol</b></p> <p>Venue TBC</p>	<p><b>Starts</b> – TBC</p> <p><b>Time</b> – Daytime TBC</p> <p><b>For further details Please contact:</b> Rowan Stewart 0117 9037770 / 07552289598</p>	TBC
<p><b>Rock-A-Bye</b></p> <p>For Parents and Carers of children aged under 10 months</p>	<p><b>St Bernadettes Primary School</b></p> <p>3 Gladstone Road Hengrove</p> <p>BS14 9LP</p>	<p><b>Starts</b> – Thursday 21<sup>st</sup> September *For 12 Weeks*</p> <p><b>Time</b> – 10:30am-11:30am</p> <p><b>Contact –</b> Donna Saunders/Jody Britton 0117 3533503</p>	Unavailable
<p><b>"Welcome To The World"</b></p> <p>Anti Natal Nurturing Course</p>	<p><b>Southern Links Childrens Centre</b></p> <p>Whittock Road Stockwood</p> <p>BS14 8DQ</p>	<p><b>Starts</b> – Tuesday 26<sup>th</sup> September *For 8 Weeks*</p> <p><b>Time</b> – 6:30pm-8:30pm</p> <p><b>Contact –</b> Jody Britton/Julie Long 0117 3533503</p>	Unavailable

EARLY HELP PARENTING TEAM (EHPT)	AREA
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<b>City Wide Parenting Supervisor</b>	<b>City Wide</b>
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<b>Parenting Practitioners</b>	<b>Early Help Team South</b>
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or Rowan Stewart  
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Vicky Mundy  
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<b>Parenting Practitioners</b>	<b>Early Help Team East Central</b>
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Parenting Practitioners	Early Help Team North
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or Gail Hunter  
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[earlyhelpnorth@bristol.gov.uk](mailto:earlyhelpnorth@bristol.gov.uk)

**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>

### 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](mailto: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](mailto:help@nspcc.org.uk) or text 88858

- **Mindfulness for parents-**

<http://www.connectingwithmindfulness.co.uk/>

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