

# Bristol based Parenting Courses Term 4 2018 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?
<b>Incredible Years</b>  For the parents of children aged 3 - 5 with challenging behaviour	<b>Upper Horfield Children's Centre</b> Sheridan Road Horfield, Bristol BS7 0PU	<b>Starts – Thursday 1<sup>st</sup> March</b> *For 14 Weeks*  <b>Time – 12.30 – 3 pm</b>  <b>Contact –</b> Charlene Irvine 07826625798 or Tasha 07749991323	Crèche Available

## EAST CENTRAL

Course	Venue	Dates/Times	Childcare available?
<b>EHPT delivered: Incredible Years</b>  For the parents of children aged 2-10 with challenging behaviour	<b>St John's C of E Primary School</b> Worrall Road Clifton Bristol  BS8 2UH	<b>Starts – Wednesday 7<sup>th</sup> March</b> *For 14 Weeks*  <b>Time – 6.30 – 9.00pm</b>  <b>Contact-</b> Chris Hardy 07552 289 599 or Denise Quilty 07881 267 126	No
<b>EHPT delivered: Parents Plus Adolescence Programme</b>  For Parents of young people aged 10 - 17	TBC	<b>Starts – Tuesday evenings in May (date TBC)</b> *For 10 weeks* <b>Time – 6.30 – 9pm</b> <b>Contact –</b> Karen Legge 0117 3576460 or 07384 243 765	
<b>EHPT delivered: Incredible Years</b>  For the parents of children aged 2-10 with challenging behaviour	<b>Hillfields and Little Hayes Family Hub and Library,</b> Summerleaze,  BS16 4HL	<b>Starts – Thursday 12<sup>th</sup> April</b>  *For 14 Weeks*  <b>Time – 9.30 am – 12pm</b>  <b>Contact-</b> Karen Legge 0117 3576460 or 07384 243 765	Yes

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>Saint Annes Infant School</b></p> <p>Bloomfield Road, Brislington, Bristol, BS4 3QJ</p>	<p><b>Starts</b> – Friday 9<sup>th</sup> March *for 14 weeks*</p> <p><b>Time</b> – 9.30 – 11.45am</p> <p><b>Contact – Vicky 0117 9037770 or</b> <a href="mailto:victoria.mundy@bristol.gov.uk">victoria.mundy@bristol.gov.uk</a></p>	Limited Crèche Availability
<p><b>The Nurturing Programme with an Islamic Perspective</b></p> <p>For muslim mothers with children aged 2 - 10</p>	<p><b>Quran Academy</b></p> <p>28 Abingdon Road Fishponds Bristol, BS16 3NY</p>	<p><b>Starts</b> – Tuesday 20<sup>th</sup> February *for 10 weeks*</p> <p><b>Time</b> – 12.15 – 2.30</p> <p><b>Contact –</b> Huma Shaikh 07949251020</p>	Crèche Available

## SOUTH

Course	Venue	Dates/Times	Childcare available?
<p><b>Nurturing programme</b></p> <p>For the parents of children aged 2-10</p>	<p><b>Bishopsworth Children's Centre</b></p> <p>2 Lakemead Grove, Bishopsworth, Bristol, BS13 8EA</p>	<p><b>Starts</b> – Wednesday 7<sup>th</sup> March *For 11 Weeks*</p> <p><b>Time – 9 – 11.30am</b></p> <p><b>Contact-</b> Ann-Marie Payne 01179 3772186 or <a href="mailto:Ann-marie.payne@stpeterscofeprimary.co.uk">Ann-marie.payne@stpeterscofeprimary.co.uk</a></p>	Crèche Available
<p><b>Nurturing programme</b></p> <p>For the parents of children aged 2-10</p>	<p><b>Compass Point Children's Centre</b></p> <p>British Road, Bedminster, BS3 3AU</p>	<p><b>Starts</b> – Tuesday 20<sup>th</sup> February *For 11 Weeks*</p> <p><b>Time – 9.15 – 11.15am</b></p> <p><b>Contact –</b> Amy Tuckwell 0117 3772340</p>	Yes
<p><b>EHPT delivered: Incredible Years</b></p> <p>For the parents of children aged 2-10 with challenging behaviour</p>	<p><b>Victoria Park Primary</b></p> <p>14 Atlas Rd Bristol BS3 4QS</p>	<p><b>Starts-</b> Friday 13<sup>th</sup> April *For 14 weeks*</p> <p><b>Time</b> – 9.30-12</p> <p><b>Contact –</b> <b>Rowan Stewart</b> 0117 903 7770 and 07552 289598</p>	Yes

<b>EARLY HELP PARENTING TEAM (EHPT)</b>	<b>AREA</b>
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<b>City Wide Parenting Supervisor</b>	<b><u>City Wide</u></b>
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<b>Parenting Practitioners</b>	<b><u>Early Help Team South</u></b>
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<b>Parenting Practitioners</b>	<b><u>Early Help Team North</u></b>
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<b>Parenting Practitioners</b>	<b><u>Early Help Team East Central</u></b>
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**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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