

Bristol based Parenting Courses Term 5 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?
<p>EHPT delivered: Parents Plus Adolescents Programme</p> <p>For Parents of young people aged 10 - 17</p>	<p>Henbury Community Centre</p> <p>Machin Road Henbury BS10 7HG</p>	<p>Starts – Monday 30th April</p> <p><i>*For 10 weeks*</i></p> <p>Time – 12.15 – 2.45pm</p> <p>Contact – Deborah Davis 0117 352 1499 or 07880 179 204</p>	By arrangement

Course	Venue	Dates/Times	Childcare available?
<p>EHPT delivered: Triple P</p> <p>For the parents of children aged 3-10</p>	<p>Brentry Children's Centre</p> <p>Brentry Lane Brentry BS10 6RG</p>	<p>Starts – Wednesday 23rd May</p> <p><i>*For 8 Weeks*</i></p> <p>Time – 6.00 – 8.00pm</p> <p>Contact- Gail Hunter 0117 352 1499</p>	No
<p><i>Nurturing Programme</i></p> <p>For young parents of children aged 2-10</p>	<p>Stoke Park Primary</p> <p>Brangwyn Grove, BS7 9BY</p>	<p>Starts – Wednesday 25th April</p> <p><i>*For 11 weeks*</i></p> <p>Time – 1.15 – 3.15pm</p> <p>Contact- Jade Sheeley 0117 377 2840</p>	Crèche Available
<p><i>Nurturing Programme</i></p> <p>For young parents of children aged 2-10</p>	<p>Blaise Primary School</p> <p>Clavell Road Henbury BS10 7EJ</p>	<p>Starts – Wednesday 18th April</p> <p><i>*For 11 weeks*</i></p> <p>Time – 9.30am – 12pm</p> <p>Contact- Julie Dart 0117 377 2424</p>	No

SOUTH

Course	Venue	Dates/Times	Childcare available?
<p>Rockabye</p> <p>For the parents of pre-mobile babies who are suffering with post-natal depression or low mood</p>	<p>Southern Links Children's Centre</p> <p>Whittock Rd Stockwood BS14 8DQ</p>	<p>Starts – Thursday 12th April</p> <p>*For 12 Weeks*</p> <p>Time – 10.30 – 11.30am</p> <p>Contact- Lil Bowers 01173 533 503</p>	No
<p>EHPT delivered: Incredible Years</p> <p>For the parents of children aged 3-10 with challenging behaviour</p>	<p>Iminster Avenue Specialist Nursery School</p> <p>Iminster Avenue Knowle Bristol BS4 1BX</p>	<p>Starts- Tuesday 17th April</p> <p>*For 13 weeks*</p> <p>Time – 9.30 – 12.00pm</p> <p>Contact – Denise Quilty 07881 267 126 or 0117 903 7770</p>	Crèche Available
<p>EHPT delivered: Incredible Years</p> <p>For the parents of children aged 3-10 with challenging behaviour</p>	<p>Victoria Park Primary</p> <p>14 Atlas Rd Bristol BS3 4QS</p>	<p>Starts- Friday 13th April</p> <p>*For 14 weeks*</p> <p>Time – 9.30 – 12.00pm</p> <p>Contact – Rowan Stewart 0117 903 7770 or 07552 289 598</p>	Crèche Available

Course	Venue	Dates/Times	Childcare available?
<p>EHPT delivered: Parents Plus Adolescents Programme</p> <p>For Parents of young people aged 10 - 17</p>	<p>Parents' Room, Bridge Learning Campus</p> <p>Teyfant Rd, Hartcliffe, BS13 0RL</p>	<p>Starts – Thursday 3rd May</p> <p>*For 10 weeks*</p> <p>Time – 9.30am – 12pm</p> <p>Contact – Rowan Stewart 0117 903 7770 or 07552 289 598</p>	Yes
<p>Nurturing Programme</p> <p>For young parents of children aged 2-10</p>	<p>Holymead Primary</p> <p>Wick Road Brislington BS4 4HB</p>	<p>Starts – Wednesday 11th April</p> <p>*For 11 weeks*</p> <p>Time – 12.45</p> <p>Contact- Wendy Kelly 0117 903 0377</p>	Crèche Available

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>

EAST CENTRAL

Course	Venue	Dates/Times	Childcare available?
<p>EHPT delivered: Parents Plus Adolescents Programme</p> <p>For Parents of young people aged 10 - 17</p>	<p>City Academy Secondary School</p> <p>Russell Town Avenue Redfield BS5 9JH</p>	<p>Starts – Tuesday 1st May</p> <p>*For 10 weeks*</p> <p>Time – 6.30 – 9pm</p> <p>Contact – Karen Legge 0117 3576 460 or 07384 243 765</p>	No
<p>EHPT delivered: Incredible Years</p> <p>For the parents of children aged 3-10 with challenging behaviour</p>	<p>Hillfields and Little Hayes Family Hub and Library,</p> <p>Summerleaze, BS16 4HL</p>	<p>Starts – Thursday 12th April</p> <p>*For 14 Weeks*</p> <p>Time – 9.30 am – 12pm</p> <p>Contact- Karen Legge 0117 357 6460 or 07384 243 765</p>	Yes
<p>Strengthening Families Strengthening Communities</p> <p>For parents of children aged 2-12y</p>	<p>Barton Hill Settlement</p> <p>43 Ducie Road, Barton Hill, BS5 0AX</p>	<p>Starts – Tuesday 17th April</p> <p>*for 12 weeks*</p> <p>Time – 9.30am– 12pm</p> <p>Contact – Sally Williams 0117 955 6971</p>	Crèche Available

Course	Venue	Dates/Times	Childcare available?
<p>Nurturing Programme</p> <p>For young parents of children aged 2-10</p>	<p>St Pauls Children Centre</p> <p>Little Bishop St, St Pauls BS2 9JF</p>	<p>Starts – Wednesday 18th April</p> <p>*For 11 weeks*</p> <p>Time – 9.30 am – 12pm</p> <p>Contact- Jules Cook 07387 232 976 or Nicky Lawrence 07384 450 578</p>	Crèche Available

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 parentsupport@bristol.gov.uk.

**EARLY HELP PARENTING TEAM
(EHPT)**

AREA

City Wide Parenting Supervisor

Saf Cooper
M: 07760 990 850

City Wide

0117 903 7770
saf.cooper@bristol.gov.uk

Parenting Practitioners

Denise Quilty
M: 07881 267 126
denise.quilty@bristol.gov.uk

Rowan Stewart
M: 07552 289 598
rowan.stewart@bristol.gov.uk

Vicky Mundy
M: 07464 989 849
victoria.mundy@bristol.gov.uk

Early Help Team South

The Park
Daventry Rd
Knowle
0117 903 7770
earlyhelpsouth@bristol.gov.uk

Parenting Practitioners

Deborah Davis
M: 07880 179 204
deborah.davis@bristol.gov.uk

Gail Hunter
M: 07810 506 891
gail.hunter@bristol.gov.uk

Early Help Team North

Bristol Education Centre
Sheridan Road
Horfield
BS7 0PU
0117 352 1499
earlyhelpnorth@bristol.gov.uk

Parenting Practitioners

Chris Hardy
M: 07552 289 599
Chris.hardy@bristol.gov.uk

Karen Legge
M: 07384 243 765
Karen.legge@bristol.gov.uk

Early Help Team East Central

CYPS Welsman
Bristol City Council
PO Box 3177
Bristol
BS3 9FS
0117 3576460
earlyhelpeastcentral@bristol.gov.uk

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>

**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: parentsupport@bristol.gov.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**

