

# Bristol based Parenting Courses

## 2017 Term 5 co-ordinated by the Early Help Parenting Team (EHPT).

All courses are Free & Term Time Only (unless otherwise stated)

*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

### EAST CENTRAL

Course	Venue	Dates/Times	Childcare available?
<b>EHPT delivered: Parents Plus Adolescents Programme (PPAP)</b> For Parents of Children aged 10-17 years  For 10 Weeks	<b>To be confirmed</b>	<b>Starts</b> – Monday 8 <sup>th</sup> May 2017 <b>Time</b> – 10 am – 12:30pm  <b>Call EHPT Chris Hardy</b> <b>07552289599</b> <b>Or</b> <b>Donna Person</b> <b>07464989177</b>	<b>No</b>
<b>Teenage Life Autism</b> Parent Information and Advice Course for Parents of Children aged 8-18 years.	<b>Barton Hill Settlement</b> 43 Ducie Road Barton Hill BS5 0AX	<b>Starts - Runs</b> Throughout the year on Thursdays <b>Time</b> – 10.00am to 12.30pm <b>Call Andrew Powell</b> <b>07342 031 920</b>	<b>No</b>

Course	Venue	Dates/Times	Childcare available?
<b>Nurturing Programme</b> For Parents of Children aged 2-11 Years For 10 Weeks	<b>Easton Families Project,</b> Beaufort Street, BS5 0SQ	<b>Starts</b> – Tuesday 25 <sup>th</sup> April 2017 <b>Time</b> – 12:30 – 2:45 pm  <b>Call Joy Kenyah</b> <b>0117 955 3172</b>	<b>Crèche facilities available</b>
<b>Rock a Bye</b> For parents and carers of babies aged 2 – 8 months	<b>Bannerman Road Children Centre</b> Bannerman Road, Easton BS5 0HR	<b>Starts</b> – Wednesday 26 <sup>th</sup> April for 10-12 weeks.  <b>Call Kate Green or Ruth McCarthy</b> <b>0117 9030269</b>	<b>Babies attend too – no crèche</b>
<b>Incredible Years (Pre School)</b> For parents and carers of children aged 2-5	<b>Little Hayes Nursery</b> Frenchay Road Downend BS16 2QS	<b>Starts</b> – Monday 24 <sup>th</sup> April 2017 <b>Time</b> – 12:45pm-2:45pm  <b>Call Anna Maynard</b> <b>0117 3532896</b>	<b>Crèche facilities available</b>

### NORTH

Course	Venue	Dates/Times	Childcare available?
<b>EHPT delivered: Triple P &amp; Teen</b>  For 8 weeks	<b>Brentry and Henbury Children's Centre</b> Brentry Lane, Brentry BS10 6RG	<b>Starts</b> – Wednesday 26 <sup>th</sup> April 2017 <b>Time</b> – 6pm – 8pm  <b>Call EHPT Gail Hunter</b> <b>07774573539</b>	<b>No</b>
<b>Incredible Years</b> For the parents of children aged 2-10 with challenging behaviour  For 12 weeks	<b>Fonthill Primary School,</b> Ascot Road, Southmead, BS10 5SW	<b>Starts</b> – Wednesday 26 <sup>th</sup> April 2017 <b>Time</b> – 12.45pm – 3pm  <b>Call Jude Elias</b> <b>0117 3772550</b>	<b>Crèche facilities available.</b>

Course	Venue	Dates/Times	Childcare available?
<b>EHPT delivered: Parents Plus Adolescents Programme</b> For Parents of Children aged 10-17 years  For 10 weeks	<b>St John's CE VC Primary School</b>  Worrall Road Clifton BS8 2UH	<b>Starts – Tuesday 9<sup>th</sup> May 2017</b> <b>Time – 6.30pm – 9pm</b>  <b>Call EHPT Deb Davis 07880 179 204 or 0117 352 1499</b>	<b>No</b>
<b>Nurturing Programme</b> For Parents of Children aged 2-11 Years  For 11 Weeks	<b>Sea Mills Primary School</b> Riverleaze Seamills BS92HL	<b>Starts – Tuesday 25<sup>th</sup> April 2017</b> <b>Time – 9.30 – 11.30am</b>  <b>Call Nicky Phillips 0117 353 3520</b>	<b>Crèche facilities available</b>
<b>Nurturing Programme</b> For Parents of Children aged 2-11 Years  For 10 Weeks	<b>Blaise Primary School</b> Clavell Road Henbury BS10	<b>Starts – Wednesday (date TBC)</b> <b>Time – 9.30 – 11.30am</b>  <b>Call Alison Gutsall 0117 903 0740 Or Julie Dart 0117 377 2424</b>	<b>No</b>
<b>Rock a Bye</b> For parents and carers of babies aged 2 – 8 months	<b>Upper Horfield Childrens Centre</b> Sheridan Road Horfield BS7 0PU	<b>Starts – Tuesday 2<sup>nd</sup> May</b> <b>Time – 10am – 11am</b>  <b>Call Astrah Burke 0117 9031281</b>	<b>Babies attend too – no crèche</b>

## SOUTH

Course	Venue	Dates/Times	Childcare available?
<b>EHPT delivered: Incredible Years</b> For parents of children aged 2-10 with challenging behaviour  for 12 weeks	<b>Ilminster Avenue Nursery,</b> Ilminster Avenue, BS4 1BX	<b>Starts – Friday 28<sup>th</sup> April 2017</b> <b>Time - 9:30am – 12pm</b>  <b>Call EHPT Rowan Stewart 0117 9037770 or 07552 289598</b>	<b>Crèche facilities available.</b>
<b>EHPT delivered: Incredible Years</b> For parents of children aged 2-10 with challenging behaviour  For 12 weeks <b>*Including half term*</b>	<b>Victoria Park Primary School,</b> Atlas Road, BS3 4QS	<b>Starts – Wednesday 26<sup>th</sup> April 2017</b> <b>Time – 6:30 pm – 8:45 pm</b>  <b>Call EHPT Denise Quilty 01179037770 or 07881267126</b>	<b>No</b>
<b>EHPT delivered: Parents Plus Adolescence Programme</b> For Parents of Children aged 11-18 years  For 9 Weeks	<b>Parents' Room, Bridge Learning Campus</b> Teyfant Road Hartcliffe BS13 0RF	<b>Starts – Tuesday 16<sup>th</sup> May 2017</b> <b>Time -9.30am – 12pm</b> <b>Call EHPT Rowan Stewart 0117 903 7770 or 07552 289598</b>	<b>No</b>

## 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) text 88858
- Mindfulness for parents <http://www.connectingwithmindfulness.co.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](mailto:saf.cooper@bristol.gov.uk)

#### Parenting Practitioners

Denise Quilty

M: 07881 267 126

[denise.quilty@bristol.gov.uk](mailto:denise.quilty@bristol.gov.uk)

or Rowan Stewart

M: 07552 289 598

[rowan.stewart@bristol.gov.uk](mailto:rowan.stewart@bristol.gov.uk) or

Vicky Mundy

M: 07464 989 849

[victoria.mundy@bristol.gov.uk](mailto:victoria.mundy@bristol.gov.uk)

#### Early Help Team South

The Park

Daventry Rd

Knowle

0117 903 7770

[earlyhelpsouth@bristol.gov.uk](mailto:earlyhelpsouth@bristol.gov.uk)

#### Parenting Practitioners

Ruby Jones

T: 0117 941 5886

M: 07464983539

[r.jones@bristol.gov.uk](mailto:r.jones@bristol.gov.uk)

Chris Hardy

T: 0117 941 5886

M: 07552289599

[Chris.hardy@bristol.gov.uk](mailto:Chris.hardy@bristol.gov.uk)

or Donna Person

M: 07464 989 177

[donna.person@bristol.gov.uk](mailto:donna.person@bristol.gov.uk)

#### Early Help Team East Central

Easton Business Centre

Felix Rd

Easton

0117 941 5886

[earlyhelpeastcentral@bristol.gov.uk](mailto:earlyhelpeastcentral@bristol.gov.uk)

#### Parenting Practitioners

Deborah Davis

M: 07880 179 204

[deborah.davis@bristol.gov.uk](mailto:deborah.davis@bristol.gov.uk)

or Gail Hunter

M: 07810 506 891

[gail.hunter@bristol.gov.uk](mailto:gail.hunter@bristol.gov.uk)

#### Early Help Team North

Bristol Education Centre

Sheridan Road

Horfield

BS7 0PU

0117 352 1499

[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>