

Bristol based Parenting Menu On-line and Face to Face City-wide Courses Term 5 2021-22

Co-ordinated by the Families in Focus Parenting Team (FIFPT)

All courses are free, term time only unless stated and available to Bristol Parents and Carers. For further information visit our [Parenting courses page](#)

Please be aware that Families in Focus Parenting Team (FIFPT) courses are currently over-subscribed and there are waiting lists for all programmes. Please do contact the FIFPT or course facilitators to be placed on the waiting list. Details of face-to-face courses may be subject to change as required by any amendments to Covid-safe working practice in 2022.

Live Course: Nurturing Programme, Welcome to the World: Antenatal programme for parents expecting a baby

Start date: 19th or 26th May 2022

Length of course: 8 weeks

Day of course: Thursday

Time of course: 1pm to 3pm

Course provider: Central Children's Centres

Course venue: Bannerman Road, Easton, BS5 ORL

Course enquiries: Anne Ford: 07887 451 770

Live Course: Nurturing Programme: Parents of children aged under 5years

Start date: 12th May 2022

Length of course: 10 weeks

Day of course: Thursday

Time of course: 9.30am to 11.30am

Course provider: Central Children's Centres

Course venue: Little Bishop Street, St Pauls, BS2 9JF

Course enquiries and Creche booking: Children's Centre: 0117 353 2081 or 0117 903 0337

Online Course: Triple P: Parents of children aged 2 to 11years

Start date: 29th April 2022

Length of course: 10 weeks (no session on Friday 3rd June)

Day of course: Friday

Time of course: 12.30 to 2.30pm

Course provider: Wider World

Course platform: Zoom

Course enquiries: Jonothan Hope: 07779 086 892

Email: Jonothan.hope@wider-world.org.uk or register: <https://forms.gle/qFHxpakTRgZmZKQ69>

Online Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10years

Start date: 25th April 2022

Length of course: 12 weeks

Day of course: Monday

Time of course: 7pm to 9pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Lucy Dixon: 07827 305 457 or Pauline Sparkes: 07464 907 637

Email: lucy.dixon@bristol.gov.uk or Pauline.sparkes@bristol.gov.uk

Live Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10years

Start date: 26th April 2022

Length of course: 12 weeks

Day of course: Tuesday

Time of course: 10am to 12.15pm

Course provider: Families in Focus Parenting Team

Course venue: Stockwood Children's Centre, Whittock Road, BS14 8DQ

Course enquiries: Vicky Mundy: 07464 989 849 or Vicky Collis: 07464 983 531

Email: victoria.mundy@bristol.gov.uk or vicky.collis@bristol.gov.uk

Live Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10years

Start date: 27th April 2022

Length of course: 12 weeks

Day of course: Wednesday

Time of course: 12.30 to 2.45pm

Course provider: Families in Focus Parenting Team

Course venue: St Anne's Park Children's Centre, Lichfield Road, BS4 4BJ

Course and creche enquiries: Lucy Dixon: 07827 305 457 or Denise Quilty: 0788 126 7126

Email: lucy.dixon@bristol.gov.uk or denise.quilty@bristol.gov.uk

Live Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10years

Start date: 28th April 2022

Length of course: 12 weeks

Day of course: Thursday

Time of course: 10am to 12.15pm

Course provider: Families in Focus Parenting Team

Course venue: TBC

Course and creche enquiries: Judith Elias: 07919 397 634 or Jessica Kelly: 0776 574 1630

Email: judith.elias@bristol.gov.uk or jessica.kelly@bristol.gov.uk

Online Course: Timid to Tiger: parents of children with anxiety aged 3 to 11years

Start date: 5th May 2022

Length of course: 10 weeks

Day of course: Thursday

Time of course: 9.30am to 11.45am

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course enquiries: Vicky Collis: 07464 983 531 or Pauline Sparkes: 07464 907 637

Email: vicky.collis@bristol.gov.uk or pauline.sparkes@bristol.gov.uk

Live Course: Strengthening Families Strengthening Communities: parents of children 0 to 18years

Start date: 27th April 2022

Length of course: 12 weeks

Day of course: Wednesday

Time of course: 9.30am to 12pm

Course provider: Wellspring Settlement

Course venue: The Vench, Romney Ave, Lockleaze, BS7 9TB

Course enquiries and creche booking: Sally Williams: 0117 955 6971

Email: sally.williams@wsb.org.uk

Online Course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17years

Start date: 26th April 2022

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 10am to 12.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course enquiries: Gail Hunter: 07584 202 855 or Jessica Kelly: 0776 574 1630

Email: gail.hunter@bristol.gov.uk or jessica.kelly@bristol.gov.uk

Live course: Non-Violent Resistance: parents of children aged 9 to 17years with violent, controlling or self-destructive behaviours

Start date: 26th April 2022

Length of course: 12 weeks

Day of course: Tuesday

Time of course: 10am to 2.15pm

Course provider: Families in Focus Parenting Team

Course venue: Westbury on Trym Village Hall, Eastfield Rd, BS9 4AG

Course enquiries: Karen Legge: 07384 243 765 or Natasha Kirby: 07464 510 313:

Email: karen.legge@bristol.gov.uk or natasha.kirby@bristol.gov.uk

Online Course: Non-Violent Resistance: parents of children aged 8 to 17years with violent, controlling or self-destructive behaviours

Start date: 3rd May 2022

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 7pm to 9.15pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Saf Cooper: 07760 990 850 or Jude Elias: 07919 397 634

Email: saf.cooper@bristol.gov.uk or judith.elias@bristol.gov.uk

Live course: Non-Violent Resistance: parents of children aged 9 to 17years with violent, controlling or self-destructive behaviours

Start date: 9th May 2022

Length of course: 12 weeks

Day of course: Monday

Time of course: 10am to 2.15pm

Course provider: Families in Focus Parenting Team

Course venue: HWV, Gatehouse Centre, Hareclive Rd, BS13 9JN

Course enquiries: Rowan Stewart: 07552 289 598

Email: Rowan.stewart@bristol.gov.uk

Online Course: Parents Plus Parenting When Separated Programme: parents who are preparing for, going through, or have gone through a separation or divorce

Start date: 23rd May 2022

Length of course: 7 weeks

Day of course: Monday

Time of course: 7pm to 9.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Deborah Davis: 07880 179 204 or Gail Hunter: 07584 202 855

Email: deborah.davis@bristol.gov.uk or gail.hunter@bristol.gov.uk

Online Course: Parents Plus Parenting When Separated Programme: parents who are preparing for, going through, or have gone through a separation or divorce

Start date: 26th May 2022

Length of course: 7 weeks

Day of course: Thursday

Time of course: 10am to 12.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Deborah Davis: 07880 179 204 or Vicky Mundy: 07464 989 849

Email: deborah.davis@bristol.gov.uk or victoria.mundy@bristol.gov.uk

Check your Children's Centre to see what further on-line and face to face parenting support is being provided. This web tool will help you locate your nearest Centre:
<https://www.bristol.gov.uk/schools-learning-early-years/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

For more details on any of the Autism Family Courses

Web: <https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism>

Contact: Menai Gore, Business Support Officer at the Family Learning and Family Support Hub

Tel: 07827 896 700

Email: autismfamilycourses@bristol.gov.uk

Other Online Parenting Courses, Support, Advice and Telephone Coaching

Family Lives

Emotional support, information, advice and guidance on any aspect of parenting and family life:

Helpline: 0808 800 2222 (Monday to Friday: 9am to 9pm & Weekends 10am to 3pm)

E-mail: askus@familylives.org.uk

Web: Parenting Tips, Advice and Support: [Parenting and Family Support - Family Lives \(Parentline Plus\)](#)

Web: Online course for parents of children aged under 5y:

<http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Netmums

Online parenting course based on the Nurturing Programme:

Web: [Netmums Parenting Course: What It Is And Where To Sign Up - Netmums](#)

NSPCC

Helpline: 0808 800 5000

Email: help@nspcc.org.uk

Web: Parenting Tips, Advice and Support: [Support for parents | NSPCC](#)

Web: Positive Parenting Guide (PDF): [Positive parenting \(nspcc.org.uk\)](#)

Wellspring Settlement

1:1 Telephone coaching and 5-week online parenting course based on Strengthening Families Strengthening Communities

Contact: Sally Williams

Tel: 0117 9556971

Email sallyw@bartonhillsettlement.org.uk

Web: [SPAN - Parent Support Team - Barton Hill Settlement](#)

Young Minds

Information and support on-line for parents concerned about their child's mental health:

Helpline: 0808 802 5544 (Monday to Friday: 9.30am to 4pm)

Web: <https://youngminds.org.uk/find-help/for-parents/>

Parental Relationship Support:

One Plus One: Online resources and training to support building and maintaining healthy relationships: [Digital resources \(oneplusone.org.uk\)](https://oneplusone.org.uk)

Relationships and Caring for a Disabled Child: A guide developed by Click and One Plus One: [relationships_guide.pdf \(contact.org.uk\)](#)

Bristol Separated Parents Information Programme (SPIP): A four hour CAFCASS programme provided by Action for Children: [Bristol SPIP | Action For Children](#)

Full Circle Parents and Carers Speak (formerly Docklands Parent and Carers Support Meeting)

Parents and Carers Speak is an informal group run by parents and carers for parents and carers with support from Full Circle Youth services and Bristol City Council Safer Options staff team.

Platform: Zoom

When: Monthly on the first Wednesday of the month

For more information:

Contact: Judit: 0785171635 or Michelle: 07710396744

Email: parents@fullcircleproject.org.uk or michelle.mcmorrow@bristol.gov.uk

FAMILIES IN FOCUS PARENTING TEAMS (FIFPT)

South Families In Focus Team:

Office: The Park, Daventry Rd, Knowle, BS4 1DQ

Tel: 0117 903 7770

Email: familiesinfocussouth@bristol.gov.uk

Parenting Supervisor:

Saf Cooper

Tel: 07760 990 850

Email: saf.cooper@bristol.gov.uk

Parenting Specialists:

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Vicky Mundy

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Email: victoria.mundy@bristol.gov.uk

Vicky Collis

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Pauline Sparkes

Tel: 07464 907 637

Email: Pauline.sparkes@bristol.gov.uk

Jessica Kelly

Tel: 0776 574 1630

Email: jessica.kelly@bristol.gov.uk

East Central Families In Focus Team

Office: Welsman Office, PO Box 3399, 100 Temple Street, BS1 9NE

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Email: familiesinfocuseastcentral@bristol.gov.uk

Parenting Supervisor

Denise Quilty

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Parenting Specialists

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Chris Hardy

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Lucy Dixon

Tel: 07827 305 457

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Kauser Perveen

Tel: 07880 101 276

Email: kauser.perveen@bristol.gov.uk

North Families In Focus Team

Office: Ridingleaze, PO Box 3176, Bristol. BS3 9FS

Tel: 0117 352 1499

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Parenting Supervisor

Deborah Davis

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Parenting Specialists

Gail Hunter

Tel: 07584 202 855

Email: gail.hunter@bristol.gov.uk

Jude Elias

Tel: 07919 397 634

Email: Judith.elias@bristol.gov.uk

Natasha Kirby

Tel. 07464 510 313

Email: natasha.kirby@bristol.gov.uk

If you are concerned about the well-being of a child please contact the **First Response Team: 0117 903 6444** or when offices are closed the **Emergency Duty Team: 01454 615 165**. <https://www.bristol.gov.uk/social-care-health/reporting-concerns-about-a-child-first-PBresponse>