

Locality 3



Programmes and Support for Parents Spring 2018



New Challenging Behaviour Support Group

Do you find your child's behaviour difficult to manage?
Would some friendly support and advice be helpful?

If you would like to be able to talk in confidence and meet other parents experiencing similar challenges, then do come along.

Your child does not need to have a diagnosis
or statement for you to attend this group
Worried about ADHD, ADD, and ASD?

Want more help with behaviour?

We are here to help and support you!!

FREE

Monthly Drop-in Support Group for all Parents/Carers
Room 2N:06, New County Hall, Truro
10.00am to 12.00pm

Friday 26 January 2018

Friday 23 February 2018

Friday 23 March 2018

For more information please contact:

Julie Attwell Cook: 07837311505

Email: jattwell@cornwall.gov.uk



PLACES ARE LIMITED SO PLEASE BOOK

**Free
course**

Incredible Babies Parenting Programme

For parents and their babies aged 0-12 months



Sessions include:

- Getting to know your baby
- Babies as intelligent learners
- Providing physical, tactile and visual stimulation
- Parents learning to read babies minds
- Gaining support
- Babies emerging sense of self

Malpas Children's Centre, Polruan Road, Malpas, TR1 1QP
Fridays 12 January – 9 March 2018
09.30-11.30 am

The Park Children's Centre, Park Terrace, Falmouth,
TR11 2DJ
Wednesdays 17 January – 14 March 2018
1.00-3.00 pm

No sessions run during half term

For more details and request form please contact:
Early Help Hub 01872 322277
earlyhelp@cornwall.gov.uk
www.cornwall.gov.uk/earlyhelp

PLACES ARE LIMITED SO PLEASE BOOK

Free
course

Incredible Years Parenting Programme

For parents of 1 to 3 year olds.

Do you need support and advice on
managing children's behaviour?

Sessions include:

- Promoting self esteem
- Developing routines
- Play
- Positive parenting
- Praise and rewards
- Crèche provided
- Parents attend with their pre-school children



Trelander Children's Centre, Trelander Highway, Truro,
TR1 1PG

Thursdays 11 January – 29 March 2018
1:00 – 3:00 pm

The Lighthouse Children's Centre, Jubilee Road, Falmouth,
TR11 2BB

Mondays 15 January – 26 March 2018
9:30 – 11:30 am

No sessions run during half term

For more details and request form please contact:

Early Help Hub 01872 322277

earlyhelp@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelp



Free Course

Booking Required

Incredible Years Parenting Programme For Parents of Children aged 3-6

Do you need support and advice on managing children's behaviour?

Sessions include:

- Difficult behaviour
- Promoting self esteem
- Developing routines
- Play
- Positive parenting
- Praise and rewards



The Park Children's Centre, Park Terrace, Falmouth, TR11 2DJ

Wednesdays 10 January – 28 March 2018

(No session during half term - 14 February)

09.30 - 11.30 am

For more details and request form, please contact:

The Early Help Hub: 01872 322277

E-mail: earlyhelphub@cornwall.gov.uk

Website: www.cornwall.gov.uk/earlyhelphub



PLACES ARE LIMITED SO PLEASE BOOK

**Free
course**

Incredible Years Parenting Programme For Parents of Children Aged 6-11

Do you need support and advice on
managing children's behaviour?

Sessions include:

- Difficult behaviour
- Promoting self esteem
- Developing routines
- Play
- Positive parenting
- Praise and rewards



Trelander Children's Centre, Trelander Highway, Truro, TR1 1PG

Mondays 8 January – 26 March 2018

(No session during half term – 12 February)

1.00 – 3.00 pm

For more details and request form please contact:

The Early Help Hub: 01872 322277

earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub

PLACES ARE LIMITED SO PLEASE BOOK

**Free
course**

For mums, dads
grandparents and
carers of teenagers
Booking Essential

Take 3

Support for parents and carers
of challenging young people
aged 10-17

**An informal and friendly
course, run over 10 sessions**

Whether you have current worries about your teenager or would just like to understand your child better, this course will have something for you.

The course covers:

- Putting in rules and boundaries that work
- Encouraging and supporting young people
- Helping parents look after themselves



Room 2N:02, New County Hall, Treyew Road, Truro,
TR1 3AY

Wednesdays 17 January – 28 March 2018
6.00 – 8.00 pm

(No session during half term - 14 February)

To book a place please contact:
The Early Help Hub : 01872 322277
e-mail: earlyhelphub@cornwall.gov.uk
www.cornwall.gov.uk/earlyhelphub



PLACES ARE LIMITED SO PLEASE BOOK

Time out from Autistic Spectrum Disorder

**Free
course**

**Need some friendly advice but don't
know who to ask?**

We are running a Time Out from ASD course for parents/carers and families with children aged 5-12, the course will run over **5 weekly sessions**.

The course covers:

- Increased understanding of how ASD affects the individual
- Practical suggestions to try at home
- Support and advice
- Includes rewards, routines and rules that work and much more!

Malpas Children's Centre, Polruan Road,
Malpas, Truro, TR1 1QP

Mondays 8 January - 5 February 2018

09.30 am - 2.30 pm

For more details and request form
please contact:

Early Help Hub 01872 322277

earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub



BOOKING REQUIRED – PLACES LIMITED

**Free
course**

Passionate About ADHD

Attention Deficit Hyperactivity Disorder

4 - 13 Years

This new course written for Cornwall's Children and Family Services in conjunction with the Child and Adolescent Mental Health Services (CAMHS) team is aimed at parents and carers of children who may have been experiencing difficulties in managing their concentration, are impulsive and seem to have an endless source of energy.

The sessions cover:

- Increased understanding of how ADHD affects the individual
- Top tips to try at home
- Sources of support and advice
- Strategies around communication and structure that work and much more!

Malpas Children's Centre, Polruan Road,
Malpas, Truro, TR1 1QP
Mondays 19 February - 26 March 2018
09.30 am - 12.00 pm

For more details and request form please contact:

The Early Help Hub: 01872 322277
Email: earlyhelphub@cornwall.gov.uk
www.cornwall.gov.uk/earlyhelphub



Free
course

Living with parents

A one day workshop

Living with Parents is an evidence* based one day parallel group workshop adaptable to a wide range of parent/carers and young people aged 13-16 years.

The aim is to improve communication and relationships and reduce conflict within the home. The content of several group sessions are condensed into a single day with young people and their parents at the same venue, sometimes working as a single group, or separate groups and in pairs.

The programme:

- Interactive activities
- Structured activities
- Guided discussion
- Discussing effective communication
- Relationship building
- Boundary setting



10.00am – 3.00pm

Friday 2 March 2018

Lunch provided

Probus Village Hall, Amelia Court, Off Fore Street, Probus, TR2 4NB

For more details and request form please contact:

The Early Help Hub: 01872 322277
earlyhelphub@cornwall.gov.uk
www.cornwall.gov.uk/earlyhelphub

Truro, Falmouth, Penryn, Perranporth & the Roseland

Early Help Family Worker Advice Sessions



If you have a child under the age of 13 and need some advice...
If you are unsure as to which agencies to contact, we can help.

- Understanding your child's needs and behaviours
- Advice on positive parenting and how to keep your child safe
- Understanding the importance of routines for your family
- Advice and Guidance on the Team Around the Child Process (TAC)

Then come and meet with an Early Help Family Worker.

From January 2018 sessions will run as below:

The Park Children's Centre, Falmouth
09.15-11.00am

Every second and fourth Thursday of each month

Truro Learning Academy Children's Centre, Truro
09.15-11.00am

Every first and third Tuesday of each month

Booking essential, please call: 01326 312493 to make an appointment.



The right
help

At the
right
time

By the
right
service

The Early Help Hub is the single point of contact for professionals, families and young people to access Early Help Services in Cornwall.

The triage team decides which Early Help service best meets the needs identified in the request for help. It is then allocated to the appropriate service within 48 hours.

Support is provided: from pre-birth up to the age of 18, when the child, young person or family has needs that are not met solely by universal services (or 25 when young people have additional needs).

Tel: 01872 322277

Email: earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub

The Hub is open Monday to Thursday 8.45am - 5.15pm & 8.45am - 4.45pm on Fridays. The Hub is closed on Bank Holidays.

If you would like this information in another format, please contact Cornwall Council, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 100

Email: enquiries@cornwall.gov.uk

www.cornwall.gov.uk

