

# Falmouth & Penryn Truro & The Roseland Perranporth Children's Centres



## What's on Guide

27<sup>th</sup> July – 1<sup>st</sup> September 2017

Opening Times

Mon – Thur: 9.00am – 5.00pm

Fri: 9.00am – 4.30pm

# Falmouth Children's Centre

## Monday

### Come and Play

**Lighthouse Centre**

**10.00am – 11.30am**

A weekly drop in group.

There will be a wide range of fun activities for children of all ages.

### Bump to Breast

**Zedshed, Jubilee Wharf**

**10.00am – 11.30am**

**Open during School Holidays**

Breastfeeding peer support group.

Esme Maylam: 07824904979

## Tuesday

### WILD

**The Park Centre**

**1.00pm – 3.00pm**

**For women under 23yrs.**

Crèche provided for children.

For more information contact

WILD on: 07795 034863

### Introducing Solid Food

**Lighthouse Centre**

**10.00am – 11.30am**

**15<sup>th</sup> August**

Led by the Health Team. How to introduce your baby to solid foods. Babies 4+months  
To book call: 01326 317796

## Wednesday

### The Bubble Room

**The Park Centre**

A multi-sensory room for all families with children under 12 years (or up to 25 years if the child/young person has additional needs).

You must have a free induction before using the Bubble Room (appointments available on Wed at 1.30pm or 2.30pm). Future half hourly sessions requires a donation of £1.00 to contribute towards running costs.

To book call: 01326 312493

### What Can The Children Centre Offer You

**The Park Centre**

**10.00am – 11.30am**

**2<sup>nd</sup> August – 30<sup>th</sup> August**

Come along and meet our Children centre staff who can help you with:

- Play opportunities in the centre and advice around learning and development
- Further information on the different groups you can attend free of charge
- Advice on parenting programs to support you and your child at home.

# Falmouth Children's Centre

## Wednesday

### Summer Play Sessions

The Park Centre

1.30pm – 3.00pm

26<sup>th</sup> July – 30<sup>th</sup> August

Join us over the summer break for fun summer activities. Enjoy a range of different play sessions. Fun for all the family – sibling welcome!

## Thursday

### Bump to Breast

Falmouth Health Centre

10:30am - 12:30pm

Open during School Holidays

Breastfeeding peer support group.

Ante-natal mums welcome!

Esme Maylam: 07824 904979

### First Friends

The Park Centre

10.00am – 11.00am

3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup> August

0-12mths

Drop in session for babies. A chance to meet with other parents and enjoy a range of activities for your baby.

## Friday



### Twins

The Park Centre

11.00am – 1.00pm

4<sup>th</sup> August

1<sup>st</sup> September

Drop in session.

Supported by Home-Start.

### Introducing Solid Food

Zedshed, Jubilee Wharf

9.30am – 11.00am

18<sup>th</sup> August

Led by the Health Team.

Find out about how to introduce your baby to solid foods. Babies from 4 months

To book call: 01326 317796



**+44 01872 322277**

**[earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk)**

**[www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)**

The Hub is open Monday to Thursday 8.45 am to 5.15 pm and Fridays 8.45 am to 4.45 pm.

The Hub is closed on Bank Holidays.

Be Me is a service for people with emotional or psychological difficulties who want a Talking treatment.

**Telephone: 01579 373700**

# Truro Children's Centre

## Tuesday

### Introducing Solid Food

Trelander Children's Centre

10.00am – 12.00pm  
8<sup>th</sup> August

Led by the Health Team.  
Find out about how to introduce your baby to solid foods. For parents of babies from four months.

To book call: 01872 322661

### First Friends

Tregolls Children's Centre

10.00am – 11.30am

Last Tues of every month  
0-12mths

Drop in session. A chance to meet with other parents and enjoy a range of activities for your baby.

## Wednesday

### Summer Play Sessions

Truro Learning Academy

1.30pm – 3.00pm

26<sup>th</sup> July – 30<sup>th</sup> August

Join us over the summer break for fun summer activities. Enjoy a range of different play sessions. Fun for all the family – sibling welcome!

## Wednesday

### WILD

Trelander Children's Centre

9.30am – 11.30pm

Not on 23<sup>rd</sup> or 30<sup>th</sup> August

For women under 23 years.

For more information call:

01872 322661

### Health Visitor Drop In

Truro Learning Academy

9.00am – 11.00am

9<sup>th</sup> and 23<sup>rd</sup> August

Red books must be submitted by 10.30am due to time constraints.

For more information call:

01872 221700

### Breastfriends

Truro Learning Academy

9.00am – 11.00am

9<sup>th</sup> and 23<sup>rd</sup> August

Breastfeeding support group.

Ante-natal mums welcome!

### Introducing Solid Food

Tregolls Children's Centre

10.00am – 12.00pm

23<sup>rd</sup> August

Led by the Health Team.

Find out how to introduce your baby to solid foods. Aimed at babies from four months.

To book call: 01872 322661

## Truro Centre

### Thursday

#### Come & Play

**Trelander Children's Centre**

**1.30pm – 3.00pm**

**27<sup>th</sup> July – 31<sup>st</sup> August**

**(No session 3<sup>rd</sup> August)**

A weekly activity drop in group for children of all ages.

### Friday

#### Health Visitor Drop In

**Trelander Children's Centre**

**10.00am – 12.00pm**

**18<sup>th</sup> August**

For info call: 01872 221700

#### What Can The Children Centre Offer You

**Truro Learning Academy**

**10.00am – 11.30am**

**28<sup>th</sup> July – 1<sup>st</sup> September**

Come along and meet our Children centre staff who can help you with:

- Play opportunities in the centre and advice around learning and development
- Further information on the different groups you can attend free of charge
- Advice on parenting programs to support you.

## Parenting Courses

### Bump to Baby Classes

This course provides parents-to-be with all the information and skills they need to feel confident about making the right choices for their new baby.

Delivered by Midwives, Health Visitors and Children's Centre staff.

### The Park Centre, Falmouth

To book call: 01326 312493

#### Wednesdays

**5.00pm – 7.30pm**

**26<sup>th</sup> July – 9<sup>th</sup> August**

#### Fridays

**2.00pm – 4.30pm**

**18<sup>th</sup> August – 1<sup>st</sup> September**

### Trelander Children's Centre, Truro

To book call: 01872 322661

#### Tuesdays

**1.00pm – 3.30pm**

**25<sup>th</sup> July – 8<sup>th</sup> August**

**5.00pm – 7.30pm**

**22<sup>nd</sup> August – 5<sup>th</sup> September**

### Perranporth Children's Centre

To book call: 01872 572646

#### Thursdays

**12.30pm – 3.00pm**

**31<sup>st</sup> August – 14<sup>th</sup> September**

# Perranporth Children's Centre

## Monday

### Health Visitor Drop In

Perranporth Children's Centre

10.00am – 11.30am

14<sup>th</sup> August

For more information call:  
01872 571212

## Tuesday

### Health Visitor Drop In

St Agnes Methodist Church Hall

1.30pm – 3.00pm

Clinic runs 1st & 3rd Tuesday each month. A Health Visitor is available to offer advice, guidance and support.

For more information call:  
01872 571212

## Wednesday

### Introducing Solid Food

Perranporth Children's Centre

1.00pm – 3.00pm

9<sup>th</sup> August

Led by the Health Team. Find out about how to introduce your baby to solid foods. For parents of babies from four months.

To book call: 01872 572646

## Thursday

### Breastfriends

Perranporth Children's Centre

10.00am – 11.30am

Open during School Holidays

Breastfeeding peer support group for actively breastfeeding mums.

Ante-natal mums welcome!

For more information call:  
01872 572646

### Health Visitor Drop In

St Newlyn East Methodist Church Hall

9.30am – 10.30am

3rd Thursday of every month

For babies and young children. A Health Visitor is available to offer advice, guidance and support.

For more information call:  
01872 571212

## Multi-Agency Referral Unit

If you wish to discuss concerns that you have regarding a child or vulnerable adult please contact the **MARU** on **0300 123 1116**, following operator instructions.

Urgent referrals after 17.15 pm or at the weekends go to the Out Of Hours Service **01208 251-300**

## Support Groups

### Citizens Advice Cornwall

#### The Park Centre

2<sup>nd</sup> and 16<sup>th</sup> August - To book an appointment: 01326 312493

### Family Support Advice Drop In 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.

#### The Park Children's Centre, Falmouth

**Tel: 01872 322661**

Thursday 10<sup>th</sup> & 24<sup>th</sup> August – 9.15-11.00am

#### Truro Learning Academy Children's Centre

**Tel: 01872 322661**

Tuesday 1<sup>st</sup> & 15<sup>th</sup> August – 9.15-11.00am



### Susie Project

For further information and to find out details of the group nearest to you.

Please contact the Susie Project on 01209 699241

Email: [susie.project@aol.com](mailto:susie.project@aol.com)

**24hr Domestic Violence helpline: 01209 225629**



### Cornwall One Parent Support Group

**Tregolls Children's Centre** – Tuesdays, 1.00pm – 3.00pm

Weekly drop in term time plus school holiday activities

For more information call: Liz Northcott on 01726 65417 or

07737573647 or email [e.northcott@sky.com](mailto:e.northcott@sky.com)

## Are you ready to make the healthy choice?

We're here to help children and young people lead a happier, healthy life. Supporting you and your family with weight management, healthy eating and physical activity.

**Give us a call via the Health Promotion Service: 01209 313419**

**Or join us online today –**

**[Cornwallhealthyweight.org.uk](http://Cornwallhealthyweight.org.uk)**





**The Park Centre:** 01326 312493  
Park Terrace, Falmouth, TR11 2DJ.

**The Lighthouse Centre:** 01326 317796  
Jubilee Road, Falmouth, TR11 2BB.

**Jubilee Wharf Centre**  
Commercial Road, Penryn, TR10 8FG.

## Contacts

**Tregolls Children's Centre:** 01872 322661  
Chellean Road, Truro, TR1 1LH.

**Truro Learning Academy Children's Centre:** 01872 277720  
Albany Road, Truro, TR1 3PQ.

**Trelander Children's Centre,** Trelander Highway, Truro, TR1 1PG  
**Bosvigo Children's Centre,** Chapel Street, Truro, TR1 3BJ.

**St. Paul's Children's Centre,** Bodmin Road, TR1 1BN.

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

**Tregony Children's Centre,** Back Lane, Tregony TR2 5RP.

**Perranporth Children's Centre:** 01872 572646  
Liskey Hill, Perranporth, TR6 0EU.

The Family Information Service is the only source of all registered childcare in Cornwall as well as holding a wealth of information for parents, carers, children and young people up to the age of 19.

It can provide details on all children's centres, leisure activities, family support, benefits and debt services, health and much more.

Call the FIS free on 0800 5878191 or visit  
[www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)



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](mailto:enquiries@cornwall.gov.uk)

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

