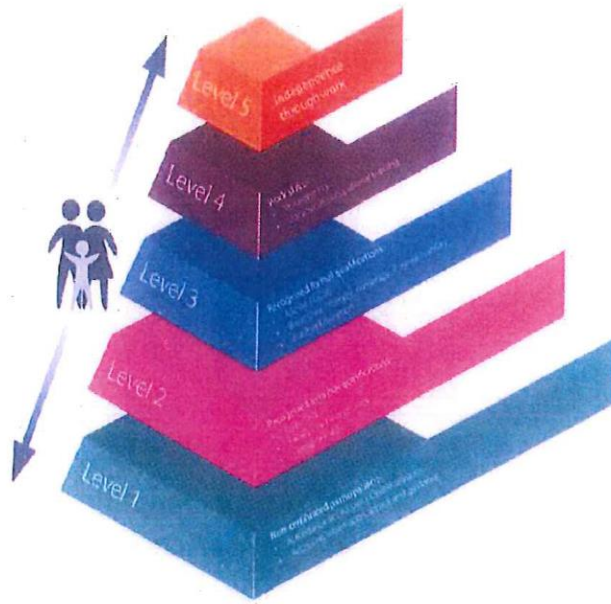


Locality 3



Programmes and Support for Parents Autumn 2017





These courses can help you achieve

Level 2

in

The Passport to Independence

**Children's Centres can help you develop
your skills and work readiness. Please speak to
Children's Centre staff for more information.**

Family Learning

part of Cornwall Adult Education Service



You are invited to attend

Creative Readers and Writers

Support your child's literacy and make a lovely gift box in time for Christmas!



For 10 weeks starting on

Friday 29th September, 9:15 - 11:15

At The Park Centre, Falmouth



For more information, please contact Vicki on
07968 992495 or vicki.salvidge@cornwall-acl.ac.uk

Find us on 

<https://www.facebook.com/CornwallAdultEd/>



PLACES ARE LIMITED SO PLEASE BOOK

**Free
course**

Incredible Years 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

1.30 – 3.30 pm
Tuesday 10th October – 5th December 2017
(no session 24th October)

Zedshed, Jubilee Wharf, Penryn

For more details and request form please contact:
Early Help Hub 01872 322277

earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub

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



9:30 – 11:30 am
Tuesday 26th September – 12th December 2017
(no sessions on 24th October & 21st November)

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

For more details and request form please contact:
Early Help Hub 01872 322277

earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub

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



1.00 - 3.00 pm

Monday 11th September – 4th December 2017

(no session 23rd October)

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

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

**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



09.30 - 11.30 am

**Wednesday 13th September – 6th December
(no session 25th October)**

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

For more details and request form please contact:

The Early Help Hub: 01872 322277

earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub

**Free
course**

For mums, dads
grandparents and
carers of teenagers
Booking Essential

Take 3

Support for parents and carers of challenging teenagers

**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



6:00 - 8:00 pm

Tuesday 19th September - 28th November 2017

(no session 24th October)

Truro Learning Academy Children's Centre, Albany
Road, Truro, TR1 3PQ

To book a place contact:

The Early Help Hub : 01872 322277

e-mail: earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub

**Free
course**

Time out from Autistic Spectrum Disorder & Attention Deficit Hyperactivity Disorder

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

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

The course covers:

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



09:30 – 14:30

**Thursdays 5th October – 9th November
Term Time Only**

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

For more details and request form
please contact:

Early Help Hub 01872 322277

www.cornwall.gov.uk/earlyhelphub

**The Park Children's Centre, Falmouth & Malabar
Children's Centre at Truro Learning Academy,
Truro**
Locality 3 **Autumn 2017**
Sept., Oct., Nov. + Dec 2017

Early Help Family Worker Drop In Sessions



Do you need?

To understand your child's needs and behaviours

Advice on positive parenting and how to keep your child safe

To understand the importance of routines for your family

Advice and Guidance on the Team Around the family Process

Then come and meet with an Early Help Family Worker.

The Park Children's Centre, Falmouth

Thursday 14th Sept – 09.15 -11.00 am

Thursday 28th Sept – 09.15 -11.00 am

Thursday 12th Oct – 09.15 -11.00 am

Thursday 26th Oct – 09.15 -11.00 am

Thursday 9th Nov – 09.15 -11.00 am

Thursday 23rd Nov – 09.15 -11.00 am

Thursday 14th Dec – 09.15 -11.00 am

Malabar Children's Centre at Truro Learning Academy, Truro

Tuesday 5th Sept – 09.15 -11.00 am

Tuesday 19th Sept – 09.15 -11.00 am

Tuesday 3rd Oct – 09.15 -11.00 am

Tuesday 17th Oct – 09.15 -11.00 am

Tuesday 7th Nov – 09.15 -11.00 am

Tuesday 21st Nov – 09.15 -11.00 am

Tuesday 5th Dec – 09.15 -11.00 am

Tuesday 19th Dec – 09.15 -11.00 am

Locality 3 Children's Centres

Falmouth & Penryn

The Park Children's Centre
Park Terrace
Falmouth
TR11 2DJ
Tel: 01326 312493

The Lighthouse Centre
Jubilee Road
Falmouth
TR11 2BB
Tel: 01326 317796

Jubilee Wharf Centre
Commercial Road
Penryn
TR10 8FG

Truro & the Roseland

Tregolls Children's Centre
Chellean Road
Truro
TR1 1LH
Tel: 01872 322661

Truro Learning Academy Children's Centre
Albany Road
Truro
TR1 3PQ
Tel: 01872 277720

Trelander Children's Centre
Trelander Highway
Truro
TR1 1PG

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

Tregony Children's Centre
Back Lane
Tregony
TR2 5RP

Perranporth

Perranporth Children's Centre
Liskey Hill
Perranporth
TR6 0EU
Tel: 01872 572646



The right
help

At the
right
time

By the
right
service

The Early Help Hub is the single point of access 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, (or 25 when young people have additional needs) when the child, young person or family has needs that are not met solely by universal services.

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