

Bodmin
83 Fore Street,
Bodmin.
PL31 2JB

Bude
Broadclose Hill,
Bude.
EX23 8EA

Wadebridge
Goldsworthy Way
Wadebridge.
PL27 7AL

Family Hub Coordinator - Nicola Murphy 01208 265760

Family Hub Team Administrator – Joanne Armit – 01208 265760

Early Help Coordinator—Lucinda Cummings 01872 322025

Early Help Team Manager—Mandy Jefferies 01872 322601

Parenting Lead—Benn Clarke 01872 327640

Health Visitors/School Nurses

Launceston: 01566 761108
Camelford: 01840 779150
Wadebridge: 01208 834413

Bude: 01288 320151
Bodmin: 01208 834565

Midwives:

Launceston: 01566 761110
Camelford: 01840 779535
Wadebridge: 01208 812342

Bude: 01288 320131
Bodmin: 01872 326528

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

Launceston
Coronation Park,
Launceston
PL15 9DQ

Camelford
Camelford Primary
Sportsman Road
Camelford
PL32 9UE

Launceston St Stephens,
Roydon Road
Launceston
PL15 8HL

This leaflet has been updated on 27/06/2018



EARLY HELP LOCALITY FIVE

FAMILY HUB



Parenting Courses Autumn 2018



You are invited to a free 3 week antenatal programme...

**Bump
to Baby**

...from April 2017

This fantastic 3 week course at your local Family Hub 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 & Early Help staff.

THE TOPICS INCLUDE

- o You and your growing baby
- o Birth and beyond
- o Feeding and caring for your baby

**For more information or to book a place please contact
Bodmin or Launceston Family Hub**



Early Help Hub

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

What Early Help is available?

Autistic Spectrum Disorder Assessment
Child & Adolescent Mental Health Services
Child & Adolescent Mental & Learning Disability Service
Children's Community Nurses & Psychologists
Early Years Inclusion Service
Family Group Conferencing
Family Intervention Project
Family Support, Health Visiting (over 2 years)
Paediatric Epilepsy Nurse Specialists
Parenting Support
Portage, School Nursing, Speech & Language Therapy
Targeted Youth Support

Contacting the Early Help Hub

An Early Help Services request can be made by a professional or family by completing a Request for Help form is available on the website and email it to: earlyhelphub@cornwall.gov.uk or by

Telephoning: 01872 322277

www.cornwall.gov.uk/earlyhelphub.

The hub is open Monday – Thursday 8.45am – 5.15pm and Fridays 8.45am – 4.45pm (Closed on Bank Holidays)

Keeping Children Safe in Cornwall and the Isles of Scilly

If you have any concerns regarding a child's safety please contact:

Cornwall Children's Social Care Multi-Agency Referral Unit
(MARU) on 0300 1231 116

Cornwall Children's Social Care Out of Hours on 0300 1234 100

Family Worker 1-1's at your local Family Hub

Family Workers can help you with:

- 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



Bodmin Family Hub, 83 Fore street. Bodmin PL31 2JB

The following Tuesdays 09.30am – 11.30am

3rd, 17th, 31st July, 14th, 28th August, 11th, 25th September,
9th, 23rd October, 6th, 20th November, 4th, 18th December 2018

Launceston Family Hub, Coronation Park. Launceston PL15 9DQ

The following Thursdays 09:30 to 11:30

28th June, 12th, 26th July, 9th, 23rd August, 6th, 20th September
4th, 18th October, 1st, 15th, 29th November, 13th December 2018

Please call Family Hub to make an appointment

Youth Worker Drop In

Youth Workers can help you with:

- Being safe on social media
- Relationships with peers, partners and parents
- Understanding your young person's needs and behaviours
- Advice on positive parenting and how to keep your child safe
- Advice and Guidance on the Team Around the Child Process



Budehaven School, Valley Road, Bude – Monday's 1.30pm – 3.30pm
10th, 24th September, 8th October, 5th, 19th November, 3rd, 17th December.

Sir James Smith School, Camelford – Fridays 12pm – 2pm
14th, 28th September, 12th October, 9th, 23rd November, 7th, 21st, December.

Bodmin College, Lostwithiel Road, Bodmin – Wednesdays 1pm – 3pm
5th, 19th September, 3rd, 17th, 31st October, 14th, 28th November, 12th December.



Bump to Baby Course Dates

Bodmin Family Hub

Thursday 13th—27th Sept 2018 - 2.00pm—4.30pm

Thursday 1st—15th Nov 2018—2.00pm—4.30pm

Thursday 29th—13th Dec 2018—2.00pm—4.30pm

Launceston St Stephens Family Hub

Wednesday 4th—18th July 2018 2.00pm-4.30pm

Wednesday 3rd—17th October 2018 2.00pm-4.30pm

Wednesday 28th Nov—12th Dec 2018 2.00pm-4.30pm

Bude Family Hub

Thursday 13th—27th Sept 2018 - 2.00pm—4.30pm

Thursday 1st—15th Nov 2018 - 2.00pm—4.30pm

Wadebridge Family Hub

Tuesday 13th Sept—27th Sept 2018 2pm-4.30pm

Tuesday 1st—15th November 2018 2pm-4.30pm

Camelford Family Hub

Thursday 5th—19th July 2018 - 2.00pm—4.30pm

Thursday 4th—18th Oct 2018 - 2.00pm—4.30pm

Thursday 29th Nov—13th Dec 2018 -2.00pm—4.30pm

**For more information or to book a place please
contact Bodmin or Launceston Family Hub**

Free
course

Incredible Years Parenting Programme

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

We have a 3-6 years course
available starting September 2018
in Bodmin

Sessions include:

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



Incredible Years 3-6 at Bodmin Family Hub, on a Friday 10am – 12pm. Beginning 21/09/2018, breaking for half term 24/10/2018 and finishing 14/12/2018. This programme will be facilitated by Family Workers.

To book a place visit: www.cornwall.gov.uk/earlyhelphub
and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting Lead:

01752 847419 or 07805 139 539.
bennclarke@cornwall.gov.uk



Now 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

Drop-in Support Group for all Parents/Carers

Chestnuts Centre
83 Fore Street, Bodmin,
PL31 2JB

1pm to 3pm

Thursday 28th June 2018
Thursday 30th August 2018
Thursday 25th October 2018
Thursday 20th December 2018

The Liskerrett Centre,
Varley Lane, Liskeard,
PL14 4AP

1pm to 3pm

Thursday 26th July 2018
Thursday 27th September 2018
Thursday 29th November 2018
Thursday 31st January 2019

For more general information please contact:

Benn Clarke: 07805139539
E. Mail: bennclarke@cornwall.gov.uk



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

Venue: Bodmin Family Hub

Take 3 is held on Tuesdays 6.30pm – 8.30pm starting
25/09/18 – 04/12/18 (not on 23/10/2018 as half term). This
programme will be facilitated by Targeted Youth
Workers.

To book a place visit:
www.cornwall.gov.uk/earlyhelphub and follow
Parenting Support link.

For further details contact: Benn Clarke, Parenting
Lead:

01752 847419 or 07805 139 539,
bennclarke@cornwall.gov.uk

**Free
course**

For mums, dads
grandparents
and carers of
teenagers



**Free
course**

Incredible Years Parenting Programme

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

We have a 6-12 course starting
September 2018 in Launceston

Sessions include:

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



Incredible Years 6-12 at Launceston St Stephens Family
Hub on a Tuesday 10am – 12pm. Beginning 18/09/2018,
breaking for half term 23/10/2018 and finishing 11/12/2018.
This programme will be facilitated by Family Workers.

To book a place visit: www.cornwall.gov.uk/earlyhelphub
and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting Lead:

01752 847419 or 07805 139 539.
bennclarke@cornwall.gov.uk



Free

Passionate About ADHD

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

We are running a course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. It will take place at Bodmin Family Hub on a Friday 10am – 12.30pm. **Starting 02/11/2018** and finishing on **14/12/2018**. This programme will be facilitated by Family Workers.

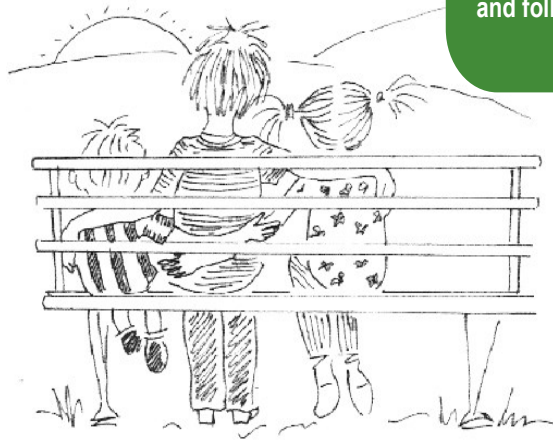
The course covers:

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

Further information contact:

Benn Clarke, Parenting Lead
01752 847419 or 07805 139 539
bennclarke@cornwall.gov.uk

To request a place: Visit
www.cornwall.gov.uk/earlyhelpclub
and follow Parenting Support link.



Time Out

Time out for ASD (Autistic Spectrum Disorder)

Free
course

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

We are running a 6 week course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. It will take place at **Launceston St Stephens Family Hub** on a **Thursday 10.00- 12pm. Starting 20th September 2018 to 29th November 2018.**

The course covers:

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

To book a place visit:

www.cornwall.gov.uk/earlyhelpclub
and follow Parenting Support link.

For further details contact: Benn
Clarke, Parenting Lead:

01752 847419 or 07805 139 539,
bennclarke@cornwall.gov.uk

