

## Caradon Family Hubs

### Contact Details:

#### Callington

Saltash Road,  
Callington  
PL17 7EF  
01579 389647

#### Looe

Trewint Crescent,  
East Looe  
PL13 1ET  
01503 265611

#### Torpoint

Trevol Road  
Torpoint  
PL11 2NH  
01752 816569

#### Family Hub Co-ordinator

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#### Early Help Coordinator

Nicki Cole 01579 341019

#### Early Help Locality Manager

Mandy Smith 07739 990338

#### Area Parenting Lead

Benn Clarke 07805 139539

#### Health Visitors/School Nurses

Callington/Liskeard/Looe/Saltash/Torpoint: 01579 341188

#### Midwives:

Callington: 01579 389647

Liskeard: 01579 373575

Looe: 01503 274001

Saltash: 01752 847419

Torpoint: 01752 816569

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)

Amended 05/02/2020

## EARLY HELP CARADON

## FAMILY HUBS



# Parenting Courses Summer 2020



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# Bump to Baby Course Dates

## Callington Family Hub— Mondays, 1.30-3.30

6th April—27th April

8th June—22nd June

10th August—24th August

## Liskeard Family Hub-Fridays, 9.30-11.30

8th May—22nd May

10th—24th July

11th—25th September

## Torpoint Family Hub-Tuesdays, 1.30-3.30

5th May—19th May

7th July—21st July

8th September—22nd September

## Saltash Family Hub-Tuesdays, 1.30-3.30

5th May—19th May

7th July—21st July

8th September—22nd September

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.

**For more information or to book a place contact your local 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](mailto:earlyhelphub@cornwall.gov.uk) or by

**Telephoning: 01872 322277**

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



### Comments from a range of parenting courses;

*"Been grateful to have been part of this 6 weeks, hoping I can put into practice some of the things I have learnt, and hopefully get my relationship with my Grandson back on track!!" PA-ADHD*

*"It was nice to realise I'm not alone in the struggle of raising a possible ADHD Child." PA-ADHD*

*"So nice to share your problem with people who understand!!" IY 6-12*

*"It's great to finally get an affirmation from professionals that my lovely boy is not a naughty child, he behaves the way he does because of his possible condition, knowing that a diagnosis is not a life sentence." IY 6-12*

*"Was very helpful to listen to others experiences. Was helpful to learn how to deal with some difficult behaviour. It was very positive." IY 6-12*

*"In the beginning didn't know what to expect. Overall a good course some areas really hit the spot. Before the course we thought we were the only ones going through the situation with our young person. I found the Take 3 course helpful with different tips and tricks to try." TAKE 3*



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

**Free  
course**

## Incredible Years Parenting Programme for parents of 0 to 3 year olds

Do you need support and advice on managing children's behaviour?  
We have a 0-3 years course available starting June 2020 in Looe

### Sessions include:

- Promoting self esteem
- Developing routines and handling separation
- Child directed play
- Positive parenting
- Effective praise and rewards
- Social and emotional coaching



This programme will be facilitated by Parenting Workers at Looe Family Hub on a Thursday, from 04/06/20 to 09/07/20, running from 9.30-11.30am.

To book a place visit: [www.cornwall.gov.uk/earlyhelphub](http://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](mailto:bennclarke@cornwall.gov.uk)



**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 April 2020 in Liskeard

Sessions include:

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



**Incredible Years 3-6** at Liskeard Family Hub on a Tuesday 9.30-11.30am. Beginning 21/04/20 and finishing 14/07/20 excluding 26/05/20 as half term.

This programme will be facilitated by Family Workers.

To book a place visit: [www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub) and follow Parenting Support link. For further details contact: Benn Clarke, Parenting Lead:



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# Being Passionate About Parenting

One day workshop held in local Primary Schools



This is a one day workshop run by Parenting Workers to give you strategies you need to make positive changes at home.

Family life can be difficult at any time. The Parenting Worker's are here to offer practical, emotional and friendly help.

Workshop Objectives:

- ❖ To build better relationships with our young people.
- ❖ To develop strategies to support behaviour management.
- ❖ To give support and information to parents and carers.
- ❖ Supportive parenting will build healthy relationships with your child. It will encourage independence, with mutual respect and open communication.

Venue	Date & Time
Dobwalls Primary School	Thursday 23 <sup>rd</sup> January 9.30-2.30
Braddock Primary School	Thursday 6 <sup>th</sup> February 9.30-12.00 – Part one
Braddock Primary School	Thursday 13 <sup>th</sup> February 9.30-12.00 – Part two
St Cleer Primary School	Thursday 5 <sup>th</sup> March 9.30-2.30
Callington Primary School	Thursday 19 <sup>th</sup> March 9.30-2.30
St Stephens Primary, Saltash	Thursday 16 <sup>th</sup> April 9.30-2.30
St Martins Primary, Liskeard	Thursday 7 <sup>th</sup> May 9.30-2.30



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# Being Passionate About Parenting

One day workshop held in local Primary Schools



From the delivery of an extensive range of parenting groups it became apparent that not all parents can commit or require a 6-12 week programme.

For some parents this concept of a one day workshop (for primary school age children) will give them all the strategies they need to make positive changes at home. For some parents it will highlight that they may want to commit to one of the more intensive courses.

This workshop was developed to incorporate key messages, strategies and ideas using positive behaviour management with recognition that praise is a key driver in changing behaviour in children. Used consistently, the positive relationship between parent and child is reinforced and where difficulties are present in the parent / child relationship it provides tools and ideas to change established negative behaviour patterns.

## Incredible Years Parenting Programme

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

Free  
course

We have a 6-12 course starting April 2020 in Saltash

Sessions include:

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



**Incredible Years 6-12** at Saltash Family Hub on a Wednesday, 9.30-11.30am. Beginning 22/04/20 and finishing 15/07/20 excluding 27/05/20 as half term. This programme will be facilitated by Family Workers.

To book a place visit [www.cornwall.gov.uk/earlyhelphub](http://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](mailto:bennclarke@cornwall.gov.uk)





**Free  
course**

# Passionate About ADHD

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. We have a programme starting in June 2020 in Looe.

## 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!



Course runs at Looe Family Hub on a Tuesday 9.30-12.00 noon. Beginning 09/06/20 and finishing 14/07/20. This programme will be facilitated by Family Workers.

For more information visit: [www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub) and follow Parenting Support link.

For further details contact: **Benn Clarke, Parenting Lead: 01752 847419 or 07805 139 539**



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# Youth Work Drop In

Drop in support for young people and parents / carers



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

Looe Community Academy – Integrated Health Hub – Alternate Wednesdays  
Jan 15<sup>th</sup> & 29<sup>th</sup>, Feb 12<sup>th</sup> & 26<sup>th</sup>, Mar 11<sup>th</sup> & 25<sup>th</sup>  
Apr 22<sup>nd</sup>, May 6<sup>th</sup> & 20<sup>th</sup>, June 3<sup>rd</sup> & 17<sup>th</sup>, July 1<sup>st</sup> & 15<sup>th</sup>

13:30 to 14:30 drop in for young people  
14:30 to 15:30 drop in for parents / carers

Saltash.net - Alternate Thursdays  
Jan 16<sup>th</sup> & 30<sup>th</sup>, Feb 13<sup>th</sup> & 27<sup>th</sup>, Mar 12<sup>th</sup> & 26<sup>th</sup>  
Apr 23<sup>rd</sup>, May 7<sup>th</sup> & 21<sup>st</sup>, June 4<sup>th</sup> & 18<sup>th</sup>, July 2<sup>nd</sup> & 16<sup>th</sup>

12.00-13.00 drop in for parents / carers  
13.00 to 14.00 drop in for young people



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# Behaviours That Challenge

## Drop In Support Group

- Do you find your child's behaviour challenging?
- Would some friendly support and advice be helpful?

If you would like to be able to talk in confidence and meet other parents with similar challenges, then come along. We are here to help and support you!

- All parents and carers are welcome

## Behaviours that Challenge Drop in Support Group

Launceston Family Hub,  
Coronation Park, PL15 9DQ  
Tuesdays 13.00-15.00

25<sup>th</sup> February 2020  
28<sup>th</sup> April 2020  
30<sup>th</sup> June 2020  
25<sup>th</sup> August 2020  
27<sup>th</sup> October 2020  
15<sup>th</sup> December 2020

Saltash Family Hub,  
Plougastel Drive, Saltash,  
PL12 6DX  
Thursdays 13.00-15.00

30<sup>th</sup> January 2020  
27<sup>th</sup> February 2020  
26<sup>th</sup> March 2020  
23<sup>rd</sup> April 2020  
28<sup>th</sup> May 2020  
25<sup>th</sup> June 2020  
23<sup>rd</sup> July 2020

### Contact us for more information:

#### Launceston

[jordan.baker@cornwall.gov.uk](mailto:jordan.baker@cornwall.gov.uk)

Call: 07483 333462

#### Saltash

[karen.batchelor@cornwall.gov.uk](mailto:karen.batchelor@cornwall.gov.uk)

Call: 07973 813546



# Passionate About the Spectrum

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. The next course will start in April 2020 in Liskeard.

### 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!



Course runs at Liskerrett Centre, Liskeard on a Thursday 9.30-12.00 noon. Beginning 16/04/20 and finishing 21/05/20. This programme will be facilitated by Family Workers.

For more information visit: [www.cornwall.gov.uk/earlyhelphub](http://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](mailto:bennclarke@cornwall.gov.uk)



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**Free  
course**

For mums, dads  
grandparents and  
carers of  
teenagers

## 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



### Saltash Family Hub

Take 3 will start on 04/05/20 until 13/07/20 (term time only) 18.30 — 20.30. This programme will be facilitated by Targeted Youth Workers.

To book a place visit: [www.cornwall.gov.uk/earlyhelphub](http://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](mailto:bennclarke@cornwall.gov.uk)

## Living with Parents 1 day workshop

This fun one day workshop gives parents and their teenagers the opportunity to spend a day together completing structured activities that will benefit communication and mutual understanding.

**Saltash Family Hub on Friday 17/07/20 from 9.30-2.30pm.**

## Living with parents

**Free**

**A one day workshop**

**A fun and interactive programme that brings parents/carers and their teenager together**

The Living with Parents workshop has been designed as an informal and interactive session that parents/carers do together with their teenager

**The workshop aims to:**

- Improve communication
- Improve relationships
- Reduce conflict in the home



### Further information

For more details please contact your local Family Hub

**Friday 17<sup>th</sup> July 2020**

**9.30am – 2.30pm**

**Saltash Family Hub, Callington Road Saltash Cornwall PL12 6DX**

To request a place, visit:

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

Click on 'Request for Help,' then on the request for help form. Complete, save and email to [earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk)



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