

## North Cornwall Family Hubs

08/08/2019

### Contact Details:

#### Bodmin

83 Fore Street,  
Bodmin  
PL31 2JB  
01208 265760

#### Launceston

Coronation Park,  
Launceston  
PL15 9DQ  
01566 770823

#### Bude

Broadclose Hill,  
Bude  
EX23 8EA  
01288 353968

#### Camelford

Camelford Primary,  
Sportsman Road.  
Camelford  
PL32 9UE  
01872 322270

#### Wadebridge

Goldsworthy Way  
Wadebridge  
PL27 7AL  
01872 322270

Launceston St Stephens,  
Roydon Road  
Launceston  
PL15 8HL  
01566 770823

Family Hub Coordinator	Nicola Murphy	01208 265760
Family Hub Team Leader	Joanne Armit	01208 265760
Early Help Coordinator	Lucinda Cummings	01872 322025
Early Help Team Manager	Mandy Smith	01872 322601
Parenting Lead	Benn Clarke	01872 327640

#### Health Visitors/School Nurses

Launceston: 01566 761108

Bude: 01288 320151

Camelford: 01208 265786

Bodmin: 01208 265786

Wadebridge: 01208 265786

#### Midwives:

Launceston: 01566 761110

Bude: 01288 320131

Camelford: 01208 834403

Bodmin: 01872 326528

Wadebridge: 01208 834403

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)

## EARLY HELP NORTH CORNWALL FAMILY HUBS



## Parenting Courses Autumn 2019

# Bump to Baby Course Dates

## Bodmin Family Hub

Thursday 12th September – 26th September 2019

Thursday 28th November – 12th December 2019

## St Stephen's Family Hub, Launceston

Wednesday 27th November - 11th December 2019

## Wadebridge Family Hub

Tuesday 3rd September – 17th September 2019

Tuesday 15th October - 29th October 2019

Tuesday 3rd December - 17th December 2019

## Camelford Family Hub

Thursday 7th November - 21st November 2019

## Bude Family Hub

Tuesday 10th, Thursday 19th & Tuesday 24th 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**



## 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-01208 265760**  
Every other Tuesday 09.30am – 11.30am

**Launceston Family Hub, Coronation Park. Launceston PL15 9DQ-01566 770823**  
Every other Thursday 09:30 to 11:30

**Please call the Family Hub to make an appointment**

## Youth Worker Guidance Sessions

### 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, Bude – Monday's 1.30pm – 3.30pm-01288 353271**

**Sir James Smith School, Camelford - Fridays 12pm – 2pm-01840 213274**

**Bodmin College, Bodmin – Wednesdays 12.45pm – 3pm-01208 72114**

**Callywith College, Bodmin - Thursdays 9am—12 noon-01208 224000**

**Wadebridge School— Wednesdays 1.30pm—3pm-01208 812881**

**Please call the venues to book an appointment**

## 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

**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 January 2020 in Bodmin

### 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.

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 September 2019 in Launceston and Bodmin

Sessions include:

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



Incredible Years 3-6 at Launceston St Stephen's Family Hub on a Tuesday 10am – 12pm. Beginning 17/09/2019 and finishing 10/12/2019 (term time only).  
At Bodmin Family Hub on a Monday 1pm-3pm. Beginning 07/09/19 and finishing 09/12/19 (term time only)

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)



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## Behaviours That Challenge

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

<b>Launceston Family Hub</b> Coronation Park, Launceston, PL15 9DQ 1pm to 3pm Tuesday 27th August 2019 Tuesday 29th October 2019 Tuesday 17th December 2019	<b>The Liskerrett Centre,</b> Varley Lane, Liskeard, PL14 4AP 1pm to 3pm Thursday 26th September 2019 Thursday 31st October 2019 Thursday 28th November 2019
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**For more general information please**

**Benn Clarke: 07805139539 email: [bennclarke@cornwall.gov.uk](mailto:bennclarke@cornwall.gov.uk)**



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## Take 3

Support for parents and carers of challenging teenagers

Free course

For mums, dads  
grandparents and  
carers of  
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

### St Stephen's Family Hub, Launceston

Take 3 will start on 19/09/2019 until 05/12/2019 (term time only) 10am—12noon. This programme will be facilitated by Targeted Youth Workers.

To book a place visit: [www.cornwall.gov.uk/earlyhelpclub](http://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](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.

St Stephen's Family Hub 12th December 2019 09:00—15:00

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 2019 in Bodmin

Sessions include:

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



Incredible Years 6-12 at Bodmin Family Hub on a Friday 10am – 12pm. Beginning 13/09/2019 and finishing 06/12/2019 (term time only). This programme will be facilitated by Family Workers.

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



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**Free  
course**

## 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. We have a programme starting in February 2020 in Launceston

### 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/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub) and follow Parenting Support link



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**Free  
course**

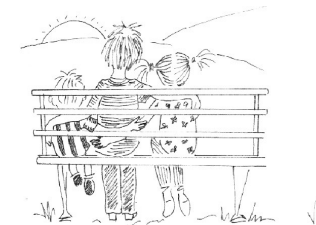
## Passionate About the Spectrum

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 September 2019 in Bodmin

### 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 Bodmin Family Hub on a Monday 12.30 pm – 3pm  
Beginning 09/09/2019 and finishing 14/10/2019. 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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