

## EARLY HELP LOCALITY 5 FAMILY HUB CONTACT DETAILS

### **Bodmin Family Hub: 01208 265760**

Chestnuts Centre, 83 Fore Street, Bodmin PL31 2JB

### **Launceston Family Hub: 01566 770823**

Coronation Park, Launceston PL15 9DQ

### **Launceston St Stephen's Family Hub 01566 770823**

St Stephen's Community Academy, Roydon Rd, Launceston PL15 8HL

### **Bude Family Hub: 01288 353968**

Broadclose Hill, Bude EX23 8EA

### **Camelford Family Hub: 01872 322270**

Camelford Primary, Sportsmans Road, Camelford PL32 9UE

### **Wadebridge Family Hub: 01872 322270**

Camel House, Goldsworthy Way, Wadebridge PL27 7AL

### **The Family Information Service**

The Family Information Service (FIS) is the only source of all Ofsted registered childcare in Cornwall. It is also the main signposting service for parents and carers of children aged up to 19, or 25 if he/she has additional needs.

It can provide details on family support services, benefits, funding, leisure activities, the Local Offer 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, New County Hall, Truro TR1 3AY

Telephone: 0300 1234 100

Email: [enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk) Website: [www.cornwall.gov.uk](http://www.cornwall.gov.uk)



## EARLY HELP — NORTH CORNWALL

### FAMILY HUB

*Supporting Families in their Local Communities*



## What's On Guide

### September — December 2019

**Bodmin, Launceston, Bude, Camelford & Wadebridge**

## CORNWALL'S FAMILY HUB OFFER

Cornwall's Family Hubs support children, young people and their families pre-birth to 25 years .

We have six Family Hub cluster areas in Cornwall each delivering services to offer help with:

- ◆ **Relationship and Parenting Support**
- ◆ **Child and Family Health**
- ◆ **Supporting Families with Complex Needs**
- ◆ **Supporting Vulnerable Children Through High Quality Education**
- ◆ **Employment and Training Support**

## IMPORTANT NUMBERS

**Free 2 go!**

**Free early education and childcare for 2 year olds**

If you have a 2-year-old and your household income is less than £16,190, your child could be entitled to 15 hours a week, term time only, of free early education and childcare.



To find out more contact the Family Information Service:  
Tel: 0800 587 8191  
email: [fis@cornwall.gov.uk](mailto:fis@cornwall.gov.uk)  
or go to [www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)

an arm of the council  
**CORNWALL COUNCIL**

### Domestic Abuse Support

Free confidential support for anyone who has experienced or is experiencing any form of domestic abuse.

WRSAC (Women & Teenage Girls):  
01208 79992  
Susie Project (Women & Teenage Girls):01872 225629  
CRASAC (Men, Women & Teenage Girls):01872 262100

### Foodbank:

Facing crisis? Is buying food an issue? The foodbank can help.

**Foodbank vouchers can be obtained from:**

Bude Family Hub  
Launceston Family Hub  
Wadebridge Family Hub  
Camelford Family Hub  
[Chestnuts Centre](#)

### Volunteering

Would you like to volunteer in your Family Hub?

Do you have an interest that you might like to take up as a career?

Then go online at:  
[www.volunteercornwall.org.uk](http://www.volunteercornwall.org.uk)

### Breast-feeding Support

**National Breastfeeding Support Helpline: 0844 20 909 20**

### Stop Smoking Service

For advice text **GIVE UP** and your post-code to 88088. The helpline is open 7am—11pm telephone 0300 123 1044

# Supporting Cornwall's Families to Independence



We work in partnership with Job Centre Plus, Adult Education, Family Learning, Cornwall Works with Families, Link into Learning, Family Information Services, Cornwall Colleges and many more.

Please see your local Family Hub What's On Guide for information on the courses available and contact details, if you require further information.

## YOUR FAMILY HUB TEAM LOCALITY 5

**Family Hub Coordinator** - Nicola Murphy

01872 323224 nicola.murphy@cornwall.gov.uk

**Early Help Coordinator**—Lucinda Cummings

01872 322025 lucinda.cummings@cornwall.gov.uk

**Early Help Team Manager**—Mandy Smith

01872 322601 amanda.smith@cornwall.gov.uk

**Parenting Lead**—Benn Clarke

01872 327640 benn.clarke@cornwall.gov.uk

**Family Group Conference Co-ordinator**— Vanessa Sellars 07483 399022

vanessa.sellars@cornwall.gov.uk

## YOUR LOCAL HEALTH TEAMS

### Health Visitors:

**Launceston:** 01566 761108

**Camelford:** 01208 265786

**Wadebridge:** 01208 265786

**Bude:** 01288 320151

**Bodmin:** 01208 265786

### Midwives:

**Launceston:** 01566 761110

**Wadebridge:** 01208 834403

**Camelford:** 01208 834403

**Bude:** 01288 320131

**Bodmin:** 01872 326528



### Citizens Advice Cornwall

Provides free & confidential advice for the challenges that

you face. To get advice & support with debt, benefits, housing, employment, consumer matters, relationships, discrimination, health, education or other areas: Text **ADVICE** to 78866 or **DEBT** to 78866 or call 0344 4111 444 Mon— Fri 10.00 am to 4.00 pm or visit: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## BODMIN FAMILY HUB

### Monday

#### **WILD**

A group for young mums under 23 years old and their children. For further information contact WILD on 01209 210077 or call/text Sue Fletcher 07900 285273  
**9.30 am – 12.00 noon**

#### **Ready Steady Eat!**

Introduction to solid foods. Bookable session offering guidance and advice. Please call: 01209 615600  
**5th August, 7th October, 2nd December 1.30 pm—3.00 pm**

#### **Health Visitor Clinic**

Come along to our friendly drop-in clinic for babies and toddlers for weighing, advice and extra support.  
**2.00 pm—4.00 pm**

#### **COPS**

Cornwall One Parent Support Group, children of any age welcome, for more information ring 01726 65417/07737 573647  
**3.30 pm - 5.30 pm**  
**TERM TIME ONLY**

#### **Passionate About the Spectrum**

A 6 week bookable course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. To register an interest in attending please contact the Early Help Hub on 01872 322277 or Benn Clarke (Parenting Lead) on 01752 847419.  
**12.30 to 3.00 pm.**  
**9th September— 14th October 2019**

## BODMIN FAMILY HUB

### Monday cont

#### **Incredible Years 3 - 6 yrs**

A 12 week (excluding half-term) bookable group to help support parents and carers of children aged 3-6 years to understand their child's development and behaviour. To register an interest in attending contact the Early Help Hub 01872 322277 or Benn Clarke (Parenting Lead) on 01752 847419.

**Commencing 9th September**  
**1.00pm—3.00pm**

### Tuesday

#### **OASIS**

Oasis groups are for parents, carers or grandparents of children or young people with any impairment or condition. FREE, friendly and informal sessions. Attend on your own, with your child or siblings.  
**9.30 am—11.30 am TERM TIME**

#### **Health Visitor Clinic**

Come along to our Friendly Drop in clinic for babies and toddlers for weighing, advice and extra support.  
**9.30 am – 12.00 noon**

#### **Breast-feeding Group**

Pregnant or breast-feeding (exclusively or combined, direct or expressing). Friendly, non-judgemental drop-in group, siblings welcome.  
**10.00am—12.00 noon**

#### **Family Worker Support and Guidance**

Bookable fortnightly one to one appointments with a Family Worker offering support and guidance to families. Please call Bodmin Family Hub on 01208 265760 to make 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

## INFORMATION, ADVICE AND GUIDANCE

### Parenting Courses

**A range of FREE courses available through your Family Hub to support you and your child...**

Sometimes being a parent is a challenge. Our courses can help you cope with the everyday demands of bringing up a family. You can gain new skills, build confidence and self-esteem and make new friends. Free courses include:

**Incredible Years:** 1-3 years; 3-6 years; 6-12 years

**Time Out Courses:** For parents of children with additional needs, Time Out for Special Needs, Time Out for ADHD and Time Out for ASD

**Susie Project Recovery Toolkit:** The Susie Project for survivors of domestic violence/abuse runs drop-in/support groups.

**Ante-natal: From Bump to Baby:** This fantastic 3 week course at your local Family Hub provides parents-to-be with all the information and skills they need.

For more information about any of the courses please contact your local Family Hub, find out more by contacting your Family Hub or book a place by contacting the Early Help Hub.



### Family Support Advice Sessions

**Appointment Only**

**If you have a child under the age of 13 and need some advice, then we can help:**

One to one appointments for information, advice and guidance on parenting, housing, relationships, grants, benefits, adult learning. For an appointment contact:

Bodmin Family Hub 01208 265760

Launceston Family Hub 01566 770823

## BODMIN FAMILY HUB

### Wednesday

#### Portage Group Pop Up

A free, informal drop-in session for children from birth to three with complex additional needs, and their families. We aim to provide an opportunity for families to meet in a relaxed environment and children to have an opportunity to play in a small, safe group setting. Run by members of the Portage Team.  
**10.00 am- 11.30 am**  
**First Wednesday of the month starting 03/04/19.** For further information, please ring Laura Mansfield on 07891 840631

#### Outlook South West- Finding Yourself Again

A group for mums with post-natal low mood. For more information or to refer yourself to a group call (01208) 871905 or visit the website ([www.outlooksw.co.uk](http://www.outlooksw.co.uk)).  
**30th October- 27th November**  
**1.30pm-3.30 pm**

#### Family Learning

"Story Sacks" A free 5 week course for Mum's, Dad's and Carer's: Come along, join in the fun and make a story sack for your child. For more information, contact Pam on 07800 865710 or [pam.fikri@cornwall-acl.ac.uk](mailto:pam.fikri@cornwall-acl.ac.uk) 18th September-16th October. A further course will run after half term. For further information contact details as above.

## BODMIN FAMILY HUB

### Thursday

#### Bump to Baby

A bookable **3 week** antenatal programme. **For further information or to book a place please contact Bodmin Family Hub on 01208 265760. 12th September & 28th November 2019**  
**2.00pm – 4.30pm**

#### WILD Dads

A fortnightly group for young Dads under 23. For further information contact WILD on 01209 210099 or call/text Sue Fletcher 07900 285273

### Friday

#### Money Box Course

Are you a tenant 16-64 years old? Not in paid work?  
Money Box Course will help you to gain the knowledge and skills to get on top of your finances, build self-confidence and self-esteem. Help offered with transport and childcare.  
**To find out more call or text 07941 712712. 13th September 2019**  
**Fridays 9.15 am to 2.30 pm**

#### Incredible Years 6-12 yrs

A 12 week (excluding half-term) bookable group to help support parents and carers of children aged 6-12 years to understand their child's development and behaviour. To register an interest in attending contact the Early Help Hub 01872 322277 or Benn Clarke (Parenting Lead) on 01752 847419. **13th September—6th December 2019 10.00 am—12.00 noon**



## LAUNCESTON FAMILY HUB

### Monday

#### Twins/Multiple Birth Play Session

A free, friendly weekly drop-in group offering a chance to get together with other multiple birth families (siblings welcome). **Term time only**  
**10.30 am – 12.00 noon**

#### WILD

A group for young mums under 23 years and their children. For further information contact WILD on 01209 210077  
**2.00 pm – 4.00 pm**

### Tuesday

#### Ready Steady Eat

Introduction to solid foods. Bookable session offering guidance and advice. Please call: 01209 615600  
**10th September & 12th November**  
**9.30 am—11.30 am**

#### Breastfeeding Group

Pregnant or breastfeeding (exclusively or combined, directly or expressing) Friendly, non-judgemental drop in group, siblings welcome.  
**1.00 pm – 2.30 pm**

#### Behaviours That Challenge

A free drop-in session. or combined, Worried about ADHD, ADD & ASD or want more help with behaviour? 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.

**27th August, 29th October & 17th December**  
**1.00 pm -3.00 pm**

## LAUNCESTON FAMILY HUB

### Wednesday

#### Health Visitor Clinic

Drop In clinic for babies and toddlers for weighing and advice.  
**9.30 am – 11.20 am**

#### Stop Smoking Clinic

For bookings please contact Julia Bright on 07795 061205.

### Thursday

#### Family Worker Support and Guidance

Fortnightly one to one appointments with a Family Worker offering support and guidance to families. If you would like an appointment please ring Launceston Family Hub on 01566 770823  
**9.30—11.30am**

#### Portage Group

A free, informal drop-in session for children from birth to three years with complex additional needs, and their families. We aim to provide an opportunity for families to meet in a relaxed environment, and children to have an opportunity to play in a small, safe group setting. Run by members of the Portage Team. For further information, please ring Michaela Coles on 07814 295952

**19th September, 17th October, 21st November, 19th December**  
**10.00 am – 11.30am**

## WADEBRIDGE HUB

### Wednesday cont'd

#### Ready Steady Eat

Introduction to solid foods. Bookable session offering guidance and advice. Call Family Hub on 01872 322270 to book.

**Weds 4th Sept 1.30 pm — 3.00 pm;**  
**Tues 1st Oct 1.30 pm— 3.00 pm;**  
**Tues 5th Nov 1.30 pm — 3.00 pm.**

#### Breastfeeding Group

Pregnant or breastfeeding (exclusively or combined, directly or expressing)? Friendly, non-judgemental drop in group, siblings welcome. **2nd & 4th Weds from 11th Sept 2019 1.30 pm to 3.00 pm**

#### Cornish Nappy Library

Free advice on using re-useable nappies, with plenty to view. Trial kits available to hire for a fortnight from £3 per nappy.  
**2nd Weds each month: 11th Sept, 9th Oct, 13th Nov & 11th Dec**  
**2.00 pm to 4.00 pm**

### Thursday

#### Young Mum's Will Achieve

A group supporting young mothers aged 14—24 years to learn to socialise with other young mothers both whilst pregnant and with children in an environment where their children are supported with free on-site child care. For further info contact Rachel Jones on 07973 913488.  
**9.00am – 4.30pm Term Time**

### Friday

#### Messy Pups

Art based messy play designed to help little ones explore their developing senses & creativity. Aged 12 months to 5 years. No need to book. **Weekly from 6th September 2019 (Term time only). Contact: Kernow Art on Facebook.**

#### Mum & Baby/Toddler Fitness

Circuits & Play. Workouts for Mum's with built-in play time for infants. New for ums! Gentle, fun & informal environment to get some exercise in. Just turn up £5.00 per session, bring yoga mat/blanket. **From 13th Sept 2019 Term Time –Call Lisa 07469 780244 1.00—1.45 pm**

## WADEBRIDGE HUB

### Friday cont'd

**ASD/ADHD Support Group (WASPS)** A friendly & informal group for parents/carers of children with ASD/ADHD. For info, contact Karen on 07759 146532 **First Friday Each Month—3rd May, 3rd June & 1st July 2019 9.30 am to 11.30 am (Term Time).**

## CAMELFORD FAMILY HUB

### Tuesday

#### Tea & Toast

Parents, toddlers, grandparents & carers welcome. Put the world to rights, share tips, advice, ideas & all things related. Informal group who meet weekly offering mutual support.

For info call Alison on 01566 781418

**Weekly term time 9.15 am -10.30 am**

### Wednesday

#### Health Visitor Clinic

Drop In clinic for babies and toddlers for weighing and advice. **Weekly.**  
**9.15 am -11.15 am**

#### Breastfeeding Group

Pregnant or breastfeeding (exclusively or combined, directly or expressing)? Friendly, non-judgemental drop in group, siblings welcome.

**Weekly 11.00 am to 12.30 pm**

#### Ready Steady Eat

Introduction to solid foods Bookable session offering guidance and advice. Please call Family Hub on 01872 322270. **Weds 11th Sept, 2nd Oct & 4th Dec 2019 1.30 pm—3.00 pm**

### Thursday

#### Bump to Baby

A bookable **3 week** antenatal programme. For further information or to book a place please contact Wadebridge Family Hub on 01872 322270. **7th Nov—21st Nov 2019 2.00 pm to 4.30 pm**

## WADEBRIDGE HUB

### Monday

#### **Mother Me**

A monthly group for Mothers, focusing on you, whether you are planning a baby, expecting a baby or are a new mother. Make new friends, have a cuppa & a chat. No need to book. Babies & children welcome. Contact Claire 07812 340106 or Jo 07396 172301 **First Monday of each month. 2nd Sept, 7th Oct, 4th Nov & 2nd Dec 2019—10.00 am to 12.00 noon. Term Time.**

#### **Health Visitor One to One**

For children up to age 2½ years. Appointments with Lisa Bray (Health Visitor) to review yourself and/or your baby/child (including weight). Please call 01872 322270 to make an appointment with Lisa. **Weekly.**

#### **Mini Kids Street Dance**

Aged 4—6 years—4.30 pm - 5.15 pm

#### **Kids Contemporary Dance**

Aged 7—13 years—5.15 pm - 6.00pm

#### **Adult Ballet**

Traditional classical incl. learning techniques, steps, stretches & routines.

**Starting 9th Sept—Term Time**

**For all dance classes call Lisa 07469 780244 [www.mindbodydance.co.uk](http://www.mindbodydance.co.uk)**

### Tuesday

#### **Move On Creative Futures**

For young people 16—18 years & up to 24 years who have an Education, Health & Care Plan who are not in education, employment or training. Particularly those who aren't ready for College, have low self confidence/high anxiety. An alternative to mainstream education, working in small groups, to level 1/2 Arts Award & improving functioning skills & valuable life skills to enable independent living. Call Trish on 07977 522498 or email: [trish@reachoutcf.com](mailto:trish@reachoutcf.com)

**Mon (all day), Tues (all day) & Wed mornings. Term Time.**

## WADEBRIDGE HUB

### Tuesday cont'd

#### **Baby Massage & Sensory**

A free bookable 6 week course, at Wadebridge Family Hub, for babies aged 8 weeks to 12 months. Call Tracey at Happy Days Nursery, St Minver on 01208 869693 to book a place. **10th Sept to 15th Oct & 29th Oct to 3rd Dec 2019 10.00 am - 11.00 am**

#### **Bump to Baby**

A bookable **3 week** antenatal programme. For further information or to book a place please contact Wadebridge Family Hub on 01872 322270 **3rd Sept to 17th Sept; 15th Oct to 29th Oct; 3rd Dec to 17th Dec 2019. 2.00 pm—4.30 pm**

#### **Friends of Face to Face**

Free & confidential linking parents & carers of children 0-25 with any disability or additional need, with trained local parent befrienders. Friendly & informal chat with a cuppa & biscuit. Children welcome. [www.face2facecornwall.com](http://www.face2facecornwall.com) Tel: 07810 731428—**2nd Tuesday Each Month (Term Time) 10th Sept, 8th Oct & 12th Nov & 10th Dec 2019 . 1.00 pm to 2.30 pm.**

#### **Junior Kids Street Dance**

Aged 7—9 years—5.00 pm - 5.45 pm

#### **Senior Kids Street Dance**

Age 10—13 years—5.45 pm - 6.30 pm

**Starting 10th Sept—Term Time**

**For all dance classes call Lisa 07469 780244 [www.mindbodydance.co.uk](http://www.mindbodydance.co.uk)**

### Wednesday

#### **Sing & Sign**

For babies from birth—2 1/2 yrs. Singing, nursery rhymes and action songs, toys & instruments. Learn over 150 useful everyday signs. Chargeable sessions. Booking Essential. Contact Amy Freathy on 07710 136179 - **18th Sept 2019 to 27th Nov 2019 Term Time**

#### **Health Visitor Clinic**

Drop In clinic for babies and toddlers for weighing and advice. **Weekly 2.00pm – 4.00pm**

## LAUNCESTON FAMILY HUB

### Thursday cont'd

#### **Baby Massage**

Learn to massage your baby.

**Chargeable course.**

To book please call Sarah Cole on 07787 520113

**Term time only**

**1.00 pm – 3.00 pm**

### Friday

#### **Health Visitor Clinic**

Drop In clinic for babies and toddlers for weighing and advice.

**9.30 am – 11.20 am**

#### **Childminding Network**

These sessions on the **1<sup>st</sup> & 3<sup>rd</sup> Friday's** of the month offer a great opportunity to meet other childminders in your local area and provide peer support and practical help.

**1.00—3.00pm**

#### **Chi Kernow Midwives**

#### **Drop In Sessions &**

#### **Homebirth group**

Please call the Family Hub for more information on 01566 770823

**17th September—Birth Choices**

**11th October—Homebirth Group**

**8th November—Labour Class**

**13th December—Birth Choices**

**1.00—3.00pm**

## ST. STEPHENS LAUNCESTON

### Tuesday

#### **Incredible Years 3 - 6 yrs**

A 12 week (excluding half-term) bookable group to help support parents and carers of children aged 3-6 years to understand their child's development and behaviour. To register an interest in attending contact the Early Help Hub 01872 322277 or Benn Clarke (Parenting Lead) on 01752 847419.

**Commencing 17th September**

**10.00 am—12.00 noon**

### Wednesday

#### **Childminding Network**

These sessions on the **2nd & 4th Wednesday's** of the month offer a great opportunity to meet other childminders in your local area and provide peer support and practical help.

**9.30 am – 12.00 noon**

#### **Bump to Baby**

A bookable **3 week** antenatal programme.

For further information or to book a place please contact Launceston Family Hub on 01566 770823

**27th November, 4th & 11th December 2.00 pm – 4.30 pm**

### Thursday

#### **Take 3**

A 10 week (excluding half-term) bookable group to help support parents and carers of challenging teenagers. To register an interest in attending please contact The Early Help Hub on 01872 322277 or Benn Clarke (Parenting Lead) on 01752 847419

**Commencing 19th September**

**10am—12noon**

## BUDE FAMILY HUB

### Tuesday

#### **Baby Yoga**

Suitable for babies from 8 weeks to 10 months old. Bookable sessions. For further information or to book a place please contact Sandra on 01288 361668 or 07930154033.

#### **Chargeable Session**

**24th September —15th October 2019**

**5th November—3rd December 2019**

**1.30 pm – 2.30 pm**

#### **Ready Steady Eat**

Introduction to solid foods.

Bookable session offering guidance and advice.

Please call: 01209 615600

**1st October 2019**

**3rd December 2019**

**9.30 am -11.00am**

#### **Bump to Baby**

A bookable **3 week** antenatal programme. For further information or to book a place please contact Bude Family Hub on 01288 353968

**10th & 24th September 2019**

**9.30 am – 12.00 pm**

### Wednesday

#### **Childminding Network**

These sessions offer a great opportunity to meet other childminders in your local area and provide peer support and practical help.

**10.00 am – 12.00 pm**

### Thursday

#### **Breastfeeding Support Group**

Pregnant or breastfeeding (exclusively or combined, directly or expressing). Friendly non-judgemental drop in group. Siblings welcome.

**10:30 am – 12:30 pm**

## BUDE FAMILY HUB

### Thursday cont'd

#### **Health Visitor Clinic**

Drop In clinic for babies and toddlers for weighing and advice.

**10.30 am – 12.30 pm**

#### **Chi Kernow Midwife drop-in**

Sessions cover antenatal, birth choices, intrapartum and post-natal.

5th September 2019

**5.30pm-7pm**

#### **Bump to Baby**

A bookable **3 week** antenatal programme. For further information or to book a place please contact Bude Family Hub on 01288 353968

**19th September 2019**

**2.00 pm – 4.30 pm**

### Friday

#### **Baby Massage**

Suitable for babies from 6 weeks to 7 months old. Bookable sessions.

For further information or to book a place please contact Sandra on 01288 361668 or 07930 154033

#### **Chargeable Session**

**13th September –11th October 2019**

**1.30 pm – 2.30 pm**

### Saturday

#### **Makaton parent/carer beginner course**

2 day certificated course

For further information or to book a place please contact Maria Stopher on 07428161323 or

Maria\_stopher@yahoo.co.uk

#### **Chargeable Session**

**Saturday 5th October and Saturday**

**2nd November (9.30am - 3.30pm)**

## TARGETED YOUTH SUPPORT WORKER INFORMATION, ADVICE & GUIDANCE SESSIONS FOR YOUNG PEOPLE AGED 13— 18YRS.

Family life can be difficult at any time. Targeted Youth Support Workers are here to offer practical, emotional and friendly help. All support is confidential and non-judgemental. No decisions will be made without prior discussion with the young person and the school. We listen carefully to your needs and adapt a support package suitable to meet these.

Targeted Youth Support Worker sessions are by **appointment only** with a youth worker offering support and guidance to young people aged 13 – 18yrs around the following:-

- Advocacy
- Relationships
- Identity
- Sexual Health
- Emotional Resilience
- Signposting to other services

**Callywith College**  
**Thursdays**  
**9.00am –12.00 noon**

**To Book an Appointment, Please contact your College Pastoral Team.**

**Wadebridge School**  
**Wednesdays**  
**1.30pm –3.00pm**

**To Book an Appointment, Please contact your School Pastoral Team.**

**Budehaven School**  
**Mondays**  
**1.30pm –3.30pm**

**To Book an Appointment, Please contact your School Pastoral Team.**

**Sir James Smith School**  
**Fridays 12pm—2pm**

**To Book an Appointment, Please contact your School Pastoral Team.**

**Bodmin College**  
**Wednesdays**  
**12.45pm-3pm**

**To Book an Appointment, Please contact your College Pastoral Team.**