

Locality 6 Children's Centres

Contact Details:

Callington
Saltash Road
Callington
PL17 7EF
Tel: 01579 389647

Liskeard
Varley Lane
Liskeard
PL14 4AP
Tel: 01579 349157

Looe
Trewint Crescent
East Looe
PL13 1ET
Tel: 01503 265611

Saltash
Plougastel Drive
Saltash
PL12 6DX
Tel: 01752 847419

Torpoint Youth & Children's Centre
Trevol Road
Torpoint
PL11 2NH
Tel: 01752 816569

[Early Help Hub – 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.

Telephone: 01872 322277

Email: earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub

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

This leaflet has been updated on 27/06/2017

SureStart

Locality 6



Parenting Courses Autumn 2017



Free
course

Incredible Years Parenting Programme

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

We have a course for parents of
1-3 Year Old's

Sessions include:

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



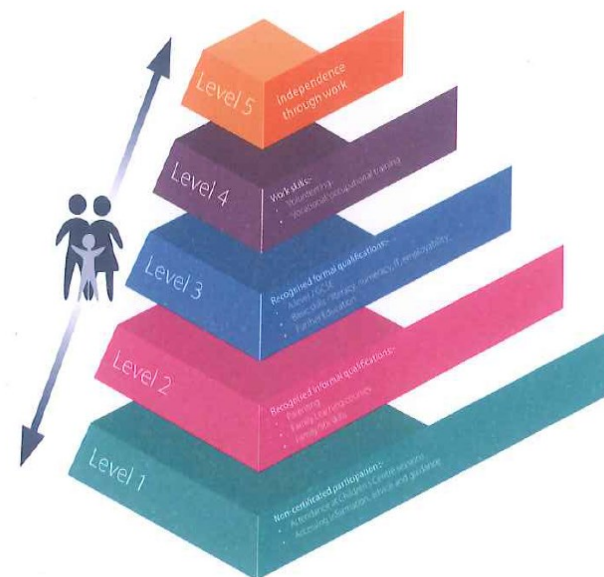
Incredible Years 1-3 will be available at The Liskerrett
Centre, Varley Lane, Liskeard. Thursday 9.30am-11.30am
from 28/09/2017 to 23/11/2017 (not half term 26/10/2017).

It will be facilitated by Children's Centre Workers and there
will be an option of a creche for your child.

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

For further details contact: Benn Clarke, Parenting and
Adult Education Lead:

01752 847419, bennclarke@cornwall.gov.uk



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.

Time Out

Time out for ADHD (Attention Deficit Hyperactivity Disorder)

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

We will be running a 6 week course for parents/carers and families with children aged 5-12 years who need further knowledge about this condition. It will take place at **Saltash Children's Centre** on a **Tuesday 09.30am-1.30pm. Starting 07/11/2017 to 12/12/2017.** It will be facilitated by Mary Carroll and Karen Batchelor who are Family Workers within the Early Help Team.

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!

To book a place visit:

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

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

01752 847419,
bennclarke@cornwall.gov.uk

Free
course

Incredible Years Parenting Programme

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

We have both 3-6 and 6-12 courses available starting September 2017

Sessions include:

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



Incredible Years 3-6 at Callington Children's Centre on a Tuesday 12.30pm-2.30pm. Beginning 12/09/17, breaking for half term 24/10/17 and finishing 05/12/17. It will be facilitated by Ann Julian and Angie Mitchell who are Family Workers within the Early Help Hub.

Incredible Years 6-12 at Torpoint Children's Centre on a Wednesday 09.30-11.30am. Beginning 13/09/17, breaking for half term 25/10/17 and finishing 06/12/17. It will be facilitated by Kim Rout who is a Family Worker and Lindy Lewis who is a Children's Centre Worker.

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

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

01752 847419 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

Free course
For mums, dads grandparents and carers of teenagers



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.

Venue: Liskeard Children's Centre, Liskeard
Take 3 is held on Tuesdays 6.30pm-8.30pm from 19/09/17 to 28/11/17 (not on 24/10/17 as half term)

Living with Parents is a 1 day workshop being held on Thursday 07/12/17 9.30am-2.30pm at the Liskerrett Centre, Liskeard

To book a place visit:

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

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

01752 847419, bennclarke@cornwall.gov.uk



Time Out

Time out for ASD (Autistic Spectrum Disorder)

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 **Saltash Children's Centre** on a **Tuesday 09.30am-1.30pm. Starting 12/09/2017 to 17/10/2017.** It will be facilitated by Mary Carroll and Karen Batchelor who are Family Workers with the Early Help Team.

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/earlyhelphub and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

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