

Locality 5 Family Hubs

Contact Details:

Bodmin

83 Fore Street,
Bodmin
PL31 2JB
01208 265760

Bude

Broadclose Hill,
Bude
EX23 8EA
01288 353968

Wadebridge

Goldsworthy Way
Wadebridge
PL27 7AL
01872 322270

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

Midwives:

Launceston: 01566 761110

Camelford: 01840 779535

Wadebridge: 01208 812342

Launceston

Coronation Park,
Launceston
PL15 9DQ
01566 770823

Camelford

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

Launceston St Stephens,

Roydon Road
Launceston
PL15 8HL
01566 770823

Bude: 01288 320151

Bodmin: 01208 834565

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



EARLY HELP LOCALITY FIVE

FAMILY HUB



Parenting Courses January to April 2019



Bump to Baby Course Dates

Bodmin Family Hub

Thursday 17th January – 3rd February 2019

Thursday 7th March – 21st March 2019

Bude Family Hub

Tuesday 26th February, Thurs 7th March, 12th March 2019

Wadebridge Family Hub

Tuesday 8th January – 22nd January 2019

Tuesday 5th March – 19th March 2019

Camelford Family Hub

Thursday 31st January – 14th February 2019

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

Every other Tuesday 09.30am – 11.30am

Launceston Family Hub, Coronation Park. Launceston PL15 9DQ

Every other Thursday 09:30 to 11:30

Please call the 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, Bude – Monday's 1.30pm – 3.30pm

Jan 14th & 28th, Feb 11th & 25th, March 11th & 25th

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

Jan 18th, Feb 1st & 15th, March 1st, 15th & 29th

Bodmin College, Bodmin – Wednesdays 12.45pm – 3pm

Jan 16th & 30th, Feb 13th & 25th, March 11th & 25th

Callywith College, Bodmin - Thursdays 9am—12 noon, Jan 17th, Feb 14th, March 21st

Wadebridge School— Wednesdays 1.30pm—3pm, Jan 9th, Feb 13th, March 13th

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 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

**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 2019 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



Incredible Years 0-3 at Bodmin Family Hub, on a Monday 13.00-15.00. Beginning 21/01/2019 and finishing 01/04/2019. This programme will be facilitated by Parenting 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

Incredible Years Parenting Programme

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

We have a 3-6 years course available starting January 2019 in Launceston

Sessions include:

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



Incredible Years 3-6 at St Stephen's Family Hub, Launceston on a Tuesday 10am – 12pm. Beginning 08/01/2019, breaking for half term 21/02/2019 and finishing 02/04/2019. 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



New 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

Bodmin Family Hub 83 Fore Street, Bodmin, PL31 2JB 1pm to 3pm Thursday 28th February 2019 Thursday 25th April 2019 Thursday 27th June 2019	The Liskerrett Centre, Varley Lane, Liskeard, PL14 4AP 1pm to 3pm Thursday 31st January 2019 Thursday 28th March 2019 Thursday 30th May 2019
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For more general information please contact:

Benn Clarke: 07805139539

E.Mail: bennclarke@cornwall.gov.uk



**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



Venue: The Haven, Bude

Take 3 will start on Weds 16th January until Weds
27th March (with a break for half term) 6—8 pm.
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



**Free
course**

Incredible Years Parenting Programme

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

We have a 6-12 course starting January 2019 in
Bodmin

Sessions include:

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



Incredible Years 6-12 at Beacon Family Hub on a
Friday 10am – 12pm. Beginning 11/01/2019,
breaking for half term 22/02/2019 and finishing
05/04/2019. 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



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 will have a programme running in the summer of 2019. 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/earlyhelphub and follow Parenting Support link

Time Out

Free
course

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 Bodmin Family Hub on a Tuesday 12.30- 14.30pm. Starting 15th January 2019 to 26th March 2019.

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 Lead:

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