

Early Help Newsletter – Summer 2022

Free information, support and guidance for Parents and Carers

Parenting Support Courses

We offer interactive parenting courses both online and face to face. Service requests can be made through the Early Help Hub.

www.cornwall.gov.uk/earlyhelphub

The courses available are:

- **Being Passionate About Parenting - Early Years 1 - 3 years (3 x 1½ hours)**
- **Being Passionate About Parenting - 4 - 11 years (3 x 1½ hours)**
- **Being Passionate About Being Calm - 4 – 11 years (1 x 2 hours)**
- **Being Passionate About Parenting with basic introduction and an awareness to ADHD- 5 – 11 years (3 x 1½ hours)**
- **Being Passionate About Parenting with a basic introduction and awareness about the “Spectrum” 5 – 11 years (3 x 2 hours)**
- **Being Passionate About Parenting – The Teenage Brain 12 -17 years (3 x 1½ hours)**
- **Take 3 – Supporting Teenagers 12 – 17 years (5 x 2 hours)**

From July following completion of Take 3 you can opt for an optional session). All 2 ½ hour sessions.

- **Introduction to Teenagers with ADHD Traits**
- **Introduction to Teenagers with Autistic Traits**
- **Introduction to Teenagers with Sensory Challenges**

Future Highlight

- **Passionate About the Baby Brain – 0-5months and 6-11 months (3 x 1 ½ hours)**

Topics include building baby’s brain, playing with baby, attachment and bonding, language development, physical development and the importance of routines.

- **Passionate About my Family – Parent and 1 young person School Years 6 - 7 (3 x 1 ½ hours)**

The aim is to improve communication and relationships and reducing conflict within the home.

Just for Dads

You can also find information tailored just for you on the Family Information Service –



<https://www.supportincornwall.org.uk/fordads>

Behaviours that Challenge Sessions

If you would like to be able to talk in confidence and meet other parents experiencing similar challenges come along.

All sessions run from 12:30pm to 2:30pm

- **26th April – Passionate About Being Calm**
- **24th May – Tigger Pritchard about Autism**
- **22nd June – PC Drew about County Lines**
- **20th July – Becky Higgins about Volunteer Cornwall**

To book your place contact:

Julie.Attwell@cornwall.gov.uk

facebook

For further updates and information on what’s happening in your area visit us on Facebook:

www.facebook.com/TFFCornwall

Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns or are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116



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Together 
for Families



www.cornwall.gov.uk



Parents and carers wellbeing workshops providing support to help you navigate the journey of raising a child in a fast-changing world and to guide you to available services and support and to promote helpful conversation.

For further information please visit:

www.headstartkernow.org.uk

www.facebook.com/TFFCornwall



Parents can struggle at one time or another. You are not alone. Home-Start's volunteers work alongside families to give compassionate and confidential support. They help people to regain the confidence to be the parents they want to be.

Take a look at the website:

<http://homestartkernow.org.uk>

Useful Links

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/useful-websites-for-early-help/>

Provides useful links to other areas of support.

Family Information Services

For useful parenting information, updates on parenting programmes including face to face delivery and **Parenting Podcasts** please access the Family Information Service website –

www.supportincornwall.org.uk

[Solihull Approach | inourplace | Understanding your child](#)

Access to resources about becoming a parent or being a parent from children aged 6 months to 19 years including children with additional needs and children's health and wellbeing.

Free Access Code: TAMAR

www.supportincornwall.org.uk/kb5/cornwall/directory/autismwheel.page

This wheel can be used to find information about autism and to guide you in finding the right support for your child.

www.adhdfoundation.org.uk

Attention Deficit Hyperactivity Disorder Foundation actively promotes a strength-based approach to living successfully with ADHD and other 'neurodiverse minds', such as, dyslexia, dyspraxia, autism spectrum, dyscalculia and Tourette's syndrome.

www.pdasociety.org.uk

Pathological Demand Avoidance Society offer Information, support and training for PDA.

www.capt.org.uk

The Child Accident Prevention Trust, working to reduce the number of children and young people killed, disabled or seriously injured in accidents.

www.volunteercornwall.org.uk

Developing individuals and communities through voluntary action.

www.citizensadvice.org.uk

Giving people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem - Adviceline : 0800 144 8848

<https://www.socialprescribingcornwall.org.uk>

Social Prescribing is a method of linking people with non-clinical sources of support within the community.



If you would like this information in another format, please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: equality@cornwall.gov.uk Telephone: **0300 1234 100**