

# Early Help Newsletter – Autumn 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](http://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 Parenting with basic introduction and an awareness to ADHD - 5 – 11 years (3 x 2 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 virtual or 10 x 2 hours face to face)
- SPACE – Supporting Parents and Children Emotionally (5 x 2 hour sessions)

### Just for Dads

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

[www.supportincornwall.org.uk/fordads](http://www.supportincornwall.org.uk/fordads)

### 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**



### Future Highlight

From September following completion of Take 3 you can book for an optional session). All 2 ½ hours via the EHH.

- Introduction to Teenagers with Sensory Challenges Tuesday 27th September 10-12.30
- Introduction to Teenagers with Traits of ADHD Tuesday 11th October 10-12.30
- Introduction to Teenagers with Autistic Traits Tuesday 8th November 10-12.30

### Tempo Time Credits

You will soon be able to earn Tempo attending programmes which can be exchanged for a range of fun activities to do with your family and friends.

Tempo

[www.tempotimecredits.org](http://www.tempotimecredits.org)

### Positive Parenting Bitesize

(formerly known as Behaviours that Challenge)

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

- 20<sup>th</sup> July – ADHD including pathway into CAMHS
- 18<sup>th</sup> August - Information sharing from Family Information Service, Volunteer Cornwall and Community Support
- 22<sup>nd</sup> September –social media and Internet safety
- 21<sup>st</sup> October – ADHD myth busting
- 21<sup>st</sup> November - Passionate about Being Calm
- 12<sup>th</sup> December – Autism from Autism Team advisor

To get your Microsoft Teams link for the session contact:

[julie.attwell@cornwall.gov.uk](mailto: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](http://www.facebook.com/TFFCornwall)



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[www.cornwall.gov.uk](http://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](http://www.headstartkernow.org.uk)



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:

[www.homestartkernow.org.uk](http://www.homestartkernow.org.uk)

## Useful Website Links

Provides useful links to other areas of support.

[www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/useful-websites-for-early-help/](http://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/useful-websites-for-early-help/)

## Family Information Services

For useful parenting information, updates on parenting programmes and **Parenting Podcasts** please access the Family Information Service website

[www.supportincornwall.org.uk](http://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.

**New programme – Understanding Your Relationships**

Free Access Code: **TAMAR**



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[www.adhdfoundation.org.uk](http://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](http://www.pdasociety.org.uk)

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

[www.capt.org.uk](http://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](http://www.volunteercornwall.org.uk)

Developing individuals and communities through voluntary action.

[www.citizensadvice.org.uk](http://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 or text the word ADVICE to 78866 and they will call you back within 48 hours (excluding weekends).



[www.facebook.com/groups/1530444410409057/](https://www.facebook.com/groups/1530444410409057/)



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](mailto:equality@cornwall.gov.uk) Telephone: **0300 1234 100**