

Contact Details

Camborne Children's Centre, Cliff View Road, Camborne TR14 8QH	Telephone 01209 611700
Helston Children's Centre Bulwark Road, Helston TR13 8JF	Telephone 01326 560417
Redruth Children's Centre Drump Road, Redruth TR15 1NA	Telephone 01209 310000
St Elvan's Children's Centre Torleven Road, Porthleven TR13 9BX	Telephone 01326 554184
Teyluva Children's Centre Burnwithian, School Hill, St Day TR16 5LG	Telephone 01209 821479
Treloweth Children's Centre Higher Broad Lane, Illogan, Redruth TR15 3JL	Telephone 01209 314510 & 314872
Troon Children's Centre Troon Community Primary School, New Road, Troon, Camborne TR14 9ED	Telephone 01209 614759 & 611700

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.supportincornwall.org.uk



Keeping Children safe in Cornwall and the Isles of Scilly

If you have any concerns regarding a child or children'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

Isles of Scilly Children's Social Care Out of Hours on 01720 422699

Cornwall Safeguarding Children Standards Unit on 01872 254549



Locality 2 Children's Centres



What's On Guide September- November 2017

Camborne Children's Centre

Monday

Little Learners

An opportunity for you and your child to play and learn together focusing on your child's communication and language.

Please ring 01209 310000 to book. Term time only
10:00 – 11:30

Tuesday

Child Health Clinic

An opportunity to weigh your baby & speak with a Health Visitor. No appointment needed.

09:15 – 11:15

Citizens Advice Cornwall

Free confidential advice. Please ring 01209 310000 for dates and to book an appointment.

WILD Young Parents

Free crèche and support group for young parents.

12:15 – 14:15

Wednesday

Breast Friends

Breastfeeding advice and support.

10:00 – 12:00

Incredible Years (0-12 months)

An 8 week bookable group to help support parents and carers of children aged 0 - 1 year to understand their baby's development. Please contact The Early Help Hub on 01872 322277

**Starting 27th Sept
13:00 – 15:00**

Thursday

N.E.S.T

N.E.S.T. is a small nurture session supporting referred families with building their confidence in supporting their child through play.

13:30 – 15:00

Friday

'Looking Up'

A group for babies and toddlers with Downs Syndrome.

**8th Sept, 13th Oct & 10th Nov
10:00 – 12:00**

OASIS

A drop in for families with children with additional needs.

**6th Oct, 3rd Nov, 1st Dec
09:30 – 11:30**

Babbling Babies

Play session to help parents encourage their babies' early communication & language.

13:30 – 15:00

Useful Information

Family Workers

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

If you would like to make a referral please talk to a member of staff or go online at:

<http://www.supportincornwall.org.uk>

Family Worker Drop-In

Helston Children's Centre

Thursdays 14:30 – 15:30

7th Sept, 5th Oct, 2nd Nov, 30th Nov

Redruth Children's Centre

Tuesdays 14:30 – 15:30

5th & 26th Sept, 17th Oct, 14th Nov, 12th Dec

Treloweth Children's Centre

Mondays 09:00 – 10:30

18th Sept, 16th Oct, 20th Nov, 18th Dec

Camborne Children's Centre

Tuesdays 09:00 – 10:00

5th Sept, 7th Nov

Troon Children's Centre

Tuesdays 09:00 – 10:00

3rd Oct, 5th Dec

Cury C of E Primary School

Wednesdays 14:30 – 15:30

4th Oct, 8th Nov, 6th Dec

Targeted Youth Worker Drop In

If you are age 11-19, you can drop in to speak with a Targeted Youth Worker if you are worried about:

- your emotional or physical health
- your sexual health or sexuality
- your alcohol or drug use
- problems online, being bullied or threatened
- arguing with your parents or thinking of running away
- worried about something or someone else who needs help

Mullion School

Wednesdays 12:30 – 13:30

13th & 27th Sept, 11th & 25th Oct, 8th & 22nd Nov

Health Visitors

Camborne 01209 318525

Redruth 01209 318877

Helston & The Lizard 01326 430303

Midwives

Camborne 01209 842172

Redruth 01209 843059

Helston & The Lizard 01326 430302

Can we please remind parents to try to get to clinic at least 15 mins before the end so that clinics don't over run.

Parenting Courses

"Sharing ideas with other parents gives you confidence"

The group supports you with some of the challenges of being a parent. Parents tell us they learn a great deal from each other and enjoy the support that a group provides. We offer a selection of **free** courses, whatever the age or needs of your child.

Example of some of the Courses available:

Incredible Years: We offer several programmes covering from Birth up to the age of 12. DVD examples, modelling and group discussion are used and the programme is run for up to 12 weeks.

General Aims/Goals

- ☐ Supporting children through different stages of social and emotional development, building confidence and encouraging independent problem solving skills
- ☐ Building on parent-child relationships and developing parents' skills by using a range of positive approaches
- ☐ Support to set up effective routines and use realistic limit settings that reduce conflict in the home

Time Out Courses: For parents of children with additional needs, Time Out for Special Needs, Time Out for ADHD and Time Out for ASD are designed to give parents/carers a greater understanding of their child's needs and strategies to help them and their children.

Susie Project Recovery Toolkit: The Susie Project for survivors of domestic violence/abuse runs drop-in/support groups, 1-1 support work and outreach work across the county.

Ante-natal: From Bump to Baby: This fantastic 3 week course at your local Children's Centre 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 & Children's Centre Staff.

For more information about any of the courses please contact your local Parent & Adult Education Lead, contact details can be found on the Family Information Service website:
www.cornwallfisdirectory.org.uk or telephone 0800 587 8191

Monday

Babbling Babies

at Culdrose Community Centre
10:45 – 11:45

Incredible Years (1-3 years)

A 10 week bookable group to help support parents and carers of children aged 1 – 3 years to understand their child's development and behaviour.

Please contact The Early Help Hub on 01872 322277

25th Sept – 4th Dec
13:00-15:00

Tuesday

WILD Young Parents

Free crèche and support group for young parents.

09:30 – 11:30

OASIS

Drop in for families with children with additional needs.

12th Sept, 3rd Oct & 7th Nov
13:00 – 15:00

Wednesday

Young Mums Will Achieve

A course for young mums facilitated by Cornwall College. Crèches provided by Fit N Fun Kids. For information please contact Rachel Jones on

07973913488
9.15am – 4.30pm

Wednesday

Children's Centre Drop In

Come along and find out more about what your Children's Centre can offer you, advice and support around your child's development.

At Landewednack School
20th Sept, 18th Oct & 15th Nov
10:00 – 11:00

Thursday

Babbling Babies

Play session to help parents encourage their babies' early communication & language.

10:00 – 11:30

Toddler Talk

Referral Only

Play session to develop children's language and communication.

Term time only

13:30 – 15:00

Citizens Advice Cornwall

Free confidential advice. Please ring 01326 560417 for dates and to book an appointment.

Friday

Little Learners

An opportunity for you and your child to play and learn together focusing on your child's communication and language.

Please ring 01326 560417 to book. Term time only
10:00 – 11:30

Redruth Children's Centre

Monday

Citizens Advice Cornwall

Free confidential advice.
Please ring 01209 310000 for dates and to book an appointment.

Babbling Babies

Play session to help parents encourage their babies' early communication & language.
13:30 – 15:00

Tuesday

Little Learners

An opportunity for you and your child to play and learn together focusing on your child's communication and language.
Please ring 01209 310000 to book. Term time only
10:00 – 11:30

Incredible Years (0-12months)

An 8 week bookable group to help support parents and carers of children aged 0 -1 year to understand their baby's development. Please contact The Early Help Hub on 01872 322277
Next course starting 31st October
13:00 – 15:00

Wednesday

Child Health Clinic

An opportunity to weigh your baby & speak with a Health Visitor. No appointment needed.
09:30-11:30

WILD Young Parents

Free crèche and support group for young parents.
13:30-15:30

Thursday

Bosom Buddies

Breastfeeding advice and support.
10:30-12:30

Friday

Incredible Years (3-6 Years)

A 12 week bookable group to help support parents and carers of children aged 3-6 years to understand their child's development and behaviour. Please contact The Early Help Hub on 01872 322277
15th Sept – 8th Dec
09:30 – 11:30

DADS' GROUP

Redruth Children's Centre

Play session for male carers and their children age 0-8 years. Booking is required.
Last Saturday of the month
30th September, 28th October, 25th November
09:30 – 11:30

Ready Steady... Sessions



Ready Steady Safe

Would you like to find out about how you can help to keep your child safe?
For parents of babies from 6-18 months.

Collect your free bag of safety goodies when you attend!

Helston Children's Centre
Tuesdays 13:30-15:00
19th Sept, 17th Oct, 21st Nov

Redruth Children's Centre
Thursdays 13:30-15:00
28th Sept, 26th Oct, 23rd Nov

Camborne Children's Centre
Fridays 10:00 – 11:30
15th Sept, 20th Oct, 17th Nov

The Ready Steady Eat sessions are delivered in partnership with your Health Visitor team.



Ready Steady Eat

For parents of young babies to find out more about introducing solid food

Redruth Children's Centre
Thursdays 13:30-15:00
21st Sept, 19th Oct, 16th Nov

Camborne Children's Centre
Thursdays 10:00-11:30
7th Sept, 5th Oct, 2nd Nov, 7th Dec

Helston Children's Centre
Tuesdays 13:00-14:30
12th Sept, 10th Oct, 14th Nov

To book for Helston sessions, call
01326 560417

To book Camborne and Redruth sessions (excluding Ready, Steady Eat in Redruth) call 01209 310000

To book for Ready, Steady, Eat at Redruth Children's Centre, please speak to a member of your health team.

Bump to Baby

Free antenatal course

Camborne Children's Centre

Telephone 01209 310000

Wednesdays 17:00 – 19:30

6th – 20th September

8th – 22nd November

Helston Children's Centre

Telephone 01326 560417

Mondays 17:00 – 19:30

4th – 18th September

9th – 23rd October

6th – 20th November

27th November – 11th December

Redruth Children's Centre

Telephone 01209 310000

Fridays 14:00 – 16:30

13th – 27th October

New Entitlement to an additional 15hrs of FREE Childcare a week

The new 30 hours entitlement for working parents will be available from September 2017.

□ The new entitlement to an extra 15 hours of childcare is an entitlement for the working parents of 3 and 4 year olds. These 15 hours are in addition to the existing universal entitlement for all 3 and 4 year olds. The purpose of this entitlement is to make sure that the cost of childcare is not a barrier to parents who want to work or wish to work more hours.

Eligibility will be based on parental income and not the number of hours worked each week.

□ The additional 15 hours will be available to families where both parents are working (or the sole parent is working in a lone parent family), and each parent earns a weekly minimum equivalent to 16 hours at national minimum wage or living wage, and less than £100,000 per year.

For further information go online and visit www.gov.uk, speak to your Early Years provider or contact the Family Information Service Tel: 0800 587 8191 or online www.cornwallfisdirectory.org.uk



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 Nurse Partnership
- 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: earlyhelpclub@cornwall.gov.uk or by

Telephoning: 01872 322277 www.cornwall.gov.uk/earlyhelpclub.

The hub is open Monday – Thursday 8.45am – 5.15pm and Fridays 8.45am – 4.45pm (Closed on Bank Holidays)

Troon Children's Centres

Monday

Toddler Talk

Referral Only

Play session to develop children's language and communication.

Term time only

10:00 – 11:30

Tuesday

Childminder Drop In

09:30 – 12:30

OASIS

A drop in for families with children with additional needs.

12th Sept, 10th Oct & 14th Nov

13:00 – 14:30

Wednesday

Multiple Birth Group

A drop in play session for multiple birth families. 1st & 3rd

Wednesday of the month

Booking is required.

6th & 20th Sept, 4th & 18th Oct

1st & 15th Nov

10:00 – 11:30

Thursday

Child Health Clinic

An opportunity to weigh your baby & speak with a Health Visitor.

No appointment needed.

21st Sept, 19th Oct & 16th Nov

09:30 – 10:30

Thursday

Children's Centre Drop In

Come along and find out more about what your Children's Centre can offer you. Drop in for advice and support around your child's development.

21st Sept, 19th Oct & 16th Nov

09:30 – 10:30

St Elvan's

Monday

Childminders Drop In

09:30 – 11:30

Tuesday

Porthleven School Parent and Toddler Group

A drop in play session run by Porthleven School staff with a Children's Centre Worker dropping in. Come and join us for fun learning opportunities. This session runs during term time only.

09:00 – 11:00

Wednesday

Tiny Feet Baby Group

Baby group for parents and their children aged 0-2 years delivered by First Steps Nursery.

09:30 – 11:30 Term time only

Treloweth Children's Centre

Monday

Citizens Advice Cornwall

Free confidential advice.

Please ring 01209 310000 for dates and to book an appointment.

OASIS

A drop in for families with children with additional needs.

25th Sept, 16th Oct & 27th Nov

13:00 – 14:30

Tuesday

Grow your confidence

A 6 week course for women of all ages facilitated by West Cornwall Women's Aid.

For more information please call 01736 367539

Starting 12th September

10:00-12:00

Finding Yourself Again

A 5 week course run by Outlook Southwest providing a wellbeing support group for mums.

For more information please call 01208 871905

Starting 10th October

13:30 – 15:30

Wednesday

Child Health Clinic

An opportunity to weigh your baby & speak with a Health Visitor. No appointment needed.

13:30 – 15:30

Wednesday

Incredible Years

(0-12months)

An 8 week bookable group to help support parents and carers of children aged 0 -1 year to understand their baby's development. Contact the Early Help Hub on 01872 322277

Starting 1st November

09:30 – 11:30

Thursday

Toddler Talk

Referral Only

Play session to develop children's language and communication. Term time only

10:00-11:30

Little Learners

An opportunity for you and your child to play and learn together focusing on your child's communication and language.

Please ring 01209 314510 to book. Term time only

13:30-15:00

Friday

Baby Group

Baby group for parents and their babies aged 0-1 year old

10:00 – 11:30