

# Early Help Newsletter – Summer 2021

## Free information, support and guidance

### Online Parenting Support Courses

We are continuing to support parents and carers and offer interactive parenting courses online. This replaces some of our face to face groups to ensure we are offering a full service to parents / carers in the safest way. Service requests will continue to be received through the Early Help Hub.

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

The courses available will be:

- **Being Passionate About Parenting - Early Years 1 - 3 years**
- **Being Passionate About Parenting 4 - 11 year**
- **Being Passionate About Parenting with basic introduction and an awareness to ADHD 5 – 11 years**
- **Being Passionate About Parenting with a basic introduction and awareness about the "Spectrum" 5 – 11 years**
- **Being Passionate About Parenting – The Teenage Brain 12 -17 years**
- **Take 3 – Supporting Teenagers 12 – 17 years**

Courses are usually delivered over 3 sessions (1.5 hours per session) with the exception of "Spectrum" which is delivered over 4 sessions (2 hours per session) and Take 3 which is delivered over 5 sessions (2 hours per session)

### 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](http://www.supportincornwall.org.uk)

### Future Highlight

- **Baby and Me – 1 x 6-hour sessions**

Six 1-hour sessions for parents and their baby under 12 months to support parents to get to know their baby, meet other parents, learn about babies' development and the chance to join in rhyme time and activities such as baby massage

- **Passionate About Dads – 1 x 2-hour session**

A 2-hour session for dads of babies and young children pre-birth to 2 years old to learn more about preparing to be a dad, looking after your little one and having fun with your baby/child.

facebook

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

[www.facebook.com/PenwithFamilyHubs](http://www.facebook.com/PenwithFamilyHubs)

[www.facebook.com/KerrierFamilyHubs](http://www.facebook.com/KerrierFamilyHubs)

[www.facebook.com/CarrickFamilyHubs](http://www.facebook.com/CarrickFamilyHubs)

[www.facebook.com/RestormelFamilyHubs](http://www.facebook.com/RestormelFamilyHubs)

[www.facebook.com/NorthCornwallFamilyHubs](http://www.facebook.com/NorthCornwallFamilyHubs)

[www.facebook.com/CaradonFamilyHubs](http://www.facebook.com/CaradonFamilyHubs)



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for Families



[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. Delivered through a series of multimedia workshops for parents and carers living in Cornwall and the Isles of Scilly. Designed to help you get a better understanding of the everchanging world your child is growing up in, 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)  
[www.facebook.com/TFFCornwall](https://www.facebook.com/TFFCornwall)

Alternatively email us with the subject heading 'Wellbeing Series':

[wellbeingseries@cornwall.gov.uk](mailto:wellbeingseries@cornwall.gov.uk)



Parents can struggle at one time or another. For some, the challenges can be greater. You are not alone.

Home-Start's volunteers work alongside families just like yours to give compassionate and confidential support. They help people to regain the confidence to be the parents they want to be.

'Walk, Talk and Play' Groups in June and July to book your place contact:

[julia@homestartkernow.org.uk](mailto:julia@homestartkernow.org.uk)

or 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.

<https://solihullapproachparenting.com/>

Access to resources about becoming a parent or being a parent from children aged 6 months to 19 years

Free Access Code: TAMAR

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

For families and individuals on the autism spectrum. Providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities.

[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.addiss.co.uk](http://www.addiss.co.uk)

The National Attention Deficit Disorder Information and Support Service. Providing people-friendly information and resources.

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

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

[PDA Together | Facebook](#)

For parents and individuals to support and inform each other within the world of 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.

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**