

# Falmouth & Penryn Truro & The Roseland Perranporth Children's Centres



## What's on Guide January – March 2018

**Opening Times**

**Monday – Friday: 9.00am – 5.00pm**

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## Pre – birth

### Bump to Baby

This course 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 and Children's Centre staff.

The programme runs for three weeks, with each session lasting two and half hours. Week one and three are delivered by a Health Visiting team member and Children's Centre worker. Week two is delivered by a Midwife, with a Children's Centre worker and offers information around labour and birth.

#### **The Park Children's Centre, Falmouth**

**Wednesdays 5.00pm–7.30pm**

14th February – 28th February

4th April – 18th April



**Fridays 2.00pm–4.30pm**

5th January – 19th January

2nd March – 16th March

**To book call: 01326 312493**



#### **Truro Learning Academy Children's Centre**

**Tuesdays 5.00pm–7.30pm**

6th February – 20th February

10th April – 24th April

**To book call: 01872 322661**



#### **Trelander Children's Centre, Truro**

**Tuesdays 1.00pm–3.30pm**

9th January – 23rd January

6th March – 20th March

**To book call: 01872 322661**



## 0-12 months

### Incredible Babies

8 week parenting course term time only

Sessions include:

- Getting to know your baby
- Babies as intelligent learners
- Providing physical, tactile and visual stimulation
- Parents learning to read babies minds



**The Park Children's Centre, Falmouth** - 1.00pm – 3.00pm  
Wednesdays 17<sup>th</sup> January – 14<sup>th</sup> March (no session 14<sup>th</sup> Feb)

**Malpas Children's Centre, Truro** - 9.30am – 11.30am  
Fridays 12<sup>th</sup> January – 9<sup>th</sup> March (no session 16<sup>th</sup> Feb)

**To book call the Early Help Hub 01872 322277**

### Introducing Solid Food

Led by the Health Team. For parents of babies from four months. Find out about how to introduce your baby to solid foods.



**Health Centre, Falmouth** – 10.00am – 11.30am  
Mondays 8<sup>th</sup> January, 5<sup>th</sup> February and 5<sup>th</sup> March

**To book call: 01326 312493**

**Malpas Children's Centre** - 9.30am – 11.30am  
Thursdays 18<sup>th</sup> January, 15<sup>th</sup> February and 15<sup>th</sup> March

**To book call: 01872 322661**

**Perranporth Children's Centre** - 1.00pm – 2.30pm  
Wednesdays 10<sup>th</sup> January, 14<sup>th</sup> February and 14<sup>th</sup> March

**To book call: 01872 322661**

### First Friends

Drop in session for babies. A chance to meet with other parents and enjoy a range of activities for your baby.

**Truro Learning Academy Children's Centre**  
9.00am – 11.00am, every Wednesday

## 0-12 months

### Ready Steady Safe

6-18 months

Find out how you can keep your child Safe.

**Lighthouse Children's Centre** - 10.00am – 11.30am

Tuesdays 16<sup>th</sup> January and 13<sup>th</sup> March

**To book: 01326 317796**

**Tregolls Children's Centre, Truro** - 10.00am – 11.30am

Tuesdays 23<sup>rd</sup> January and 13<sup>th</sup> March

**To book: 01872 322661**

## 12-36 months

### Incredible Toddlers

10 week parenting course term time only

Sessions include:

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



**Lighthouse Children's Centre** - 9.30am – 11.30am

Mondays 15<sup>th</sup> January – 26<sup>th</sup> March (no session 12<sup>th</sup> Feb)

**Trelander Children's Centre, Truro** - 1.00pm – 3.00pm

Thursdays 11<sup>th</sup> January – 29<sup>th</sup> March (no session 15<sup>th</sup> Feb)

**To book call the Early Help Hub on 01872 322277**

### Toddler Talk

Play session to develop children's language and communication.

Referral from Health or Speech and Language only

**The Park Childrens Centre**, Mondays 1.30pm – 3.00pm

**Tregolls Children's Centre**, Wednesdays 1.15 – 2.45pm

## Family Fun

### Twins (supported by Homestart)

**The Park Centre, Falmouth** - 11.00am – 1.00pm  
Drop in group on Fridays 5<sup>th</sup> Jan, 2<sup>nd</sup> Feb and 2<sup>nd</sup> Mar



## Programmes for Parents & Carers

### Family Learning Open Morning

Open to all parents/carers and bring your pre-school children if you wish! We will do some crafts and there will be refreshments. We can talk about Family Learning opportunities on offer to you in the spring term.

### **The Park Centre, Falmouth**

Friday 26<sup>th</sup> January - 9:30am - 11:30am

**Booking preferable: 01326 312493**

### Family Learning - Living with Parents

Living with Parents is an evidence based, one day parallel group workshop adaptable to a wide range of parent/carers and young people aged 13-16 years.

The aim is to improve communication and relationships and reduce conflict within the home. The content of several group sessions are condensed into a single day with young people and their parents at the same venue, sometimes working as a single group, or separate groups and in pairs.

### **Probus Village Hall, Amelia Court, Off Fore Street, Probus TR2 4NB**

Friday 2<sup>nd</sup> March - 10:00am – 3:00pm

**To book this course please call the Early Help Hub on 01872 322277**



# Programmes for Parents & Carers

## Incredible Years, 3-6 years

12 week parenting course term time only

**The Park Children's Centre, Falmouth** - 9.30am – 11.30am

Wednesdays 10<sup>th</sup> January – 28<sup>th</sup> March (no session 14<sup>th</sup> Feb)

## Incredible Years, 6-11 years

12 week parenting course term time only

**Trelander Children's Centre, Truro** - 1.00pm – 3.00pm

Mondays 8<sup>th</sup> January – 26<sup>th</sup> March (no session 12<sup>th</sup> Feb)

The above 2 courses include sessions on:

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

## Time Out for ASD, 5-11 years

5 week parenting course

The course covers:

- Increased understanding of how ASD affects the individual
- Practical suggestions to try at home

**Malpas Children's Centre, Truro** - 9.30am – 2.30pm

Mondays 8<sup>th</sup> January – 5<sup>th</sup> February

## Passionate About ADHD

6 week course aimed at parents of children who may have been experiencing difficulties in managing their concentration, are impulsive and seem to have an endless source of energy

**Malpas Children's Centre, Truro** - 9.30am – 12.00pm

Mondays 19<sup>th</sup> February – 26<sup>th</sup> March

## Take 3, 10-17 years

10 weeks parenting course term time only

Whether you have current worries about your teenager or would just like to understand your child better.

**County Hall, Truro Room 2N:02** - 6pm – 8pm

Wednesdays 17<sup>th</sup> January – 28<sup>th</sup> March (no session 14<sup>th</sup> Feb)

**To book any of these courses please call the Early Help Hub on 01872 322277**



## Support Groups and Advice

### Health Visitor Drop In

For babies and young children. A Health Visitor is available to offer advice, guidance and support.



**Perranporth Children's Centre**, 2<sup>nd</sup> and 4<sup>th</sup> Monday every month, 10.00am – 11.30am, **01872 322661**

**Porthtowan Village Hall**, 1<sup>st</sup> Thursday every month, 1.30pm – 2.30pm, **01872 571212**

**Penryn Surgery**, Tuesdays, 10.00am – 12.00pm, **01326 372502**

**St Agnes Methodist Church Hall**, 1<sup>st</sup> and 3<sup>rd</sup> Tuesday every month, 1.30pm – 3.00pm, **01872 571212**

**Falmouth Health Centre**, Wednesdays, 10.00am – 12.00pm, **01326 430050**

**Truro Learning Academy Children's Centre**, Wednesdays, 9.00am – 11.00am, **01872 277720**

**St Newlyn East Methodist Church Hall**, 3<sup>rd</sup> Thursday every month, 9.30am – 10.30am, **01872 571212**

**Threemilestone GP**, 2<sup>nd</sup> and 4<sup>th</sup> Thursday every month, 11.00am – 1.00pm, **01872 571212**

**Trelander Children's Centre**, 3<sup>rd</sup> Friday every month, 10.00am – 12.00pm, **01872 221700**

### Bump to Breast/Breastfriends

Breastfeeding peer support group for actively breastfeeding mums. Ante-natal mums welcome!

**Zedshed Jubilee Wharf Penryn**, Mondays, 10.00am – 11.30am. Open during half term. Esme Maylam **07824 904979**

**Falmouth Health Centre**, Thursdays, 10.30am – 12.30pm  
Open during half term. Esme Maylam **07824 904979**

**Truro Learning Academy Children's Centre**, Wednesdays, 9.00am – 11.00am. **01872 277720**

**Perranporth Children's Centre**, Thursdays, 10.00am – 11.30am. Open during half term. **01872 322661**



# Support Groups and Advice

## Early Help Family Worker Advice Sessions

If you have a child under the age of 13 and need some advice...  
If you are unsure as to which agencies to contact, we can help.

### **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 & Guidance on the Team Around the Child (TAC) Process

### **The Park Children's Centre, Falmouth**

Every 2nd and 4th Thursday of each month – 9.15-11.00am

### **Truro Learning Academy Children's Centre**

Every 1st and 3rd Tuesday of each month – 9.15-11.00am

**Booking essential, please call 01326 312493**

## Citizens Advice Cornwall

**The Park Centre - To book an appointment: 01326 312493**

Wednesdays 3<sup>rd</sup> & 17<sup>th</sup> Jan, 7<sup>th</sup> & 21<sup>st</sup> Feb, 7<sup>th</sup> & 21<sup>st</sup> Mar

**Tregolls Children's Centre, Truro - To book: 01872 322661**

Tuesdays 16<sup>th</sup> Jan, 20<sup>th</sup> Feb & 20<sup>th</sup> Mar mornings

## Cornwall One Parent Support Group

**Tregolls Children's Centre** – Tuesdays, 1.00pm – 3.00pm

Informal drop-in session for one parent families to plan activities for adults & children. Term time plus school holiday activities.

**For more information call: Liz Northcott on 01726 65417**

or 07737573647 or email [e.northcott@sky.com](mailto:e.northcott@sky.com)

## WILD

A group for young parents/carers under 23 and their children.

For more information call: 07795 034863

**The Park Centre, Falmouth**, Tuesdays 1.00pm – 3.00pm

**Trelander Children's Centre**, Wednesdays 9.30am – 11.30am

For further information please visit [www.wildproject.org.uk](http://www.wildproject.org.uk)

# Support Groups and Advice

## Challenging Behaviour Support Group

Do you find your child's behaviour difficult to manage?  
Would some friendly support and advice be helpful?

**New County Hall, Room 2N:06** – Drop in support group  
Fridays 26<sup>th</sup> Jan, 23<sup>rd</sup> Feb & 23<sup>rd</sup> Mar - 10.00am - 12.00pm

For more information call: Julie Attwell Cook: **07837311505**

## Susie Project

Are you a survivor of domestic violence/abuse?

The Susie Project offers:

One to One Support

Local weekly support groups in Children's Centres

For further information and to find out details of  
the group nearest to you.

**Please contact the Susie Project on 01209 699241** or

Email: [susie.project@aol.com](mailto:susie.project@aol.com)

**24hr Domestic Violence helpline: 01872 225629**



## Support Group for Falmouth & Penryn Childminders

**The Park Centre, Falmouth**

Mondays 9<sup>th</sup> Jan, 5<sup>th</sup> Feb and 5<sup>th</sup> Mar - 9.30am – 11.30am

**Term time only**

## The Multi-Agency Referral Unit (MARU)

If you are concerned about a child's safety please contact us on  
**0300 123 1116** for advice and support with all safeguarding  
enquiries. Urgent referrals after 5.15pm or at weekends please  
call **01208 251300**

## Early Help Hub

The right help at the right time by the right service.

The hub is open Monday to Thursday 8.45am to 5.15pm and

Fridays 8.45am to 4.45pm. The hub is closed on Bank Holidays.

Call: **+44 01872 322277**

Email: [earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk)

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



## Information

### Finding Yourself Again

Well-being group for mums. Discover ways to lighten your mood, get on top of your worries, manage sleep, build confidence and self-esteem and find yourself again!

#### **Lighthouse Children's Centre, Falmouth**

Starts Thursday 22<sup>nd</sup> February 2.00pm – 4.00pm

**To book call Outlook South West: 01208 871905**

### Inspiring Women Network (IWN)

IWN is a multi-cultural group open to all women providing various activities, community events, and other services in the community from weekly craft workshops, to training, to film nights, to advocacy. IWN is a very friendly and welcoming network that provides a space to inspire learning and sharing.

**St Pauls Children's Centre** – Tuesdays, 12.45pm - 2.45pm

**Term Time Only** - Contact Nour Chakroun on: **07999327717**

### The Bubble Room

A multi-sensory room for all families with children under 12 years (or up to 25 years if the child/young person has additional needs).

You must have a free induction before using the Bubble Room (please phone for an appointment). Future half hourly sessions requires a donation of £1.00 to contribute towards running costs.

#### **The Park Centre, Falmouth**

**To book call: 01326 312493**

### Are you ready to make the healthy choice?

We're here to help children and young people lead a happier, healthy life. Supporting you and your family with weight management, healthy eating and physical activity.

Give us a call via the Health Promotion Service:

**01209 313419**

**Or join us online today –**

**[www.cornwallhealthyweight.org.uk](http://www.cornwallhealthyweight.org.uk)**



## Contacts

**The Park Centre:** 01326 312493  
Park Terrace, Falmouth, TR11 2DJ.

**The Lighthouse Centre:** 01326 317796  
Jubilee Road, Falmouth, TR11 2BB.

**Jubilee Wharf Centre**  
Commercial Road, Penryn, TR10 8FG.

**Tregolls Children's Centre:** 01872 322661  
Chellew Road, Truro, TR1 1LH.

**Truro Learning Academy Children's Centre:** 01872 323778  
Albany Road, Truro, TR1 3PQ.

**Trelander Children's Centre,** Trelander Highway, Truro, TR1 1PG  
**Malpas Children's Centre,** Polruan Road, Malpas, Truro, TR1 1QP.  
**Tregony Children's Centre,** Back Lane, Tregony TR2 5RP.

**Perranporth Children's Centre:** 01872 572646  
Liskey Hill, Perranporth, TR6 0EU.

The Family Information Service is the only source of all registered childcare in Cornwall as well as holding a wealth of information for parents, carers, children and young people up to the age of 19.

It can provide details on all children's centres, leisure activities, family support, benefits and debt services, health and much more.

Call the FIS free on 0800 5878191 or visit  
[www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)



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](mailto:enquiries@cornwall.gov.uk)

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

