

## EARLY HELP—PENWITH FAMILY HUB CONTACT DETAILS

**Hayle Family Hub** Tel. 01736 759058  
Bodriggy Street, Hayle TR27 4ND

**Penzance Family Hub** Tel. 01736 759058  
Alverton Street, Penzance TR18 2QP

**St Just Family Hub** Tel. 01736 759058  
Cape Cornwall Road, St Just TR19 7JX

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



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

Cornwall Council, New County Hall, Truro TR1 3AY

Telephone: 0300 1234 100

Email: [enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk) Website: [www.cornwall.gov.uk](http://www.cornwall.gov.uk)



## Early Help Offer at Penwith



### What's On Guide

Spring—Summer 2019

## Cornwall's Early Help Offer

Cornwall's Family Hubs support children, young people and their families pre-birth to 25 years. Delivering integrated services to improve outcomes for children, young people and their families with a particular focus upon families in the greatest need of support in order to reduce inequalities in: child development, parental aspiration and achievement, self-esteem and parenting skills, and child and family health and life chances.

There are six Family Hub cluster areas in Cornwall each delivering services to offer help with:

- ◆ **Relationship and Parenting Support**
- ◆ **Child and Family Health**
- ◆ **Supporting Families with Complex Needs**
- ◆ **Supporting Vulnerable Children Through High Quality Education**
- ◆ **Employment and Training Support**

### What is Signs of Safety?



Signs of Safety is about you and your family members working together, alongside professionals (health visitors, social workers, teachers, doctors, [police etc.]), to meet the needs of your children in the best way possible. It puts children, young people, their parents, carers and families at the heart of the work.

Families play a key part in working together with professionals, making clear the worries and concerns identified for their child, (who is worried and why), identifying the things that are going well in the child's life (strengths), and agreeing what needs to be done (goals), to build on strengths and reduce worries.

### What difference will Signs of Safety make to the way professionals work with you and your children?

We use Signs of Safety to make sure that your children's and your views, as parents/carers, are fully heard, with the strengths of your family clearly identified and included in the plans and actions needed to keep your child safe and/or promote their wellbeing. Professionals will be trying to make sure this happens by asking you questions such as:

"What do you think is going well?"

"What are worried about?"

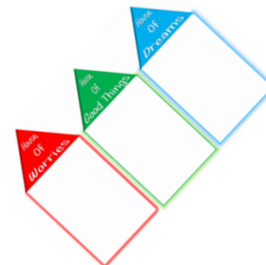
"What needs to change?"

Signs of Safety is a way of making sure that everyone involved in your child's life has the same understanding of what is happening in your child's life and what needs to be different. Using Signs of Safety we try and explain in a simple way, using danger statements and safety goals, what worries people have about your child, what your strengths are, and what needs to happen for everyone to be confident that your child is safe and well.

Signs of Safety aims to get everyone who cares about your child and who helps and support you, including your extended family to think about ways they can help your child feel safe, healthy and settled.

### Talking to children

Talking to your children is at the heart of Sign of Safety. It is important that children, as well as adults, have an opportunity to talk about what they are worried about, what makes them happy, and what they would like to see happen in their family and community to keep them safe. The Signs of Safety approach uses a direct work tool including The Three Houses to talk to children and ask them their views.



## Early Help Targeted Youth Support

Early Help Targeted Youth Support Workers provide support for young people (aged 13-18 years) who are able to give their consent to be worked with and who meet the criteria as set out as below.

TYSW will complete a comprehensive Early Help Assessment and their intervention will be underpinned by working in partnerships with other services and agencies and will be time limited with progress regularly reviewed and tackle a wide range of issues including but not limited to:

- Self-esteem
- Self-confidence
- Understanding feelings, emotions and associated behaviours
- Support to develop positive coping strategies around e.g. low level self-harm, anxiety, poor emotional resilience, bereavement, family breakdown, impact of parent/carers mental health or drug/alcohol misuse
- Social and peer relationships
- Family relationships
- At risk of homelessness
- Personal safety e.g. exploitation, sexual exploitation, online safety, healthy relationships and risk taking behaviour
- Substance misuse (Tier 2 assessed substance misuse?)
- Personal and social development (including skills for life, learning and work),
- Support to build Resilience and decision making skills which con-

## Who to contact?

Telephone 01872 322277

E-mail [earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk)

## Your Family Hub Team—Penwith

**Family Hub Coordinator:** Villy Colman

01736 759058

[Velichka.Colman@cornwall.gov.uk](mailto:Velichka.Colman@cornwall.gov.uk)

**Early Help Coordinator:** Jill Adams

01736 336606

[Jill.Adams@cornwall.gov.uk](mailto:Jill.Adams@cornwall.gov.uk)

**Early Help Team Manager:** Helen Salmon

01736 336609

[Helen.Salmon@cornwall.gov.uk](mailto:Helen.Salmon@cornwall.gov.uk)

**Parent and Adult Learning Lead:** Myra Whitney

07800 610601

[Myra.Whitney@cornwall.gov.uk](mailto:Myra.Whitney@cornwall.gov.uk)

## Your Local Health Teams

**Family Health Team: 01736 754374**

**School Nursing: 01872 221400**

**Midwives: 01736 571202**

## Hayle

### Monday

#### **Ready, Steady...Eat!**

##### **An Introduction to Solid Food**

Fun, friendly and interactive group session for parents and babies. We will talk about when and how to introduce solid food to your baby and appropriate foods to try!

**Monday 20<sup>th</sup> May 1.30-3pm**

To book call Healthy Cornwall on 01209 615600

[Healthyunder5s@cornwall.gov.uk](mailto:Healthyunder5s@cornwall.gov.uk)

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

#### **Face 2 Face**

FREE confidential service linking parents and carers of children with additional needs and disabilities with local parent befrienders. Face to Face Support Group (Drop In)

**Mon 20th May, 17th June ,15th July  
9.30-11.30am**

Find us on Facebook at [Friends of Face2Face Cornwall](#)



Please note some groups may apply a small charge

## Hayle

### Monday cont'd

#### **Byan Community Outreach Service**

FREE confidential support and guidance: Housing, Benefits, Looking for private rented, Homelessness prevention,

Homechoice, Health and Wellbeing (drop in schedule)

Hayle Library TR27 4DE

2<sup>nd</sup> & 4<sup>th</sup> Monday 3-5pm

### Tuesday

#### **Childminders' Network**

These Tuesday sessions offer a great opportunity to meet other childminders in your local area and provide peer support and practical help

**10-12pm** (Term time only)

Phone Lisa Annis on 01736 755905

#### **Rainbow Baby & Toddler**

**Group, Methodist Church Hall**

6 Chapel Hill TR27 4JU

**1-2.45pm**

Phone: 01736 757053

#### **Adult Education—Functional Skills, Maths and/or English**

Develop your career, learn a new skill, keep fit and active or simply have fun with an adult education course near you.

**9.30-12pm**

To register your interest please contact Hayle Family Hub on 01736 759058

## Important Numbers

### **Foodbank**

Facing crisis?  
Is buying food an issue? The foodbank can help.

Hayle 07856 728 814

St Ives 0845 634 1868

Penzance 07950 159 841

### **Domestic Abuse Support**

Free confidential support for anyone who has experienced or is experiencing any form of domestic abuse.

**WRSAC** (Women & Teenage Girls):  
01208 79992

**Susie Project** (Women & Teenage Girls): 01872 225629

**CRASAC** (Men, Women & Teenage Girls): 01872 262100

### **Early Help Hub**

The Early Help Hub is the single point of access for professionals, families and young people to access Early Help Services in Cornwall

#### **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:

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

by telephoning:

**01872 322277**

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



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

### **Keeping Children Safe in Cornwall and the Isles of Scilly**

**If you have any concerns regarding a child's safety please call:**

Cornwall Children's Social Care Multi-Agency Referral Unit (**MARU**) on

**0300 1231 116**

## Supporting Cornwall's Families to Independence

**Who Dares Works** – this project supports anyone over the age of 18 across West Cornwall who are unemployed. This could include:

- Confidence and self-esteem building course from Active Plus
- 1:1 Mentoring from Addaction and Pentreath
- Specialist Support from: Addaction, Pentreath, Clear, Dyslexia Cornwall, United Response
- Community Club and Community Projects
- Arts and graffiti
- Work Related Activities – industries tasters from Whole Again Communities, Cornwall Food Foundation, CHAOS – Care, Rebuild Southwest, Fire station and emergency services, creative workshops, Project Ambassadors, Who Dares Decides – the co-produced voice of the project working to leave a legacy.

**FREE Children's clothes bank**, where people can come for pre-loved clothes and to also learn more about what we do – please call for more information

**01736 759058**

**Penzance Clothes Bank** – Thursday 17<sup>th</sup> May 12-2pm

**at Whole Again Community**

### Family Support Advice Sessions

**Appointment Only**

**If you have a child under the age of 13 and need some advice, then we can help:**

One to one appointments for information, advice and guidance on parenting, housing, relationships, grants, benefits, adult learning.

**Please call 01736 759058 to book your appointment (10am—2pm)**

#### St John's Hall

Monday 3<sup>rd</sup> June

Monday 1<sup>st</sup> July

Monday 5<sup>th</sup> August

#### Hayle Family Hub

Wednesday 8<sup>th</sup> May

Wednesday 12<sup>th</sup> June

Wednesday 10<sup>th</sup> July

Wednesday 14<sup>th</sup> August



## Hayle

### Tuesday cont'd

#### Rocks Youth Club

2 Cross Street, Hayle TR27 4LW

**6-7.15pm**

Email: For information please call:

01392 822100 / or email

[southwestern@salvationarmy.org.uk](mailto:southwestern@salvationarmy.org.uk)

### Wednesday

#### Family Support Advice

One to one appointment with a Family Worker for information, advice and guidance.

**2<sup>nd</sup> Wednesday of the month**

**10<sup>th</sup> Apr, 8<sup>th</sup> May & 12<sup>th</sup> June**

To book an appointment please call:

01736 759058



**Rhyme Time, Hayle Library**  
**10-10.30am & 11-11.30pm**

**Hayle Parent and Toddler Group, Salvation Army,**  
**10-12pm, Please call: 07552 945079**

**Busy Bodies Toddler Group, Hall for Gwinear**  
**10-11.30am**

Please call Lynne: 07763 420521

## Hayle

### Thursday

#### Health Visitor Clinic

Drop in clinic for babies and toddlers for weighing and advice

**Every Thursday, 1.45-3.45pm**

Please remember to bring your child's health record (Red Book) so we can update it for you.

Contact your Family Health Team on 01736 754374

#### Breastfriends Group

Peer Supporters, trained by Real Baby Milk, offer advice on breastfeeding, support and friendship group for pregnant or breastfeeding mums (exclusively or combined, directly or expressing). Friendly and supportive drop in group.

**Every Thursday, 12pm-2pm**

For more information please find us on Facebook :

[BreastFriends Hayle and St Ives](#)

#### Play & Learn Penpol School

2 St George's Road

**1.30-3pm, Please call: 01736 753472**

#### Jumping Joey's Stay and Play

Hayle Rugby Club

**10-12pm**

### Friday

**Hayle Parent and Toddler Group, Salvation Army**

**10-12pm**

Please call: 07552 945079

**Storytime, Hayle Library**  
**3.45pm**

## Hayle

### Friday cont'd

#### **Bump to Baby**

Antenatal programme provides parents-to-be with all the information and skills they need to feel confident about making the right choices for their new baby  
**Fri 26<sup>th</sup> July - 9<sup>th</sup> Aug, 9.30-12pm**

To book please call: 01736 759058  
 Search online for Dads Pad –  
[www.cornwall.gov.uk/dadpad](http://www.cornwall.gov.uk/dadpad)

#### **Todlins Music & Dance**

The Scout Hut, Penpol Lane

**10am**

Please call Chloe: 07977 418566

## St Ives

### Monday

#### **Bizzy Bees Carbis Bay**

Memorial Hall, 9.30-11.30am

### Tuesday

#### **Bump to Baby**

Antenatal programme  
**Tues 30<sup>th</sup> April-14<sup>th</sup> May, 3.30-6pm**  
 To book please call: 01736 759058

#### **Health Visitor Clinic**

Drop in clinic for babies and toddlers for weighing and advice  
 St Ives Community Clinic, TR26 1RU  
**Every Tuesday, 1-3pm**  
 Please bring your child's health record (Red Book). Contact your Family Health Team: 01736 754374

Please note some groups may apply a small charge

## St Ives

### Tuesday Cont'd

#### **Ready, Steady...Eat!**

#### **An Introduction to Solid Food**

St Ives Community Clinic,  
 The Stennack Surgery, TR26 1RU  
**Tues 23<sup>rd</sup> Apr, 18<sup>th</sup> June 1:30-3:00pm**  
 To book call Healthy Cornwall on 01209 615600

[Healthyunder5s@cornwall.gov.uk](mailto:Healthyunder5s@cornwall.gov.uk)  
[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)

### Wednesday

#### **Rhyme Time, St Ives Library**

**10.45-11.15am**

### Thursday

#### **Nicole's Little Larks**

at Little Seahorses, Trenwith Burrows,  
 St Ives TR26 1DJ **9.45-11am**  
 Please call Nicole: 07791 678571

### Friday

#### **St Ives Under 1's**

A group for mums and dads to meet and make new friends with under 1's.

St John in the Field Hall, St Ives  
 Fridays: 9:30-11:00am  
 Facebook: [St.Ives Under 1's](https://www.facebook.com/St.Ives.Under.1s)

### Monday **St Erth**

#### **Parent & Toddler Group**

St Erth Village Hall **9.30-11am**  
 Please call Kate: 07539 602568

### **Leedstown**

### Thursday

#### **Twiglets, Woodland#Adventures**

Crenver Grove Woods, Crowan  
**10-12pm**  
 Please call Claire: 01736 711187

## FREE SUPPORT for parents, carers & families

**WILD – Young Parents Project - The Lescudjack Centre, TR18 3PE** Thursdays  
 10am-12pm Call Becky for information  
**07795 034864**

**Face 2 Face - for families who have children with additional needs (drop in sessions) The Lescudjack Centre, TR18**  
 Mon– 4<sup>th</sup> Mar, 1<sup>st</sup> Apr 1-2.30pm  
**The Community Centre** Mon 20<sup>th</sup> May, 17<sup>th</sup> June & 15<sup>th</sup> July, 9.30-11.30am.

**Passionate about the Spectrum St John's Hall, Alverton Street, Penzance TR18 2QR** Fri 10<sup>th</sup> May—21<sup>st</sup> June  
 9.30 -12pm (not half term)

**Passionate about ADHD Hayle Family Hub, TR27 4ND** Tues 4<sup>th</sup> June—16<sup>th</sup> July  
 6—8.30pm (not running on 18<sup>th</sup> June)

**Being Passionate about Parenting St John's Hall, Alverton Street, Penzance TR18 2QR** Mon 29<sup>th</sup> April 9.30—2.30pm (not half term)  
**Hayle Family Hub, TR27 4ND**  
 Tues 25<sup>th</sup> June 9.30 -2.30pm

**Ready, Steady... Eat! An introduction to solid food To book ring 01209 615600**  
[Healthyunder5s@cornwall.gov.uk](mailto:Healthyunder5s@cornwall.gov.uk)  
**Penzance Family Hub, TR18 2QP**  
 12<sup>th</sup> Mar, 9<sup>th</sup> April, 14<sup>th</sup> May, 11<sup>th</sup> June & 9<sup>th</sup> July 10-11.30am  
**Hayle Family Hub, TR27 4ND**  
 Mon 20<sup>th</sup> May 1.30 - 3pm  
**St Ives Community Clinic, The Stennack, TR26 1RU** Tues 23<sup>rd</sup> April & 18<sup>th</sup> June  
 1.30-3pm

To request a place you can go online at [www.supportincornwall.org.uk](http://www.supportincornwall.org.uk) Click on 'Request for Help,' then on the request for help form on the right. Complete, save & email to [earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk)

**Bump to Baby – antenatal classes. Please call 01736 759058 for Information and booking.**  
**Hayle Family Hub, TR27 4ND** Fri 26<sup>th</sup> July– 9<sup>th</sup> Aug 9.30 -12pm  
**Shekinah Centre, Penzance TR18 2AA**  
 Wed 10<sup>th</sup> – 24<sup>th</sup> April 2-4.30pm  
**St Ives Family Hub, TR26 1DJ** Tues– 30<sup>th</sup> April – 14<sup>th</sup> May 3.30-6pm

**Incredible Years 0-6/6-12 months Hayle Family Hub, TR27 4ND** Mon 13<sup>th</sup> May – 24<sup>th</sup> June 9.30-11.30am (not half term)

**Incredible Years 1-3 years Penzance Family Hub, TR18 2QP** Thurs 2<sup>nd</sup> May 11<sup>th</sup> July 9.30-11.30am (not half term)

**Incredible Years 3-5 years Penzance Family Hub, TR18 2QP** Fri 26<sup>th</sup> April, 19<sup>th</sup> July 12.30—2.30pm (not half term)

**Incredible Years 6-11 years Hayle Family Hub, TR27 4ND** Wed 24<sup>th</sup> April 17<sup>th</sup> July 6 —8pm (not half term)

**Take 3 Hayle School** Thu 25<sup>th</sup> April— 4<sup>th</sup> July 10 -12pm (not half term)

**Challenging Behaviour Support Group St John's Hall, Alverton Street, Penzance TR18 2QR** 21<sup>st</sup> May, 23<sup>rd</sup> July, 17<sup>th</sup> Sept & 19<sup>th</sup> Nov 10 -12pm

**Living with Parents Hayle Family Hub, TR27 4ND**  
 Friday 28<sup>th</sup> June 10-3pm

For information and Request Forms please contact

Early Help Hub 01872 322277

## West Penwith

### St Just

#### Health Visitor Clinic

St Just Family Hub, Brambles Nursery

Drop in clinic for babies and toddlers for weighing and advice

**1<sup>st</sup> Monday of the month**

**10-11.30am**

Please bring your child's health record (Red Book) so we can update it for you.

Contact your Family Health Team on 01736 754374

#### Rhyme Time

St Just Library

Every Thursday

**10.45-11.15am**

#### Just Fun Baby and Toddler

Nancherrow Centre, St Just

Every Friday

**10-12pm**

Please call Amanda: 07944 461528

### Pendeen

#### Health Visitor Clinic

Reading Room, Pendeen

Drop in clinic for babies and toddlers for weighing and advice

**Last Wednesday of the month**

**10-11.30am**

Please bring your child's health record (Red Book) so we can update it for you.

Contact your Family Health Team on 01736 754374

#### Pendeen Minors

Pendeen Parish Hall

Every Wednesday

**10.30-12.30pm**

Please call Kevin: 07801 135580

### St Buryan

#### Health Visitor Clinic

St Buryan Village Hall

Drop in clinic for babies and toddlers for weighing and advice

**2<sup>nd</sup> Wednesday of the month**

**10-11am** Please bring your child's health record (Red Book) so we can update it for you. Contact your Family Health Team on 01736 754374

#### Tots & Tiddlers

St Buryan Village Hall

Every Wednesday

**10-12pm**

Please call Abby: 07780 601015

Please note some groups may apply a small charge



## Penzance

### Monday

#### Face 2 Face

FREE confidential service linking parents and carers of children with additional needs and disabilities with local parent befrienders.

Lescudjack Centre, Penzance TR18 3PE, 01736 334850

**Monday 1<sup>st</sup> Apr 1-2.30pm**

#### Stories and Craft

Penzance Library

Story Time for Pre School Children **2-2.30pm**, term time only

**Baby and Parent** sessions Penlee House Gallery & Museum

Come and experience the amazing artworks whilst you and your baby play and explore together.

Suitable for babies from birth to crawlers/early walkers

**Last Monday of the month, 10-11.30am**

### Monday

#### Family Support Advice

One to one appointment with a Family Worker for information, advice and guidance.

**1<sup>st</sup> Apr & 3<sup>rd</sup> June**

**at St John's Hall, 10-2pm**

To book please call: 01736 759058

#### Challenging Behaviour Support Group

Monthly support and information for parents and carers worried about managing behaviours that challenge

St Johns Hall, Penalverne Drive, Penzance TR18 2QZ

**21<sup>st</sup> May 10-12pm**



## Penzance

### Tuesday

#### Ready, Steady...Eat!

**An Introduction to Solid Food**

Fun, friendly and interactive group session for parents and babies. We will talk about when and how to introduce solid food to your baby and appropriate foods to try!

Penzance Family Hub, Alverton St TR18 2QP

**Tuesday 9<sup>th</sup> Apr, 14<sup>th</sup> May & 11<sup>th</sup> June 10-11.30am**

To book call Healthy Cornwall on 01209 615600

[Healthyunder5s@cornwall.go.uk](mailto:Healthyunder5s@cornwall.go.uk)  
[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)

#### Bookstart Rhyme Time

Penzance Library

Make new friends and learn lots of rhymes to share with your child (for children under 3's)

**10-10.30am**

**Parent and Toddler gym** drop in Penzance Gymnastics CIC,

Unit E, Questmap Business Park, Longrock Industrial Estate TR20 8AS

**9.30-10.30am**

All sessions cost £3.50 per child or £5 for siblings

Please call: 01736 449608

#### The Ark

Shekinah Church

**9.30-11.30am**

Please call Zoe: 01736 369616

#### Little Chicks

Hope Church, Alverton

**9.30-11.30am**

## Penzance

### Wednesday

#### Bump to Baby

Antenatal programme provides parents-to-be with all the information and skills they need to feel confident about making the right choices for their new baby

Shekinah Centre, TR18 2AA

**Wed 10<sup>th</sup> - 24<sup>th</sup> Apr, 2-4.30pm**

To book please call: 01736 759058

Search online for Dads Pad –

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



#### Health Visitor Clinic

Drop in clinic for babies and toddlers for weighing and advice  
Penzance Family Hub, Alverton St  
TR18 2QP

**Wednesday, 10-12pm**

Please bring your child's health record (Red Book) so we can update it for you.

Contact your Family Health Team on 01736 754374

#### Toddliwinks

Baptist Church, Clarence Street

**10-11.30am**

[contact@penzancebaptistchurch.com](mailto:contact@penzancebaptistchurch.com)

#### Stay & Play

Light & Life Church

The Changing Room (next to Costa Coffee)

**9.30-11am**

Please call: 07419 739737

## Penzance

### Thursday

#### WILD

A group for young mums under 23 and their children.

The Lescudjack Centre, Penmere Close, Penzance TR18 3PE

**10-12pm**

For further information call Becky on 07795 034864 or contact WILD on 01209 210077

**Parent and Toddler gym** drop in  
Penzance Gymnastics CIC,  
**9.30-10.30am**

All sessions cost £3.50 per child or £5 for siblings

Please call: 01736 449608

#### Home Start Kernow

Starting in April, bring your child to our small and supportive group. We can help you and your child grow in confidence and the other parents and families.

Contact Julie Mitchell to book your place or to find out more Please call: 01209 214490/07956459941

Email: [Julia@homestartkernow.org.uk](mailto:Julia@homestartkernow.org.uk)

#### Little Fishes

Methodist Church, Chapel Street

**9.30-11.30am**

Please call Marie: 01736 363042



## Penzance

### Friday

#### Breastfriends Group

Peer Supporters, trained by Real Baby Milk, offer advice on breastfeeding, support and friendship group for pregnant or breastfeeding mums (exclusively or combined, directly or expressing). Friendly and supportive drop in group.

**Every Friday, 10-12pm**

Penzance Family Hub, Alverton Street (opposite St John's Hall), Penzance TR18 2QP

For more information please find us on Facebook:

[BreastFriends Penzance](#)

#### Baby and Toddler Group

**Pensans Nursery**

Come along to play, chat and meet new parents in the Nursery Room.  
9.15-10.30am

Please call: 01736 363627

#### Little Music & Movement Project

The Exchange, Princes Street

10am, 10:45 & 11:30am

Please call Lamorna: 07794 713320

#### Playzone

(open every day)

St John's Church, Trewartha Terrace

[playzone@penleecluster.org.uk](mailto:playzone@penleecluster.org.uk)

## West Penwith

### Marazion

#### Health Visitor Clinic

Marazion Community Centre

Drop in clinic for babies and toddlers for weighing and advice

**Last Tuesday of the month  
10-11.30am**

### Goldsithney

#### Playgroup

St Piran's Hall

**Friday, 9.30-11.30am**

Please call Ruth: 07956 57814

### Newlyn

#### 3VYP Minnows

Newlyn Trinity Centre

**Wednesday, 1-3pm**

Please call Jen: 07580 041748

#### Nippers & Tiddlers

Newlyn School (term time only)

**Thursday 9.30-11am**

Nicole & Jason: 01736 363050

Facebook:

[Newlyn nippers and tiddlers](#)

### Mousehole

#### Jumping Mice gym session

Mousehole School

**10.30-11.30am**

Please call Kelly: 01736 731427

**Please note some groups may apply a small charge**

