

EARLY HELP LOCALITY 5 FAMILY HUB CONTACT DETAILS

Bodmin Family Hub: 01208 265760

Chestnuts Centre, 83 Fore Street, Bodmin PL31 2JB

Launceston Family Hub: 01566 770823

Coronation Park, Launceston PL15 9DQ

Launceston St Stephen's Family Hub 01566 770823

St Stephen's Community Academy, Roydon Rd, Launceston PL15 8HL

Bude Family Hub: 01288 353968

Broadclose Hill, Bude EX23 8EA

Camelford Family Hub: 01872 322270

Camelford Primary, Sportsmans Road, Camelford PL32 9UE

Wadebridge Family Hub: 01872 322270

Camel House, Goldsworthy Way, Wadebridge PL27 7AL

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

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 Website: www.cornwall.gov.uk



EARLY HELP LOCALITY FIVE

FAMILY HUB

Supporting Families in their Local Communities



What's On Guide

April 2019 — End August 2019

Bodmin, Launceston, Bude, Camelford & Wadebridge

CORNWALL'S FAMILY HUB OFFER

Cornwall's Family Hubs support children, young people and their families pre-birth to 25 years .

We have 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**

IMPORTANT NUMBERS

Free 2 go!

Free early education and childcare for 2 year olds

If you have a 2-year-old and your household income is less than £16,190, your child could be entitled to 15 hours a week, term time only, of free early education and childcare.

To find out more contact the Family Information Service:
Tel: 0800 587 8191
email: fis@cornwall.gov.uk
or go to www.cornwallfisdirectory.org.uk

an arm of the council
CORNWALL COUNCIL

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

Foodbank:

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

Foodbank vouchers can be obtained from:

Bude Family Hub
Launceston Family Hub
Wadebridge Family Hub
Camelford Family Hub

Volunteering

Would you like to volunteer in your Family Hub?

Do you have an interest that you might like to take up as a career?

Then go online at:

www.volunteercornwall.org.uk

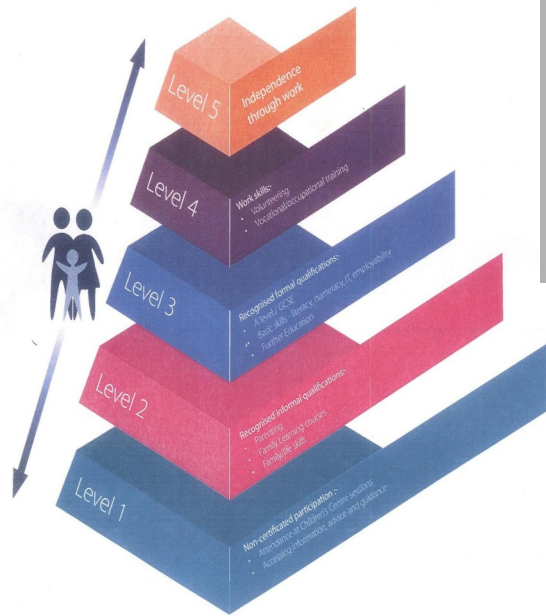
Breast-feeding Support

National Breastfeeding Support
Helpline: 0844 20 909 20

Stop Smoking Service

For advice text GIVE UP and your post-code to 88088. The helpline is open 7am—11pm telephone 0300 123 1044

Supporting Cornwall's Families to Independence



We work in partnership with Job Centre Plus, Adult Education, Family Learning, Cornwall Works with Families, Link into Learning, Family Information Services, Cornwall Colleges and many more.

Please see your local Family Hub What's On Guide for information on the courses available and contact details, if you require further information.

YOUR FAMILY HUB TEAM LOCALITY 5

Family Hub Coordinator - Nicola Murphy

01872 323224 nicola.murphy@cornwall.gov.uk

Early Help Coordinator—Lucinda Cummings

01872 322025 lucinda.cummings@cornwall.gov.uk

Early Help Team Manager—Mandy Smith

01872 322601 amanda.Smith@cornwall.gov.uk

Parenting Lead—Benn Clarke

01872 327640 benn.clarke@cornwall.gov.uk

Family Group Conference Co-ordinator— Vanessa Sellars 07483 399022

vanessa.sellars@cornwall.gov.uk

YOUR LOCAL HEALTH TEAMS

Health Visitors:

Launceston: 01566 761108

Camelford: 01208 834565

Wadebridge: 01208 834565

Bude: 01288 320151

Bodmin: 01208 834565

Midwives:

Launceston: 01566 761110

Wadebridge: 01208 834403

Camelford: 01208 834403

Bude: 01288 320131

Bodmin: 01872 326528



Citizens Advice Cornwall

Provides free & confidential advice for the challenges that

you face. To get advice & support with debt, benefits, housing, employment, consumer matters, relationships, discrimination, health, education or other areas: Text ADVICE to 78866 or DEBT to 78866 or call 0344 4111 444 Mon— Fri 10.00 am to 4.00 pm or visit: www.citizensadvice.org.uk

BODMIN FAMILY HUB

Monday

WILD

A group for young mums under 23 years old and their children. For further information contact WILD on 01209 210077.

9.30 am – 12.00 noon

Ready Steady Eat!

Introduction to solid foods. Bookable session offering guidance and advice.

Please call: 01209 615600

13th May & 10th June

1.30 pm—3.00 pm

Health Visitor Clinic

Come along to our friendly drop-in clinic for babies and toddlers for weighing, advice and extra support.

2.00 pm—4.00 pm

COPS

Cornwall One Parent Support Group, children of any age welcome, for more information ring

01726 65417/07737 573647

3.30 pm - 5.30 pm

TERM TIME ONLY

Incredible Years 0-3 years

A 12 week (excluding half-term) bookable group to help support parents and carers of children aged 0-3 years to understand their child's development and behaviour.

To register an interest in attending please contact the Early Help Hub on 01872 322277 or Benn Clarke (Parenting Lead) on 01752 847419.

1.00 pm to 3.00 pm.

3rd June — 22nd July 2019

BODMIN FAMILY HUB

Tuesday

OASIS

Oasis groups are for parents, carers or grandparents of children or young people with any impairment or condition. FREE, friendly and informal sessions. Attend on your own, with your child or siblings.

9.30 am—11.30 am TERM TIME

Health Visitor Clinic

Come along to our Friendly Drop In clinic for babies and toddlers for weighing, advice and extra support.

9.30 am – 12.00 noon

Breast-feeding Group

Pregnant or breast-feeding (exclusively or combined, direct or expressing). Friendly, non-judgemental drop-in group, siblings welcome.

9.30 am—12.00 noon

Family Worker Support and Guidance

Bookable fortnightly one to one appointments with a Family Worker offering support and guidance to families.

Please call Bodmin Family Hub on 01208 265760 to make an appointment.

Passionate About ADHD

A bookable course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. To register an interest in attending please contact the Early Help Hub on 01872 322277 or Benn Clarke (Parenting Lead) on 01752 847419

23rd April to 4th June 2019

12.00 noon – 2.30 pm

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.

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 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: earlyhelphub@cornwall.gov.uk or by

Telephoning: 01872 322277

www.cornwall.gov.uk/earlyhelphub.

The hub is open Monday – Thursday 8.45am – 5.15pm and Fridays 8.45am – 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 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

INFORMATION, ADVICE AND GUIDANCE

Parenting Courses

A range of FREE courses available through your Family Hub to support you and your child...

Sometimes being a parent is a challenge. Our courses can help you cope with the everyday demands of bringing up a family. You can gain new skills, build confidence and self-esteem and make new friends. Free courses include:

Incredible Years: 1-3 years; 3-6 years; 6-12 years

Time Out Courses: For parents of children with additional needs, Time Out for Special Needs, Time Out for ADHD and Time Out for ASD

Susie Project Recovery Toolkit: The Susie Project for survivors of domestic violence/abuse runs drop-in/support groups.

Ante-natal: From Bump to Baby: This fantastic 3 week course at your local Family Hub provides parents-to-be with all the information and skills they need.

For more information about any of the courses please contact your local Family Hub, find out more by contacting your Family Hub or book a place by contacting the Early Help Hub.



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. For an appointment contact:

Bodmin Family Hub 01208 265760

Launceston Family Hub 01566 770823

BODMIN FAMILY HUB

Wednesday

Portage Group Pop Up

A free, informal drop-in session for children from birth to three with complex additional needs, and their families. We aim to provide an opportunity for families to meet in a relaxed environment and children to have an opportunity to play in a small, safe group setting. Run by members of the Portage Team.

10.00 am- 11.30 am

First Wednesday of the month starting 03/04/19. For further information, please ring

Laura Mansfield on 07891 840631

Outlook South West- Finding Yourself Again

A group for mums with post-natal low mood. For more information or to refer yourself to a group call (01208) 871905 or visit the website (www.outlooksw.co.uk).

1st May—5th June 1.30 pm-3.30 pm

Thursday

Bump to Baby

A bookable 3 week antenatal programme. For further information or to book a place please contact Bodmin Family Hub on 01208 265760. **2nd May & 14th July 2019 2.00pm – 4.30pm**

Challenging Behaviour Support Group

If you would like to be able to talk in confidence and meet other parents experiencing similar challenges, then do come along. Your child does not need to have a diagnosis or statement for you to attend this group.

Drop In Dates:

25th April & 27th June 2019

1.00 pm to 3.00 pm

BODMIN FAMILY HUB

Thursday cont..

WILD Dads

A fortnightly group for young Dads under 23. For further information contact WILD on 01209 210099. **Times to be confirmed.**

Friday

Money Box Course

Are you a tenant 16-64 years old? Not in paid work?

Money Box Course will help you to gain the knowledge and skills to get on top of your finances, build self-confidence and self-esteem. Help offered with transport and childcare.

To find out more call Bodmin Family Hub on 01208 265760 or text 07941 712712.

BODMIN BEACON

Monday

Adult Education

Available throughout the year. To register an interest please contact Adult learning 0300 1231 117.

9.30 am—12.00 noon.

Tuesday

Adult Education

Available throughout the year. To register an interest contact Adult Learning on 0300 1231 117.

9.30 am—12.00 noon.

Friday

Incredible Years 3 - 6 yrs

A 12 week (excluding half-term) bookable group to help support parents and carers of children aged 6-12 years to understand their child's development and behaviour. To register an interest in attending contact the Early Help Hub 01872 322277 or Benn Clarke (Parenting Lead) on 01752 847419. **26th April—19th July 2019 10.00 am—12.00 noon**

LAUNCESTON FAMILY HUB

Monday

Twins/Multiple Birth Play Session

A free, friendly weekly drop-in group offering a chance to get together with other multiple birth families (siblings welcome).

Term time only.
10.30 am – 12.00 noon

WILD

A group for young mums under 23 years and their children. For further information contact WILD on 01209 210077

2.00 pm – 4.00 pm

Chi Kernow Midwives Homebirth group

Please call the Family Hub for more information.

24 June, 16 September 2019
5.30 pm—7.00 pm

Tuesday

Childminding Network

These sessions on the 1st & 3rd

Tuesday's of the month offer a great opportunity to meet other childminders in your local area and provide peer support and practical help.

9.30 am – 11.30 am

Ready Steady Eat

Introduction to solid foods
Bookable session offering guidance and advice.

Please call: 01209 615600
14th May, 9th July 2019
9.30 am—11.30 am

LAUNCESTON FAMILY HUB

Tuesday cont'd

Breastfeeding Group

Pregnant or breastfeeding (exclusively or combined, directly or expressing)
Friendly, non-judgemental drop in group, siblings welcome.

1.00 pm – 2.30 pm

Chi Kernow Midwives Drop in Sessions and Homebirth group

Please call the Family Hub for more information. **5.30 pm—7.00 pm**

2 April— Homebirth Group

30 April— Antenatal

21 May— Birth choices

23 July— Intrapartum

20 August— Postnatal

Wednesday

Health Visitor Clinic

Drop In clinic for babies and toddlers for weighing and advice.

9.30 am – 11.20 am

Stop Smoking Clinic

For bookings please contact Julia Bright on 07795 061205.

WADEBRIDGE HUB

Wednesday cont'd

Cornish Nappy Library

Free advice on using re-useable nappies, with plenty to view. Trial kits are also available to hire for a fortnight from £3 per nappy. **2nd Weds each month 2.00 pm to 4.00 pm. 15th May, 12th June & 10th July 2019**

Thursday

Young Mum's Will Achieve

A group supporting young mothers aged 14—24 years to learn to socialise with other young mothers both whilst pregnant and with children in an environment where their children are supported with free on-site child care. For further information, contact Rachel Jones on 07973 913488.

9.00am – 4.30pm

Friday

Messy Pups

Art based messy play activities designed to help little ones explore their developing senses & creativity. For children aged 12 months to 5 years. No need to book. **Weekly 26th April to 19th July 2019 (Term time only). Contact: Kernow Art on Facebook.**

Mind Body Dance

Dance, Stretch & Tone Class. New for Mums! Gentle, fun & informal class for mums with babies to attend. Just turn up—£5.00 per class—bring yoga mat & blanket. Lisa Stephens 07469 780244. **Weekly, term time only. 1.00 pm to 2.00 pm**

ASD/ADHD Support Group (WASPS)

A friendly & informal group for parents/ carers of children with ASD/ADHD. For info, contact Karen on 07759 146532 **First Friday Each Month 3rd May, 3rd June & 1st July 2019 9.30 am to 11.30 am (Term Time).**

CAMELFORD FAMILY HUB

Tuesday

Tea & Toast

Parents, toddlers, grandparents & carers welcome. Put the world to rights, share tips, advice, ideas & all things related. Informal group who meet weekly offering mutual support. For info call Alison on 01566 781418
Weekly term time 9.15 am -10.30 am

Wednesday

Health Visitor Clinic

Drop In clinic for babies and toddlers for weighing and advice.

Weekly 9.15 am -11.15 am

Breastfeeding Group

Pregnant or breastfeeding (exclusively or combined, directly or expressing)? Friendly, non-judgemental drop in group, siblings welcome.

Weekly 11.00 am to 12.30 pm

Ready Steady Eat

Introduction to solid foods
Bookable session offering guidance and advice. Please call Family Hub on 01872 322270. **Weds 3rd April & Weds 12th June 2019 1.30 pm—3.00 pm**

Thursday

Bump to Baby

A bookable **3 week** antenatal programme. For further information or to book a place please contact Wadebridge Family Hub on 01872 322270. **9th May to 23rd May and 4th July to 18th July 2019 2.00 pm to 4.30 pm**

WADEBRIDGE HUB

Monday

Mother Me

A monthly group for Mothers, focusing on you, whether you are planning a baby, expecting a baby or are a new mother. Make new friends, have a cuppa & a chat. No need to book, just come along. Babies & children welcome. For info, contact Claire 07812 340106 or Jo 07936 172301. **First Monday of each month. 1st April, 13th May (2nd Mon), 3rd June & 1st July 2019 10.00 - 12.00 noon. Term Time.**

Health Visitor One to One

For children up to age 2½ years. Appointments with Lisa Bray (Health Visitor) to review yourself and/or your baby/child (including weight). Please call 01872 221400 to leave your name & number & Lisa will return your call to make an appointment. **Weekly.**

Tuesday

Move On Creative Futures

For young people 16—18 years & up to 24 years who have an Education, Health & Care Plan who are not in education, employment or training. Particularly those who aren't ready for College, have low self confidence/high anxiety. An alternative to mainstream education, working in small groups, to level 1/2 Arts Award & improving functioning skills & valuable life skills to enable independent living. Call Trish on 07977 522498 or email: trish@reachoutcf.com

Baby Massage & Sensory

A free bookable 6 week course, at Wadebridge Family Hub, for babies aged 8 weeks to 12 months. Please call Tracey at Happy Days Nursery, St Minver on 01208 869693 to book a place. **23rd April to 21st May 2019 (1.30 pm—2.30 pm) & 4th June to 9th July 2019 (10.00 am - 11.00 am) .**

WADEBRIDGE HUB

Tuesday cont'd

Bump to Baby

A bookable **3 week** antenatal programme. For further information or to book a place please contact Wadebridge Family Hub on 01872 322270 **4th June to 18th June 2019 2.00 pm—4.30 pm**

Friends of Face to Face Cornwall/OASIS

A free & confidential service linking parents and carers of children 0-25 with any disability or additional need, with trained local parent befrienders. Friendly & informal chat with a cuppa & a biscuit. Children welcome too. Website: face2facecornwall.com Tel: 07810 731428

Second Tuesday Each Month (Term Time only). 14th May, 11th June & 9th July 2019 1.00 pm to 2.30 pm.

Wednesday

Sing & Sign

For babies from birth—2 1/2 yrs. Singing, nursery rhymes and action songs, toys and instruments. Learn over 150 useful everyday signs.

Chargeable sessions. Booking Essential. Please contact Amy Freathy on 07710 136179

1st May 2019 to 10th July 2019 (excluding half term 29th May).

Ready Steady Eat

Introduction to solid foods Bookable session offering guidance and advice. Please call Family Hub on 01872 322270 to book a place.

Weds 8th May and Weds 10th July 1.30 pm —3.00 pm

Health Visitor Clinic

Drop In clinic for babies and toddlers for weighing and advice.

Weekly 2.00pm – 4.00pm

LAUNCESTON FAMILY HUB

Thursday

Family Worker Support and Guidance

Fortnightly one to one appointments with a Family Worker offering support and guidance to families. If you would like an appointment please ring Launceston Family Hub on 01566 770823

Portage Group

A free, informal drop-in session for children from birth to three years with complex additional needs, and their families. We aim to provide an opportunity for families to meet in a relaxed environment, and children to have an opportunity to play in a small, safe group setting. Run by members of the Portage Team. For further information, please ring Michaela Coles on 07814 295952 **18th April, 16th May, 20th June, 18th July, 15th August 10.00 am – 11.30am**

Baby Massage

Learn to massage your baby. **Chargeable course.**

To book please call Sarah Cole on 07787 520113

Term time only 1.00 pm – 3.00 pm

Friday

Health Visitor Clinic

Drop In clinic for babies and toddlers for weighing and advice. **9.30 am – 11.20 am**

ST. STEPHENS LAUNCESTON

Wednesday

Childminding Network

These sessions on the **2nd & 4th Wednesday's** of the month offer a great opportunity to meet other childminders in your local area and provide peer support and practical help. **9.30 am – 12.00 noon**

Bump to Baby

A bookable **3 week** antenatal programme. For further information or to book a place please contact Launceston Family Hub on 01566 770823 **8th, 15th and 22nd May 3rd, 10th and 17th July 2.00 pm – 4.30 pm**

Thursday

Incredible Years 6-12yrs

A 12 week (excluding half-term) bookable group to help support parents and carers of children aged 6-12 years to understand their child's development and behaviour.

To register an interest in attending, please contact The Early Help Hub on 01872 322277 or contact Launceston Family Hub on 01566 770823 **10.00 am-12.00 noon Commencing 25th April 2019**

BUDE FAMILY HUB

Tuesday

Baby Yoga

Suitable for babies from 8 weeks to 10 months old. Bookable sessions. For further information or to book a place please contact Sandra on 01288 361668 or 07930154033.

Chargeable Session

30th April—21 May 2019

1.30 pm – 2.30 pm

Ready Steady Eat

Introduction to solid foods.

Bookable session offering guidance and advice.

Please call: 01209 615600

11th June 2019

9.30 am -11.00am

Cornish Real Nappy Library

Offering free advice on using reusable nappies and samples to view. Trial kits are also available to hire.

4th Tuesday of the month: 28th May, 25th June, 30th July and 27th August 2019

10.00 am—12.00 noon.

Wednesday

Childminding Network

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

10.00 am – 12.00 pm.

BUDE FAMILY HUB

Thursday

Breastfeeding Support Group

Pregnant or breastfeeding (exclusively or combined, directly or expressing). Friendly non-judgemental drop in group. Siblings welcome.

10:30 am – 12:30 pm.

Health Visitor Clinic

Drop In clinic for babies and toddlers for weighing and advice.

10.30 am – 12.30 pm.

Friday

Sewing & Growing

An informal and fun programme about developing and nurturing a 'happy, healthy lifestyle'. Children and parents will be growing fruit & vegetables and cooking together. Call Dawn or Pam on 01208 269512 for more information. Free.

26th April, 3rd May, 10th May 2019

10.00 am-12.00 pm.

Baby Massage

Suitable for babies from 6 weeks to 7 months old. Bookable sessions. For further information or to book a place please contact Sandra on 01288 361668 or 07930 154033

Chargeable Session

26th April—24th May

14th June—12th July

1.30 pm – 2.30 pm.

TARGETED YOUTH SUPPORT WORKER INFORMATION, ADVICE & GUIDANCE SESSIONS FOR YOUNG PEOPLE AGED 13— 18YRS.

Family life can be difficult at any time. Targeted Youth Support Workers are here to offer practical, emotional and friendly help. All support is confidential and non-judgemental. No decisions will be made without prior discussion with the young person and the school. We listen carefully to your needs and adapt a support package suitable to meet these.

Targeted Youth Support Worker sessions are by **appointment only** with a youth worker offering support and guidance to young people aged 13 – 18yrs around the following:-

- Advocacy
- Relationships
- Identity
- Sexual Health
- Emotional Resilience
- Signposting to other services

Callywith College
Thursdays
9.00am –12.00 noon

To Book an Appointment, Please contact your College

Wadebridge School
Wednesdays
1.30pm –3.00pm

To Book an Appointment, Please contact your School Pastoral Team.

Budehaven School
Mondays
1.30pm –3.30pm

To Book an Appointment, Please contact your School Pastoral Team.

Sir James Smith School
Fridays 12pm—2pm

To Book an Appointment, Please contact your School Pastoral Team.

Bodmin College
Wednesdays
12.45pm-3pm

To Book an Appointment, Please contact your College Pastoral Team.