

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



What's on Guide 27th July – 1st September 2017

Opening Times

Mon – Thur: 9.00am – 5.00pm

Fri: 9.00am – 4.30pm

Falmouth Children's Centre

Monday

Come and Play

Lighthouse Centre

10.00am – 11.30am

A weekly drop in group.

There will be a wide range of fun activities for children of all ages.

Bump to Breast

Zedshed, Jubilee Wharf

10.00am – 11.30am

Open during School Holidays

Breastfeeding peer support group.

Esme Maylam: 07824904979

Tuesday

WILD

The Park Centre

1.00pm – 3.00pm

For women under 23yrs.

Crèche provided for children.

For more information contact

WILD on: 07795 034863

Introducing Solid Food

Lighthouse Centre

10.00am – 11.30am

15th August

Led by the Health Team. How to introduce your baby to solid foods. Babies 4+months

To book call: 01326 317796

Wednesday

The Bubble Room

The Park Centre

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 (appointments available on Wed at 1.30pm or 2.30pm). Future half hourly sessions requires a donation of £1.00 to contribute towards running costs.

To book call: 01326 312493

What Can The Children Centre Offer You

The Park Centre

10.00am – 11.30am

2nd August – 30th August

Come along and meet our Children centre staff who can help you with:

- Play opportunities in the centre and advice around learning and development
- Further information on the different groups you can attend free of charge
- Advice on parenting programs to support you and your child at home.

Falmouth Children's Centre

Wednesday

Summer Play Sessions

The Park Centre

1.30pm – 3.00pm

26th July – 30th August

Join us over the summer break for fun summer activities. Enjoy a range of different play sessions. Fun for all the family – sibling welcome!

Thursday

Bump to Breast

Falmouth Health Centre

10:30am - 12:30pm

Open during School Holidays

Breastfeeding peer support group.

Ante-natal mums welcome!

Esme Maylam: 07824 904979

First Friends

The Park Centre

10.00am – 11.00am

3rd, 17th and 31st August

0-12mths

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

Friday



Twins

The Park Centre

11.00am – 1.00pm

4th August

1st September

Drop in session.

Supported by Home-Start.

Introducing Solid Food

Zedshed, Jubilee Wharf

9.30am – 11.00am

18th August

Led by the Health Team.

Find out about how to introduce your baby to solid foods. Babies from 4 months

To book call: 01326 317796



+44 01872 322277

earlyhelphub@cornwall.gov.uk

www.cornwall.gov.uk/earlyhelphub

The Hub is open Monday to Thursday 8.45 am to 5.15 pm and Fridays 8.45 am to 4.45 pm.

The Hub is closed on Bank Holidays.

Be Me is a service for people with emotional or psychological difficulties who want a Talking treatment.

Telephone: 01579 373700

Truro Children's Centre

Tuesday

Introducing Solid Food

Trelander Children's Centre

10.00am – 12.00pm

8th August

Led by the Health Team.

Find out about how to introduce your baby to solid foods. For parents of babies from four months.

To book call: 01872 322661

First Friends

Tregolls Children's Centre

10.00am – 11.30am

Last Tues of every month
0-12mths

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

Wednesday

Summer Play Sessions

Truro Learning Academy

1.30pm – 3.00pm

26th July – 30th August

Join us over the summer break for fun summer activities. Enjoy a range of different play sessions. Fun for all the family – sibling welcome!

Wednesday

WILD

Trelander Children's Centre

9.30am – 11.30pm

Not on 23rd or 30th August

For women under 23 years.

For more information call:

01872 322661

Health Visitor Drop In

Truro Learning Academy

9.00am – 11.00am

9th and 23rd August

Red books must be submitted by 10.30am due to time constraints.

For more information call:

01872 221700

Breastfriends

Truro Learning Academy

9.00am – 11.00am

9th and 23rd August

Breastfeeding support group.

Ante-natal mums welcome!

Introducing Solid Food

Tregolls Children's Centre

10.00am – 12.00pm

23rd August

Led by the Health Team.

Find out how to introduce your baby to solid foods. Aimed at babies from four months.

To book call: 01872 322661

Truro Centre

Thursday

Come & Play

Trelander Children's Centre

1.30pm – 3.00pm

27th July – 31st August

(No session 3rd August)

A weekly activity drop in group for children of all ages.

Friday

Health Visitor Drop In

Trelander Children's Centre

10.00am – 12.00pm

18th August

For info call: 01872 221700

What Can The Children Centre Offer You

Truro Learning Academy

10.00am – 11.30am

28th July – 1st September

Come along and meet our Children centre staff who can help you with:

- Play opportunities in the centre and advice around learning and development
- Further information on the different groups you can attend free of charge
- Advice on parenting programs to support you.

Parenting Courses

Bump to Baby Classes

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 Park Centre, Falmouth

To book call: 01326 312493

Wednesdays

5.00pm – 7.30pm

26th July – 9th August

Fridays

2.00pm – 4.30pm

18th August – 1st September

Trelander Children's Centre, Truro

To book call: 01872 322661

Tuesdays

1.00pm – 3.30pm

25th July – 8th August

5.00pm – 7.30pm

22nd August – 5th September

Perranporth Children's Centre

To book call: 01872 572646

Thursdays

12.30pm – 3.00pm

31st August – 14th September

Perranporth Children's Centre

Monday

Health Visitor Drop In

Perranporth Children's Centre

10.00am – 11.30am

14th August

For more information call:
01872 571212

Tuesday

Health Visitor Drop In

St Agnes Methodist Church Hall

1.30pm – 3.00pm

Clinic runs 1st & 3rd Tuesday each month. A Health Visitor is available to offer advice, guidance and support.

For more information call:
01872 571212

Wednesday

Introducing Solid Food

Perranporth Children's Centre

1.00pm – 3.00pm

9th August

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

To book call: 01872 572646

Thursday

Breastfriends

Perranporth Children's Centre

10.00am – 11.30am

Open during School Holidays

Breastfeeding peer support group for actively breastfeeding mums.

Ante-natal mums welcome!

For more information call:
01872 572646

Health Visitor Drop In

St Newlyn East Methodist Church Hall

9.30am – 10.30am

3rd Thursday of every month

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

For more information call:
01872 571212

Multi-Agency Referral Unit

If you wish to discuss concerns that you have regarding a child or vulnerable adult please contact the **MARU** on **0300 123 1116**, following operator instructions.

Urgent referrals after 17.15 pm or at the weekends go to the Out Of Hours Service **01208 251-300**

Support Groups

Citizens Advice Cornwall

The Park Centre

2nd and 16th August - To book an appointment: 01326 312493

Family Support Advice Drop In 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.

The Park Children's Centre, Falmouth

Tel: 01872 322661

Thursday 10th & 24th August – 9.15-11.00am

Truro Learning Academy Children's Centre

Tel: 01872 322661

Tuesday 1st & 15th August – 9.15-11.00am



Susie Project

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

Please contact the Susie Project on 01209 699241

Email: susie.project@aol.com

24hr Domestic Violence helpline: 01209 225629



Cornwall One Parent Support Group

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

Weekly drop in term time plus school holiday activities

For more information call: Liz Northcott on 01726 65417 or

07737573647 or email e.northcott@sky.com

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 –

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 277720
Albany Road, Truro, TR1 3PQ.

Trelander Children's Centre, Trelander Highway, Truro, TR1 1PG

Bosvigo Children's Centre, Chapel Street, Truro, TR1 3BJ.

St. Paul's Children's Centre, Bodmin Road, TR1 1BN.

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 OEU.

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



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

www.cornwall.gov.uk

