

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



What's on Guide **September – December 2017**

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

13th September – 27th September or

25th October – 8th November or

13th December – 27th December

Fridays 2.00pm–4.30pm

29th September – 13th October or

24th November – 8th December

To book call: 01326 312493



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Trelander Children's Centre, Truro

Tuesdays 5.00pm–7.30pm

17th October – 31st October or

5th December – 19th December

Tuesdays 1.00pm–3.30pm

19th September – 3rd October or

7th November – 21st November

To book call: 01872 322661



Perranporth Children's Centre

Thursdays 12.30pm–3.00pm

26th October – 9th November

To book call: 01872 572646



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



Zedshed Jubilee Wharf, Penryn - 1.30pm – 3.30pm

Tuesdays 10th Oct – 5th Dec (no session 24th Oct)

To book call the Early Help Hub 01872 322277

Sensory Babies

A course of sensory play activities to promote Learning and Development and stimulate child's senses.

The Park Children's Centre, Falmouth - 10.30am – 11.30am

Thursdays 14th & 28th Sept and 12th & 26th Oct or

Thursdays 2nd Nov – 14th Dec

To book call: 01326 312493

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

Monday mornings

For further information and to book call: 01326 312493

Malpas Children's Centre - 9.30am – 11.30am

Thursdays 28th Sept, 26th Oct, 23rd Nov & 21st Dec

To book call: 01872 322661

Perranporth Children's Centre - 1.00pm – 2.30pm

Wednesdays 13th Sept, 11th Oct, 8th Nov & 6th Dec

To book call: 01872 572646

0-12 months

Messy Babies

Drop in sessions with activities to explore a range of resources to promote fine and gross motor skills. Please bring a change of clothes.

Malpas Children's Centre, Truro – 10.00am – 11.00am

Fridays 8th Sept – 20th Oct or

Fridays 3rd Nov – 15th Dec

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



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

Trelander Children's Centre, Truro - 9.30am – 11.30am

Tuesdays 26th Sept – 12th Dec (no sessions 24th Oct & 21st Nov)

To book call the Early Help Hub on 01872 322277



Little Learners

A variety of Early Years Foundation Stage planned activities.

Truro Learning Academy Children's Centre –

10.00am – 11.00am

Thursdays 14th Sept – 19th Oct or Thursdays 2nd Nov – 14th Dec

To book call: 01872 322661

Family Fun

Little Explorers, 0-5 years

Support your child's development through fun activities and experiences.

Perranporth Children's Centre - 1.30pm – 2.30pm

Mondays 11th Sept – 16th Oct or 30th Oct – 11th Dec

To book call: 01872 572646

The Park Centre, Falmouth - 1.30pm – 2.30pm

Wednesdays 13th Sept – 18th Oct or 1st Nov – 6th Dec

To book call: 01326 312493

Come and Play, 0-5 years

A weekly drop in group. There will be a wide range of fun activities each week for children of all ages.

Lighthouse Centre, Falmouth - 10.00am - 11.30am, Mondays

Trelander Children's Centre - 1.30pm – 3.00pm, Thursdays

Lighthouse Dads

For all dads and their children. Come and join in the fun.

Lighthouse Centre, Falmouth - 9:30am – 11.30am

Saturdays 30th Sept, 28th Oct & 25th Nov

To book call: 01326 312493 by Friday lunchtime

Twins (supported by Homestart)

The Park Centre, Falmouth - 11.00am – 1.00pm

Drop in group on Fridays 1st Sept, 6th Oct, 3rd Nov & 1st Dec



Programmes for Parents & Carers

Family Learning - Creative Readers and Writers

Support your child's literacy and make a lovely gift box in time for Christmas!

This course is for adults only so if you have a young child at home please ask us about how we can help to pay for childcare.

For 10 weeks starting on Friday 29th September, 9:15 - 11:15am

The Park Centre, Falmouth - To book call: 01326 312493

For more information, please contact Vicki Salvidge on 07968 992495 or vicki.salvidge@cornwall-acl.ac.uk

Programmes for Parents & Carers

Incredible Years, 3-6 years

12 week parenting course term time only

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

Mondays 11th Sept – 4th Dec (no session 23rd Oct)

Incredible Years, 6-11 years

12 week parenting course term time only

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

Wednesdays 13th Sept – 6th Dec (no session 25th Oct)

The above 2 courses include sessions on:

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



Time Out for ASD/ADHD, 5-11 years

5 week parenting course term time only

The course covers:

- Increased understanding of how ASD and ADHD affects the individual
- Practical suggestions to try at home
- Includes rewards, routines and rules that work!

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

Thursdays 5th Oct – 9th Nov (no session 26th Oct)

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, this course will have something for you.

Truro Learning Academy Children's Centre - 6pm – 8pm

Tuesdays 19th Sept – 28th Nov (no session 24th Oct)

**To book any of these courses please call the
Early Help Hub 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, 2nd and 4th Monday every month, 10.00am – 11.30am, **01872 571212**

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

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

St Agnes Methodist Church Hall, 1st and 3rd 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, 3rd Thursday every month, 9.30am – 10.30am, **01872 571212**

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

Trelander Children's Centre, 3rd 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 572646**

Support Groups and Advice

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.

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

Tel: 01326 311779

Every second and fourth Thursday every month – 9.15-11.00am

Truro Learning Academy Children's Centre

Tel: 01326 311779

Every first and third Tuesday every month – 9.15-11.00am

Citizens Advice Cornwall

The Park Centre - To book an appointment: 01326 312493

Wed 6th & 20th Sept, 4th & 18th Oct, 1st & 15th Nov, 6th & 20th Dec

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

Tuesdays 19th Sept, 17th Oct, 21st Nov & 19th Dec mornings

Cornwall One Parent Support Group

The Park Centre, Falmouth – Thursdays, 10.00am – 11.30am

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

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

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
29th Sept, 20th Oct, 24th Nov & 15th Dec - 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

24hr Domestic Violence helpline: 01872 225629



Support Group for Falmouth & Penryn Childminders

The Park Centre, Falmouth

Mondays 4th Sept, 2nd Oct, 6th Nov - 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

Website: www.cornwall.gov.uk/earlyhelphub



Information

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

The Park Centre, Falmouth

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.

To book call: 01326 312493

Toy Library/Trolley

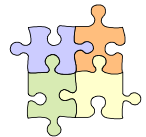
Perranporth Children's Centre

9.30am - 12.00pm

Mondays and Thursdays

Join the Toy Library and borrow toys for a small fee.

For more information call: 01872 572646



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



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
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



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

