

# Early Help Newsletter – Autumn 2020

## Parenting Update

### Online Parenting Support Courses

From September 2020 we will be continuing to support parents and carers and offer interactive parenting courses online. This will replace our face to face groups to ensure we are offering a full service to parents in the safest way.

Service requests will continue to be received through the Early Help Hub.

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

The courses available will be:

- Being Passionate About Parenting - Early Years 1 - 3 years
- Being Passionate About Parenting 4 - 11 years
- Being Passionate About Parenting with a basic introduction and an awareness to ADHD 5 – 11 years
- Being Passionate About Parenting with a basic introduction and awareness about the “Spectrum” 5 – 11 years
- Being Passionate About Parenting – The Teenage Brain 12 -17 years
- Take 3 – Supporting Teenagers 12 – 17 years

Courses are usually delivered over 3 sessions (1.5 hours per session) with the exception of Take 3 which is delivered over 5 sessions (2 hours per session)

### Family Work

Early Help Family Workers provide support for families with children aged pre-birth - 12 years with their consent.

### Youth Work

Early Help Targeted Youth Workers provide support for young people (aged 13-18 years) with their consent.

For more information please see below:

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents/>

### Family Information Services and Parenting Podcasts

For useful parenting information (search understanding feelings and emotions) and Parenting Podcasts please access the Family Information Service website -

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

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

**Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY**

Email: [equality@cornwall.gov.uk](mailto:equality@cornwall.gov.uk) Telephone: 0300 1234 100

## Solihull Parenting

The online courses are **free** for parents and carers living in Cornwall and the Isles of Scilly.

Follow the below link for further information and how to access the course.

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/childrens-community-health/free-online-parenting-courses-the-solihull-approach/>

## Bump to Baby

An ante-natal course – all presentations are available to watch here

<https://www.supportincornwall.org.uk/kb5/cornwall/directory/advice.page?id=3eUP45FLH3I>

## Parent Advice Line

Do you need some support and advice to understand your child's needs and behaviour?

- Advice on positive parenting
- To understand the importance of routines for your family

Follow the below link to find the relevant contact details for your local area.

<https://www.supportincornwall.org.uk/kb5/cornwall/directory/service.page?id=IVXu aOkj1Mg>

## Contact us

Email:

North Cornwall Family Hubs - [northcornwall.familyhubs@cornwall.gov.uk](mailto:northcornwall.familyhubs@cornwall.gov.uk)

Caradon Family Hubs - [caradon.familyhubs@cornwall.gov.uk](mailto:caradon.familyhubs@cornwall.gov.uk)

Restormel Family Hubs - [restormel.familyhubs@cornwall.gov.uk](mailto:restormel.familyhubs@cornwall.gov.uk)

Carrick Family Hubs - [carrick.familyhub@cornwall.gov.uk](mailto:carrick.familyhub@cornwall.gov.uk)

Kerrier Family Hubs - [Kerrier.FamilyHub@cornwall.gov.uk](mailto:Kerrier.FamilyHub@cornwall.gov.uk)

Penwith Family Hubs - [Penwith.FamilyHub@cornwall.gov.uk](mailto:Penwith.FamilyHub@cornwall.gov.uk)



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