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
13\(^{th}\) September – 27\(^{th}\) September or
25\(^{th}\) October – 8\(^{th}\) November or
13\(^{th}\) December – 27\(^{th}\) December

**Fridays**  2.00pm–4.30pm
29\(^{th}\) September – 13\(^{th}\) October or
24\(^{th}\) November – 8\(^{th}\) December

**To book call:** 01326 312493

Trelander Children’s Centre, Truro
**Tuesdays**  5.00pm-7.30pm
17\(^{th}\) October – 31\(^{st}\) October or
5\(^{th}\) December – 19\(^{th}\) December

**Tuesdays**  1.00pm-3.30pm
19\(^{th}\) September – 3\(^{rd}\) October or
7\(^{th}\) November – 21\(^{st}\) November

**To book call:** 01872 322661

Perranporth Children’s Centre
**Thursdays**  12.30pm-3.00pm
26\(^{th}\) October – 9\(^{th}\) 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**
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**, 2\(^{nd}\) and 4\(^{th}\) Monday every month, 10.00am – 11.30am, 01872 571212

**Porthtowan Village Hall**, 1\(^{st}\) Thursday every month, 1.30pm – 2.30pm, 01872 571212

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

**St Agnes Methodist Church Hall**, 1\(^{st}\) and 3\(^{rd}\) 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**, 3\(^{rd}\) Thursday every month, 9.30am – 10.30am, 01872 571212

**Threemilestone GP**, 2\(^{nd}\) and 4\(^{th}\) Thursday every month, 11.00am – 1.00pm, 01872 571212

**Trelander Children’s Centre**, 3\(^{rd}\) 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
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](http://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
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
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