

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

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

January—April 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
[Chestnuts Centre](#)

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

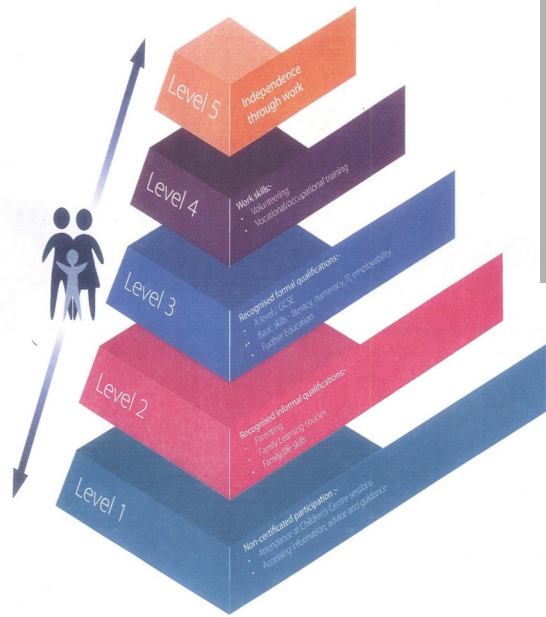
Breast-feeding Support

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 Jefferies

01872 322601 amanda.jefferies@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: 01840 779150

Wadebridge: 01208 834413

Bude: 01288 320151

Bodmin: 01208 834565

Midwives:

Launceston: 01566 761110

Wadebridge: 01208 834403

Camelford: 01840 779535

Bude: 01288 320131

Bodmin: 01872 326528



Citizens Advice Cornwall

Provides free and confidential advice for the challenges that

you face. One to one appointments are available at the Family Hub for you to get advice and support with debt, benefits, employment and other areas. **Please call Family Hubs or CAC on**

0344 499 4188

BODMIN FAMILY HUB

Monday

WILD

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

9.30 am – 12.00 noon

Citizens Advice Cornwall (CAC)

One to one appointments for advice are held fortnightly at the Chestnuts Centre. If you would like an appointment please contact Bodmin Family Hub on 01208 265760

Ready Steady Eat!

Introduction to solid foods Bookable session offering guidance and advice. Please call: 01209 615600

14th Jan, 11th Feb, & 11th Mar

1.30-3.00pm

Health Visitor Clinic

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

2.00pm—4.00pm

COPS

Cornwall One Parent Support Group, children of any age welcome, for more information ring 01726 65417/07737 573647

3.30pm - 5.30pm

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.

21st January—1st April 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.

9.30am—11.30am TERM TIME

Health Visitor Clinic

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

9.30am – 12.00pm

Breast-feeding Group

Pregnant or breast-feeding (exclusively or combined, direct or expressing). Friendly, non-judgemental drop-in group, siblings welcome. **9.30am—12.00pm**

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.

Time Out for ASD (Autistic Spectrum Disorder)

A 6 week (excluding half-term) bookable group to help support parents and 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.

12.30 pm-2.30pm

15th January—26th March 2019

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 - 11.30 First Wednesday of the month starting 03/04/19.** For further information, please ring Laura Mansfield on 07897840639.

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. 17th Jan & 7th March 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:

28th February & 25th April 2019

1.00 pm to 3.00 pm

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. **11th Jan to 15th Feb 2019 9.15 am to 2.30 pm Commencing 2nd Nov**

BODMIN BEACON

Monday

Adult Education

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

9.30am—12.00pm

Tuesday

Adult Education

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

9.30am—12.00pm

Friday

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 Benn Clarke (Parenting Lead) on 01752 847419.

10.00am-12.00pm

11th January—5th April 2019

Tuesday

BODMIN BERRYFIELDS

Untangled Support Group & Crafts

A weekly drop-in for families experiencing pre or post natal depression and or anxiety. Children up to 5 years are welcome. Run by Mums for families. All equipment and tea and coffee provided. Contact Cara on 07917 008776 or just drop-in.

Weekly 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
10.30am – 12.00pm

WILD

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

2.00pm – 4.00pm

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.

9.30am – 11.30am

Ready Steady Eat

Introduction to solid foods
Bookable session offering guidance and advice. Please call: 01209 615600

8th January, 12th March
9.30am—11.30am

Breastfeeding Group

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

1.00pm – 2.30pm

LAUNCESTON FAMILY HUB

Tuesday cont'd

Healthy Weight Weekly Weigh-In

Come along to our friendly weekly adult weigh-in for a bit of extra support and motivation with a chance to find out about any new healthy weight programmes running in the area.

No need to book...just pop in!
For more information please call Emma Leach on 07483409513

3.00pm – 4.30pm

Chi Kernow Midwives Ante-Natal Sessions

Ante-Natal sessions with guest speakers
Please call the Family Hub for more information

19th February—the time around labour
5.30pm—7.00pm

Wednesday

Health Visitor Clinic

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

9.30am – 11.20am

Stop Smoking Clinic

For bookings please contact Julia Bright on 07795 061205.

Thursday

Citizens Advice Cornwall (CAC)

One to one appointments for advice are held fortnightly at the Launceston Centre. If you would like an appointment please ring Launceston Family Hub on 01566 770823

WADEBRIDGE HUB

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. **From 11th January 2019**

10.00 am to 11.00 am

Contact: Kernow Art on Facebook.

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**

4th January, 1st February, 1st March & 5th April 2019

9.30 am to 11.30 am

The Cornish Nappy Library

Offering 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. **Fortnightly from 22nd Feb 2019 (8th March, 22nd March & 5th April) 10.30 am to 12.00 noon.**

Finding Yourself Again

A group for Mum's with post-natal low mood. Outlook South West. **Fri 25th January 2019 to Fri 1st March 2019 5 weeks (excluding 8th Feb)**

12.30 pm to 2.30 pm. Please contact 01208 871905 for information & to book a place or online at

www.outlooksw.co.uk

CAMELFORD FAMILY HUB

Wednesday

Health Visitor Clinic

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

Weekly 9.15am -11.15am

Healthy Weigh-In (with Healthy Cornwall)

FREE weekly weigh-in for adults over 18 years. Offering support and advice on healthy eating and healthy lifestyle choices. Drop in Session—no appointments necessary. For any further advice or info, contact Emma Leach on 07483 409513.

Weekly—9.30 am to 12.00 noon.

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 13th February 2019

Weds 3rd April 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.

31st Jan to 14th Feb 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 always welcome. For info, contact Claire 07812 340106 or Jo 07936 172301. **First Monday of each month. 7th Jan, 4th Feb, 4th March & 1st April 2019.**
10.00 am to 12.00 noon.

Tuesday

Move On Project— 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, working towards level 1 or 2 Arts Award & improving functioning skills and valuable life skills to enable independent living. Contact 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.

LIMITED SPACES AVAILABLE

8th Jan to 12th Feb 2019

10.00 am to 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
8th Jan to 22nd Jan 2019
5th March to 19th March 2019
2.00 pm—4.30 pm

Face2Face Cornwall

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). 8th Jan, 12th Feb & 12th March. 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
16th January 2019 to 3rd April 2019 (excluding half term 20th Feb).

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 9th January 2019

Weds 13th March 2019

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 cont'd

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 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 Kim Russell on 07483 167329
17th January, 21st February, 21st March, 18th April
10.00am – 11.30am

Baby Massage

Learn to massage your baby.
Chargeable course
To book please call Sarah Cole on 07787 520113
1.00pm – 3.00pm

Friday

Health Visitor Clinic

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

ST. STEPHENS LAUNCESTON

Tuesday

Incredible Years 3-6yrs

A 12 week (excluding half-term) bookable group to help support parents and carers of children aged 3-6 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
10.00am-12.00pm
Commencing 8th January 2019

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.
9.30am – 12noon

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 May
2.00pm – 4.30pm

Thursday

Chi Kernow Midwives Ante-Natal Sessions

Ante-Natal sessions with guest speakers Please call the Family Hub for more information
24th January—ante-natal topics
21st March —post-natal topics
10.00am – 11.30am

BUDE FAMILY HUB

Tuesday

Ready Steady Eat

Introduction to solid foods
Bookable session offering guidance and advice. Please call: 01209 615600
12th February, 2nd April
9.30-11.00am

The Cornish real nappy library

Offering free advice on using reusable nappies and samples to view. Trial kits are also available to hire.
2nd and 4th Tuesday of the month
2.00pm—3.30pm.

Bump to Baby

A bookable **3 week** antenatal programme. For further information or to book a place please contact Bude Family Hub on 01288 353968.
Tuesday 26th February 9.30am - 12pm,
Thursday 7th March 2-4.30pm, Tuesday 12th March 9.30am-12pm

Chi Kernow Midwives Ante-Natal Sessions

Ante-Natal sessions with guest speakers
Please call the Family Hub for more information
5th February—the time around labour
10.00am – 11.30am

Wednesday

Childminding Network

These sessions offer a great opportunity to meet other childminders in your local area and provide peer support and practical help.
10.00am – 12.00pm

BUDE FAMILY HUB

Chi Kernow Midwives Ante-Natal Sessions

Ante-Natal sessions with guest speakers
Please call the Family Hub for more information
9th January—ante-natal topics
6th March —post-natal topics
5.30pm—7.00pm

Thursday

Breastfeeding support Group

Pregnant or breastfeeding (exclusively or combined, directly or expressing)
Friendly non-judgemental drop in group. Siblings welcome.
10:30am – 12:30pm

Health Visitor Clinic

Drop In clinic for babies and toddlers for weighing and advice.
10.30am – 12.30pm

Friday

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 07930154033. **Chargeable Session**
25th January to 15th February
10.30am – 11.30am

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 07930154033
Chargeable Session
18th January to 15th February
1st—29th March 1.30pm – 2.30pm

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

17th January
14th February
21st March

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

Wadebridge School
Wednesdays
1.30pm –3.00pm

9th January
13th February
13th March

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

Budehaven School
Mondays
1.30pm –3.30pm

14th,28th January
11th, 25th February
11th, 25th March

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

Sir James Smith School
Fridays 12pm—2pm

18th January
1st, 15th February
1st, 15th, 29th March

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

Bodmin College
Wednesdays
12.45pm-3pm

16th, 30th January
13th, 25th February
11th, 25th March

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