



Early Help Newsletter – Spring 2023

Free information, 

support and guidance for Parents and Carers

Parenting Support Courses

We offer interactive parenting courses both online and face to face. Service requests can be made through the Early Help Hub.

www.cornwall.gov.uk/earlyhelphub

The courses available are:

- **Being Passionate About Parenting - Early Years 1 - 3 years (3 x 1½ hours)**
- **Being Passionate About Parenting - 4 - 11 years (3 x 2 hours)**
- **Being Passionate About Parenting with basic introduction and an awareness to ADHD - 5 – 11 years (3 x 2 hours)**
- **Being Passionate About Parenting with a basic introduction and awareness about the “Spectrum” 5 – 11 years (3 x 2 hours)**
- **Being Passionate About Parenting – The Teenage Brain 12 -17 years (3 x 1½ hours)**
- **Take 3 – Supporting Teenagers 12 – 17 years (5 x 2 hours virtual or 10 x 2 hours face to face)**

Following completion of Take 3 you can book for an optional session). All 2 ½ hours via the EHH.

- **Introduction to Teenagers with Sensory Challenges**
- **Introduction to Teenagers with Traits of ADHD**
- **Introduction to Teenagers with Autistic Traits**

Just for Dads

You can also find information tailored just for you on the Family Information Service –

www.supportincornwall.org.uk/fordads



Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns or are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116

For further updates and information on what's happening in your area visit us on Facebook:

www.facebook.com/TFFCornwall

Future Highlight

Autism Cafe Cornwall



For Parents/Carers run by Parents/Carers This group hold regular meet ups offering an opportunity to speak, be heard, meet and support whilst enjoying tea/coffee and biscuits.

Find them on Facebook or email

Autismcafecornwall@gmail.com for information about meet ups.

Positive Parenting Bitesize

If you would like to be able to talk in confidence and meet other parents experiencing similar challenges, come along. All sessions run from 12:30pm to 2:30pm

Tuesday 24 January 2023 - Healthy Lifestyle and Preparing for Pregnancy and Parenthood

Tuesday 28 February - Wild young parents and dads

Tuesday 21 March – Guest speaker Tigger Pritchard about Autism and Neurodiversity

Tuesday 18 April – Passionate About Being Calm

To get your Microsoft Teams link for the session contact:

julie.attwell@cornwall.gov.uk

Want to support and understand your child's emotions as well as your own. Why not attend SPACE Supporting Parents and Children Emotionally request your space through the Early Help Hub.



Let's Talk Teenagers' webinars set up to help parents and carers understand and support their teenagers to navigate the challenges of today's world.

The sessions are being run on:

Tuesday 21 February

Tuesday 28 February

Tuesday 7th March

The Eventbrite link will be sent out through schools and organisations. The 90-minute sessions will be delivered on Teams, and a free booklet will accompany the online event, which will be sent out to delegates afterwards.



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www.cornwall.gov.uk

Useful Website Links

Provides useful links to other areas of support.

www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/useful-websites-for-early-help/

Family Information Services

For useful parenting information, updates on parenting programmes and **Parenting Podcasts** please access the Family Information Service website

www.supportincornwall.org.uk

[Solihull Approach | inourplace | Understanding your child](#)

Access to resources about becoming a parent or being a parent from children aged 6 months to 19 years including children with additional needs and children's health and wellbeing.

Free Access Code: TAMAR

HEADSTART KERNOW Parents and carers wellbeing workshops providing support to help you navigate the journey of raising a child in a fast-changing world and to guide you to available services and support and to promote helpful conversation.

For further information please visit:

www.headstartkernow.org.uk



Parents can struggle at one time or another. You are not alone. Home-Start's volunteers work alongside families to give compassionate and confidential support. They help people to regain the confidence to be the parents they want to be.

Take a look at the website:

www.homestartkernow.org.uk



Join the Library **FREE** and download the BorrowBox app which makes it easy to browse, borrow and read or listen to your library's eBooks and eAudiobooks anywhere, everywhere.

www.citizensadvice.org.uk

Giving people the knowledge and confidence, they need to find their way forward - whoever they are, and whatever their problem - Adviceline : 0800 144 8848 or text the word ADVICE to 78866 and they will call you back within 48 hours (excluding weekends).



Video Links

Some short videos around neurodiversity

Amazing things happen:

<https://www.youtube.com/watch?v=RbwRrVw-CRo>

Can you make it to the end:

<https://www.youtube.com/watch?v=aPknwW8mPAM>

Adolescents with ADHD:

<https://www.youtube.com/watch?v=uGSHcHcVnIo>

Walk in My Shoes:

<https://www.youtube.com/watch?v=KSKvazfTLv8>

Brain & amygdala hand model

<https://www.youtube.com/watch?v=2xeDcPBD5Fk>

For more information on Neurodiversity go to:

www.adhdfoundation.org.uk

www.autism.org.uk/

www.pdasociety.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 Telephone: **0300 1234 100**