

Together for Families

# Early Help Parenting Newsletter – Autumn 2023

Free information, support and guidance for parents and carers.

## Need help?

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

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 033 123 1116.

## Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. More information about our parenting support on offer can be found at: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

The programmes currently available are:

- **Being Passionate About Parenting Early Years** –1-3 years (3 x 2-hour sessions)
- **Being Passionate About Parenting** – 4-11 years (3 x 2-hour sessions)
- **Take 3** – Supporting Teenagers 12-17 years (5 x 2-hour virtual sessions or 10 x 2-hour face to face sessions)
- **Living with Parents** – a one day workshop for parents and their young person aged 12 to 17 years.
- **Understanding your child with additional needs** – a self-guided course accessed through Solihull: <https://inourplace.heiapply.com/online-learning/course/36>

To access the course, please register for an account using the code TAMAR

## Solihull Online



FREE access to self-guided parenting courses for parents and carers in Cornwall and the Isles of Scilly. [www.inourplace.co.uk](http://www.inourplace.co.uk) Free Access Code: TAMAR

## SPACE

Want to support and understand your child's emotions as well as our own? Why not attend FREE Supporting Parents and Children Emotionally (SPACE) sessions. For more information and/or to register your interest please email:

[space@cornwall.gov.uk](mailto:space@cornwall.gov.uk)

## Supporting Healthy Relationships

Reducing conflict between parents is one of the most effective ways to improve the lives of their children – including mental health and emotional stability, behaviour, helping them to do better in school, and improving the quality of their life long-term.

To find out more on Supporting Healthy Relationships including helpful resources and future courses, please visit:

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

## Family Information Service

For useful parenting information, updates on parenting programmes and Parenting Podcasts please access the Family Information Service website [www.supportincornwall.org.uk](http://www.supportincornwall.org.uk)

## Social Prescribing Cornwall

Linking people with non-clinical sources of support within the community.

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

## Hunrosa



Sleep is essential for our children to grow, learn, promote immunity and good mental health. Children with neurodiversity are likely to find sleep more difficult. Hunrosa have experience and expertise in supporting families, so come to our friendly sleep session to learn about ways you can help your child to sleep better. Please contact your Healthcare Provider should you wish to have them refer you for sleep services. <https://hunrosa.co.uk/>

## Kooth & Qwell



Kooth offer free, safe and anonymous mental health support for young people aged 11-19 years.

<https://www.kooth.com/>

Qwell offers mental health support for ALL parents and carers of all ages as well as 19-25 years.

<https://www.qwell.io/>

## 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.

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

## Just for Dads



For information tailored just for you check out:

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

[DadPad | The Essential Guide for New Dads | Support Guide for New Dads \(thedadpad.co.uk\)](#)

## Homestart Kernow



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.

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

## Reconnect/The Susie Programme



Ending Abuse in Cornwall & Isles of Scilly

Giving children the time, space, and skills to have a loving relationship with themselves and others following Domestic Abuse. As well as providing adults with a support programme to enable you to positively move forward with your life.

[www.saferfutures.org.uk/online-referral/](http://www.saferfutures.org.uk/online-referral/)

## Citizens Advice

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

## Neurodiversity Videos

Some short videos around neurodiversity.

Adolescents with ADHD:

[www.youtube.com/watch?v=uGSHcHcVnIo](http://www.youtube.com/watch?v=uGSHcHcVnIo)

Walk in My Shoes:

[www.youtube.com/watch?v=KSKvazfTLv8](http://www.youtube.com/watch?v=KSKvazfTLv8)

For more information on Neurodiversity go to:

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

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

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

[www.bridgingtheneurodivide.com](http://www.bridgingtheneurodivide.com)

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**



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