

# Early Help Newsletter – Summer 2023



## Free information, support and guidance for Parents and Carers

### Parenting Support Courses

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

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

The programmes available are:

- **Being Passionate About Parenting - Early Years 1 - 3 years (3 x 2 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 2 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 the following:

- **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](http://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, 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](https://www.facebook.com/TFFCornwall)



Kooth offer free, safe and anonymous mental health support for 11–19yrs. The NHS is providing free counselling, peer to peer support and self-help tools for young people through [www.kooth.com](http://www.kooth.com).

Qwell, offers the same support for ALL parents and carers of all ages as well as 19-25yrs. This service offers free counselling and support for adults through [www.qwell.io](http://www.qwell.io).

**Why not attend the bitesize session in June to learn more.**

### Positive Parenting Bitesize

If you would like to talk in confidence and meet other parents experiencing similar challenges, come along.

All sessions run from 12:30pm to 2:30pm

#### Thursday 25 May – Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS)

Exclusions and suspensions and how they can support you. We have tools and services to empower children and young people with a special educational need or disability and support parents / carers of children with special educational needs or disability.

**Monday 19 June – Kooth and Qwell** For more information on this service see above

**Tuesday 11 July – ADHD and Beyond by Linda Andrews**

**Tuesday 15 August – National Literacy Trust**

To get your Microsoft Teams link for the session contact:

[julie.attwell@cornwall.gov.uk](mailto:julie.attwell@cornwall.gov.uk)

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

### Reducing Parental Conflict

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 Reducing Parental Conflict** including helpful resources and future courses please visit [www.supportincornwall.org.uk/kb5/cornwall/directory/advice.page?id=dKedhVAyRRA](http://www.supportincornwall.org.uk/kb5/cornwall/directory/advice.page?id=dKedhVAyRRA)



**CORNWALL COUNCIL**  
one and all • onen hag oll

Together   
for Families



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

### 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.

[www.inourplace.co.uk](http://www.inourplace.co.uk)

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

## RECONNECT



Giving children the time, space, and skills to have a loving relationship with themselves and others following Domestic Abuse.

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



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](http://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:

[www.youtube.com/watch?v=RbwRrVw-CRo](https://www.youtube.com/watch?v=RbwRrVw-CRo)

Can you make it to the end:

[www.youtube.com/watch?v=aPknwW8mPAM](https://www.youtube.com/watch?v=aPknwW8mPAM)

Adolescents with ADHD:

[www.youtube.com/watch?v=uGSHcHcVnlo](https://www.youtube.com/watch?v=uGSHcHcVnlo)

Walk in My Shoes:

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

Brain & amygdala hand model

[www.youtube.com/watch?v=2xeDcPBD5Fk](https://www.youtube.com/watch?v=2xeDcPBD5Fk)

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**