

Early Help Newsletter – Spring 2022

Free information, support and guidance for Parents and Carers

Parenting Support Courses

We are continuing to support parents and carers and offer interactive parenting courses both online and face to face groups to ensure we are offering a full service to parents / carers in the safest way. Service requests will continue to be received through the Early Help Hub.

www.cornwall.gov.uk/earlyhelphub

The courses available will be:

- Being Passionate About Parenting - Early Years 1 - 3 years (3 x 1½ hours)
- Being Passionate About Parenting - 4 - 11 years (3 x 1½ hours)
- Being Passionate About Being Calm - 4 - 11 years (1 x 2 hours)
- Being Passionate About Parenting with basic introduction and an awareness to ADHD- 5 - 11 years (3 x 1½ hours)
- Being Passionate About Parenting with a basic introduction and awareness about the "Spectrum" 5 - 11 years (4 x 1½ 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)

Future Highlight

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

All 2 ½ hour sessions. These are optional add-on sessions following completion of Take 3 (if relevant).

Just for Dads

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

<https://www.supportincornwall.org.uk/fordads>

Behaviours that Challenge Sessions

If you would like to be able to talk in confidence and meet other parents experiencing similar challenges come along. Your child does not need to have a diagnosis or a statement for you to attend this group.

- January 10th 1-3pm- Guest Speaker- SENDIASS
- February 14th 1-3pm – Being Passionate About Being Calm 5-11 years
- March 14th 1-3pm- Guest Speaker- SENDIASS

To book your place contact:

Julie.Attwell@cornwall.gov.uk

facebook

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

www.facebook.com/TogetherForFamilies

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



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

Together 
for Families



www.cornwall.gov.uk

January 2022

SPACE - Supporting Parents and Children Emotionally

SPACE | 2 day Facilitator Training

For professionals able to run a 5 week (2 hours per week) programme with *groups of parents* as part of their current role

Dear colleagues,

SPACE is a new offer for professionals working with parents and carers that does not replicate any other parenting intervention currently available in Cornwall.

Building on current trauma informed training and practice already being delivered across the county SPACE provides an accessible, flexible toolkit of high-quality resources for professionals, enabling them to work with groups of parents and carers.

SPACE is a relationship-based delivery model which actively advocates and promotes working in partnership alongside parents. It helps support them in recognising the impact of adult behaviours on children, and how they can develop protective behaviours and resilience in both themselves and their children. The programme recognises that each participant may be shaped but not defined by their experiences, and that there is always capacity for change.

A universal programme intended for all parents, SPACE supports in the building of knowledge and learning that promotes a good understanding of both children's and adult's emotional health, wellbeing and behaviour and how life experiences can influence this. With particular emphasis on the maintenance of positive emotional, mental health and wellbeing for the whole family, SPACE also providing parents and carers with take away strategies to implement at home.

Once trained, facilitators will be able to deliver a 5-week education programme to groups of parents/carers offering practical activities and insights into the neuroscience behind trauma, attachment theories, toxic stress responses and why protective factors are important.

Addressing topics such as:

- Biological Stress responses
- Impact of ACEs and trauma
- Attachment theories and nurturing parents
- Understanding behaviour and resilience
- Protective behaviours
- Child development milestones
- Managing difficult emotions
- Importance of self-care and nurturing children
- Healthy relationships

***Note – SPACE has been designed to enable facilitators to deliver to groups of parents/carers. The activities and sessions included within the programme would make this toolkit unsuitable for use in 1:1 work**

Outlined below are upcoming training dates:

- 1st and 2nd March
- 8th and 9th March
- 22nd and 23rd March

Registration will close 2 weeks before each course to ensure enough time for course preparation, including sending out course materials.

Best wishes

Ness Little | Headstart Kernow

Together for Families



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

www.facebook.com/TFFCornwall



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:

<http://homestartkernow.org.uk>

Useful Links

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

Provides useful links to other areas of support.

Family Information Services

For useful parenting information, updates on parenting programmes including face to face delivery 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

www.autism.org.uk

For families and individuals on the autism spectrum. Providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities.

www.adhdfoundation.org.uk

Attention Deficit Hyperactivity Disorder Foundation actively promotes a strength-based approach to living successfully with ADHD and other 'neurodiverse minds', such as, dyslexia, dyspraxia, autism spectrum, dyscalculia and Tourette's syndrome.

www.addiss.co.uk

The National Attention Deficit Disorder Information and Support Service. Providing people-friendly information and resources.

www.pdasociety.org.uk

Pathological Demand Avoidance Society offer Information, support and training for PDA.

PDA Together | Facebook

For parents and individuals to support and inform each other within the world of PDA.

www.capt.org.uk

The Child Accident Prevention Trust, working to reduce the number of children and young people killed, disabled or seriously injured in accidents.



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