

**FREE SUPPORT for parents, carers and families  
Hayle, St Ives and Penzance**



**Course Programme Spring/Summer 2019**

**WILD – Young Parents Project**

**The Lescudjack Centre, TR18 3PE**

Thursdays – 10am-12pm

Call Becky for information – 07795 034864

**OASIS – Face 2 Face - for families who have children with additional needs (drop in sessions)**

**The Lescudjack Centre, TR18 3PE**

Face2Face Support group (drop in)

Monday – 4<sup>th</sup> Mar, 1<sup>st</sup> Apr

1-2.30pm

**Hayle Family Hub, TR27 4ND**

Face2Face Support group (drop in)

Monday – 25<sup>th</sup> Feb, 18<sup>th</sup> Mar, 29<sup>th</sup> Apr

9.30-11.30am

**Passionate about ADHD**

**Hayle Family Hub, TR27 4ND**

Tuesday 4<sup>th</sup> June-16<sup>th</sup> July 6pm – 8.30pm

(not half term)

**Passionate about the Spectrum**

**St John's Hall, Alverton St, Penzance TR18 2QR**

Fri 10<sup>th</sup> May – 21<sup>st</sup> June 9.30am-12pm (not half term)

**Being Passionate about Parenting**

**St John's Hall, Alverton St, Penzance TR18 2QR**

Monday 29<sup>th</sup> April – 9.30am-2.30pm

**Hayle Family Hub, TR27 4ND**

Tuesday 25<sup>th</sup> June – 9.30am-2.30pm

**Ready, Steady... Eat! An introduction to solid food**

To book ring 01209 615600

[Healthyunder5s@cornwall.gov.uk](mailto:Healthyunder5s@cornwall.gov.uk)

**Penzance Family Hub, TR18 2QP**

Tuesday 12<sup>th</sup> Mar, 9<sup>th</sup> Apr, 14<sup>th</sup> May, 11<sup>th</sup> June, 9<sup>th</sup> July 10-11.30am

**Hayle Family Hub, TR27 4ND**

Monday 18<sup>th</sup> Mar, 20<sup>th</sup> May 1.30-3pm

**St Ives Community Clinic, The Stennack, TR26 1RU**

To request a place you can go online at

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

Click on 'Request for Help,' then on the request for help form on the right.

Complete, save & email to

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

**Bump to Baby – antenatal classes**

Please call 01736 759058 for information and booking

**Hayle Family Hub, TR27 4ND**

Thursday – 14<sup>th</sup> – 28<sup>th</sup> March 9 30am-12 midday

Friday 26<sup>th</sup> July-9<sup>th</sup> Aug 9.30am-12pm

**Shekinah Centre, Penzance TR18 2AA**

Wednesday 10<sup>th</sup> – 24<sup>th</sup> April 2-4.30pm

**St Ives Family Hub, TR26 1DJ**

Tuesday – 19<sup>th</sup> Feb – 5<sup>th</sup> March 3.30-6pm

Tuesday – 30<sup>th</sup> April – 14<sup>th</sup> May 3.30-6pm

**Incredible Years 0-6/6-12 months**

**Hayle Family Hub, TR27 4ND**

Mon 13<sup>th</sup> May – 24<sup>th</sup> Jun 9.30am–11.30am

**Incredible Years 1-3 years**

**Penzance Family Hub, TR18 2QP**

Thursday 2<sup>nd</sup> May-11<sup>th</sup> July 9.30-11.30am (not half term)

**Incredible Years 3-5 years**

**Penzance Family Hub, TR18 2QP**

Fridays 26<sup>th</sup> Apr-19<sup>th</sup> July 12:30 – 14:30 (not half term)

**Incredible Years 6-11 years**

**Hayle Family Hub, TR27 4ND**

Wed 24<sup>th</sup> Apr-17<sup>th</sup> July 6pm – 8pm (not half term)

**Take 3**

**Hayle School**

Thursday 25<sup>th</sup> Apr-4<sup>th</sup> July 10am-12pm (not half term)

**Living with Parents**

**Hayle Family Hub, TR27 4ND**

Friday 28<sup>th</sup> June 10am-3pm

**Challenging Behaviour Support Group**

**St John's Hall, Alverton Street, Penzance TR18 2QR**

19<sup>th</sup> Mar, 21<sup>st</sup> May, 23<sup>rd</sup> July, 17<sup>th</sup> Sept,

19<sup>th</sup> Nov

10am-12pm

For more information and Request Forms please contact

**Early Help Hub 01872 322277**