

# Falmouth & Penryn Truro & The Roseland Perranporth Children's Centres



## **What's on Guide January – March 2017**

### **Opening Times**

**Mon – Thur: 9.00am – 5.00pm**

**Fri: 9.00am – 4.30pm**

# Falmouth Children's Centre

## Monday

### Come and See Us

**Lighthouse Centre**

**10.00am – 11.30am**

**9<sup>th</sup> Jan – 27<sup>th</sup> Mar**

**Term time only**

A weekly drop in group open to everyone. There will be a wide range of fun activities each week for children of all ages.

### Toddler Talk

**The Park Centre**

**1.30pm – 3.00pm**

Referral only

### Bump to Breast

**Zedshed, Jubilee Wharf**

**10.00am – 11.30am**

**Open during Half Term**

Breastfeeding peer support group.

Ante-natal mums welcome!

Esme Maylem: 07824904979

## The Multi-Agency Referral Unit (MARU)

If you wish to discuss concerns that you have regarding a child or vulnerable adult please contact the **MARU** on **0300 123 1116**, following operator instructions.

Urgent referrals after 17.15 pm or at the weekends go to the Out Of Hours Service **01208 251-300**

## Tuesday

### WILD

**The Park Centre**

**1.00pm – 3.00pm**

**For women under 23yrs.**

Crèche provided for children.

For more information contact

WILD on: 07795 034863

### Friends and Family

**The Park Centre**

**9:30am – 11:30am**

For Service spouses or personnel.

For more information call:

01326 312493

### Ready Steady Eat

**Lighthouse Centre**

**10.00am – 11.30am**

**17<sup>th</sup> Jan, 21<sup>st</sup> Feb &**

**21<sup>st</sup> Mar**

Baby weaning session led by the Health Team.

To book call: 01326 317796

### Child Health Clinic

**Penryn Surgery**

**10:00am – 12:00pm**

For more information call:

01326 372502



# Falmouth Children's Centre

## Tuesday

### The Bubble Room

#### The Park Centre

A multi-sensory room for all families with children under 12 years (or up to 25 years if the child/young person has additional needs).

You must have a free induction before using the Bubble Room (appointments available on Tue at 1.30pm or 2.30pm). Future half hourly sessions requires a donation of £1.00 to contribute towards running costs.

To book call: 01326 312493

### Sensory & messy babies

#### The Park Centre

**1.30pm – 2.30pm**

**4<sup>th</sup> Jan – 29<sup>th</sup> Mar**

**Term time only 0-1 years**

Drop in sessions. Explore a range of activities to stimulate babies senses. Please bring change of clothes.

### Ready Steady Safe

#### Lighthouse Centre

**9.30am – 11.00am**

**14<sup>th</sup> Feb 6-18mths**

Find out how you can keep your child Safe.

To book call: 01326 317796

## Tuesday

### Fun Dental

#### Health Session

#### The Park Centre

**7<sup>th</sup> Feb**

**9.30am – 11.30am**

A session to look at the importance of healthy teeth, diet and tooth brushing. A fun and interactive session, free goody bag for children to take home.

Run by Brighter Smiles.

To book call: 01326 312493



## Wednesday

### Easter Crafts

#### The Park Centre

**10.00am – 11.00am**

**22<sup>nd</sup> Mar – 5<sup>th</sup> Apr**

**1-5 years**

Drop in sessions. Fun Easter crafts to create each week and a wide range of activities.



### Child Health Clinic

#### Falmouth Health Centre

**10:00am - 12:00pm**

**Open during Half Term**

For more information call:  
01326 430050

# Falmouth Children's Centre

## Thursday

### After School Story and Play Time

Lighthouse Centre

3.30pm – 4.30pm

5<sup>th</sup> Jan – 30<sup>th</sup> Mar

Term time only

For Dads and male Carers with children aged 0-7 years. Drop in session.

### Bump to Breast

Falmouth Health Centre

10:30am - 12:30pm

Open during Half Term

Breastfeeding peer support group.

Ante-natal mums welcome!

Esme Maylem: 07824 904979

## Friday

### Little Explorers

Zedshed, Jubilee Wharf

9.30am – 10.30am

6<sup>th</sup>, 13<sup>th</sup> & 27<sup>th</sup> Jan

3<sup>rd</sup>, 10<sup>th</sup> & 24<sup>th</sup> Feb

3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> Mar

0-5 years

Drop in activity session.

### Ready Steady Eat

Zedshed, Jubilee Wharf

9.30am – 11.00am

20<sup>th</sup> Jan, 17<sup>th</sup> Feb, 17<sup>th</sup> Mar

& 21<sup>st</sup> Apr

Baby weaning session led by the Health Team.

To book call: 01326 312493

## Friday

### Twins

The Park Centre

11.30am – 1.00pm

6<sup>th</sup> Jan

3<sup>rd</sup> Feb

3<sup>rd</sup> Mar

7<sup>th</sup> April

Drop in session.

Supported by Home-Start.



## Saturday

### Lighthouse Dads

Lighthouse Centre

9:30am – 11.30am

14<sup>th</sup> Jan

11<sup>th</sup> Feb

11<sup>th</sup> Mar

For all dads and their children. Come and join in the fun with the Lighthouse Dads.

# Family Learning

**Do you think learning should be fun?**

**Do you want to enjoy learning and support your child?**

## **Cooking with Stories**

**Lighthouse Centre, Falmouth – Tuesdays**

**17<sup>th</sup> Jan – 7<sup>th</sup> Feb, 1.15pm – 2.45pm, 4 week course**

This course uses language and stories as a focus for a food-centred approach to developing literacy. Children also to attend.

## **Keeping Up with the Children in Maths**

**The Park Centre, Falmouth – Fridays**

**13<sup>th</sup> Jan – 10<sup>th</sup> Feb, 9.30am – 11.30am, 5 week course**

To enable parents/carers to brush up their maths skills and knowledge in order to gain confidence in supporting their children's numeracy learning and development.

## **Spelling, Punctuation and Grammar for SATs**

**The Park Centre, Falmouth – Fridays**

**24<sup>th</sup> Feb – 24<sup>th</sup> Mar, 9.30am – 11.30am, 5 week course**

To enable parents/carers to brush up their SPaG skills and knowledge of literacy/English in order to gain confidence in supporting their children's engagement with Year 6 SATs.

To book call: 01326 312493

**Led by Family Learning, part of Cornwall  
Adult Education Service**



## **Are you ready to make the healthy choice?**

We're here to help children and young people lead a happier, healthy life. Supporting you and your family with weight management, healthy eating and physical activity.

**Give us a call via the Health Promotion Service: 01209 313419**

**Or join us online today –**

**[Cornwallhealthyweight.org.uk](http://Cornwallhealthyweight.org.uk)**



# Truro Children's Centre

## Monday

### Music & Movement

Trispen School

10.30am – 11.30am

9<sup>th</sup> Jan – 6<sup>th</sup> Feb

20<sup>th</sup> Feb – 27<sup>th</sup> Mar

0-2 years

Experience ways in which your child uses their body to explore and enjoy musical activities to extend their learning.

To book call: 01872 322661

## Tuesday

### Ready Steady Eat

Trelander Children's Centre

10.00am – 12.00pm

10<sup>th</sup> Jan, 7<sup>th</sup> Feb, 7<sup>th</sup> Mar

Baby weaning session led by the Health Team.

To book call: 01872 322661

### Ready Steady Safe

Malabar Children's Centre

9.30am – 11.00am

14<sup>th</sup> Mar

6-18mths

Find out how you can keep your child Safe.

To book call: 01872 322661

## Tuesday



### Easter Crafts

Malabar Children's Centre

28<sup>th</sup> Mar – 11<sup>th</sup> Apr

1.30pm – 2.30pm

1-5 years

Fun Easter crafts to create each week and a wide range of fun activities.

## Wednesday

### Ready Steady Eat

Malabar Children's Centre

10.00am – 12.00pm

24<sup>th</sup> Jan, 21<sup>st</sup> Feb &

21<sup>st</sup> Mar

Baby weaning session

Led by the Health Team.

To book call: 01872 322661

### WILD

Malabar Children's Centre

9.30am – 11.30pm

For women under 23 years.

For more information call:

01872 322661

### Health Visitor Drop In

Malabar Children's Centre

1.00pm – 3.00pm

For more information call:

01872 221700

# Truro Children's Centre

## Wednesday

### Breastfriends

**Malabar Children's Centre**

**1.00pm – 3.00pm**

Breastfeeding peer support group.

Ante-natal mums welcome!

### Toy Library

**Malabar Children's Centre**

**1.00pm – 3.00pm**

Join the Toy Library at the Children's Centre and borrow toys for a small fee.

For more information call:  
01872 322661

## Thursday

### Sensory & messy babies

**Tregolls Children's Centre**

**10.00am – 11.00am**

**5<sup>th</sup> Jan – 9<sup>th</sup> Feb**

**0-1 years**

Explore a range of activities to stimulate babies senses through sensory & messy activities.

Please bring sensible clothing or a change of clothes

To book call: 01872 322661

### Come & see us

**Trelander Children's Centre**

**1.30pm – 3.00pm**

**Not 30<sup>th</sup> March**

A weekly drop in group open to everyone. There will be a wide range of fun activities each week for children of all ages.

### Music & Movement

**Blackwater Village Hall**

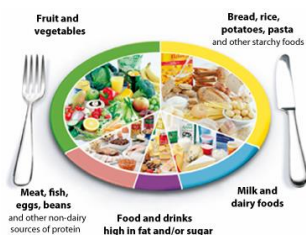
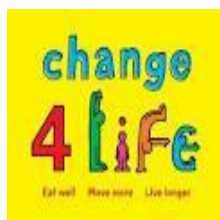
**10.00am – 11.00am**

**23<sup>rd</sup> Feb – 30<sup>th</sup> Mar**

**0-2 years**

Experience ways in which your child uses their body to explore and enjoy musical activities to extend their learning.

To book call: 01872 322661



<http://www.nhs.uk/Change4Life/Pages/healthy-eating-tips.aspx>

## Truro Centre

### Friday

#### Health Visitor Drop In Trelander Children's Centre

10.00am – 12.00pm  
20<sup>th</sup> Jan, 17<sup>th</sup> Feb &  
17<sup>th</sup> Mar

For more information call:  
01872 221700

#### Stay & Play

Malpas Children's Centre  
9.30am – 11.30am  
Term time only  
Drop in sessions

### Saturday

#### Dad's Group

Truro Baptist Church  
9.30am – 12.00pm  
7<sup>th</sup> Jan, 4<sup>th</sup> Feb & 4<sup>th</sup> Mar  
1<sup>st</sup> Saturday of each month

#### Trelander Saturday Café

Trelander Community  
Centre  
10.00am – 12.00pm  
14<sup>th</sup> Jan, 11<sup>th</sup> Feb &  
11<sup>th</sup> Mar  
2<sup>nd</sup> Saturday of each  
month

## Parenting Courses

#### Incredible Babies, 0-11mths

The Park Centre  
18<sup>th</sup> Jan – 15<sup>th</sup> Mar  
9.30am – 11.30am



#### Incredible Toddlers, 1-3 yrs

Malabar Children's Centre  
10<sup>th</sup> Jan – 21<sup>st</sup> Mar  
1.00pm – 3.00pm

#### Incredible Years, 3-12 yrs

Malpas Children's Centre  
23<sup>rd</sup> Feb – 25<sup>th</sup> May  
12.30pm – 2.30pm

#### Time Out for ASD, 5-12 yrs

The Park Centre  
22<sup>nd</sup> Feb – 10<sup>th</sup> May  
9.30am – 11.30am

#### Time Out for ADHD, 5-12 yrs

Malabar Children's Centre  
6<sup>th</sup> Jan – 27<sup>th</sup> Jan  
1.00pm – 3.00pm

#### Living with Parents, 13-16 yrs

Trelander Children's Centre  
3<sup>rd</sup> March  
10am – 3.00pm

To book call

The Early Help Hub:  
01872 322277





## Parenting Courses

### Antenatal Classes

This fantastic 5 week course provides parents-to-be with all the information and skills they need to feel confident about making the right choices for their new baby. Delivered by Midwives, Health Visitors and Children's Centre staff.

#### **The Park Centre, Falmouth**

To book call: 01326 312493

#### **Fridays**

17<sup>th</sup> Feb – 17<sup>th</sup> Mar  
2.00pm – 4.00pm

#### **Wednesdays**

22<sup>nd</sup> Mar – 19<sup>th</sup> Apr  
5.30pm – 7.30pm

#### **Trelander Children's Centre, Truro**

To book call: 01872 322661

#### **Tuesdays**

17<sup>th</sup> Jan – 14<sup>th</sup> Feb  
2.00pm – 4.00pm

14<sup>th</sup> Mar – 11<sup>th</sup> Apr  
5.30pm – 7.30pm

28<sup>th</sup> Mar – 25<sup>th</sup> Apr  
2.00pm – 4.00pm

## Perranporth Centre

### Monday

#### **Health Visitor Drop In Perranporth Children's Centre**

**10.00am – 11.30am**

**9<sup>th</sup> & 23<sup>rd</sup> Jan**

**13<sup>th</sup> & 27<sup>th</sup> Feb**

**13<sup>th</sup> & 27<sup>th</sup> Mar**

For more information call:  
01872 571212

### Tuesday

#### **Health Visitor Drop In St Agnes Methodist Church Hall**

**1.30pm – 3.00pm**

Clinic runs 1<sup>st</sup> & 3<sup>rd</sup> Tuesday  
each month.

For more information call:  
01872 571212



For further information and to find out details of the group nearest to you.

Please call: 01209 699241

Email: [susie.project@aol.com](mailto:susie.project@aol.com)

**24hr Domestic Violence  
helpline: 01209 225629**

# Perranporth Children's Centre

## Wednesday

### Ready Steady Eat

**Perranporth Children's Centre**

**1.00pm – 2.30pm**

**11<sup>th</sup> Jan, 8<sup>th</sup> Feb & 8<sup>th</sup> Mar**

Baby weaning session

To book call: 01872 572646

### Bringing the outdoors in

**Perranporth Children's Centre**

**10.00am – 11.00am**

**4<sup>th</sup> Jan – 8<sup>th</sup> Feb**

**1-3 years**

Explore a range of natural materials that can be found outdoors in fun activities indoors.

To book call: 01872 572646

### Little Explorers

**Perranporth Children's Centre**

**10.00am – 11.00am**

**22<sup>nd</sup> Feb – 29<sup>th</sup> Mar**

**0-5 years**

Discover more about how your child learns and how you can support their development through fun activities and experiences.

To book call: 01872 572646

## Thursday

### Breastfriends

**Perranporth Children's Centre**

**10.00am – 11.30am**

**Open during half terms**

Breastfeeding peer support group for actively breastfeeding mums.

Ante-natal mums welcome!

For more information call:

01872 572646

### Health Visitor Drop In

**St Newlyn East Methodist Church Hall**

**9.30am – 10.30am**

**3<sup>rd</sup> Thursday of every month**

For babies and young children. A Health Visitor is available to offer advice, guidance and support.

For more information call:

01872 571212

### Toy Library

**Perranporth Children's Centre**

**9.30am – 12.00pm**

**Mon, Tues, & Thurs**

Join the Toy Library and borrow toys for a small fee

For more information call:

01872 572646

## Support Groups

### Support Group for Falmouth & Penryn Childminders

**The Park Centre**

9<sup>th</sup> Jan, 6<sup>th</sup> Feb & 6<sup>th</sup> Mar – 9.30am – 11.30am **Term time only**

### Citizens Advice Bureau (CAB)

**The Park Centre**

4<sup>th</sup> Jan, 18<sup>th</sup> Jan, 1<sup>st</sup> Feb, 15<sup>th</sup> Feb, 1<sup>st</sup> Mar & 15<sup>th</sup> Mar

To book an appointment: 01326 312493

### Cornwall One Parent Support Group

**The Park Centre** – Thursdays, 10.00am – 11.30am

**Tregolls Children's Centre** – Tuesdays, 1.00pm – 3.00pm

Weekly drop in term time plus school holiday activities

For more information call: Liz Northcott on 01726 65417 or

07737573647 or email [e.northcott@sky.com](mailto:e.northcott@sky.com)

### Challenging Behaviour Support Group

**Malabar Children's Centre** – Drop in support group

27<sup>th</sup> Jan - 10.00am - 12.00pm

For more information contact: Julie Attwell Cook: 07837311505

### Childminder Drop In

**Malabar Children's Centre** – 9.30am – 11.30am

12<sup>th</sup> Jan, 9<sup>th</sup> Feb & 9<sup>th</sup> Mar

### Inspiring Women Network

**St Pauls Children's Centre** – Tuesdays, 12.45pm - 2.45pm

**Term Time Only** - Contact Nour Chakroun on: 07999327717

### Small Steps Big Achievements (0-5yrs with additional needs)

**The Park Centre** – 10.00am – 11.00am

12<sup>th</sup> Jan, 9<sup>th</sup> Feb & 9<sup>th</sup> Mar

For more information contact: Karen Richardson: 07973 497414



+44 01872 322277

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

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

## Contacts

**The Park Centre:** 01326 312493

Park Terrace, Falmouth, TR11 2DJ

**The Lighthouse Centre:** 01326 317796

Jubilee Road, Falmouth, TR11 2BB

**Jubilee Wharf Centre**

Commercial Road, Penryn, TR10 8FG

**Tregolls Children's Centre:** 01872 322661

Chellew Road, Truro, TR1 1LH.

**Malabar Children's Centre,** Albany Road, Truro, TR1 3PQ.

**Trelander Children's Centre,** Trelander Highway, Truro, TR1 1PG

**Bosvigo Children's Centre,** Chapel Street, Truro, TR1 3BJ.

**St. Paul's Children's Centre,** Bodmin Road, TR1 1BN.

**Malpas Children's Centre,** Polruan Road, Malpas, Truro, TR1 1QP.

**Tregony Children's Centre,** Back Lane, Tregony TR2 5RP

**Perranporth Children's Centre:** 01872 572646

Liskey Hill, Perranporth, TR6 0EU

The Family Information Service is the only source of all registered childcare in Cornwall as well as holding a wealth of information for parents, carers, children and young people up to the age of 19.

It can provide details on all children's centres, leisure activities, extended services, family support, benefits and debt services, health services and much more.

Call the FIS free on 0800 5878191 or visit

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



If you would like this information in another format please contact:

Cornwall Council, County Hall, Truro TR1 3AY

Telephone: **0300 1234 100**

Email: [enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk)

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

