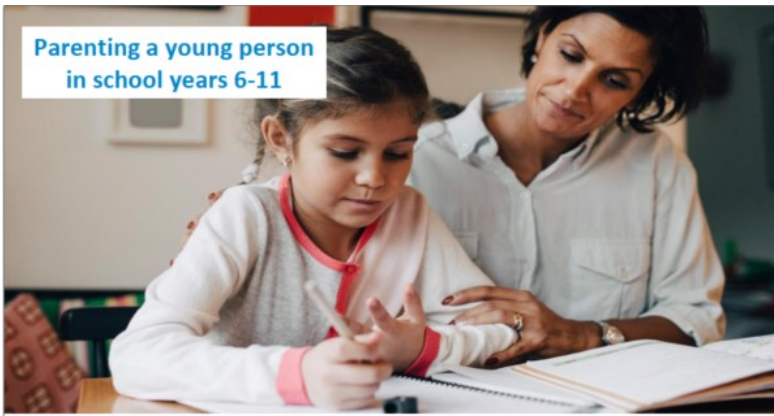


## Parenting a young person in school years 6-11



### Parents Plus Adolescents Programme

Do you have a young person starting secondary school in September or currently attending? Join us for a 9-week programme for parents to support with this transition.

A 9-week workshop delivered weekly. Each session is 2-hours in length.

This programme is open to all parents of young people in school years 6-11. This is an evidence-based workshop that covers topics such as understanding and getting to know teenagers, establishing and communicating rules, the power of encouragement and using consequences. We will also look at the importance of parent self-care.

When?	Where?
Thursdays 9.30-11.30 starting 24 <sup>th</sup> April	St Austell Family Hub
Tuesdays 9.30-11.30 starting 29 <sup>th</sup> April	Hayle Family Hub
Thursdays 9.30-11.30 starting 15 <sup>th</sup> May	Torpoint Family Hub



#### To book visit

Parenting Young People aged 12 - 18

#### Contact us

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

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



Together  
for Families

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

Information Classification: PUBLIC

## Supporting Healthy Relationships

### Me You and Baby Too (MYBT)

#### Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
- How arguments start, and how to manage them constructively

#### Arguing Better (AB)

#### Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
- How arguments start, and how to manage them constructively
- Impact on children

#### Getting it Right for Children (GIRFC)

#### Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
- Finding solutions and making compromises



#### MYBT Workshop Dates

Countywide – VIRTUAL		
Ages pre-birth – 12months	Thursdays 12:45-14:45	01.05.25-15.05.25 Bude Family Hub
Ages pre-birth – 12months	Mondays 12:30-14:30	02.06.25-16.06.25 Virtual MS Teams
Ages pre-birth – 12months	Tuesdays 18:00-20:00	01.07.25-15.07.25 Virtual MS Teams

#### AB Workshop Dates

Countywide – VIRTUAL		
Ages 1-19	Tuesdays 18:00-20:00	03.06.25-17.06.25 Virtual MS Teams
Ages 1-19	Tuesdays 12:30-14:30	08.07.25-22.07.25 Virtual MS Teams

#### GIRFC Workshop Dates

Countywide – VIRTUAL		
Ages 0-19	Tuesdays 18:00-20:00	29.04.25-13.05.25 Virtual MS Teams
Ages 0-19	Mondays 12:30-14:30	30.06.25-14.07.25 Virtual MS Teams

To book onto a workshop, please scan or click here:



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

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

## Parenting a child aged 4-11



### Solihull - Understanding your Child

A 10-week workshop delivered weekly. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

#### When?

Fridays 09:30-11:30  
starting 2<sup>nd</sup> May 2025

#### Where?

Delivered virtually over  
Microsoft Teams



To book scan the QR code or click:  
[Parenting children aged 0 to 11](https://www.cornwall.gov.uk/parenting)

#### Contact us

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

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



Together  
for Families

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

## Parenting a young person aged 12-19



### Parents Plus Adolescents Programme

A virtual 9-week workshop delivered weekly, over Microsoft Teams. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rules positively
- The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

#### When?

Thursdays from 18:00-20:00,  
Starting 5<sup>th</sup> June 2025

#### Where?

Delivered virtually over  
Microsoft Teams



To book scan the QR code or visit:  
[Parenting Young People aged 12 - 18](https://www.cornwall.gov.uk/parenting)

#### Contact us:

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

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



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



## Parenting a child aged 0-5

## Parenting a child aged 4-11

### Solihull - Understanding your Child

A 10-week workshop delivered weekly. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

#### When?

Fridays 9:30-11:30,  
Starting 2<sup>nd</sup> May 2025

#### Where?

Camborne Family Hub  
TR14 8QP



To book scan the QR code or click:  
[Parenting children aged 0 to 11](#)

#### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)



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

### Solihull - Understanding your child

A 10-week workshop delivered weekly. Each session is 2-hours in length. This hybrid programme gives you the option to attend in-person or virtually on Microsoft Teams

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

#### When?

Thursdays from 12:30-14:30,  
Starting 8<sup>th</sup> May 2025

#### Where?

Penzance Family Hub, TR18 2QP  
or on Microsoft Teams



To book scan the QR code or click:  
[Parenting children aged 0 to 11](#)  
and select your preference for in-person or virtual attendance

#### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)



Together for Families

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

## Parenting a child aged 0-5

## Parenting a child aged 0-5

### Solihull - Understanding your Child

A 10-week workshop delivered weekly. Each session is 2-hours in length. This hybrid programme gives you the option to attend in-person or virtually on Microsoft Teams

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

#### When?

Mondays 09:30-11:30,  
Starting 12<sup>th</sup> May 2025

#### Where?

Penzance Family Hub, TR18 2QP  
or on Microsoft Teams



To book scan the QR code or click:  
[Parenting children aged 0 to 11](#)  
and select your preference for in-person or virtual attendance

#### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)



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

### Solihull - Understanding your Child

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- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

#### When?

Wednesdays from 18:00-20:00,  
Starting 4<sup>th</sup> June 2025

#### Where?

Delivered virtually over  
Microsoft Teams



To book scan the QR code or click:  
[Parenting children aged 0 to 11](#)

#### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)



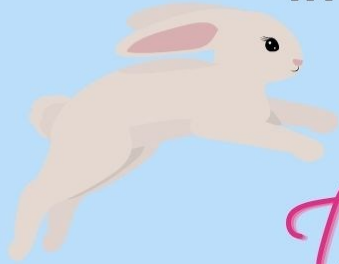
Together for Families

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



National  
Trust

The Mental Health Support Team warmly  
invite you to attend an ...



# EASTER

## Wellbeing group



During the Easter holidays MHST, in collaboration with the  
National Trust would like you to join us on a **FREE** wellbeing  
session at various locations in Cornwall.

This is for parents and their primary aged children (5-11) in Cornwall  
to help understand and support emotional and mental wellbeing.

Please book **EACH** child on to a session below:



**Morning and afternoon sessions available:**

**Wednesday 9 April 2025 - Penrose Estate**

**10.00-12.00 or 2.00-4.00**

or

**Wednesday 16 April 2025 - Kennack Sands either**

**10.00-12.00 or 2.00-4.00**



To request a place,  
complete the online form  
or scan the QR code  
provided:

Come prepared for all weathers and  
feel free to bring a picnic (please do  
not bring any foods that may  
contain nuts)



<https://forms.office.com/e/Epj7iLqgEc>

Follow us on Facebook for updates and upcoming events:  
Cornwall Mental Health Support Team (MHST)

Please note: Places are limited and will be allocated on a first come, first serve  
basis. If you are allocated a place and cannot attend, please let us know so we can  
allocate your space to someone else





SPORTS AND ACTIVITIES

**Ofsted**

**Registered**

See website for  
details

**Coast**  
ACTIVITY PROGRAMME

**THIS  
EASTER HOLIDAY**

EGG  
HUNT



**TIME  
MOVE**  
Holiday Programme  
Approved Provider  
2024



**Free Half Day Places**

**and a**

**Hot Meal for FSM Children**

**Hayle Academy**

**St Ives Secondary School**

**Helston Community College**

**St Mary's Catholic Penzance**

## ACTIVITIES

Silent Disco

Dodgeball

Tennis

Football

Cricket

Rugby

Bike Riding

Arts and Crafts

and so much more

**AGES 5-16**

**£20 for Non Free School  
Meal places**

**SCAN TO BOOK**

07939863010



[www.coastactivityprogramme.com](http://www.coastactivityprogramme.com)  
[info@coastactivityprogramme.com](mailto:info@coastactivityprogramme.com)

active  
CORNWALL

CORNWALL  
COUNCIL

Department  
for Education





# Surf Or Mega SUP

This Easter Holiday with



Surfing

Funded places for  
FSM children



Mega SUP



Penzance and Praa Sands



Scan to book via Playwaze

Or contact:

[info@coastactivityprogramme.com](mailto:info@coastactivityprogramme.com)



Department  
for Education







# BOOKS by the BOATING LAKE



Have you heard about the **Big Top** at **Coronation Park** during the Easter holidays? Percy Pengelly is bringing his Big Top and a live-action performance of *Percy Pengelly & the wibble-wobble* from **5-21 April 2025**, thanks to Cousin Jack's Theatre ([www.cousinjack's.org](http://www.cousinjack's.org)). And while Percy is taking a break from his story, we will have a few friends of the Bookshop sharing their stories!

**Tickets for all Bookshop events are £3, book through [www.ticketsource.co.uk/the-bookshop-in-helston](http://www.ticketsource.co.uk/the-bookshop-in-helston)**  
Adults are to be accompanied by their responsible children at all events!

## SATURDAY 5 APRIL, 3.30pm

### Story Adventures with Alasdair Hoswell!

Join award-winning Cornish author and illustrator Alasdair Hoswell for an interactive, play-based storytelling adventure that brings Cornwall's culture, language, and wild imagination to life!

Alasdair's bilingual book, *Cornwall, The Land You Can Count On* takes children on a counting journey from 0-10 in Cornish and English, packed with Cornish culture, heritage, and fun! But the adventure doesn't stop there - he'll also share his hilarious books *There's Something Nasty in My Pasty!* and *I Brushed My Teeth with Hair Gel!* Get ready for laugh-out-loud moments, interactive storytelling, and immersive play where YOU can join in!

**Suitable for 5+ Tickets £3 [ticketsource.co.uk/the-bookshop-in-helston](http://ticketsource.co.uk/the-bookshop-in-helston)**



## TUESDAY 8 APRIL, 3.30pm

### Keith Sparrow Manga Drawing Workshop

Join manga artist and writer Keith Sparrow for a fun drawing workshop and unleash your inner mangaka!

Keith runs regular manga-drawing sessions across Cornwall and Devon, and is the author of several books on the art of manga drawing. His new book, 'Cornwall's Fantastic 5!' features the stories of five outstanding figures in Cornish history, told in manga form!

**Suitable for 8+ Tickets £3 [ticketsource.co.uk/the-bookshop-in-helston](http://ticketsource.co.uk/the-bookshop-in-helston)**



## SATURDAY 12 APRIL, 3.30pm

### Justyn Edwards and The Great Fox Illusion Workshop

This event will be a trick. Please don't trust it or sit back and enjoy it. In fact, don't take your eyes off it for a second, because by the end I'll have done several impossible things. **The question is, will you be able to work out how I did them?**

In the Great Fox books, Flick and Charlie are challenged to work out the secrets behind some of the most baffling magic tricks that have ever been performed. But how good are your detective skills? How quickly can you solve a mystery?

**There's only one way to find out.**

**Suitable for 6+ Tickets £3 [ticketsource.co.uk/the-bookshop-in-helston](http://ticketsource.co.uk/the-bookshop-in-helston)**



## SATURDAY 19 APRIL, 3.30pm

### Cornish Folk Tales of Place: Traditional Stories from Mid and West Cornwall

West Cornwall is a land of tin-mine strewn cliffs and safe south harbours, with all the bustle of ships, fishing boats and gig boats. The beaches are blessed with stretching sands, tempting surf, stunning caves and a theatre beside the ocean. Along the cliffs lurk grumpy giants, playful piskeys and hungry dragons.

The middle of Cornwall is clay country and farming. In the towns live wise women, dashing devils, strong wrestlers and fearless hurlers. Beware hissing spriggins, seducing sea women and restless ghosts.

Author Anna Chorton and storyteller Sue Field will introduce Mazed, their project collecting the folklore of Cornwall and sharing those stories in new and interesting ways. Anna will read short tales centred on Helston and The Lizard from the brand new book, and Sue will accompany with puppets of folklore collectors Robert Hunt and William Bottrell.

**Suitable for all ages Tickets £3 [ticketsource.co.uk/the-bookshop-in-helston](http://ticketsource.co.uk/the-bookshop-in-helston)**





FACE delivers online support via zoom for parents across the UK  
Talks are 90 minutes long, £24 each - Book Online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



Schools can now buy a  
**FACE School Annual Membership**  
which means **ALL** parents and **ALL** staff  
get unlimited **FREE** access to **ALL** 16 parent talks

Thursday  
24th April  
19:00 - 20:00  
**FREE**



**Responding to Angry Behaviour**  
What can we do in the moment?

Tuesday  
18th March  
10:00 - 11:30  
£24



**Anxiety Explained**  
Anxiety, especially in our young is rising.  
This session explains what it is, why it happens and how you can help.

Tuesday  
3rd April  
10:00 - 11:30  
£24



**Supporting a Child with ADHD**  
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
3rd April  
19:00 - 20:30  
£24



**Improving Family Communication**  
How to reduce the shouting and arguing and start the talking.



# TIME MOVE

Holiday Programme



## EASTER 2025

- Activities including multi sports, forest schools, circus skills, water sports and lots more – for children aged 5 to 16
- Every session includes a healthy meal for all children
- Funded places for ALL children eligible for benefits related free school meals

Activities are taking place across Cornwall during the Easter holidays from April 7th – 18th

Scan here to book!







National  
Trust



# Quest for Excalibur at Penrose

5 - 27 April 2025, 10am - 4pm

Penrose Stables Cafe

Free

<https://www.nationaltrust.org.uk/visit/cornwall/penrose/events>





from the creators of **The Mousehole Cat** stage show

# Percy Pengelly

and the  
wibble-wobble

by Jenny  
Steele Scolding



**5-21 April**  
Coronation Park, Helston

Illustration © 2016 Andy McPherson  
from PERCY PENGELLY AND THE WIBBLE-WOBBLE by  
Jenny Steele Scolding & Illustrated by Andy McPherson.

**Box Office**

01736 810181  
[www.cousinjacks.org](http://www.cousinjacks.org)

**COUSIN  
JACK'S**





**TRURO  
SCHOOL**

# **YEAR 5 MATHS MASTERCLASSES**

Truro School warmly invites Year 5 pupils from across Cornwall to join them for their Year 5 Maths Masterclasses.

Sat 26th April - Probability

Sat 10th May - The Mobius Strip

Sat 17th May - Tactics in Games

Session time: 10.00am – 12.00pm

Location: Truro School (Senior School) TR1 1TH

There is no charge for the event and all Year 5 children are welcome.

Spaces are limited and will be allocated on a first-come basis.

Please sign up here >

<https://forms.office.com/e/PH7mBAnDVW>

Any questions?

Please email [admissions@truroschool.com](mailto:admissions@truroschool.com)





## **Fully Funded School Support Course**

**Available  
in Levels  
1, 2 & 3**

**\*Please go to our website  
for more detailed  
information.**

**6 Week  
Course  
Mon - Fri**

**Daily sessions**

**1st session 9:30 - 11:30am**

**2nd session 12:30 - 2pm**

**[www.studysmartuk.online](http://www.studysmartuk.online)**

**We are looking to fill 150+ School Support vacancies in local schools (e.g. SEN Support, Behaviour Mentors, 1-1 Classroom Support, Cover Supervisors etc). These roles are available in both full time and part time positions.**

**Please go to our website address given above, or scan the QR code for more information.**

**This is a 6 week course, full time, intensive course, with online guided learning sessions within school hours.**

**If you are earning less than £23,500 per annum or are in receipt of any benefits, you will be eligible for a fully funded place with us.**





# Music Lessons



Singing and lessons are now available at school, provided by CMST.

In order to get your child's musical journey underway please sign up on our website below or contact the singing tutor on [tlondon@cmst.co.uk](mailto:tlondon@cmst.co.uk)



Hear Music.  
Learn Music.  
Play Music.

For more information  
head to:  
[CMST.co.uk/learnmore](https://cmst.co.uk/learnmore)

Sign Up At:  
[CMST.co.uk/signup](https://cmst.co.uk/signup)



**CMST**  
ILOW RAG OLL



# *Support for families affected by the terminal illness of a parent/carer*

If you are a family with children where the parent/carer has a terminal illness come and join us at one of our activities or events.

## **We provide:**

- **Memory making workshops**
- **Support boxes**
- **Drop In sessions**
- **Activity days**
- **Information**
- **Peer Support**

With the exception of our activity days all our services are free.

Terminal illnesses include: MND, heart disease, organ failure, lung disease, certain neurological conditions, some cancers, and any other life limiting condition that cannot be cured.

**Visit: [www.gunnerskids.org](http://www.gunnerskids.org)**  
**email: [tamsin@gunnerskids.org](mailto:tamsin@gunnerskids.org)**



**gunners kids**



*Find us on:*

