



## **Support in Cornwall**

There are a wide range of different support groups in Cornwall who can support parents and carers in a variety of ways. They can support parents and carers through any difficult times they may be experiencing as a parent or in their relationship to short friendly parenting groups in person and online that allow you to talk to people in a similar situation to yourself.

The staff at Truro College Day Nursery use the links below often and have found them all very helpful. The staff involved in these groups are very friendly.

### **Early Help Hub**

The Early Help Hub works with a wide range of Early Help services led by Cornwall Council for Children and young people who are aged pre-birth to 18. A referral to their services can be made by a professional or parent and they have a wide range of different support services available. After a referral has been made a member of staff from the Early Help Hub are likely to phone the parents or person who made the referral to discuss the services they can provide, that they feel would be most appropriate. For more information on the Early Help Hub please click the link below:

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

### **Parent Podcast**

Cornwall Council provide a parent podcast that releases a new podcast each week that you can just access with the click of a button. Each week they talk about a different topic relating to the parenting journey. For more information on the parent podcast please see the link below:

[Empowered Parenting Podcasts - Cornwall Council https://www.cornwall.gov.uk/health-and-social-care/childrens-services/parenting/](https://www.cornwall.gov.uk/health-and-social-care/childrens-services/parenting/)

### **Family Information Service**

Cornwall's Family Information Service (FIS) is a free and impartial support service. It gives information on local services for children and young people. It is for children aged 0-19 years (up to 25 years with Special Educational Needs and Disabilities, SEND). Children and their families can use this site to find childcare and things to do.

[Family Information Service Cornwall https://fis.cornwall.gov.uk/synergyweb/CornwallFIS/](https://fis.cornwall.gov.uk/synergyweb/CornwallFIS/)