

Newsletter

13th September 2024

WELCOME BACK!

We would like to say a big welcome to all of our new families who are joining the nursery this term. We have had a great start to the new school year. The children have enjoyed being back with their friends. They have been busy picking apples and plums in the orchard, playing in the nursery garden and doing some excellent work in the woodwork shed. We also all went on a lovely impromptu trip to the local park!

Soon we will be celebrating Apple Day, which is a wonderful opportunity for you to come in and join your child for an exciting nursery session. See below for more details.

Don't forget that we are closed on Monday and Tuesday next week. All of the staff will be completing a two day Paediatric First Aid training course. This is something that we do every two years.



APPLE DAY

Every year we invite all of our families into the nursery for our annual Apple Day celebration. The children will spend the next couple of weeks picking apples from our orchard, which together we will turn into delicious apple juice using our apple press.

Please come along on **Thursday 26th September** between 10.00am to 11.30am or 1.00pm to 2.30pm.

You can play alongside your child with lots of fun apple learning activities.



PARENT DROP IN SESSIONS

Outdoor School - Wednesday 18th September at 2.00pm

Find out about how your child learns outdoors in our orchard. Join us with your child for an Outdoor School session with Maria.

Reading Café and Storytelling - Friday 20th September at 2.00pm

Join us with your child for a story and a cup of tea. Find out more about reading at home, sharing stories, books and songs with Katie.

Makaton - Tuesday 1st October at 1.30pm

Join us (adults only) to find out more about signing and supporting your child's communication, development and speech with Paula and Carrie.

If you would like to attend any of these sessions, spaces are limited so please book in with Emma, Carrie or Debbie at reception.



KEEPING HEALTHY

If your child has a high temperature please do not send them into nursery.



Hand, Foot and Mouth is currently spreading around Camborne.

The symptoms of this are:

- A sore throat
- A high temperature
- Not wanting to eat

Then usually a few days later it will develop into:

- Mouth ulcers, which can be very painful
- A raised rash of spots on the hands and feet, and sometimes the groin area and bottom

If your child has hand, foot and mouth you can ask a pharmacist for advice about treatments to relieve pain. Please keep your child off nursery while they're feeling unwell.

For more info: www.nhs.uk/conditions/hand-foot-mouth-disease/

INSET DAYS FOR 2024/25

The nursery will be closed on the following days:

Monday 16th September 2024

Tuesday 17th September 2024

Friday 21st March 2025

Thursday 15th May 2025



SNACK

We provide a healthy snack for all of the children in both the morning and afternoon session. We ask if any of you can kindly:

- ♦ Donate £5 a term or
- ♦ Donate apples, oranges, bananas or breadsticks

We appreciate that things are tough financially for many people, but if you are able to help us with donations we would be extremely grateful. Thank you.



THANK YOU

We had a very successful summer fayre at the end of last year. We raised £550, which we will be spending on new outdoor equipment for the garden. Thank you to everyone who came along and supported us!

MAKATON

More



Make a fist and with the other hand, place a flat palm on top

INCY WINCY SPIDER

Incy Wincy spider went up the water spout
Down came the rain and washed the spider out
Out came the sun and dried up all the rain
And the Incy Wincy spider went up the spout again



TERM DATES

Monday 16th and Tuesday 17th September
INSET Days

Thursday 26th September
Apple day

28th October to 1st November
Half term

Friday 20th December
Last day of term

Monday 6th January 2025
First day of spring term

Friday 21st March
INSET day

Thursday 15th May
INSET day

September 2024						
Mon		2	9	16	23	30
Tue		3	10	17	24	
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22	29	

October 2024					
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thurs	3	10	17	24	31
Fri	4	11	18	25	
Sat	5	12	19	26	
Sun	6	13	20	27	

November 2024						
Mon			4	11	18	25
Tue			5	12	19	26
Wed			6	13	20	27
Thurs			7	14	21	28
Fri		1	8	15	22	29
Sat		2	9	16	23	30
Sun		3	10	17	24	

December 2024						
Mon		2	9	16	23	30
Tue		3	10	17	24	31
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22	29	

January 2025					
Mon		6	13	20	27
Tue		7	14	21	28
Wed	1	8	15	22	29
Thurs	2	9	16	23	30
Fri	3	10	17	24	31
Sat	4	11	18	25	
Sun	5	12	19	26	

February 2025					
Mon		3	10	17	24
Tue		4	11	18	25
Wed		5	12	19	26
Thurs		6	13	20	27
Fri		7	14	21	28
Sat	1	8	15	22	
Sun	2	9	16	23	

March 2025						
Mon		3	10	17	24	31
Tue		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

April 2025					
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thurs	3	10	17	24	
Fri	4	11	18	25	
Sat	5	12	19	26	
Sun	6	13	20	27	

May 2025					
Mon		5	12	19	26
Tue		6	13	20	27
Wed		7	14	21	28
Thurs	1	8	15	22	29
Fri	2	9	16	23	30
Sat	3	10	17	24	31
Sun	4	11	18	25	

June 2025						
Mon		2	9	16	23	30
Tue		3	10	17	24	
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22	29	

July 2025					
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thurs	3	10	17	24	31
Fri	4	11	18	25	
Sat	5	12	19	26	
Sun	6	13	20	27	

August 2025					
Mon		4	11	18	25
Tue		5	12	19	26
Wed		6	13	20	27
Thurs		7	14	21	28
Fri	1	8	15	22	29
Sat	2	9	16	23	30
Sun	3	10	17	24	

What's on? Activities

The Elms, September 2024

Mondays	10:30 - 12:00	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends. Drop in.
Tuesdays	10:00 - 12:00	The Magic Cupboard	A subscription based food larder.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided.
	14:00 - 16:00	Woman Kind (Autumn Term)	Our women's peer support group. Safe supportive space for a women. No booking required. Weekly from 18th September.
	16:00 - 18:00	Just Be;	A space for young people, with food, activities and on-hand advice. Drop in, no booking required. Returns on the 4th.
Thursdays	10:00 - 12:00	HELP Drop In with Coodes Solicitors	Drop in for advice and guidance , anything from housing to benefits. Free legal advice on 5th & 19th from Coodes.
	10:00 - 13:00	Health Checks	60 minute health checks run by Healthy Cornwall. Running on 19th. Booking in advance required.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre, Illogan.
	14:30 - 16:30	The Wanderers	Walking group leaving from The Elms to various places. Booking required.
Fridays	10:00 - 12:00	Chilled Arts Group	Bring your own arts and crafts projects, tea and biscuits provided. No booking required.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 14:00	Why Don't You? Club	Fully accessible family activities designed to be enjoyed by all. Booking required. Please ask for a WDY timetable.
	14:00 - 16:00	Cultural HELP Drop-In	Struggling to feel settled? Need advice on money, housing, jobs and getting to know your area? Running on 7th & 21st.
Sundays	12:00 - 14:00	Social Sunday	Good food and a friendly chat. Booking required.



What's on? Courses

The Elms, September 2024

Tuesdays	09:30 - 13:30	Harvesting & Preparing for Autumn	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	17:00 - 19:30	The HOPE Programme	Learn how to self-manage your health conditions. Start date to be confirmed. Booking required.
Thursdays	10:00 - 15:00	Autumn Eats: Cooking Made Easy	Learn some new cooking skills and enjoy your food afterwards. Booking required.
	13:00 - 15:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
	17:00 - 19:30	ACES Recovery	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
Fridays	12:30 - 16:30	Lights, Community, Action	Collaborative issue-solving in our community and understanding perspectives.

We offer three different personal development training courses. Details below. Register your interest now!

Adverse Childhood Experiences

Pre-Assessment included. 10 week course.

Negative or Adverse Childhood Experiences (ACEs) can affect the life you are living now. They can keep us fixed to the past, and have ongoing effects throughout adult life. But we can do something about this. Do you want to understand more about how these experiences may be affecting you? Join us on "ACES recovery" to explore how we can start to move forward from these experiences

SPACE Supporting Parents and Children Emotionally

SPACE is a free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own. This is a 4 session, face-to-face programme.

HOPE Help Overcoming Problems Effectively

HOPE is a programme to help people build confidence to self-manage their health conditions. This could include: Physical health e.g. pain relief. Mental ill-health issues such as anxiety, stress, and depression. Discover how to use relaxation techniques to refresh your mind and body. Learn how to make plans and achieve goals that can help you make changes for the better.

Early Help Parenting Newsletter – Autumn 2024



Free information, support and guidance for parents and carers.

Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

www.cornwall.gov.uk/parenting

The programmes currently available are:

Solihull: Understanding your Child – Supporting parents/carers of children aged 1 to 11 (10 x 2-hour sessions)

Parents Plus Adolescent Programme – Supporting parents/carers of teenagers aged 12-17 (9 x 2-hour sessions)

Living with Parents – a one day workshop for parents and their young person aged 12 to 17 years.

Supporting Healthy Relationships – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

Understanding your Child with Additional Needs – a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

“ We’ve noticed a change already and it’s only been 3 weeks.”

-Parent on Parents Plus
Adolescents Programme
(May 2024)

Have your say!

We invite you (parents, carers, and professionals) to complete our new survey to help shape our parenting offer. This should take no longer than 5 minutes to complete.

Please visit, letstalk.cornwall.gov.uk/parentingsurvey, to have your say. You can also sign up to our mailing list to stay informed through our newsletter and flyers, by clicking on ‘Stay Informed – Subscribe’ button on this page.

Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions delivered by our parenting team to support on a wide range of topics including:

- Remaining Calm
- Routines and Boundaries
- Praise and Rewards
- Technology and Safety
- Special Time
- Supporting Healthy Relationships
- Teenage Brain
- And many more!

Please book on by visiting www.cornwall.gov.uk/parenting

Empowered Parenting Podcast

In August, we will be launching a brand new podcast, called Empowered Parenting. Each week, Rachel, a Senior Parenting Worker from the Parenting Team will be joined by guests from the team and other services to chat all things parenting, including tips and strategies!

Follow us on our Facebook or Instagram pages (TFFCornwall) or on our website www.cornwall.gov.uk/parenting to see new episodes as they are released.

Positive Parenting Top Tip!

Praise and Encouragement

Why do we praise? Praising your child for positive behaviours raises their self-esteem and confidence and makes them feel good. It encourages behaviour you want to see more of.

How do we praise? There are so many ways to praise, for example visual praise such as high 5s, thumbs up, or hugs; overhead praise and labelled praise.

Labelled praise is specific praise where you tell the child exactly what it is that they have done well such as 'thank you for putting your plate by the sink' or 'well done for trying to put your shoes on'.

It's important to praise the effort, not just the outcomes or end result.

You cannot spoil a child with too much praise so catch them doing something good and praise them.

Service Spotlight

Home-Start Kernow

Home-Start Kernow offers support, friendship and practical help to parents with children under 5 throughout Cornwall. Parents may struggle at one time or another, you are not alone, that's when Home-Start Kernow can help.

Home-Start offer a variety of groups for families and most groups operate every week during term time. Most families will get 6 months of group support, some may be offered places for longer if additional support is needed or needs change.

Come chat and play with us.

<https://homestartkernow.org.uk/group-support/>



New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting www.cornwall.gov.uk/parenting.

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am – 5pm to support queries.



Parenting children aged 0 to 11

SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 3) ☐
This is a Virtual course delivered on Zoom. [Read more](#)
2 hours

Understanding your child (ages 1 to 3) Bodmin Family Hub ☐
This is a face-to-face course delivered over Zoom. [Read more](#)
2 hours

Understanding your child (ages 1 to 3) Truro Family Hub ☐
This is a face-to-face course delivered over Zoom. [Read more](#)

Understanding your child (ages 1 to 3) The Park Family Hub ☐
This is a face-to-face course delivered over Zoom. [Read more](#)

Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit www.cornwall.gov.uk/parenting

Contact us

Email: parenting@cornwall.gov.uk

Call: 01872 324323

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

