## Creative Education (Dr Pooky Knightmith) sign up link

Join the Headstart Kernow membership and get **full and free access** to a huge range of online training / resources for staff and governors.**PLUS** full and free access to a separate platform for parents and carers.



## **Organisational Membership (Staff)**

www.creativeeducation.co.uk/headstart-kernow



Membership

**Community Membership (Parents and Carers)** 

www.creativeeducation.co.uk/headstart-kernow-parents



Headstart Kernow's Community Membership



Discover a wealth of evidencebased, practical and engaging online CPD courses empowering everyone who works with or cares for children to develop their skills – any where, any time, using any device.

- 400+ On-Demand Courses
- Weekly Live Webinars
- Online Conferences
- In-Depth Pathways For Progression
- Certificates For Every Course

(and it's not just wellbeing...)





Any questions? <a href="mailto:Kate.pordage@cornwall.gov.uk"><u>Kate.pordage@cornwall.gov.uk</u></a>
<a href="mailto:www.hub.headstartkernow.org.uk/"><u>www.headstartkernow.org.uk/</u></a>



## FREE Wellbeing support for you and your child

**HeadStart Kernow** working in partnership with **Creative Education** are offering parents and carers across Cornwall and the Isles of Scilly **FREE** access to an online, on demand library of resources to support wellbeing both for you and your child(ren) in these challenging times.

Currently there are **over 100** resources available and the platform is growing all the time. The content includes a mix of webinars, short online courses and bite-size information for **primary / secondary ages** and covering topics such as:

- Self -care for parents and carers
- Supporting your child when they start a new school
- What to do when your child is being bullied
- Parental awareness of self harm
- Worries and anxiety (including simple coping strategies)
- Helping children with friendship issues
- Laugh your way to stronger connections
- Understanding the teenage brain
- 10 ideas to boost family wellbeing
- Top tips to help improve children's sleep

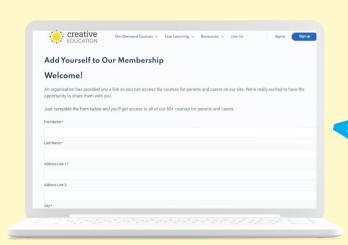
and many more...



## How can I sign up?

To get your **full and free access** (lasting until 31st July 2026) follow this link:

https://bit.ly/CornwallParentsHSK or scan the QR Code





The link will take you to the Creative Education Website and a page where you can sign up to the existing Headstart Kernow Membership page.

Once signed up you can access all of the parent / carer resources for free on any device / anywhere / anytime.

For more information visit:

<u>www.headstartkernow.org.uk/parents--carers/online-wb-courses/</u> or e mail: <u>headstartyouth@cornwall.gov.uk</u>

Find more resources for Children & Young People at our YP website

www.startnowcornwall.org.uk





