



# Guildford Family Centre

## January 2024



Hello 2024!!

We hope you all had a lovely Christmas and New Year, it seems like a distant memory now.

If you're still trying to blow away the Christmas cobwebs, check out the link below for wonderful walks in and around Guildford:

[10 Best Walking Trails in Guildford | AllTrails](#)

If you are worried about making your money stretch far enough to cover everything, CAP Life Skills is a friendly group that will give you the confidence and decision-making skills needed to live on a low income. You'll learn practical money saving techniques, such as cooking on a budget and making money go further.

They will be holding free courses later in January, check out [pages 4 & 5](#) for more information.

Looking to save money on your energy costs this year? Surrey County Council's Energy Advice Tool can help! Answer a few short questions and receive tailored information and advice on how you could save money. This includes details about grants you might be entitled to! Give it a go: <https://orlo.uk/hNCOj>

Support for parents around SEND, behaviour strategies, and peer support can be found on [page 3](#).

*\*Please note that events and groups we advertise are not affiliated to us and we cannot take responsibility for them.*

To keep up to date with local events and activities, workshops and support for families, follow the Guildford Family Centre Facebook page [Facebook](#)

The Spinney Family Centre, Southway, Guildford, Surrey GU2 8YD Tel: 01483 510570  
Hazel Avenue, Guildford, Surrey GU1 1NR Tel: 01483 566589  
York Road, Guildford, Surrey GU1 4DU Tel: 01483 561652  
[receptionfc@guildfordnsc.surrey.sch.uk](mailto:receptionfc@guildfordnsc.surrey.sch.uk)



# Saturday Sports Club

at Surrey Sports Park



**SURREY**  
SPORTS PARK  
UNIVERSITY OF SURREY

AGES  
8+

# SATURDAY SPORTS Club

**£4.40**  
PER  
FAMILY

STARTING 30TH SEPTEMBER\*  
2:30-4:30PM

**A FUN MULTI-SPORT SESSION FOR YOUNG PEOPLE WITH  
SPECIAL EDUCATIONAL NEEDS AND DISABILITIES AND THEIR  
FAMILIES**



For more information and to check that this session is suitable for your family:

Email: [saturdaysportsclub@surreysportspark.co.uk](mailto:saturdaysportsclub@surreysportspark.co.uk)  
To book: [w: surreysportspark.co.uk/book](http://w: surreysportspark.co.uk/book) or simply turn up

**\*No session 28.10.23 / 16.12.23 / 23.12.23**

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[receptionfc@guildfordnsc.surrey.sch.uk](mailto:receptionfc@guildfordnsc.surrey.sch.uk)



# Support for Parents



Surrey Family Voice provides independent guidance to parent and carers of children and young people with additional needs aged 0-25 in Surrey, shining a light on the challenges that SEND families regularly face.

They offer peer support as well as informative webinars and workshops on a variety of topics relevant to SEN related issues

<https://familyvoicesurrey.org/events-news-projects/>



Surrey Adult Learning have updated their website and are offering a large amount of parents training over the next few months.

These training sessions are on topics such as Anxiety, Self esteem, resilience, behavioural difficulties, self harm and EBSNA. And they are also running the who's in charge course for child to parent and child violence. All these training sessions can be booked onto via the link:

[Family Learning for parents and carers - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)



NAS support service are a Surrey wide service and can offer information, advice and support for parents, but do not offer any crisis or therapeutic intervention for children or young people.

The NAS Family Support Team offer group support to help parents and carers through the FREE 8-week 'Stepping Up for Autism' course, which aims to equip participants with a detailed understanding of autism and how to support their child. Throughout the year they also host specialist workshops on topics such as Anxiety, Pathological Demand Avoidance, Coping with Festivities, Carer Wellbeing and Toileting.

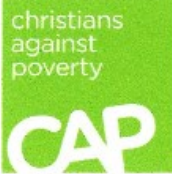
Workshops are delivered both online and face-to-face, taking place at various times and on different days of the week and they invite families to book the events once a referral has been received. They also run 'Family Fun Days' and children's activities during school holidays which are free to attend.

For further information click on the link below:

[NAS Surrey Branch |](#)

# CAP

## Free courses—Day & evening



## WORRIED ABOUT MONEY?

### CAP Money - get free and friendly advice

Join us for a short 4 session course for support with:


- Seeing where your money's going
- Creating a workable budget
- Getting helpful advice


Please get in touch with Ann to register:


 **Phone Number**  
07311 827828

 **Email**  
[annmather@caplifefskills.org](mailto:annmather@caplifefskills.org)


#### Course 1


 Starts Tuesday  
23rd January 2024

 19:30 - 21:30pm

 Guildford Baptist Church,  
Millmead, GU2 4BE

#### Course 2

 Starts Wednesday  
24th January 2024

 9:30 - 11:30am

 St Saviour's Church,  
Woodbridge Rd, GU1 4QD

# CAP

Free courses—Day time only

Free Life Skills Course

christians  
against  
poverty

CAP

## STRUGGLING TO COPE?

Join our free course to  
find help with:

- Seeing where your money goes and spending it wisely
- Saving money on food and energy bills
- Talking about money openly at home



Starting on



**Tuesday 23rd January 2024**  
**9:30 - 11:30am**



**Guildford Baptist Church,**  
**Millmead, GU2 4BE**

PLEASE GET IN TOUCH  
TO REGISTER



Phone Number  
07311 827828



Email  
[annmather@caplifeskills.org](mailto:annmather@caplifeskills.org)

Free creche also available

# Things to do and information for Families



Surrey Family Information Service latest Community Connector newsletter is out now! This month's newsletter includes sections on financial, parenting and emotional support services along with information regarding internet safety and preparing children to start school: <https://orlo.uk/ACbn3>



Families Surrey West what's on diary has loads of things for children and families to do in January and February.

They also feature pre-schooler play places (role play/soft play and more) and have a long list of baby and toddler groups all listed by day:

<https://bit.ly/FamiliesMagJanFeb24digital>



One You Surrey is Surrey's free healthy lifestyle service.

Get back to a healthier you with our free stop smoking and weight loss programmes. We support you to make small, sustainable changes to improve your health and wellbeing and live a longer, happier life.

Check out their January newsletter:

[January Newsletter \(cloud.microsoft\)](#)

# Challengers

Stay and play drop ins and other activities



## Coming Up at The Hub

<b>Family Fun Days</b> Guildford & Farnham	Various Sundays 10am to 2pm Sessions for ages up to 18 years
<b>Stay &amp; Play Drop In</b> Hale Community Centre	First Wednesday of the Month 10am to 12 noon
<b>Coffee and Craft</b> The Hub, Guildford	Second Tuesday of the Month 9am to 11.30am
<b>Walk and Talk</b> Guildford & Farnham	Guildford - Every Second Tuesday 12 noon Farnham - Every Fourth Tuesday 12 noon
<b>Farnham Coffee Morning</b> Farnham Play Centre	Third Thursday of the Month 9am to 11am
<b>Coffee and Craft Evening</b> The Hub, Guildford	Fourth Wednesday of the Month 7pm to 9pm

[www.disability-challengers.org/the-hub](http://www.disability-challengers.org/the-hub)

 **Funded by**  
**COMMUNITY FUND**

For more information about The Hub and to book on to our sessions, head to our website or scan the QR code



# Small Steps

## Parent & Toddler group



'SMALL STEPS'



### PARENT AND TODDLER GROUP

St Mary's Church warmly invites you to a Parent & Toddler Group in The Church Rooms, 171-176 Send Road, GU23 7ET on Wednesday mornings from 10.00-11.30.

We meet every week during the school term-time and there is currently no charge to members. Our New Year dates commence on 3<sup>rd</sup> January 2024.

We are a small group, where children can learn to socialize and play and parents or carers can share a cup of tea and chat.

For anyone wishing to become involved as a helper /volunteer, or for more information contact Kate by email or text:

[kmpearmain@gmail.com](mailto:kmpearmain@gmail.com) or 07767753823

# **Diamonds are a Girl's Best friend well being session**

## **Family Voice Surrey & Guildford Family Centre's Coffee & Cake morning**

Nicole Farrell, our Guildford Coordinator and Tina Campbell from Guildford Family Centre would like to invite SEN mums and carers from the Guildford Community to a friendly and welcoming coffee and cake morning as well as a wellbeing session – Diamonds are a Girl's Best friend at Guildford Family Centre on Friday the 19th of January from 9:15am.

Rowena Moore from Action for Carers will drop into the first part of the Coffee morning to tell us about their services and then we will focus on our personal well-being. We will concentrate on building on our strengths as mums/carers. You are stronger than you think!

Please email [guildford@familyvoicesurrey.org](mailto:guildford@familyvoicesurrey.org) to book your place.

We are working on an event for fathers and partners so watch this space!



# Repair Café

Returns Saturday 13th Jan at The Hive!



Our team of talented volunteers carry out small repairs to household items, **completely free!**\*



**The Hive, Park Barn Drive, Guildford  
GU2 8EN**

## 2024 Dates

2nd Saturday of every month 10am – 12 noon  
come early to ensure time for your repair

13 January	11 May	14 September
10 February	8 June	12 October
9 March	13 July	9 November
13 April	10 August	14 December



[Repair.cafe.guildford@gmail.com](mailto:Repair.cafe.guildford@gmail.com)

07306 029410



# Other useful information

- **Child Health Drop-in Clinic**

These are drop in sessions, no need to book

Mondays 12.30pm - 2.30 pm @ Guildford Family Centre, Southway, Guildford GU2 8YD

Tuesdays 10.00am - 12.00 pm @ Guildford Nursery School, Hazel Avenue, Guildford GU1 1NR

- **SENDSory Play at Hazel Avenue**

A sensory play session for children with additional needs from birth - 5 years. Professionals from Early Support, SEES (previously Portage) and physiotherapists regularly attend and are on hand to answer any questions you may have (siblings are welcome).

These are drop in sessions, no need to book - no formal diagnosis needed.

Mondays 10:00 am - 11:30 am @ Guildford Nursery School, Hazel Avenue, Guildford GU1 1NR

- **Wiggles and Giggles at Hazel Avenue**

Sign up for our free parent and baby group for non-mobile babies.

Come and meet other parents and babies and join us for some afternoon of fun.

To reserve your place please call 01483 510570 or drop in on the day.

Thursdays 1:00pm - 2:00pm @ Guildford Nursery School, Hazel Avenue, Guildford GU1 1NR

- **Guildford Family Centre Community Resources Link**

[Resources – Guildford Nursery School and Family Centre \(guildfordnsc.surrey.sch.uk\)](https://www.guildfordnsc.surrey.sch.uk/resources)

- **Guildford Nursery School term dates:**

8 Jan - 28 March (half-term 12-16 Feb)

16 April - 19 July (half-term 27-31 May)

- **Nursery closed for children:**

3 and 24 May

22-23 July

- **Inset days:**

15 April

In order to help develop this into an informative and helpful resource for all families, we would be very grateful if you could complete the short questionnaire below to help us understand your awareness of the services available, and identify areas that can improve information sharing:

<https://forms.office.com/e/2YbSdkXDuc>