



Guildford Family Centre Newsletter

October 2022



We are already in the fourth week of the academic year and the colours outside are changing to glorious oranges and reds. Halloween is just around the corner!



You may be planning costumes for your little ones or even thinking about local firework displays for Bonfire Night, but have a look through our October newsletter for ideas on other events and activities you can take part in with your children - you might like to wrap up and come and join our Community Gardening and Social Group on the 1st Tuesday of each month!

Please wear something you do not mind getting muddy



Parents and Carers Virtual Support Group October

From 18th October, the Hope service are running virtual groups for parents and carers to come together to discuss the challenges they face in a confidential and supportive environment. These groups are specifically for parents and carers of young people who would like additional support. You will have an opportunity to exchange experiences and receive support towards managing the often complex situations you find yourselves in.

Further details can be found on page 6.

INSPIRING · LEARNING · ACHIEVING

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
admin@guildfordnsc.surrey.sch.uk





Government help with childcare costs for parents.

Whether you have toddlers or teens, you could get support.

For further information please visit the link below:

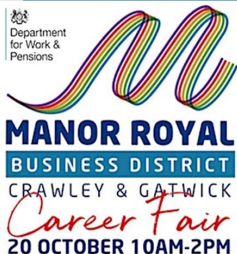
[Childcare Choices | 30 Hours Free Childcare, Tax-Free Childcare and More | Help with Costs | GOV.UK](#)

You can still enrol on courses starting in October and November. There are plenty of courses to help support you and your family:

- Helping your child manage anxiety
- Exploring behaviour strategies
- Developing children's self-esteem
- Building children's resilience
- Cooking and baking
- English for parents/carers as an additional language
- Applying for a primary school

Courses are delivered online via Zoom, to book your place visit:

[Family Learning Parent Bulletin 30](#) (mailchi.mp)



Manor Royal Career Fair is being held on Thursday 20th October 10am – 2pm.

You do not have to be in receipt of benefit to attend, everyone is welcome!!

To book your place please follow the below link -

<https://www.eventbrite.co.uk/e/manor-royal-career-fair-general-public-tickets-409934795007>

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Things to do in and around Guildford in October

The Big Draw Festival

Guildford is taking part in the Big Draw Festival this October, a month celebrating drawing and colouring.

This year's theme is 'Come Back To Colour', a love letter to each other and the world around us.

The theme encapsulates the rediscovery of the vitality, health, care and vibrancy in everyone's lives after what has been a challenging last few years.



Feel Good Family Fun Day

Come on down for another of G Live's **FREE** family events.

Taking place on: **Saturday 22nd October, 10am - 3pm**

With face painting, crafts, participatory workshops, games and much more, there's something for little kids and big kids alike!

No need to book in advance just turn up on the day! For more information please click on the link below:



Climate Cafe and Baby Group

Every Wednesday, 10am - 12pm

At ZERO Carbon, 14 -16 Friary Street, Guildford GU1 4EH

Come along for a relaxed coffee morning in the centre of town with your little ones.

There's no structure, just a fun and engaging environment where you can chat about sustainable living while the kids play.

No need to register, just pop along



[Climate Cafe and Baby Group | Guildford Rocks](#)

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Things to do in and around Guildford in October

Rhymetime at Godalming Library

Introduce your baby to songs, rhymes and books at Godalming library!

Every Tuesday, Thursday and Saturday at 11am.

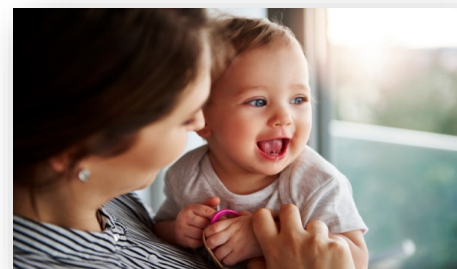
No booking required.

Head along to Godalming Library for a fun and interactive session of nursery rhymes, action songs and percussion music with Pebble the Penguin. Rhymetime is aimed at babies and toddlers, aged under five, with Mums, Dads and carers all welcome.

Nursery rhymes are great for language development - they have a lot of rhythm which catch baby's attention, and repetition, which is good for speech development. It is also a nice way of introducing babies and toddlers to their local library!

Rhymetime is free and generally lasts 30 minutes.

[Rhymetime at Godalming Library | Guildford Rocks](#)



Cathedral Tots

The informal service for toddlers and pre-schoolers takes place on the first Wednesday of each month at 10.00am.

Each session of Cathedral Tots includes activities, a faith-themed story or Bible story, a prayer, songs, and craft. Children collect an individual activity pack including refreshments, and there is plenty of opportunity for fellowship as children take part in the craft activities.

Cathedral Tots is a free activity, with a welcoming and relaxed community of parents/carers and young children. There is currently no requirement to book places for these services. All children must be accompanied by an adult.

[Guildford Cathedral - Families | What's On Autumn 2022 \(guildford-cathedral.org\)](#)



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Community Gardening and Social Group

Come and join us at our Community Gardening & Social Group at the Guildford Nursery School at Hazel Avenue, Guildford GU1 1NR.

No gardening experience is needed and all ages are welcome!

If you, or you know someone who is feeling isolated and or does not have a strong support network, this is a great opportunity to get out into the fresh air and meet new people.

The group begins on Tuesday 3rd October from 10:30 am - 12:00 pm

Sessions will go ahead on the 1st Tuesday of every month thereafter.

To register your interest please call 01483 510570 or email receptionfc@guildfordnsc.surrey.sch.uk



Community Gardening and Social Group

Community Garden, Guildford Nursery and Family Centre,
Hazel Avenue, GU1 1NR



Gardening and being outdoors is a good way to keep your mind and body active, as well as boosting your happiness levels. Come along to the Guildford Nursery School and Family Centre Community Garden Group to help maintain the beautiful Hazel Avenue site. Absolutely no gardening experience needed and **ALL** ages are welcome!

You'll meet new people, have some fun and hopefully leave feeling calm and stress-free.

Join us: From Tuesday 4th October at 10:30 am - 12:00 pm (and every 1st Tuesday of the month thereafter)

What we'll be doing: weeding, watering, planning and planting up veg beds, connecting with new people and enjoying the changing seasons.

To express your interest, please contact 01483 510580 or receptionfc@guildfordnsc.surrey.sch.uk



APPEER Autumn Term Flyer

Appeer is a community interest company operating to benefit autistic girls and women. They deliver online and in-person sessions in Surrey for both the girls and their parents/carers.

They aim to foster a Positive Peer Approach by sharing interests, connecting with each other, celebrating autism, and offering support.

Appeer is run by parents of autistic daughters and some of the staff are neurodivergent themselves.

Please email cathryn@appeer.org.uk for further Information.

Connecting autistic girls and women

Information Flyer for Schools & Families- Autumn 1 -2022

Appeer is a community interest company operating to benefit autistic girls and women. We deliver online and in-person sessions in Surrey for both the girls and their parents/carers. We aim to foster a Positive Peer Approach by sharing interests, connecting with each other, celebrating autism, and offering support. Appeer is run by parents of autistic daughters and some of our staff are neurodivergent themselves. We look forward to meeting you soon!

Autistic Girls We offer both online and in-person sessions for autistic girls aged 7-12. These are facilitated by our specialist staff and led by Kris, our Girls Programme Manager. Our Weekend Girls Group is held monthly on a Sunday at St. Andrew's School in Woking. Our Online Minecraft and Roblox sessions offer the girls a valuable chance to connect by sharing tips and building together - our next Minecraft session is on 6th October and Roblox will return soon. This Autumn half term holiday we are excited to return to Overworld in Camberley for some gaming! Click the images for more information and to book.

Autistic Teenage Girls We know how hard it is to find support for autistic teenage girls, so we aim to provide a space for them to connect. We support the teens to access all activities with a "challenge through choice" approach. We hold monthly Weekend Teen Groups at St. Andrew's School in Woking and the Teens can join our Online Sessions. Our next Minecraft session is Thursday 6th October. During October half term we are hosting a gaming session at Overworld in Camberley. Click the images below to find out more or to book.

Weekday Groups (a Surrey County Council-approved Alternative Learning Provision). We offer Weekly Group sessions for autistic girls aged 7-12 and 12-14. The girls connect whilst enjoying a range of activities in a low-pressure setting, underpinned with a wellbeing-promotion foundation. The programme is designed to support autistic girls who may not be in full time education, including those who are home educated and/or have EOTAS or limited other weekday support via EHCPs. Click the image for more information or to apply.

Parents & Carers We aim to provide a session for parents and carers within all Girls and Teens sessions. This is usually a coffee and a chat with access to our library. One of our experienced Parent/Carer Facilitators is always on hand to offer a listening ear, share experiences or give advice. We would like to gauge interest as to whether there are parents and carers who would like to attend our Weekend Groups on their own, to connect with others in similar positions (i.e., if their daughters are unable or reluctant to participate in the Girls or Teen Groups). Email cathryn@appeer.org.uk with your thoughts.

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Half Term Fun & Fairs



Come and join the Guildford Nursery School and Family Centre for their FREE half term family session at the Community Garden, Hazel Avenue GU1 1NR.

Please note this session is for families with children aged 0 –11.

Please call 01483 510570 or email receptionfc@guildfordnsc.surrey.sch.uk



Free half-term family session,
Tuesday October 25th 2022, 10:30-12:00
The Community Garden, Guildford Nursery School
and Family Centre, Hazel Avenue, GU1 1NR

Autumn is here! Come along and:
Help build a hedgehog house
Make bird feeders
Do a bit of digging and weeding
For families and children (0-11)

To book please contact 01483 510570
or receptionfc@guildfordnsc.surrey.sch.uk



SURREY VILLAGES
ART & CRAFT FAIRS
Shere Village Hall
Gomshall Lane, Guildford, Surrey, GU5 9HE

6TH MARCH
3RD APRIL
1ST MAY
12TH JUNE
17TH JULY
14TH AUGUST
4TH SEPTEMBER
2ND OCTOBER
6TH NOVEMBER
4TH DECEMBER

FREE ENTRY

REFRESHMENTS ON OFFER

EXCLUSIVELY HANDMADE PRODUCTS
CREATED BY LOCAL ARTISTS & CRAFTERS

WWW.SURREYVILLAGESARTANDCRAFT.CO.UK

Craft fairs with a focus on truly handmade, local items.

There is a fair once a month on a Sunday in Shere, just outside Guildford .

Upcoming dates:

- Sunday 6th November 2022
- Sunday 4th December 2022 - Christmas Fair

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Parents and Carers Virtual Support Group October 2022

This month Hope service will begin running virtual groups via Microsoft Teams.

These groups are specifically for parents and carers of young people who would like additional support. You will have an opportunity to exchange experiences and receive support towards managing the often complex situations you find yourselves in.

This is not a parenting class, rather a non-judgmental support group where you are encouraged to talk about whatever seems most important. The Hope Service will be offering topical sessions, alongside open groups where parents and carers can join together to discuss current difficulties.

For more information and to book your place, please visit the link below:

[Parents & Carers Group via Microsoft Teams Tickets, Multiple Dates | Eventbrite](#)

<u>Date and Time</u>	<u>Workshop Theme</u>
Tuesday 18th October 2022 5:00—6:30pm	'Mental Health support in Education' What schools can do to support young people with their Mental Health, EHCP queries and the criteria
Tuesday 1st November 2022 5:00—6:30pm	'Disordered Eating and Body Image' How to support a young person who is struggling with food, eating or their body image
Tuesday 15th November 2022 5:00—6:30pm	'Social Media and the impact on young people's mental health' What are the positives and negatives of Social Media and how can you support your child to be safe online.
Tuesday 29th November 2022 5:00—6:30pm	'Open group' An opportunity for parents and carers to come together in a safe and confidential setting to share their experiences of supporting a young person with emotional difficulties. It is a good opportunity to meet others who may be experiencing similar difficulties and to share with each other in a supportive way.
Tuesday 13th December 2022 5:00—6:30pm	'Open group' An opportunity for parents and carers to come together in a safe and confidential setting to share their experiences of supporting a young person with emotional difficulties. It is a good opportunity to meet others who may be experiencing similar difficulties and to share with each other in a supportive way.
Tuesday 10th January 2023 5:00—6:30pm	'Open group' An opportunity for parents and carers to come together in a safe and confidential setting to share their experiences of supporting a young person with emotional difficulties. It is a good opportunity to meet others who may be experiencing similar difficulties and to share with each other in a supportive way.

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Messages from Support Services

ONE YOU SURREY

One you Surrey will be visiting The Spinney on 8th November from 10am – 3pm to deliver Healthy Heart checks to people aged 35 and over, this is a drop-in session and the checks will last approximately 10 minutes.

The checks are primarily for people who live in or are registered with a GP within the Surrey Heartlands area.

Pop in for a check, but please be aware as this a drop in clinic there may be a small wait.

For more information please visit: <https://oneyoursurrey.org.uk/healthy-heart-checks>

SURREY HEARTLANDS Maternity Voices
Working in partnership to improve maternity services

Join your local Maternity Voices Partnership and make a difference

We are an independent group of parents and NHS staff working in our local hospitals to improve maternity services. Join us for regular meetings, tell us about your experiences or consider volunteering with us. It's a great way to meet local people, support the NHS, and improve maternity care for your community.

Ashford and St Peter's
Email: asphmvp@gmail.com
Facebook: @ASPHMVP
Instagram: @ASPHMVP

Royal Surrey
Email: rsch.mvp@gmail.com
Facebook: @RoyalSurreyMVP
Instagram: @RoyalSurreyMaternityVoices

Epsom & St Helier
Email: esth.mvp@gmail.com
Facebook: @EpsomandStHelierMVP
Instagram: @EpsomandStHelierMVP

Surrey and Sussex Healthcare
Email: sash.mvp@gmail.com
Facebook: @SashMVP
Instagram: @SASHMVP

Find out more at: www.surreyheartlandsmaternityvoices.wordpress.com

A Maternity Voices Partnership (MVP) is a NHS working group: a team of women and their families, commissioners and providers (midwives and doctors) working together to review and contribute to the development of local maternity care.

- ◇ Every woman on the maternity pathway has a chance to have her voice heard about the service she is receiving through an MVP
- ◇ Every MVP is adequately resourced to engage in true co-production of maternity services
- ◇ Local MVP chairs and service user members feel networked and supported in their role
- ◇ MVPs are involved in work in their local communities and also represented at Local Maternity System (LMS) level

“Working together is really energising... it does deliver great results!”

Kath Evans, Experience of Care Lead, Maternity, Infants, Children & Young People, NHS England

[Surrey Heartlands Maternity Voices Partnerships \(wordpress.com\)](http://Surrey Heartlands Maternity Voices Partnerships (wordpress.com))

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Messages from Support Services

Citizens Advice Guildford and Ash are seeking volunteers!

Citizens Advice Guildford and Ash are continuing to support people with their issues. They are here to help everyone, whoever you are, whatever the problem. The cost-of-living crisis has hit people hard and staff and volunteers have been hard at work helping people with issues like debts, benefits, housing, employment, relationships. They have seen a rise in demand, as you would imagine. During their first quarter in April, May and June they supported 1,405 clients, and answered nearly 30% more calls than the previous three months.



They wouldn't be able to do this without the skill and dedication of their brilliant volunteers - but it's getting busier, and they need around 30 more volunteers by the end of the year to be able to support more of those in need of help. It's such a rewarding experience - you get an insight into how policies affect people's lives, it helps build your skills and confidence to get back into work, and it's a chance to give back to the community. And you get a lot of training and support to do your best!

Citizens advice Guildford and Ash have a range of volunteer roles from being the first port of call for clients, to helping people fill out forms or training to be an adviser on a specific issue. If you are interested in exploring volunteering with them, please contact Zoe at recruitment@ca-ga.org.uk.

And if you need support from their advice service on any issue, they are of course happy to help - just phone the Adviceline on 08082 787 888 or fill out a webform on our website www.ca-ga.org.uk.

They also have a new outreach at The Hive on Wednesdays, which is by appointment only. This particular project, called 'No-one left behind', is designed to help support people with financial issues, for example, debts, benefits, budgeting. Please contact 0300 200 1008 if you'd like an appointment at The Hive for support with these issues, and they will do an initial assessment to agree the next best step with you.

The Matrix Community Wellbeing Team is part of the Surrey Wellbeing Partnership, which works to support 8 to 18 year olds with issues including anxiety, stress, self harm and isolation.



The Team provide a needs-led service in which young people identify the outcomes they wish to achieve and find strategies to work towards completing their goal. There are no time limit on sessions and the team work at the young person's pace to support them in overcoming their issues.

Young people have a choice of where they would like to meet the practitioner, this may be in a community setting or at school and are offered advice, 1:1 sessions or group work. As part of the Surrey Wellbeing Partnership, Matrix covers the Guildford Borough area.

Contact the Youth Support Team: youth.support@matrixtrust.com

Website: www.matrixtrust.com

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Support for Families



Gingerbread is the leading national charity working with single parent families. Since 1918, they have been at the forefront of shaping policy and services that support single parents.

Today, there are two million single parent families in the country. Gingerbread champion their voices and keep their needs at the heart of everything they do.

Gingerbread's advice and support services help you get the right support when and where you need it most.

Meet other single mums and dads on their online forum or in their local and digital groups. If you need advice, their information pages, webchat and helpline provide expert guidance on a wide range of topics. For more information please the link below:

[Advice and support | Gingerbread](#)



Turn2us is a national charity providing practical help to people who are struggling financially.

Their site covers a wide range of issues families face including the cost of living, energy bills, disabilities and illness, low income and bereavement.

To find out what help may be available to you through benefits and grants, and other sources of support please visit:

[Your situation - Turn2us](#)



Southall Black Sisters, a not-for-profit, secular and inclusive organisation, established in 1979 to meet the needs of Black (Asian and African-Caribbean) women.

They aim to highlight and challenge all forms gender-related violence against women, empower them to gain more control over their lives; live without fear of violence and assert their human rights to justice, equality and freedom.

They can support with immigration issues with no recourse to public funds survivors of domestic abuse, for further information please visit:

[Southall Black Sisters - Southall Black Sisters](#)

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Other useful information

- **Baby weigh in clinics**

These are drop in sessions, no need to book

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

Tuesdays 9.30 am - 12.30 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:

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 babies up to 6 months.

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**

[Community Resources | Guildford Nursery School and Family Centre, Guildford, Surrey UK \(guildfordnscscc.surrey.sch.uk\)](http://guildfordnscscc.surrey.sch.uk)

- **Dates for your diary:**

Inset days (Centre closed to the public)

- **Monday 28th November**

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://www.surveymonkey.co.uk/r/8PVX2S5>

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