

# Guildford Family Centre Newsletter

## September 2022



### Welcome to the September edition of the Guildford Family Centre Newsletter!



September is here! I'm sure we are all glad to have some relief from the warm temperatures we experienced through July and August. Soon enough we will see the leaves start to turn in to glorious oranges and reds, and the nights draw in earlier.

It is only a few days until children will start going back to school. You may be thankful for a break yourself now, or you may miss their company all day but one thing is certain for some children and parents, they will be full of anxiety and trepidation about their return. Your child is moving up a year, and for a lot, will be moving to another school.

It is normal for a lot of children and parents to be understandably scared about this big change. Read our Back to School section to find out about the main struggles children and parents can face, why anxiety builds up around the new school year and what you can do to help your child and yourself with post summer-holiday nerves.

### How well do you know your home town?

Did you know that Lewis Carrol, wrote "Through The Looking Glass" whilst living in Guildford? Or that Alan Turing, famous code-breaker and mathematician, lived in Guildford?

Just for fun..... see if you know the answer to our quiz questions about our lovely home town, and if not....answers are at the end!



*What is the name of Guildford's Premier League ice hockey team?*

*Bees IHC?*

*Flames?*

*Tigers ?*

**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](mailto:admin@guildfordnsc.surrey.sch.uk)



## Links for health and finance

### Safe Haven

Safe Havens provide out of hours help and support to people and their carers who are experiencing a mental health crisis or emotional distress. There are five Safe Havens open in town centre locations across Surrey and north east Hampshire to residents of any district or borough within this area. The Guildford Safe Haven is based at Oakleaf HQ and is provided in partnership with NHS Guildford and Waverley CCG and Community Connections

[Safe Haven - Oakleaf Enterprise \(oakleaf-enterprise.org\)](http://oakleaf-enterprise.org)



christians  
against  
poverty

CAP

### CAP Life Skills

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. For more information click on the link below

[CAP UK | CAP Life Skills](#)

### Poyle Charities

Guildford Poyle Charities help people in our borough who are experiencing financial problems. Grants are available for individuals and organisations.

If you live in the central area of Guildford you can apply to

[Guildford Poyle Charities.](#)



**matrix**  
THIS IS WHO WE ARE

### Matrix

Matrix is a Christian charity providing a lifeline for vulnerable young people across Guildford Borough. Operating in both schools and the community across Guildford Borough, they work with and for vulnerable and at-risk young people, building long-term relationships and providing activities that nurture, inspire, connect and empower them.

[Home - MATRIX \(matrixtrust.com\)](http://matrixtrust.com)

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## Things to do in and around Guildford this September



This September sees the return of Guildford Walkfest, the annual celebration of walking in and around our beautiful town.

Guildford Walkfest will launch on Thursday 1st September at 10:30am with a walk around West Horsley and Sheepleas starting at Place Farm Barn, West Horsley Place. You are all invited to join for the launch and the subsequent walk if you can.

Further details are on the website below.

<https://www.guildfordwalkfest.co.uk/launch-west-horsley-sheepleas-walk>

With at least one walk organised every day in September, this year's festival celebrates our lovely Borough, with the focus on the positive benefits of walking for mental and physical health for everyone. This is an opportunity for residents to socialise with others and join in with the local community.

All the walks are FREE and all ages and abilities have been considered. Many of the walks are family and dog friendly, short and long. Booking is essential and details of every walk are available on the Walkfest website.

<https://www.guildfordwalkfest.co.uk/>



*Is Guildford classed as :*

*A City?*

*A Town?*

*A Village?*

## Surrey Police Open Day 2022 - Sunday 11th September, 11am - 4pm

The event, which will run from 11am-4pm, promises to be a fun day for all! Surrey Police will be showcasing all they have to offer, from the work being doing across the Force, to the fantastic range of job opportunities available. There will be dog trials, live demonstrations, an insight to different departments, and of course there will be lots of vehicles on display!

You can grab a bite to eat at one of the catering vans or bring a picnic along. Tickets are free but you must register and present your ticket, either printed or on your phone, upon entry. Tickets are on a first come first served basis, so you'll need to get in quick to secure your spot!

Everything you need to know about the day, including the terms of entry, can be found on [www.surrey.police.uk/openday2022](http://www.surrey.police.uk/openday2022)

The gates will then open for general admission at 11am. Last entry will be at 3pm.



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## Wellbeing for teens

- a helping hand for a happier, healthier life

Be Your Best Teens is a **free** online service for 13-16 year olds who live or attend school in Surrey and are above the **healthy weight range** for their age.

We can help them make positive changes to their wellbeing through interactive sessions that they attend virtually.

There is no obligation, other than to attend six online sessions with teens who may need extra support.

### Teenagers will learn about:

- Cooking, with an online workshop
- What to eat to feel good & teen nutrition
- Being active & how it boosts mood
- Body image: how social media can distort reality
- Alcohol & hydration - what to know
- Managing screen time
- How sleep can help to achieve goals



For more information email [harriet.kittermaster@surreycc.gov.uk](mailto:harriet.kittermaster@surreycc.gov.uk)



# HOUSEHOLD SUPPORT FUND

Guildford Borough Council has been given funding to support households most in need of food and energy provisions. This is to help with the rising cost of living.

This support fund is aimed at those who are struggling with their food shopping and energy bills. This funding is for families, people living alone and pensioners.

If you would like to apply for this fund, or know of a household that may benefit from this, please fill in the application form found

[www.guildford.gov.uk/householdfund](http://www.guildford.gov.uk/householdfund) and send to the Community Wellbeing Team at:

[community.wellbeing@guildford.gov.uk](mailto:community.wellbeing@guildford.gov.uk)

Please note that you can apply to receive up to £300. Bank account information and proof of address will need to be provided when applying, if you do not supply this it may result in delays and your application being rejected.

The Household Support Fund has been funded by the Department of Work and Pensions



## Farnham Repair Cafe

@FarnhamRepairCafe · Community

Repair Cafés are free 'community-centred workshops' for people to bring consumer products in need of repair, where they can work together with volunteer fixers to repair and maintain their broken or faulty products. In addition to repair, many Repair Cafés provide assistance with product modification, particularly to clothing to improve fit and appearance.

We see many different types of household products at the Repair Café such as clothing needing a replacement zipper, bicycles with sticky gears, chairs with broken legs, lamps with damaged cables, gardening tools that no longer trim, radios in need of a tune and old clocks that don't keep time.

What we've found is that many household products CAN be repaired successfully using the experience and collective know-how within our growing community of volunteer repairers. The great news is that by repairing we save money, resources, reduce our CO2 emissions and have a lot of fun and satisfaction along the way.

**Farnham Repair Café operates from 10 am – 1pm on the second Saturday of each month at the Spire Church in Farnham.**

Please note that no new repairs are booked in after 12:30 pm.

For further information please visit

[\(2\) Farnham Repair Cafe | Facebook](#)

## Fuel Voucher Scheme - Pilot Project

**Do you know someone that can't afford to top-up their pre-payment meter?**

Surrey Community Action is launching a new scheme designed to help solve a very widespread issue - that many people are facing the choice of heating or eating.

The Scheme will help people who are struggling to pay for their energy with information on ways to save energy, as well as emergency fuel vouchers to help top-up their pre-payment meters in times of financial hardship.

If you would like to support this scheme then please get in touch.

**Many people across Surrey are finding it hard to pay for their energy**

So, the scheme will help those who need it the most. Many will be without gas or electricity when they receive a voucher.

Providing people with fuel vouchers means families will have to cut back less often on essential items and will stay healthier.



Through our Warmth Matters Project we have heard how people are more likely to turn their heating on or take a bath or shower if they were to receive a fuel voucher- things most people take for granted.

Keeping warm can help both physical and mental wellbeing.

We will be providing specific information with each fuel voucher, so people can receive valuable advice about staying warm, staying healthy and saving money.

Contact 07521 503 696 or [email.davidcarter@surreyca.org.uk](mailto:email.davidcarter@surreyca.org.uk)

**Your help could make sure fewer people have to choose between heating and eating**

Donations can be made via bank transfer to: Bank Name: Surrey Community Action

Sort Code: 40-52-40 Account: 00028774 Reference: FuelV



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# Guildford Baby Bank

They aim to help in two main ways;

1. Their Facebook group is a place where people can offer, request and accept any baby/child items for free – no referrals needed, no formal contacts, just offer what you have spare and accept what you need.
2. Baby/child items requests – contact Guildford Baby Bank to let them know if you or someone you know/work with is struggling and needs baby items. They can put out an anonymous appeal on their Facebook group and collect items for you.



For more information check out their Facebook page:

[\(1\) Guildford Baby Bank | Facebook](#)

## Surrey Hills Baby Clothes Library

Surrey Hills Baby Clothes Library is run by two mums (Rachel & Nicky) who are seeking to encourage reuse of baby clothes in Surrey and in doing so reduce our impact on the environment and save money for parents! They offer boxes of baby clothes from newborn to 24 months to borrow.

For more information check out their Facebook page:

[\(1\) Surrey Hills Baby Clothes Library | Facebook](#)



The Government is providing £37 billion this year to help households combat the rising cost of living.

We know this may lead to questions about how much people may be entitled to.

There are toolkits available that contain resources to help communicate the Cost Of Living payment that many disability benefit claimants will be receiving, as well as wider support for households. They help signpost to:

- what the different payments are and when they will start being paid
- who is eligible for the payments

Please follow the link for further information: [Help with the Cost of Living \(understandinguniversalcredit.gov.uk\)](https://www.understandinguniversalcredit.gov.uk)

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# The struggles of the new school year for children.

If your child or children are moving from Year 6 up to secondary school and into Year 7, or even moving from year to the next in their current school, there may be a lot playing on their mind about what they will experience, if they will make friends, if the work will be too challenging for them or if they will fit in.

There are multiple reasons children may find the transition hard, especially if they are going to a school which little or none of their friends from their previous school will attend.



According to [YoungMinds](#), a charity that supports children's mental health, children can become anxious about returning to school for the following reasons:

- Feeling under pressure to get high grades
- Not bonding and getting on with school staff and teachers
- Feeling pressured to learn in a way that they may not be used to or like
- Having additional needs such as ADHD or dyslexia that has not been recognised
- Experienced bullying
- Feeling like they are under achieving compared to others
- Feeling as if the work is too difficult
- Problems with concentrating

You can offer the following to support your child in their school transitioning:

- Praise and recognise achievements – it may seem like a simple strategy but it is an affective one. Positive reinforcement for the smallest achievement can go a long way.
- Stay positive and calm – if your child is stressed and anxious about going to school then shouting and getting angry will only make things worse. Be understanding and do what you can to help.
- Get involved with their learning – usually students are given a bit of work before they start a new year. If you have the time outside of your busy day, get involved in their learning and help them understand what they are reading and learning.
- Give your strategies time to work – this advice won't help overnight. Things like this can take time but with persistence and support, you can do great things with your children.
- Get professional help – if you find that some of the steps to support your child are not enough or you feel as if you need your help yourself, you need to look after yourself of course, then there are charities and organisations that can help support you with helping your child.

*Take a look through the links below for tips on how to support your child or children through transitions from nursery to primary to secondary school:*

[Supporting your child at school | Family Lives](#)

[10 Ways to Support Children \(and Parents\) in Preparing for School \(firstdiscoverers.co.uk\)](#)

[How To Help Your Child Settle Into School A New School - Netmums](#)

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# GIVING TO YOUR COMMUNITY



## The Besom

The focus on the Besom is and always has been on those who have something to give and are looking for a way to do so.

Besom encourages involved giving out of a sense of love, as opposed to duty

Besom offers people the opportunity to think creatively about how they would like to give.

Besom's ethos is to be a bridge between those who want to give money, time, skills, or things; and those in need.

There are now over 22 Besoms across the UK outworking the same principles and vision

**Besom National Family Gathering  
Annual Conference  
on November 4th & 5th 2022**

To find out more ways you can give, please click on the links below:

[GIVE: Time | Besom](#)

[GIVE: Things | Besom](#)

[GIVE: Money | Besom](#)

[GIVE: Skills | Besom](#)

[HOME | Besom](#)



**FURNITURELINK SURREY**

Charity Number: 1137021

## Furniture Link

Furniturelink is a small community-based charity. Open to all and located in Guildford, they sell pre-loved furniture, white goods and small electrical appliances.

They aim to help families on a low income furnish their homes, provide volunteer opportunities to the local community, and reduce waste by stopping reusable furniture from going to landfill.

Those in receipt of benefits could be entitled to receive up to 50% off in-store prices (providing proof of benefits is supplied) however, their warehouse is open to everyone and you don't have to be on benefits to shop with them.

## Donations

They are currently in need of beds, mattresses and sofas! Do you have any of these items that you no longer need that are in good, reusable condition? Please get in touch and email photographs to [furniturelinkguildford@gmail.com](mailto:furniturelinkguildford@gmail.com)

They welcome donations of furniture, bric a brac and small electrical appliances in addition to working white goods. All donations have to be in useable condition with the relevant safety labels where required.

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There is still availability on the various parenting courses starting in September 2022.

## Parenting Courses Autumn 2022



Course	Details	Date	Time	Venue
Who's in Charge? 8 Week Course	<p>Help and Support for parents with children aged 8 years + experiencing child to parent violence &amp; abuse.</p> <p>To book please email: <b>WaverleyFamilyCentre@barnardos.org.uk</b></p>	<p>Weds 14th Sept to Weds 9th Nov 2022</p> <p><u>Review session :</u> Weds 11th January 2023</p>	<p>9.30 am - 11.30 am</p> <p>9.30 am - 11.30 am</p>	<p>Via ZOOM</p> <p>Via ZOOM</p>
The Nurturing Programme 10 Week Course	<p>Over the 10-week Programme you will look at lots of different topics, including:</p> <p>Understanding why children behave as they do.</p> <p>Recognising the feelings behind behaviour (ours and theirs).</p> <p>Exploring different approaches to discipline.</p> <p>Finding ways to develop co-operation and self-discipline in children.</p> <p>Learning the importance of looking after ourselves.</p> <p>To book please call <b>01483 510570</b> or email <b>receptionfc@guildfordnsc.surrey.sch.uk</b></p>	<p>Thurs 29th Sept to Thurs 8th Dec 2022 (one week break for half term)</p>	<p>10:00 am - 12:00 pm</p>	<p>Guildford Family Centre at The Spinney</p>
Parenting Puzzle 4 week course (Two dates available, please indicate your preference when booking)	<p>Parenting puzzle helps families to deal with challenges in parenting so they can have a calmer and healthier family life.</p> <p>To book, please email: <b>WaverleyFamilyCentre@barnardos.org.uk</b></p>	<p>Tues 27th Sept to Tues 18th October 2022</p> <p>Thurs 3rd Nov to Thurs 24th Nov 2022</p>	<p>9:30 am - 12:30 pm</p> <p>7:00 pm - 9:00 pm</p>	<p>Delivered online via ZOOM</p> <p>Delivered online via ZOOM</p>
Welcome to The World 8 week course	<p>The eight sessions are a relaxed way for parents to think about the transition to parenthood and discuss issues that can be a challenge for every new mother and father.</p> <p>To book please call <b>01483 510570</b> or email <b>receptionfc@guildfordnsc.surrey.sch.uk</b></p>	<p>Monday 3rd Oct- Monday 28th Nov 2022 (one week break for half term)</p>	<p>10.00 am to 12.00 pm</p>	<p>Guildford Family Centre at The Spinney</p>

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## Parenting Courses Autumn 2022

### ***The Freedom Programme***

*The aim of the course is to help victims of domestic abuse make sense of and understand what has happened to them.*

*The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.*

**To book please email [WaverleyFamilyCentre@barnardos.org.uk](mailto:WaverleyFamilyCentre@barnardos.org.uk)**

### **Guildford Family Centre also offer free advice sessions:**

#### ***Family Advice Sessions / SEND Advice Sessions***

*Are you facing difficulties in your family life? Guildford Family Centre offer free 30 minute telephone sessions to provide advice and support.*

*If you have any concerns about your child's development they can also offer guidance around SEND. No diagnosis needed.*

*To find out about more free courses available for parents, please visit the below link:*

***<https://www.surreycc.gov.uk/children/support-and-advice/families/support-and-advice/parenting-courses-and-advice/online-guides>***



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# Your Resident Involvement Officer

There are around 153,097 people currently living in Guildford, and Guildford Borough Council has 5,251 council houses that the council acts as landlord to.

The Resident Involvement Officer helps tenants to engage better with the council and help improve the area where you live.

The Resident Involvement Officer offers a number of ways for residents to engage with them and give feedback on their services.

- coffee mornings
- estate walkabouts
- property inspections
- focus groups
- Facebook tenant groups
- resident associations
- Q&A sessions
- surveys

You can get involved by joining the Tenant's Advisory Group (TAG), or contributing to the resident magazine Contact Point. The magazine is for tenants by tenants. If you would like to join the TAG or add something to Contact Point, contact the Resident Involvement Officer via: [community.wellbeing@guildford.gov.uk](mailto:community.wellbeing@guildford.gov.uk).

Do you have an idea to improve your area? Would you like to represent your community? Would you like to give meaningful feedback to Guildford Borough Council? If the answer is yes, please get in touch via [community.wellbeing@guildford.gov.uk](mailto:community.wellbeing@guildford.gov.uk).

## Where to find them:

The Community Wardens have two offices based in the local community where you can drop in and see them on week days.

## The North Guildford Office

Park Barn Centre, Park Barn Drive, Guildford GU2 8EN.

Access to this office is through the main door and then just ask reception to be directed to their office up the stairs.

## The Ash Office

Japonica Court, Shawfield Road, Ash GU12 6QU.

Access to this office is via the side entrance on Shawfield Road. There is a small car park.

## Help and advice

They work with many organisations and services to best help and advise the communities they support. Through their relationships with other services, from mental health to debt relief, they are able to help you find the best support and help possible, whatever it is you are experiencing.



*Which well known Surrey Dame is a patron of Surrey Wildlife Trust?*

*Judi Dench?*

*Helen Mirren?*

*Julie Andrews?*

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# Events happening in local villages

## Ash Parish Council

### Friary Brass Band Concert In Honour Of The Queens Platinum Jubilee

In Honour of The Queens Platinum Jubilee Ash Parish Council are hosting a Brass Band Concert on the 17th September 2022 at 4pm on the Ash Recreation Ground.

This will be a ticketed event in case of adverse weather and limited to 200 people. The rainy-day contingency is that the concert would be held inside the Ash Centre. As the Main Hall has a maximum seated capacity of 200, Ash Parish Council are recommending residents to pre-register for their FREE ticket. Tickets will be issued on a first come first served basis and are available by registering online or from the Parish Office up until and including 17th September 2022, subject to availability.

As this is an outdoor event, it is recommended that you bring your own chair or blanket. There are spare chairs available, however you will need to indicate if you would like these provided when registering for your free ticket. Please visit the link below to register

[Free Platinum Jubilee open air concert for - Ash Parish News](#)

The events team will give as much notice as possible if the event moves from outside to inside via email. Ash Parish Council will be taking donations for its chosen charity for 2022, Frimley Park Hospital (suggested donation £5).

A bar will be serving refreshments, with all profits being donated to Frimley Park Hospital.

The Ash Centre Car Park will be closed until 3pm. When opened, traffic marshals will direct traffic onto the field.

A paved path will provide flat access to the Ash Centre if it's raining.



What is the population of Guildford?

118,424?

153,097?

186,119?



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## Other useful information

- **Applications for Secondary Schools are now open**

Secondary school admissions for 2023 are now open as of 1 September. If you're a parent or carer with a child reaching age 11 between 1 September 2022 and 31 August 2023, they will be due to start secondary school in September 2023 and you have until **31 October 2022** to apply for their school place.

Follow the below link for further information and to complete your application.

[Secondary school admissions are now open - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk)

- **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.

- **Guildford Family Centre Community Resources Link**

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

- **Dates for your diary:**

Inset days (Centre closed to the public)

- **Friday 2nd September**
- **Monday 28th November**

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*Did you guess correctly???*

**What is the name of Guildford's Premier League Ice Hockey team?**

**The Guildford Flames!**



**Is Guildford classed as a City, Town or Village?**

**A Town!**



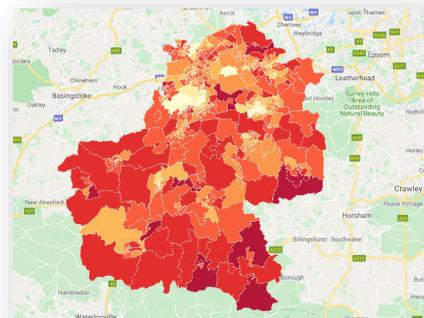
**Which well known Surrey Dame is a patron of Surrey Wildlife Trust?**

**Dame Judi Dench!**



**What is the population of Guildford?**

**153,097!**



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