



Guildford Family Centre Newsletter

January 2023



"I close my eyes to old ends, and open my heart to new beginnings" - Nick Frederickson



Guildford Family Centre would like to you wish you all every Happy New Year!

It's now the 12th day after Christmas and the season is officially over - have you taken your decorations down? If you have a real Christmas tree and are not sure where you can recycle it, have look through the below link for your local site. They are open until 15th January, so if like me you are still hanging on to the glittery threads of Christmas you still have some time!

[Christmas tree recycling - Guildford Borough Council](#)

If January is your least favourite month and you need some ideas on things to do to get you through, have a look at the winter walks, groups and courses mentioned in this edition. If you are an avid reader, do note that Surrey Libraries can lend out ebooks, audiobooks, magazines, and more from your local library for free.

The Lightbox in Woking are hosting various low cost art sessions for your little ones, information can be found on Page 8.

Guildford Family Centre staff recently attended training with The Flying Child Project on the difficult subject of child sexual abuse. Please be aware that there is information around this training on Page 9.

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

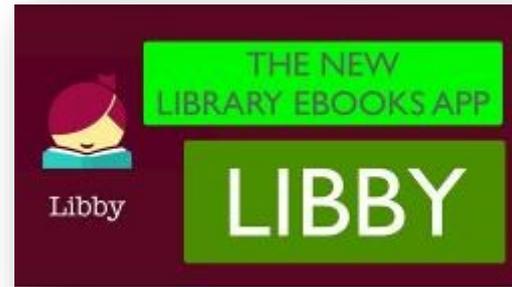


Get your read on!

Libby app for library books

Borrow ebooks, audiobooks, magazines, and more from your local library for free!

All over the world, local libraries offer millions of ebooks and audiobooks. You can borrow them - for free, instantly - with a library card and Libby



[eBooks, eAudiobooks, eMagazines and eComics - Surrey County Council \(surreycc.gov.uk\)](https://surreycc.gov.uk)

Bilingual Storytime at Guildford Library

The Storytime sessions will be a mixture of Cantonese and English, and will be ran by the new Storytime volunteer, Suki.

The sessions are free for the public to attend, and open to anyone regardless of their spoken language. The sessions are held on the first Saturday of very month.

[Bilingual Storytime Sessions at Guildford Library! - Experience Guildford](#)

Pebble the Penguin Rhymetime at Guildford Library

Sessions are aimed at babies and toddlers, aged under five, along with their mums, dads and carers.

The events are based entirely on sharing nursery rhymes, action songs and percussion music. It is fun, interactive and noisy!

Rhymetime is a free and great opportunity for dads, mums, carers and children to make new friends in a relaxed setting.

Every Monday at 10.30am.

No booking necessary. Tickets will be allocated on a first-come-first-served basis.

[Pebble rhymetime at Guildford Library! - Experience Guildford](#)



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Guildford Action for Families

The GAF (Guildford Action for Families) service supports isolated families with issues including debt, housing, mental health challenges, isolation, relationship breakdown, domestic abuse, parenting skills, employment and substance misuse.

[Action for Families - Guildford Action](#)



Home Start

Being a parent, whatever your situation, can be very difficult at times, especially when children are young. Many parents feel exhausted and overwhelmed by the stresses of family life, particularly if they have little support from family and friends, just when they need it most. Home-Start Guildford supports parents who have at least one child under 6 years and who are dealing with issues such as:

- Isolation
- Mental Health
- Sickness
- Disability
- Domestic Abuse
- Multiple Births
- Difficult Relationships

[Family Support | Home-Start Guildford \(hsguildford.org.uk\)](#)



National Autistic Society

Support programmes for parents and carers

EarlyBird (under five years), EarlyBird Plus (ages four-nine), and Teen Life (ages 10 to 16) are support programmes for parents and carers, offering advice and guidance on strategies and approaches to working with young autistic children. The programmes work on understanding autism, building confidence to encourage interaction and communication, and understanding and supporting behaviour.

[Family support \(autism.org.uk\)](#)



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Wintery walks in 2023



Newlands Corner

Situated just outside Guildford, Newlands Corner is right in the heart of the Surrey Hills National Landscape, an Area of Outstanding Natural Beauty (AONB) with many viewpoints and benches, facilities and large areas of woodland.

There are two trails with signposts to guide you at Newlands Corner, and they are known as the Deer trail and the Dormouse trail.

Most of the Dormouse trail is wheelchair/buggy accessible, but not the section that goes to the viewpoint.

Follow the colour coded routes on the information boards in each car park and the signposts along the way.

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

Guildford Treasure Trail

Buried loot paves these streets and you're just the band of salty sea dogs to dig it up!

Join the hunt on the Guildford Treasure Trail. Use the downloadable PDF stuffed with nifty hints to find the clues hidden away all over town on statues, signposts and Landmarks.

Begin on the banks of the Millmead river and follow it through town, keeping an eye out for the lovely, local flora and fauna. The route should take around 1.5 hours to complete.

Pricing:

£9.99 per Trail (not per person). One Trail booklet recommended for a group of 4 to 5 people.

[Guildford & Jaberwocky Park Trail | Things To Do In Guildford | Treasure Trails Surrey](#)



Chantries Shalford Circular

This circular walk in Surrey starts at the free Chantry Wood Car Park on Pilgrims Way, and proceeds up through Chantry Wood providing great views of Guildford Cathedral, the Surrey Hills and Shalford.

The walk then descends to Shalford Mill (a National Trust Property) and continues on to the River Wey at St Catherine's Lock. It then follows the towpath along the Wey Navigation to Shalford Park, returning back to the starting point at Chantry Wood Car Park.

The walk mainly follows marked footpaths but has a few steep climbs and descents. There maybe cattle or horses in some fields! Allow 2 hours.

**THERE IS
NO PRIDE IN
DOMESTIC ABUSE**

#BreakTheSilence
on domestic abuse

Call **01483 776822**
In an emergency always dial **999**



Surrey Against
Domestic Abuse
www.surreyagainstda.org.uk

**Domestic violence
affects men too
Talk it over**

Not sure what to do?
Call the Men's Advice Line and talk it over.

0808 801 0327
(Free from landlines and mobile phones)

**We are open
Monday-Friday
9am to 5pm.**

Or email
info@mensadvice.org.uk
www.mensadvice.org.uk

Calls are confidential. We do not use technology to identify callers, recording or call recording equipment. Calls may be monitored for quality and training purposes. Visit www.mensadvice.org.uk for more info.

Text Relay  

**Mindworks
Surrey**

Crisis line for support during a mental health crisis
**0800 915 4644 – For children, young people
and parents. Open 24/7**

**Neurodevelopmental helpline for parents of
children with ADHD and autism**
0300 222 5755 – Open 5pm to 11pm every day

Samaritans
Call **116 123 – 24/7 for
free any time from
any phone**

Shout
**Shout 85258 – is a free,
confidential, 24/7 text
messaging support
service for anyone who
is struggling to cope**

My Safety Plan



Mindworks website
www.mindworks-surrey.org

If you are told...

No one will believe you

You are stupid

You will lose the children

You make me like this

Other people lose weight, why can't you?

You can't afford to leave me

You are not alone.

Domestic Abuse isn't always visible

South West Surrey Domestic Abuse Outreach Service

Call our advice line:
01483 898 884 (Mon-Fri 9am-4pm)
Email: swr@swda.org.uk

It can happen to anyone.  We listen, believe, support. 

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Surrey Family Learning Courses 2023

SAL. FAMILY LEARNING  **FREE COURSE**

Who's in Charge? First steps to understanding Child to Parent Violence and Aggression

What will I learn:

This course is a FREE online course for parents and carers whose children (8-18) are being violent and/or aggressive at home.

- Understand the causes behind a child's aggression at home.
- Gain knowledge of the family's rights and responsibilities.
- Explore parent roles and parenting styles.
- Review ways to encourage a calmer home environment

When: Thursday 23rd February - 09th March 2023
3 x sessions
Start 10:00 - 11:30
Zoom online

How to book?
 Click on [link](#) or scan QR code

Web: www.surreycc.gov.uk/familylearning
 Email: familylearning@surreycc.gov.uk



SAL. FAMILY LEARNING  Tel: 07968833984

SAL. FAMILY LEARNING  **FREE COURSE**

Supporting your Child with Reading KS1 & KS2 workshops

What will I learn?

- Free online, separate workshops for Key Stage One and Key Stage Two
- Key Stage One: Explore the importance of phonics; techniques to help with early reading; share top tips.
- Key Stage Two: How to encourage reading & how this benefits social and emotional development; sharing resources & top tips

Where: Workshops delivered online using zoom

When:

- Key Stage One: Monday 16th January 10-11.30am
- Key Stage Two: Monday 6th February 10-11.30am

Who: Parents/carers and grandparents

To book click on this [link](#) or scan the QR code




Web: www.surreycc.gov.uk/familylearning
 Email: familylearning@surreycc.gov.uk
 Tel: 07800717806

SAL. FAMILY LEARNING 

SAL. FAMILY LEARNING  **FREE COURSE**

Help Your Child Manage Anxiety

What will I learn:

- To understand the meaning of anxiety
- What anxiety feels like
- Signs of anxiety in children
- Reasons why children may have anxiety
- Ways to help manage their anxiety

When? Wednesday 8th March - 22nd March (3 sessions)
Start 13:00 - 15:00
Where? Guildford Family Centre
The Spinney, Southway, Guildford GU2 8YD

How to Book?
 Please click [link](#) or scan QR code



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 Email: familylearning@surreycc.gov.uk

SAL. FAMILY LEARNING  Tel: 07968833984

SAL. FAMILY LEARNING  **FREE COURSE**

Arts & Crafts To Build Your Child's Confidence

Learn together

Parent/Carers please come along with your child to enjoy a FREE Arts and Crafts two-week session to help build confidence in your child whilst having fun crafting together. All resources needed will be provided.

When? Wednesday 22nd Feb - 1st March (2 sessions)
Start 13:00 - 14:30
Where? Guildford Family Centre
The Spinney, Southway, Guildford GU2 8YD

How to Book?
 Please click [link](#) or scan QR code




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An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

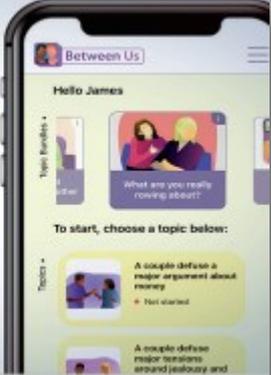
- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address www.oneplusone.org.uk/parent-resources-for-england or scan the QR code

Arguing better is designed for parents who want to learn healthy ways to deal with stress and conflict.

- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

Between Us

An app designed to help your relationship

This app is designed to benefit all parents whether you are together or separated, whether you are experiencing new areas of conflict or whether you have been arguing or disagreeing about something for a while.



How does the app help?

The app can help in the following ways:

- by improving communication between the couple/separated parents
- by improving the ability to understand a partner's/co-parent's perspective
- by introducing skills and exercises to help reduce conflict between couples
- by giving co-parents the tools to think, reflect and reposition patterns of behaviour
- by developing tools and techniques to improve your parenting skills and help your family succeed.

Get the app



SCAN ME

The app is available for Apple iOS and Android smartphones. It is by TAVISTOCK

<https://www.betweenus-app.com/get-access/surreycc>



An online course for new and expectant parents

Me, You and Baby too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

Me, You and Baby Too is a free online course that can help you navigate these changes and keep moving forward together.

You will learn:

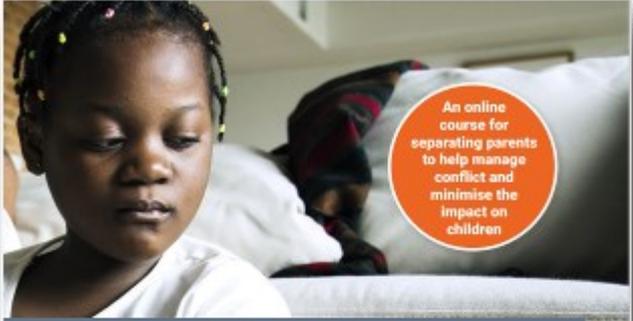
- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address www.oneplusone.org.uk/parent-resources-for-england or scan the QR code

Me, You and Baby Too is designed for new and expectant parents.

- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

An online course for separating parents to help manage conflict and minimise the impact on children

Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address www.oneplusone.org.uk/parent-resources-for-england or scan the QR code

Getting it right for children is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.

- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.



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For your budding artist



The
Lightbox



Mini Gallery Explorers (under 5s)

Inspire imaginations and improve literacy in the mini gallery explorer sessions where you discover the artwork and history on display with interactive stories, rhymes and creative crafts with The Lightbox team.

Spaces are limited and will be allocated on a first-come, first-served basis at Reception from 10.30am on the day.

Tues 10 January 2023, 11.00am – 11.40am. Children must be accompanied by an adult.

Free entry (suggested Donation £3)



Mini Painters (under 5s)

Dress for mess and visit The Lightbox for some painting fun that improves sensory development and fine motor skills, as well as being creative and messy.

All materials included. Advance booking required.

Fri 20 January 2023, 11.00am – 11.40am

£5 per child, accompanying adult goes free

FREE Family Drop-in: Big Art Fun



Be inspired by The Lightbox exhibitions and come and draw your own fantastic figures in this large scale consequences style collaboration.

Wed 15 February, drop-in anytime from 1.30pm – 4.00pm

Free entry, suggested Donation £3

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A message from Citizens Advice



New year, new challenge

As we start the new year at Citizens Advice Guildford and Ash, we are looking for volunteers who can really make an impact in the community. We are seeing more clients drop into our offices with emergencies and situations that need urgent help. We'd love to have more receptionists who are able to greet our clients and make them feel welcome. One of our receptionists, Bridget, explains how she came to volunteer with us.

"My name is Bridget, and I am a receptionist at Citizens Advice Guildford and Ash working with the Thursday team. I chose to volunteer with Citizens Advice as my children were getting older and I wanted to make use of my legal background in a productive way.

Joining the team gave me a route back into work and the chance to help those most in need in Guildford. The role is varied and involves dealing with the public, administration and supporting team members. No week is ever the same."



As a receptionist at Citizens Advice Guildford and Ash you'll explain to clients the various ways they can access our services, triage for emergencies, manage our enquiries inbox, and carry out general admin duties such as post and scanning, associated with running a busy office. You'll also find yourself part of a very supportive team, all dedicated to helping others and making a difference.

If you are interested in such a role or volunteering for us in any capacity, please contact us on recruitment@ca-ga.org.uk.

If you would like advice on any issue such as money advice, employment problems, housing issues, etc, please call **08082 787 888** or complete a webform on our website ca-ga.org.uk.



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Links to local advice and support services



[Surrey County Council - Family information directory \(surreycc.gov.uk\)](http://surreycc.gov.uk)

[Childcare - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)

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

[Healthy living for families - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)



[Help with money - Guildford Borough Council](#)

[Help with paying rent and council tax - Guildford Borough Council](#)

[Help with health and wellbeing - Guildford Borough Council](#)

[Help with the cost of living - Guildford Borough Council](#)



[Health and welfare support - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)

[Welfare support for families with children - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)

[Support to get work - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)

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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 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 \(guildfordnscscc.surrey.sch.uk\)](https://guildfordnscscc.surrey.sch.uk)

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>

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