



Guildford Family Centre Newsletter

March 2023



Welcome to the March edition of Guildford Family Centre newsletter!

Spring will officially be here from 20th March, and we are starting to see the beautifully coloured daffodils and crocus pop up.

With Mother's Day just around the corner, take a look at the arts and crafts pages. Lots of the creations can be made using items found around the house which is great for the environment - and the pocket!

Have you heard of Froebel?

Friedrich Froebel (1782 - 1852) was the inventor of kindergartens and a pioneer of early childhood education and care. Froebel's work and writing changed the way we think about and value early childhood.

Froebel's ideas were considered revolutionary in the 1850s but the principles of his work have since become part of modern, mainstream early years educational practice.

[Froebel Trust | Froebelian principles](#)

30 Days of Froebel is a fun event created by Guildford Nursery School. you can do them all or just a few. Follow our Facebook pages you will the suggested activities each day through March - why don't you give them a try? You can do one or two, or have a go at all of them!

[Guildford Family Centre | Guildford | Facebook](#)

Share your photos or comment on our posts telling us how you did the activities, using the hashtag #30daysFroebel.

"Children thrive when they are emotionally secure and in close relationships with others, including the family and wider community."

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



Mother's Day crafts

There's a whole bunch of totally awesome Mothers day crafts for kids they can make (and mothers will love) – from super simple projects for the littlest ones to more demanding crafts for older kids!



[Tulip in a Heart Card - Easy Peasy and Fun](#)



[Egg Carton Flowers - Recycled Egg Carton Crafts - Easy Peasy and Fun](#)



[Unicorn Planter - Magical DIY Succulent Plant Pot Idea - Easy Peasy and Fun](#)

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[Mothers Day Handprint Art Flowers - Easy Peasy and Fun](#)



[Hand-Shaped Ring Dish - Mama.Papa.Bubba. \(mamapapabubba.com\)](#)



[DIY Heart Notebook - Mother's Day Card or Valentines Day Kid Made Gift Idea - Easy Peasy and Fun](#)


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Family Learning Courses, CBT & Club4

Book Now
Free Online February and March
Family Learning Courses




Find out more and book your space on these free, high quality, interactive Family Learning courses and workshops by clicking on the link or scanning the QR code.

Daytime and evening sessions available.

Free Parenting workshops and courses

- Help your Teenager Manage Anxiety
- Help your Child Manage Anxiety
- Building Children's Resilience
- Explore Behaviour Strategies
- Supporting your LGBTQ+ child
- Developing Children's Self-Esteem


Click [here](#) to book




Free workshops and courses for parents who speak English as an additional language


- Phonics for EAL Families
- The language of Maths for EAL Families
- Raising Bilingual Children
- English for EAL Families
- English Grammar for EAL Families (Key Stage 2)
- Reading with your child

Click [here](#) to book








To see all other courses including Cookery and Supporting your Child with Reading click [here](#)



Web: www.surreycc.gov.uk/familylearning
 Email: familylearning@surreycc.gov.uk
 Tel: 0300 2001044



Evolve

Free Cognitive Behavioural Therapy (CBT)
for pregnant women, new parents,
& parents of children under 2yrs old.

Start Date: Tuesday, 18th April 2023

Time: 12-1.30pm


Duration: 6 weeks (Tuesdays)

Location: Microsoft Teams (online)

Weekly topics will include

- Managing stress & tension
- Decreasing worry & anxiety
- Improving low moods
- Increasing self-care

Please call us to enrol in the group, ask questions, and learn more!



Talk to us today
01483 906 392
 Or visit
dhtalkingtherapies.co.uk



will be back for the holidays!

Surrey County Council's "Club4" is a **free** holiday activity programme, aimed at children in Reception to School Year 11 who are eligible for benefit-related free school meals or known to a key worker.





"My little boy enjoyed the activities and the adults were very friendly and responsive to his individual needs."



"Both my daughters had a great time at camp I couldn't fault anything. They were happy and looked after very well."




Scan or visit: www.surreycc.gov.uk/club4holidayoffer





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 15th March - 29nd 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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The Knife Angel

The Knife Angel comes to Guildford – 1 to 30 March 2023

As the national monument for anti-aggression, The Knife Angel's singular objective is to bring about social change by educating children, young people and adults about the harmful effects that violent behaviour has on communities all across our nation.

During March, visitors across Surrey and beyond will be able to visit the monument in the grounds of Guildford Cathedral.

During its visit there will be a series of events and workshops to raise awareness of violent crime. Not only does the Angel act as a catalyst for turning the tide on violent and aggressive behaviour, but it also acts as a beautiful memorial designed to celebrate those lives who have been lost through these violent and thoughtless actions. Find out more here:

[Guildford Cathedral - Knife Angel Diary of Events \(guildford-cathedral.org\)](http://guildford-cathedral.org)

The Knife Angel was created using over 100,000 confiscated blades, as well as knives donated by families who have tragically lost a loved one to knife crime.

You can read the story behind the Angel here: [Official Knife Angel Page | The British Ironwork Centre](#)



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Easter fun in and around Guildford

Create and Grow in the Easter Holidays 2023 - Squires Garden Centre, Milford

Keep the little ones entertained in the Easter holidays with Create & Grow activities!

Plant a colourful Easter basket - £6.50

Plant three colourful plants in a wicker basket decorated with a raffia bow, to create a lovely Easter gift or place in your garden.

Advanced booking essential.

Bunny Hunt - £2.50

Follow the clues around the centre to help find the magic word and receive a chocolate treat. No booking required.

Dates & Times:

Monday 3 - Friday 14 April

Weekdays only. Excludes Bank Holidays (Fri 7 April & Mon 10 April)

9.30am - 1.00pm

Booking slots are every 30 minutes. Please arrive 5 minutes before start time.

Terms & Conditions:

Advanced booking essential. While stocks last. Children must be accompanied by a parent or guardian at all times. Excludes Squire's Chertsey.

[Create and Grow Easter - Milford - Squires Garden Centres](#)

Family Fun Days at Guildford Cathedral

Wednesday 12 April, 10am-12.30pm

Join us for our Easter-themed Family Fun Day. A variety of activities will include creating beautiful cross artwork, making a handprint lamb, designing an Easter Egg magnet, and adding to an Easter garden with your own flower decoration. The popular word hunt will be available to children to find the missing letters to make a word and return the answer to get a treat!

Tickets - free; booking is essential - [Guildford Cathedral Online Box Office](#)

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Fun in and around Guildford



Science Week at Godalming Library

Animal adaptations science workshop

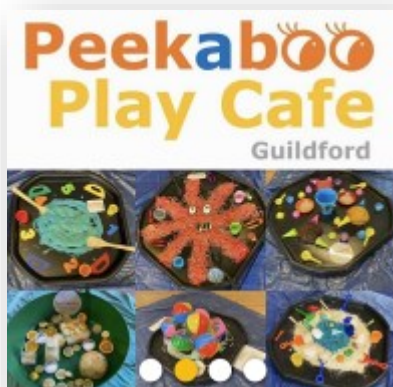
Saturday 11 March, from 2.30pm to 3.30pm

This year's theme for [British Science Week](#) is "Connections".

Learn how an animal's environment can connect to how they have adapted to survive in extreme environments. We will be looking at some different examples and modelling the spider glow worm that has adapted to live in the dark. How do you think it finds food? Come along to find out...

Event suitable for ages 6 to 10.

Booking necessary. Tickets cost £3 and can be purchased at Godalming Library or by emailing: godalming.library@surreycc.gov.uk



Peekaboo Café Guildford

Peekaboo is a stay and play cafe who aim to provide a stimulating and friendly environment for parents, carers and their child(ren).

Bookings can be made week by week on the website:

[Peekaboo Play Cafe - Guildford \(peekabooguildford.com\)](http://peekabooguildford.com)

- Messy play sessions are £8 per child
- Stay and play sessions are £5 a ticket which includes admission and then the remaining credit being redeemable at our cafe shop- admission prices are: £2.50 for under 1s and £3.50 for over 1s.

Stay and play sessions happen three times a week on a Monday, Thursday and Friday, with two messy play sessions a week on a Monday and a Thursday.

Opening times:

Monday:

Messy play 9.30am-10.20am

Stay and play 11.30am-2.30pm

Thursday:

Stay and play 9.30am-12.30pm

Messy play 1.30pm-2.20pm

Friday:

Stay and play 10am-1pm

£2 Stay and play drop in 1.15pm-3pm

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Fun in and around Guildford



Rhymetime at Bramley Library

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

Every Friday, 2.30pm - 3pm

Join Pebble the penguin at Bramley 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.

Note: Places are limited so get there early to avoid disappointment

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



Pop-Up Play Sessions, Yvonne Arnaud Theatre Guildford

Free Weekly Pop-Up Play Sessions

Every Friday during Term time - 10:30AM - 12:30PM

Designed for pre-schoolers and their parent / carer, they provide toys, colouring-in and dressing up to entertain busy little ones.

Activities take place in the spacious café and foyer, where they have plenty of room for buggies and baby changing facilities are available.

Connect with other local parents and carers and relax with a hot beverage, sweet treat, savoury snack or lunch from the café. Children's meal deals also available.

[Families | Yvonne Arnaud Theatre \(yvonne-arnaud.co.uk\)](#)



Mother's Day Crafts

Saturday 18 March, 2.30pm to 3.30pm

Visit Godalming Library where they will be making special pop-up flower mother's day cards.

Come and make something special in time for mother's day

Event suitable for ages 5+

Booking necessary. Tickets cost £2 and can be purchased at Godalming Library or by emailing godalming.library@surreycc.gov.uk

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Links for finances & support

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](#)

christians
against
poverty

CAP

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](#)



Mindworks

Mindworks Surrey is a new emotional wellbeing and mental health service for Children and Young People in Surrey. You can find support and advice, and well as links to other useful organisations via the link below:

[Home :: Mindworks Surrey \(mindworks-surrey.org\)](http://mindworks-surrey.org)

Mindworks
Surrey

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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:

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 \(guildfordnscs.surrey.sch.uk\)](http://guildfordnscs.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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