



Guildford Family Centre Newsletter

April 2023



“The Easter egg symbolizes our ability to break out of the hardened, protective shell we’ve surrounded ourselves with.” - Siobhan Shaw



Welcome

Whether you are going away over Easter, visiting family or having a well deserved rest at home, we hope you enjoy the holidays and the chocolate!

With the longer days and (slightly!) brighter weather, why not stretch your legs and have a long stroll around the beautiful Surrey Hills? See if you can glimpse some flashes of little bunny tails! Check out the local walks via the link below:

[What's On in Guildford - Easter Holidays \(guildfordrocks.co.uk\)](http://guildfordrocks.co.uk)

Guildford Nursery School and family Centre will be holding their annual Froebel Festival on Saturday 29th April at Hazel Avenue and York Road. We would love to see you there!

See page 2 for further details.

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



Froebel Festival 2023



Date: Saturday 29th April 2023 **Time:** 10am-12pm

Venues: Guildford Nursery School and Family Centre,
Hazel Avenue, Guildford GU1 1NR and York Road, Guildford GU1 4DU

Come along to our Froebel Festival on
Saturday 29th April at 10am-12pm.

Bring the whole family to see our nursery and
discover what we offer the children.

No need to book - all welcome!



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Things to do in and around Guildford



Easter Egg Trail at Dapdune Wharf

Make your way along the trail and find nature-inspired activities for the whole family.

The trail takes place between 7 and 10 April, from 11am to 5pm, with last entry at 4pm, so come along and explore the beautiful wharf at Dapdune in Guildford.

Prices are £3 per trail which includes an Easter trail sheet, pencil, bunny ears and Rainforest Alliance Certified dairy or vegan and Free From* chocolate egg.

*Suitable for people with milk, egg, gluten, peanut and tree nut allergies.

[Easter egg hunt at Dapdune Wharf | Guildford Rocks](#)

The trail includes den building, bunny hopping and archery and then you can get creative, making beautiful baskets to carry home your egg.



Xplorer

Xplorer is a family friendly navigation challenge that is educational and fun, and gives children a sense of adventure as they explore the park to find the markers.

Using a simple map, the aim is to find a number of markers that are located around the park. At each marker children need to identify what is pictured and enjoy learning a fun fact to tell their friends.

It is the ideal activity for primary and pre-school children and their parents, grandparents and guardians.

This event is free.

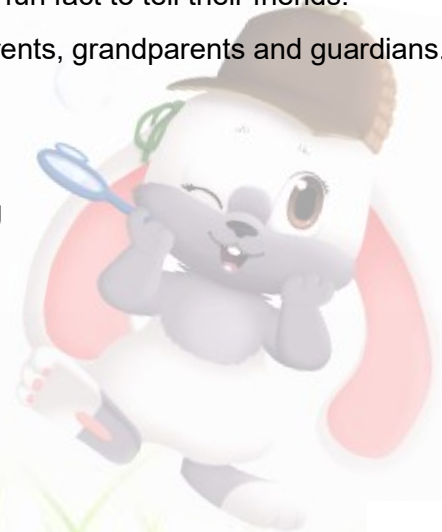
Dates, time and locations:

Tuesday 11 April from 10am-12.30pm @Broadwater Park, Godalming

Wednesday 12 April from 10am-12.30pm @Farnham Park

Thursday 13 April from 10am-12.30pm @Snnoxhall Fields, Cranleigh

[Waverley Borough Council - Xplorer - Free family trail](#)



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Places where children eat FREE over Easter Holidays

Various restaurants across Surrey are offering cheap or free meals for children over the Easter Holidays, check out the link below for further details.

This article is updated through the year so be sure to bookmark it and keep checking back:

[Places where Kids Eat Free During Easter Half Term 2023 \(moneysavingcentral.co.uk\)](https://moneysavingcentral.co.uk)



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HALF TERM 2023
COURTESY OF MONEY SAVING CENTRAL

ASDA CAFE
Kids eat for £1 all day, every day with no adult spend until the end of Easter 2023

HUNGRY HORSE
Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

SAINSBURYS CAFES
Kids eat for £1 with the purchase of an adult hot main.

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

THE REAL GREEK
Kids eat FREE every Sunday for every £10 spent by an adult

PREMIER INN & TRAVELODGE
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult!

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE
Two children under 16 can get a free breakfast every day with one paying adult!

IKEA
Kids get a meal from 95p daily from 11am

MORRISONS
Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS
2 kids eat FREE all day, every day from Monday 3rd until Friday 14th April 2023

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

YO! SUSHI
Kids eat free all day at YO! Sushi with any adult £10 spend from April 3rd 2023

SA BRAINS PUBS
Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS
Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

TO BE CONFIRMED...
M&S, Tesco and Farmhouse Inns

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Things to do in and around Guildford



Easter at Elm Nursery

From Saturday 1st – Sunday 16th April, there will be an Easter bunny hunt on the farm. Entry includes farm admission and costs £5 per person (under 2's free) and includes a treat prize!

Open 10am -3:30pm daily (last admission 3pm).

Come and wish all the animals a very 'Happy Easter!'. There are lots of animals to see, on the farm; alpacas, pigs, goats, chickens, ponies, guinea pigs, rabbits and more. No need to book, animal food is £1 / bag.

Pottery painting with Fired Frog Pottery and a face painter will be here on the following dates:

Tuesday 4th April & Thursday 6th April, Tuesday 11th April & Thursday 13th April from 10am – 2pm . There is no need to book and they will be located inside the farm, additional charges for these will apply.

[Easter at Elm Nursery | Guildford Rocks](#)



Guildford Junior Park Run

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds), held every Sunday at 9:00am.

The event takes place in Stoke Park, Stoke Road, Guildford, GU1 1EZ.

It's free! But please register before you first come along.

Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode. (Request a reminder. If you forget it, you won't get a time.)

[Guildford Junior Park Run | Guildford Rocks](#)



SEN Play Park

Rainbow Leisure Centre are pleased to announce the launch of their new SEN Play Park sessions taking place every Thursday between 15:45 - 17:15 or 16:00 - 17:30.

These inclusive sessions are suitable for children aged 3 months – 10 years old with special educational needs. The sessions will offer lower lighting levels, no music and will have reduced capacity levels to ensure the area is not over crowded.

Under 2's £2.00* (*1 Adult goes free, additional adult £7.50)

Over 2's £7.50* (*1 Adult goes free, additional adult £7.50)

[A Charitable Social Enterprise. Join us now. \(better.org.uk\)](#)

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For Parents, Carers, Grandparents & Teens



The following guides are available:

- Understanding your pregnancy, labour, birth and your baby
- Understanding your pregnancy, labour, birth and your baby (for women couples)
- Understanding your baby
- Understanding your child
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding your teenager's brain
- Understanding the impact of the pandemic on your teenager
- Understanding your brain (for teenagers only!)
- Understanding your feelings (for teenagers only!)
- Understanding your child with additional needs
- Understanding your relationships

Free guides: [understanding your baby, child or teenager](https://www.surreycc.gov.uk/learnonline) :: Children and Family Health Surrey ([childrenshealthsurrey.nhs.uk](https://www.childrenshealthsurrey.nhs.uk))



For all Parents, Carers, Grandparents and Teens:

Check out this choice of 11 different online courses, free to you, designed to make life a little easier!

There is something for everyone. We all need a bit of head space and thinking time occasionally.

The newest course is a 20 min short course 'Understanding the impact of the pandemic on your teenager'.

If you are a teenager check out 'Understanding your feelings (for teenagers only!)' which has a module about the impact of the pandemic.

[Inourplace - Online Learning \(heyapply.com\)](https://www.heyapply.com)

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A message from halow

halow

nurturing independence

Thank you for sharing your love for halow.

Surrey-based charity halow project would like to extend a warm thank you to everyone that joined 'Love halow' month, celebrating the people aged 16+ with learning disabilities it supports and raising a total of £760 during February.

halow project works with more than 200 people with a learning disability on their journey to independence. halow supports them to build relationships and socialise, to feel part of their community, to gain skills to find suitable employment, and the charity assists them with living independently.

Head of Fundraising & Communications Rachel Barnett said: "halow project is a community-based charity and we are delighted with the response of our local community to 'Love halow'. They have helped us to raise awareness of the many positive impacts of our work and a greater understanding about what people with learning disabilities can achieve with the right support to boost their confidence and Independence. We are so grateful for the funds raised towards our work."

During 'Love halow' month, the people halow supports shared what they love about their charity. halow project also invited the local community to share in the celebration. Local businesses were encouraged to display flyers and posters, and the charity held bucket collections in Tesco Guildford and The Friary. halow would like to thank Tesco and The Friary for welcoming them to collect donations. Thanks to the generosity of their shoppers, halow raised £228.92 at Tesco and £170.58 at The Friary.

The charity would also like to extend a big thank you to Elliott's café in Chiddingfold for donating £60 from sales of their delicious hot chocolate and Karen at Samanya Yoga in Woking, who donated £275 from yoga classes booking fees.

In total, from the support of the local community and businesses, along with the charity's first ever 'text to donate' campaign, they raised £760 over 'Love halow' month. This will be a great help in continuing the charity's work to open opportunities for developing independence for the people they support.

If you would like to get involved with halow project, visit www.halowproject.org.uk to find out more.



Are you up for a challenge....? Click on the link below to find out how you can raise money for halow project:

[Abseil for halow - halow project](http://www.halowproject.org.uk)

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Things to do in and around Guildford

Find activities in your area

April 2023 Groups & activities in East and West Surrey
For families with children aged 0 - 5 with additional needs and disabilities



All the sessions are free, unless stated no booking is required, siblings are welcome and your child does not need a diagnosis to attend.

Sessions underlined shows when a member of the Early Support Team will be attending.

SEN Groups over the Easter Holidays In SURREY				
Mon 3 rd April	Tues 4 th April	Wed 5 th April	Thurs 6 th April	Fri 7 th April
10 – 11.30 Guildford SENDsory Play @ Guildford CC	<u>9.45 – 11.15 Woking stay and play plus Sythwood Family Centre ***** (Contact family centre)</u> <u>10:30-1pm Little Heroes- Chertsey</u>	10 - 11.30 Stay and play + @ Waverley Family Centre (Loseley Fields)	<u>1-2:30 Tandridge-Rainbow group</u> <u>10-11:30 Can Do group: - Epsom Family Centre</u>	
Mon 10 th April Bank Holiday	Tues 11 th April <u>9.45 – 11.15 Woking stay and play plus Sythwood Family Centre ***** (Contact family centre)</u>	Wed 12 th April 10 - 11.30 Stay and play + @ Waverley Family Centre (Hale)	Thurs 13 th April <u>1-2:30 Tandridge-Rainbow group</u>	Fri 10 th April

For further information please visit:

[Holiday activities for children with a special educational need or disability - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)



Find activities in your area

April 2023 Groups & activities in East and West Surrey
For families with children aged 0 - 5 with additional needs and disabilities



Venue Information:

- **SENDsory Play:** Guildford Children's Centre, Hazel Avenue, Guildford, Surrey, GU1 1NR
Tel: 01483 566589 Email: info@guildfordnsc.surrey.sch.uk
- **Little Heroes** @ St Peters Church, Windsor Street, Chertsey, KT16 8AT, Email: annie@stpeterschertsey.org.uk
- **Stay and Play +** @ Waverley Family Centre, Loseley Fields, Green Ln, Godalming, GU7 3RZ.
- **Stay and Play +** @ Waverley Family Centre Hale, Upper Hale Rd, Farnham GU9 0LR
- **Woking Family Centre**, The Bungalow, Sythwood, Woking GU21 3AX Tel: 01483 743941 Email: familycentres@woking.gov.uk
*****Due to building work, there may be a change of venue please contact the family centre before going to the group.
- **Can Do group: - Epsom Family Centre Pound Lane KT19 8SD- Spaces are limited! Please book your place to avoid disappointment. To book your place, please contact Epsom Family Centre Call: 01372 749 834 WhatsApp: 07731 592 486**
Email: familycentre@epsom.surrey.sch.uk
- **Tandridge- Rainbow group is open on Thursday 6th and 13th April 1-2:30 Address: Tandridge family Centre (next to Hurst Green infant school) Wolfs Wood, Hurst Green, Oxted, RH8 0HJ**
Email: TandridgeFamilyCentre@barnardos.org.uk

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Things to do in and around Guildford



THE GO-TO GUIDE FOR YOU AND YOUR CHILD

Read the latest
digital magazine
for Guildford

Read our Spring 2023
magazine here :

[Raring2go! Guildford](#)



Save the date!

Family Fun Day

G Live, Guildford

SAT 3 JUNE 2023 10AM - 2PM



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

This event is FREE (donations at the door welcome).

- Pottery Painting and DJ workshops
- Face Painting, Dance Classes
- Arts and Craft tables
- Reading Corners to spark the imagination
- A Sensory Spectacular area and games for the little ones

There's something for little kids and big kids alike!

No need to book in advance just turn up on the day!

**Some participatory workshops /sessions will require first come first serve sign-ups on the day*

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Limited time offer – get FREE lifetime membership to FiveDinners.com!



We know how hard times are at the moment so the folks at FiveDinners.com – online meal planning service - have decided to give away FREE lifetime memberships to try and help you save money on food shopping and reduce the mental load of deciding what to eat every night. There's no catch or restrictions, simply full access to our meal plans to make your dinnertimes a little easier and cheaper.

FiveDinners.com is an online meal planning service co-founded by author and TV chef Theo Michaels. To help with the cost of living crisis so many families and individuals are facing Theo has decided to offer their meal planning service for FREE (usually £49.99 per year); every week they publish a new meal plan with an automatically generated shopping list; set to your serving size so you know exactly what you need for the week ahead. It saves you time, money on food shopping and ultimately takes away the headache of deciding what to cook every night. You can even create and save your own meal plans choosing from hundreds of recipes.

Simply head to <https://FiveDinners.com> and click green Join button now.

*** Guildford Family Centre have researched this initiative and are happy to promote this offer but cannot take responsibility for the content**

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Domestic Abuse Support

Refuge

Refuge is the largest domestic abuse organisation in the UK. On any given day our services support thousands of women and their children, helping them to overcome the physical, emotional, financial and logistical impacts of abuse and rebuild their lives — free from fear.

[Refuge – For women and children. Against domestic abuse.](#)

Refuge



**For women and children.
Against domestic violence.**

Galop

Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

[Galop - the LGBT+ anti-abuse charity](#)



ManKind Initiative

This confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

[Male Victims of Domestic Abuse – Please call 01823 334244 to speak to us confidentially - \(mankind.org.uk\)](#)



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