

Guildford Family Centre Newsletter

June 2023



Welcome to the June edition of Guildford Family Centre!

It's great to see some sunshine finally, just in time for the last Bank Holiday of May AND the half term!!

Whatever you have planned, be sure to cover up with sun screen and a hat, and keep hydrated.

There are various events taking place across Surrey over the summer, have a look through our "What's on in and around Guildford" pages.

We also have some craft ideas for homemade Father's Day presents, get your glitter and glue gun ready!

Guildford Family Centre would like to be the best it can possibly be, to help us achieve this we would love to talk to you either in person or online about your experiences of working with us. The feedback will evidence the need for our service to continue to support local families - further details can be found on Page 2.

Help us be better!!



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The feedback will evidence the need for our service to continue to support local families.

We will be holding a number of different sessions for parents AND children on the 5th & 6th June, if you are interested in helping us please contact the centre on 01483 510570 or email coordinator@guildfordnscs.surrey.sch.uk now which of the sessions below you would like to attend.

Monday 5th June

4.00 – 5.00pm – children (face to face, parents need to stay)

Tuesday 6th June

9.30 - 10.30am – parents of children with SEN (face to face)

11.00am – 12.00pm – parents (Online via Microsoft Teams)

1.30 - 2.30pm – parents (face to face)

Tuesday 6th June

3 - 4pm—professionals (Online via Microsoft Teams)

Please email coordinator@guildfordnscs.surrey.sch.uk to receive the link to join virtually.

Father's Day gift ideas



Looking for an easy and cute Father's Day handmade gift from the kids? You can make these cute Washi tape tie rock paperweights in no time with the kids! This adorable personalized gift doubles as a great doodling activity, and only requires a couple simple supplies.

[FATHER'S DAY WASHI TAPE TIE ROCK PAPERWEIGHT \(hellowonderful.co\)](http://hellowonderful.co)

Kids can be involved in every step of this simple process. Follow a salt dough recipe, shape the letters to read "DAD" and bake the cookies. Later, include family photos and write in the kids' name.

["DAD" Salt Dough Picture Frame Fathers Day Craft -The Soccer Mom Blog](#)



If they're willing to give up their LEGOs (a.k.a. their pride and joy), then get your kids involved by having them write down things they'd like to do with dad.

[DIY Father's Day Gift: Building Memories with Dad - The Seasoned Mom](#)

Click on the link below for many more ideas on homemade gifts and cards for Father's Day 2023.

[25 Handmade Father's Day Gifts from Kids - The Best Ideas for Kids](#)



Family Fun in Guildford



Saturday 3rd June Glive Guildford

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

Cost: **FREE** (donations at the door welcome)

With Pottery Painting and DJ workshops, Face Painting, Dance Classes, Arts and Craft tables, Reading Corners to spark the imagination and 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*

[Family Fun Day | G Live, Guildford](#)



Friday 2nd June 10 am - 1 pm Ground Floor of Tunsgate Quarter Guildford Town Centre

Tunsgate Quarter for a free family crafting session - perfect for keeping the kids entertained over the half term break!

Let the kids get creative with our free spring-themed crafting session! You'll have the chance to make butterflies with pipe cleaners, fabulous spring masks and pretty paper flowers to take home with you.

**Children will need to be supervised throughout by a parent or guardian.*

[Free Half Term Family Crafts at Tunsgate Quarter | GU1 3QY, Guildford, EN | June 2, 2023 \(happeningnext.com\)](#)

Things to do in and around Guildford



Sunday 2nd July The Horsley Big Day Out from 2 pm

The fabulous tribute band, Not The Rolling Stones, will be headlining the 2023 Horsley Big Day Out at historic Horsley Towers. Supporting them will be three local bands so you can be guaranteed non-stop entertainment throughout the afternoon.

In addition to music, there are regular attractions including a classic car show, children's activities, tours of Horsley Towers, delicious food and drink plus, for the first time, a Wellness Festival – Horsley WellFest.

It all kicks off at 2pm, entry is completely free for pedestrians but there is a small charge for the car park, reserve your space in advance to save money.

[The Horsley Big Day Out | Guildford Rocks](#)

Saturday 3rd June 2023 Godalming Town Show from 12 pm

This year the Godalming Town Show is bringing the Circus to town! There will be a themed parade, live music and entertainment, food stalls, beer tent and lots more!

All profit from the day's event will help support good causes in the local community.

Parade 12pm - 1pm

Stalls 12pm - 5pm

Live Entertainment 1pm - 7pm

[Godalming Show \(godalmingtownshow.co.uk\)](http://godalmingtownshow.co.uk)



Saturday 24th June 2023

Cranleigh Carnival & Fun Dog Show from 10 am

The theme this year is The Coronation of King Charles III.

The event takes place on Cranleigh Common, running adjacent to Cranleigh High Street.

The Carnival is a free day out for all the family. There are lots of fun attractions and side shows, plus the ever popular fun dog show.

The Carnival Parade takes place around lunchtime, with the parade route along the high street from the common. The day starts at 10am.

[Cranleigh Carnival & Fun Dog Show \(cranleighions.org\)](http://cranleighions.org)



Half termly coffee and cake catch up!



Calling all local mums of children with SEN, come along to our half termly coffee and cake catch up, it's a lovely opportunity to get to know other mums in the area (dads don't worry, we have some specific events for you coming too, watch this space!)

Join our coffee morning at Guildford Family Centre, Southway GU2 8YD on Friday 16th June from 9.15 -11.30 am.

There will be tea, coffee and cold drinks, as well as cakes and biscuits - if you have any allergies please let us know before the event if you have any allergies.

Sadly we are unable to welcome children or mobile babies to this event as we would not be able to serve hot drinks (what's a coffee morning without coffee!) However we will be organising some Stay and Play sessions that children of all ages can join. Keep an eye on our Facebook pages for future events.

There are 25 spaces, to register your interest please contact :

Nicole Farrell at

guildford@familyvoicesurrey.org

Or

Tina Campbell at

coordinator@guildfordnscc.surrey.sch.uk or call 01483 510570

Our wellbeing event in April was a great success!!

Family Voice Surrey and Guildford Family Centre will be holding various get togethers over the summer, check out our Facebook pages for future events!!

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

[Family Voice Surrey | Facebook](#)

Health, Fitness & Wellbeing



FRIDAY NIGHT PROJECT
FRIDAY EVENINGS 18:30 - 20:30
 KINGS COLLEGE SPORTS HUB - GU2 8DU
 FIRST SESSION MAY 5TH
 AGES 11-18

£2 PER SESSION

Come along and join in with some Basketball, Football, Dodgeball, Netball, games + much more for £2 per session!

For more info email juniors@surreysportspark.co.uk

SIGN UP HERE




Ladies Only Activity Sessions

Try a new activity, improve your fitness and meet other local ladies?

10am English Lesson
 11am Beginners Pilates
 Plus tea, coffee and a chat

SESSIONS START 23 FEB 2023

Where: Emmanuel Church, Shepherds Lane, Guildford, GU2 9SJ
 When: Thursdays
 Time: 10am - 12pm

Contact Jasmine Kapoor: kapoor.jasmine@gmail.com




Guildford Junior Park Run

Next 3 dates:

Sunday 4th June 2023 from 09-10 am

Sunday 11th June 2023 from 9-10 am

Sunday 18th June 2023 from 9-10 am



THE FREE BURPHAM WELLFEST '23

9 JULY 2023
10AM - 6PM
SUTHERLAND MEMORIAL PARK

#stay all day

Supporting Kind To Mind sponsored by Seymour

TAI CHI - FORAGING - AERIAL YOGA - EDUCATION - ARTS & CRAFTS - HEALING THERAPIES - NUTRITION - EXERCISE - FOOTBALL - CRICKET - POETRY - MUSIC - LOCAL CHARITIES - SPIRITUALITY - RECYCLING - UPCYCLING - MEDITATION - PRELOVED CLOTHING POP UP



Community Gardening and Social Group Community Garden,

Guildford Nursery School 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 Gardening 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.

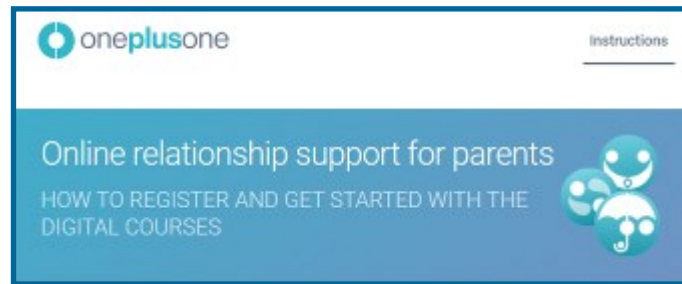
No need to register, you can just show up on the day!

**Join us on the 1st Tuesday of every month 10 – 11.30 am.
We'll be there, whatever the weather!**

**Next sessions:
6th June 2023
4th July 2023**



Online relationship support for parents



You can access online courses from the relationship experts at OnePlusOne.

Wherever you are in your parenting journey, these courses will help you learn how to cope with stress and communicate better.

You can choose from the following courses:

Arguing better – for anyone looking to learn how to cope better with stress and deal with arguments in a healthy way.

Me, You and Baby Too – to help new and expecting parents navigate the changes that happen in their relationship when a baby arrives.

Getting it right for children – to help separated or separating parents learn to manage conflict and minimise the impact it has on their children.

There's also some helpful advice about the impact of debt on relationships, featuring animated stories from real couples.

<https://www.oneplusone.org.uk/parents>

Vacancy with citizens advice Guildford & Ash

An advertisement for a 'Money Adviser' position. On the left is a photograph of a woman sitting at a table with a baby, looking at a document. A 'citizens advice Guildford & Ash' logo is overlaid on the bottom left of the photo. On the right, against a dark blue background, is the following text:

We're recruiting for a Money Adviser
22.5 hours a week
£23,400 – £26,000 FTE
12 month contract

We're looking for a motivated team player with a 'can do' attitude to help us deliver a new outreach project across Guildford. You'll deliver information and advice, with a particular focus on benefits, budgeting and debt.
Contact recruitment@ca-ga.org.uk for a job pack. Deadline 5th June 2023.

Support for families with children with disabilities

YoungSibs

Online support service for children and young people (aged 6 to 17) who have a brother or sister with a disability, special educational need or serious long-term condition.

[YoungSibs - Sibs](#)

Ask a sibling advisor:

[Ask a sibling advisor - Sibs](#)



MindEd

A website where you can hear about other parents' experiences and find clear, helpful guidance on children and young people's mental health and wellbeing – including around ADHD.

[MindEd For Families](#)



Contact

The national charity for families with children with disabilities. Provides online, printed and helpline advice on education, benefits and finances, childcare, social care, medical information and more.

Open Monday to Friday 9:30am-5pm Freephone helpline: 0808 808 3555

Email: info@contact.org.uk

[Contact - for families with disabled children](#) | [Contact](#)

contact For families with disabled children

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 \(guildfordnurseryschoolandfamilycentre.surrey.sch.uk\)](http://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>