



Guildford Family Centre

August 2023



[Facebook](#)



Welcome to August! Whilst it's not as gloriously hot as we thought it might be, we hope you have been enjoying the summer months so far.

We joined forces with Family Voice Surrey to welcome everyone to our Family Fun Day at Hatchlands Park last week, we had a great day despite the rain that lasted close to three hourskeep your eyes open for further wellbeing mornings and events for families with children with SEND.

Various venues are offering cheap or free meals for children accompanied by adults over the summer holidays, check out page 3 for more details.

The new school year is just 5 weeks away and Surrey County Council have a wide range of advice around helping your child at school. Visit the link below for further information:

[Helping your child at school - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk)

We hope you have fun over the remainder of the holidays, please note that due to inset day at Guildford Nursery School and Family centre, SENDsory Play will NOT run on Monday 4th September.

Hatchlands Family Fun Day

We had a lovely time at the beautiful grounds of Hatchlands Park for the Family Fun Day despite the wash out weather!

I am seriously impressed with the staying power of all the families playing football, badminton, cricket and rounders on the lawn in the rain for hours on end!

A brilliant time was had with the arts and crafts too, I received some lovely crafty gifts from some of the children that are now taking pride of place on my shelf at home.

We send a special thanks to the wonderful staff at Hatchlands Park who made sure they were on hand to look after us, find lost phones and unbegrudgingly clear away the glitter bomb we left behind.



Cheap and free meals for children over the Summer Holidays



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

moneysavingcentral.co.uk/kids-eat-free



<p>ASDA Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.</p> <p>TESCO Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023</p> <p>SAINSBURYS CAFES Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.</p> <p>BEEFEATER & BREWERS FAYRE Two children under 16 can get a free breakfast every day with one paying adult!</p> <p>THE REAL GREEK Kids under 12 eat FREE every Sunday for every £10 spent by an adult</p> <p>M&S Free Kid's Munch Meal when you spend £5+ on non-kids food or drink at M&S Cafés</p> <p>TRAVELODGE & PREMIER INN Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free</p> <p>SIZZLING PUBS Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.</p> <p>TGI FRIDAYS Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)</p> <p>HUNGRY HORSE Kids eat for £1 on Mondays</p> <p>IKEA Kids get a meal from 95p daily from 11am</p>	<p>MORRISONS Spend £4.49 & get one free kids meal all day, every day. FREE Crumpets also available</p> <p>GORDON RAMSEY RESTAURANTS Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants</p> <p>PRETO Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms</p> <p>BILLS 2 kids eat FREE Monday - Friday from Monday 24th July - Friday 1st Sept 2023</p> <p>BELLA ITALIA Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.</p> <p>WHITBREAD INNS Two kids under 16 eat for FREE with every adult breakfast purchased</p> <p>BREWDOG Kids under 13 eat free until August 25th 2023 with one adult's main meal when you pre-book with code: KIDS EAT FREE</p> <p>TABLE TABLE Two children under 16 can get a free breakfast every day with one paying adult!</p> <p>PAUSA CAFE @ DUNELM Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm</p> <p>YO! SUSHI From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend</p> <p>FUTURE INNS Under 5s eat for free with any adult meal.</p>
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Full List & Updates  <https://moneysavingcentral.co.uk/kids-eat-free>

Ash Vale Chapel

Picnic & Play 2023
Wednesdays 11:30-14:30
2nd / 9th / 16th / 23rd August
The Chapel, Wharf Rd, GU12 5AY
Free / by donation
picnic, pancakes, play, art & crafts
Text to book 07730 609446
♥ All Welcome ♥
(All children must be accompanied please)



Donation

Woking Family Centre

FREE SUMMER ACTIVITIES 

Woking Family Centre is running kids activities this school summer holiday for parents and children. No need to book, just turn up together and have fun!

Date	Activity	Location	Time
26 July	Picnic in the park	Loop Road Recreational Ground	11am - 1pm
2 August	Picnic in the park	Byfleet Recreational Ground	11am - 1pm
9 August	Picnic in the park	Brookwood Farm Recreational Ground	11am - 1pm
16 August	Messy Play	Sythwood Family Centre	10am - 11.30am
23 August	Play and learn	Parkview Centre for the Community	10am - 11.30am
30 August	Messy Play	Sythwood Family Centre	10am - 11.30am

www.woking.gov.uk/familysupport 

Shifa

Women's Wellbeing Project

To book please contact - admin@shifanetwork.org.uk

For further information about Shifa please visit - [Home - Shifa The Project for Women's Wellbeing \(shifanetwork.org.uk\)](http://Home - Shifa The Project for Women's Wellbeing (shifanetwork.org.uk))



FREE

INTRODUCTION TO CYCLING ON ROADS

ADULT CYCLE CONFIDENCE (LADIES ONLY)

COURSE DURATION:

1 hour 40 minutes every Monday for five weeks

WHAT DAYS?

Monday 18, 25 September, 2, 9, 16 October

WHAT TIME?

10am – 11.40am or 12.30pm – 2.10pm

WHERE TO MEET:

Sheerwater Youth Centre

HOW TO BOOK:

10am	12.30pm
	

admin@shifanetwork.org.uk

 SURREY COUNTY COUNCIL

 Shifa

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



Measles Immunisation

Measles: are you and your family protected?

Measles is circulating in England and Europe this year and there is a high risk that outbreaks of measles will be seen in unvaccinated communities over the summer months and into the beginning of the new school year.

Summer holidays within the UK and overseas, as well as more social mixing at this time of year, gives circulating measles the opportunity to infect people who have not had two doses of the measles, mumps and rubella (MMR) vaccine and cause outbreaks in schools and universities.

Over the last few years, not enough people have had the MMR vaccine to keep measles at bay. In Surrey, just over 81% of children have received both doses by the age of 5 so far this year. At least 95% of children need to be fully immunised to prevent this serious infection taking hold.

As well as younger children, young people who are between 19 to 25 years old are most likely to be at risk of measles. MMR vaccination rates in this group (born between 1998 and 2004) are low.

It's never too late to vaccinate.

The [MMR vaccine - NHS](#) is the safest and most effective way to protect yourself against measles. Two doses give 99% protection against measles, and it's free on the NHS whatever your age through your GP.

Please check your own and your family's MMR status and get vaccinated this summer. It's especially important to check you've had both doses if you are:

- about to start school, college or university
- going to travel abroad
- planning a pregnancy
- a frontline health or social care worker

Having the MMR benefits everyone. If enough people are vaccinated, the disease cannot spread effectively to those who cannot be vaccinated e.g. immunosuppressed people and very young babies.

Measles infection

[Measles](#) is highly infectious and spreads very easily. Most people recover fully but it can make you feel very unwell. For some it causes serious illness requiring hospitalisation and (rarely) can be fatal. Complications include chest and ear infections, fits, diarrhoea, encephalitis (infection of the brain) and brain damage. These are more likely to occur in those who have weakened immune systems, babies under one year old and pregnant women. Measles usually starts with a cough, runny nose, sneezing, a high temperature and red sore eyes. The rash starts later, usually starting on the face or behind the ears before spreading to the rest of the body. The rash can be harder to see on brown or black skin than on pale skin.

If you think you may have measles

Call your GP before visiting, they can advise you over the phone.

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admin@guildfordnsc.surrey.sch.uk





Find activities in your area

Summer 2023 Groups for families with children with additional needs and disabilities

Please note your child does not need a diagnosis to attend.

Mon 7th Aug 10-11.30 SENDsory Play 1-2.30pm One Step at a Time	Tues 8th Aug <u>Sensory Stay and Play at Hale</u> <u>9.30-11am</u>	Wed 9th Aug 3pm-5pm- Yorda -Family Play	Thurs 10th Aug 9.30-11.30 Yorda -Family Play <u>1-2.30pm - Rainbow Group</u>
Mon 14th Aug <u>10-11.30 SENDsory Play</u> 1-2.30pm One Step at a Time	Tues 15th Aug <u>Sensory Stay and Play at Hale</u> <u>9.30-11am</u>	Wed 16th Aug 3pm-5pm- Yorda -Family Play <u>10-11.30am</u> <u>Loseley stay and play</u>	Thurs 17th Aug 9.30-11.30 Yorda -Family Play <u>1-2.30pm - Rainbow Group</u>
Mon 21st Aug <u>10-11.30 SENDsory Play</u> 1-2.30pm One Step at a Time	Tues 22nd Aug <u>Play and Picnic - 10.30-2pm</u> <u>Little Diamonds</u> <u>Sensory Stay and Play</u> <u>9.30-11am</u>	Wed 23rd Aug	Thurs 24th Aug <u>10-11.30am -Can Do group</u> <u>1-2.30pm - Rainbow Group</u>



Find activities in your area

Mon 28th Aug	Tues 29th Aug Sensational Senses 10-1pm <u>Sensory Stay and Play</u> <u>9.30-11am</u>	Weds 30th Aug	Thurs 31st Aug <u>1-2.30pm - Rainbow Group</u>
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SENDSory Play Guildford Nursery School and Family Centre, Hazel Avenue, Guildford GU1 1NR Tel - 01483 510570. Email - receptionfc@guildfordnscs.surrey.sch.uk

One Step at a Time - Welcare Family Centre, Welcare House, 24 Warwick Road, Redhill RH1 1BU - redhill@welcare.org - 01737 780 884

MUST BOOK * - Yorda Adventures - Devon Way, Chessington, KT9 2RJ - <https://bookwhen.com/yordafamilysend> - can book weekends too.

Little Diamonds, Stanwell Family Centre, Hadiran Way, Stanwell TW19 7HE - 01784 241 407

Can Do Session - Epsom Family Centre - each session is 10-11:30am with a £2 donation - parents **must email to book** a place familycentre@epsom.surrey.sch.uk (01372 749 834)

Tandridge Family Centre - Rainbow Group, Hurst Green Infant School, Wolfs Wood, Hurst Green, Oxted RH8 0HJ, tandridgefamilycentre@barnardos.org.uk - 01883 723 496

Hale Children's Centre, Upper Hale Road, Farnham GU9 0LR, 01252 73428

Red Oak Children's Centre, Radstock Way, Merstham, Redhill RH1

Loseley Fields Stay and Play, Loseley Children's Centre, Green Ln, Godalming GU7 3TB

The Spinney Family Centre, Southway, Guildford, Surrey GU2 8YD Tel: 01483 510570
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admin@guildfordnscs.surrey.sch.uk



Gym Jams at Normandy Parish Council



The health and wellbeing of our children is of paramount importance to all parents. But unfortunately, not all children enjoy good health.

Play in the preschool years enables children to explore and make sense of the world around them.

At Gym Jams, we want to ensure the importance of play is recognised and valued, we are passionate about advocating for children's right to play, especially for those who face barriers to access such as ill health.

We are keen to support families who are facing difficult health journeys, by offering the opportunity for little ones who are clinically vulnerable or immunocompromised to enjoy the soft play first thing in the morning before the other children arrive, free of charge.

The equipment will have had a full clean ready for the day ahead and the child will have exclusive use of the facilities. To book a session book online at;

[Supporting poorly Children – Gym Jams \(gym-jams.co.uk\)](http://gym-jams.co.uk)

Citizens Advice South West Surrey



Advice Session Supervisor

37 hours a week.

£25,650 – £28,500.

Permanent.

Office based in one of our Guildford or Ash offices, with some travel to our offices in Waverley.

There's never been a more important time to work for Citizens Advice. As food costs rise at an alarming rate and energy bills are sky high, families are struggling to make ends meet and we're experiencing record-breaking demand for our services. Join us on the frontline of the cost-of-living crisis and play a vital role in helping people find a way forward.

We are seeking someone who is passionate about giving an effective service to those most in need and who is not afraid to drive change and improvement. You will need to demonstrate that you are a strong team player, with an eye for detail, and have great people skills. You will thrive in a busy environment and have a positive 'can do' attitude.

You will also be passionate about helping others to reach their full potential, contributing to their development, and seeing them thrive.

You'll have excellent communication skills and the ability to supervise, motivate and manage people. You will complement this with strong IT skills.

The Citizens Advice service values diversity, promotes equality and challenges discrimination. We encourage and welcome applications from people of all backgrounds. We particularly welcome applications from disabled and Black, Asian and Minority Ethnic people, as they are currently under-represented in our workforce.

More details are found in the [job pack](#). You can [apply here](#) and also fill in a [diversity form](#) as part of your application.

The deadline for this role is Monday 14th August 2023 at 12pm.

If you want to chat about the role further, you can contact Anna Rogerson by emailing anna.rogerson@casws.org.uk or calling 01483 230855

Maternity Voices Partnership



The Royal Surrey Maternity Voices Partnership (MVP) is seeking a passionate and enthusiastic Vice-Chair to join the MVP leadership team.

The MVP works to ensure that the voices of women, birthing people and their families are at the centre of improvements to maternity and neonatal care.

As Vice-Chair of the MVP, you will work in partnership with the Chair to lead the MVP, regularly going out into the community to hear directly from parents about their experiences of maternity and neonatal services and share this with the leadership team at the Royal Surrey's maternity unit and with the Local Maternity & Neonatal System (LMNS).

You will regularly seek feedback from as wide a range of people as possible, including at local baby/toddler groups, infant feeding support groups and the hospital's maternity wards (known as Walk the Patch). You will then use this insight, in partnership with the Chair, to inform the development of more equitable maternity and neonatal services for all.

You will support the Chair with the day-to-day running of the MVP, building relationships and making connections within the local community as well as with staff at the Royal Surrey's maternity and neonatal unit, and the LMNS. When significant feedback themes arise, there will also be an opportunity to lead on individual projects to improve local services.

The Vice-Chair is compensated for their time in line with NHS England guidance at an hourly rate of £18.75 per hour for 16 hours per month.

The hours for this role can be worked flexibly, however there will be occasional formal meetings that will require your attendance both face to face and virtually.

Apply here:

[Royal Surrey Maternity Voices Partnership Vice-Chair | Royal Surrey NHS Foundation Trust](https://www.rps.surrey.nhs.uk/royal-surrey-maternity-voices-partnership/vice-chair/)

Alice Holt Activity Centre



Multiply



Hampshire
County Council

Alice Holt Forest

FREE Family Fun Activity, (parking included)

15th August 2023 10.00-13.00hrs

The Multiply maths team at Hampshire County Council is hosting a family fun day.

Families must meet the eligibility criteria to receive a free family ticket

At least one adult in the party must NOT have a level 2 maths qualification. (e.g. Math GCSE at grade 4/C and above, or a Functional Skills Level 2 in maths).

Families will be able to take part in a carousel of different activities including:

- Forest Footpath Calculation Challenge.
- Tree and Trundle activity – how to measure the height of a tree.
- Mighty Measurements - How calculate the age of a tree.
- Planning Picnics and Pricing.

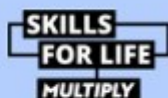


BOOK NOW using the link below or the QR code:

<https://www.eventbrite.co.uk/e/alice-holt-forest-free-family-fun-activity-tickets-669234527487>

Funded by

Department
for Education



Multiply

 Hampshire
County Council

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admin@guildfordnsc.surrey.sch.uk



Gypsy & Traveller Toddler group

Drop in space for families to meet. There will be nurses available on the day to answer any questions around your child's development.

Guildford Borough Community Wellbeing Team will also be there doing a fun activity with the children!

 **Children and Family Health Surrey**

Gypsy & Traveller Toddler Group

Free toddler drop in space for mums and children to meet & play. There will be nurses available to answer any questions about the developmental needs of your children

 **Thursday 31st August**
10:30AM -12:30PM 

 **Admiral Pub**
72 Vale Rd, Ash Vale, Aldershot, GU12 5HS

 **If you have any questions, please call:**
01883 340922



Surrey Family Learning

This is a 3 week course to support families with EBSNA
(Emotionally Based School Non- Attendance).

3 courses are planned for the Autumn term, the first one starts on 9th August and there are still places available - [Find an adult learning course - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk)



FAMILY LEARNING



First Steps to Understanding Emotionally Based School Non-Attendance Course

This FREE online three week course for parents will be delivered in two hour sessions. You will gain an understanding of your child's school avoidance and ideas on how to make changes for a positive impact for all the family.

What will I learn?

- Understand reasons why your child will not attend school or lessons
- Understand reasonable adjustments from school to support your child
- Be confident in advocating for your child

For course dates, more information and to book your place please click on [this link](#) or scan the QR code



SURREY ADULT LEARNING

Web : www.surreycc.gov.uk/familylearning
Email : family.learning@surreycc.gov.uk
Tel : 0300 200 1044

SURREY COUNTY COUNCIL

A helping hand for a healthier family

Do you need help to achieve a healthy weight for your child?

Be Your Best is a **free** service for Surrey families with children aged 0-12 who are above the healthy weight range.

We can help you make a positive difference to your child's health and wellbeing.

Families will be offered 6 one-to-one sessions and 6 online group sessions.



One-to-one sessions:

Consist of home visits and take place at a mutually agreed time.

Group sessions:

Tuesdays or Thursdays 4 - 5.30pm via Zoom

Family Fit sessions:

Wednesdays 4.30 - 5pm via Zoom

Sessions include:

- Live cooking workshops
- Interactive supermarket tours
- Meal planning for the whole family
- Reducing anxiety
- Managing screen time
- How to become an active family
- Importance of sleep

For more information, visit www.bybsurrey.org or email us at BeYourBest@surreycc.gov.uk.



PLAYRANGERS

Summer Spectacular!

St John's Stoke



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

****Please note SENDsory Play will NOT run on Monday 4th September***

- **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

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 \(guildfordnsc.surrey.sch.uk\)](https://guildfordnsc.surrey.sch.uk/resources)

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>