



Guildford Family Centre

November 2023



With the clocks turning back and the weather on the turn, it's safe to say winter is well and truly here! Check out the local Christmas fairs and events happening in November on pages [4, 5 & 6](#).

Guildford Family Centre and Family Voice Surrey are holding a coffee, cake, catch up and crafts morning for mums of SEN mums, carers and guardians on Friday 17th November from 9 am. Booking details are on page [2](#).

If you are struggling to pay a bill or are feeling worried about the stress and cost of Christmas, head to pages [7 & 8](#) to see a range of advice and support organisations that may be able to help with issues around finances, relationships, housing and mental health.

Do you have a child or young person that struggles with sleep? More than half of all children may have difficulties settling or sleeping at some point in childhood. Children with additional needs and learning disabilities can be more likely to experience sleep difficulties. If your child or young person is struggling to sleep, take a look through advice from the NHS:

[Sleep :: Children and Family Health Surrey \(childrenshealthsurrey.nhs.uk\)](https://www.childrenshealthsurrey.nhs.uk)

To keep up to date with local events and activities, workshops and support for families, follow the Guildford Family Centre Facebook page [Facebook](#)

Coffee, Cake & Catch Up Morning!

Emotional well-being and craft session



for SEN mums/carers/guardians

on the 17th of Nov @ 9am

at

Guildford Family Centre

Southway

GU2 8YD

Email Nicole Farrell at

guildford@familyvoicesurrey.org

Or Tina Campbell at

coordinator@guildfordnsc.surrey.sch.uk

to book your space



Support for SEN Parents/Carers



New specialist 2 hour workshop available, solely for dads and male carers.

This will complement the full 8 week stepping up course and Grandparents course, to allow all family members to work together.

Please contact Surrey.familysupport@nas.org.uk for more information and a booking link.

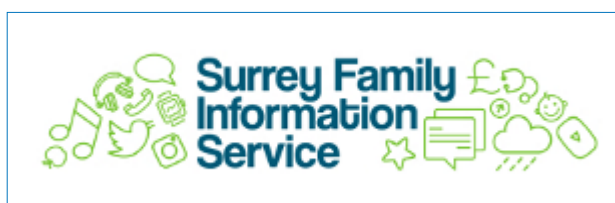


Do you have a child or young person who struggles with attending school or college or is unable to attend? If so you may like to join Family Voice Surrey's friendly support group.

They meet regularly to feed lived experience back to decision makers and to input on EBSNA projects.

There are also have zoom catch ups for peer support. They have two WhatsApp groups for day-to-day chat, an EBSNA Surrey group and a School Anxiety/SEN ideas group.

Email lucy.y@familyvoicesurrey.org for more detail



Surrey Family Information Service is a great source of information for workshops, courses and services that can support you through your parenting journey.

You can also find links to the Parent Handbook, Community Connector Newsletter, Young Minds and NHS support services via:

[Parenting courses and advice - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)

Festive Family Fun Day

Funded by
UK Government

FREE EVENT

Festive Family Fun Day

Guildford Town Centre
Sunday 19 November
11am to 4pm

OFFERS **MUSIC**

SNOW GLOBE **DISCO** **ELVES** **MARKETS**

Come and celebrate the launch of Christmas in Guildford.
A fun-filled, free day out for the whole family.

Find out more at experienceguildford.com/christmas
Use #GfdXmas23 to share this fun day out with us!

@GuildfordBC

Scan the QR code to find out more

experienceguildford GUILDFORD BOROUGH POWERED BY LEVELLING UP

[Guildford Festive Family Fun Day - Christmas in Guildford, Guildford - Visit Surrey](#)

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
receptionfc@uildfordnsc.surrey.sch.uk



Community Christmas Fair

Games, Tombolas, Raffle

Santa's Grotto

Face Painting Temporary Tattoos

Sweet Stall

Refreshments Cake Stall

Craft Stalls

Crazy Golf

Lucky Dips

Community Christmas Fair and Craft Stalls

at St Peter's

Something for all ages!

**25 November
2 - 4.30pm**

**St Peter's Shared Church,
37 Hazel Avenue, GU1 1NP**

Free Entry!

St Peter's
SHARED CHURCH

Musical Beats Christmas Special!



**Waverley
Family Centre**

**Wednesday 13th
December, 1.15pm at
Hale Family Centre**

Musical Beats Christmas Special!

**Child Music and Movement Session
for babies, toddlers and pre-schoolers**



Helen from Musical Beats is offering a FREE music and movement session on Wednesday 13th December at Hale, for you and your little ones. Email Kathy in advance, to book your space: kathy.guy@barnardos.org.uk

For more
information scan
the QR code or
call: 01483
417157



Waverley Family Centres,
Green Lane, Binscombe, Godalming,
Surrey, GU7 3TB and Upper Hale Road,
Hale, Farnham GU9 0LR



**Believe in
children**
Barnardo's

Advice and Support Organisations



MoneyHelper is here to make your money clearer, to cut through the complexities, explain what you need to do and how you can do it. It helps put you back in control with free, impartial advice that's backed by government, and to recommend further, trusted support if you need it.

[Free and impartial help with money, backed by the government | MoneyHelper](#)

- ◇ Benefits
- ◇ Family & Care
- ◇ Money Troubles
- ◇ Savings
- ◇ Everyday Money
- ◇ Homes
- ◇ Pensions & Retirement
- ◇ Work



We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

We won't judge you or tell you what to do, we'll listen to you.

[Talk to us on the Phone | Samaritans](#)

- ◇ Relationship and family problems
- ◇ Financial worries
- ◇ Job related stress
- ◇ College or study related stress
- ◇ Loneliness and isolation
- ◇ Depression
- ◇ Physical illness/disability
- ◇ Thoughts of suicide



For those who are in more need of a quick chat than ongoing support, we offer 30 minute chats with a counsellor over the phone or on web chat, or one session therapy designed to tackle a specific issue and see results straight away.

[What we do | Relate](#)

Our counselling services include:

- ◇ Relationship Counselling
- ◇ Family Counselling
- ◇ Mediation
- ◇ Children's Counselling
- ◇ Young People's Counselling

Advice and Support Organisations



Surrey and Borders Partnership crisis helpline offers telephone support. If you or someone you know is experiencing emotional distress, open all day and night, free of charge.

Call 0800 915 4644 if you need someone to talk to.

[Get help in a mental health crisis : Surrey and Borders Partnership NHS Foundation Trust \(sabbp.nhs.uk\)](http://sabbp.nhs.uk)



Got a housing problem? We can help:

◇ **Locally:**

- ◇ Our advice and support services offer one-to-one, personalised help with housing issues and homelessness.

◇ **Online:**

- ◇ On our website, find expert information about everything from reclaiming your deposit to applying as homeless, or speak to an adviser over webchat.

[Get help from Shelter - Shelter England](#)

◇ **Over the phone:**

- ◇ Our free emergency helpline is open 365 days a year to answer calls from anyone struggling with a housing issue or homelessness.

◇ **Legal:**

- ◇ Our solicitors provide free legal advice and attend court to help people who've lost their homes or are facing eviction.



If you're looking for help to get out of debt, find a job or learn to manage your money, you're in the right place. Christians Against Poverty provides a range of free, professional services across the UK.

[Get help near you | CAP UK](#)

- ◇ Provide debt support, money management, budgeting and support to pay outstanding bills through a Christians Against Poverty (CAP) plan.
- ◇ Individuals don't need to be Christian in order to receive help
- ◇ Note sessions may take place in a church

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



Expert Parent Programme

Challengers



**COUNCIL
FOR DISABLED
CHILDREN**

EXPERT PARENT PROGRAMME – GENERAL NEEDS SESSION FOR PARENTS WITH CHILDREN AGED 5 YEARS AND OLDER

This two-part workshop will take place over two sessions:

Wednesday 22nd November (Part 1)

Wednesday 29th November (Part 2)

7:00PM – 9:00PM (ONLINE via Zoom)

Join our FREE peer-led workshop helping you get the best from the NHS health and care system by equipping you with knowledge, practical tools and suggestions to increase your confidence in accessing services to ensure the best outcomes for your disabled children and young people.

FREE



Scan to book
your place

DUE TO FUNDING THIS WORKSHOP IS OPEN TO PARENT CARERS LIVING IN SURREY POSTCODES

This workshop is written and delivered by parent trainers with lived-experience, who are trained and approved by CDC. Gail & Gráinne have been delivering this workshop together to parents & carers for 5+ years.

"It's helpful being in a room with others and knowing I'm not alone"

Email thehub@disability-challengers.org or call 01483 961962

LinkAble Stay & Play



Stay and Play

Have fun with LinkAble!



Stay and Play is a fun session where 5 to 12-year-olds can enjoy the LinkAble facilities with their parents/carers.

- Every other Sunday at The Link, 2 - 4pm
- Parents/carers stay during session
- Toys and crafts activities included in price
- Large hall, soft play, sensory room, outside area!
- £13 for first child & £10 for each additional
- Staff onsite to support, advise and oversee
- Max three children per adult
- Call us or visit our website for more info

We're a learning disability charity, but these sessions are fun for all, whether you have a disability or not.

Find us at:
The Link, 2 Board School
Road, Woking, GU21 5HE

01483 770037
Info@linkable.org.uk
www.linkable.org.uk

  LinkAble_Woking
LinkAble registered charity 1119596

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 - no formal diagnosis needed.

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