



# Guildford Family Centre

## December 2023



Welcome to the last Guildford Family Centre newsletter of 2023!!

This year has passed so quickly, it's hard to believe Christmas is almost here - especially as I look out on a grey dark day rather than bright beautiful snowflakes!

There are various events in and around Guildford mentioned through our pages, and the brilliant magazine **Raring2Go** is full of information - the link can be found on [page 7](#).

If you are looking for low cost craft activities for your young families head to [page 12!](#)

This festive time of year can be difficult for many people, there is a range of support out there so please don't suffer in silence. The excellent Andy's Man Club is coming to Guildford in January, check out [pages 2 & 3](#) for more information on support available.

Family Voice Surrey & Guildford Family Centre's coffee & cake catch up morning is back on Friday 19th Jan at The Spinney, details are on [page 11](#).

If you need something summery to look forward to, "Save the Date" for Challengers and Guildford Jazz's Wood Street Village Jazz Festival on Sunday 14th July 2024, register your interest via the link below:

<https://disability-challengers.org/events/jazz-fest/>

Please note the last groups before Christmas take place on Thursday 21st Dec and return on Tuesday 2nd Jan 2024.

Guildford Family Centre will be closed from 22nd Dec - 2nd Jan, but a team of Family Support Workers will be available on the phone from 27th - 29th Dec - if you need support please call 01483 510570.

Wishing you all a merry and joyful Christmas, and a very happy New Year, from everyone here at  
Guildford Family Centre

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

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@guildfordnsc.surrey.sch.uk](mailto:receptionfc@guildfordnsc.surrey.sch.uk)



# ANDYSMANCLUB

## New group in Bellfields

ANDYSMANCLUB is coming to Guildford!

ANDYSMANCLUB takes its name from Andrew Roberts, a man who sadly took his own life aged 23 in early 2016. Andy was a lovely and doting father, son, brother, grandson, nephew, cousin and friend.

On average one man every two hours takes his life in the UK. It's often said to be a factor that men don't talk. That's why ANDYSMANCLUB was born. Established in 2016 by Luke Ambler, Andy's brother-in-law, the aim of the club is to break down these stigmas, support men struggling and lend a hand to suicide prevention.

No referral, no registration and no charge - even the brew and biscuits are free!

Visit: [Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club \(andysmanclub.co.uk\)](#)

Or email: [INFO@ANDYSMANCLUB.CO.UK](mailto:INFO@ANDYSMANCLUB.CO.UK)

**GOING THROUGH  
A STORM  
OR JUST BEEN  
THROUGH ONE?**

**ANDYSMANCLUB**  
are talking  
groups for men to  
**HELP YOU** through  
those storms.

**FIND OUT  
MORE** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk) **#ITSOKAYTOTALK**

**ANDYSMANCLUB  
GUILDFORD**

**GUILDFORD**  
Bellfields Youth &  
Community Centre,  
Hazel Avenue,  
Guildford GU1 1NS

**OPENS  
JANUARY 8TH**

ANDYSMANCLUB is a registered  
charity in England and Wales  
(1179647) and a Company Limited  
by Guarantee, registered in  
England and Wales (11118153)

# Coping at Christmas

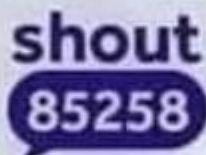
Christmas can be a difficult time of year for many people for many different reasons.  
Don't struggle in silence.

## COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



📞 0300 123 3393  
📞 Helpline  
🌐 [mind.org.uk](http://mind.org.uk)



📞 Text SHOUT to 85258  
📞 24/7 text service  
🌐 [giveusashout.org](http://giveusashout.org)



📞 116 123  
📞 24/7 helpline  
🌐 [samaritans.org](http://samaritans.org)



📞 Text YM to 85258  
📞 24/7 text service  
🌐 [youngminds.org.uk](http://youngminds.org.uk)



📞 0800 58 58 58  
📞 Helpline for men  
🌐 [thecalmzone.net](http://thecalmzone.net)



📞 0800 068 4141  
📞 Under 35s Helpline  
🌐 [papyrus-uk.org](http://papyrus-uk.org)

# Guildford Nursery School & Family Centre Community Cupboard



## Donations needed



The Community Cupboard at Guildford Nursery School Hazel Avenue site is open on Tuesdays and Thursdays, 8:15am - 3:15pm, during term time. It can be accessed by anyone as a way to share or collect food and hygiene products, and is located by the buggy park at the front of the building.

To donate to the Community Cupboard, items can be left in the box located in reception Monday - Friday. Staff will sort donations and put them on display for people to collect.

We are able to accept sealed shelf-stable foods that are within the use-by date, such as cereals, tea, biscuits, fresh fruit and vegetables, tinned and jarred foods; and toiletries.

We are currently unable to accept items that require refrigeration, cooked foods or foods that are unlabelled or out of date.



**Hygiene products**



**Food items**

# The Hive Days Before Christmas

| The Hive Days Before Christmas!  |  |   |  |   |
|--|--|---|--|---|
| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
| <p><b>11</b></p> <p><b>Craft:</b> Christmas Bookmarks: 10-12 (Main Lounge)</p> <p><b>Event:</b> Guildford Library Christmas Storytime: 11-12 (Playzone)</p> <p><b>Stalls:</b> Avon: 10-3<br/>Care Team Crafts: All day</p>                               | <p><b>12</b></p> <p><b>Craft:</b> Christmas Cards: 10-12 (Main Lounge)</p> <p><b>Event:</b> Delia's (bookings only): 1.30-3 (Main Lounge)</p> <p><b>Stalls:</b> Puzzle Wall: 9.30-3<br/>Tech Angels Information Table: 11-2<br/>Care Team Crafts: All day</p>  | <p><b>13</b></p> <p><b>Craft:</b> Bowtie Making: 1.30-3.30 (Main Lounge)</p> <p><b>Event:</b> Get Plucky: 1.30-2 (Main Lounge)</p> <p><b>Stalls:</b> Synergy Dance: 10-12<br/>Care Team Crafts: All day</p>   | <p><b>14</b></p> <p><b>Craft:</b> Clay Models: 10-12 (Main Lounge)</p> <p><b>Event:</b> George Christensen Pianist: 1.15-2 (Main Lounge)<br/>Tazo: 2-3 (Main Lounge)</p> <p><b>Stalls:</b> Sassi Gifts: 10-1<br/>Care Team Crafts: All day</p> | <p><b>15</b></p> <p><b>Craft:</b> Christmas Wreaths: 1.30-3.30 (Main Lounge)</p> <p><b>Event:</b> Panto Dames: 10.15-11.30 (Main Lounge)<br/>Bollywood Dancing: 2-2.50 (Main Lounge)</p> <p><b>Stalls:</b> Hugs Back Honey and Condes: 10-2<br/>Care Team Crafts: All day</p> |
| <p><b>18</b></p> <p><b>Craft:</b> Dingerfood Men Art: 10-12 (Main Lounge) / Biscuit Decorating</p> <p><b>Event:</b> The Hive Staff Sing Christmas Carols: 11.0-2 (Main Lounge)</p> <p><b>Stalls:</b> Sassi Gifts: 10-1<br/>Care Team Crafts: All day</p> | <p><b>19</b></p> <p><b>Craft:</b> Fir Tree Decorating: 10-12 (Main Lounge)</p> <p><b>Event:</b> Santa's Grotto (bookings only): 10-11.30 + 12-1.30 (Playzone)<br/>Reading Christmas Wish Playrangers: 10-1 (Green at front of centre)</p> <p><b>Stalls:</b> Orissee Crafts: 10-2<br/>Care Team Crafts: All day</p> | <p><b>20</b></p> <p><b>Craft:</b> Christmas Tree Decorations: 10-11 (Main Lounge)</p> <p><b>Event:</b> Jimmy Kest (bookings only): 1.30-2.30 (Main Lounge)<br/>Christmas Film Afternoon (bookings only): 2-3 (Playzone)</p> <p><b>Stalls:</b> Jean's Jams &amp; Cheesys: 10-3<br/>Care Team Crafts: All day</p> | <p><b>21</b></p> <p><b>Craft:</b> Watts Gallery Art Session (bookings only): 10-11 + 11-12 (Main Lounge)</p> <p><b>Event:</b> Raffle Draw: 2-3 (Main Lounge)</p> <p><b>Stalls:</b> Care Team Crafts: All day</p>                               |    |



**CHRISTMAS RAFFLE**

TICKETS £1 PER STRIP

**LOTS OF AMAZING PRIZES!**

**THURSDAY, 21 DECEMBER | AT 2PM**

The Hive, Park Barn Drive, GU2 8EN

Please speak to any member of staff at The Hive, throughout December, to buy your tickets!

All profits will be donated to the Mayors Local Support Fund!

☎ 01483 444 150    ✉ [community.wellbeing@guildford.gov.uk](mailto:community.wellbeing@guildford.gov.uk)

The Hive

# Baubles & Bounce at Emmanuel Church



To book please visit:

[Baubles and Bounce \(16-Dec-2023\) · ChurchSuite Events](#)

# Stoke Community Pantry

**Food for everyone at your Community Pantry!**  
Bring, share and take what you need  
**Store cupboard essentials and frozen meat, vegetables and potatoes**

**Opening Times**  
Tuesday 10am-12.30pm  
Saturdays 10am-12pm

Find our FAQs and contact us on Facebook  
<https://www.facebook.com/StokeCommunityPantry>

**If you would like to help or donate...**  
Contact us on Facebook or bring some food to our collection boxes at St. Peter's Shared Church, Christ's College and Weyfield Primary Academy.  
Find us at: St Peter's Shared Church, 37 Hazel Avenue, Guildford, GU1 1NP



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](mailto:receptionfc@uildfordnsc.surrey.sch.uk)



# Raring 2 Go!

Raring2Go! Is a family magazine which is published 4 times a year with anything and everything to do with family life from ideas for days out, clubs and classes and holiday camps in the Guildford, Godalming, Farnham and Haslemere areas.

Click on the link to visit the winter edition: <https://magazines.raring2go.co.uk/guildford/winter2023/>



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](mailto:receptionfc@uildfordnsc.surrey.sch.uk)



# Christmas Family Fun Day at Guildford Cathedral

Wednesday 20th December 2023 at 10.00am & 11.00 am

With crafts designed for children up to the age of 10 and the ever-popular word hunt, this is a great morning for the family to enjoy together. Each child booked will receive a bag with the craft basics in it, and spread across the Cathedral you will find the tables with instructions and other essentials for you to complete each craft at your own pace and in your own way. Scattered around the building will be letters for you to hunt and create a themed word – complete the word and get a prize!

Entry is free but booking is essential : [Guildford Cathedral - Box Office \(guildford-cathedral.org\)](https://www.guildford-cathedral.org)



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@guildfordnsc.surrey.sch.uk](mailto:receptionfc@guildfordnsc.surrey.sch.uk)





# Surrey Family Learning

Have you heard of Surrey Family Learning?



## FAMILY LEARNING

They offer a wide range of helpful FREE online workshops to support parents & carers, starting in January 2024.

Themes are:

- Helping Your Child to Develop Positive Friendships workshop (session on 14th Dec 2023)
- First Steps to Understanding and Responding to my Child: Self-harm
- Developing your Child's Self-esteem Workshop
- First Steps to Understanding Emotionally Based School Non-Attendance
- Learn, Play & Thrive - The Toddler Years
- Understanding your Child's Behaviour
- Developing your Child's Self-esteem Workshop
- Building Your Child's Resilience workshop
- Explore Behaviour Strategies
- Help Your Child Manage Anxiety workshop
- Building your Teenager's Resilience workshop
- Supporting your LGBTQ+ child

And many more. To book your place visit the link below and click on the parenting courses section:

<https://orlo.uk/Mc2U2>

To find out more visit [Find an adult learning course - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk)

# New Year's Day Walk at the Sanctuary



Blow away the cobwebs of a challenging year by starting 2024 21th Mane Chance!

Enjoy a stroll around the tracks and fields of the Sanctuary, meeting their rescued horses along the way.

You can start your walk anytime between 10 am and 2 pm, and the route will take about an hour.

There is a quiz around the route to keep little ones entertained on the way.

Hot food, hot chocolate, mulled wine, and hot drinks are available at the end in the barn to reward your efforts!

Tickets cost £3 for adults and £2 for children. Children under 5 (and dogs!) come free!

Dogs are welcome, but they must be kept on leads.

To book tickets please visit: [New Year's Day walk tickets \(manechancesanctuary.org\)](https://www.manechancesanctuary.org/new-year-walk-tickets)

**Family Voice Surrey**  
**&**  
**Guildford Family Centre's**  
**Coffee & Cake morning**  
**&**  
**Diamonds are a Girl's Best friend**  
**well being session**



Nicole Farrell, our Guildford Coordinator and Tina Campbell from Guildford Family Centre would like to invite SEN mums and carers from the Guildford Community to a friendly and welcoming coffee and cake morning as well as a wellbeing session – Diamonds are a Girl's Best friend at Guildford Family Centre on Friday the 19th of January from 9:15am.

Rowena Moore from Action for Carers will drop into the first part of the Coffee morning to tell us about their services and then we will focus on our personal well-being. We will concentrate on building on our strengths as mums/carers. You are stronger than you think!

Please email [guildford@familyvoicesurrey.org](mailto:guildford@familyvoicesurrey.org) to book your place.

We are working on an event for fathers and partners so watch this space!



# Christmas Craft Ideas

For low cost Christmas craft ideas, visit [The Best Ideas for Kids](#).

With instructions broken down into sections, and new ideas added each week this site will keep your young family entertained for hours!

[50+ Christmas Crafts for Kids - The Best Ideas for Kids](#)



# Other useful information

Please note the last groups before Christmas take place on Thursday 21st Dec and return on Tuesday 2nd Jan 2024.

Guildford Family Centre will be closed from 22nd Dec—2nd Jan, but a team of Family Support Workers will be available on the phone from 27th - 29th Dec , if you need support please call 01483 510570.

- **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.

No need to book, just 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 \(guildfordnsc.surrey.sch.uk\)](https://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>