

Guildford Family Centre

March 2024



Welcome to the March edition of Guildford Family Centre's newsletter. While the weather is mostly still wet, windy and grey, we have seen some brighter days and it's not long until the summer comes back around.

In the meantime, Easter is just around the corner! Take a look through the pages for some inspiration on how to keep your family busy. The Hive have various activities going on, some for your little ones and some for you.

There are also courses, workshops and webinars on page 5 to help with father's wellbeing, teenagers and weaning!

We are proud to announce that Guildford Nursery School will continue to be the lead provider of Early Help services across the Guildford borough.

As part of the new specification which will be implemented from 1st April 2024, the age of children that the Guildford Family Centre team support will extend from 0 - 11 years to 0 - 19 years or 25 years where there are additional needs.

We are individually and collectively hugely ambitious for the children, young people and families in our borough, and are very excited to be able to continue working with you all. You will soon see our new branding being displayed across the borough (sneak peek below!).

What ever you get up to, we wish you a very happy Easter break.



*Please note that events and we advertise are not affiliated to us and we cannot take responsibility for them.

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



Aldershot Easter Eggstravaganza



Saturday 6 April - Aldershot town centre

Sunday 7 April - Farnborough town centre

From 10 am - 3 pm

Hop on down to the Easter Eggstravaganza for magical mini-Easter egg hunts in a magical pop-up allotment, Spring gardening, Easter hat making, face painting and an egg-citing visit to the Easter bunny's flower garden!

Aldershot Easter Eggstravaganza, Wellington Street, Aldershot, GU11 1, United Kingdom, April 6 2024 | AllEvents.in

Free Family Fun Day



The Yvonne Arnaud Theatre, Guildford

Wed Apr 03 2024 at 09:00 am to 02:00 pm

Drop in and search for eggs hidden around the theatre foyer and garden - if you find them all you'll get an Easter treat!

Free craft activities, dressing up, outdoor chalk art, face painting* and delicious refreshments available from the Riverbank Kitchen this is one egg-stravaganza you won't want to miss! Suggested £1 donation per child for those who are able to. *Face painting will be available between 10-2pm.

Easter Family Fun Day | Yvonne Arnaud Theatre (yvonne-arnaud.co.uk)

Easter at Elm Nursery



Friday 29th March – 14th April, bunny hunt on the farm!

Entry includes farm admission and costs £6 per child and £5 per adult (under 2's are free) and includes a treat prize! Pottery painting from Fired Frog pottery Café and a face painter on the following dates:

Tuesday 2nd April - Friday 5th April: 11am - 2pm Monday 8th April - 12th April: 11am - 2pm Additional charge applies and face painter is CASH ONLY.

Farm: Open every day 10am – 3:30pm (last entry 3pm) CLOSED Easter Sunday, 31st March

Easter at Elm Nursery: Fun on the farm!, Sutton Green Road, GU4 7QD Guildford, United Kingdom, 29 March 2024 | AllEvents.in



Family Fun Day @ Challengers



It is Challengers Farnham Family Fun Day on Sunday running from 10am to 2pm, follow the link to book your free ticket to come along and enjoy what the play centre has to offer:

https://www.tickettailor.com/events/thehubchallengers



Father's Wellbeing Course



Minds Matters are running an online Fathers Wellbeing Course -Tuesday 16th April 4 pm - 5.30 pm.

The format aims to:

- \Diamond provide fathers with an opportunity to share common issues and experiences in a supportive atmosphere
 - help to challenge some unhelpful expectations of fatherhood in a non-judgmental and supportive environment
 - help to identify certain behaviours, thinking patterns and situations that may be contributing to your low mood or anxiety
- \diamond give you the chance to learn skills to change them and help develop self-compassion.

To speak to a therapist about joining, head over to the website to fill out a self-referral form: www.mindmattersnhs.co.uk

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Talking Teens

Tuesday evenings 6.30 pm - 8.30 pm
April 23rd - May 14th
At The Hideaway Café, Eastgate Gardens, Guildford, GU1 4AZ
Four sessions explore:
 Being a parent of a teenager
 Understanding your teenager
 Communicating with your teenager
◊ Managing conflict.

Please call 01483 574900 or email paulsharpe@matrixtrust.com

Let's talk about weaning



This online weaning webinar is for all parents wanting to learn more about weaning their baby.

Whether your baby is 4 months and you're wanting to get a head start on how to prepare or your baby is 9 months and you're wanting to do some problem solving - this is for you!

To book please follow the eventbrite link below:

https://www.eventbrite.com/e/lets-talk-about-weaning-tickets-830524991607?aff=oddtdtcreator



Easter Holiday Workshops

EASTER HOLIDAY WORKSHOPS 2024



Tue 2 – Tue 9 Apr Workshops for ages 5-16

Creative Make-up • Stage Combat • Poetry • Treat Factory Drama Workshops



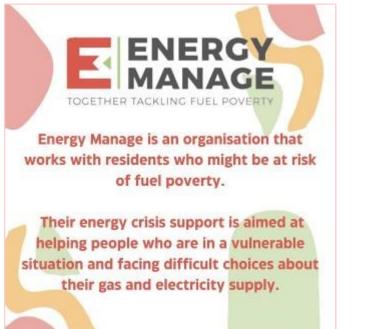
For further information please email the Creative Learning team: creativelearning@yvonne-arnaud.co.uk

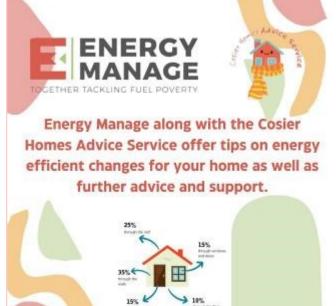


Guildford Borough Community Wellbeing Team



Coffee, cake & chat will be held on Friday this week (usually every Wednesday from 10am -12pm at The Hive). Check out their <u>Facebook page</u> to keep up to date with events and activities.





Energy Manage At The Hive every Tuesday afternoon between 2pm - 4pm!



Guildford Borough Community Wellbeing Team



TUESDAY MORNINGS IN THE PLAYZONE (9AM- 11AM), ARE DESIGNATED FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS & DISABILITIES.

DURING THIS TIME, THE CAPACITY OF THE PLAYZONE WILL BE REDUCED TO A MAXIMUM OF 10 PEOPLE.



IF YOU WOULD LIKE TO FIND OUT MORE INFORMATION PLEASE GIVE US A CALL ON 01483 444 150 OR EMAIL COMMUNITY.WELLBEING@GUILDFORD.GOV.UK









Things for your family



Check out the link to the latest digital Families magazine.

The what's on diary has loads of things for children and families to do in January and February.

They also feature pre-schooler play places (role play/soft play and more) and a long list of baby and toddler groups all listed by day.

https://issuu.com/familiesonline/docs/families_surrey_west_march_april_20_14a3e149a26d71?fr=sNThhNjcxMjE1ODg



if you're looking for a creative activity to break up your day or a tool that taps into a child's creativity, then try these videos! They're bitesize in length (around 4-6 minutes) and simple to follow.

All you need are some colouring pens, pencils or crayons and some plain paper. That's it. They're 'clean' classes (no sticky glue or pots of glitter!). <u>Welcome to Monty Plonker! (youtube.com</u>)





Hoop is an incredible app that allows parents to find healthy activities for kids.

Parents can select activities within a radius of your home or current location, and filter activities that suit your children and their needs.



The March edition is focused on the most pressing concerns for families.

This includes financial and parenting support, wellness and keeping your children safe online.

<u>Community Connector newsletter – helping families find support - Surrey County Council (surreycc.gov.uk)</u>



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 (guildfordnscc.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

