



# Guildford Family Centre

## April 2024



Welcome to the April edition of our newsletter!!

We hope you've enjoyed the Easter holidays so far, there's not long left until we're back into the school run routine - and looking forward to the next half term! With the lighter evenings, and the sun making an appearance here and there it's finally starting to feel like spring.

Guildford Family Centre have teamed up with the Learners Single Point of Access (L-SPA) to provide some drop in sessions for families at our centre on Southway.

Their Family Communication Officers (FCOs) are here to offer support to families with children with Additional Needs and Disabilities. FCO's build strong professional networks, share knowledge and understanding of the EHCNA and EHCP processes and offer additional avenues of support for families navigating the Local Offer of support for children and young people.

If you would like come along to a session please see [page 4](#) for further details.

Our annual Froebel Festival is being held on Saturday 18th May at our Hazel Avenue and York Road sites, turn over for more information.

*\*Please note that events and services 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 [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)



# Froebel Festival

Come and join us on Saturday 18th May for our Froebel Festival, bring the whole family along!

10 am - 12 pm at our Hazel Avenue and York Road sites.

This is an opportunity for children & families in our community to visit our sites, take part in activities and learn more about our ethos.

We are hoping for a sunny day so we can go ahead in the Community Garden at our Hazel Avenue site. However if there is pouring rain we will relocate to the school hall.

If you work for a service that supports children and families, and would like to set up a table at the festival please email [coordinator@guildfordnsc.surrey.sch.uk](mailto:coordinator@guildfordnsc.surrey.sch.uk)

We look forward to seeing you on the day!



# Advice and Support Organisations



Turn2us is a national charity that provides practical information and support to people facing income shocks and financial insecurity.

- Benefits eligibility
- Grants
- Support for specific circumstances, e.g. carers, ex-offenders, armed forces

[Tackling Financial Insecurity Together | Turn2us](#)



- Relationship Counselling
- Children & young people
- Divorce & separation
- Young Adults

[Home | Relate](#)



Shifa Network's purpose is to empower Asian women with mental and emotional health issues to integrate into mainstream society with improved self-confidence and raised self-esteem.

- Provides a safe and secure place where women can socialize and access support without feeling stigmatized.
- Supports local immigrant women suffering from domestic abuse, anxiety and depression.

[About Us - Shifa \(shifanetwork.org.uk\)](#)



Advice on a range of issues including:

- Debt and Money
- Benefits
- Housing
- Legal

Telephone Service: 03444 111 444

Online - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



Crisis line for support during a mental health crisis:

- 0800 915 4644 - For children, young people and parents. Open 24/7
- 0300 222 5755 - Neurodevelopmental helpline for parents of children with ADHD and autism. Open 5pm to 11pm every day

[Home :: Mindworks Surrey \(mindworks-surrey.org\)](http://mindworks-surrey.org)



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

[Contact Us | Samaritans](#)

# Family Communication Officers Drop-in sessions at Guildford Family Centre

Guildford Family Centre are pleased to be working with the  
Learners Single Point of Access (L-SPA) Family Communications Officers

The Family Communication Officers (FCO's) have a range of knowledge and experience of additional needs and advocate the importance of early intervention for young people and their families to provide the 'right support at the right time'.

The FCO's can support families with:

- Understanding the graduated response to SEND (Special Educational Needs and Disabilities).
- What Ordinarily Available provision is and what this looks like in educational settings.
- Understanding a 'No to Assess' Educational Health Care Needs Assessment decision.
- Signposting to appropriate services for support, advice, and intervention.
- How to collaborate effectively with educational settings.

Find us at Guildford Family Centre, Southway GU2 8YD between 9:30am and 2:30pm on:

★ Tues 30th April   ★ Weds 29th May   ★ Tues 25th June   ★ Weds 24th July

Please contact Tina Campbell on [coordinator@guildfordnsc.surrey.sch.uk](mailto:coordinator@guildfordnsc.surrey.sch.uk)  
or call 01483 510570  
to book a 30 min, 1:1 session with a Family Communication Officer.

# Men's mental health

At the end of March we had the pleasure of meeting Hari & Luca from Mentell! It was great to hear about the work they do, and how the service works.

Mentell is a mental health charity that provides men (aged 18+) with safe and confidential spaces to talk, free from advice and judgment in a non-clinical setting. The service is completely free with no weekly commitment required. Their friendly team of staff, volunteers and members welcome all men from all walks of life.

In Surrey, Mentell offers free access to online peer-to-peer support every Monday (7-9 pm) - they are looking to offer an in-person circle in 2024.



## The Rise in Suicide

Did you know that:

- Men are three times more likely to die by suicide than women.
- Men aged 50 - 54 years have the highest suicide rates in the UK.
- The biggest killer of a man under 50, is himself.
- The average wait to be seen under the NHS as a referral for mental health is 18 weeks.
- There is no waiting list at Mentell. A man can sign up today and be in a circle receiving support the following Monday.

The sad statistic is that most men will not seek any help from a GP or health professional within the same year of taking their own life (72% of all UK cases). However, that same man will grab a pint, haircut, coffee, gym session, or share a laugh in the workplace.

Mentell aims to fight these statistics, starting in the heart of each community with their Turn Your Borough Blue Campaign.

Look out for their campaigns in your local pub, barbershop or cafe. It's really easy to sign up - scan the QR on one of our beer mats or visit [Mentell – Men, is it time to talk?](#) and click the 'Sign Up' button.

# Courses in April & May

## Father's Wellbeing Course [www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)



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

The format aims to:

- ◇ 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
- ◇ give you the chance to learn skills to change them and help develop self-compassion.

## Stepping up to Autism Workshop



National Autistic Society are running a face to face Stepping up Workshop starting soon in Cranleigh, Rowley Community Hall.

8 sessions, Thursday evenings 7.00 -9.00pm, starting 16th May.

For more information or to book your space, please email:

[surrey.familysupport@nas.org.uk](mailto:surrey.familysupport@nas.org.uk)

## Talking Teens

Please call 01483 574900 or email [paulsharpe@matrixtrust.com](mailto:paulsharpe@matrixtrust.com)



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.

# Services for Families

**Speech and Language UK**  
Changing young lives.



## Speech & Language

Are you concerned that your child is struggling with talking and understanding words? You are not alone. There are currently 1.9 million children across the UK who face the same challenges.

Speech and Language UK have two free services to support you:

- An advice line for parents or carers and practitioners to discuss concerns they have about a child
- A series of webinars designed to give parents the tools they need to support their child.

Follow the link for further information:

[Talk to a speech and language therapist - Speech and Language UK: Changing young lives](#)



## Guides for parents

Did you know that all Surrey residents can access free online parenting guides, which cover a range of topics?

The guides include helpful tips from childcare, education and NHS health experts.

To find out more: <https://orlo.uk/HLh4w>

**Healthy Surrey**

## Surrey Community Safety

Find out more about Community Safety issues such as domestic abuse, anti-social behaviour, prevent (counter terrorism), serious and organised crime and child exploitation.

Visit: [Surrey community safety | Healthy Surrey](#)

Email: [communitysafety@surreycc.gov.uk](mailto:communitysafety@surreycc.gov.uk)

# Surrey Family Learning

## FAMILY LEARNING



### Free Courses for parents and carers

Surrey Family Learning offer **FREE** courses and workshops to help you create a better family life.

Do you want to help your child or teenager to improve their behaviour, development and learning?

Book onto one of our tailored courses today to begin supporting you and your family. Find more information at:

 [surreycc.gov.uk/familylearning](http://surreycc.gov.uk/familylearning)



...or scan here

### Courses available

- **Parenting** Help understand your children and teenagers' behaviour, anxiety and mental health.
- **English as an Additional Language** Support for you and your child with English and how education in England works.
- **Maths** Learn about methods used in schools today.
- **Literacy** Learn about how English is taught in schools today.
- **Cookery** Be inspired and cook healthy family dishes together.



SURREY  
ADULT  
LEARNING



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# Mental Health 1st Aid Training

For residents in the Bellfields and Slyfield areas of Guildford

**Funded**

**For Bellfields and Slyfield residents**

**\* Support included**

## Community Mental Health First Aid Training

This course is ideal for anyone who would like to become an MHFAider® to gain the knowledge and skills to spot signs of people experiencing poor mental health, be confident to start a conversation and signpost a person to appropriate support.

### Why become an MHFAider®?

By training with us you will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- Three years of access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders®

**REGISTER NOW**



**Saturdays 20th & 27th April 2024**  
**9am - 5pm**  
at  
**St Peter's Shared Church, Guildford, GU1 1NP**  
**£10 each - lunch included**

During this 2-day\*, face-to-face course, an MHFA England Instructor Member will guide learners through a mix of instructor led training, group discussions, individual and group activities.

You will receive a hard copy workbook to support your learning throughout the course and a digital manual to refer to whenever you need it after completing the course.

This funded course is valued at £325 per person and places are limited to 12 participants, so book\*\* now to secure your place!

\*You must attend both sessions in order to qualify as a MHFAider®  
\*\*Please register only one person per email address

For more information contact the church office 01483 572078.

 **St Peter's**  
SHARED CHURCH

 **GUILDFORD ACTION**  
Relieving Lives

 **Guildford Poyle Charities**

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# Coffee, Cake, Catch Up and Wellbeing Morning

Join Nicole Farrell, Guildford Coordinator for Family Voice Surrey for a coffee, cake catch up and wellbeing morning - includes a floristry session!!



At Guildford Family Centre, Southway, GU2 8YD

From 9:15 - 11:45 am.

Rowena Moore from Guildford Action will be dropping into the first thirty minutes of the coffee morning, and then we will concentrate on building on our dreams, and breaking limiting beliefs as parent/carers.

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

## Compton Village fete

The Compton Village Fete is back and you are invited to join in on the Village Green for a fantastic afternoon of traditional fete fun.

Saturday 18th May 2024 from 12:00 to 4:30pm.

Compton Village Green, The Street, Compton, Surrey GU3 1JQ



Sit back and enjoy a jam-packed programme of fabulous entertainment for all the family!

## Pirbright Village Fair

This years fair will be opened by Pirbright's own local Olympian!


There are some great attractions for all to enjoy including:-

- \* children's Olympics with a medal ceremony in the main arena
- \* Gymnastic and cheerleading display
- \* Crazy Golf
- \* Football Darts
- \* Classic car and motorbike display

As well as lots of your animal favourites from past years such as the dog show, donkey rides and petting zoo.


Saturday 8th June - [look out for further details around time and venue.](#)

# Markets 4 Parents

Spring nearly new sale for buying and selling top quality items for maternity, babies and children 

Saturday 20th April at Normandy Village Hall, Guildford, GU3 8JY from 10am-12pm. 

Get so much more for your money!

FREE parking, CASH ONLY, £2 entry per adult, Children enter free, Toilets and baby changing facilities available, Playground on site, Cafe on site, Entry AFTER 11am is free 

[Facebook](#)



# Castle Grounds Bandstand Concerts 2024

This summer enjoy free live music at the award winning Guildford Castle Grounds. Bring a picnic and something to sit on!

Where:

Guildford Castle Grounds  
Castle Street  
Guildford  
GU1 3UW

Access to the bandstand and around the Castle Grounds can be challenging due to steep, narrow paths and many steps.

To view the programme dates please visit:

[Guildford Castle Bandstand Concerts 2024 | Visit Guildford \(visitsurrey.com\)](#)



# Family Fun Day

Saturday 6th July 2024

From 10am – 1pm at Glive, Guildford.

Launch your summer with the Family Fun Day!!

No need to book in advance, just turn up on the day!

A whole morning dedicated to creative workshops, mini performances, and activities for everyone to come and take part in.

This is a free event, donations are welcome.

[Book Family Fun Day tickets | G Live Guildford \(trafalgartickets.com\)](#)



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# 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.

These are drop in sessions, no need to book.

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>