

Guildford Family Centre Newsletter



June 2022



Welcome to the first edition of the new Family Centre Newsletter!



Our new newsletter will provide you with regular updates on upcoming events and local news, courses through The Family Centre, child and baby clinics and any other resources that may be beneficial.

Check out our Links to Family, Education, Community & Health sections, these will take you to various sites where you can read about external services for example; Adult Learning, health, local groups and free events.

Further down you will find a section dedicated to support for families who are facing crisis due to the rising cost of living. There is a selection of sites that can offer advice for anyone who is struggling with finances at this time.

Courses and Groups

The Family Centre offers parenting programmes and group activities about common issues, for example, strategies to help with family routines or keeping your children safe.

These are a place for parents and carers to develop their own skills and meet other like-minded people. Our groups and classes range from a few hours to regular weekly sessions. All services are free to families within the Guildford borough.

We create a warm, welcoming and comfortable space at our centre where families feel comfortable to spend time, ask questions and learn more about positive family life.

INSPIRING · LEARNING · ACHIEVING

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



Our groups tend to be weekly & run through holidays, and courses usually run once a term. However, for exact dates please contact the centre for more information.

We like to ensure the support is tailored to our local community needs, if you have any comments or ideas on how we can improve our service please feel free to send us an email to receptionfc@guildfordnsc.surrey.sch.uk

Links for Family, Education, Community & Health

There are various networks of support that we realise many families are not aware of. In this section you will find links to free services and events across Surrey.



Family Advice Sessions are available, book your free 30 minute, one to one session with a Family Support Worker now. Call 01483 510 570

<https://guildfordnsc.surrey.sch.uk/telephonic-family-advice-sessions>



Family Learning courses are **free** for parents and carers to help you give your child a positive start in life, and to help support your child's learning and development at home and school.

<https://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/family-learning>



Get free, confidential support with alcohol, drugs or mental health from one of our local services or online

<https://www.surreydrugandalcohol.com/>



Free events across Surrey available on Eventbrite -

<https://www.eventbrite.co.uk/d/united-kingdom--guildford/community--events/>



BRAAIN can provide details on specialist schools in the area, accessing professional help, finding out about clubs for your children and support groups for you

<https://www.braain.co.uk/>

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Summer 2022

It is officially Summer! Keeping our little ones entertained over the summer months without breaking the bank is often a cause of stress for many families, please check out the links below for free and low-cost things to do around Surrey.

[36 free things to do and see in and around Surrey - Surrey Live \(getsurrey.co.uk\)](#)

[9 fantastically free things to do in Surrey with the kids - Surrey Live \(getsurrey.co.uk\)](#)

[10 of the best things to do for free in Surrey - Official tourism website for Surrey \(visitsurrey.com\)](#)

Surrey County Council Short Breaks

Short Breaks are a variety of activities for children and young people with Special Educational Needs or a Disability (SEND) and their families in Surrey. The activities run throughout the year during daytimes, evenings, overnight, weekends and school holidays and may take place in the child's own home, or in facilities or residential settings provided by Surrey County Council or a commissioned short break provider. Please see below posters for further information.



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Children's Trust

Location – Mole Valley

Age Group – All ages

Needs Catered for – Multiple disabilities and complex health needs including learning disabilities, physical disabilities, visual impairment, hearing impairment and complex needs (1:1 or 2:1 support)

Types of provision – Saturdays and holidays

Booking window – April-May

For further information and to register –

<https://www.thechildrenstrust.org.uk/our-services/short-breaks>

Download a referral form:

[TCTreferralform_2853.pdf](#)

thechildrenstrust.org.uk

01737 365080

Surrey Arts

Location – Online, so countywide

Age Group – 5 to 18 years

Needs catered for – All disabilities

Types of provision – After school term time.

Booking window – All year round

For further information, and to register –

<https://www.surreycc.gov.uk/culture-and-leisure/arts>

Email - surreyarts@surreycc.gov.uk

07860 053 465

NAS

(National Autistic Society)

Location – Waverley & Woking (youth), Spelthorne and Waverley (children), Holiday Day Outings (youth, countywide)

Age group – All ages

Needs catered for – ASD

Types of provision – After school in term time, day out in the holidays

Booking window – All year round

For further information or to register – <https://nassurreybranch.org/nas-clubs-for-children/>

Email - SEResourceCentres@nas.org.uk

01483 521743

Summer Short Breaks Bookings

Short Breaks are delivered by a number of providers. Each bubble gives a brief description of their summer term and summer holiday offer.

If you are not already registered, then **please register ...** you never know when you may need us.

Wheels 4 All cycling

Location – Epsom & Ewell, Mole Valley and Woking

Age group – All age groups

Needs catered for – All disabilities

Types of provision – Weekends

Booking window – open throughout the year

For further information and to register –

Woking <https://cycling.org.uk/locations/woking-wheels-for-all>

Email - philippa.curphey@cycling.org.uk

01925 234 213

Leatherhead cycling.org.uk/locations/leatherhead-wheels-for-all

Email – nigel.fisher@cycling.org.uk

07957 413611

Freewheelers

Youth Theatre

Location – Mole Valley (Leatherhead)

Age Group – 12 to 18 years

Needs catered for – ASD, learning disabilities, physical disabilities, visual impairment and hearing impairment

Types of provision – After school (4.30-5.45pm on Mondays)

Booking window – Accepting enquires/booking for summer term from now

For further information and to register –

<https://freewheelerstheatre.co.uk/youth-theatre-workshops/>

01372 650908

Rainbow Trust

Location – Various locations throughout Surrey

Age group – All ages

Needs catered for – Complex needs (life-limiting/terminal conditions)

Types of provision – After school, Saturdays, Sundays, and holidays

Booking window – TBC- register now to be notified

For further information and to register –

<https://www.rainbowtrust.org.uk/london-south-east-team>

Email –

tom.czarniecki@rainbowtrust.org.uk

01372 220111

You don't need to live in the same borough as the activity/scheme to register and you can register with more than one provider. Places are limited



LinkAble

Locations – Surrey Heath & Woking

Age group – 5-18 years

Needs catered for – ASD, ADHD, learning disabilities, physical disabilities, visual impairment, hearing impairment and complex needs (1:1 or 2:1 support)

Types of provision – Saturday clubs, holiday schemes and after school clubs

Booking window – open now, deadline for Sat summer club is 31st March

For further information and to register –

www.linkable.org.uk/pages/blink

www.linkable.org.uk/pages/223-enquire-about-kids-teens-groups

White Lodge

Locations – Elmbridge, Rungby and Spelthorne

Age group – All ages

Needs Catered for – ASD, ADHD, learning disabilities, physical disabilities, visual impairment, hearing impairment, complex needs (1:1 or 2:1 support) and behaviour that challenges

Booking window – Summer bookings open in June

For further information and to register –

www.whitelodgecentre.co.uk/what-we-do/children-and-young-people/play-and-youth-clubs

Email - pvc@whitelodgecentre.co.uk

01932 567313



Summer Short Breaks Bookings

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If you are not already registered, then **please register ...** you never know when you may need us.

Challengers

Locations – Waverley and Guildford

Age group – 4 to 18 years

Needs catered for – All disabilities

Types of provision – Play scheme (Saturdays, Sundays, and Holidays) and Youth scheme (Saturdays and Holidays)

Booking window – Summer holidays (6-13 June)

For further information and to register –

disability-challengers.org/bookings/

disability-challengers.org/what-we-do/playschemes/

<https://disability-challengers.org/what-we-do/youthschemes/>

01483 230939

YMCA East Surrey

Locations – Reigate & Banstead, Mole Valley, Epsom & Ewell and Tandridge

Age group – 5 to 18 years

Needs catered for – ASD, learning disabilities, physical disabilities, visual impairment, hearing impairment, complex needs (1:1 or 2:1 support) and behaviour that challenges

Types of provision – After school, Saturdays, and holidays

Booking windows – summer holiday is 30th of May to 6th of June

For further information and to register –

ymcaeastshortbreaks.magicbooking.co.uk/

www.ymcaeast Surrey.org.uk/children/disability-activities/short-breaks-5-11/

www.ymcaeast Surrey.org.uk/children/disability-activities/short-breaks-12-18/

www.ymcaeast Surrey.org.uk/children/disability-activities/duke-of-edinburghs-award/

01737 222859

Sight for Surrey

Locations – Days out throughout Surrey.

Age Group – 5 to 18 years

Needs catered for – Visual impairment

Types of provision – Activities every month through the year

Booking window – Events are advertised a month in advance and booked individually via the Help Desk

For further information and to register –

sightforsurrey.org.uk/

sightforsurrey.org.uk/cyps-referral-by-families-for-advice-services/

Email - cypsrec@sightforsurrey.org.uk

01372 377701

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Household Energy Bills and Finances

The current cost of living crisis is dominating our news, and sadly for so many families their lives, wellness and mental health too.

Below is a list of sources of help for families and individuals who are struggling to cope with the rising cost of living which includes tips on how to lower your bills, information for families unable to pay their bills, debt advice and government information around one off payments and funds.

While every effort has been made to provide accurate information, this factsheet is for guidance only and should not be considered an authoritative statement of the law.

Free, or low-cost changes that can be made to lower energy bills:

[Simple Energy Advice](#)

[Guide | Simple ways to save energy at home \(bulb.co.uk\)](#)

[Climate change: Four cheap ways to save energy at home - BBC News](#)

[Your energy supply - Citizens Advice](#)

[Support with Cost of Living - Turn2us](#)

(This site includes a benefits calculator as well as a grant search and other help)

Help with energy bills:

[EDF Energy Fund | EDF Energy Customer Support Fund | Charis \(charisgrants.com\)](#)

[E.ON Energy Fund initiative | About us | E.ON \(eonenergy.com\)](#)

[Struggling to Pay Your Energy Bills? We Can Help \(ovoenergy.com\)](#)

[Hardship Fund - ScottishPower Community](#)

[Struggling to pay your bills? We can help | Octopus Energy](#)

[Independent fuel debt advice – British Gas Energy Trust](#)

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Government advice on household support funds for local councils:

<https://www.gov.uk/government/publications/household-support-fund-guidance-for-local-councils>

Council tax and housing benefit

Contact the local council for help with council tax discounts, benefits, exemptions and for information on the [£150 rebate on council tax](#). This sum is a grant not a loan.

Benefit payments

Households on means-tested benefits will receive a payment of £650 this year, made in two instalments. You can find out more information following the link below:

<https://www.gov.uk/government/publications/cost-of-living-support/cost-of-living-support-factsheet-26-may-2022>

Debt Advice and Support

[Citizens' Advice](#) – gives people the knowledge and confidence they need to find their way forward – whoever they are, and whatever their problem.

[Christians Against Poverty](#) – provides free debt help and local community groups across the UK. These free services, run with local churches, provide practical and emotional support and show people that there is always hope.

[Guildford Action – Action for Families](#) – supports isolated families with a variety of complex needs, many of which relate to poverty and domestic abuse.



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StepChange

StepChange is a charity that helps thousands of people overcome debt every week. It provides:

60-second debt test – individuals answer a few simple questions to find out if they need debt advice, and what their next steps could be.

Debt remedy tool – individuals answer questions about their financial situation to understand what to do next, where to get further support and guidance and how to start to take control of their money.

Guide to the breathing space scheme – the government scheme which could help relieve some of the pressure and stress caused by being in debt.



Food bank referrals

The North Guildford food bank at St Clare's, Park Barn, the New Hope Centre, Bellfields and in Merrow (at the Bushy Hill Community Centre) has been set up to provide temporary help for individuals and families in the Guildford area who are in need. Working alongside local agencies and churches to ensure that no-one goes hungry.

They receive non-perishable food from local churches, supermarkets, schools and businesses to make up food parcels. Various agencies such as the Citizens Advice Bureau, Social Services, council etc then refer people who are experiencing short term financial difficulties.

They remain open for business at the Park Barn, Bellfields and Merrow branches. However, usual ways of working have been changed. To get a food parcel you will need to complete an online referral

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Locations and opening times

Park Barn, St Clare's Church: Tuesdays 1pm – 2pm, Wednesdays 9.15am – 10.45am, and on Fridays 5.30pm – 6.30pm.

Bellfields area: NB; currently operating out of, St Clare's Church, Park Barn. Thursdays: Collections at 5pm/ deliveries from 5.15pm

Merrow, Bushy Hill Community Centre: Thursdays 4.30pm – 5.30pm.

For more information and to request a food package please visit:

[The North Guildford Food Bank](#)



The Hive
Park Barn Drive
GU2 8EN



The Hive is nestled behind the trees along Park Barn Drive, just by Kings College School. The centre is an accessible space and open to everyone of all ages. The space celebrates bringing people together and providing our communities with somewhere to get together, enjoy and be inspired.

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The Honey Pot Coffee Shop

Monday to Thursday: 9.30am to 4pm

Friday: 9am to 3.30pm

Thrive at the Hive

Thrive at the Hive launched in 2019. As a team we wanted to focus on reducing landfill of homeware and clothes. Thrive at the Hive is a space to access essential items.

Everything is donated to by the community. The Hive ensures the quality and cleanliness is of a high standard.

Everything is available on a pay-as-you-feel basis. This means you can give as much or as little as you like for your items. All money donations go back into community projects.

Drop in times:

Tuesdays

Wednesdays

Thursdays

For information on all services provided by The Hive please visit:

[The Hive for families - Guildford Borough Council](#)

Dates for your diary:

Inset days (Centre closed to the public)

- Friday 1st July
- Friday 22nd July
- Thursday 1st September
- Monday 28th November

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://www.surveymonkey.co.uk/r/8PVX2S5>

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