

Guildford Family Centre Newsletter

December 2022



Winter is well and truly here after what feels like an unusually warm November. It's getting colder by the day, the Christmas lights have been switched on and Panto season is in full swing - hands up if you have already put your tree up!!!

With the doom and gloom across the news we could all do with some sparkle and excitement in our lives! However, many local residents will be worrying about the cost of feeding their families and heating their homes, as well as finding money for Christmas presents and dinners.

Have a look through the links included throughout this newsletter to find tips on how to conserve energy, and information on support that local services may be able to provide. The [Help for Households](#) link has deals from utility companies, supermarkets and retailers, and even savings on visiting the cinema!

And on that note.....

Our partners at Guildford Nursery School at Hazel Avenue and York Road are fundraising provide to all the activities and events that will enhance the children's educational experience.

Please support Guildford Nursery School and Family Centre on #easyfundraising. You can raise FREE donations when you shop online with over 7,000 brands. It's simple and only takes 2 minutes to sign up! This will make a BIG difference to us. Sign up here:

[Guildford Nursery School and Family Centre Fundraising | Easyfundraising](#)

***Wishing you all a very Merry Christmas and a Happy New Year,
from all the team at Guildford Family Centre.***

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



Free Christmas fun in and around Guildford



Saturday 3rd December, 11am-4pm

Christmas Wish Workshop

Walkabout Santa, Elf and Reindeers

Where?: The Friary Centre and walkabouts around Guildford Town



Saturday 10th December, 11am-4pm

Gingerbread Workshop and Walkabout
Gingerbread Men

Where?: The Electric Theatre and walkabouts around Guildford Town



Saturday 17th December, 11am-4pm

Christmas Craft Workshop and 2x LED Angels

Where?: Tunsgate Quarter and walkabouts through Guildford Town



Sunday 11th December, 11am-4pm

Walkabout Christmas Fairy and In Accord (A Capella singing group)

Where?: Guildford Town Centre



Sunday 18th December, 11am-4pm

Walkabout Christmas Fairy - 11am start.
Godalming Jazz Choir From 1pm.

Where?: Guildford Town Centre

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Come and join the festive fun at The Hive! Activities include....

- Christmas Stalls
- Santa's Grotto
- Christmas Raffle
- Christmas Cake Competition
- Chestnuts on an Open Fire
- Get Plucky Ukelele Group
- Dashing Donkey Rides
- Rhythm of Life- Community Choir

....and much much more

Entry is FREE and all are welcome to join in on the day.

Christmas, Boxing day and New Year's Day walks

Blow away the cobwebs of a challenging year by starting 2023 with Mane Chance Sanctuary!

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 10am and 2pm and the route will take about an hour.



There will be a quiz around the route to keep little people entertained on the way, as well as hot food, hot chocolate, mulled wine and hot drinks are available at the end in the barn to reward all your efforts!

Tickets bought in advance cost £2 for adults and £1 for children and seniors. Children under 5 (and dogs!) come free! (Tickets on the gate are £3 and £1.50 respectively.) Dogs are welcome too, but they must be kept on leads. For more information visit:

[New Year's Day Walk 2023](#)

manechancesanctuary.org



Although it's tempting to stay indoors and keep warm this Christmas, there are so many wintry walks on your doorstep worth venturing out for.

Surrey is gorgeous all year round but in winter the crisp fresh air can make walks along rivers or through forests feel that extra bit special—especially if it's been snowing!

Follow the link to find a list of beautiful countryside walks for you to enjoy over Christmas Day and Boxing Day if you fancy walking off the turkey roast (or building up an appetite for one)!

[Surrey's 58 best winter walks for Christmas and Boxing Day - Surrey Live \(getsurrey.co.uk\)](#)

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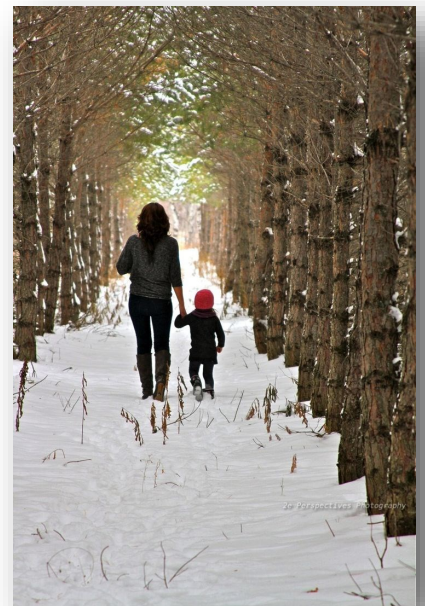
A number of organised health walks take place near to where you live. Walking can provide lots of healthy benefits:

- walking can make you feel good
- give you more energy
- reduce stress
- help you sleep better
- keep your heart healthy
- reduce blood pressure
- help you to manage your weight

[Walking for Health groups - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)



Family days out in the countryside



Getting outside is proven to be great for our physical and mental health and wellbeing.

We know that children and young people love the opportunity for an outdoor adventure and connecting with nature but often want to experience more than just a walk.

Here are some ideas for family adventures across Surrey's countryside:

[Family days out in the countryside - Surrey County Council \(surreycc.gov.uk\)](http://surreycc.gov.uk)

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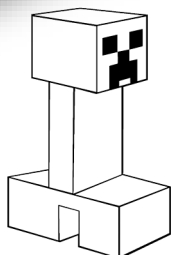
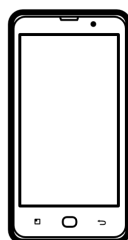
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Surrey Libraries

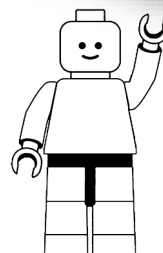


- Free Rhymetime and Storytime sessions for U5s
- Dyslexia friendly books for over 5s
- Good selection of books on tricky topics (eg bereavement, mental health)
- The libraries run clubs, eg STEM, Lego and Minecraft
- Library Direct means you don't have to physically go into a library but can get books brought to you (if you have trouble with health, mobility etc)
- Library membership entitles you to access to eLibrary services, such as ebooks, emagazines ,ecomics eAudiobooks etc
- Access to Ukranian books
- IT access and help (1:2:1 available)
- Surrey Libraries welcome the GRT community. Support is available for families who might be feeling nervous about joining or using the facilities or if you just have questions about what the library can offer.

Contact: email - Jenny.hudson@surreycc.gov.uk telephone - 07977 376400



District/Borough	
Elmbridge	Cobham, Thames Ditton, Esher, Hersham, Molesey, Walton, Weybridge
Epsom & Ewell	Epsom Ewell, Ewell Court, Stoneleigh
Guildford	Ash, Guildford, Horsley
Mole Valley	Ashted, Bookham, Dorking, Leatherhead
Reigate & Banstead	Banstead, Horley, Mersham, Redhill, Reigate, Tattenhams
Runnymede	Addlestone, Chertsey, Egham, New Haw, Virginia Water
Spelthorne	Ashford, Shepperton, Staines, Stanwell, Sunbury
Surrey Heath	Bagshot, Camberley, Frimley Green, Lightwater
Tandridge	Caterham Hill, Caterham Valley, Lingfield, Oxted, Warmingham
Waverley	Bramley, Cranleigh, Farnham, Godalming, Haslemere
Woking	Byfleet, Knap Hill, West Byfleet, Woking



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The Community Wellbeing Team@



Community fridge

The Guildford Community Fridge is open for everyone. The fridge reduces food waste in the borough and celebrates sharing of quality food. The fridge has a mixture of quality food items throughout the week including:

Cupboard essentials
Fresh fruit
Vegetables

Please you only take what you need and bring your own

re-usable bag for life to use.

Monday to Thursday 9am-4pm
Friday 9am-3:30pm

The Hive
Park Barn Drive
GU2 8EN

Opening times

If you have any queries or questions about the fridge, please contact

community.wellbeing@guildford.gov.uk or call 01483 444150.



Coffee shop at the The Hive -

The Honey Pot

The coffee shop is a wonderful family friendly space, open to everyone. The space is an open and welcoming environment. This is a community led space, designed to work for you and your family.

Fresh cakes, light bites and refreshments are available, including a mug of tea or coffee from 55p.

Alongside the coffee shop is a large play space for children to use. All children using this space should have an adult with them and cannot be left unsupervised.

How to find them

You will see the coffee shop as soon as you enter the Hive. They are pushchair and wheelchair accessible.

Opening times

- Monday to Thursday: 9.30am to 4pm
- Friday: 9am to 3.30pm



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Support for families

The warm home discount scheme



The qualifying means-tested benefits are:

- Housing Benefit
- Income-related Employment and Support Allowance (ESA)
- Income-based Jobseeker's Allowance (JSA)
- Income Support
- the 'Savings Credit' part of Pension Credit
- Universal Credit

You could also qualify if your household income falls below a certain threshold and you get either:

- Child Tax Credit
- Working Tax Credit

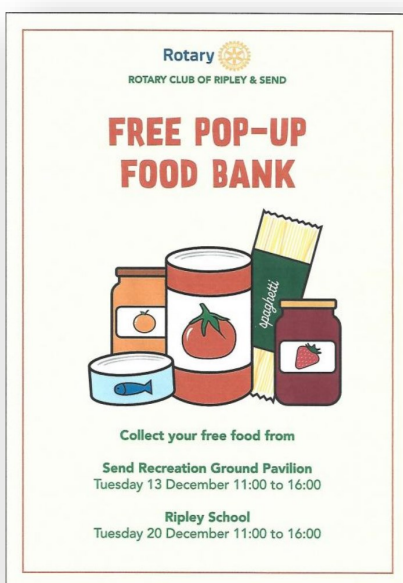
[.Warm Home Discount Scheme: If you're on a low income - GOV.UK \(www.gov.uk\)](https://www.gov.uk/warm-home-discount-scheme)



Find out what offers are available from businesses to help with the cost of living.

Supermarkets, retailers, energy and utility companies and even cinemas have some great deals, discounts and advice. Follow the link for further information:

[Discounts and offers - Help for Households](#)



Local areas are trying incredibly hard to support their residents through the cost of living and energy crises.

Merrow Methodist Church will be hosting a Warm Space every Thursday morning from 8.45 am - 11.45 am

The Rotary Club of Send & Ripley are holding two free pop-up food banks through December, please call 01483 224888 for further information.

Warm Space - Warm Welcome



Thursday mornings 8.45 - 11.45
from 1 December

at Merrow Methodist Church

This space is open to everyone and all facilities are free

- Come in, enjoy a coffee or tea and be warm
- Log on to wi-fi or charge your phone
- Bring a book or a craft, read a paper or magazine, do a jigsaw or just relax

Merrow Methodist Church, Bushy Hill Drive, Merrow GU1 2SH

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Support for families

Find out about the funding, grants and financial assistance that you may be able to access as a parent carer in Surrey on the Local Offer website:

[Funding, grants and financial assistance | Surrey Local Offer](#)



- Direct payments
- Disabled Facilities Grants
- Financial assistance and entitlements for carers
- Funded early education for two year olds (FEET)
- Parent Carer Grant
- Tax free childcare scheme
- Travel assistance
- Personal budgets



The Household Support Fund helps ease financial pressure on residents with low incomes. It offers help with food, energy bills and other essential household items. The Department for Work and Pensions fund the scheme.

The scheme will run until 31 March 2023 or earlier if all funds have been allocated.

Information about the scheme:

- £400 is the most that can be awarded
- you can only submit one application per household
- applications can be made on behalf of someone else
- all applications will be treated fairly and consistently



Cost of Living Payment

If you claim certain benefits or tax credits, you may be eligible for an extra payment to help with the cost of living. If you're eligible, payments will be made automatically.

Find out more: [Cost of Living Payment – GOV.UK](#)

Energy saving advice

Alongside the support that the government is providing through the Energy Price Guarantee and the Energy Bills Support Scheme, there are some simple actions you may not be aware of that could help you save further money on your energy bills:

[Energy saving advice - Help for Households](#)

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Links for Family, Community & Health

ManKind Initiative

This confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

[Male Victims of Domestic Abuse – Please call 01823 334244 to speak to us confidentially - \(mankind.org.uk\)](http://mankind.org.uk)



Action for Carers

The dedicated Surrey Young Carers team support children under 18 with workshops, forums and time-out activities, helping them have a break from caring and enjoy just being children:

[Young carers \(under 18\) | Action for Carers](#)

Mindworks

Mindworks Surrey is a new emotional wellbeing and mental health service for Children and Young People in Surrey, You can find support and advice, and well as links to other useful organisations via the link below:

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



This May Help

This May Help has been created to support parents and carers with concerns about their child's mental health.

The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. What helped them may also help you.

[Home | ThisMayHelp](#)

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Support for families



Parenting can be difficult even at the best of times, so when mental health issues are involved it can become overwhelming.

This May Help is aimed at parents and carers who may have concerns about their child's mental health and is part funded by the Quality Improvement Taskforce for Children and Young People's Mental Health, Learning Disability and Autism Inpatient Services.

The website gives easy-to-follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who've been through their own child's mental health journey.

Parents and carers have shared advice that helped them and that may also help other families.

The advice is available both as videos, typically a couple of minutes long, or one- or two page documents you can view online, download or print.

[How to support your child's mental health | ThisMayHelp](#)



**Well-Being & Mindfulness
Event
for Guildford and Woking
Parent Carers**

In person event in Woking

**Free Guildford and Woking
wellbeing event**

Date: 6th December (Tuesday 10.00am - 1.00pm)

'Well-being and Mindfulness session' **IN PERSON EVENT**

This FREE event is for Parent Carers who live in Guildford and Woking Boroughs

Please join Di and Nicole for this Amazing Well-being and Mindfulness session for SEND Parent Carers, living in Guildford and Woking, in need of a bit of pampering. The Event will be located at the Dianthus Building near the Goldsworth Park in Woking on the 6th of December at 10am-1pm. The Amazing Pampering Event will include tea, coffee and some cakes followed by a Mindfulness session starting at 10:30am with Emma Martin and a well-being session by Shine Co-ordinator, Nicole Farrell. Places are limited to 30 people so please email to book your place ASAP.

Please email guildford@familyvoicesurrey.org or woking@familyvoicesurrey.org ASAP to avoid disappointment and to book your place and for more information.

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Other useful information

Please note that all groups and clinics below will run until Friday 23rd December 22. Return dates are under each group, please do check these.

Any calls made to our centre will be answered by staff working over the Christmas period.

- **Baby weigh in clinics**

These are drop in sessions, no need to book

Mondays 12.30pm - 2.30 pm @ Guildford Family Centre, Southway, Guildford GU2 8YD

Last session will be Mon 19th and will resume Mon 9th Jan

Tuesdays 9.30 am - 12.30 pm @ Guildford Nursery School, Hazel Avenue, Guildford GU1 1NR

Last session will be Tues 20th Dec and will resume on Tues 10th Jan

- **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:

Mondays 10:00 am - 11:30 am @ Guildford Nursery School, Hazel Avenue, Guildford GU1 1NR

The last session will commence Mon 19th Dec and will resume on Mon 9th Jan.

- **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

The last session will commence Thurs 22nd Dec and will resume on Thurs 5th Jan.

- **Dates for your diary:**

Family Centre closed for Christmas

- 24th December - 4th January 2023 - please note that calls will be still answered as some of our team will be working over Christmas.
- 5th January centre re-opens

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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