



Runnymede
Family Centre

NEWSLETTER – OCTOBER 2023

email us: info@runnymede-familycentre.org

visit us: www.runnymede-familycentre.org

call us: 01784 464395



The following information is for parents, carers and RFC partner agencies, we hope you find it useful.

Please find us, like us and follow us on our facebook page!

We will update the page with the latest information and signposting.



We are often asked about what groups are running in the Runnymede area. The Family Information Directory is a fantastic place to find local baby and toddler groups.

Search the directory here: <https://orlo.uk/irJa3> and type in "stay and play", "baby group" or "toddler group" as key words and add your location to have a look at what's close to you!

Find local baby and toddler groups

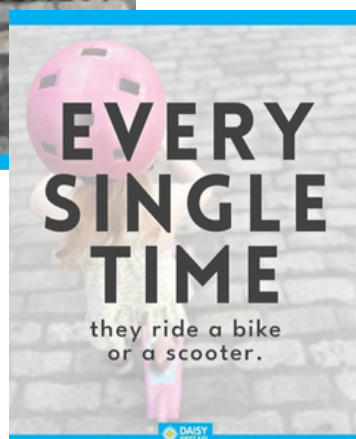
Family Information Directory

Find registered childcare, family activities, holiday clubs and support groups near you.



We have a paediatric first aid class for parents/carers at our Addlestone site on Tuesday 21st November, 7–9pm.

If you would like to attend please contact Runnymede Family Centre.
The cost of the class is £10, non refundable



St Paul's Church have lots going on for all ages – Thorpe road, TW18 3HJ www.speh.org.uk

Messy Church

3.15–4.30pm

Monday 16th October

Monday 20th Nov.

Food, Story, Crafts, DJ

Free Event!

Stepping Stones Baby

and Toddler Group

Thursdays 9.30–11am

Free Activities

Youth Space

For Year 7

Tuesdays

3–4.30pm

Food Wi-fi

Games Xbox



Two doses of the MMR vaccine offers protection for life against measles, mumps and rubella. Is your child protected? If you're not sure, contact your GP about getting catch up vaccinations.

More info:

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

Beacon Life

REVIVE
COFFEE SHOP

To book either The Beacon or Revive
email: bookings@beaconchurch.net

Little Lights Baby & Toddler Group

Mondays (Term time only)
9.30am–10.45am (newborn–4 years)
11.00am–12.10pm (newborn–4 years)
Online booking required - £2 per family
Contact Lizzie at: little.lights@beaconchurch.net
Tel: 01932 569405 | www.little-lights.net

Playball Multi-sport Classes (Term time)

Tuesdays
9.30am–11.00am
Contact Mike at:
ar@playballkids.com
Tel: 07488 581123
www.playballkids.com

Runnymede Foodbank

Wednesdays
10.00am–12.00pm
Contact Jenny or Sarah:
Email: info@runnymede.foodbank.org.uk
Tel: 01932 943056
www.runnymede.foodbank.org.uk

Salsa Classes

with Rubies Dance Centre
Wednesdays 7.00pm–9.00pm
Contact Emily at: rubies@me.com

Jam Fam Fit Buggy Fitness Classes

Fridays 10.00am–11.00am
Contact Hannah at:
Tel: 07904 816452

Chertsey Maths Club

(Term time only)
Mondays 4.00pm–6.00pm
Tuesdays 4.00pm–6.00pm
Contact Natalia at:
chertseymaths@outlook.com
www.chertseymaths.org

Alcoholics Anonymous Men's Feelings Group

(focussing on the feelings and emotions that can lead to an addiction to drink)
Thursdays 7.30pm–9.00pm

Eat Well Spend Less

A 6-week course learning to cook healthily and on a budget—for free.
For upcoming course dates please contact Helen at:
eatwellspendless@runnymede.foodbank.org.uk
or call Runnymede Foodbank on 01932 943056

Infant Feeding Support Group

Mondays in Revive
10.30am–12.30pm (for babies under 28 days)
12.30pm–1.30pm (for babies over 28 days)

Ukrainian Drop In Session

For Ukrainian families and hosts
Tuesdays in Revive
12.30pm–2.00pm
Contact Oksana at:
Tel: 01932 571122
oksana@voluntarysupport.org.uk

Chertsey Woolcraft Guild

1st Saturday 10.30am–12.30pm
3rd Sat & 4th Tue 1.00pm–3.00pm in Revive
Contact Marion at:
marionborthwick2506@gmail.com

Glo Youth Group (Term time only)

Fridays 7.30pm–9.30pm
For school years 7–13
Contact Dave at:
Tel: 01932 569405

STOP TOBER

**STOP SMOKING
AND GOOD
THINGS HAPPEN**

You get
closer
to that
trip away



Commit to quit

Better
Health
Let's
do this

Kids often enjoy healthier food if they help cook it.

**Sign up to our 8 week Healthy Steps emails for
easy tips, budget friendly recipes, Disney-
inspired games, family challenges and more!**

Join our Healthy Steps programme today:

**[https://healthysteps.betterhealth-
healthierfamilies.co.uk/signup](https://healthysteps.betterhealth-healthierfamilies.co.uk/signup)**

Find healthier food swaps with Food Scanner

Download the free
NHS Food Scanner App
and scan, swipe, swap
healthier choices for
your family.

Available on the
Google Play
App Store

Better Health Let's do this

Do your kids get involved in cooking with you?

Mindworks Surrey

**Neurodevelopmental helpline
for parents of children with
ADHD and autism**

**Open 5pm to 11pm every day
Call : 0300 222 5755**

**family
lives**

**Family lives offer support and advice, call their
helpline on
0808 800 2222, email them at
askus@familylives.org.uk or you can chat online via
their Live Chat service.**

**You can also visit the online forum community to
share dilemmas, experiences and issues with others
who understand the ups and downs of family life**

EXPERT PARENT PROGRAMME

Challengers
Surrey County Council

Surrey resident parent carers are invited to join us on this peer-led workshop helping you get the best from the NHS health and care system. Equipping you with knowledge and tools to increase your skills and confidence in accessing services to ensure the best outcomes for your disabled children and young people.

Book your free space online



Workshop topics

- Person centred approaches to care
- Making the most of appointments
- Using language effectively
- Moving towards outcomes
- Needs, Rights, Levers and Laws
- Local and National health system
- Looking after yourself as a carer

In-Person Workshop Dates and Times:

- Mon 9th Oct 9.45am to 2.15pm - General Session
- Wed 8th Nov 9.45am to 2.15pm - Transition to Adulthood (age 14+)
- Tues 23rd Jan 9.45am to 2.15pm - Complex Health Needs Transition to Adulthood (age 14+)
- Tues 19th Mar 9.45am to 2.15pm - Early Years (0 to 5 years)

Online Workshop over two evenings, 7pm to 9pm:

- Wed 22nd Nov & Wed 29th Nov - General Session
- Thur 22nd Feb & Thur 29th Feb - Transition to Adulthood (age 14+)

COUNCIL FOR DISABLED CHILDREN

Contact us for more information
thehub@disability-challengers.org
01483 961962



Learn how to cook and eat healthily on a budget

Cooking fun

12 delicious recipes to enjoy making and eating, from soup to cookies - for free!

Join us on Fridays from 6th October for 6 weeks (break on 27th October)

10 am - 12.30 pm at

The Beacon, 95 Guildford Street, Chertsey, KT16 9AS

Contact Helen Bunclark

Eatwellspendless@runnymede.foodbank.org.uk or
Runnymede foodbank 01932 943056



Ashford and St Peter's Hospitals' Charity
Charity No: 1038067

Ashford and St. Peter's Hospitals
NHS Foundation Trust

GO SOBER FOR OCTOBER

JOIN US!

We invite you to join us in our Sober October Challenge by going alcohol-free for the month. Invite your family and friends to join in too!

We are asking for voluntary donations towards our Alcohol Liaison Services. This will allow them to buy training materials such as liver models, leaflets and props from alcohol concern and they are in need of clothing.

Please give £1 a day or the value of what you would have spent of alcohol for the month.

31 days



Download the free NHS Drink Free Days app and record each day you are alcohol free.

Follow us on social media



Contact us

01932 726885
osp@fundraising@nhs.uk



Any donation regardless of the amount is welcome and will make a difference. We accept cheques, cash and electronic transfers. Please scan the QR code with your phone camera to make a donation.



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Baby Bubble

For Mums and their under ones

Wednesdays at Family Centre Hythe Primary School Thorpe Road Staines TW183HD

Thursdays at Family Centre 121 Church Road Addlestone KT15 1SH

Every week 10.30 to 12.00 (excluding bank holiday weeks)

A welcoming space to relax, feel at ease, make friends and enjoy time with baby and it's free...

Just come along or call Home Start Runnymede and Woking to find out more 01483 740367



Runnymede Family Centre

Library Lambs Baby Group

At Chertsey Library

14.30 - 16.30pm



Every fortnight on Friday



PEBBLE STORY AND RHYMETIME!

Every Tuesday

10:30 - 11:00am



At Chertsey Library



STAY SAFE THIS HALLOWEEN AND HAVE FUN



DO YOU HAVE A CHILD WITH ADHD



Come and share experiences with other parents/carers and learn more about ADHD over a coffee. Primary school aged children (newly diagnosed or awaiting diagnosis). 3- week course with professionals plus the opportunity to continue peer support after the group finishes.

Please be aware that there is no childcare available during the group.

ADHD PARENTS GROUP

10.30-12.30

TUESDAY 26TH SEPTEMBER

TUESDAY 3RD OCTOBER

TUESDAY 10TH OCTOBER

THE LOCAL CONVERSATION, 112 HIGH ST, STANWELL, STAINES, TW19 7JS

FOR MORE INFORMATION AND/OR TO BOOK A PLACE CONTACT JO HERNANDEZ
JOANNE.HERNANDEZ@SURREYCARETRUST.ORG.UK

SURREY
CARE TRUST