

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 have a paediatric first aid class
for parents/carers at our
Addlestone site on
Tuesday 30th
January, 7–9pm
If you would like to attend please
contact Runnymede Family Centre.
The cost of the class is £10, non
refundable



We have another Action for
Carers Information and advice
session on Tuesday 16th

January at 10am

Barbara will be at our Addlestone site, Church road, Addlestone KT15
1SH. Parents can drop in to see what support is available to them.





Runnymede
Family Centre

Job Club



Looking for work? Come and visit the Job
Club at Runnymede Family Centre
(Addlestone) for one of our 1:1 sessions with
ADP. Offering support with CV
writing/updates, Interview techniques and
help with online job applications

ADP

All sessions are from 10am-12pm:
Tuesday 19th December 2023

Please contact
01784 464395 for
further details and to
book your 30 minute
session



**It's OK to not be OK at Christmas time, here's some helpful organisations
you can contact if you need to**

PANDAS offers hope, empathy and support for every parent affected by perinatal mental
illness 0808 1961 776 pandasfoundation.org.uk



PAPYRUS the UK charity dedicated to the prevention of suicide and the promotion of positive
mental health and emotional wellbeing in young people 0800 068 4141 papyrus-uk.org



CALM stand together with everyone who's struggling with life, no matter who they are, where
they're from or what they're going through 0808 58 58 58 thecalmzone.net



Samaritans are there, day or night, for anyone who's struggling to cope, who needs someone to
listen without judgement or pressure 116 123 samaritans.org



SHOUT is the UK's first and only free, confidential, 24/7 text messaging support service for
anyone who is struggling to cope Text SHOUT to 85258 giveusashout.org



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.

Online parenting courses

Online parenting courses are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. Family Lives courses are filled with helpful techniques and ideas that we are sure will help you become a confident and happy parent. Crucially, you can do the course whenever and wherever suits you and work through it at our own pace but you will need to complete the course in 60 days from enrolment. The range of courses are below. Please follow this link to book – <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>



Parents Together



Let's Play



Coping with
teens



A New Baby in
the Family

Reminder

Whatever your concerns about a child's safety or wellbeing, share them with us.

 0808 800 5000

 help@NSPCC.org.uk



0333 335 0026

Fridays & Saturdays: 19:00 - 03:00
Sundays: 19:00 - 01:00



About Us

Donate

Volunteer

Policies

Resources

Contact

Strut Safe is a UK-wide phone line. If you're walking alone, our volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door.

Strut Safe is proud to be the winner of the 2023 Young Scot Community Award.



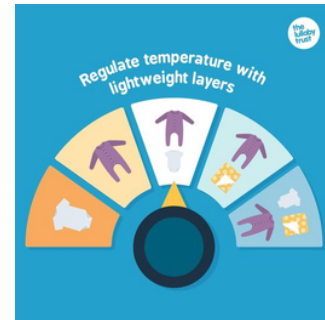
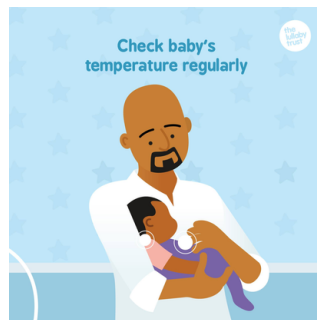
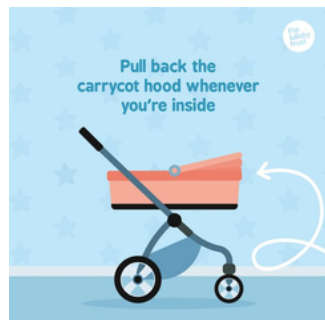
Activities Include:

Half Term Craft activities
Rhymetime & Storytime
Knit and Natter Groups
Reading Groups for all ages
Walk in Health Clinic (Chertsey)
Digital Buddy Service
Meet the Beat
Coffee and Cake mornings
Code Club for children aged 9-15 years

To find out more information visit:

<https://www.surreycc.gov.uk/libraries/news-and-events/regular-events-reading-groups>

The lullaby trust has some top tips for parents with babies the colder weather. Whether you're battling a blustery school run or dashing to the shops in the rain, here is our pram safety advice for the colder months:



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)

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

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

HOME START
Runnymede & Woking

Runnymede Family Centre

 A collage of images showing a person cooking, a burger, and cookies.

EAT WELL SPEND LESS

the trussell trust
Helping UK Hungry

foodbank
by trussell trust

Learn how to cook and eat healthily on a budget

Learn new skills - cooking from scratch, meal planning and budgeting. Recipes from soup to cookies - for free!

Join us on Tuesdays from
23rd January 2024, 10am - 12.30pm
For 6 weeks with a break for half term on 13th Feb

Addlestone Young People and Family Centre, Church Road KT15 1SH

Contact Helen Bunclark
Eatwellspendless@runnymede.foodbank.org.uk
or Runnymede foodbank 01932 943056
for more details and to book a place
Registered Charity in England and Wales No. 1087751

 A photo of a person in a green apron cooking.

A yellow circle with three black dots.

Neurodevelopmental helpline for parents of children with ADHD and autism

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

The logo for Mindworks Surrey, featuring the word 'Mind' in blue and 'works Surrey' in purple.

Christmas Tree Lighting Ceremony

Saturday
2nd
December
4:30pm

Music from:
St Jude's Brass Band
St Jude's Junior and
Infant School Choir
with members of Egham Band

Hot Drinks and Nibbles
Audience Singing
Free Event for All

ST JUDE'S ROAD, ENGLEFIELD GREEN
OPPOSITE THE SHOPS



ST ANDREW'S CHURCH, COBHAM CHRISTMAS CAROL CONCERT

Tuesday 5th December, 7pm

TICKETS
£8*

includes



Join us for carols to raise funds for
Sensory Services by Sight for Surrey



www.sightforsurrey.org.uk
Charity number: 1121949 *Fees apply



Christmas @ St Peter's Church

NATIVITY
Sunday 10th December | 10.30 am

CAROLS BY CANDLELIGHT
Sunday 17th December | 6.30 pm

CHRISTINGLE
Christmas Eve | 4.00 pm

MIDNIGHT COMMUNION
Christmas Eve | 11.30 pm

CHRISTMAS DAY
9.00 am Holy Communion
10.30 am Christmas Celebration

Follow The Star
Join The Song



Adult Courses available at Brooklands College

Brooklands Open Day Adult Education Event at:
Addlestone Young People & Family Centre,
Church Road, Addlestone KT15 1SH

LEARN MORE



On Tuesday 5th December,
between 12pm - 2pm



Please pop in and speak to
representatives from Brooklands College
Youth Hub to find out about adult courses

Did you know that some courses are
free to people in receipt of Universal
Credit? Brooklands College can help
with travel costs and child care is
available on site, in some cases



START
HERE

For further information please contact:
info@runnymede-familycentre.org or
call us on 01784 464395



CHRISTMAS SERVICES

PEACE
AT CHRISTMAS



COME & CELEBRATE WITH US!

SUNDAY 17TH DECEMBER:
CAROL SERVICE @ 4PM

CHRISTMAS EVE:
CRIB SERVICE @ 2.30PM
A NATIVITY FOR ALL THE FAMILY

MIDNIGHT COMMUNION @ 11.15PM
A SPECIAL TIME OF WORSHIP TO WELCOME IN CHRISTMAS DAY

CHRISTMAS MORNING:
CAROLS & COMMUNION @ 10AM

All Saints' Church, Woodham Lane, New Haw, Surrey KT15 3DH
Website: www.allsaints-newhaw.org
www.facebook.com/allsaintsnewhaw
Email: officeallsaintsnewhaw@gmail.com Tel: 01932 349297