



Runnymede  
Family Centre

# NEWSLETTER – JANUARY 2024

email us: [info@runnymede-familycentre.org](mailto:info@runnymede-familycentre.org)

visit us: [www.runnymede-familycentre.org](http://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.



Get the job you want  
with Room for Work

*Develop your career in a friendly  
and supportive environment*

Our Egham course for unemployed  
over-45s meets once a week

Fridays, 10.30am-1pm, from 19 January to 26 April 2024

Location: The Easter Centre, St John's,  
Manor Farm Lane, Egham TW20 9HL

Register online to save your place at

[roomforwork.org](http://roomforwork.org)

Room for Work is a Registered Charity No. 1160957

**Our courses are free**  
If you have just been made  
redundant, have been searching  
for some time, or you are  
returning to work

**Delivered in small groups**  
We specialise in helping  
mature job seekers (45+) with  
previous work experience

**Instruction provided  
by experts**  
Our Course Leaders are  
professionals in their field

**Including tailored  
one-to-one mentoring**  
You'll find guidance and  
encouragement at  
Room for Work

**And follow-up support**  
With ongoing career coaching

*"One of the best courses  
I have been on in my life,  
changed the way I looked  
at finding a job and  
gave me the confidence  
to be my true self."*

*Rita J.  
Now employed at a major fashion brand*



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.



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

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](http://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](http://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](http://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](http://samaritans.org)



shout  
85258

**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](http://giveusashout.org)



Family lives offer support and advice, call their helpline on **0808 800 2222**, email them at [askus@familylives.org.uk](mailto: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](mailto: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>





**NHS**

Where to go for the right medical help



**111**  
111.nhs.uk

If you need urgent medical help, but you're not sure if you need to go to A&E, use NHS 111 online or call 111.

You'll get assessed and directed to the right place for you.

111 online is for people aged 5 and over.



For all other health needs, contact your pharmacy or GP practice.

You can also access NHS advice and information at [www.nhs.uk](http://www.nhs.uk)

Dial **999** for life-threatening emergencies

## Surrey and Borders Mind Matters NHS Surrey Service

Help and support for people with anxiety, stress, depression and other mental health concerns. It is free and confidential.

### How do I get help?

We accept referrals from individuals aged 17+ who are registered with a Surrey GP. Our trained staff are available Monday–Friday 8.30am–5.30pm by:

**Tel 0300 330 5450 Text: 07786 202 565**

**Email: [mindmatters.surrey@sabp.nhs.uk](mailto:mindmatters.surrey@sabp.nhs.uk) Self refer: [www.mindmatters](http://www.mindmatters) Or alternatively you can ask your GP to refer you**



Join our Mothers' wellbeing course

Mind Matters Surrey NHS



Join our fathers' wellbeing course

Mind Matters Surrey NHS



# 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



**EAT WELL SPEND LESS**

the trussell trust Stop UK Hunger

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](mailto:Eatwellspendless@runnymede.foodbank.org.uk)  
or Runnymede foodbank 01932 943056 for more details and to book a place

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

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

**Mindworks Surrey**