

NEWSLETTER – JANUARY 2024

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.







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

Room for Work is a Registered Charity No. 1160957



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Action for Carers We have another Action for Carers Information and advice session on Tuesday 16th January at 10am

Barbara will be at our Addlestone site, Church roa 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 0808 1961 776 illness pandasfoundation.org.uk



PAPYRUS 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 samaritans.org listen without judgement or pressure 116 123

SAMARITANS

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



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

2 771

0333 335 0026

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

Donate

Volunteer

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



Join our

course 🦠

Mothers' wellbeing

Mind Matters Surrey NHS





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.

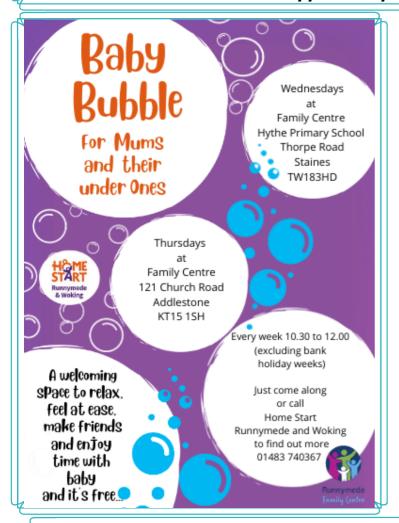
How do I get help?

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 Self refer: www.mindmatters Or alternatively you can ask your GP to refer you









Neurodevelopmental helpline for parents of children with ADHD and autism

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

