



Runnymede  
Family Centre

# NEWSLETTER – MARCH 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.



## Promoting safety in Runnymede



Come down to the **Hythe Centre** -  
and try one of our introductory  
self defence workshops!



A great opportunity to learn how to  
de-escalate dangerous situations and  
keep yourself safe.

£5 deposit to secure your place, refundable only on attendance

To book a place:

**FEMALE**

Wed 6th March 1830–2030

Wed 13th March 1830–2030

Wed 20th March 1830–2030

**MALE**

Wed 27th March 1830–2030

Minimum age to participate is  
14 years. No upper age  
restriction

To book a place:

The Hythe Centre, Thorpe road, Egham TW18 3HD

<https://www.eventbrite.co.uk/o/runnymede-borough-council-8231305609>

## Runnymede Family Centre Update

Believe in  
children  
Barnardo's

From April 1st Barnardo's will be the new  
provider of Family Centre services in  
Runnymede.

Alternative premises in the Egham area are yet  
to be confirmed, along with new contact details  
and website. When further details are known,  
this information will be shared with you.

**NHS**

Make sure your child  
is up to date with their  
MMR vaccinations



Check your child's red book,  
and make an appointment  
with your GP practice to  
catch up on missed doses



We have a paediatric first aid  
class for parents/carers at  
our Addlestone site on:

**Tuesday 5th March, 7–9pm**

If you would like to attend please contact Runnymede Family Centre.

The cost of the class is £10, non refundable.



Neurodevelopmental helpline  
for parents of children with  
ADHD and autism

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

**Mindworks  
Surrey**



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.

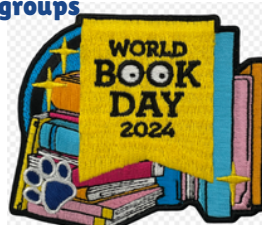
0808 800 5000

[help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)



To find out more information visit:  
<https://www.surreycc.gov.uk/libraries/news-and-events/regular-events-reading-groups>

COMING  
SOON



### Activities Include:

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

**7th March 2024**



## Learn, Play & Thrive The Toddler Years



Understand your toddler's brain development and the effect that this can have on their behaviour.

Learn how different parenting approaches can impact on behaviour and the developing brain.

Learn how play can support your toddler's development and language skills

This is a FREE online course over two weeks  
2 hour session will help you to understand how your toddler's brain develops and why toddlers do certain things in certain ways.

For course dates, more information and to book your place, please visit:

Web : [www.surreycc.gov.uk/familylearning](http://www.surreycc.gov.uk/familylearning)  
Email : [familylearning@surreycc.gov.uk](mailto:familylearning@surreycc.gov.uk)  
Tel : 0300 200 1044







**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



Mind Matters Surrey NHS



Mind Matters Surrey NHS



This service helps local people in Runnymede and the surrounding areas who find themselves homeless

Providing essentials  
in a rucksack  
for those  
who are homeless

### Contact:

[info@justahelpinghand.co.uk](mailto:info@justahelpinghand.co.uk)

**07787 993266**

**The Beacon 95 Guildford Street Chertsey Surrey  
KT16 9AS**



**ACE** YOUTH PROJECT

**SPORT4KIDS KICKX**

achieve

All sessions are £2

**Aged between 11-18 years?**

Starting Monday 19 February 2024 during term-time come along and enjoy sports and other activities, whilst making new friends and having fun!

**Monday, 4-6pm Kick X Football Arena, Addlestone**  
Indoor hybrid football with football formats including Padbol, Jorkyball, Teqball, Panna, KickX Goal, KickX Wall and KickX VR.

**Tuesday, 5-7pm Egham Orbit, Egham**  
Delivered by Sport4Kids, activities such as tennis, football, basketball, fitness classes, and more.

**Friday, 6-8pm Gogmore Farm Park, Chertsey**  
Delivered by Sports4kids, activities such as pool, tennis, football, table tennis, basketball and more.

No need to book, just turn up!  
All activities are delivered by DBS checked staff.

[enquiries@sport4kids.biz](mailto:enquiries@sport4kids.biz), 0300 303 3866  
[Hello@kickxfootball.com](mailto:Hello@kickxfootball.com), 01932 821610

Runnymede BOROUGH COUNCIL



## Browse for Services by Topic:

Special Educational Needs, Childcare finder, Health, Education & Training,  
Social Care, Leisure, Events, Help & Support.

<https://familyinformationdirectory.surreycc.gov.uk/kb5/surrey/fsd/home.page>