



Runnymede  
Family Centre

# NEWSLETTER – JULY 2023

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 and signposting is for parents, carers and RFC partner agencies.  
We hope you find it useful.



Runnymede Family Centre

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

We will update the page with the latest information and signposting

NEW



**FAMILY LINKS**

The Centre for Emotional Health

We are really pleased to announce we will be running another 10 week Parenting puzzle course from Tuesday 19th September – Tuesday 28th November 7–8:30pm.

The course will be online.

If you want to get the best out of family life and give your children the best chance in life, this is the course for you! Call us for more information or to book a place

## Have Your Say Improve Health & Wellbeing Services in Surrey!

Join us in improving our community-based services by taking the survey today.



Scan the QR code or visit [surreycoalition.org.uk/imhn/](http://surreycoalition.org.uk/imhn/)



You can take the survey if you are:



18+



A resident of Surrey & NE Hampshire

Want to talk more about your experiences or speak with us in a different way? Contact our Co-production and Community Engagement Officers on 07492 249 513 (call/SMS) or by emailing [charlotte.payne@surreycoalition.org.uk](mailto:charlotte.payne@surreycoalition.org.uk)

## 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



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

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



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## 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/updating, Interview techniques and help with online job applications



Thursday 6th July 10am - 12pm

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

# Family Learning



Family learning offer a wide range of courses and workshops that can help you with Parenting, Wellbeing and managing Anxiety, Understanding your child's behaviour, getting to grips with maths and phonics, healthy eating enjoying learning with your child through activities, understanding education in England, English as an additional language (EAL)

To enrol on a FREE course, please follow the link below <https://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/family-learning>

# Stepping Up for Autism

Addlestone Young People & Family Centre

An 8 session course over 2hrs a week for 8 weeks,

10am - 12pm

Tuesday 12th, 19th, 26th September, 3rd, 10th, 17th, 31st October and 7th November



To register for a place please email:

@ info@runnymede-familycentre.org

01784 464395



PARENTS & CARERS



How to lower your chances of getting melanoma skin cancer



Apply sunscreen frequently and according to the manufacturer's instructions.



Stay out of the sun during the hottest part of the day (11am to 3pm in the UK).



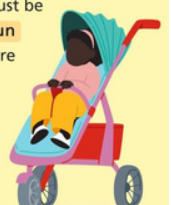
Use sunscreen with a sun protection factor (SPF) of at least 30 and at least 4-star UVA protection, and reapply it regularly.



Keep your arms and legs covered, and wear a wide-brimmed hat and sunglasses that provide protection against ultraviolet (UV) rays.



Babies and children must be protected from the sun - their skin is much more sensitive than adults.





**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.**



**Are you worried about your child's gaming?**

**Take ten minutes to read this online advice –**

**<https://www.familylives.org.uk/advice/teenagers/online/gaming>**

**Coping with teens – FREE online parenting course**

**This online course is for parents, carers and other family members who are looking to strengthen the bond with their teen and understand this age and stage. Click the link to register –**

**<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/coping-with-teens>**

**Helping your young child with school readiness**

**As well as helping with words and numbers, there's a lot you can do to get your child ready for school. Parents and other family members, play a vital role in helping young children learn as they are a child's first teacher. Click the link for some top tips on school readiness –**

**<https://www.familylives.org.uk/advice/early-years-development/learning-and-play/school-readiness>**



**We have a paediatric first aid class for parents/carers at our Addlestone site on Tuesday 4th July, 7–9pm.**



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

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