



# Elmbridge Family Centres

## Autumn/Winter 2023 - What's On

**For further information or to book a place, please contact us**

**Tel: 01932 229103**

**Email: [elmbridge@spurgeons.org](mailto:elmbridge@spurgeons.org)**

### **Parenting Puzzle (Family Links) - ONLINE course**

(FREE Book provided)

**Dates:** Monday 18th September to 27th November 2023 (10 weeks)

(break for half term 23rd Oct, resumes from 30th Oct)

**Times:** 7.30pm to 9.00pm (includes short break)

**Venue:** Zoom online (link to be sent)

### **Keeping your child in mind (For parents in conflict)**

**Dates:** Friday 29th September to 20th October 2023 (4 weeks)

**Times:** 9.30am to 12.30pm

**Venue:** Walton Family Centre, Sandy Lane, Walton-on-Thames, Surrey, KT12 2EQ

### **Refresh Cooks**

(beginners cooking course for school years 5 & 6)

**Dates:** Thursday afternoons - TBC (4 weeks)

**Times:** 3.45pm to 5.45pm

**Venue:** Refresh Church, 129 Walton Road, Molesey, KT8 0DT

### **#BE OK Course for anxious children (age 7-11 primary)**

**Dates:** Wednesday 27th September to 6th December 2023 (10 weeks)

(break for half term 25th Oct, resumes from 1st Nov)

**Times:** 3.30pm to 5.00pm

**Venue:** Walton Family Centre, Sandy Lane, Walton-on-Thames, Surrey, KT12 2EQ

## **Weekly Parent & Baby Play Group (Term-time only)** **(referral from health visitors or midwife only)**

**Dates:** Starting from every Monday 18th September 2023  
**Times:** 9.30am to 10.30am  
**Venue:** Walton Family Centre, Sandy Lane, Walton-on-Thames, Surrey, KT12 2EQ  
**Info:** Weekly themes on play, sensory, rhymes and much more

## **New Parent Group** **(referral from health visitors or midwife only)**

**Dates:** Monday 25th September to 6th November 2023 (7 weeks)  
**Times:** 12.45pm to 2.15pm  
**Venue:** Walton Family Centre, Sandy Lane, Walton-on-Thames, Surrey, KT12 2EQ  
**Info:** For babies up to 6 months old, includes first aid, safety in the home, introducing solids, play and brain development, and becoming a parent.

## **Infant First Aid session**

**Dates/Times:** TBC  
**Venue:** Walton Family Centre, Sandy Lane, Walton-on-Thames, Surrey, KT12 2EQ

## **You and Me Mum (Post Freedom Programme)**

**Dates:** November 2023 (7 weeks) - Contact us for dates  
**Venue:** Walton-on-Thames

## **Children's DA support group**

**Dates:** November 2023 (5 weeks) - Contact us for dates  
**Venue:** Walton-on-Thames

## **Freedom Programme**

**Dates:** TBC - January 2024 (10 weeks) - Contact us for dates  
**Venue:** Elmbridge

## **\*\*\*NEW Group\*\*\***

### **Supporting Pre-teens & Teens in Senior schools (8 weeks)**

**Dates:** Contact us for dates  
**Venue:** Walton Family Centre, Sandy Lane, Walton-on-Thames, Surrey, KT12 2EQ  
**Info:** For children aged 11-13yrs resident in Elmbridge, covering many areas to support them to navigate the journey of growing up including personal safety, Internet safety, keeping healthy, mental health, and healthy relationships