



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

Parenting Puzzle (Family Links) - ONLINE course

(FREE Book provided)

Dates: Monday 25th September to 4th December 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: 10.30am to 11.30am
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: 1.00pm to 2.30pm
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 (Twice weekly sessions)
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