

Other Services

▶ Early Support

Level 3 - We support families on a 1:1 basis in the home or community who have children aged 0-11 years old. We work together with children and parents to build family resilience using a solution focused approach, tailoring support around the needs of each individual family. Referrals for this service are made through the Surrey's Children's Single Point of Access (C-SPA). The telephone number is 0300 470 9100. They are open 09:00-17:00 Mon-Fri. The out of hours number is 01483 517898 (ask for emergency duty team) SMS for the deaf or hard of hearing is 07527 182 861. A Request for support form will normally need to be completed **Surrey-Childrens-Services-Request-for-Support-Form** and emailed to cspa@surreycc.gov.uk.

Level 2 - YMCA and Welcare are commissioned to provide Early Help Support – for further information please visit: <https://www.ymcaeast Surrey.org.uk/children/youth-family>

- ▶ Referral to Specialist Services
- ▶ Advice and Information
- ▶ Food Bank Support
- ▶ Fuel Support Scheme - Benefits related
- ▶ Children's Wellbeing Support
- ▶ Stripey Stork Resources - Available to families who need a little extra help; items like home safety kits, school stationary, books & bags, small toys, nappies, sanitary and toiletries
- ▶ Midwife Clinics
- ▶ Support groups
- ▶ Courses
- ▶ Health Appointments
- ▶ Holiday Activities

Children and Family Health Surrey

<https://childrenshealthsurrey.nhs.uk/>

Advice Line: 01883 340 922



Children and
Family Health
Surrey

Support on all aspects of child health, development and parenting. Available 08:00-17:00, Monday to Friday (excludes bank holidays)

Understanding your Child Guides

<https://childrenshealthsurrey.nhs.uk/news/new-understanding-your-child-guides-families>

Contact us

Monday to Friday | 09:00-17:00

YMCA Horley Family Centre
The Old Fire Station,
Albert Road, Horley RH6 7JA

T 01293 775777

E horley@ymcaeast Surrey.org.uk

Find us online

www.ymcaeast Surrey.org.uk/horley

YMCAHorleyFamilyCentre

Other Local Family Centres

Welcare, Welcare House, Redhill, RH1 1BU

T 01737 780884 | welcare.org

The Red Oak Family Centre, Radstock Way,
Merstham, RH1 3NH

T 01737 645908 | theredoak.org.uk

Epsom Downs Family Centre,

Epsom Downs, KT18 5RJ

T 01737 851085 | epsomdowns.surrey.sch.uk

YMCA HORLEY YOUNG PEOPLE & FAMILY CENTRE

PART OF YMCA EAST SURREY

Spring Programme 2024

Supporting families and young people
from 0-19 years in Horley



Spring Term | Tuesday 2 January – Thursday 28 March 2024



DAY	ACTIVITY/DATE	TIME	DETAILS	Cost	BOOKING REQUIRED?
Mon	Horley Café Milk (Term time)	10:00-12:00	Relaxed café style breastfeeding drop-in. Antenatal mums, partners welcome too. Skilled, evidence-based support with infant feeding from an NCT breastfeeding counsellor and peer supporters. https://www.facebook.com/horleybabycafe/	Donation	x
	Horley Youth Club (Term time)	15:00-20:00	Youth Drop in / Youth café (years 6-11) 15:00-16:00 Junior Youth Club (years 6-8) 16:00-17:00 Senior Youth Club (years 9-11) 18:30-20:00	Free	x
	Child Health Drop in (Alternate Mondays)	09:15- 11:30	Drop-in session for baby weigh-in & for advice. For next dates visit http://childrenshealthsurrey.nhs.uk/service-venues/horley-ymca	Free	x
	Beatz – Music session (Term time)	15:00-20:00	FREE Access to music studio for young people aged 11 - 16. Call Steve Tait on 07523 331810 .	Free	✓
Tue	Citizen's Advice	09:30-12:15	Appointments with a friendly advisor to get support with many issues incl. relationship breakdown, benefits, housing, power of attorney, work, debt and consumer issues. Call the centre to book.	Free	✓
	Rainbow Group (Term time)	10:30-12:00	Drop-in play session for families with children under five with additional needs. An opportunity to meet other parents and get advice from an Early Support Keyworker.	Free	x
	The Be You Club! (Term time)	15:15-16:45	A calm, safe environment including a range of activities and games for families with school children aged 4 to 11 years old, promoting wellbeing and confidence. Siblings welcome. Includes a toasted snack and drink. By referral*	£1 donation	✓
Wed	Play Time (Term time) 	10:00-11:30	A play and support session for parents and carers with children 0-5 years, run together with Homestart. By referral*	£1 donation	✓
Thu	Mini Movers (Term time)	09:45-11:15	A fun play session for parents with moving and crawling babies up to the age of 2 years who are ready to explore the world around them. By referral*	£1 donation	✓
	Baby & Me (Term time)	13:00-14:30	A friendly relaxed group for parents/carers and their pre-walking (non-mobile) babies aged 0-12 mths. Action songs and rhymes followed by sensory play session using natural and everyday objects. By referral*	£1 donation	✓
	WAVES Wellbeing Awareness and Voice for East Surrey (Term time)	15:45-17:15	A youth club for young people aged 13-19 who are experiencing emotional wellbeing and mental health needs. To find out more or join, email ella.sowton@ymcaeast Surrey.org.uk or call 07483 431513 .	Free	✓
	Beatz – Music session (Term time)	15:00-20:00	FREE Access to music studio for young people aged 11 - 16. Call Steve Tait on 07523 331810 .	Free	

Courses/other

Parenting Puzzle (4 weeks)	09:45-11.45	Parenting Puzzle 4 week course starting on Tuesday 20 February 2024 at the YMCA Horley Young People and Family Centre. To book, please call the Horley Family Centre on 01293 775777 or email horley@ymcaeast Surrey.org.uk	£15 inc course book	To book a place - please call the Horley Family Centre on 01293 775777 or email horley@ymcaeast Surrey.org.uk
Raising Bilingual Children (1 day workshop)	12:30- 14:30	Surrey Adult Learning will be running this course on Wednesday 7 February 2024 at the YMCA Horley Young People and Family Centre. Learn and share tips on how to raise a bilingual child, find out why using your home language is important and share useful websites and resources.	Free	See Facebook page for further information or call the Horley Family Centre on 01293 775777
Baby massage (8 week course)	10:30-12:00	Welcare in Redhill will be running a baby massage course starting on Friday 26 January 2024 . Suitable for babies over 8 weeks and not yet mobile.	£20 per place	To book a place – please call Welcare on 01737 780884 or email redhill@welcare.org
Who's in Charge? (8 week course)	09:30-11:30	Epsom Downs Family Centre will be running this course for parents of children age 8+ who can be violent. Date tbc	Free	Please contact Epsom Downs Family Centre on 01737 851079 for further information