

YMCA HORLEY YOUNG
PEOPLE & FAMILY CENTRE

PART OF YMCA EAST SURREY

Summer Programme 2022

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



Summer Term: Monday 19 April - Thursday 21 July

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)	15:00-16:00	Youth Drop in / Youth café (years 6–11)	Free	x
		16:00-17:30	Junior Youth Club (years 6–8)		
18:30-20:00	Senior Youth Club (years 9–11)				
Tue	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
	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	✓
	National Autistic Society Advice sessions	09:30-12:00	Friendly and informal opportunity for parents/carers to meet with a NAS coordinator for support and guidance. No referral or diagnosis required. Call the centre to book a slot. 27 June	Free	✓
	English as a 2 nd Language group (Term time)	13:00-14:30	A friendly relaxed group for EAL parents with children under 11 years. A chance to make friends, get advice and support and develop your English along the way. Starts 17 May	Free	x
Wed	Play Time (Term time)	10:00-11:30	Play and support session for parents/carers with children aged 0-5 years old. Invited families only - call Red Oak Family Centre on 01737 645908 to book or speak to a professional to be referred.	£1 donation	✓
	Parenting Workshop (2-week courses)	12:45-14:45	Every behaviour has a reason – come and join us for lots of tips, advice and strategies to manage behaviour and understand the reasons behind them. Adults only 22 & 29 June/13 & 20 July	£5pp	✓
Thu	Tiny Happy Talkers by CHES (5 week course)	10:00-12:00	If your child is aged between 18-30 months and is able to follow simple instructions and copy actions this group is designed for you and your family! During this interactive and engaging course, you will learn different ways to encourage your child's speech and language development through strategies, games, play and much more! BY REFERRAL ONLY Please call 07970884121 for details. Starts 16 June	Donation	✓
	Babes in Arms New Parents group (Term time)	13:00-14:30	Invite only friendly group for new parents that need a little more support to feel confident in their new world. Relaxed session includes play, bonding & wellbeing activities. Starts 16 June	Donation	✓
	WAVES Wellbeing Awareness and Voice for East Surrey (Term time)	15:45-17:15	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	✓
Fri	Face2Face (bi weekly)	10:00-12:00	Face 2 face is a volunteer- led drop-in group for parents and carers of children with additional needs, offering support and befriending. 13 May & 27 May/10 & 24 June/8 July	Free	x

Other

	Adult learning	Times vary	We work with adult and family learning providers to offer free courses at the Centre. Please check out our Facebook page for up-to-date information	Free	All courses require booking
	Bump and Baby Antenatal sessions	15:00-16:00	Antenatal sessions for all. Either face to face at the centre or virtually. Please call the 0-19 Advice line to book on 01883 340922	Free	✓

Other Services

▶ Family Support

We work with families to provide individual support and guidance on a 1:1 basis, in the home or the community. Referrals are made through the Children's Single Point of access C-SPA. Please speak to a team member if you feel you need some additional support.

Call us if you feel any of the following could benefit your family

- ▶ Referral to Specialist Services
- ▶ Advice and Information
- ▶ Food Bank Support
- ▶ Fuel Support Scheme - Benefits related
- ▶ Children's Wellbeing Support
- ▶ Waitrose Give a little love Snack bags - With items to compliment packed lunches for children and young people
- ▶ 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@ymcaeastssurrey.org.uk

Find us online

www.ymcaeastssurrey.org.uk/horley

 [YMCAHorleyFamilyCentre](https://www.facebook.com/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

