

# THURSDAYS AT THE BRIDGE

## Language & Learning

9.30am-10.15am starts 9th Sept

£16 for the 8 week course

A course for 18-36 month olds with speech or communication delays.

## Bridge Babies

11am-12pm, £2 donation

A group where parents with non mobile babies can be supported as new parents and learn more about child development.

## Baby Massage

10.45am-11.30am starts 14th Oct

£30 for the 5 week course

## Handling Anger in the Family

10am-12pm starts 18th Nov

4 week course

positive parenting

Please contact the Family Centre if you would like to attend any of these sessions. 01306 740095

# INFO & ADVICE

## Healthy Start Vitamins

Available to buy at Goodwyns Road or in exchange for a healthy start voucher.

Child (0-4) vitamin drops - £2

Women's tablets - £1

## 0-19 Advice line

For any Health related questions, please call the Health Visitor 0-19 team on 01883 340922.



## Family Information Service (FIS)



The Family Information Service (FIS) offers a free impartial information and signposting service on all aspects of family life for parents of children and young people aged 0-25.

All information can be found on the website:

<https://www.surreycc.gov.uk/people-and-community/families>



## **'Working together with families across Mole Valley'**

The Family Centre is managed and led by Dorking Nursery School, and the Federated Governing Body of Chertsey and Dorking Nursery Schools and Mole Valley Family Centre.

We are happy to talk to both parents and professionals about how we might be able to get involved with a family and whether a request for support form is needed.



The Mole Valley Family Centre team is based on Goodwyns Road in Dorking but the team cover all of Mole Valley; from Charlwood, Ockley and Capel in the South to Ashted, Leatherhead and Bookham in the North.

We work with parents of children aged 0-11 to build on what they do well and to help develop ways of coping with the ups and downs of life.

We work closely with Teachers, Health Visitors, Home School Link Workers, local charities and many other agencies in the community to ensure families receive the support they need.

Requests for support for support from an outreach worker have to be submitted via the C-SPA.

Telephone: 01306 740095

Mobile: 07825 464227

Email: [familycentre@dorking.surrey.sch.uk](mailto:familycentre@dorking.surrey.sch.uk)

Web address: [www.molevalleyfamilycentre.co.uk](http://www.molevalleyfamilycentre.co.uk)

Social media: @molevalleyfamilycentre



For the latest information and updates, please check our Facebook and Instagram pages.



[www.molevalleyfamilycentre.co.uk](http://www.molevalleyfamilycentre.co.uk)

# MONDAY

**Chart Downs Baby Group**  
Starts 13th Sept  
10am-11.30am

Chart Downs Social Club  
In partnership with New Life Church  
Supported by a grant from MVDC

£1 donation each week

Baby group for those with babies under 2. A time to talk, share experiences and ideas, and a chance to make new friends!

Call us on 01306 740095 to book your place!



**Explore Through Senses**  
27th Sept-6th Dec  
10-11.30am  
£30 for a 10 week course

This group is run by Ola at Kaleidoscope and is for under 5s with ASD diagnosis or waiting for one.



If you would like to book your child in then please contact us on 01306 740095 or by email: familycentre@dorking.surrey.sch.uk

**Seesaw Baby Group**  
1.30pm-3pm

Run by the Perinatal Mental Health Service.

Surrey and Borders Partnership NHS Foundation Trust

**Freedom Programme**

For more details and information, please call us on 01306 740095.

# TUESDAY

**Tuesday Group**  
Starts 14th Sept  
10am-11.30am

£2 donation each week

A play and learn session. Run by Home Start and Mole Valley Family Centre to support families with preschool children.

Please speak to your Home Start visitor, Health Visitor or Family Centre team member if you would like to attend.

**Our Stars Group**  
Starts 14th Sept  
4pm-5.15pm

An after school group for children to support emotional wellbeing, with a variety of activities each week and friendly staff on hand for your child to talk to.

**Parenting Puzzle**  
January 2022

Please call us on 01306 740095 to be added to the list and to receive more information when it is available.

## Key - Session locations

Mole Valley Family Centre Dorking, RH4 2LR

Chart Downs Social Club Dorking, RH5 4DF

The Bridge Youth Centre Leatherhead, KT22 7RB

# WEDNESDAY

**WEDNESDAY GROUP**  
Starts 8th Sept  
9.30am-10.45am

This is a group session held at Goodwyns Road for families receiving outreach support.

Please speak to your outreach worker if you would like to attend.

**Speech and Language Therapy Clinic**



**Songs & Rhymes**  
Starts 8th Sept, 1.15pm-2pm  
£15 for the 7 weeks

A fun and interactive group for babies, toddlers and pre-schoolers.

If you would like to join us please call 01306 740095.

**Time out for Dads**  
6th Oct for 5 weeks  
7.30-9pm Online via Zoom  
Cost: £10

An online 5 week workshop for Dads of children under 16 years old.



For more information, please call the Family Centre on 01306 740095.

# THURSDAY

**Thursdays**  
By appointment only  
Child Health Clinic

Held at Goodwyns Road, RH4 2LR

To book an appointment please speak to your Health Visitor or ring the advice line on 01883 340922.  
[www.childrenshealthsurrey.nhs.uk](http://www.childrenshealthsurrey.nhs.uk)

**27 Month Reviews**

For more information, please call the Health team on 01372 384331.

**Low cost counselling service**  
Thursdays

Needing someone to talk to and help finding solutions to life's challenges?

For more information or to book a free initial appointment, please call the Family Centre on 01306 740095.

**Lego Club**  
Starts 30th September  
4pm-5pm  
£40 for the 8 week programme  
A club for Y1-Y6 children with an ASD diagnosis or waiting for one.

If you would like to book your child in then please contact us on 01306 740095.



**Thursdays at The Bridge**

Language & Learning  
Bridge Babies  
Baby Massage  
Handling Anger in the Family

Full details on the back page

# FRIDAY

**Baby Massage, Dorking**  
24th Sept for 5 weeks  
9.30am-10.15am  
£30 for the course

£30 for the course unless you are on income related benefits. Baby massage is a wonderful way to bond with baby and has many benefits for you both.

Please speak to your Health Visitor if you would like to go on the waiting list.

**Early Days**  
Starts 10th Sept  
10.30am-12pm

Weekly group for parents of babies from 0-12 months old. Breastfeeding support is also available within the group.

Please speak to your Health Visitor or MVFC Outreach worker if you feel you would like a place in this group.

This group is funded by donations from Friends of KGV and Clarion Futures

**Free breastfeeding support**  
Starts 10th Sept  
10.30am-12pm



If you would like some advice or support with feeding then we would love to see you on a Friday.

Please call us on 01306 740095 to book your timeslot to see Maria.

**PIMH Baby Massage**  
3rd Sept for 4 weeks

Please speak to your Health Visitor or Outreach Worker if you feel this course would be beneficial.