

# THURSDAYS AT THE BRIDGE

## Language and Learning

9.30am-10.15am starts 13th January  
£20 for the 10 week course (with a 2 week break over half term).  
A course for 18-36 month olds with speech or communication delays.

## Mole Valley Babies

11am-12pm, starts February  
A 6 week course where parents with non mobile babies can be supported as parents and learn more about child development.

## Baby Massage

11am-11.45am next course TBC  
£30 for the 5 week course

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

## Bump and Beyond



# 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)**

Last updated: 17-Dec-21



# MONDAY

## Chart Downs Baby Group 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 Starts 17th January 10-11.15am

£30 for a 10 week course with a break for half term

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

# TUESDAY

## Tuesday Group 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 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.

## Freedom Programme

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

## Key - Session locations



Mole Valley Family Centre Dorking, RH4 2LR



Chart Downs Social Club Dorking, RH5 4DF



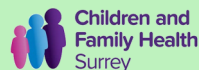
The Bridge Youth Centre Leatherhead, KT22 7RB



Dorking Nursery School, Dorking, RH4 1BY

# WEDNESDAY

## Speech and Language Therapy Clinic



## Songs & Rhymes



Starts 12th January

1.15pm-2pm, £10 for 5 weeks

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

Call 01306 740095 to book your place

## Parenting Puzzle

Starts 12th January, 7-9pm

£25 for the 10 week course (with a break for half term)

Raising children can be puzzling at times, but puzzles have solutions - and the Parenting Puzzle provides them.

Call 01306 740095 to book your place

## Bump and Beyond

Monthly, 2.30pm-4.30pm

Please book this session through your Health Visitor.

## Time out for Dads

Next Zoom course TBC, call 01306 740095 to be added to the list.  
**positiveparenting**

# 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 20th January  
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  
Mole Valley Babies  
Baby Massage

Full details on the back page

# FRIDAY

**Time out for Parents: SEND**  
**9.30-11.30am. £10pp**  
**28th January for 7 weeks**  
**at Dorking Nursery School**  
Please call us on 01306 740095 to be added to the list.

## Baby Massage, Dorking 14th January 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 7th January, 10.30am-12pm



Weekly group for parents of non-mobile babies from 0-12 months old.

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 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.