

Fourth Edition, July 2025

Specialist Schools Mental Health Support Team Newsletter

Welcome to the new edition of the parent
newsletter. This issue features information on:

- Free and low cost activities being held in Surrey for children and young people with additional needs and disabilities, parents and families during the summer holidays.
- Specialist holiday clubs for children and young people with additional needs.
- Free workshops for parents offered by Family Learning on topics such as:
 - Building your child's resilience
 - Helping your child manage anxiety
 - Supporting your LGBTQ+ child
- Quiet hours available across Surrey
- Surrey Libraries Summer Reading Challenge.
- Wellbeing Matters, a support service for parents.
- Information, links and contact details to services available in Surrey which may be of interest to you.

We have taken great care to direct you to reliable information and services but as these services are external to the NHS we can't guarantee them.

To read the newsletter
online scan the QR code
with your phone:



Find out more at
mindworks-surrey.org

Specialist Schools Mental Health Support Team

We would like to take this opportunity to introduce the Mental Health Support Team for Specialist Schools in Surrey. We are a school-based service, which supports the mental health of children and young people in specialist schools across Surrey.

We offer support, advice and signposting to key people (teacher and or parent/ carer) around the child or young person to enable them to identify any concerns, understand what has happened for that child or young person and support any developing mental health needs.

We also support specialist education setting to promote a whole school ethos and environment that supports the emotional and mental health of pupils, staff and the wider school community.

Our team works closely with our Community Children and Young People Learning Disability Mental Health team.

If you would like support from our service please talk to your child's teacher.

To find out more information please visit

<https://www.mindworks-surrey.org/our-services/school-based-needs/MHST>

Scan the QR code
to be directed to
the Mindworks
website:



Discover youth clubs and other services for you

Surrey Youth
VO!CE

Go to
links
or scan
QR codes



ourvoicesurrey
[www.instagram.com/
ourvoicesurrey](https://www.instagram.com/ourvoicesurrey)

Scan and
follow
us on
Instagram

Youth centres and projects

www.surreycc.gov.uk/youthcentres



LGBTQ+ youth groups and services

www.surreycc.gov.uk/youngpeoplelgbt



Support and social groups for young people with additional needs and disabilities

www.surreylocaloffer.org.uk/directory



Housing advice for young people

www.surreycc.gov.uk/youngpeoplehousing



Youth Cafes

www.mindworks-surrey.org/youth-cafes



Participation groups

www.surreycc.gov.uk/uservice
www.mindworks-surrey.org/share-your-views



CYP Havens

www.surreycc.gov.uk/cyphaven



SURREY
COUNTY COUNCIL

FAMILY LEARNING



**FAMILY
LEARNING**

Free Courses for parents and carers

Surrey Family Learning offer **FREE** courses and workshops to help you create a better family life.

Do you want to help your child or teenager to improve their behaviour, development and learning?

Book onto one of our tailored courses today to begin supporting you and your family. Find more information at:



surreycc.gov.uk/familylearning



...or scan here



New Sensory Courses/Workshop

Enhance Your Skills to
Support Your Child's
Sensory Needs

Join our courses/workshops to learn strategies for behavior and learning support, tailored for children with ASD, ADHD, and other needs. Improve your family's wellbeing and learning with our expert guidance.



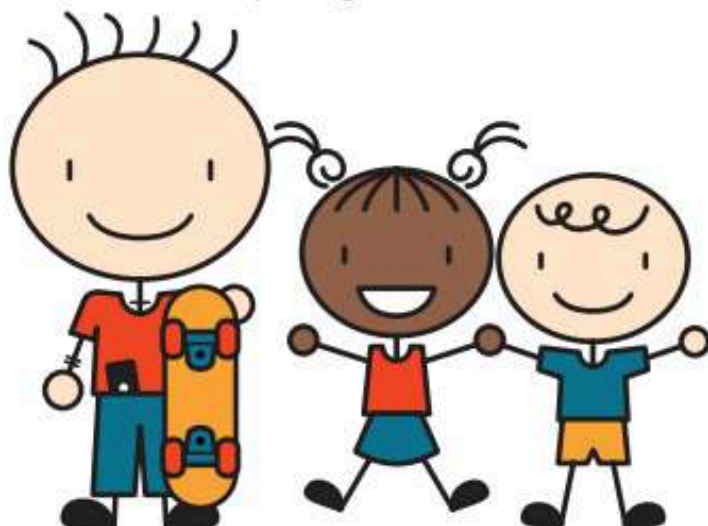
New Maths Courses/Workshop

Boost Your Math Skills
to Support Your Child

Develop your understanding of math, its language, and school terminology to help with your child's schoolwork. Enhance your family's knowledge with our expert guidance.



**SURREY
ADULT
LEARNING**



FAMILY LEARNING



FAMILY LEARNING

Free Courses for parents and carers

Surrey Family Learning offer **FREE** courses and workshops to help you create a better family life.

Do you want to help your child or teenager to improve their behaviour, development and learning?

Book onto one of our tailored courses today to begin supporting you and your family. Find more information at:



surreycc.gov.uk/familylearning



...or scan here

Courses available

- **Parenting** Help understand your children and teenagers' behaviour, anxiety and mental health.
- **English as an Additional Language** Support for you and your child with English and how education in England works.
- **Maths** Learn about methods used in schools today.
- **Literacy** Learn about how English is taught in schools today.
- **Cookery** Be inspired and cook healthy family dishes together.



SURREY ADULT LEARNING





Surrey Short Breaks

Short Breaks offer a range of creative, flexible, fun play and leisure activities in local communities for children and young people who have additional needs and disabilities (AN and D). The purpose of Short Breaks is to:

- Develop the skills, confidence, independence and readiness for adulthood of children and young people with AN&D and enable them to have fun and make friends
- Improve their emotional and physical health, as well as their ability to communicate their feelings and preferences and their social skills, both through their relationships with other children and through developing supportive and trusting relationships with adults – thereby also supporting positive behaviour.
- Support positive outcomes for parents, by providing parents and carers with breaks from their caring responsibilities, so they are empowered to look after their own emotional and physical health and wellbeing and provide better and more sustainable care to other family members.
- Support positive outcomes for whole families, including greater family cohesion and improved relationships.

For further information and the list of providers please click the link [here](#).

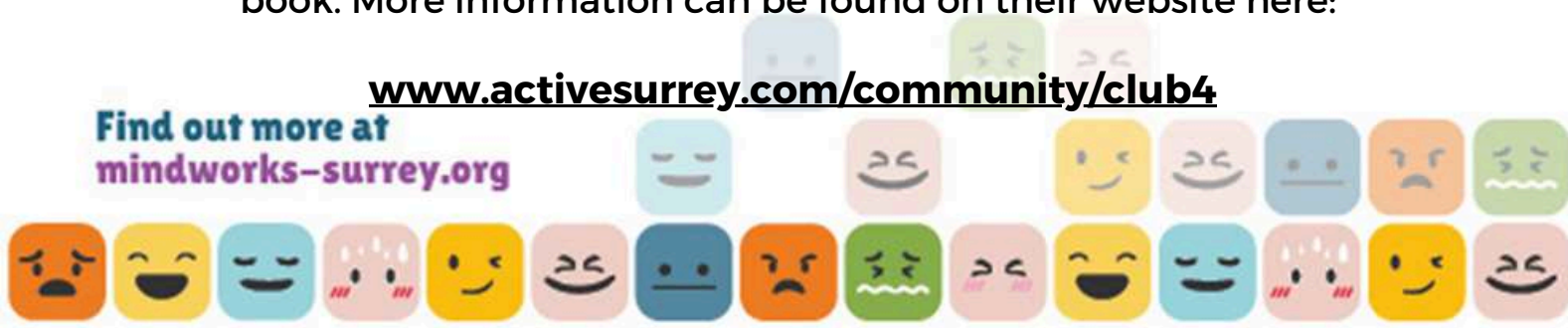


The Club4 programme, also known as the Holiday Activities and Food Programme (HAF) is back for the summer 2025 school holidays. Funded by the Department for Education, this programme is for children in current year Reception – current School Year 11 who are eligible for benefits related free school meals.

Eligible families will be provided a voucher from school with instructions on how to book. More information can be found on their website here:

www.activesurrey.com/community/club4

Find out more at
mindworks-surrey.org



Challengers

Challengers are hosting Family Fun Days
at Challengers Guildford and Farnham
for families to come along and make the
most of what the play centre has to offer.

Challengers Farnham Play Centre:
Sunday 27th July & Sunday 10th August

Challengers Guildford Play Centre:
**Sunday 3rd August & Thursday 14th
August**

Family Fun Days are **free to attend**, you
can drop in any time from 10am and the
centre will close at 2pm.
Spaces are limited, please book your **free**
ticket to attend [here](#).

The Hub
**Family
FUN DAY**

Come and enjoy our soft play
and outdoor playgrounds with
all the family

Guildford and Farnham
Various Sundays 10am to 2pm

SCAN TO BOOK

CONTACT US WWW.DISABILITY-CHALLENGERS.ORG/THEHUB
thehub@disability-challengers.org

Challengers 01483 961962

COMMUNITY FUND

Bright Ideas for Tennis

Through their disability tennis
programme, Bright Ideas for Tennis
offer free weekly sessions to adults and
children with learning, sensory and
physical disabilities, empowering them
to build new skills, make connections,
learn life skills and experience the joy
of sport in a safe and supportive
environment.

Locations include:

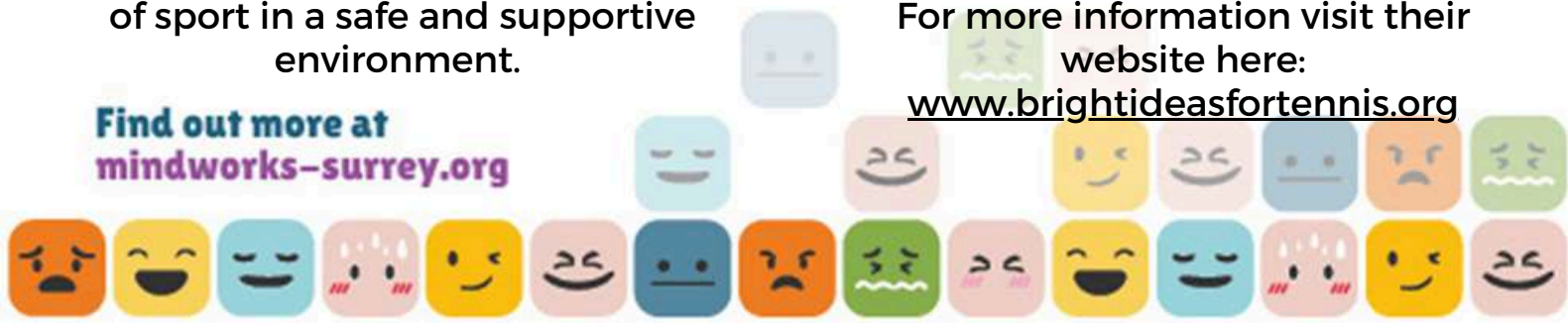
- Reigate
- Redhill
- Epsom
- Cheam
- Purley



For more information visit their
website here:

www.brightideasfortennis.org

Find out more at
mindworks-surrey.org



SYNERGY DANCE® OUTREACH

Synergy Dance® Outreach specialise in delivering engaging and inclusive SEND holiday workshops tailored for children, teens, and young people. Our workshops are designed for charities, outreach venues, schools, leisure centres, universities, care homes and colleges across the UK, including Short Breaks holiday workshops.

For more information and to book, please click here.



F6IT offer activities adapted for children and young people with additional needs.

They are hosting several sessions summer holiday sessions, to find out more information, please email: hello@f6it.org

HOLIDAY SESSIONS

29TH JULY SAYERS CROFT 10:00 - 2:00		21ST AUGUST FAMILY SWIM 10:15 - 12:30
31ST JULY FAMILY SWIM 10:15 - 12:30	7TH AUGUST MANE CHANCE 1:30 - 3:30	28TH AUGUST FAMILY SWIM 10:15 - 12:30

SEND School Holidays

During the summer holidays, PM Active also work in partnership with R & Be Active holiday programme to offer a variety of SEND small group school holiday activity sessions including:

- Summer Multisports Day Camp for 9-16 years
- Summer Game, Create & Play for 4-12 years
- Summer Teen Gaming, Food & Friends for 11-16 years
- Inclusive Multisports For All for 5-10 years

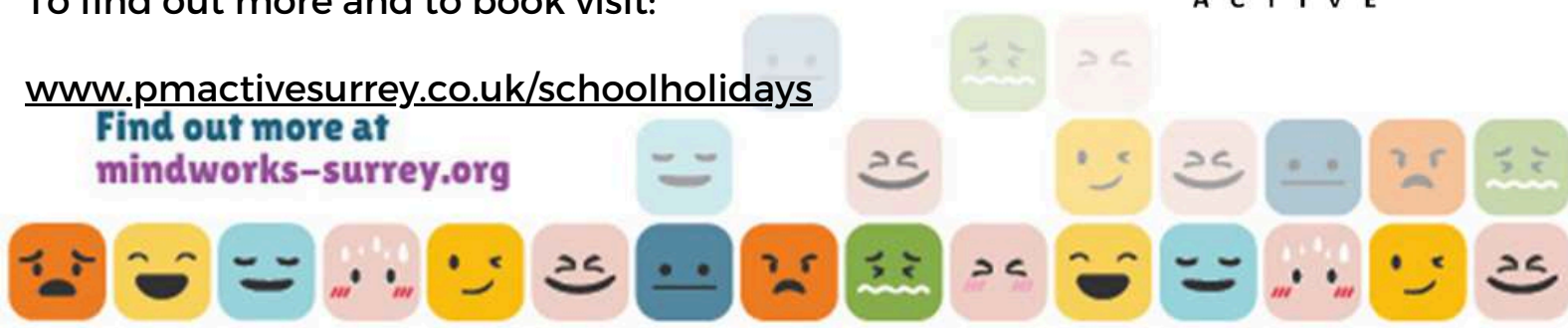


Cost varies.

To find out more and to book visit:

www.pmactivesurrey.co.uk/schoolholidays

Find out more at
mindworks-surrey.org



Proud to be part of



The children and young people's emotional wellbeing and mental health service



Surrey and Borders
Partnership
NHS Foundation Trust



**Yorda
Adventures**

YORDA Adventures provide play and short breaks to children with severe learning disabilities. Enjoy time playing...

- On the bouncy castle
- Sunken trampoline
- Soft play
- Magic mat
- Sensory room
- Specialised bikes and swings
- Forest Adventure

For more information about sessions and to book, please click [here](#).

White Lodge Holiday Clubs



White Lodge provides services that enable those with a range of disabilities, their families and carers to lead fulfilling lives.

White Lodge offers holiday clubs for 4-12 year olds in Spelthorne, Elmbridge and Runnymede. Runnymede is held every school holiday, and children from Runnymede will be prioritised.

For more information click here.

Find out more at
mindworks-surrey.org



Head2head offer tailor-made accessible theatre experiences in venues across Sussex, Surrey and South London. Productions and events run year-round and include drama and music workshops, live and online pantomimes, as well as arts and crafts activities. They create inclusive events that also cater to children with SEN and disabilities, ensuring everyone can enjoy the magic of accessible theatre.

This July and August 2025 head2head are offering an exciting opportunity to hone your acting, dancing, singing, art, and theatre skills in a supportive and inspiring environment – no prior experience is required!



Dates: starting 28th July 2025

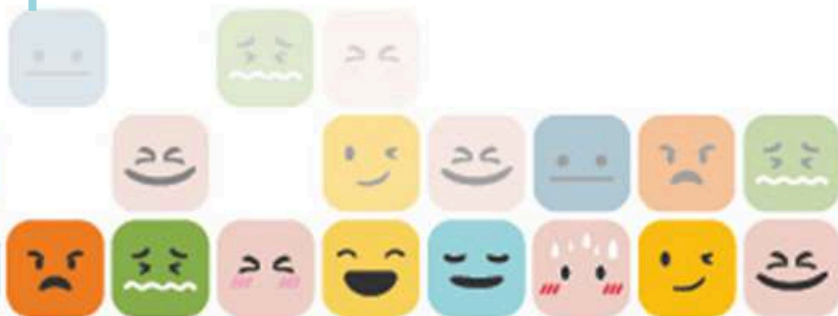


Time: 10:00 AM – 3:00 PM

Price per day (per person): £35

Location: The Barn Hub, Crowhurst Lane, Oxted

For more information and to book, please click here.





Together is a free holiday club for any children aged 12-25 with special educational needs and disabilities. Run by professional facilitators, we explore a story from Shakespeare, rehearse scenes, play fun drama games and use crafts to create props, masks and more!

Our clubs are a great way to relieve stress and 'find your own space' Every member will leave with plenty of new skills, games and friends.

Location: GreenArk, Lido Road,
Guildford, Surrey, GU1 1HB

Dates: 18 - 22 August

Times: 10:30am-14:30pm

[To reserve your place click here.](https://mindworks-surrey.org)



Family Adventure Crazy Golf Event

The National Autistic Society Surrey Branch are having a group outing to Mr Mulligan's Pirate Golf in Woking on 29th July. This is a crazy golf course where families of children with Autism can play together.

Family groups will be given individual arrival times between 3.00 pm and 4.30pm, to reduce the time spent waiting. After your group has played their round, there is a room set aside for the children to have a tea of pizza and chips. The cost for each player (parents and children) is subsidised by the branch, so the suggested donation will be £4 per person, with an additional £5 per child for the tea if required.

To book please email:
surrey.branch@nas.org.uk

Places will be allocated on a first-come, first-served basis. Please note, this event sold out very quickly last year.





Here for young people
Here for communities
Here for you

Yip4Youth

Yip4Youth is YMCA East Surrey's fun and friendly youth club, weekend and school holiday scheme for young people with disabilities and additional needs aged 12-17. Activities are held at different locations across East Surrey, including:

[Yip4Youth | Crawley](#)

[Yip4Youth | Epsom & Ewell](#)

[Yip4Youth | Horsham](#)

[Yip4Youth | Leatherhead](#)

[Yip4Youth | Reigate & Banstead](#)

A day session is £33.

To find out more and to register with Yip4Youth, please contact our Short Breaks team or fill out a [Short Breaks enquiry form](#).

Telephone: [01737 222859](tel:01737 222859) or email:
disabilityenquiries@ymcaeastsurrey.org.uk

Yippee

YMCA also offer a welcoming playscheme for children aged 5-11 with disabilities and additional needs – including children who need 1:1 support – across East Surrey.

[Click here for more information.](#)

Find out more at
mindworks-surrey.org

Face2Face

Face2Face service provides free support and advice to parents caring for a child with disabilities by offering one-to-one support focusing on achieving identified outcomes and ensuring parent carers feel empowered to make informed decisions about all aspects of their child's life. This involves support for 8-10 weeks, offering up to 5 meetings.

Parent carers can self-refer to access this service or a professional working with the family can make the referral on their behalf.

[Complete a referral form here](#)

Face2Face also hosts regular coffee mornings, which offer informal opportunities for parent carers to meet each other, exchange information and talk to others who understand their situation.

They offer a regular programme of sessions delivered by professionals, covering topics relevant to parent carers offering vital information and practical advice. These sessions are held in-person or online offering a flexible option to suit different needs.

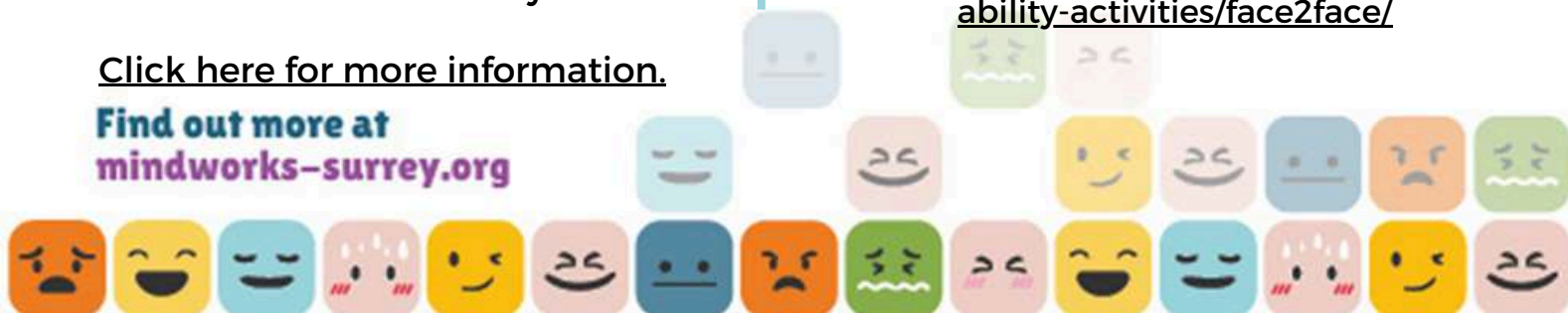
To find out more or to attend one of the sessions, please contact Sandhya Gulati,
Face2Face Coordinator:

T 01737 222859

E.Sandhya.Gulati@ymcaeastsurrey.org.uk

or visit the website:

<https://www.ymcaeastsurrey.org.uk/children/disability-activities/face2face/>





Trekking Festival 2025

St. Saviour's Church are hosting a festival on the **12th, 13th and 14th August** for children with additional needs aged 4-14 years, their siblings and young carers. There will be a range of stalls and activities to enjoy such as:

- bouncy castle
- farm animals
- additional needs children's entertainer
- face painting
- tattoos and nail painting
- sensory areas
- messy art and play
- music and stories

St. Saviours Church & Centre
Woodbridge Road
Guildford
Surrey
GU1 4QD

Booking essential. To reserve your place
[click here](#)

For more information contact:
joanne.gillard@stsavioursguildford.org



Linkable Inclusive Games 2025

An inclusive sport event run by learning disability and autism charity LinkAble. The Inclusive Games offer the opportunity to try accessible sports in a relaxed, friendly environment.

The sports are designed to create a level playing field so that everyone, regardless of ability, can enjoy playing together. While there will be a competition element to the day, it's mainly about having fun and getting active with friends! On the day, you can join in:

- A Boccia Tournament
- Table Cricket with Surrey Indoor Cricket
- Accessible Cycling with Wheels for All -
- Football matches with Woking Walking Football

Date: Tuesday 26 August 2025

Time: 10:30am to 4pm

Location: Woking Sportsbox, Egley Road, GU22 0AF (adjacent to Hoe Valley School).

Tickets: £8 early bird (carers free). £10 if purchased after July 23rd.

[Click here to book your tickets.](#)

Find out more at
mindworks-surrey.org



APPEER will be running facilitated sessions for Girls and Teens at The Elysian Animal Assisted Learning and Therapy Centre, Westland Farm, Shamley Green, Guildford, Surrey, GU5 OLT between 28th July - 1st August 2025.

Over the 5hr session girls/teens will have the opportunity to tour the farm, learn about animal husbandry, feed the animals, muck out, groom and enjoy the outside space.

Places can be booked via the COACHA app, for more information [please click here](#).



Appeer at Elysian Summer Holiday Sessions



 **£55 per day**
(£44Concessions)

Mon 28th July, 10am-3pm (for Girls 8-12yrs)
Tues 29th July, 10am-3pm (for Girls 8-12yrs)
Weds 30th July, 10am-3pm (for Teens 13-15yrs)
Thurs 31st July, 10am-3pm (for Teens 13-15yrs)
Fri 1st August, 10am-3pm (for Teens 16-18yrs)



appeer.org.uk



A mental wellbeing
support programme
for stressed and
anxious teens

The Green Hub Project for Teens offers support to young people (aged 10 to 18) when they are struggling with stress, anxiety or feeling overwhelmed. Their 12-week Green Teens Garden programmes, provides time out in nature working on garden projects – as well as nature based arts and crafts. Programmes are offered on Saturdays in Milford, and midweek in Hydestile and are supported by a team of adult volunteers.

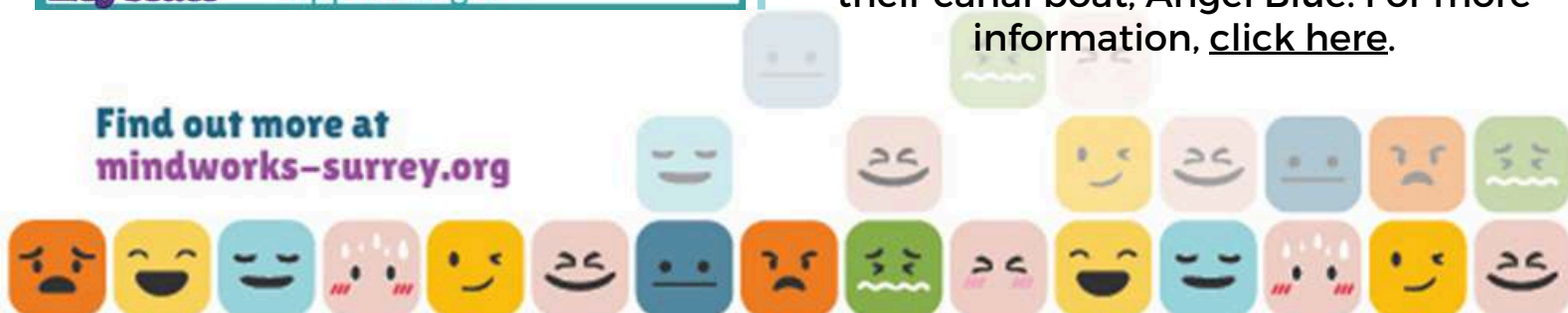
Green Hub also offers an invaluable support for parents, through their monthly Parent Hub, which meets in Milford.

[To refer your child click here.](#)



SOLD offers Inclusive Family Adventures, designed for families with children who have additional needs, with sessions available at different locations and on their canal boat, Angel Blue. For more information, [click here](#).

Find out more at
mindworks-surrey.org

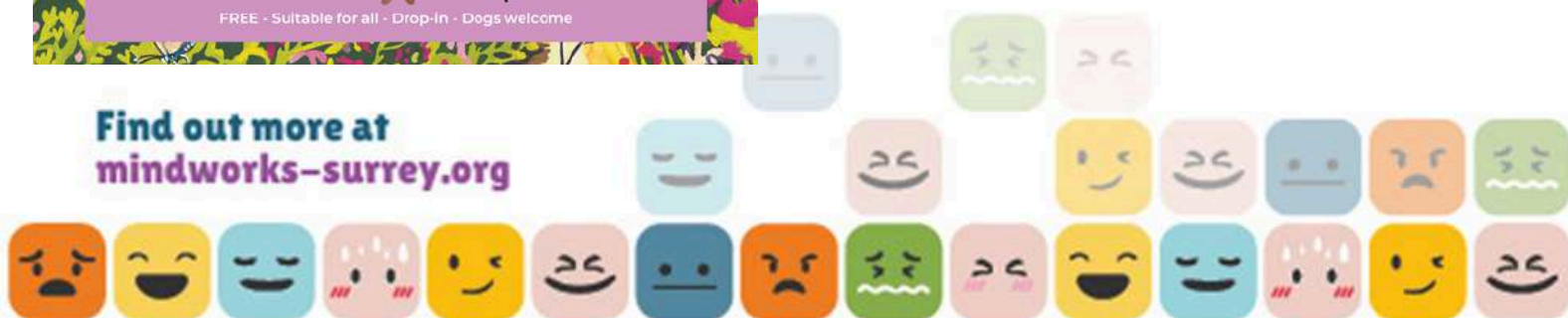




Join Heath Week 2025 to **explore wildlife, enjoy family events, and support heathland conservation** across Surrey, Berkshire, and Hampshire, including:



Find out more at
mindworks-surrey.org



Quiet Hours in Surrey

Autism by Experience is compiling a list of supermarkets that offer quiet hours which you can download from their website:

www.autismbyexperience.co.uk/autism-friendly-surrey

These supermarkets reduce lighting and tannoy announcements and most reduce till beeps. Some also avoid moving trolleys during quiet hours.

Brooklands Museum

Visitors who are neurodivergent can enjoy these areas of the Museum, free from the hustle and bustle of our normal opening hours. For available dates, click here:

www.brooklandsmuseum.com/visit/quiet-hours/



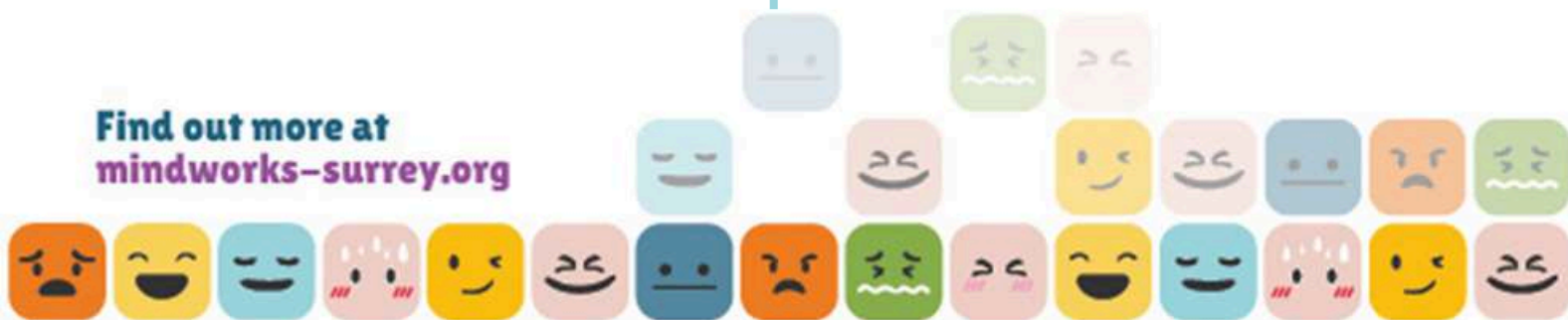
Surrey Fire and Rescue Open Day SEND Hour

Fire Stations across the county open their doors to the public to give Surrey residents an insight into the activities of their local fire station.

These events are a great opportunity to see the range of activities involved with being a modern firefighter, to learn about our crews, see our fire engines, and learn about fire safety!

All our open days run from 10am to 11am for Additional Needs and Disabilities, and from 11am to 3pm for everyone.

Dorking - Sunday 20 July
Godalming - Saturday 9 August
Reigate - Saturday 16 August
Cranleigh - Saturday 6 September
Leatherhead - Sunday 14 September
Fordbridge - Saturday 20 September
Farnham - Saturday 4 October





Surrey's Library Service

Surrey's libraries host events, fun activities and support for the public accessing their services.

To discover new events and activities in your local library, click [here](#).

Summer Reading Challenge 2025

Children and teens of all ages can sign up for free at their local library from Saturday 5 July. Children are encouraged to read up to 6 books before Saturday 13 September.

The Challenge is suitable for all reading abilities, so head along to your local library to sign up for free to start your summer reading journey!

The theme this year is 'Story Garden - Adventures in Nature and the Great Outdoors'.

Libraries from home

Surrey Libraries has fun and educational activities on their website for children and young people to do at home.

If you would like more information please visit: [Libraries from home for children and young people](#)

Children's Library Services

Surrey Libraries have a focus supporting children and young people.

For more information please visit: [Library services for children](#)

Surrey Libraries have resources for Additional Needs and Disabilities (Surrey AND), including:

- Autism support
- Books Beyond Words
- Interactive and sensory games

[Click here for more information.](#)

Dyslexia

Surrey libraries are committed to providing any support they can for:

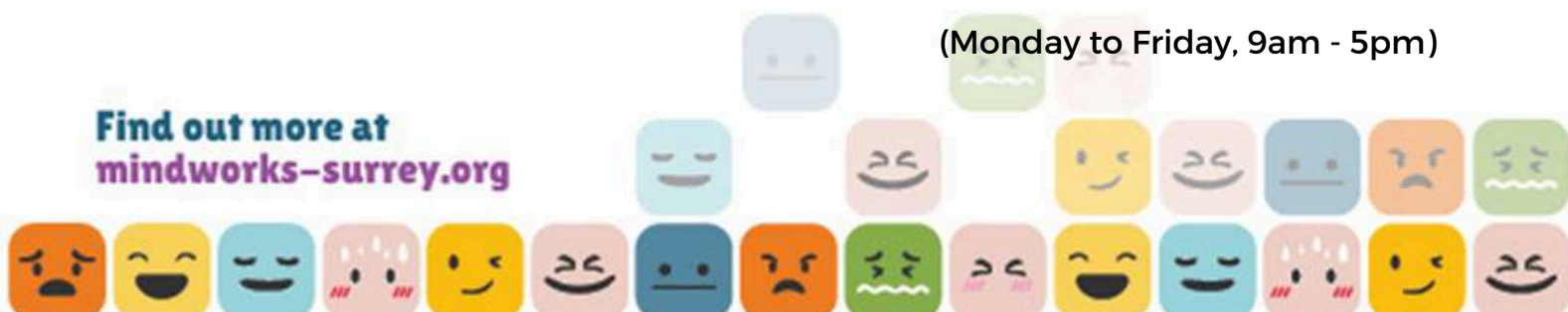
- Parents and carers looking to support children with dyslexia
- Dyslexic parents and carers looking to find books to share with small children
- Adults with dyslexia looking to find ways to enjoy reading or develop their skills.

For more information please visit: [Dyslexia support in libraries](#)

For general enquires about Surrey's Library Services please call: **03456 009 009 and press option 7.**

(Monday to Friday, 9am - 5pm)

Find out more at
mindworks-surrey.org



Support for Parents

Meet Up for Parents of Children/Adults with Autism

Come along to meet other parents, buy a coffee and share experiences, get new ideas to support your child and have a chance to talk.

Supported by:

- Fernando Teixido-infante (specialist in ASD & SEND)
- Havard Spring (former headteacher of a primary school with an ASD base)

There is no cost to this group.

Location: That Retro Place, 21 High Street,
Caterham, Surrey, CR3 5UE.

Thursday 31 July 2025 starting at 1pm



[West Sussex Mind | Webinars for parents
and carers](#)

Pre-recorded webinars about young people and mental health are available [here](#).

West Sussex's parenting support team offers a range of free training webinars to help parents and carers support their young person's mental health. Topics include attachment, aggressive behaviours and emotionally based school avoidance.

Find out more at
mindworks-surrey.org



Supporting Your Families Mental Health and Wellbeing Workshop (1.5 hour) Online

This workshop is designed to help increase your confidence, knowledge, and understanding of how to support your child or family member with their mental health and emotional regulation.

Our goal is to provide you with the tools and resources needed to better understand and support your loved ones during difficult times. We believe that through education and support, we can make a positive impact on the lives of those affected by mental health challenges.

The **"Supporting Your Families Mental Health and Wellbeing"** workshops will be running every **two weeks**.

Please note that this is a two-stage process. Please fill in **this form** to participate. You should receive a confirmation email from us within 24 hours.

Any issues/questions please contact:
becky@thelucyraynerfoundation.com

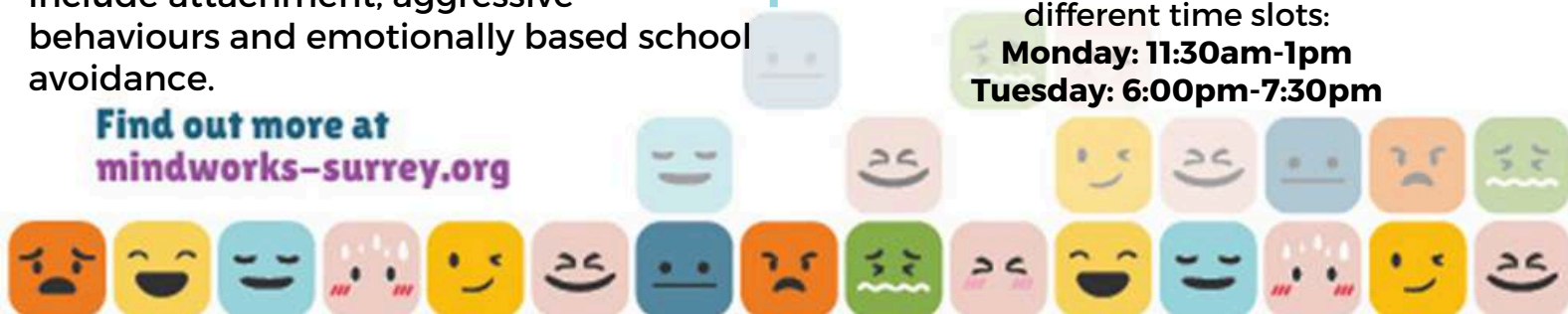
01737 910 907

Location: Online Zoom

Day and Times

They want to ensure that all parents have the opportunity to participate, so they offer two different time slots:

Monday: 11:30am-1pm
Tuesday: 6:00pm-7:30pm



Support for Parents

A new network of local hubs is launching
across Surrey.

Drop-in sessions will run weekly for 12
weeks, offering a friendly space for people
to find help, advice, and signposting to
local resources.

The hub at Guildford Family Centre will
help families access mental health support
from Catalyst Support, financial support
from Citizens Advice and parenting and
perinatal support from Home-Start, all in
the same place in the heart of the
community.



COMMUNITY HUB

Drop-in sessions will run weekly, offering a friendly space for
people to find help, advice, and signposting to local resources.

Starting on Monday 23rd June
at Guildford Family Centre, Hazel Ave, Guildford GU1 1NR
from 12.30 – 2.30pm.

FREE to attend.

No booking or referral required.



Find out more at
mindworks-surrey.org



Online SEND Support Group for Parents/Carers

When: Every Thursday starting Thursday 24th
July to the 14th August 2025 from 7pm to 8pm

For more information [click here](#) or scan the
QR code below:



WOKING
FAMILY CENTRE

SEND Online Support Group for Parents/Carers

Free support group for parents/carers with children aged
0-16 with pre or diagnosed SEND.

The course will cover topics like:

- Back to school and discussions around EHCP's
- Boundaries and useful parenting tools
- Accessing useful websites and other support networks
- Support on applying for DLA and other funding options.

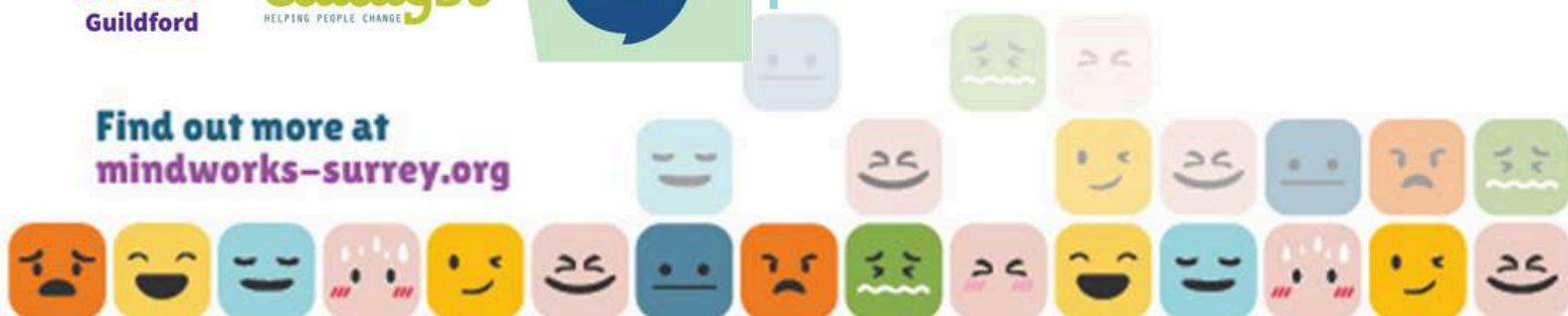
For more information scan the
QR code or call 01483 310419



Woking Family Centre, The Bungalow
Sythwood, Woking GU21 3AX



Changing childhoods.
Changing lives.



Your wellbeing matters

Whilst incredibly rewarding, being a parent can be overwhelming at times.
Wellbeing Matters is there to help.

We work to connect parents with a bit of extra support. Remember, looking after your own wellbeing is one of the best things you can do for your family.

**Support
for parents
and families**

We accept
self-referrals
scan the QR code
below



Waythrough
East Surrey
Wellbeing Matters

For more information please email: wellbeingmatters@waythrough.org.uk

Services Available in Surrey

Foodbanks

A list of foodbanks available in Surrey is on the Surrey Family Information Service (FIS) Website.

The Surrey Family Information Service is a free impartial information and signposting service for families with children aged 0 to 25. They can help you find organisations and services that may be able to support your family including information about childcare, finances, parenting and activities in your local area.

[Click here for a list of Foodbanks in Surrey.](#)

Alternatively you can contact the Surrey Information Service via:

Telephone: 0300 200 1004

SMS: 07860 053 465

(Monday to Friday 9am to 5pm)

The Trussell Trust

The Trussell Trust is a charitable organisation focussing on ending poverty charity and providing a community of food banks. You can find your local foodbank and more information via their website below or telephone line.

Telephone: 01722 580 180

www.trussell.org.uk/emergency-food/find-a-foodbank

Find out more at
mindworks-surrey.org

citizens advice Surrey Adviceline

Citizens Advice are a charitable organisation proving support for the public. You can contact an adviser through their national phone service. This is a confidential phone line. This connects you to a local Citizens Advice.

Adviceline (England): 0800 144 8848
(9am to 5pm, Monday to Friday - it's not available on public holidays.)

Relay UK - if you can't hear or speak on the phone, type what you want to say: 18001 then the Adviceline or Advicelink number

For more information visit the [website](#).



Free healthy lifestyle programme for families

Be Your Best is a free, local healthy lifestyle programme for Surrey families with children and teens aged 5 to 17 years, who are above a healthy weight. They can help with:

- eating healthily on a budget
- plan meals – even for fussy eaters
- find ways to be more active
- start swapping unhealthy habits for good ones

Click [here](#) for more information.



Helpful Information

Crisis support

If a young person is needing help in a Mental Health
Crisis please call:

24/7 Crisis Line: 0800 915 4644

For children and young people who are **Deaf or
hard of hearing** there is a **text** messaging CYPS
Crisis Line.

The number to text is: 07860 022 879

This service provides crisis support, advice, and
signposting for children and young people who
are Deaf or hard of hearing. The helpline is open
24 hours a day, 365 days a year.

Neurodevelopmental helpline

ND Helpline: 0300 222 5755

There is an out-of-hours phone line which
provides advice to parents and carers who
are struggling with behaviours or
difficulties which could be related to
neurodevelopmental need, such as
autism or ADHD. The skilled and friendly
advisers will talk with carers and families
around strategies to help them manage
their immediate difficulties and think
through coping strategies. It runs from
5pm until 11pm, seven days a week, 365
days a year.

Information which can be shared with young people

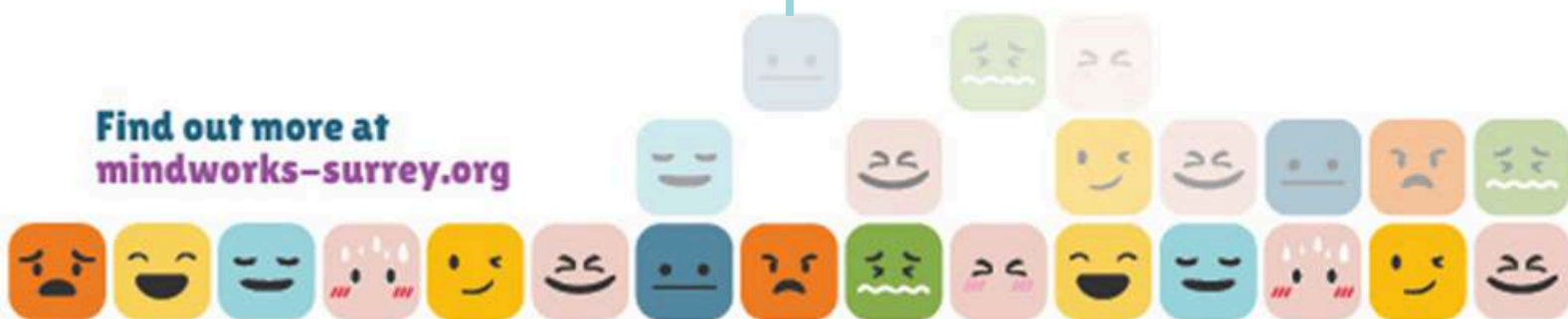
Free anonymous text support
<https://www.kooth.com/one-to-one-support>

Free app for managing urges to self harm

<https://calmharm.stem4.org.uk/>

Self care suggestions
[https://www.mindworks-surrey.org/advice-
information-and-resources/looking-after-
yourself](https://www.mindworks-surrey.org/advice-information-and-resources/looking-after-yourself)

Find out more at
mindworks-surrey.org





CYP Haven - safe space for children and young people aged 10 to 18

The CYP Haven is a safe space for children and young people (CYP) aged 10 to 18 where CYP can talk about worries and mental health in a confidential, friendly and supportive environment.

The CYP Haven have locations in Epsom, Redhill, Shepperton and Ash.

They have a team who can help CYP talk through what the issue is, and find ways to ensure CYP get the right information. The team may be able to help CYP access the right service.

CYP Haven is a drop in service and no referrals are required.

CYP Haven support line

We run a support line, Monday to Friday, 3.30pm to 7.30pm, and Sunday 1pm to 4pm (excluding bank holidays).

For support and someone to talk to during these hours children and young people can call us on:

01483 519436

The CYP Haven phone will only be answered during these session times.

Find out more at
mindworks-surrey.org

CYP Haven Locations

Epsom

Address: The Focus Youth Centre, 9 Depot Road, Epsom, KT17 4RJ.

Opening times: Tuesdays and Thursdays
3.30pm to 7.00pm.

Redhill

Address: The Annex, The Redhill Centre, 132-138 Station Road, Redhill, Surrey, RH1 1ET.

Opening times: Wednesdays 4pm to 6pm.

Shepperton

Address: Shepperton Youth Centre, Shepperton Court Drive, Shepperton, TW17 8EJ.

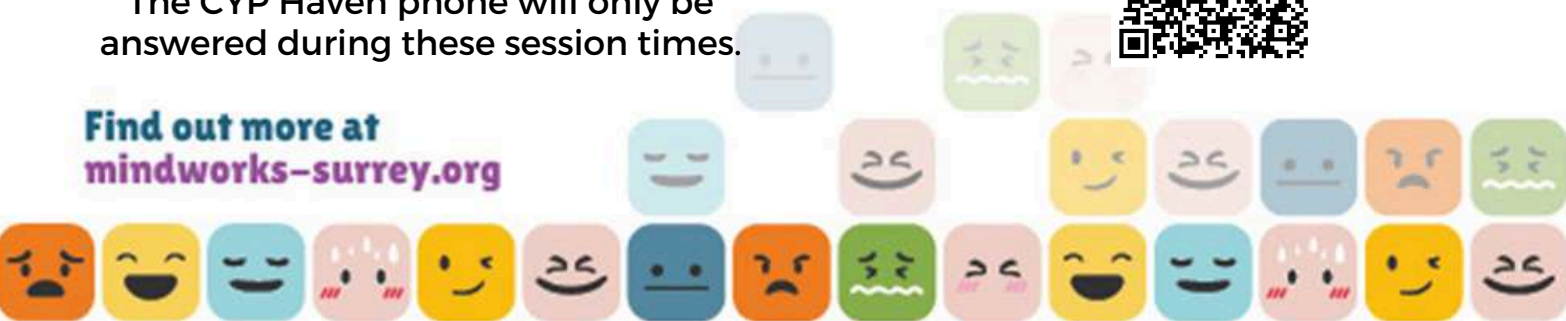
Opening times: Mondays 4.30pm to 6.30pm.

Ash

Address: Ash Youth And Community Centre, Ash Hill Road, Ash, GU12 5DN.

Opening times: Tuesdays 4pm to 6pm.

Workshops run from 4pm to 5pm.
Children and young people can contact the support line **01483 519436** on the day to be sent the link to join or ask at one of the centres. Scan the QR for information on what workshops are coming up:





ERIC is the national charity dedicated to improving children's bowel and bladder health. Their mission is to reduce the impact of continence problems on children and their families.

ERIC offers advice about bladders, bowels and toileting for children with additional needs. The webpage includes a selection of resources to watch, read and download to use. This includes a recording of a webinar, social script, flashcards which can be downloaded, visual schedule, social story and podcast episode.

Click the link [here](#).

Free helpline: 0808 801 0343

Available - Mon to Thur, 10am - 2pm

To find out more information on Interoception and toileting please press the link [here](#).

ERIC has a specific webpage for supporting toileting for autistic children. To visit the webpage please click the link [here](#).



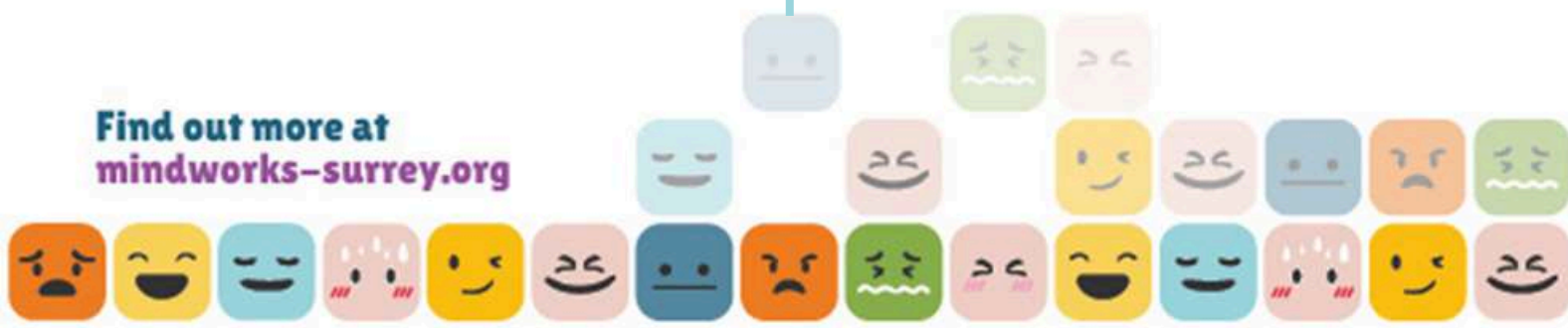
Kooth is an online platform to help young people with their mental health and wellbeing.

It's a welcoming space for your child to safely explore their feelings. They can anonymously talk to other people their own age on moderated discussion forums, and chat to mental health professionals via messaging.

Kooth does not require a GP or school referral. There are no waiting lists or thresholds to meet. All your child needs to do is register with an anonymous username to get immediate access to support.

All of Kooth's services are free, and support is available 24/7, 365 days a year. To find out more please visit <https://www.kooth.com/> or click the link [here](#).

Kooth also runs events for families, providing practical information and guidance on key mental health topics to see what the upcoming events are please click [here](#).



0-19 Advice Line

01883 340 922

Call the advice line for child health,
development and parenting advice
and support

Open 8am to 5pm, Monday to Friday
excluding bank holidays.



www.childrenshealthsurrey.nhs.uk/services/chat-health
www.childrenshealthsurrey.nhs.uk

Support for Parents

We would like to share freely available resources which may be
helpful for parents:

The Parent Handbook - Surrey County Council

<https://www.surreycc.gov.uk/children/support-and-advice/families/publications/the-parent-handbook#section-1>

Place2Be: Parenting Smart

<https://parentingsmart.place2be.org.uk>

Family Matters Newsletter

<https://news.comms.surreycc.info/pa2/send/7h7-j4g3>

Surrey Family Information Service

<https://www.surreycc.gov.uk/children/support-and-advice/families/send-support>

Telephone 0300 200 1004 (Monday to Friday 9am to 5pm)
SMS 07860 053 465

Surrey Local Offer

<https://www.surreylocaloffer.org.uk/>

Telephone: 0300 200 1015 (ask for the local offer team)

Guildford Family Centre

<https://www.familiesfirstguildford.com>

Telephone: 01483 510570

The Surrey Local Offer Carer's Guide to Support

<https://www.surreylocaloffer.org.uk/parents-and-carers/health/carers-guide>

Find out more at
mindworks-surrey.org

