

2019

Making a positive difference to all families

Autumn Programme

Autumn term: Monday 9 Sept – Friday 25 Oct



Other Services

» Family Support

The Red Oak Family Centre have a team of family support workers who offer families individual packages of care whether at home or in the centre providing support and guidance in a range of areas.

Ask to speak to the team if you feel this could benefit you or your family.

» Referral to specialist services

» Advice and Information

» Food Bank Vouchers

A available from the centre for those experiencing financial difficulty. Please ask for details.

» Parenting Courses, family play sessions, child and family health, child development and school readiness.

» Healthy Start Vitamins

Available from the centre.

Contact Us...

Monday to Friday
8.30am–5pm

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

T 01737 645908

E info@theredoak.org.uk

Find us online

 theredoak.org.uk

 facebook.com/theredoak

Parents and carers are responsible for and must supervise their children at all times

Other local family centres

Welcare, Welcare House, Redhill, RH1 1BU | T 01737 780884 | welcare.org

Horley Family Centre, YMCA East Surrey, Horley Old Fire Station RH6 7JA | T 01293 820068 | ymcaeast Surrey.org.uk

Epsom Downs Family Centre, Epsom Downs KT18 5RJ | T 01737 851083

Day	Activity	Time	Details	Cost*	Booking Required?
Monday	Playtime	10.00am – 11.30am	A play session for parents/carers & under 5's. At The Age Concern Building, Weldon Way, Merstham, RH1 3QB.	£1 suggested	✗
Monday	Home-Based Child Carers Group	10.00am – 11.30am	A play & learn session for professional home based child carers only.	£1 per child	✗
Monday	Horley Baby Café	10.00 – 12 noon	A free drop in offering information and support for pregnant and breastfeeding mums and their families. At the Horley Family Centre, The Old Fire Station, Albert Road, Horley RH6 7JA	Free	✗
Tuesday	A Space To Come	9.30am – 11.00am	A drop in group for families with children who have special educational needs or disabilities and for families who have concerns about their child's development.	£1 suggested	✗
Wednesday	Redhill Baby Café	10.00 – 12 noon	A free drop in offering information and support for pregnant and breastfeeding mums and their families. At the Harlequin Theatre, main foyer area, Redhill Town Centre, RH1 1NN	Free	✗
Wednesday	Baby and Me	1.30pm – 3.00pm	An afternoon drop-in play and learn session for parents and carers with pre-walking babies.	£1 suggested	✗
Thursday	Messy Play	10.00am – 11.30am	A messy Play session for under 5's and their parents/carers. At Timperley Gardens Scout Hut, Redhill, RH1 2AU	£1 suggested	✗
Thursday	Child Health Drop In Clinic	12.30pm – 2.30pm	Drop in and chat to the 0-19 child health team for advice and support on all aspects of child health. Includes the self-weigh baby clinic. ALTERNATE Thursdays.	Free	✗
Friday	Rhyme Time @ Merstham Library	10.30am – 11.00am	Weekly singing with an activity with our family support workers. At Merstham Library, Merstham Community Hub, RH1 3HY	Free	✗
Friday	Toy Library @ Merstham Library	10.00am – 11.30am	Come & borrow toys for 25p each at Merstham Library. At Merstham Library, Merstham Community Hub, RH1 3HY	25p per toy	✗
Friday	Every Child A Talker	09.30am – 10.30am	A play session focusing on communication, speech and language development. A 5-week course. Running from Friday 20th September and from Friday 8th November. Call the centre to book.	£1 suggested	✓
Friday	Play & Learning Together	09.15am – 10.30am	A one-off session covering the importance of learning through play. Running on Friday 25th October and Friday 13th December. Call the centre to book.	£1 suggested	✓
Saturday	Dad's Club	10.00am – 12noon	Once a month – An opportunity for dads and male carers to bring their children to a session of play and activities. Every fourth Saturday of the month.	£1 suggested	✗
Workshops and courses	First Aid for Parents	Check date attending	For parents/carers and non-mobile babies. Monday 7th October at 1pm-3pm or Saturday 23rd November 11am-1pm.	£7.50 per adult	✓
	Introducing Family Foods	1.00pm – 3.00pm	A one-off session for families of babies aged 4-6 months. Advice and support on introducing solids. On Thursday 19th September. Call the centre to book.	Free	✓
	Parenting Puzzle Course	09.30am – 11.30am	A 4-week course at Horley Family Centre, The Old Fire Station, Albert Road, RH6 7JA. On 12th November, 19th November, 26th November, 3rd December. Call Horley Family Centre to book.	£15 per adult	✓
	Talking Teens Parent Course	7.30pm – 9.30pm	A 4-week course at The Red Oak Family Centre, RH1 3NH. On 7th November, 14th November, 21st November, 28th November. Call the centre to book.	£20 per adult	✓