



SPRING WORKSHOPS AND COURSES 2022

Tuesday 4th January 2022 - Thursday 31st March 2022



Workshops and Courses	First Aid for adults	Thursday 27 th January Thursday 10 th March 10am-12noon	A choice of two sessions. A 2-hour session focusing on providing first aid to young children. For adults.	£5.00 per adult	Booking required
	The Parenting Puzzle	Starting on Wednesday 26 th January 12.30pm-2.30pm (4 week course)	A 4-week course that gives parents help, tips and advice to put fun back into family life; understanding your child's behaviour, learn strategies for building positive, constructive relationships and calm, confident parenting. No crèche available. At YMCA Horley Family Centre, The Old Fire Station, Old Albert Road, Horley, RH6 7JA. Tel: 01293 775777.	£15.00 per adult for the course. Contact YMCA Horley Family Centre to book	Booking required
	Talking Teens	Starting on Tuesday 1 st February 7pm-9pm	A 4-week course suitable for parents/carers of children in school year 5/6 upwards. Increase your understanding of teenage development and learn strategies to help build stronger bonds with your teen to improve your home life. Adults only.	£15.00 per adult for the course	Booking required
	Baby Boogie Mites	Starting on Friday 14 th January 11.00am – 12.30pm	A set of six music, singing and sensory sessions suitable for parents/carers with babies 6 weeks old to pre-crawling. Learn about the brain development in early years and how to use music to support your baby's development.	£5.00 per family for the course	Booking required
	Helping Your Child to manage stress and anxiety	Monday 31 st January and Monday 7 th February 12.15pm-2.15pm	A free two-part course run by the WEA. Taught by a relax kids coach to help parents of young children learn techniques and to help their children manage their anxiety and emotions. Adults only. No crèche	Free	Booking required
	Support and Guidance for SEND children	Monday 28 th February and Monday 7 th March 12.30pm-2.30pm	A free two-part course run by the WEA. This course provides an overview of the help available to children with SEND and their parents and how to access the support. Adults only. No crèche	Free	Booking required
	Supporting children with Autism	Thursday 24 th March and Thursday 31 st March 10am-12noon	A free two-part course providing an introduction to the frameworks used to describe and diagnose autism. It looks at the significant impact of sensory issues to give an insight into how children with autism experience the world. Real life examples and experiences are used to explain the strategies to support communication, engagement in activities and positive behaviour. Adults only. No crèche	Free	Booking required
	SEND Q&A session	Monday 28 th February Evening 7.30pm-8.30pm	A question and answers evening for adults. Run by a SEND professional. A chance to discuss experiences and get advice/answers to your questions. Adults only.	Free	Booking required



SPRING TIMETABLE Weekly Groups

Tuesday 4th January 2022 - Thursday 31st March 2022



Spaces at our weekly sessions are limited. Booking is required. Priority will be given to families being supported by the family centre or who are referred by a professional.

Day	Activity	Time	Details	Cost	Booking Required
Monday	Merstham Playtime	9.30am – 11.00am	A stay and play session for parents/carers with children 0-5 years old. At The Red Oak Family Centre.	£1 Donation	YES
Tuesday	A Space To Come	9.30am-11.00am	A friendly, welcoming group for families with children who have special educational needs or disabilities and for families who have concerns about their child's development. At The Red Oak Family Centre.	£1 Donation	YES
Tuesday	Toy Library @ Merstham Library	11.30am – 1.00pm	Come and borrow toys from our huge selection for only 50p each per week. Toys suitable from birth - 8years old. At Merstham Library, Merstham Community Hub, Portland Drive, RH1 3HY.	50p per toy	NO
Wednesday	Baby Cafe	10.00am-12noon	A free drop in offering information and support for pregnant and new breastfeeding mums and their families. At The Harlequin Theatre, main foyer, Redhill town centre, RH1 1NN.	free	NO
Wednesday	Horley Playtime	10.30am-12noon	A stay and Play session for parents/carers with children 0-5 years old. At The YMCA Horley Family Centre, The Old Fire Station, Albert Road, Horley RH6 7JA. Call The Red Oak Family Centre to book a place.	£1 Donation	YES
Thursday	Baby&Me	1.30pm-2.30pm	A friendly group for parents with pre-walking babies aged 0-12 months, focusing on the first year of your baby. At The Red Oak Family Centre.	£1 Donation	YES
Friday	Every Child A Talker	9.30am-10.30am	A 6 -week course. Play sessions each week focusing on communication, speech and language development. At The Red Oak Family Centre. Contact The Red Oak Family Centre to book a place on the next course.	£1 Donation	YES
Friday	Boogie Mites Minis	1.30pm-2.00pm	Runs for 6 weeks. A 30-minute music, singing and sensory session for adult with children crawling up to 5 years old. At The Red Oak Family Centre. Contact The Red Oak Family Centre to book a place.	£1 Donation	YES

We run a variety of groups and programmes for children designed to develop children's communication, speech and language and a love of stories, books and rhymes. These are all delivered through fun play-based sessions.

If you would like to find out more information on any of our groups or services, please contact The Red Oak Family Centre.

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