



# Newsletter

Spring 2025

Welcome to YMCA East Surrey Family Centres, we offer a wide range of activities and services to support family life for parents and carers of children and young people aged 0-18 years (25 additional needs and disabilities).

We are working in partnership with Welcare and HomeStart East Surrey to ensure that services and support are available across East Surrey and at the following Family Centres:

We offer support in several ways including – One to One Family Support, parenting support and activities and health services.



## YMCA Family Centres

YMCA East Surrey Family Centres are working in partnership with Welcare and HomeStart East Surrey to ensure that services and support are available across East Surrey.

For more information about each Family Centre, and to find out what we have going on, please visit [Family Centres - YMCA East Surrey](#)

## Citizens Advice

Citizens Advice appointments are available for parents with a child aged 0-19 yrs.

Appointments are available every Thursday morning at Horley Family Centre, and on request at The Red Oak Family Centre and Epsom Downs Family Centre. To book, please email [outreach@carbs.org.uk](mailto:outreach@carbs.org.uk)

## ASD/ADHD Support Group

Support group for families with children with ASD/ADHD and similar communication and behavioural difficulties.

The group has guest speakers and offers the chance to chat with other parents and carers in a welcoming environment.

**Fridays | 09:30-11:30**

(28 March, 25 April, 6 June & 27 June)

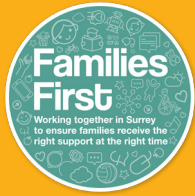
Free of charge | Refreshments provided

Contact Elaine for more information:

[tadworthasdgroup@gmail.com](mailto:tadworthasdgroup@gmail.com)

YMCA Epsom  
Downs Family Centre,  
St Leonard's Road,  
Epsom Downs,  
Surrey, KT18 5RJ.





# Volunteers needed

We're looking for volunteers to support our Senior Play Practitioner during fun group sessions for under 5's at the Horley Young People and Family Centre (and possibly at other Family Centres locally).

This is a great opportunity for anyone interested in learning about early years development.

- ▶ Help to organise activities for under 5's
- ▶ Set up the playroom and tidy everything away
- ▶ Groups run on Wednesdays and Thursday (term-time only)

To find out more, please get in touch

E [reigatebansteadfamilycentre@ymcaeastsurrey.org.uk](mailto:reigatebansteadfamilycentre@ymcaeastsurrey.org.uk)

T 01293 775777

[www.ymcaeastsurrey.org.uk](http://www.ymcaeastsurrey.org.uk)

# Parenting Puzzle course

HomeStart East Surrey have an upcoming Parenting Puzzle – they will be running a 10-week Parenting Puzzle course.

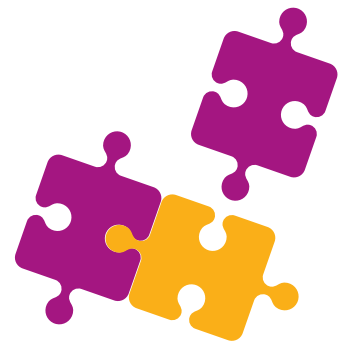
Tuesday 22 April – Tuesday 1 July 2025  
(no session during half term)

19:30 – 21:30 | Redhill

The cost is £30 per person or £50 per couple (includes manual.)

For more information email

[lisa@home-starteastsurrey.org.uk](mailto:lisa@home-starteastsurrey.org.uk)



# The Rainbow Group

For families who have children aged 0-5 with additional needs



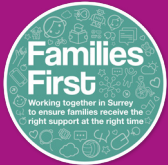
The Surrey Early Support Service, together with Horley Young People and Family Centre, would like to invite you and your child/ren to this FREE informal play session. There will be resources and activities for your child to enjoy, as well as an opportunity for you to meet other parents and get advice from an Early Support Keyworker.

Tea and coffee will be available for parents, but please bring your own snacks and drinks for your children. No need to book - just pop in!

Tuesdays | 10:30-12:00 (Term time only)

YMCA Horley Family Centre, The Old Fire Station, Albert Road, RH6 7JA  
Siblings under 5 also welcome.

For more details call 01293 775777 or email [reigatebansteadfamilycentre@ymcaeastsurrey.org.uk](mailto:reigatebansteadfamilycentre@ymcaeastsurrey.org.uk)



# Baby & Me

**Thursdays** (Term-time) | 10:00-11:30

A lovely, relaxed and friendly session for parents and their babies up to age 18 months. This group is ideal for families who are looking for support with:

- ▶ Baby development
- ▶ Bonding and attachment
- ▶ Play opportunities
- ▶ Social development
- ▶ Building confidence as a new parent

Also, each week there will be an opportunity to talk with our EYFS Senior Play Practitioner Victoria about baby-related topics including sleep issues, behaviour, reducing dummy use and working towards potty training.

YMCA Horley Young People and Family Centre,  
The Old Fire Station, Albert Road, Horley, RH6 7JA

**Cost:** Donation £1

# Health drop-ins

The Health Team run child drop-ins at The Red Oak Family Centre once a month on a Wednesday, and alternate weeks at The Horley Young People and Family Centre.



More information on time/dates and the other services they provide, can be found on their website: [www.childrenshealthsurrey.nhs.uk/services/health-visiting-service/child-health-clinics-and-drop-ins](http://www.childrenshealthsurrey.nhs.uk/services/health-visiting-service/child-health-clinics-and-drop-ins)

# How to make a referral

Targeted Support Referrals come directly to the Family Centres from the C-SPA. Professionals & Agencies need to complete a Request for Support Form, visit the website below and email it to [cspa@surreycc.gov.uk](mailto:cspa@surreycc.gov.uk).

<https://www.surreycc.gov.uk/children/contact-childrens-services>

# Who We Are

The Reigate & Banstead Centres manager is Angelina McCloughlin. Our Family Support workers are: Alex, Christine, Laura, Liz, Mell, Sam, Tanya & Victoria R, and our Senior Play Practitioner is Victoria S. The centres are supported by our administrators, Lucinda and Janine.

**We work across three Family Centres:-**

- ▶ Epsom Downs Family Centre, St. Leonards Road, Epsom Downs, KT18 5RJ
- ▶ Horley Young People & Family Centre, The Old Fire Station, Albert Road, Horley, RH6 7JA
- ▶ The Red Oak Family Centre, Radstock Way, Merstham, Redhill, RH1 3NH

**Angelina McCloughlin**  
Reigate & Banstead Family Centre Manager



**Here for young people  
Here for communities  
Here for you**