

Family First, Guildford

Guildford Family Centre, Hazel Avenue, GU1 1NR

Tuesday 10am – 12pm

Together in the Garden - a safe space for adults and children to enjoy being active in an outdoor space, engaging in gardening and craft activities.

Fridays 1:00pm -2:30pm

Young Parent Group – an opportunity to have fun with your pre-school aged children and meet other young parents.


<https://www.familiesfirstguildford.com/>


ShopWise

Mondays 12pm, Guildford Family Centre

Wednesdays 12:30, Sheerwater Nursery, Woking

For a small weekly membership fee (£3), you can

 choose 10 food items

 get a free bag of fruit and vegetables

There's no need to keep paying if you don't want to. The shop is especially helpful for families on a low income who need extra support.

<https://www.familiesfirstguildford.com/2025/10/13/shopwise-at-guildford-family-centre/>

Children and Family Support Worker

Winter Newsletter 2025

I have very much enjoyed my first term at Send C of E Primary School and I am grateful for the warm welcome I have received. December has been very busy, I particularly enjoyed seeing the school choir perform at the Nativity service at St Mary's church, they were fabulous!

In November I met Tina and the team at Family First in Guildford and visited their community garden. They offer support to local families in a variety of ways, including one to one advice sessions and parenting courses. A branch of ShopWise has also recently opened at the centre.

I dropped in on the Small Steps parent/carer group, which runs every Wednesday from 10-12 in the Church rooms. It was nice to meet Kate and the team and see the exciting activities they have on offer.

I also met Emma and the team of volunteers at the Lighthouse in Woking, an extraordinary place that offers a huge range of services, from practical support to wellbeing workshops. Their Cosy Coffee House is well worth a visit and will be opening at its new location in January.

If you are interested in learning more, please do get in touch. I hope you all have a wonderful Christmas break.

Mrs Perfect
cfsw@sendcofe.co.uk



The Lighthouse

Services on offer include;

- Jigsaw Storehouse – a baby bank with clothes, toys and equipment for children.
- The Style Studio – a second-hand clothes store for adults that also offers one-to-one advice.
- Drop-in sessions and workshops.
- Free money advisory service.
- Food bank.

Please do look at their website for more details.

<https://www.the-lighthouse.info/>

Wellbeing

'The greatest illusion,' said the mole, 'is that life should be perfect.' – The Boy, the Mole, the Fox and the Horse, Charlie Mackesy

[Christmas and mental health](#) - helpful tips if you or someone you know is finding this time of year tricky.

Samaritans – call 116 123 anytime.