

OTTERSRAW WELLBEING NEWS!

SPRING 2025

Useful links:

Parenting and Family Support | Family Lives - Family lives uk— offers a confidential helpline and online workshops to support all aspects of family life.

<https://parentingsmart.place2be.org.uk/> - Parenting advice from mental health experts. Practical tips to support children's wellbeing and behaviour.

Is your child a poor sleeper? If you were unable to attend our sleep workshop— advice is available from **Sleep and young children - NHS** and

Dear Parents and Carers,

Welcome to our first Wellbeing Newsletter! We plan for this to be a termly publication with news, tips and useful links.

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:

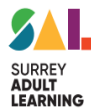
surreycc.gov.uk/familylearning



...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.



PARENTING WELLBEING SERVICE

The Surrey Wellbeing Partnership is made up of 12 different charities and organisations working across Surrey. All coming together to support children, young people, and their families to

Referral Process

Our service works closely with MindWorks and referrals can be made via the online portal or through:

- Surrey Access and Advice Team
- Professionals working with the family (School, GP, Social Care)
- Parents or Carers themselves

How to contact us

Parenting Wellbeing Service

PWS@barnardos.org.uk

Surrey Wellbeing Hub

216

Dorset House

REGENT PARK

Kingston Rd

Leatherhead

KT22 7PL



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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

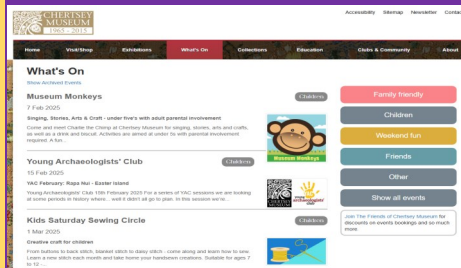
Develop your understanding of math, its language, and school terminology to help with your child's schoolwork. Enhance your family's knowledge with our expert guidance.



OUT AND ABOUT:

Connecting with Nature is an important part of wellbeing, Local parks, trails, woods, offer endless opportunities for adventure. Turn your walk into a scavenger hunt by making a list of things for your children to spot.

Chertsey Museum:



Surrey Libraries:

Creating Sounds

Monday 17 February, 2pm and 3pm.

Ever wondered if your child would enjoy learning a musical instrument? Creating Sounds is a 40-minute session led by Surrey Arts, which will give children in school years 2 to 6 a chance to try Guitar and Wind instruments at the library.

Suggested donation £3. Tickets can be booked online:

[Book tickets for Creating Sounds at Woking Library](#)

Watch this space for more information! Meantime we welcome your feedback!

Support group for parents and carers of Neurodivergent children

COME JOIN US FOR:

- Cuppa & catch up sessions
- Information talks
- Events decided by you
- And lots more!

Want to chat to other parents and carers who just 'get it'?

To find out about our upcoming sessions and events, please contact us on: thebeautifulmindsfamily@gmail.com

