

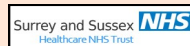
ALSO AVAILABLE

Parent Craft

10am-2pm2nd

Saturday 7th September &
2nd November

Book with your Midwife



Bump to Baby Sessions

Held at Goodwyns Road and at
venues based in Leatherhead

Ideal for Mums and their partners
who are expecting a baby

This practical session covers sleep,
bathing baby plus much more

Outreach Service

Our Outreach team work in
partnership with families and other
professionals to provide a range of
support to the Mole Valley area.

We can offer advice, training and
signpost to other services if needed

Please contact us for more
information on the referral process

Healthy Start Vitamins



Available to buy at Goodwyns Road
(only £2 for child vitamin drops) or in
exchange for a healthy start voucher

During the year we also offer
the following courses:

2 Hour First Aid Course
(Non-Accredited)

Parenting Puzzle

Henry

Understanding Children's Behaviour

Helping your Child manage Stress &
Anxiety

Baby Massage

Please call the Centre to add your
name to the waiting list

Other services available from
Mole Valley Family Centre include:

Perinatal and Postnatal groups

Freedom Programme

PIMH Baby Massage

Wellbeing group sessions

Feeding advice

Food bank vouchers

Thank you to our funders
and partners



MaryFrancesTrust



Mole Valley Family Centre



Goodwyns Road, Dorking, RH4 2LR

Opening Hours: Monday to Thursday 9am to 4pm and Friday 9am to 3pm

Telephone: 01306 740095

Email: familycentre@dorking.surrey.sch.uk

September to December 2019

Our team work across the whole of Mole Valley and can offer support to
families in their homes as well as at community venues.

Our aim is to support families across Mole Valley who have children up to
11 years old who are facing challenging circumstances.

We are open all year round but will be closed for Christmas week.



Family Centre Manager: Helen Sutherland
Mole Valley Family Centre is led by Dorking Nursery School



Monday

Stay and Create

9.30am-11.30am

Breakfast at 9am followed by easy activities to use at home including upcycling and simple crafts



Starting on Monday 4th November at Goodwyns Road

Some crèche spaces will be available but advance booking is essential

To book, please call:
01306 740095

MaryFrancesTrust

Parenting Puzzle

12.45pm-2.45pm

For parents and carers of children aged 0-11 years

A 10 week course looking at the challenges of being a parent



Starting on Monday 23rd September at West Street, RH4 1BY

(no session during half term)

£25 per person

Crèche spaces will be available
Booking is essential

Seesaw Baby Group

1pm-2.30pm

Run by the Perinatal Mental Health Service

Starting on Monday 16th September at Goodwyns Road

Surrey and Borders Partnership NHS Foundation Trust

Tuesday

Capel Stay and Play Toddler Group



9am-10.30am

Held at and run by
Scott-Broadwood Infant School,
RH5 5JX

Every Tuesday

Outreach support will be available here on the first Tuesday of the month (term time only)

Neighbourhood Group

9.30am-11am

For families living in Clarion housing or in the neighbourhood. Ideal for families from Goodwyns, Rough Rew and Chart Downs

Starting on Tuesday 10th September at Goodwyns Road

Sponsored by



Child Health Drop-in and Family Centre Baby Group

1pm-3pm



Leatherhead Parish Rooms
Church Rd, Leatherhead
KT22 8AY

Includes self weigh, breast feeding support and space to play and meet new friends

For more information, call the advice line on: 01883 340922
(Mon - Fri 8am till 5pm)

www.childrenshealthissurrey.nhs.uk

Midwife Discharge Clinic

1.30pm-3pm

at Goodwyns Road

Appointments booked with your Midwife

Wednesday

Nurture Group

9.30am-11am



This is a group session held at Goodwyns Road for families receiving outreach support

Starting on Wednesday 18th September at Goodwyns Road

Please speak to your outreach worker if you would like to attend

Thursday

27 Month Reviews

Held at Goodwyns Road on Thursday mornings

By appointment only

For more information, please call the Health Visitor advice line on:
01372 384300



Postnatal Depression Support Group

10am-12pm

This group is held at the Dorking Nursery School site, RH4 1BY

There is a Crèche available but spaces are limited so advance booking for the crèche is essential

Run by Cedar House, starting on Thursday 12th September (term time only)

To book a place, please contact Liz
Wise on: 07773 283566 or
lwise@talktalk.net

Counselling service

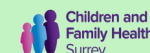


Held at Goodwyns Road on Thursday mornings

For more information or to book an initial appointment, please call:
01306 740095

Child Health Drop-in and Breastfeeding Support

1pm-3pm



Held at Goodwyns Road, RH4 2LR

Includes self weigh

For more information, call the advice line on: 01883 340922
(Mon - Fri 8am till 5pm)

www.childrenshealthissurrey.nhs.uk

Friday

Play and Learn Group

9.30am-11am

A drop-in session for families with children aged under 3 years

£2 per family

Starting on Friday 8th November at West Street, RH4 1BY

With special thanks to Dorking Nursery school for sponsoring this group



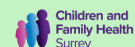
Health Clinic for 6-8 Week Checks

9.30am-1pm

Held at Goodwyns Road, RH4 2LR

By appointment only

For more information, please call the Health Visitors advice line on:
01372 384300



Introduction to Solid Food

10am-11am

Held at Goodwyns Road every 2nd Friday of the month (term time only)

Information session run by the CSH Community Nursery Nurses

