

# family grapevine

WEEKLY  
INTERACTIVE  
NEWSLETTER

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EAST SURREY

## • MIND MATTERS •

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**Open Morning:** Thursday, 22nd April, 9.30am to 11.30am

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**A staggering 58% of people  
don't change their locks when  
they move to a new house.**

A number of people have had  
access to your keys, which may  
still be in circulation.

As soon as you can, instruct a  
local locksmith to change all  
your locks and make your  
home secure.

**YOUR LOCAL 24 HOUR  
EMERGENCY LOCKSMITH**

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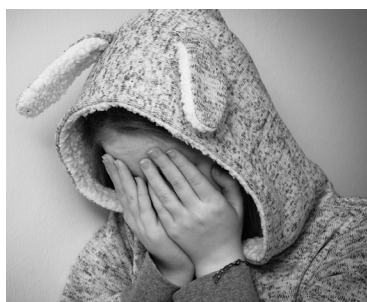


**NEW  
HOUSE  
NEW  
LOCKS**



**Squire's  
Garden  
Centres** have  
some great

ideas to **'Grow Your Own'**! Have  
some fun and create your own  
crackin' cress heads with the  
children! Carefully remove the top  
of your eggs, wash the shells and  
dab them dry. Draw faces on your  
shells with felt tip pens. Dip some  
cotton wool in water, squeeze out  
the excess, then place one cotton  
wool ball inside each shell.  
Sprinkle a few cress seeds on top.  
Sit your cress-filled shells in egg  
cups or an egg box on a sunny  
windowsill and watch them grow!



Is your teen moody? It has been  
found that teenagers catch  
moods and negative moods are  
more contagious. Mental health  
and emotional wellbeing among  
young people could be better  
understood by findings in  
a recently-published paper from  
**Oxford** and **Birmingham  
Universities**. Read more **HERE**.



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YOUR CHILD'S AT-HOME  
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