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Mindworks Surrey

The children and young people's emotional wellbeing and mental health service

NHS Surrey and Borders Partnership NHS Foundation Trust

Third Edition, May 2025

Specialist Schools Mental Health Support Team Newsletter

Welcome to the new edition of the parent newsletter. This issue features information on:

- Cyber Safety training for parents and children
- Free webinars available for parents such as supporting mental health difficulties
- Free workshops for parents offered by Family Learning on topics such as:
    - Supporting your LGBTQ+ child
    - Understanding masking in your child
    - Supporting your anxious child
    - Supporting your child's sensory needs
    - Building your child's resilience
    - Developing positive bedtimes routines
    - Understanding child on parent violence
    - Starting School: Navigating anxiety and expectations for parents
- Free and low cost activities being held in Surrey for children and young people with additional needs and disabilities, parents and families during May half term.
- Information, links and contact details to services available in Surrey which may be of interest to you

We have taken great care to direct you to reliable information and services but as these services are external to the NHS we can't guarantee them.

Specialist Schools Mental Health Support Team

We would like to take this opportunity to introduce the Mental Health Support Team for Specialist Schools in Surrey. We are a school-based service, which supports the mental health of children and young people in specialist schools across Surrey.

We offer support, advice and signposting to key people (teacher and or parent/ carer) around the child or young person to enable them to identify any concerns, understand what has happened for that child or young person and support any developing mental health needs.

We also support specialist education setting to promote a whole school ethos and environment that supports the emotional and mental health of pupils, staff and the wider school community.

Our team works closely with our Community Children and Young People Learning Disability Mental Health team.

If you would like support from our service please talk to your child's teacher.

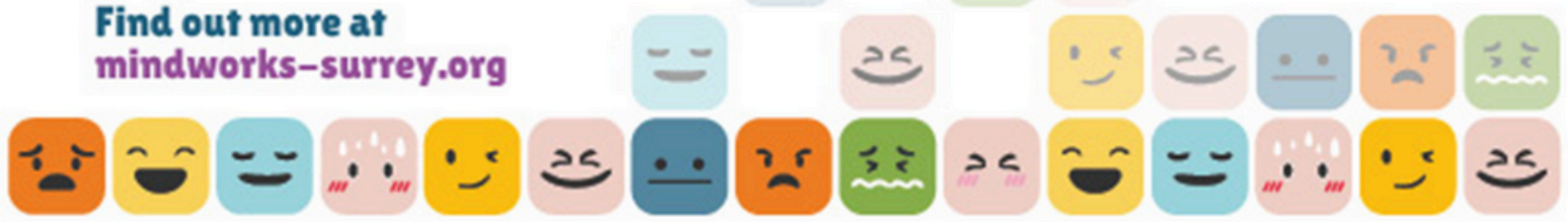
To find out more information please visit

https://www.mindworks-surrey.org/our-services/school-based-needs/MHST

To read the newsletter online scan the QR code with your phone:

or scan the QR code to be directed to the website:

Find out more at mindworks-surrey.org



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eric The Children's Bowel & Bladder Charity

ERIC is the national charity dedicated to improving children's bowel and bladder health. Their mission is to reduce the impact of continence problems on children and their families.

ERIC offers advice about bladders, bowels and toileting for children with additional needs. The webpage includes a selection of resources to watch, read and download to use. This includes a recording of a webinar, social script, flashcards which can be downloaded, visual schedule, social story and podcast episode.

Click the link **here.**

Free helpline: 0808 801 0343
Available - Mon to Thur, 10am - 2pm

To find out more information on Interoception and toileting please press the link here.

ERIC has a specific webpage for supporting toileting for autistic children. To visit the webpage please click the link **here**.

kooth

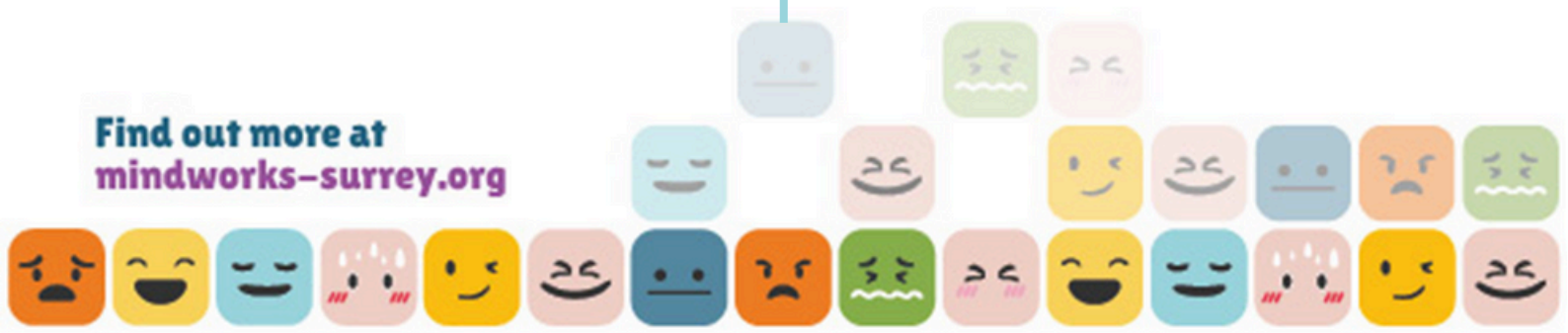
Kooth is an online platform to help young people with their mental health and wellbeing.

It's a welcoming space for your child to safely explore their feelings. They can anonymously talk to other people their own age on moderated discussion forums, and chat to mental health professionals via messaging.

Kooth does not require a GP or school referral. There are no waiting lists or thresholds to meet. All your child needs to do is register with an anonymous username to get immediate access to support.

All of Kooth's services are free, and support is available 24/7, 365 days a year. To find out more please visit https://www.kooth.com/ or click the link **here**.

Kooth also runs events for families, providing practical information and guidance on key mental health topics to see what the upcoming events are please click here.



Find out more at mindworks-surrey.org

Discover youth clubs and other services for you

Surrey Youth VO!CE

Go to links or scan QR codes

Youth centres and projects
www.surreycc.gov.uk/youthcentres

LGBTQ+ youth groups and services
www.surreycc.gov.uk/youngpeoplelgbt

Support and social groups for young people with additional needs and disabilities
www.surreylocaloffer.org.uk/directory

Housing advice for young people
www.surreycc.gov.uk/youngpeoplehousing

Youth Cafes
www.mindworks-surrey.org/youth-cafes

Participation groups
www.surreycc.gov.uk/uservoice
www.mindworks-surrey.org/share-your-views

CYP Havens
www.surreycc.gov.uk/cyphaven

ourvoicesurrey
www.instagram.com/ourvoicesurrey

Scan and follow us on Instagram



SURREY COUNTY COUNCIL

FAMILY LEARNING

SURREY COUNTY COUNCIL

SAL 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

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.



SAL SURREY ADULT LEARNING

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FAMILY LEARNING

SURREY COUNTY COUNCIL

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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.



SAL SURREY ADULT LEARNING

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CYP HAVEN

CYP Haven - safe space for children and young people aged 10 to 18

The CYP Haven is a safe space for children and young people (CYP) aged 10 to 18 where CYP can talk about worries and mental health in a confidential, friendly and supportive environment.

The CYP Haven have locations in Epsom, Redhill, Shepperton and Ash.

They have a team who can help CYP talk through what the issue is, and find ways to ensure CYP get the right information. The team may be able to help CYP access the right service.

CYP Haven is a drop in service and no referrals are required.

CYP Haven support line
We run a support line, Monday to Friday, 3.30pm to 7.30pm, and Sunday 1pm to 4pm (excluding bank holidays). For support and someone to talk to during these hours CYP can call us on

01483 519436

The CYP Haven phone will only be answered during these session times.

CYP Haven Locations

Epsom
Address: The Focus Youth Centre, 9 Depot Road, Epsom, KT17 4RJ.
Opening times: Tuesdays and Thursdays 3.30pm to 7.00pm.

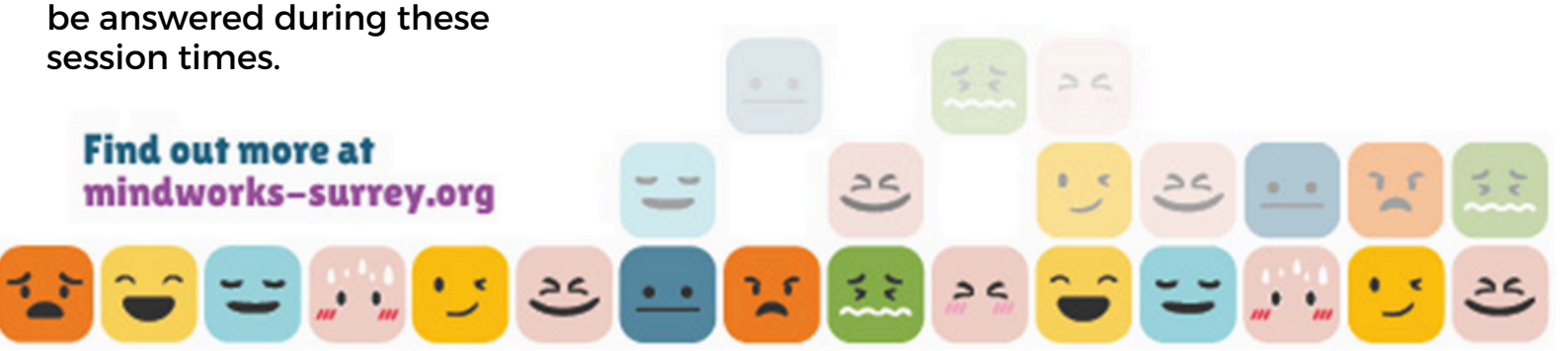
Redhill
Address: The Annex, The Redhill Centre, 132-138 Station Road, Redhill, Surrey, RH1 1ET.
Opening times: Wednesdays 4pm to 6pm.

Shepperton
Address: Shepperton Youth Centre, Shepperton Court Drive, Shepperton, TW17 8EJ.
Opening times: Mondays 4.30pm to 6.30pm.

Ash
Address: Ash Youth And Community Centre, Ash Hill Road, Ash, GU12 5DN.
Opening times: Tuesdays 4pm to 6pm.

Workshops run from 4pm to 5pm. CYP can contact the support line **01483 519436** on the day to be sent the link to join or ask at one of the centres.

Find out more at mindworks-surrey.org



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Surrey Short Breaks

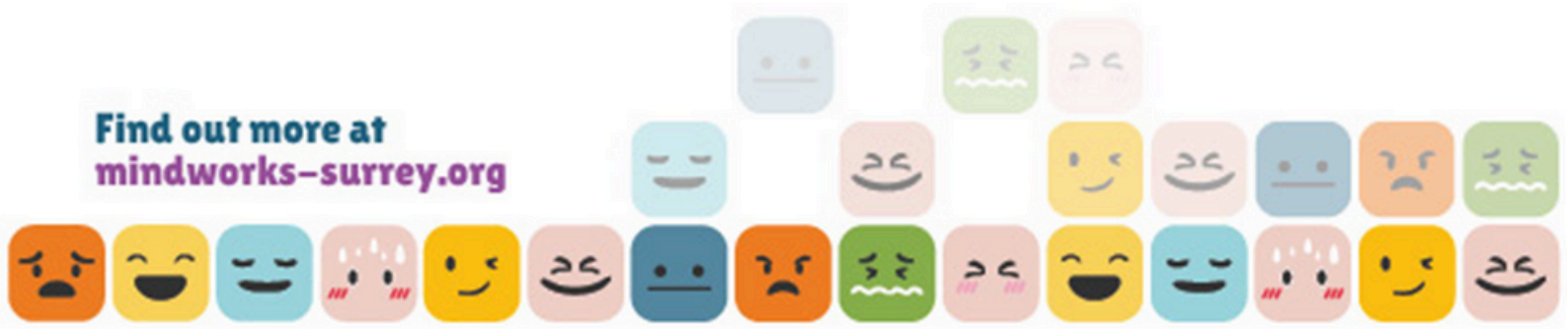
Short Breaks offer a range of creative, flexible, fun play and leisure activities in local communities for children and young people who have additional needs and disabilities (AN and D).

The purpose of Short Breaks is to:

- Develop the skills, confidence, independence and readiness for adulthood of children and young people (CYP) with AN&D and enable them to have fun and make friends
- Improve their emotional and physical health, as well as their ability to communicate their feelings and preferences and their social skills, both through their relationships with other children and through developing supportive and trusting relationships with adults – thereby also supporting positive behaviour.
- Support positive outcomes for parents, by providing parents and carers with breaks from their caring responsibilities, so they are empowered to look after their own emotional and physical health and wellbeing and provide better and more sustainable care to other family members.
- Support positive outcomes for whole families, including greater family cohesion and improved relationships.

For further information and the list of providers please click the link **here.**

Find out more at mindworks-surrey.org



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Free to attend:
Additional Needs Service Showcase

Organised in collaboration with **Family Voice Surrey** and **The Hive** these events are a fantastic chance for families and professionals to meet and connect with local services.

There is no need to book just drop in!

Ripley Showcase
Date: Wednesday 18 June
Time: 10am to 3pm.
Venue: Ripley Village Hall High Street, Ripley, Woking GU23 6AF.
Further information: A large car park is available at the venue.

Ewell Showcase
Date: Wednesday 2 July
Time: 9.30am to 2pm.
Venue: Bourne Hall Spring Street, Ewell, KT17 1UF
Further information: A large pay and display car park is available at the venue.

F6IT offer activities can be adapted for children and young people with additional needs, including:





Find out more at mindworks-surrey.org

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ACTIVE SURREY

PM ACTIVE

R&Be active for a happy, healthy future

SEND Youth Club

Our Friday Night Project at the Woodhatch Community Center in Reigate is specifically for young people aged 11-16 with SEND. It is a multi-sport and activity club that provides a safe space for them to hang out, make friends and a try a range of sports and games. It's a great way to develop independence and new skills in a friendly environment with staff who have lots of experience supporting people with additional needs.

Sessions are limited to 20 people.

1 hr 30 min · £2.50

To book email:
hello@pmactivesurrey.co.uk

SEND School Holidays

During May half term, PM Active also work in partnership with R & Be Active holiday programme to offer a variety of SEND small group school holiday activity sessions including:

- Inclusive Multi-Sports for 5-10 Years
- SEND Gaming, Food & Friends 6-10 Years
- SEND Gaming, Food & Friends 11-16 Years
- Inclusive Sensory, Craft & Messy Play 4-16 Years

To find out more and to book visit:

www.pmactivesurrey.co.uk/schoolholidays

Challengers The Hub

The Hub at Challengers provides workshops for parents with children and young people with special educational needs and/or disabilities, Challengers in Guildford hosts events for children and young people with special educational needs and/or disabilities

For a list of upcoming workshops and events click here

Find out more at mindworks-surrey.org

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YMCA | Here for young people Here for communities Here for you

Yip4Youth

Yip4Youth is YMCA East Surrey's fun and friendly youth club, weekend and school holiday scheme for young people with disabilities and additional needs aged 12-17. Activities are held at different locations across East Surrey, including:

Yip4Youth | Crawley
Yip4Youth | Epsom & Ewell
Yip4Youth | Horsham
Yip4Youth | Leatherhead
Yip4Youth | Reigate & Banstead

A day session is £33.

To find out more and to register with Yip4Youth, please contact our Short Breaks team or fill out a Short Breaks enquiry form.

Telephone: 01737 222859 or email: disabilityenquiries@ymcaeastsurrey.org.uk

Face2Face

Face2Face service provides free support and advice to parents caring for a child with disabilities by offering one-to-one support focusing on achieving identified outcomes and ensuring parent carers feel empowered to make informed decisions about all aspects of their child's life. This involve support for 8-10 weeks, offering up to 5 meetings.

Parent carers can self-refer to access this service or a professional working with the family can make the referral on their behalf.

Complete a referral form here

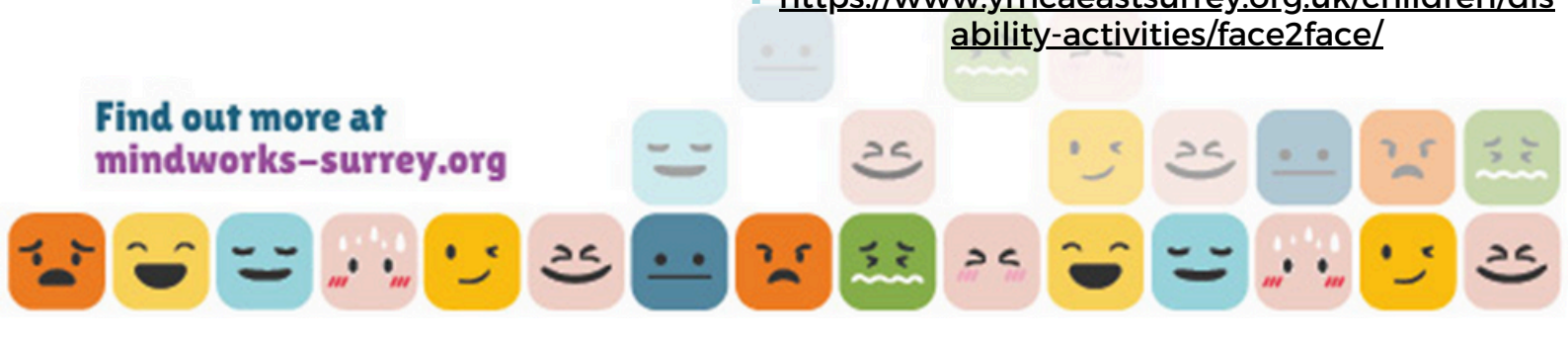
Face2Face also host regular coffee mornings, which offer informal opportunities for parent carers to meet each other, exchange information and talk to others who understand their situation.

They offer a regular programme of sessions delivered by professionals, covering topics relevant to parent carers offering vital information and practical advice. These sessions are held in-person or online offering a flexible option to suit different needs.

To find out more or to attend one of the sessions, please contact Sandhya Gulati, Face2Face Coordinator:
T **01737 222859**
E Sandhya.Gulati@ymcaeastsurrey.org.uk

or visit the website:
https://www.ymcaeastsurrey.org.uk/children/disability-activities/face2face/

Find out more at mindworks-surrey.org



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Support for Parents

New in May: Cyber Safe Training

Led by experienced cyber training instructor, this session is designed specifically for children (10-14 years) and their parents, includes hands-on activities, real-world examples, and easy-to-understand guidance. In today's connected world, knowing how to stay safe online is more important than ever.

Sessions will be held at Banstead, Horley and Woodhatch in May. Tickets cost £5 per Adult and Child together.

For more information and to book, **click here.**

West Sussex Mind

West Sussex Mind | Webinars for parents and carers

Pre-recorded webinars about young people and mental health are available **here**.

West Sussex's parenting support team offers a range of free training webinars to help parents and carers support their young person's mental health. Topics include attachment, aggressive behaviours and emotionally based school avoidance.

Find out more at mindworks-surrey.org

THE Lucy Rayner FOUNDATION

Supporting Your Families Mental Health and Wellbeing Workshop (1.5 hour) Online

This workshop is designed to help increase your confidence, knowledge, and understanding of how to support your child or family member with their mental health and emotional regulation.
Our goal is to provide you with the tools and resources needed to better understand and support your loved ones during difficult times. We believe that through education and support, we can make a positive impact on the lives of those affected by mental health challenges.

The **"Supporting Your Families Mental Health and Wellbeing"** workshops will be running every **two weeks**.

Please note that this is a two-stage process. Please fill in **this form** to participate. You should receive a confirmation email from us within 24 hours.

Any issues/questions please contact:
becky@thelucyraynerfoundation.com

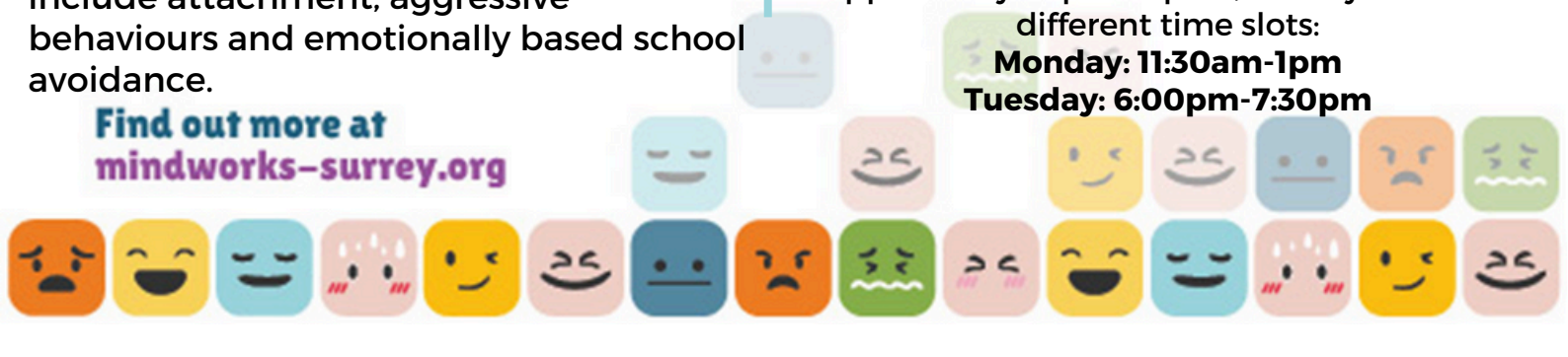
01737 910 907

Location: Online Zoom

Day and Times

They want to ensure that all parents have the opportunity to participate, so they offer two different time slots:

Monday: 11:30am-1pm
Tuesday: 6:00pm-7:30pm




Roots for the Future
Wellbeing in nature
Are you an unpaid carer?
If so, these sessions could help you. Using mindfulness and relaxation techniques in beautiful settings to boost your wellbeing, and restore your body & mind
Next sessions Thursday 22 May & Thursday 19 June
10.30am - 12.30pm Farncombe Community Garden
"I was pleasantly surprised just how much of a calming effect it had"
£5 tickets subsidised by Surrey County Council
Use the QR code to buy tickets
or link bit.ly/4m6qaj0
email francesca@rootsforthefuture.co.uk
for more information

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SURREY

LIBRARY

Surrey's Library Service

Surrey's libraries host events, fun activities and support for the public accessing their services.

Surrey update their website with new events and activities. To find out more information click here.

Children's Library Services

Surrey Libraries have a focus supporting children and young people.
For more information please visit:

https://www.surreycc.gov.uk/libraries/children

Library resources for Surrey Additional Needs and Disabilities (Surrey AND)

https://www.surreycc.gov.uk/libraries/people-with-disabilities/resources-for-people-with-special-educational-needs-and-disability-send

https://www.surreycc.gov.uk/libraries/people-with-disabilities

Surrey libraries are committed to providing whatever support they can for:

- Parents and carers looking to support children with dyslexia
- Dyslexic parents and carers looking to find books to share with small children
- Adults with dyslexia looking to find ways to enjoy reading or develop their skills.

For more information please visit:

Dyslexia support in libraries

Surrey Libraries has fun and educational activities on their website for children and young people to do at home.

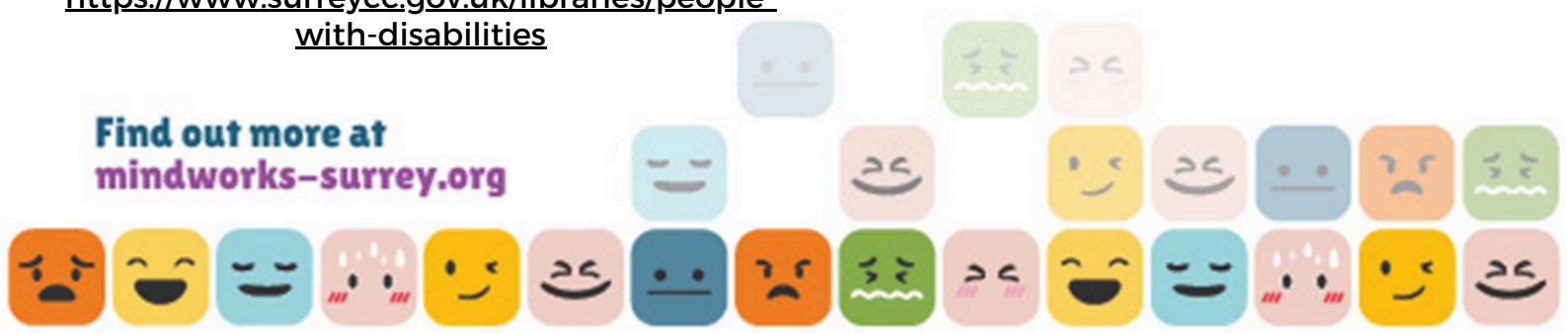
If you would like more information please visit:

Libraries from home for children and young people - Surrey County Council

For general enquires about Surrey's Library Services please call **03456 009 009 and press option 7.**

Their lines are open 9am to 5pm Monday to Friday excluding bank holidays.

Find out more at mindworks-surrey.org



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Services Available in Surrey

Foodbanks

A list of foodbanks available in Surrey is on the Surrey Family Information Service (FIS) Website.

The Surrey Family Information Service is a free impartial information and signposting service for families with children aged 0 to 25. They can help you find organisations and services that may be able to support your family including information about childcare, finances, parenting and activities in your local area.

List of Foodbanks in Surrey

Alternatively you can contact the Surrey Information Service via:

Telephone 0300 200 1004 (Monday to Friday 9am to 5pm)

SMS 07860 053 465

The Trussell Trust

The Trussell Trust is a charitable organisation focussing on ending poverty charity and providing a community of food banks. You can find your local foodbank and more information via their website or telephone line.

https://www.trussell.org.uk/emergency-food/find-a-foodbank

Phone number: 01722 580 180

Citizens Advice national phone line

Citizens Advice are a charitable organisation proving support for the public. You can contact an adviser through their national phone service. This is a confidential phone line. This connects you to a local Citizens Advice.

Adviceline (England): 0800 144 8848
(9am to 5pm, Monday to Friday - it's not available on public holidays.)

Relay UK - if you can't hear or speak on the phone, type what you want to say: 18001 then the Adviceline or Advicelink number

For more information visit the website.

Free healthy lifestyle programme for families

Be Your Best is a free, local healthy lifestyle programme for Surrey families with children and teens aged 5 to 17 years, who are above a healthy weight. They can help with:

- eating healthily on a budget
- plan meals – even for fussy eaters
- find ways to be more active
- start swapping unhealthy habits for good ones

Click **here** for more information.

Find out more at mindworks-surrey.org

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Support for Parents

We would like to share freely available resources which may be helpful for parents:

The Parent Handbook - Surrey County Council
https://www.surreycc.gov.uk/children/support-and-advice/families/publications/the-parent-handbook#section-1

Place2Be: Parenting Smart
https://parentingsmart.place2be.org.uk

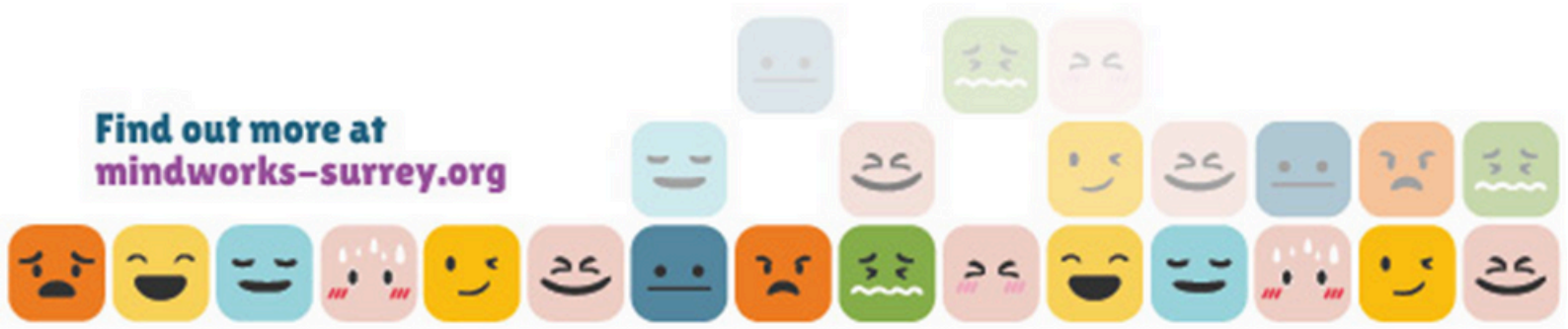
Family Matters Newsletter
https://news.comms.surreycc.info/pa2/send/7h7-j4g3

Surrey Family Information Service
https://www.surreycc.gov.uk/children/support-and-advice/families/send-support
Telephone 0300 200 1004 (Monday to Friday 9am to 5pm)
SMS 07860 053 465

Surrey Local Offer
https://www.surreylocaloffer.org.uk/
Telephone: 0300 200 1015 (ask for the local offer team)

Guildford Family Centre
https://www.familiesfirstguildford.com
Telephone: 01483 510570

The Surrey Local Offer Carer's Guide to Support
https://www.surreylocaloffer.org.uk/parents-and-carers/health/carers-guide



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Helpful Information

Crisis support

If a young person is needing help in a Mental Health Crisis please call:

24/7 Crisis Line: 0800 915 4644

For children and young people who are **Deaf or hard of hearing** there is a **text** messaging CYPS Crisis Line.

The number to text is: 07860 022 879

This service provides crisis support, advice, and signposting for children and young people who are Deaf or hard of hearing. The helpline is open 24 hours a day, 365 days a year.

Neurodevelopmental helpline

ND Helpline: 0300 222 5755

There is an out-of-hours phone line which provides advice to parents and carers who are struggling with behaviours or difficulties which could be related to neurodevelopmental need, such as autism or ADHD. The skilled and friendly advisers will talk with carers and families around strategies to help them manage their immediate difficulties and think through coping strategies. It runs from 5pm until 11pm, seven days a week, 365 days a year.

Information which can be shared with young people

Free anonymous text support
https://www.kooth.com/one-to-one-support

Free app for managing urges to self harm

https://calmharm.stem4.org.uk/

Self care suggestions
https://www.mindworks-surrey.org/advice-information-and-resources/looking-after-yourself

Find out more at mindworks-surrey.org

