



19th July 2024

Cindy and Angus say thank you to all the children parents, carers and families for their kind words, cards and gifts.



SPORTS DAY 2024

DATES FOR THE DIARY

Wednesday 4th September – beginning of the Autumn Term

28th October – 1st November – Half Term

1st December – Gosden Christmas Craft Fair

20th December – End of Term, 1.30pm

Tuesday 7th January 2025 – Spring Term begins



Thank you to the Original Factory Shop who have raised £100 for Gosden House!



Thank to Kuungana Advisory Ltd who made these beautiful birds nests to hang on the trees in the Gosden grounds



Well done to the Year 11 Horticultural group who have donated plants they have grown, to make Bramley look more cheerful! Now all planted outside Amplifon!

We hope that you all have a wonderful, fun and relaxing Summer. However, we realise that worries and troubles can arise and this is an overwhelming time for many. Please remember that you are not alone and many of our families worry about the long summer holidays.

Please check out the links and resources on the Pastoral Page of the Gosden website <https://www.gosden-house.surrey.sch.uk/our-pastoral-support/>

For help and advice during the holidays, the ND helpline is available 7 days a week between 5.00-11.00pm - **0300 222 5755**.

In case of emergency CYPS crisis line (24/7) is **0800 915 4644**.

Please reach out for support if you need it!

Top Tips from Surrey Parents, to Surrey Parents

- Try not to plan too much – my child struggles if we are rushing around all week, we now plan a couple of outings and spend more time just chilling out at home.
- Don't be afraid to say no! I found myself agreeing to a meet up with lots of different friends without considering the impact on my child's wellbeing.
- Take time for yourself if you can. Even if it is just a soak in the bath ,that time is so valuable.
- If you are taking out a fussy eater then take along your own food. One less thing to worry about!
- School holidays can be tricky for some children and young people – especially if they like each day to follow a set pattern and benefit from a structured timetable. Having plans in place can help you and your children to feel more relaxed.
- What are your coping strategies: just because it's a holiday doesn't mean that you have to change the way you manage stressful situations – if something works for you or your child/young person use it.
- Prepare your child/young person: visual timetables, pictures, photographs, objects and social stories can all be useful tools to help prepare your child/young person.
- Print off a week-to-view calendar: and add in pictures of your planned activities during the holidays (divide into morning, lunch, evening etc). This will help your child to know exactly what will be happening and when.
- Roll with it: sometimes things won't go according to the plan – don't let this become a source of stress – have a back-up plan or work with what is happening rather than against it.

What's on this Summer?

- **Guildford Spectrum Leisure Centre** On the last Sunday of the Month are running dedicated SEND sessions in the leisure pool between 6.30pm – 7.30pm. Pre-booking is essential
http://bit.ly/GfdSpec_Book_Activities
- **Surrey Fire & Rescue Open Day** **Guildford** Fire Station are giving Surrey residents an insight into their activities of their local fire station. They are having an open day on Saturday 3 August, 10am – 11am SEND session. Godalming Fire Station are doing the same
- **BRAAIN** – 'Be ready ADHD ASD Information Network' are hosting many events for families throughout the summer. See the website for a timetable of events: <https://www.braain.co.uk/events>
- **The Dimensions** website allows you to access up to date information on all Autism and family friendly cinema screenings: <https://dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/>
- **Leatherhead Gym** SEND Sensory Room sessions are bookable free of charge at <https://leatherhead-gymnastics.org.uk/news/latest-news/11-gym-news/243-2022-gym-in-the-summer>
- **SEN Play Park Sessions** at the Rainbow Centre Epsom. For more information see <https://www.better.org.uk/leisure-centre/epsom-and-ewell/rainbow-leisure-centre/inclusive-rainbow-leisure-centre>
- **Wacky Kingdom**, Redhill SEND Soft Play sessions at <https://wackykingdom.com/> . For more information call 01737763522.

- [Space Adventure Holiday Club](#) at St Peters Shared Church, Guildford | Tuesday 20th August - Friday 23rd August | £8 per child for children from Reception to year 5.
- [SENDSory play](#) at Guildford Family Centre, Hazel Avenue every Monday morning. For children age 5 and under. No need to book, siblings welcome!
- [Elysian](#)- Animal assisted learning and provision, are offering a number of summer programmes in Guildford for children and young people with a range of needs.
- [YMCA East Surrey](#) are also running holiday clubs throughout the summer in Redhill.
- [Parasports](#) provide inclusive holiday camps for children with additional needs in Farnham.
- [Send Dance Abilities](#) are providing SEND dance classes during the holidays and also run summer workshops.
- [Sparklers](#) have released their SEND summer holiday playgroup dates for children 0-13years in Farnham.
- [Active Surrey's- Club4 programme](#) webpage provides a Map displaying their SEND specific holiday clubs across Surrey.
- [Linkable](#) Stay and play sessions for children up to age 12 are free during July in Woking.
- [Surrey Heath Museum](#) are running a summer of children's school holiday workshops all about dinosaurs at £4 per child! For more information and booking details please call the museum on 01276 23771 or email museum@surreyheath.gov.uk

Don't forget to check your local Family Centres to see what they are offering this Summer!

Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

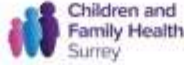
- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of SURREY

In paid partnership with:



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These on-line courses are all FREE and can be accessed by using the code ACORN

Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

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FREE PARENTING COURSES

Understanding your teenager's brain

Free online course for all parents, carers, grandparents.

- Understanding your teenager's brain development in adolescence
- Reading your teenager's behaviour and understanding their feelings
- Reflecting on the importance of your relationship and how to nurture your teenager's mental health

Designed by clinical psychologists in partnership with practitioners and parents



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Understanding your own trauma

To support your emotional wellbeing, this online course is designed to help learners to:

- understand the diverse nature and impact of trauma experiences
- learn effective ways to process trauma
- nurture resilience through healthy relationships
- understand more about emotional health and wellbeing

Created by experts in trauma and recovery
Private, self-paced learning available any time



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Mindworks - Providing children, young people, families and carers with information about services, advice and resources.

Website: <https://www.mindworks-surrey.org/>

24/7 crisis line: 0800 915 4644

The logo for Samaritans, consisting of the word 'SAMARITANS' in white capital letters on a green rectangular background.

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. It doesn't matter who you are, how you feel, or what has happened. If you feel that things are getting to you, get in touch.

Website: <http://www.samaritans.org/>

Telephone: 116 123 (free to call)

Email: jo@samaritans.org



National Autistic Society
Family Support and Clubs
for Children and Young
People <https://nassurreybranch.org/nas-clubs-for-children/>

'Sport In Mind' are a great charity who want to improve the lives of people experiencing mental health problems through sport and physical activity. Their sessions in Surrey are free to join. You can drop in, no need to sign up. They are open to all abilities and led by friendly coaches. Click [HERE](#) for more information on the free sessions in Surrey.

If you would like to make a donation to the school you can do so via the Gosden Children First charity page by clicking on this link <https://wonderful.org/charities/1049925>

You are able to donate directly or to a particular fundraising page that you would like to support.

