



HOLIDAY COURSES

OFSTED REGISTERED MULTI-ACTIVITY FUN SINCE 1991

ACTIVITIES INCLUDE MULTI-SPORTS, ART, DANCE, DISCO, LEGO BUILDING, PUZZLES, THEMED GAMES & MORE!

*** **CHILDCARE VOUCHERS ACCEPTED** ***

20th – 23rd October ST. MARTIN'S
27th – 30th October STAMFORD GREEN

- STAMFORD GREEN PRIMARY SCHOOL, EPSOM (KT19 8LU)
- ST MARTIN'S SCHOOLS, EPSOM (KT18 7AD)

Rec-Y6

Boys & Girls

8.45am

Start time

4.00pm

Finish time

5.30pm

Extended Day

www.headstartsportsamps.com

Epsom Eagles est 1971

CREATING THE LION & LIONESSES OF THE FUTURE

The Eaglets Mini League is a unique concept for children turning 3, 4, 5 & 6 this current school year.

Strictly limited to 50 boys/girls places per age group (four age groups). Only 200 boys/girls places available in total.

LOCATED IN SW, SE, BR, CR, SM, RH, KT

10 teams per age group (see team logos), playing in real designer team kits, professionally managed by UEFA Licensed coaches on match days and playing in a real league format, incorporating unique ground breaking proven coaching concepts.

All Coaching by highly experienced renowned UEFA Licensed level 3 coaches.

AVOID THE WAIT LIST REGISTER NOW AT



EPSOMEAGLES.COM

SCAN FOR SOCIAL MEDIA



TEL: 07960 934520

E: INFO@EPSOMEAGLES.COM

EPSOM EAGLES HOME GROWN TALENT INCLUDE NUMEROUS PRESENT AND PAST SUPER STARS.

ENGLAND current men and women squads include 4 EPSOM EAGLES starlets, namely Chelsea F.C's Captain Reece James, Atletico Madrid's recent top signing Connor Gallagher (The Pit bull), Tino Livramento Newcastle F.C's excellent acquisition and Chelsea F.C's Lauren James touted as the next biggest thing in women's football, an unprecedented product of our excellent unique renowned coaching.

We also have numerous Pros playing in Europe's elite leagues La Liga, The Premier League and many in the lower leagues.

NO U.K. GRASS ROOTS CLUB CAN MATCH THIS CURRENT EXTRAORDINARY SUCCESS

WE'RE THRILLED TO WELCOME OUR BRAND NEW SPONSOR

Shelly Motors

AS SEEN ON TV



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OCTOBER HALF TERM



Chelsea Football Club are excited to be opening the doors to their Training Ground this October. Cobham is the exclusive home of our Chelsea FC's Men, Women's and Academy squads and this Half Term we are giving a limited number of players the opportunity to train here and experience our world class facilities.

We have several sessions available across the week from:-
2 Day Courses, 1:1 Sessions and Girls Only Sessions

Book on early to avoid disappointment! Please scan the QR code which will take you directly to our booking page providing you with all sessions available across the week.

Venue	Dates	Time
Cobham Training Ground Surrey, KT11 3PT	27th-31st October	09.00-15.15 (excluding 1:1 Sessions)
Age	Players	Prices
6-12 Years (7-18 Years for 1:1 Sessions)	Boys & Girls (Mixed ability level)	£75.00 a day (excluding 1:1 Sessions)

chelseasoccerschools.co.uk



LEARN TENNIS NOW!

50% off !!!!
 8 people per session
 Starts 15th Sept
 Only £33!

- Female only sessions run by a female coach
- 6 Week Course
- Perfect for beginners

Court Recreation Ground, Epsom, KT198SB
 Mondays:
 6-7pm 10-12yrs Girls
 7-8pm Beginner Women

To Book - cmacartytennis@gmail.com

SURREY TENNIS EPSOM EWELL

S&E SCHOOL LEAGUE

26TH SEPTEMBER 2025 - 13TH MARCH 2026

Mixed rugby tag for years 5 & 6 for all local schools.

RUGBY TAG INFO

- Starts - 15:45pm
- One Friday a month
- 7 aside - 10 per squad
- Minimum 2 girls on pitch

SCAN QR CODE TO REGISTER

Cuddington Court, Rugby Lane, SM2 7AT



grow · cook · enjoy

**Spooky Special
Half Term
Workshop**

THURSDAY 30TH OCTOBER
MORNING 10AM-12PM
AFTERNOON 1PM-3PM

For full details
<https://www.growcookenjoy.co.uk/holiday-workshops>



grow · cook · enjoy

**Sustainable Christmas Wreath
Making Workshops**

<https://www.growcookenjoy.co.uk/adults>

grow · cook · enjoy



**EPSOM & EWELL
BUSINESS
AWARDS 2025**
Recognising Excellence

We Need Your Vote! 🗳️
We are absolutely thrilled to announce that Grow Cook Enjoy has been nominated in three categories for the prestigious Epsom Business Awards!

This is a huge honour and a testament to the hard work and passion of our whole community.

We've been nominated for:
Best Small Business
Commitment to the Community
Best Green Business

Your vote can help us win! It only takes a minute, and it would mean the world to us.
Please cast your vote for Grow Cook Enjoy today:



**EPSOM & EWELL
BOROUGH COUNCIL**

ARTISAN MARKET

BOURNE HALL, EWELL

SATURDAY 4 OCTOBER
SATURDAY 1 NOVEMBER
SATURDAY 6 DECEMBER

10AM - 2PM

From one parent of an autistic child to another... keep this safe for helpful tips, supportive information & a dash of positivity when you need it most.

Support available Nationally.

Portage

Portage is a home-visiting educational service for pre-school children with SEND & their families.

www.portage.org.uk

Contact

For families with disabled children.

www.contact.org.uk

Local Parent Carer Forum

Find your local parent carer forum to find guidance, support & information on how families like yours are being supported locally.

Let yourself feel all your feelings to let them pass. All are valid.



3 positive actions to take.

1. Discover & read "Welcome to Holland" by Emily Perl Kingsley.
2. Order a Sunflower Lanyard for support when out & about.
3. Take part in some real self-care; you can't pour from an empty cup.

Things to research & look into at a later date...

- Disability Living Allowance [DLA].
- Educational, Health & Care Plan [EHCP].
- Makaton - a unique language programme that uses symbols, signs and speech to enable people to communicate.
- AAC & Objects of reference to aid communication.
- Gestalt Language Processing [GLP] - the way many autistic individuals learn & process language.



You don't have to be an autism expert on Day One - or ever. In time you will discover & learn all you need to know to best support your child.

At times all that you need to learn & do can feel overwhelming, but just remember... you're the very best parent for your child.

You know them best.

When you can, I would highly recommend learning about **sensory differences**. Over time, I have learnt that **regulation** is one of the most important things you can support your child with.



Charities for support.

bibic
bibic.org.uk
IPSEA
www.ipsea.org.uk
Caudwell Children
www.caudwellechildren.com
Scope
www.scope.org.uk
Gympanzees
www.gympanzees.org
National Autistic Society
www.autism.org.uk
Makaton
www.makaton.org

Remember your child
is the child they were before
their diagnosis. However, you're
now equipped with the
understanding to support them.



**Some Instagram accounts
to follow.**

@storiesaboutautism
@spinningworldofautism
@nationalautisticsociety
@ambitiousaboutautism
@peace_love_autism

Recommended books.

The reason I jump - by Naoki
Higashida.

Your child is not broken - by
Heidi Mavir

How to raise a happy autistic
child - by Danielle Punter &
Charlotte Chaney.

My advice to you.

Whether you do so online via Social
Media or in-person via some of the
groups I have shared in this flyer, my
best piece of advice is to find & connect
with other families like yours. You're
thrown into a totally new world &
having people in your life who get it will
help you embrace this experience &
create a positive life for your family.

When my son was officially diagnosed as autistic, just after he turned 3, I used a brilliant online service run by **Scope**. This was an emotional support service that shared advice whilst helping you navigate this new world.



Created by Laura @spinningworldofautism
Kindly sponsored & printed by Carly Press





Autumn Family Events



The Big Draw - Family Drawing Drop-In

Saturday 27th September, 10am - 4pm

Join local artist Asta Kalpokaite in The Horton Gardens, for a free family drop-in session. Inviting you to explore four themed drawing tables, each encouraging communication, collaboration, and imagination, suitable for all ages. Free Entry.



Adventures of an Ugly Duckling

Friday 3rd October, | 11:30am and 1:30pm

An interactive theatre show from Short Stories Tall tales. Tully, our ugly duck, longs to roam beyond the farm fences. One day Tully takes a surprising journey and she finds out who she is and where she truly belongs. Ages 0-5 | From £8.50



Halloween Family Disco

Friday 31st October, 5:30pm - 7:30pm

Join us for spook-tacular Halloween fun! Come in costume, dance like a monster, and enjoy creepy crafts and colouring. Our café will serve spooky pasta and ghoulish treats all day. Ages 4+ | From £8



Retro Gamers Arcade

Saturday 1st November, 10am - 4:20pm

Step into a world of nostalgia. Featuring classic arcade games from the 80s and 90s. Play legendary games like Pac-Man, Mario, Sonic, Street Fighter & more - All on original arcade machines. Ages 5+ | From £8 (1hr slot)



Festive Family Events ❄️❄️



The Christmassy Show of Christmassy Christmasness

Sunday 21st December, | 11:30am & 2pm

Squashbox Theatre presents a joyful, silly, puppet-packed Christmas show. Meet a snowman in a fridge, cheeky elves, and the world's worst Christmas jumper. Songs, stories, slapstick and festive fun for all. Ages 4+ | From £12.50



Short Stories Tall Tales: Festive Shows

An exciting adventure into stories and exploration through the senses.

Mouse and Sam's Winter Holiday: Tuesday 18th November, | 11:30am & 1:30pm

A chill in the air; a story to share - Mouse and Sam are back.

The Night Before Christmas: Tuesday 9th December, | 11:30am & 1:30pm

A reimagination of the classic Christmas tale. Ages 0-5 | From £10.50



thehortonepsom.org

@thehortonepsom 01372 747 662

The Horton Arts Centre, Haven Way, Epsom KT19 8NP