



Cooking Club Spring 2026

East Asian Cooking

Stamford Green

Monday Year 1-6

After-School Until 4.20pm

12th January -23rd March

10 sessions at £10.95 per session

Half term 16th

See our website or use link below or

see our website for details

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

BOOK
HERE



grow • cook • enjoy



*Traditional Christmas
Carol Service*

SUNDAY 21 DECEMBER 10.30 AM

Emmanuel Church, Epsom
Stamford Green Primary School, KT19 8LU

FESTIVE TREATS AND REFRESHMENTS

www.emmanuelepsom.org

The flyer features a green background with white snowflakes, orange and red Christmas ornaments, and white stars. At the bottom, there are illustrations of white and green Christmas trees.



EPSOM CHORAL SOCIETY

Christmas Concert

Saturday 20 December at 7.30pm

**Festive music | Carols old and new
Sing along to traditional favourites**

St Martin's Parish Church, Church Street,
Epsom KT17 4PX

Connaught Brass
Marion Lea | piano
Peter Jaekel | organ
Julian Collings | conductor

Box office: 01372 274418
www.epsomchoral.org.uk/tickets

Tickets: £20
(Under 25s half price)

Ticket price includes
free programme and
glass of wine

**EPSOM
CHORAL
SOCIETY**

Registered charity number 273757

The flyer has a green background with white snowflakes. It features illustrations of two robins perched on a branch with red holly leaves and berries.



**CHRISTMAS
CAROLS BY CANDLELIGHT**

@epsom vineyard church centre

**A TRADITIONAL
CHRISTMAS EVE
CAROL SERVICE**

The flyer shows a close-up of a blue Christmas ornament reflecting a group of people singing in a church. The background is a warm, bokeh light effect.

CHRISTMAS CAROLS BY CANDLELIGHT

Wednesday 24th December 4pm - 5pm

[Epsom Vineyard Church Centre \(KT19 9QJ\)](#)

Join us on Christmas Eve for a peaceful, reflective service as we prepare to welcome the coming of Jesus.

In the warmth of candlelight, we'll sing beloved carols, reflect on scripture, and take time to embrace the true meaning of Christmas.

After the service, stay for a cosy gathering with mulled wine and mince pies, as we share in the joy of this special night together. A beautiful way to usher in Christmas—everyone is welcome!

the
HORTON
EPSOM



THE CHRISTMASSY SHOW OF CHRISTMASSY CHRISTMASNESS

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

FESTIVE FAMILY ART
AND CRAFT DROP IN
WITH LOVE ME LOVE MY
MIND

ART & CRAFT, CHILDREN AND FAMILY, FESTIVE

Tue, 23 Dec 2025
11am - 3pm
Free Entry



Festive Family Art and Craft Drop in with Love Me Love My Mind

FESTIVE FAMILY ART AND CRAFT DROP-IN WITH LOVE ME LOVE MY MIND
Tuesday 23rd December, 11am – 3pm

**Benefits of
Baby Music
Class**



Music Class Benefits

In our 6-week program, infants and toddlers will explore music through singing, movement, and interactive play, developing their social skills and cognitive abilities in a nurturing environment.

Experience Songs, stories with props and free play (planned and set up by an Early Years Professional)



Sign up today to help your child explore the magic of music and enhance their development!

Join us for a **fun-filled experience** to foster your child's love for music!
email now to book a 3 week or 6 week course:
littlelearners.epsom@gmail.com

**Little Learners
Epsom**

**Mondays
10:00-10:45**

Christ Church, Christ
Church Road,
Epsom, KT19 8NE

Littlelearners.epsom@gmail.com
Instagram: @littlelearnerspsom



AFTERSCHOOL CLUBS

SPRING TERM 2026

Our Foundational Sports Club offers a fantastic opportunity for children to stay active, build confidence, and enjoy a wide variety of sports and games in a safe, supportive environment.

MONDAY
REC - YR 1
12 Jan - 23 March
10 weeks

TUESDAY
YR 2 - YR 3
13 Jan - 24 March
10 weeks

Only
£90

Activities :

- ✓ Sport Skills
- ✓ Fun Games
- ✓ Mini Matches
- ✓ Life Skills
- ✓ New Friendships


Venue: Stamford Green School Hall



REGISTER HERE



www.ezeesport.com



The Downs Netball Club CIC


CALLING ALL YEAR 4 & 5 NETBALL PLAYERS!




Looking to improve your netball skills?
Want to play more and be part of a fun, friendly club?

We welcome all abilities—whether you're playing at school or just starting out!

TRAINING IS @ ST JOHNS SCHOOL LEATHERHEAD ON SUNDAYS 10-11.30 (inside and outside courts)

FOR MORE INFO & TO SIGN UP FOR A TRIAL SESSION VISIT WWW.DOWNSNETBALLCLUB.CO.UK



-  **QUALIFIED COACHES**
-  **FUN & FRIENDLY**
-  **BUILD SKILLS & CONFIDENCE**

JOIN THE ONLY PREMIER LEAGUE 1 NETBALL CLUB IN SURREY

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



CREATIVE AND COURAGE FOR LIFE!

STAGE COACH EPSOM

REGISTERS ARE OPEN

for Spring Term

FIND OUT MORE

ENQUIRE TODAY!
COME JOIN THE FUN
SIGN UP TODAY!



MORE INFO
01757 669504
epsom@stagecoach.co.uk
www.stagecoach.co.uk/epsom
@stagecoachepsom

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
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