

the  
**HORTON**  
EPSOM

STREET FIGHTER

PLAY OPS BISSA

ARCADE

**RETRO Arcade**

Saturday 25th April  
10am – 4.20pm

the  
**HORTON**  
EPSOM

**Flyaway Katie**

Saturday 30th May, 11:30am

“Magical and beautiful”  
*The Guardian*

thehortonepsom.org

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

**BEN VS GRANT**

TEAM BEN TEAM GRANT

**CHARITY FOOTBALL MATCH**

COURT RECC ASTRO - KT19 8SB

Charity NEAT

**SUNDAY 3<sup>RD</sup> MAY**

TIME - 12:00 - 3:00 (1:00PM KICK OFF)

RAISING MONEY FOR YOUNGMINDS  
SUPPORTING YOUTH MENTAL HEALTH ACROSS THE UK  
EVERYONE IS WELCOME TO COME DOWN AND GET INVOLVED!

metropolis

TUES 26<sup>TH</sup> MAY 12PM - 10PM

TICKETS FROM £8

**ULTIMATE SLIME Party**

metropolis epsom | epsom arcade | www.metropolisforboredom.com

metropolis

WED 27<sup>TH</sup> MAY 12PM - 10PM

FROM £8

**POKÈMON PARTY**

metropolis epsom | epsom arcade | www.metropolisforboredom.com

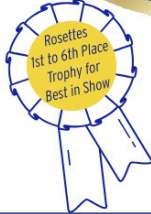
# FUN DOG SHOW

## IN AID OF EPSOM RDA

St Ebbas Farm, Hook  
Road, Epsom KT19 8QW

Sunday  
26th April  
2026

Entries from  
12.30pm  
Judging  
from 1.30pm



**£1.00 entry donation per person (children under 14 free)  
plus £3.00 per dog class**

### EIGHT CLASSES (£3 per class)

1. BEST PEDIGREE
2. BEST CROSSBREED
3. BEST RESCUED OR REHOMED
4. CUTEST PUPPY (under 1 year)
5. BEST VETERAN OVER 7 YEARS OLD
6. MOST GORGEOUS GIRL!
7. MOST STUNNING BOY!
8. DOG WITH THE WAGGIEST TAIL



ALL 1ST PLACED DOGS GO FORWARD TO  
BEST IN SHOW SPONSORED BY  
'MERTON DOG TRAINING'



Have a Go at Dog Scurry  
Have a Go at Dog Agility

Bar & Refreshments available to purchase  
plus Raffle & Guest Stalls

For further information, to download an entry form or request a pitch for a stall  
please see our website: [www.epsomrda.org.uk/events](http://www.epsomrda.org.uk/events) or scan the QR code



Epsom Riding for the Disabled Association is a Charitable Incorporated Organisation  
Registered charity number 1180061. A member of the Riding for the Disabled Association  
incorporating Carriage Driving Registered Company No 5010395 Registered Charity No 244108




# Let's Move Together

AS ACTIVE SURREY & family voice surrey

**SEND Movement & Wellbeing event**  
Sunday 26 April 2026  
12pm - 3pm  
Guildford Spectrum Leisure Centre

**Creating Connection**  
We're excited to welcome **Paralympian Lizzi Jordan MBE**, who will be joining us to inspire children and young people with stories of resilience, possibility and the joy of movement.  
This **free**, family-focused event is exclusively for Surrey children and young people with **Special Educational Needs and Disabilities (SEND)** and their families.

Explore a range of inclusive activities, including:

- Sports & movement sessions
- Games and Scalextric
- Crafts & creative zones
- Quiet breakout spaces
- Small animals for calm engagement

A space to feel included | A space to play, explore and connect |  
A space to discover what movement can mean for your family

While **booking isn't required**, register for your free tickets in advance to receive an event pack by email before the day, including everything you need to know and details on how to claim your free goody bag. Simply **scan the QR code**.




# AFTERSCHOOL CLUBS SUMMER 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**  
20 April - 06 July  
9 weeks

**TUESDAY YR 2 - YR 3**  
21 April - 07 July  
11 weeks

Only **£81 Mon**  
**£99 Tues**

**Activities:**

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

**Venue:**  
Stamford Green School Hall

**REGISTER HERE**




[www.ezeesport.com](http://www.ezeesport.com)

# Surrey Day

## Bourne Hall Museum

### Saturday 9 May

The theme for the eighth annual celebration of our wonderful county is exploring 'Underground Surrey'.

Bourne Hall Museum invites you to join our celebrations!



**11am - 12pm**

#### Archaeology of Bourne Hall £6.50

Join Ian West for a walk and talk exploring the Bourne Hall site. You will discover its history and the archaeological finds that lay beneath which helped to tell its unique story. Limited places available please book in advance.



**10am - 4pm**

#### Coin Identification Free

Drop-in and meet coin specialist, Ian Franklin. Bring your own coin discoveries or just come and talk to him about coins that have been found in the area.



**1 - 2.30pm**

#### Be an Archaeologist £6.50

(Bourne Hall Kids Club – 8-12 years)

Come along and find out what an archaeologist does. You will take part in trowelling for objects in sand and learn how to record and draw them.



**2.30 - 3.30pm**

#### The Mysterious Discovery of the Epsom Aurochs £6.50

In January 2023, a near-complete, 3500-year-old remains of an aurochs (a 1.8m tall wild ancestor of modern cattle) were discovered on Epsom Downs. The find provides crucial information on prehistoric British life. See the bones and discover more in this talk by Pre-Construct Archaeology.



#### Secrets of Bourne Hall

A temporary exhibition in Bourne Hall Museum. Have you ever wondered what stood here before the Bourne Hall of today? What stories lie beneath the soil and echo across the grounds?



Book your tickets by following the QR code or visiting [bournehall.org](http://bournehall.org)

For more details, contact: Susan Dalloe

[sdalloe@epsom-ewell.gov.uk](mailto:sdalloe@epsom-ewell.gov.uk) 020 8394 1734

Bourne Hall, Spring Street, Ewell, KT17 1UF.



## Epsom & Ewell Family Centre

9:30-11:30am  
Thursdays  
Starting 30<sup>th</sup> April

### The Nurturing Programme

Join us for this free **10-week parenting course** designed to help you feel more confident and connected in your role as a parent. Each session includes practical activities, helpful strategies and opportunities to share experiences in a supportive environment.

Course runs weekly from 30<sup>th</sup> April to 16<sup>th</sup> July.  
No session on 28<sup>th</sup> May or 18<sup>th</sup> June.

To book a place, scan the QR code, email:  
epsomewellfamilycentre@barnardos.org.uk  
Or call: 01372 571 178



Epsom Family Centre, Pound Lane, Epsom, KT19 8RY  
(no parking on-site)



Changing childhoods.  
Changing lives.



## Epsom & Ewell Family Centre

Thursdays  
9:00am-12:00pm

### Parenting Drop-In in partnership with Citizen's Advice Bureau

Drop in to Ewell Family Centre on a Thursday morning for support on all aspects of family life, including SEND, family conflict, mental health, domestic abuse, housing, benefits and energy. Our Family Centre team and Citizen's Advice Bureau (CAB) advisors are here to help. CAB Energy Advice will be here on the last Thursday of each month 10-12 (dates may vary).



No need to book, but if you want to contact us:  
scan the QR code, call **01372 571 178** or email  
epsomewellfamilycentre@barnardos.org.uk



Ewell Family Centre, Riverview Road, West Ewell, KT19 0JP



Changing childhoods.  
Changing lives.

## Local KS1 Tutor

Chantel Martins

Reception – Year 2 (Key Stage 1)

Maths • English • Art & Nature-based Learning

Specialist support for children with learning difficulties  
or for those who need confidence-building and reassurance.

Qualified local teacher • nurturing, calm approach

Mother of a primary-aged child

Children from this school or other local schools welcome

Email: chantel.martins@outlook.com

Phone: 07858 028784

# ADVICE CAFE

Welcome Pack

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**FRIDAYS**  
**10AM-12PM**

Free drop-in hub with cake and refreshments for advice on debt, benefits, and other important issues.

**St Barnabas | KT19 8HA | 020 8224 9838**

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Our regular advisors can help with:

**Mental Health**

**Physical Health**

**Debt Help**

**Employment**

**Housing**

**Benefits**

Other areas of support are also available, please get in touch to find out if we can help support you.

**St**  
**BARNABAS**

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](http://www.portage.org.uk)

#### Contact

For families with disabled children.

[www.contact.org.uk](http://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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