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New Family Centre grows out of Nursery

For nearly 25 years **Epsom Methodist Nursery** has been providing early years childcare in the heart of Epsom – just two minutes from the town centre. Now the Nursery is entering an exciting new chapter in its history. As well as continuing to offer early years education for two to five year-olds the Nursery will become a **Family Centre**.

Following consultation with parents the Family Centre is planning to offer a broad range of activities and support including:
 A bumps and babies group for new parents providing ante-natal and post-natal support.
 Support groups for parents and carers of toddlers and young children.
 Courses and classes covering areas such as potty training, coping with challenging behaviours and family budgeting.
 Support for speech and language development.
 An affordable after-school club.
 A summer lunch club.

Already the Family Centre is running two stay-and-play groups for parents and young children and in April it is offering a free 'Ready Steady Cook on a Budget' course. With the cost of living rising, the FREE four-week course aims to support parents to provide easy, wholesome and healthy meals for the whole family whilst sticking to a budget.

The course will cover menu planning on a budget, planning the weekly shopping list, hands on experiences of creating easy recipes and top tips for saving money and time. The move to becoming a Family Centre has been made possible by a grant award from the Community Foundation for Surrey (CFS). CFS has arranged for the Netherby Trust and the Epsom and Ewell Community Fund to provide £12,450 which will match a contribution from Epsom Methodist Church. This money will help fund both the employment of a Family Centre Manager for the next year alongside the various activities that are planned.

Commenting on the grant award **Cara Golding**, the manager of Epsom Methodist Church Nursery, said:
"We are delighted to have secured this funding from the Community Foundation for Surrey. Our work with families at Epsom Methodist Nursery has shown us how committed parents are to their children and families and how keen they are to pick up ideas that will help them with the everyday and sometimes complex challenges that parenting can bring. Local agencies and public services are under pressure and services have been cut back. So the more we can do to provide practical help to parents and give children the best start in life the better. That is our mission."

For further details on the 'Ready Steady Cooking on a Budget' course see

https://www.instagram.com/emcfamilies?igsh=bnNpYnFzNzhzaHp4&utm_source=qr

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