## From Christ Church Flackwell Heath

Christ Church is keen to support the community in Flackwell Heath and we have a number of activities that may interest you as parents and carers of children at Carrington Junior School. Parenting Course – Additional Needs: Each term we run PARENTING COURSES using the highly acclaimed 'Care for the Family' material. In the first half of the Autumn Term 2019 we are running 'Handling Anger'. From October 18th we will run 'Parenting a child with additional needs – ASD': it runs for three sessions. Starting in January we will be running 'Parenting a child with special needs on seven Friday mornings. Space is limited and the courses are always well attended so please book as soon as possible. Do you know someone for whom this might be a lifeline?

'YOU-NIQUE' Support Group: 'YOU-NIQUE' is a monthly coffee morning and support group for parents of children with additional needs. It meets every 2nd Wednesday of the month. 9.30am to 11.30am in the Church Centre.

'COFFEE STOP': Coffee Stop, the Christ Church Coffee Shop, is open to everyone... and serves fantastic fairly-traded tea and coffee with daily newspapers, and provides a warm and friendly place to meet old friends and make new ones. Many parents 'drop-in' after 'dropping off' their children at school! It runs every weekday morning during term-time from 9.00am to 11.30am and on Wednesday only during school holidays. On the first Tuesday of each month a simple soup and roll lunch is provided at 12noon: no need to book... just come along.

Children's parties? Celebrations? Dinners? Business meetings? Exhibitions? Training? Conferences? With bright and modern facilities the Christ Church Centre can accommodate most needs! We have a large main hall plus a small meeting room, all with good disabled access, and an easily accessible, well-equipped kitchen and toilets. We also have a large carpeted Upper Room. Tables and chairs are available. We provide off-road parking for 27 vehicles.

We also run a Junior Church every Sunday from 10.30am for those aged 3 to 11 years.

More details on the above are available from the Church website (www.ccfh.org.uk) and the Church Office in Chapel Road on admin@ccfh.org.uk and 01628 533004 (9.00am – 1.00pm Monday to Friday)