

# Guildford Spectrum Healthy Communities

EDITION 2 - 2026

## Welcome to our Guildford Healthy Communities Newsletter!

Across Guildford, we are dedicated to building a  
Healthy Community throughout the Borough.

If you have any questions, ideas or suggestions -  
please contact us at: [hcguildford@freedom-  
leisure.co.uk](mailto:hcguildford@freedom-leisure.co.uk)

## Active Surrey Family Day - 10<sup>th</sup> April

On the 10<sup>th</sup> April, we were able to invite over 100 families to come to Guildford Spectrum and enjoy a day of activities through support from Active Surrey and the housing support fund.

Families had the opportunity to go for a Leisure Pool swimming session, play in the Soft Play or explore the local nature with Xplorer Orienteering. This event was a great success and we hope to get the opportunity to run it again in the future.

We received the following feedback:

*"Thank you for organising today's event!"*

*"Overall, my children had a great day!"*

*"They love the facilities at Spectrum, and they really enjoyed their lunch."*

*"Staff were very welcoming and helpful, as usual."*



## Active Surrey and Family Voice

Active Surrey and Family Voice held a family event at Guildford Spectrum at the end of April for children with special educational needs and disabilities.

Between the two organisations, they organised various activities including a petting farm, dodgeball, dance, music and crafts. Over 100 families attended the event with lots of great feedback received!



## One You Surrey

We are pleased to have One You Surrey utilising spaces at Guildford Spectrum. One You Surrey are commissioned by Surrey County Council to provide adult weight management classes and smoking cessation support.

Both groups will receive guest passes on completion of the course to utilise the facilities.



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## Paediatric Diabetes

We were again pleased to welcome the paediatric diabetes team from Royal Surrey Hospital.

They held a pump fair located in the Ice Boxes, to support those with type 1 diabetes. This fair enabled families to understand the different options available before making their choices.



## Royal Surrey NHS Foundation Trust

### Claremont Court Boccia Sessions

We were able to visit Claremont Court care home in early March and deliver a session of Boccia, which is a target sport designed to be as accessible as possible.

This session was very popular for their residents and we look forward to returning and delivering more regular sessions. We are hoping to develop our older adult provision this year including, swim and sport sessions.

If you know of a group or individual that this may benefit, please get in touch.



## Family Centre One Stop Hub

We were invited along to Guildford family centre for their community support drop-in event.

The event gave residents the opportunity to talk to representatives from local services including: housing, domestic abuse, fire & rescue service and domestic abuse charities.

We were able to talk to residents about the different sessions we offer at Guildford Spectrum, as well as having the opportunity to hear feedback and information about what the community feels is important for us to offer.

We look forward to building our relationship with the Family Centre even further over the next year.



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## Choices and Decisions Day

The Choices and Decisions day has been in place for over 20 years and is supported by local organisations.

### What is choices and decisions day?

School leavers across Surrey are invited through their special schools to take part in activities. These activities are available to them when they leave children's services and start their adult life.

The day is part of a year-long program, enabling young people to make some level of choice as they are assessed for their post school care package.

In total, over 200 young people accessed activity at Guildford Spectrum, Merrist Wood and Guildford College.



## Coming Up

**Walking cricket** - Walking cricket is a modified, low-impact version of the traditional game of cricket, specifically designed for older adults or individuals with physical limitations. In partnership with Surrey Cricket Club, we will begin sessions on **Monday 8<sup>th</sup> June.**



**No Strings Badminton** - Linking with Badminton England, this activities provides an opportunity to play badminton and meet new people without the commitment of having to come every week. **No strings badminton will begin on Thursday 25<sup>th</sup> June.**



**Xplorer** - Xplorer is coming back for May Half Term on **Thursday 28<sup>th</sup> May, 11:00am - 2:00pm!**

Xplorer trail is a family-friendly orienteering experience that takes you all around the trails surrounding Guildford Spectrum, looking for fun fact cards to win a prize at the end of your journey. Xplorer does not require pre-booking. Tickets can be purchased from Reception on the day.

