

## **Home School Link Worker Weekly Bulletin**

### **World Mental Health Day – 10<sup>th</sup> October 2023**

The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.



[Click here](#) for information and support from the Mental Health Foundation

[Click here](#) for, 'We all have mental health' video which can be used with children.

[Click here](#) for Hub of Hope – a directory local mental health support organisations.

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### **Family Information Directory**

Find registered childcare, family activities, holiday clubs and support groups near you.



[Click here](#) for the Family Information Directory

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## **Parenting Puzzle workshop**

Woking Family Centre, is pleased to offer a FREE Parenting Puzzle Workshop to parent and carers. The Parenting Puzzle is a series of weekly sessions over a five-week period. Delivery of the programme is online via Teams and all resources are provided.

**Dates: Monday 30th October – Monday 27th November 2023 (5 weeks every Monday)**

**Time: 7pm – 9pm**

**Venue: Online via Teams (link sent once registered)**

### **What will I learn?**

This tried and tested programme can help and support you deal with challenges of a family life. The aims of the programme are to build positive constructive relationships and calm confident parenting. The Workshop encourages parents/carers of children to enjoy bringing up children and get the best out of family life. It offers positive, practical ways of guiding children.

### **The course covers:**

- Recognising feelings behind behaviours
- Different approaches to discipline
- Co-operation and self-discipline
- The importance of looking after ourselves

To register your place please email

[kesara.cheena@woking.gov.uk](mailto:kesara.cheena@woking.gov.uk)

You can also contact the team for more information on 01483 743812 or email

[familycentres@woking.gov.uk](mailto:familycentres@woking.gov.uk)

# **THE PARENTING PUZZLE**



**This tried and tested programme can help you deal with challenges so you have a calmer, family life.**

The course covers:

- Recognising feelings behind behaviours
- Different approaches to discipline
- Co-operation and self-discipline
- The importance of looking after ourselves.



For further information, visit  
[www.woking.gov.uk/familysupport](http://www.woking.gov.uk/familysupport)  
Register your interest with us on email  
[familycentres@woking.gov.uk](mailto:familycentres@woking.gov.uk) or call  
01483 743 812



### **Fun activity of the week: Autumn leaf suncatcher**

Cut out the inner circle of a paper plate and attach a sheet of sticky-back plastic. To this, you can then add autumn leaves and flowers to create a beautiful suncatcher. Punch two holes and add some wool to then hang it up in a window.



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### **Recipe of the week: Bacon, potato and onion bake**

#### **Ingredients:**

- 1 tbsp olive oil
- 250g cooking bacon, rind removed, roughly diced
- ½ vegetable or chicken stock pot, made up to 1ltr
- 850g potatoes, peeled and thinly sliced
- 2 onions, thinly sliced
- 3 garlic cloves, sliced
- 2 tsp herbes de Provence
- 50g sliced wholemeal bread, blitzed into crumbs
- 400g Savoy cabbage, shredded



#### **Method:**

1. Preheat the oven to gas 6, 200°C, fan 180°C. Heat 2 tsp oil in a frying pan over a medium-high heat and fry the bacon for 5 mins until starting to crisp.
2. Meanwhile, bring the stock to the boil in a large saucepan. Add the potatoes, onions and garlic, pushing them down to submerge. Return to the boil, then simmer for 5 mins. Drain the vegetables, reserving the stock.
3. Layer the potatoes and onions in a large shallow baking dish (about 2.5ltr), scattering over the bacon, 1 tsp herbs and a little black pepper as you go. Pour over 300ml of the reserved stock.
4. Mix the breadcrumbs with the remaining herbs and oil and scatter over the top. Cover loosely with foil and bake for 40 mins, removing the foil halfway.
5. Just before the potato bake is ready, steam or boil the cabbage for 3-5 mins until tender; serve alongside.

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If you would like any further help, guidance or support for you or your family, please contact **Laura Merrick** (Home School Link Worker) [hslw2@stmarys-byfleet.surrey.sch.uk](mailto:hslw2@stmarys-byfleet.surrey.sch.uk) (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

