

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

### **Mental health support for dads**

Linking to World Mental Health Day, which took place on Tuesday 10<sup>th</sup> October, please see information below for dads' mental health support.

#### **Andy Man's Club**

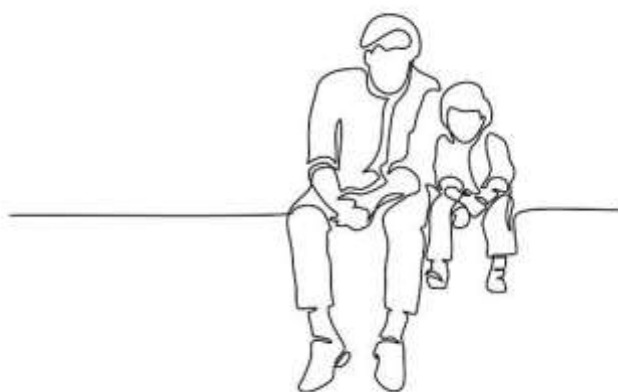
The group meet every Monday at 7pm (excluding bank holidays) at The Vyne Centre for the Community, Broadway, Knaphill, Woking GU21 2SP. In these groups, men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment.

#### **Fathers' Wellbeing group**

The Fathers' Wellbeing group is for men experiencing low mood or anxiety who have or are expecting a young child. To access the group, you can contact Mind Matters who can then refer you on.

#### **Dads Matter**

Dads Matter is part of HomeStart and they aim to help dads have successful relationships with their families, and to support dads with anxiety, stress and mental health issues.



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### **Emotionally Based School Non-Attendance**

Information and advice can be found on Surrey's Local offer website.

[Click here](#) to be directed to the website.

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## **October half term activities**

[Click here](#) for Red Kite Surrey's list of local events and activities taking place this half term.



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### **Fun activity of the week: Leaf pals**

Head out on an Autumn walk and gather a selection of fallen leaves. Arrange them on a piece of card and add googly eyes/paint them on using black and white paint.



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### **Recipe of the week: Spiced chicken and lentil traybake**

#### **Ingredients:**

- 200g red lentils, washed
- 400g can chopped tomatoes
- 2 tsp ground cumin
- 1 tsp turmeric
- ½ chicken stock cube, made up to 400ml
- 1kg chicken drumsticks
- 450g frozen green beans
- 1 red chilli, sliced (optional)



#### **Method:**

1. Heat the oven to gas 6, 200°C, fan 180°C.
  2. Tip the lentils, tomatoes, spices, and stock into a baking dish about 20 x 30 x 7cm and stir well. Nestle in the chicken drumsticks, cover with foil and cook for 25 mins.
  3. After 25 mins, remove the foil, increase the heat to gas 7, 220°C, fan 200°C and cook for another 15-20 mins until the lentils are tender and the chicken is cooked through and lightly golden.
  4. Cook the green beans following the pack instructions and serve alongside the lentil traybake. Top with sliced chilli if you like.
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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).

**BIG**  
*Journeys*  
**BEGIN**  
**WITH**  
*Small*  
**STEPS**