

## Home School Link Worker Weekly Bulletin

SEND support group for parents and carers

# SEND GROUP FOR PARENTS & CARERS



Special, Educational Needs and Disability (SEND)



**Free support group for parents and carers with  
children aged 0-16 with pre or diagnosed SEND.**

The course will cover topics like:

- Back to school and discussions around EHCP's
- Boundaries and useful parenting tools
- Accessing useful websites and other support networks
- Support on applying for DLA and other funding options.



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



Support groups, network and parent carer forums provide a valuable source of advice, guidance and information. They also give you the opportunity to meet parents and families who may be encountering similar challenges to those you experience. Woking Family Centre is pleased to offer a free 5 week SEND Support Group for parent and carers of children 0-16years with pre or diagnosed SEND.

The sessions will be held remotely via Microsoft Teams on Monday 30th October – 27th November 2023 9.30 – 11am.

What will I learn?

The aim of the sessions is to build positive constructive relationships and calm confident parenting. The sessions encourage parents and carers to enjoy bringing up children and get the best out of family life. It offers positive, practical ways of guiding children.

Over 5 weeks, you will explore the topics below with an opportunity to ask questions.

- Week 1 – Introductions (Monday 30th October 2023) 9.30am – 11am
- Week 2 - Boundaries, Keeping us all safe (Monday 6th November 2023 ) 9.30am – 11am
- Week 3 – Useful parenting tools and tips (Monday 13th November 2023 ) 9.30am – 11am
- Week 4 – Food fads and sleep (Monday 20th November 2023 ) 9.30am – 11am
- Week 5 – EHCP, DLA other funding options, support networks (Monday 27th November 2023 ) 9.30am – 11am

To register your interest to attend, please email [familycentres@woking.gov.uk](mailto:familycentres@woking.gov.uk)

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### **Family Lives – Youtube channel**

Family Lives have lots of videos on all ages and stages of parenting from early years to teenagers on a wide range of issues.

<https://www.youtube.com/@FamilyLives/videos>



### **October half term ideas**

[Click here](#) for a list of local activities this half term.



## **Fun activity of the week: Autumn wreath**

You will need:

- Paper plate
- Paper leaves
- Scissors
- Glue
- Yarn
- Hole punch
- Pinecones or acorns, optional

How to create your wreath

1. Cut out the centre of the paper plate leaving about a 10cm ring.
2. Next, glue paper leaves on the paper plate ring.
3. Then, glue pinecones, acorns or seeds on top of leaves on paper plate if desired.
4. Then, punch a hole with a hole punch in the top of the paper plate wreath behind a leaf so it doesn't show on the front of the wreath.
5. Pull a piece of yarn or string through the hole and tie the yarn to make a loop to hang your wreath.



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## **Recipe of the week: Roasted sweet potato & carrot soup**

**Ingredients:**

- 500g sweet potatoes, peeled and cut into chunks
- 300g carrots, peeled and cut into chunks
- 3 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 1l vegetable stock
- 100ml crème fraîche, plus extra to serve



**Method:**

1. Heat oven to 220C/200C fan/ gas 7 and put 500g chunked sweet potatoes and 300g chunked carrots into a large roasting tin, drizzled with 2 tbsp olive oil and plenty of seasoning.
  2. Roast the vegetables in the oven for 25-30 mins or until caramelised and tender.
  3. Meanwhile, put the remaining 1 tbsp olive oil in a large deep saucepan and fry 2 finely chopped onions over a medium-low heat for about 10 mins until softened.
  4. Add 2 crushed garlic cloves and stir for 1 min before adding 1l vegetable stock. Simmer for 5-10 mins until the onions are very soft, then set aside.
  5. Once the roasted vegetables are done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth. Stir in 100ml crème fraîche, a little more seasoning and reheat until hot.
  6. Serve in bowls topped with a swirl of crème fraîche and black pepper.
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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).

