

Home School Link Worker Weekly Bulletin

Family Voice Surrey's online talk (OT, sensory processing and regulation strategies)

Thursday, November 30 – 12pm-2pm

ADHD/Autism Group talk with Occupational Therapist Pippa Chapman about the benefits of OT; and sensory processing and regulation strategies.

Pippa has experience in NHS and private practice with her own occupational therapy service, Pippa's OT Works. She is also a parent of autistic children. The talk will cover what an Occupational Therapist does? How does OT benefit your child? Take a look at behaviours that may be associated with sensory processing and ways to manage these at home.

Our ADHD/Autism online group is for Surrey-based parent carers of neurodivergent children and young people – with or without a diagnosis. The group meets on a regular basis and our events are free for FVS members to attend.

The FVS hosts for the group are Sara Draycott Waverley Coordinator and Di Phillips Woking Coordinator.

Email: sara.d@familyvoicesurrey.org for more details and the Zoom log-in details.



Sleep support from Children Family and Health Surrey

On their website, you will find a series of four videos for parents and carers which provide advice, information, and tips for families to support toddlers, children and teenagers including those with additional needs and learning disabilities. They can be viewed on the Children and Family Health Surrey website:



<https://childrenshealthsurrey.nhs.uk/services/sleep>

Catalyst support

Catalyst works to promote the mental health and wellbeing of people in Surrey, improving lives in terms of stability and wellbeing, with the aim of reducing harm to themselves, their families and the community. We are proud to offer support for individuals and their friends and families in a holistic, friendly, professional and non-judgemental way.



[Click here](#) to find out more about their services.

Child Health drop-in service at Eastwood Leisure centre



Child Health Drop-in and Breastfeeding Support

**Eastwood Leisure Centre Albert Drive,
Sheerwater, GU21 5RF**

Wednesdays 9.30am to 11.30am

Come and meet the team

Soft play area
Coffee shop

Health Visitors (birth-5 years) School Nurses (5-19 years)

Referral support, advice and signposting as well as:

Self-weight option
Early years support
Health reviews
Health promotion
Breastfeeding

Dental care
Sleep
Toileting
Healthy eating
Heights & Weights
Behaviour
Mental health
Eating disorders
And more



Fun activity of the week: Fingerprint painting

Using a rainbow stamp pad, you can turn your fingerprints into people or animals or flowers or anything with a few strategically placed pen lines!



Recipe of the week: Honey chicken

Ingredients:

- 4 chicken breasts (about 600g), trimmed and cut into 2-3cm cubes
- 2 tbsp plain flour
- 40g piece of ginger, peeled and finely grated
- 4 garlic cloves, finely chopped
- 6 tbsp soy sauce
- 5 tbsp honey
- ½-1 lemon, juiced
- 1 tbsp sunflower, vegetable, rice bran or rapeseed oil
- cooked rice and steamed broccoli, to serve (optional)



Method:

1. Tip the chicken into a bowl, sprinkle over the flour and some seasoning and toss until the chicken is evenly coated.
 2. Combine the ginger, garlic, soy, honey and half the lemon juice in a bowl.
 3. Heat the oil in a large frying pan or wok over a high heat and fry the chicken for 3-4 mins until lightly golden.
 4. Tip in the honey sauce and stir-fry for 10 mins, or until the chicken is cooked through and the sauce has reduced enough to coat the back of a spoon.
 5. Taste for seasoning and squeeze over the remaining lemon juice, if needed, then serve with rice and steamed broccoli, 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 (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

**YOU BECOME
WHAT YOU
BELIEVE.**

OPRAH WINFREY