

Home School Link Worker Weekly Bulletin

ADHD/Autism group – general chat

Thursday, 7th March, 12pm – 2pm

Family Voice Surrey have an ADHD/Autism Group online chat group for parent carers of neurodiverse children and young people with or without a diagnosis. The group meets regularly via Zoom. The Family Voice Surrey co-hosts for the group are Sara Draycott (Waverley Borough Co-ordinator) and Diana Phillips (Woking Borough Co-ordinator). This event is free for FVS members. Please email waverley@familyvoicesurrey.org for more information and the zoom login details.



**ADHD/Autism
Group**
For parent carers

Matthew Hackney – February Newsletter

[Click here](#) to find the latest newsletter from the Matthew Hackney Foundation.



Turn2Us

Turn2us is a national charity that provides practical information and support, including a benefit calculator and a grant search service.



<https://www.turn2us.org.uk/>

Surrey Care Trust

This local charity works with volunteers to give people the opportunities, skills, and support they need to achieve their potential. They offering mentoring programmes and counselling services.



<https://www.surreycaretrust.org.uk/>

Fun activity of the week: Homemade playdough

You will need:

- 2 cups flour
- 1 cup salt
- 2 Tbsp cream of tartar
- 2 Tbsp oil
- Liquid watercolours (or food colouring)
- 2 cups boiling water

How to create your playdough

1. Mix dry ingredients in a bowl.
2. Make a well in the centre and add oil and colouring.
3. Pour in boiling water and mix.
4. It may look like a sloppy mess at this point! However, just let it sit for a few minutes. It will firm up and work perfectly.
5. Take the dough out of the bowl and knead it a bit to form a ball.
6. Time to play!



Recipe of the week: Meatball & tomato soup

Ingredients:

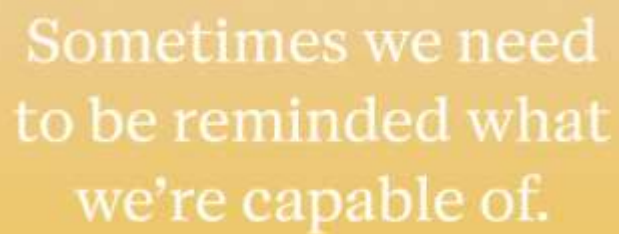
- 1½ tbsp rapeseed oil
- 1 onion, finely chopped
- 2 red peppers, deseeded and sliced
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 100g giant couscous
- 500ml hot vegetable stock
- 12 pork meatballs
- 150g baby spinach
- ½ small bunch of basil
- grated parmesan, to serve (optional)



Method:

1. Heat the oil in a saucepan. Fry the onion and peppers for 7 mins, then stir through the garlic and chilli flakes and cook for 1 min. Add the tomatoes, giant couscous and veg stock and bring to a simmer.
 2. Season to taste, then add the meatballs and spinach.
 3. Simmer for 5-7 mins or until cooked through. Ladle into bowls and top with the basil and some parmesan, 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).



Sometimes we need
to be reminded what
we're capable of.