

Home School Link Worker Weekly Bulletin

Barnardo's Positive Parenting Service

Barnardo's aim to support parents/carers of children (6-18 years old) who have a diagnosis of, or who are awaiting a diagnosis of ADHD. This support and advice is delivered in an 8-week programme; within the local community or online via zoom, during school hours, or in the evenings. They can support parents by helping them to:

- gain confidence and skills as parents when living with a child with ADHD
- exploring how positive parenting is beneficial to the family as a whole
- discuss strategies for effective behaviour management
- have the opportunity to meet with other parents
- understanding the importance of clear communication for a child with ADHD

There are two skills building programmes, The Parent Factor in ADHD is for parents/carers of children that have an ADHD diagnosis (8-week skills building programme) and the Nurturing Programme, delivered with ADHD as a clear focus, is for those parents/carers awaiting a diagnosis for their child. (8-week skills building programme).

Parents and carers can also access advice and guidance from this service, 365 days per year from 5-10.30pm by calling 0300 222 5755, no referral is necessary to access this Out of Hours Helpline.

To find out more about the services they offer, please contact the team directly:

surreypositiveparenting@barnardos.org.uk



If you would like to be referred for the Positive Parenting Service, please do contact HSLW who can complete the application (hslw2@stmarys-byfleet.surrey.sch.uk).

'Welcome Works' - Welcome church, Woking

The Welcome church in Woking provides a range of services and local support groups including:

- Welcome café
- Debt centre
- Money coaching
- Job club
- Life skills
- 'Fresh start' programme
- 'Get online' course
- 'Kintsugi Hope' mentoring programme
- 'Welcome single mums' club



1-5 Church St. West, Woking, Surrey, GU21 6DJ
01483 714 150

<https://www.welcomechurch.uk/welcome-works>

Surrey Minority Ethnic Forum (SMEF)

Surrey Minority Ethnic Forum (SMEF) supports and represents the needs and aspirations of a growing ethnic minority population in Surrey. They provide support for over 50 grassroots community groups, build relationships between faith groups, and run projects to help black and minoritized ethnic people across the county to feel a part of their community, improve their wellbeing and learn new skills for work and life.

More information can be found on their website:

<https://smef.org.uk/>



L-SPA drop-in sessions

The Learners' Single Point of Access (L-SPA) offers help and support if you have a concern about the development and/or learning needs of a child in Surrey.



L-SPA

Woking Family Centre is pleased to offer:



Woking Family Centre are pleased to be working with the Learners Single Point of Access (L-SPA) Family Communication Officers.

The Family Communication Officers (FCO's) have a range of knowledge and experience of additional needs and advocate the importance of early intervention for young people and their families to provide the 'right support at the right time'.

The FCO's can support families with:

- Understanding the graduated response to SEND (Special Educational Needs and Disabilities).
- What Ordinarily Available provision is and what this looks like in educational settings.
- Understanding a 'No to Assess' Educational Health Care Needs Assessment decision.
- Signposting to appropriate services for support, advice, and intervention.
- How to collaborate effectively with educational settings.

Dates: Thursday 21st March & Friday 26th April 2024

Venue: Woking Family Centre, Sythwood bungalow, Horsell, Woking GU21 3RX (Next to Sythwood Primary)

Time: 9.30 – 4pm, Booking only

Date: Friday 24th May 2024

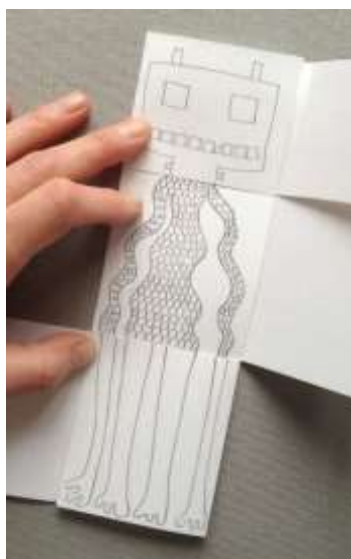
Venue: Parkview Community Centre, Sheerwater, Woking GU21 5NZ

Time: 9.30 – 4pm, Booking only

To book a 45min, 1-1 appointment with L-SPA please contact kesara.cheena@woking.gov.uk

Fun activity of the week: Mix and match characters

1. Take a piece of paper and fold it into quarters by fold it in half and half again.
2. Cut off one strip so you are left with three equal sections.
3. Now measure each 'side section' into thirds and cut along the lines.
4. Draw a person on the back flap of your paper: the head and neck go in the top area, the shoulders and torso in the middle, and the legs and feet in the bottom space.
5. Close your left 'section' and draw a different option for the head, the torso, and the legs.
6. Close your right 'section' and repeat the drawing.
7. You may have to erase/reposition a few times, but you will get to the point where you can open/close any of the sections and have a new character!
8. Colour in and have fun opening and closing each section to create new characters!



Recipe of the week: Speedy sausage stroganoff tagliatelle

Ingredients:

- 20g unsalted butter
- olive oil, for drizzling
- 6 pork sausages
- 350g chestnut mushrooms, sliced
- 1 tsp sweet smoked paprika
- 300ml soured cream
- ½ tbsp wholegrain mustard
- 150ml beef stock
- 400g dried tagliatelle
- small bunch parsley, chopped



Method:

1. Heat the butter and oil in a frying pan over a medium-high heat until foaming.
2. Squeeze large chunks of the sausage meat out of the skins and into the pan. Cook for 5-8 mins or until golden brown.
3. Add the mushrooms and cook for a further 5 mins until starting to turn brown.
4. Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.
5. Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on top.

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).

