

Home School Link Worker Weekly Bulletin

HOPE service

The Hope service is a multi-agency service for young people aged 11 to 18 who are experiencing complex mental health, emotional, social and behavioural needs.

The Mental Health Crisis support line is available 24 hours and 7 days a week. The number can be accessed by calling **0800 915 4644** and pressing option 1.

The Hope Service has also created a space for groups of parents and carers to come together on a regular (fortnightly) basis to discuss the challenges they face in a confidential and supportive environment. Support is offered via Microsoft Teams by Hope staff members.



Building futures
Transforming lives

<https://www.hopeservice.org.uk/parent-and-carer-support>

My Happy Mind – podcast series

The 'My Happy Mind Team' have created a series of podcasts tackling some really interesting topics such as resilience, separation anxiety and self-esteem.



<https://myhappymind.org/all-podcasts/>

Child health drop-in service

Location: Eastwood leisure centre, Albert Drive, Sheerwater, GU21 5RF

Date and time: Every Wednesday 9:30 – 11:30am

Phone number: 01883 340 922

School nurses are also available at this venue on the first Wednesday of each month: 2 October, 6 November, 4 December.

The School Nursing team can answer questions or signpost on topics including early toileting, sleep, behaviour, healthy diet, dental care, school readiness and many more.



**Children and
Family Health
Surrey**



Twit-Twoo!



Come and join us for a fun Autumn craft session and make an owl.

Where-

Byfleet Community Library

When-

Saturday, 12th October

10.30am-12noon

(please arrive at 10.30)

OR

2pm-3.30pm

(please arrive at 2pm)

Who-

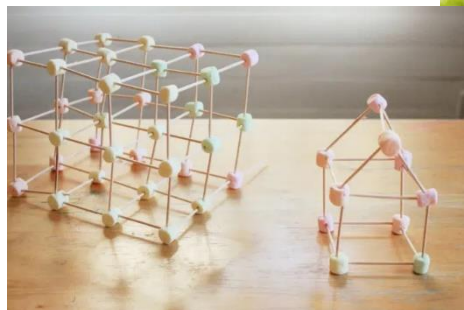
Children 3-11 years. £1 per child

Places are limited so please reserve a place at the library desk.



Fun activity of the week: Toothpick sculptures.

Using toothpicks and materials of your choice (e.g. grapes, marshmallows, small balls of play dough), children can create an amazing construction project!



Recipe of the week: Apple crumble

Ingredients:

For the filling

- 600g Bramley apple (3 medium apples), peeled, cored and sliced to 1cm thick
- 2 tbsp golden caster sugar

For the crumble

- 175g plain flour
- 110g golden caster sugar
- 110g cold butter
- For the topping (optional)
- 1 tbsp rolled oats
- 1 tbsp demerara sugar
- double cream, clotted cream or custard, to serve



Method:

1. Heat the oven to 190C/170 fan/gas 5.
 2. Toss 575g peeled, cored and sliced Bramley apples with 2 tbsp golden caster sugar and put in a 23cm round baking dish.
 3. Put 175g plain flour and 110g golden caster sugar in a bowl.
 4. Slice in 110g cold butter and rub it in with your fingertips until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub them in.
 5. Pour the crumb mix over the apples to form a pile in the centre, then use a fork to even out.
 6. Sprinkle 1 tbsp rolled oats and 1 tbsp demerara sugar over evenly, if you wish.
 7. Set on a baking tray and put in the preheated oven for 35-40 minutes, until the top is golden and the apples feel very soft when you insert a small, sharp knife.
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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).

One of the most important things we adults can do for young children is to MODEL the kind of person we would like them to be.