

Home School Link Worker Weekly Bulletin

Woking family centre

Woking family centre offers a range of different courses and groups for parents including:

- The Parenting Puzzle
- Keeping your child in mind
- SEND online support group for parents/carers
- Parent/carer well-being
- Support group for ethnic minorities
- Sensory play for pre-schoolers with SEND



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

Your Sanctuary

Recently, our staff had some 'domestic abuse awareness training' which was delivered by Your Sanctuary, a Surrey based charity supporting the survivors of domestic abuse.

They offer a range of services including refuge, a helpline, children's outreach support and a youth programme.

Further information can be found on their website:

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

Your Sanctuary Helpline:

01483 776822.

7 days a week, 9am-9pm

If you ever need to speak to someone, please do email hslw2@stmary-byfleet.surrey.sch.uk or call the office and ask to speak to Laura Merrick.

Free Online Parent/Carer Workshops



YMCA East Surrey's Community Wellbeing Team invites you to attend their free online workshops for parents/carers. These workshops are suitable for parents/carers with children aged 8+.

Talking to your child and supporting them to cope with worries

Wednesday 13 November 2024 | 18:30-19:30

[Click here](#) to book your place.

Understanding, expressing and managing emotions

Wednesday 16 October 2024 | 18:30-19:30

[Click here](#) to book your place.

A SPace for Autism

A SPace is a social and emotional development group for young people with autism. They are restarting their sessions with a focus on young people between the ages of 11–18 years.

Times of Sessions

1.15pm - 2.45pm or 3.15pm - 4.45pm

Dates of Sessions

- Saturday 02nd November 2024
- Saturday 09th November 2024
- Saturday 16th November 2024
- Saturday 23rd November 2024
- ONE WEEK BREAK
- Saturday 07th December 2024
- Saturday 14th December 2024



Location of Venue

St Pauls church,
2 Oriental Rd,
Woking,
GU22 7BD

Session Description

The group is divided loosely into three parts. The first part being a sharing of news and events. This section encourages the skills of turn taking in conversation, sharing information, and asking appropriate questions.

The second section of the group is where feelings and emotions are discussed using visual prompts to explore and validate challenge and success, through the sharing of strategies and support.

The final section of the session allows group members to work together on a creative project, which encourages working together, sharing ideas and negotiation to complete a project that can be shared with families and friends. This is usually, but not exclusively, done through the making of short movies or drama pieces.

The bundle of 6 sessions is priced at £180.

If you are interested in booking a place, you can use their booking link below...

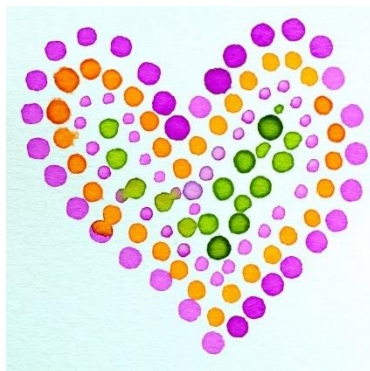
<https://aspaceautismservices.zohobookings.eu/#/ASpace>

You can also find more information on their website:

<https://aspaceautismservices.weebly.com/>

Fun activity of the week: Cotton bud pointillism

Pointillism can easily be created with cotton buds and paint!



Recipe of the week: Spanish chicken traybake

Ingredients:

- 4 garlic cloves
- 1 tbsp fresh thyme leaves, plus a few extra sprigs
- 4 tsp olive oil
- 8 chicken thighs
- Peppers (about 700g), halved and deseeded
- 140g chorizo, roughly chopped
- 20 pitted black olives
- 200g cherry tomatoes
- 3 tbsp sherry vinegar or red wine vinegar



Method:

1. Heat oven to 200C/180C fan/gas 6.
 2. Using a pestle and mortar, crush the garlic and thyme leaves with a little seasoning and 2 tsp oil to make a paste. If you don't have a pestle and mortar, finely grate the garlic, then stir everything together.
 3. Rub the herb and garlic paste on the underside of the chicken to flavour it.
 4. Cut each of the pepper halves into 2 or 3 chunky strips, depending on their size.
 5. Pile into a large roasting tin with the chorizo and olives, toss with the remaining oil, then sit the chicken on top, skin-side up.
 6. Scatter over the tomatoes, spoon over the vinegar, season and tuck in the thyme sprigs.
 7. Roast for 1 hr until the chicken skin is crispy and the vegetables have softened. Serve with crusty bread, pasta or potatoes.
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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).

being a parent
can be tough

but just remember

that in your child's eyes,
nobody does it better
than you