

Home School Link Worker Weekly Bulletin

'Navigating the Maze' – a toolkit of strategies for parents of neurodivergent young people.

'Navigating the Maze' is a toolkit of strategies for parents/carers of children who have needs that may be associated with ASD and/or ADHD. The toolkit was created by professionals with both lived experience and knowledge of working clinically with neurodivergent children.

[Click here](#) to be directed to 'Navigating the Maze' recorded videos.



0 to 19 Advice Line

The Surrey-wide 0 to 19 advice line is open to parents and carers of babies, young children and teenagers for support on all aspects of baby and child health, development and parenting. Please get in touch if you need their support. Lines are open Monday to Friday, 8am to 5pm, excluding bank holidays.

Telephone: **01883 340922**



One-minute guides to Early Help and Children's Services

These one-minute guides have been created to help your understanding of some of the support, services and processes in Surrey. The guides cover the following themes:

- Behaviour
- Domestic Abuse
- General advice and tips for parents/carers
- Health
- Practice, processes and roles in Surrey
- Targeted services in Surrey
- Voluntary Services



[Click here](#) to be directed to the 'One-minute guides'

Free counselling for 16-25 year olds

WHAT'S WORRYING YOU?

NO MATTER HOW BIG OR SMALL THE PROBLEM,
IF YOU WANT TO TALK WE'RE HERE TO LISTEN.

Call/text **07885 969 774** or email
counselling@surreycaretrust.org.uk
www.freecounsellingsurrey.org.uk

STEPS counselling is run by the independent charity, Surrey Care Trust, as part of its work supporting young people and adults. Counselling is FREE and confidential, based in Woking, and is available to 16 to 25 year-olds in Surrey.

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no. SC039557

Funded by



**Community
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Picture show model, not actual client, and
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Fun activity of the week: Firework Salt Painting

For this activity you are going to need black card, PVA glue, salt, a pot of water, paint brushes and watercolours.

1. Create your 'fireworks' using the PVA glue.
2. Sprinkle salt onto the glue
3. Gently dab watercolour paints onto the fireworks
4. Set aside and leave to dry.



Recipe of the week: Beef stew

Ingredients:

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 carrots, halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef, cut into large chunks



Method:

1. Heat oven to 160C/140C fan/gas mark 3.
 2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
 3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
 4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.
 5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins – 1hr more until the meat is really tender and the sauce is thickened.
 6. Garnish with the picked leaves of the remaining thyme sprig.
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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).

I have not failed. I have found
10,000 ways that don't work.