

Home School Link Worker Weekly Bulletin

Family Lives

Families Lives offers a range of support services, including online parenting courses, articles, a forum and a helpline. You can contact them direct for emotional support, information, advice and guidance on any aspect of parenting and family life.

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



National Autistic Society

NAS Surrey Family Support is a free service provided by Mindworks partner, National Autistic Society. It is available to Surrey families struggling with neurodevelopmental concerns both in and out of school, with or without a diagnosis of autism.

There is a range of free support including:

- Stepping up for Autism - an 8-week course to help parent carers understand Autism and develop strategies to support their child. It covers topics such as Sensory Processing, Communication, Behaviour, Transitions, Social Interaction and Puberty.
- Personalised 1:1 support for more complex cases.
- Specialist workshops on a range of topics such as Anxiety, Autism & Girls, Toileting and Sleep.
- Free family activities in the holidays.
- Free out of hours Autism advice line, daily from 5pm to 11pm 365 days a year, call Freephone 0300 222 5755 – option 3.

For further information on any of their services, please email Surrey.FamilySupport@nas.org.uk

Families can self-refer through the Mindworks portal – [click here](#) to be directed

If you require support, or wish the school to make the referral on your behalf, please do contact Laura Merrick (hslw2@stmarys-byfleet.surrey.sch.uk)



School Readiness: Early toileting workshop

The school nursing team will be running a free session on 'early toileting' on Monday 16th December 2024 1-2pm. Advice and tips will be shared and the team will be on hand to answer questions. Please follow the link below to secure your spot.

<https://calendly.com/csh-schoolready>



Fun activity of the week: DIY advent calendar

Using pompoms and green card, you can create your very own advent calendar!



Recipe of the week: Lemon drizzle cake

Ingredients:

- 225g unsalted butter, softened
 - 225g caster sugar
 - 4 eggs
 - 225g self-raising flour
 - 1 lemon, zested
- For the drizzle topping
- 1½ lemons, juiced
 - 85g caster sugar



Method:

1. Heat the oven to 180C/160C fan/gas 4.
2. Beat together the butter and caster sugar until pale and creamy, then add the eggs, one at a time, slowly mixing through.
3. Sift in the self-raising flour, then add the lemon zest and mix until well combined.
4. Line a 2 lb (about 14 x 24cm) loaf tin with greaseproof paper, then spoon in the mixture and level the top with a spoon.
5. Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean.
6. While the cake is cooling in its tin, mix together the lemon juice and caster sugar to make the drizzle.
7. Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping.

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).

