

Home School Link Worker Weekly Bulletin

'Cool Carers' at St Mary's

Our amazing 'Cool Carers' enjoyed a Christmas party this week to celebrate all the amazing things they do!



For further information on Young Carers, please [click here](#) to be directed to our website.

Coping at Christmas

COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...



Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](https://www.nhs.uk/mental-health)



Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7

[Papyrus-uk.org](https://www.papyrus-uk.org)

SAMARITANS

Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

[Samaritans.org](https://www.samaritans.org)



Call MIND's Mental Health Helpline 24 hours a day, 7 days a week on 0800 414 8247

[Mind.org.uk](https://www.mind.org.uk)

shout
85258

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](https://www.giveusashout.org)

CALM

Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

[Thecalzone.net](https://www.thecalzone.net)

Online Parenting Puzzle Workshop

Woking Family Centre is pleased to offer a free Parenting Puzzle Workshop to parent and carers of children (0-11years).

To book your place, please email or workingfamilycentre@barnardos.org.uk



WOKING
FAMILY CENTRE

4 sessions from
21st January - 11th February
2025
6.45pm - 8:00pm

Online Parenting Puzzle

This tried and tested programme can help you deal with challenges supporting a calmer family life.

The course covers:

- Recognising feelings behind behaviours
- Different approaches to positive discipline
- Co-operation and self discipline
- The importance of looking after ourselves

For more information scan the QR code or call: 01483 310419



Woking Family Centre, The Bungalow, Sythwood, Woking
Surrey, GU21 3AX



Changing childhoods.
Changing lives.



Supporting children over the Christmas period.

Christmas can be a magical time, but it can also be overwhelming for some children. Click below for some really useful resources and advice from Autism Outreach and Beacon House.

[Autism Outreach](#)

[Beacon House](#)



Fun activity of the week: Gingerbread house garland

Using cardboard, some string and a white chalk pen, you can create your very own gingerbread house garland!



Recipe of the week: Christmas rocky road

Ingredients:

- 100g butter cut into cubes, plus extra for the tin
- 250g Christmas biscuits
- such as shortbread or chocolate biscuits
- 75g shelled nuts (optional)
- 100g mixed dried fruit
- 75g Christmas sweets/mashmallows
- 400g milk or plain chocolate
- 140g golden syrup
- 2 tbsp sprinkles



Method:

1. Butter and line a 20cm square tin, or use a 20cm square silicone mould. Break the biscuits into pieces – they need to be no smaller than a pea, but not too chunky or your rocky road won't hold together.
2. Halve any larger nuts (if using) either by snapping them or carefully cutting with a knife, then combine them with the biscuits. Halve any large pieces of dried fruit and chop or snap sweets into smaller pieces, then add these to the bowl.
3. Melt 300g of the chocolate, the butter and the golden syrup carefully in a pan set over a low heat, stirring occasionally, then pour this over the biscuit and nut mixture and mix together so the chocolate covers everything.
4. Tip the mixture into the tin, then level the top – it doesn't need to be completely smooth. Melt the remaining chocolate in the microwave in short blasts, or in a heatproof bowl over a small pan of simmering water, then drizzle this over the top and sprinkle with the decorations. Chill for at least 3 hrs or overnight before cutting into squares.

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).

