

Home School Link Worker Weekly Bulletin

Woking Family Centre – Parenting Puzzle

Woking Family Centre are running a free, online version of their very popular Parenting Puzzle course this term.



**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.



New courses from Welcome church, Woking

Welcome church, Woking has released their new list of courses running this term.

These include

- Kintsugi hope – mental health support
- Fresh start – facing challenges
- Healthy eating on a budget
- Job club



All course guests have a free hot meal and refreshments for the duration of their course. They also run a Single Mums Club, a Welcome Café and various events throughout the year. [Click here](#) to find out more.

A Space for Autism support for children

A SPace is a social and emotional development group for young people with autism. 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 drama pieces.

Sessions will be restarting from Saturday 1st February 2025 and take place at St Pauls church, Woking, GU22 7BD

There are two sessions available:

- Key Stage 2 - Ages 7+ (Years 3, 4, 5 and 6) – weekly sessions from 1.2.25 (13:15 – 14:45)
- Key Stage 3+ - Ages 11+ (Year 7 and upwards) – weekly sessions from 1.2.25 (15:15 – 16:45)

These sessions will be running for 6 weeks with a one week break in the middle. They are priced at £180 for the full bundle of 6 sessions (that works out at £30 per session).

If you are be interested in securing your place, you can use the booking link below:

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

You can also find more information on the website below:

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



Families Online Magazine

[Click here](#) for the January/February edition.



Fun activity of the week: Snowy scene painting

Use wax crayons to create your snowy scene and then paint over with water colour paint to reveal your creation!



Recipe of the week: Sweet potato stew

Ingredients:

- 1 small onion, peeled (50g)
- 1 small red pepper, deseeded (60g)
- 1 small sweet potato, peeled (110g)
- 2 tbsp green beans, trimmed (40g)
- 1 tsp vegetable oil
- 150g tinned chopped tomatoes
- 180g tinned kidney beans, drained
- 20g peanut butter
- 1/4 tsp (mild) chilli powder
- 150ml water

Method:

1. Chop the onion, pepper and sweet potato. Trim the green beans and cut in half.
 2. Heat the oil in a pan. Add the onion and cook for 2 to 3 minutes.
 3. Add the remaining ingredients, bring to the boil, cover and then simmer (stirring occasionally) for about 20 minutes until the vegetables are cooked.
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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).

WITH THE NEW DAY
COMES NEW STRENGTH
AND NEW THOUGHTS.