

Home School Link Worker Weekly Bulletin

Children's Mental Health Week 2025

Children's Mental Health Week 2025 is taking place from 3rd-9th February 2025, and the theme this year is **'Know yourself, grow yourself.'**

Place2Be's Children's Mental Health Week is joining forces with Here4You to explore the importance of self-awareness and expressing emotions.

Here4You is supported by The Walt Disney Company, and through the characters of Pixar's *Inside Out* and *Inside Out 2*, the resources encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.

[Click here](#) for resources and activities families can use at home.



'A SPace for Autism' support groups 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/>



Cygnnet in Surrey support programme



Changing childhoods.
Changing lives.



Cygnnet in Surrey

A support programme for parents and carers of children and young people, aged 5-18, who are autistic.

Parents of autistic children face the usual positives and challenges of parenting and quite a few more. Attending a Cygnnet autism support programme gives parents and carers an opportunity to develop their understanding of autism and consider ways to support their child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

When and where is Cygnnet delivered?

Courses will be taking place all over Surrey at a range of times and locations. Some courses will be delivered online. When you complete the application form, tell us what you would prefer and we will contact you when a suitable course becomes available.

Who can attend cygnnet sessions?

Parents, carers or other family members who have responsibility for your child. Your child needs to be between the ages of 5-18 and live in Surrey. They may have a diagnosis of autism, or be waiting for one.

What does Cygnnet involve?

The **core** Cygnnet programme is delivered over six two and a half to three-hour sessions which include:

- Introductory session
- An overview of autism with parent and carer experience
- Thinking & Sensory
- Social Interaction & Communication
- Understanding and supporting behaviour
- Analysing behaviour

Who will deliver my Cygnnet course?

Surrey's Cygnnet offer is coordinated through the Autism Outreach team, based at Freemantles school, but our team of trainers are made up from professionals working across Surrey in education, health and charity organisations.

How do I sign up?

Complete the application form and we will get in contact when a suitable course becomes available for you. You can download the form from <https://www.autismoutreachforschools.uk/Cygnnet-Parent-Programme/>

Can I ask some questions?

Email us on parenttraining@freemantles.surrey.sch.uk



Self-harm parent support workshop



MATRIX TRAINING HUB



SELF-HARM PARENT WORKSHOP
Tuesday 11th February
6:30 - 8:30pm
The Hideaway Café, Eastgate Gardens
Guildford, GU1 4AZ

Led by seasoned experts from the charity East To West, this workshop offers parents support, guidance and practical strategies.

This event is run free of charge.

Scan the QR code to book or contact
paulsharpe@matrixtrust.com

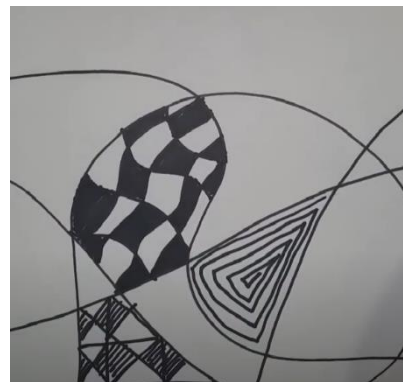


SCAN HERE



Fun activity of the week: Mindfulness doodle

Start by grabbing a pen and paper and create a series of loops. Then fill each 'gap' with a different pattern. Try and experiment with different 'doodles' and colours.



Recipe of the week: Cheesy baked gnocchi

Ingredients:

- 300g broccoli, cut into small pieces
- 1 onion, peeled and chopped
- 2 tbsp olive oil
- 500g gnocchi
- 25g cornflour
- 300 ml milk
- 300ml crème fraîche
- 75g parmesan cheese, grated
- 1 tsp wholegrain mustard
- 1 tsp garlic granules
- salt and pepper

Method:

1. Preheat the oven to 200C.
2. Put the broccoli, onion and 1 tbsp of the olive oil, with plenty of salt and pepper, into a shallow roasting tin. Stir to coat with the oil. Roast for 10 minutes.
3. Add the gnocchi, the remaining oil and stir well. Return to the oven for 10 minutes.
4. While it's in the oven, mix the cornflour with just enough of the milk to make a smooth paste in a small bowl. Then stir in the crème fraîche and whisk until smooth. Add the rest of the milk and whisk again until smooth.
5. Add two thirds of the parmesan, the mustard, garlic granules and more salt and pepper.
6. Add the creme fraiche mixture to the roasted gnocchi, stir through and sprinkle the remaining Parmesan on top. Bake for a further 10 minutes.



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).



WHEN LITTLE PEOPLE ARE
OVERWHELMED BY BIG
EMOTIONS, IT'S OUR JOB
TO SHARE OUR CALM. NOT
JOIN THEIR CHAOS.
~ L. R. KNOST