

## Home School Link Worker Weekly Bulletin

### Surrey Paediatrics Parenting Service



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Many challenging behaviours are common in children under 5, but some may be linked to neurodiversity.

The Paediatrics Parenting Support Service is here to help parents and carers of children **5 and under** who are facing difficulties such as avoidance, impulsive or aggressive behaviour, routine, always on the go, difficulty to form or maintain friendships.

**Our 6-week program help you gain practical strategies and support to navigate these challenges and ensure your child thrives!**

For further information, please [click here](#) or email the team on [SurreySupportU5@barnardos.org.uk](mailto:SurreySupportU5@barnardos.org.uk).

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### Action for Children – Parent Talk

*We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.*

[Click here](#) to be directed to their website.

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**Baby Bubble - Woking and Addlestone**

**JIGSAW HUB**

**HOME START**  
Runnymede & Woking

# Baby Bubble Woking

at Jigsaw Hub  
11 Woking Street  
Woking  
GU21 6BG

For mums and their under ones

For more info contact:  
Home Start 01483 740367  
info@homestartraw.org

Wednesdays  
10:30-12:00

Free entry  
No booking required

Woking & Addlestone

The logo for Barnardo's, featuring the name in a stylized green font with a white outline, set against a dark green background.

Changing childhoods.  
Changing lives.

The logo for Home Start, featuring the words 'HOME' and 'START' in orange and blue, with a stylized figure of a person holding hands.

Runnymede  
& Woking

# Baby Bubble Addlestone

at

121 Church Road,  
Addlestone,  
KT15 1SH

For mums  
and their  
under ones

For more info contact:  
Home Start 01483 740367  
[info@homestarttraw.org](mailto:info@homestarttraw.org)

Thursdays  
10:30-12:00

Free entry  
No booking  
required



## Fun activity of the week: Butterfly craft

### You will need

- Cardboard tube
- Paint
- Glue
- Coloured paper
- Pen
- Scissors (grown-up use only)
- Coloured pens or pencils
- Pipe cleaner
- Sticky tape

### Instructions:

1. Paint a cardboard tube in a colour of your choice.
2. You could add some eyes by cutting out two circles on a piece of white paper and colouring in black circles and then stick them onto the cardboard tube.
3. Fold a piece of coloured paper in half and draw two semi circles - one bigger than the other.
4. Cut around the two semi circles.
5. Once you've got the shape of the wings, you can decorate them with coloured pens or pencils, or any other craft supplies that you have at home!
6. Put some glue along the middle of the butterfly and press the cardboard down to make it stick together.
7. Lastly, fold a pipe cleaner in half and curl the ends into the shape you'd like your antennae to be, and use a sticky tape to secure it onto the back of the cardboard tube.
8. And there you have it, your own butterfly!



## Recipe of the week: Smoky beans & sausage meatballs

### Ingredients:

- 6 pork sausages
- 2 tbsp sunflower oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2tbsp fajita spice mix
- 1 tbsp vinegar
- 400g chopped tomatoes
- 2 x 400g cans cannellini beans



### Method:

1. Squeeze the sausage meat from one of the sausages, then roll into four balls. Repeat with the rest of the sausages.
2. Heat half the oil in a flameproof casserole, shallow saucepan or deep frying pan over a medium heat and fry the sausage balls for about 8 mins, stirring occasionally until browned all over.
3. Scatter in the onion, drizzle in the remaining oil and cook for 5 mins until the onions are golden. Add the garlic and cook for 2 mins more.
4. Scatter in the fajita spice mix, cooking for a minute or two until the mixture has thickened.
5. Splash in the vinegar, tip in the tomatoes and a can of water, then add the beans.
6. Season, stir, bring to a simmer and bubble gently for 15-20 mins until the sauce is thick and rich.

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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](mailto:hslw2@stmarys-byfleet.surrey.sch.uk) (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

