

Home School Link Worker Weekly Bulletin

A SPace for Autism

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 the making of short movies or drama pieces.

ASpace sessions will be restarting from 10th May 2025.

Times of Sessions

1.15pm - 2.45pm (Key Stage 2 - Ages 7+ (Years 3, 4, 5 and 6)

3.15pm - 4.45pm (Key Stage 3+ - Ages 11+ (Year 7 and upwards)

Dates of Sessions

Saturday 10th May 2025

Saturday 17th May 2025

Saturday 24th May 2025

ONE WEEK BREAK

Saturday 07th June 2025

Saturday 14th June 2025

Saturday 21st June 2025



Location of Venue

Noah Room

St Pauls church,

2 Oriental Rd,

Woking,

GU22 7BD

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 (£30 per session).

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

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

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

Cygnnet in Surrey



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



Freemantle's school are keen to advertise Cygnnet to families as a new set of courses will be available in summer 1. At the moment they are asking parents / carers to register their interest using the electronic form (see below) so they can see where the needs are in terms of location and availability for parents:

Electronic form <https://forms.office.com/e/wZ82LGt6rC>

Tips to get children reading

Family Action have an excellent article, filled with tips to help support your child engage in reading:

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



Mindworks Surrey – information for parents

Mindworks Surrey is the emotional wellbeing and mental health service for children and young people in Surrey.

On their website, you will find information, recommended resources and signposting to other organisations.

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



Fun activity of the week: Connect the dots

Grab a large piece of paper and draw on evenly spaced dots. This is then an invitation to be as creative as you can to join the dots of create your own images!



Recipe of the week: Honey chicken

Ingredients:

- 4 chicken breasts
- (about 600g), trimmed and cut into 2-3cm cubes
- 2 tbsp plain flour
- 40g piece of ginger, peeled and finely grated
- 4 garlic cloves
- finely chopped
- 6 tbsp soy sauce
- 5 tbsp honey
- ½-1 lemon, juiced
- 1 tbsp oil
- cooked rice and steamed broccoli, to serve (optional)



Method:

1. Tip the chicken into a bowl, sprinkle over the flour and some seasoning and toss until the chicken is evenly coated.
2. Combine the ginger, garlic, soy, honey and half the lemon juice in a bowl.
3. Heat the oil in a large frying pan or wok over a high heat and fry the chicken for 3-4 mins until lightly golden.
4. Tip in the honey sauce and stir-fry for 10 mins, or until the chicken is cooked through and the sauce has reduced enough to coat the back of a spoon.
5. Taste for seasoning and squeeze over the remaining lemon juice, if needed, then serve with rice and steamed broccoli, if you like.

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).

*Behind every young
child who believes in
himself is a parent
who believed first.*