

## Home School Link Worker Weekly Bulletin

### Online SEND Support Group

*We are pleased to invite you to join our upcoming Online SEND Support Group for parent and carers of children (0-16years). This is a FREE programme that aims to build positive constructive relationships and calm confident parenting. The programme encourages parents/carers of children to enjoy bringing up children and get the best out of family life. It offers positive and practical ways of guiding children.*

*Woking Family Centre will hold 4 online evening sessions via Teams. The programme is delivered by our qualified facilitators.*



**Woking Family Centre**

Every Tuesday - 4 weeks

7pm - 8pm

13<sup>th</sup> January - 3<sup>rd</sup> February 2026

### Online SEND Support Group for Parents/Carers

Free support group for parents/carers with children aged 0-16 with pre or diagnosed SEND.

The course will cover topics like:

- Back to school and discussions around EHCP's
- Boundaries and useful parenting tools
- Accessing useful websites and other support networks
- Support on applying for DLA and other funding options.

For more information scan the QR code or call 01483 310419



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

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Changing lives.


## Family Advice Communication Education (FACE) – January timetable

To book on, please visit the PARENTS page of the FACE website (<https://www.facefamilyadvice.co.uk/supportforparents>) to view the 16 regular talks. Choose a topic and click through the booking calendar to find a date and time that suits you. At the payment stage of booking, enter the code **SM010725** where it says ADD PROMO CODE. This will reduce the price from £24 to £0.

 <b>January 2026 Timetable</b>	
All sessions delivered live online via zoom. 90 minutes long	
<b>£24 each or FREE with School Membership</b>	
Book online at <a href="https://www.facefamilyadvice.co.uk">facefamilyadvice.co.uk</a>	
Recordings available for 48 hours (excluding Free Talk)	
Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
<b>FREE Responding to Angry Behaviour</b>	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 7pm

## Nurturing programme

We are pleased to advise you that there will be the Nurturing Programme (10 week) course delivered by the Families Thriving Together team starting Monday 19th Jan – 23rd Mar 7.00pm – 8.45pm via Microsoft Teams. This is a FREE programme that aims to build positive constructive relationships and calm confident parenting.



**WOKING FAMILY CENTRE**

**Online 10 week course  
Starting 19th January 2026  
7.00pm - 8.45pm**


**The Nurturing Programme  
(formerly The 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**



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## 'Quick guides'

On our school website, under the HSLW tab, you will find a whole host of information designed to support our families.

We have also produced several, 'Quick guides' on the following topics:

- bedtimes
- managing anxiety
- separation anxiety
- challenging behaviour
- boosting self-esteem
- building resilience
- building positive friendships (NEW!)



[Click here](#) to be directed.

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## Fun activity of the week: Alligator pencil pot

### You will need:

- Construction Paper
- Glue
- Paint
- Paint Brushes
- Paper Towel Roll(s)
- Pencil(s)
- Wiggle Eyes

### Instructions:

1. Cut 2 paper towel rolls into thirds.
  2. Cover paper rolls with paint. Dry 1–2 hours. Add second coat. Dry 1–2 hours.
  3. Glue paper towel rolls together in a straight line.
  4. Sketch and cut out head, arms, and tail. Glue to paper towel rolls
  5. Sketch and cut out teeth. Glue to inside of mouth.
  6. Glue wiggle eyes to top of head. Let all glue steps dry 1–2 hours.
  7. Add details to face and tail with markers
  8. Add supplies to paper towel rolls to organize your desk!
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## Recipe of the week: Creamy sausage pasta

### Ingredients:

- 1 tsp olive oil
- 1 large onion, peeled and chopped
- 3 cloves garlic, peeled and crushed
- 400 g sausages
- 2 large red peppers, deseeded and sliced
- 250 g pasta
- 400 g tin of chopped tomatoes
- 1 tsp fennel seeds
- 2 tsp Italian herbs
- 0.5 tsp dried chilli flakes
- 750 ml vegetable stock, See notes
- 250 g cream cheese
- 100 g parmesan cheese, grated
- 25 g fresh basil, chopped, optional



### Method:

1. Heat the olive oil in a large saucepan or frying pan (one which has a lid) over a medium heat. Add the onions and garlic and fry gently until softened (about 4-5 minutes).
2. Remove the sausages from their skins and plop into the pan in small chunks, add the pepper slices, turn up the heat and let everything fry for 5 minutes until the sausage chunks are golden and the peppers are just starting to blacken at the edges.
3. Add the dry pasta, chopped tomatoes, fennel seeds, Italian herbs, chilli flakes, salt and pepper and about 500ml/2 cups of the stock. Give everything a good stir, pop the lid on and cook for 13-15 minutes until the pasta is almost cooked through and most of the liquid has been absorbed.
4. When the pasta is almost cooked, add the cream cheese, parmesan cheese and fresh basil (if using). Give everything a good stir and leave on the heat for a minute or two just to warm through.

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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).

