


## Home School Link Worker Weekly Bulletin

Free online workshop for parents and carers on, 'Anxiety around ADHD'.




# Anxiety around ADHD

**Free online workshop for parents and carers**


**The workshop can help you navigate:**

- Understanding ADHD
- The links between ADHD and anxiety
- Strategies to help support you and your child
- Other support that is available

 **Tuesday 27 January 2026, 9.30am - 11.30am**  
**Thursday 29 January 2026, 7.00pm - 9.00pm**  
*Please indicate which session you would like to attend.*

**To book your place:**

- Call Lesley on **020 4522 8701**
- Email **services@familylives.org.uk**
- Scan the QR code for our referral form



**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

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### Families online magazine

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



## Dad Matters Surrey

*Whether you just want some bonding tips or need ongoing support, we want to help dads have the best possible relationship with their families.*

[Click here](#) for further information on their services.



**Because, for every baby,  
their dad matters.**

Becoming a dad is a big change, but you're not alone.

Dad Matters provide one-on-one support for new  
dads in Surrey.

Bonding – Build a strong, secure connection with your baby.

Well-being – Boost your confidence and support your mental health.

Parenting – Get practical advice and reassurance for your fatherhood journey.



[homestartsurrey.org/dad-matters](http://homestartsurrey.org/dad-matters)  
Charity no. 1154913



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## Kooth – mental health support for students and adults

*Kooth is the UK's largest and longest established digital mental health service. We partner with the NHS and local authority organisations to deliver mental health support to young people from age 10 and up.*



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

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## Family Learning

# FAMILY LEARNING



## Free Courses for parents and carers

Surrey Family Learning offer **FREE** courses and workshops to help you create a better family life.

Do you want to help your child or teenager to improve their behaviour, development and learning?

Book onto one of our tailored courses today to begin supporting you and your family. Find more information at:

 [surreycc.gov.uk/familylearning](http://surreycc.gov.uk/familylearning)



...or scan here

### Courses available

- **Parenting** Help understand your children and teenagers' behaviour, anxiety and mental health.
- **English as an Additional Language** Support for you and your child with English and how education in England works.
- **Maths** Learn about methods used in schools today.
- **Literacy** Learn about how English is taught in schools today.
- **Cookery** Be inspired and cook healthy family dishes together.



 [family.learning@surreycc.gov.uk](mailto:family.learning@surreycc.gov.uk)



## Fun activity of the week: Cardboard city

Using boxes, paints and coloured paper, you can create your very own cardboard city!



## Recipe of the week: Creamy chicken pasta

### Ingredients:

- 300g dried penne
- 2 tsp olive oil
- 1 garlic clove, crushed
- 75g baby spinach leaves
- 250g soft cheese
- 25g parmesan
- 4 cooked chicken breasts (about 450g), shredded with a fork
- 100g frozen peas
- small bunch of parsley or basil, chopped



### Method:

1. Cook the pasta following pack instructions. Reserve 100ml of the water and drain the pasta in a colander.
2. Meanwhile, heat the oil in a frying pan on a medium heat and fry the garlic and spinach for 3 mins until wilted. Add the soft cheese and heat until melted. Stir in most of the parmesan, then add the shredded chicken, peas and some of the pasta water. Bring to the boil and bubble for 2-3 mins until the chicken and peas are completely heated through.
3. Add the pasta and stir until combined. Add more pasta water to loosen the sauce, if needed. Remove from heat, sprinkle over the remaining parmesan and parsley or basil to serve.

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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).

**“NO ACT OF KINDNESS,  
NO MATTER HOW SMALL,  
IS EVER WASTED.”**

-AESOP-

