

## Home School Link Worker Weekly Bulletin

### Child health drop-in clinic



# Child Health Drop-in and Breastfeeding Support

Eastwood Leisure Centre Albert Drive,  
Sheerwater, GU21 5RF

Wednesdays 9.30am to 11.30am

Come and meet the team

Soft play area  
Coffee shop

**Health Visitors (birth-5 years) School Nurses (5-19 years)**

Referral support, advice and signposting as well as:

Self-weigh option  
Early years support  
Health reviews  
Health promotion  
Breastfeeding

Dental care  
Sleep  
Toileting  
Healthy eating  
Heights & Weights  
Behaviour  
Mental health  
Eating disorders  
And more .....



-----

# Appeer - What's On Flyer!



[appeer.org.uk/whats-on](http://appeer.org.uk/whats-on)



Appeer are a Woking based Community Interest Company. We offer groups and sessions for autistic girls, women and those around them, including their parents and carers. We have been hosting groups for 6 years now and are so pleased to have more availability for new joiners. If you can get to Woking for our groups we look forward to meeting you.

## Next Girls Group 22nd March



### Monthly Girls Group

Our **Monthly Girls Group** takes place on Sundays in Woking. This is a social interest group for autistic girls aged 7-12 and their parents and carers.

**10:30 am-12:30 pm** for the older girls (rising 11s to 12 year olds)  
**1:30-3:30 pm** for the younger girls (7-10 year olds).

**Activities for the 22nd March 2026 Session will be Myths and Legends themed**

**Cooking: Fairy Bread**

**Crafts: Fire Breathing Dragons and Craft Stick Fairies**

**Indoor/Outdoor Games**

Our **Monthly Teen Group** takes place on Sundays in Woking. This is a social interest group for girls aged 13-18 years and their parents and carers.

**11am -1pm** for the younger teens (13-15 year olds)  
**2-4 pm** for the older Teens (15-18 year olds)

**Activities for the 12th April 2026 Session will be "CHALLENGE YOURSELF" themed**

**Cooking: Fairy Bread**

**Crafts: Fire Breathing Dragons and Craft Stick Fairies**

**Indoor/Outdoor Games**

## Next Teen Group 12<sup>th</sup> April



### Monthly Teen Group

## Next Minecraft Session 18th March



### Online Session

### Facilitated Minecraft Design and Build

Our **Minecraft Sessions** take place online. 7-12yrs and 13 -18 yrs on alternate weeks.

**5pm-6.15pm**

During the session the girls are given a build challenge and then conversation is gently facilitated by our staff to foster connections and share experiences.

**Wednesday 18th March - ages 13 -18 years**



Book via COACHA


Not on COACHA? No Problem! - Join here: [appeer.org.uk/joinus](http://appeer.org.uk/joinus)

**APPEER** *Connecting autistic girls and women*



## **Family Advice Communication Education (FACE) – March 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>March 2026 Timetable</b>	
<small>All sessions delivered live online via zoom. 90 minutes long</small>	
<b>£24 each or FREE with School Membership</b>	
<small>Book online at <a href="https://www.facefamilyadvice.co.uk">facefamilyadvice.co.uk</a></small>	
<small>Recordings available for 48 hours (excluding Free Talk)</small>	
Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
<b>FREE Anxiety Based School Avoidance</b>	26 Mar 7-8pm

***Note: A technical error has resulted in a series of bookings being deleted. If you booked on to any of the March/April/May sessions using a school membership code, please rebook via the website.***

---

## Fun activity of the week: Lolly stick butterfly

What you need:

- scissors
- glue
- lolly stick
- paint
- pipe cleaners
- googly eyes
- black card
- black marker



1. Paint the lolly stick.
  2. Take a pipe cleaner, make a loop at one end, wrap it around the lolly stick the make a second loop on the other side.
  3. Repeat this with a second pipe cleaner.
  4. Cut two small antennae from black card and glue them at the top.
  5. Stick on a pair of googly eyes.
  6. Draw on a little smile and you're done!
- 

## Recipe of the week: Honey mustard and garlic sausage traybake

**Ingredients:**

- 750g potatoes, cut into 2cm chunks
- 2 tbsp vegetable oil
- 10g fresh rosemary, finely chopped
- 454g pack pork sausages
- 2 tbsp clear honey
- 2 tbsp wholegrain mustard
- ½ red chilli, finely chopped
- 2 garlic cloves, grated
- 4 spring onions, sliced in half widthways
- Savoy cabbage, shredded, to serve



**Method:**

1. Preheat the oven to gas 6, 200°C, fan 180°C.
  2. Place the potatoes in a large ovenproof dish or baking tray. Toss with the oil and rosemary, season, then nestle in the sausages.
  3. Bake for 20 mins.
  4. In a small bowl, whisk together the honey, mustard, chilli and garlic.
  5. Add the honey and mustard dressing to the sausages and potatoes, tossing well to combine, then return to the oven for 25 mins until the potatoes are tender and the sausages are cooked through. Add the spring onions to the tray for the final 5 mins of the cooking time.
  6. Serve with steamed cabbage on the side.
-

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).

BE KIND,  
FOR EVERYONE  
YOU MEET IS  
FIGHTING A  
HARD BATTLE.

-Plato