

Home School Link Worker Weekly Bulletin

Surrey Child and Family Health App



Download our **NEW** app today!

Get instant access to health and wellbeing information and advice for you and your family.

Scan the QR Code below or search for 'Surrey Child and Family Health'



t: 0300 247 0025

e: scfh.contact@hrcgcaregroup.com

w: surreychildandfamily.co.uk



'Togetherness' online parenting modules

All Surrey residents can access free online parenting modules - they include helpful tips from childcare, education and NHS health experts.

Please click on the link below (and use the password ACORN) to gain access to the courses.

[Home - Togetherness](#)



Emotional resilience for the everyday

From understanding to thriving: for everyone.

Ideas proven to make a difference for emotional wellbeing and build children's confidence and kindness.



togetherness.co.uk

Online learning pathways for your parenting journey and important relationships.

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

For healthier relationships and happier lives.

Residents of **SURREY**

For free access, use access code: **ACORN**

In paid partnership with:

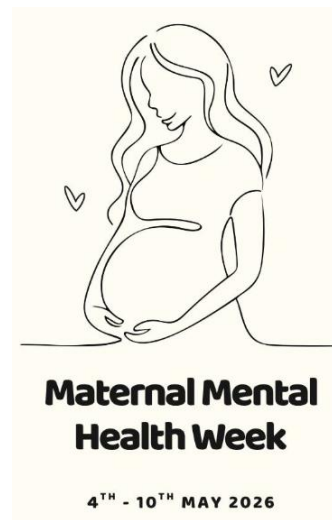


Maternal Mental Health Awareness Week: 4th-10th May

Maternal Mental Health Awareness Week is a week-long campaign dedicated to talking about mental health problems before, during and after pregnancy.

Raising awareness helps to:

- Reduce stigma around maternal mental health
- Encourage early intervention and support
- Promote honest conversations about the realities of motherhood
- Ensure no mother feels alone in her experience



Recognising the Signs

Maternal mental health struggles can look different for everyone, but some common signs include:

- Persistent low mood or feelings of sadness
- Anxiety, panic, or constant worry
- Difficulty bonding with the baby
- Feeling overwhelmed or unable to cope
- Changes in sleep or appetite beyond typical newborn adjustments

If these feelings persist, it's important to seek support.

How we can help support mothers?

Creating a supportive environment makes a significant difference. Whether you are a partner, friend, colleague, or employer, you can help by:

- Listening without judgement
- Offering practical help with daily tasks
- Encouraging rest and self-care
- Checking in regularly
- Signposting to professional support when needed

[Maternal Mental Health Alliance website](#)
[PANDAS foundation](#)

Fun activity of the week: DIY lava lamp

You will need

- An empty jar
- Sunflower oil
- Water
- Food colouring
- Bicarbonate of soda
- A torch



Instructions

1. Open the jar and pour the sunflower oil into the jar to about halfway
 2. Add some drops of food colouring into the oil
 3. Top it up with water
 4. Switch on your torch and put it behind the jar
 5. Put in a spoonful of bicarbonate of soda and put the lid back on
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Recipe of the week: Sweetcorn fritters

Ingredients:

- 300g/10½oz sweetcorn
- 3 spring onions, very finely chopped
- 3 free-range eggs
- 30ml/1fl oz milk (any type)
- 75g/2½oz plain flour
- ½ tsp cayenne pepper
- vegetable oil, for frying
- salt and freshly ground black pepper



Method:

1. Put the sweetcorn and spring onions in a large bowl. Beat the eggs with the milk and pour over the sweetcorn. Season with salt and pepper then mix well.
 2. Sieve the flour and cayenne pepper into the same bowl. Stir well to combine.
 3. Add the oil to a large frying pan – you need to shallow fry these, so make sure the base of the pan is well covered. Heat the oil, then test by adding a tiny bit of the batter – it should immediately start bubbling around the edges when it hits the oil.
 4. Using a small ladle or measuring cup, drop batter onto the oil – you need around 2 tablespoons of mixture per fritter. You should be able to fry 4–5 at the same time.
 5. Fry for a couple of minutes on one side until light brown, then turn over and cook for a further minute.
 6. Turn out onto kitchen paper to remove any excess oil and keep warm in a low oven. -----
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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 (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

“Motherhood is
the greatest thing
and the hardest
thing.”

RICKI LAKE

