

Home School Link Worker Weekly Bulletin

New Dad Workshop



New Dad Workshop Online

Calling all dads-to-be and new dads with babies under 12 weeks old. We're excited to be offering a FREE New Dad Workshop open to all dads in Surrey, designed to support you through the early days of parenthood.

This relaxed and supportive session will cover:

- Bonding and attachment
- Coping with a crying baby
- Where to go for help, advice, and support
- Supporting your partner
- Mum's & dad's mental health and wellbeing

Whether this is your first baby or you're just looking for reassurance, this workshop is a safe space to ask questions, build confidence, and connect with other dads.

Sign up for free here: [NDWJune22.eventbrite.co.uk](https://www.eventbrite.co.uk/e/new-dad-workshop-2022)



Community Baby Shower



COMMUNITY BABY SHOWER

Wednesday 17th June | 1:00pm - 3:30pm
Guildford Family Centre, Hazel Avenue GU1 1NR

Are you expecting or have a little one under 6 months?

Join us for a special afternoon celebrating you and your growing family!

What to expect:

- Meet local support services including midwives, health visitors, libraries, Homestart, Dads Matters and more
- FREE refreshments
- Enter our FREE raffle (just for attending!)
- Decorate a baby vest to take home
- Connect with other parents in West Surrey



Whether you're a first-time parent or adding to your family, come along to discover the support available to you in our community.

Everyone welcome | No booking required | Completely FREE



Woking Community Grocery



ACCESS SUPPORT
SAVE MONEY
REDUCE WASTE



Anyone can become a member of the Community Grocery. Just pop in and sign up for an annual membership to start saving on your weekly shop.



FREE COURSES

Learn new skills,
find a new job
and meet new
people

HOW TO FIND US?

Woking Community Grocery,
9-11 Church Street West,
Woking,
GU21 6DJ

ACCESS SUPPORT
SAVE MONEY
REDUCE WASTE

Opening times
Monday: 9:30am - 4:30pm
Tuesday: 9:30am - 1pm
Thursday: 9:30am - 4:30pm
Saturday: 9:30am - 1pm

Contact details
07453 531 334

welcomechurch.uk/communitygrocery
@CommunityGroceryWoking

Two photographs are included in the graphic. The first shows a young girl in a white coat sitting in a shopping cart. The second shows a woman in a grey patterned top standing at a checkout counter, holding a shopping bag.

Fun activity of the week: Colour block painting

You will need:

- Paint
- Paint brush
- Permanent markers
- Canvas/white card
- Masking tape



Instructions:

1. Place masking tape onto canvas/ white card in a geometric pattern.
 2. Paint canvas with complementary colours to create colour block design, then allow to dry.
 3. Remove tape to reveal design.
 4. Add an inspirational quote or phrase to the empty spaces of the canvas using markers.
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Recipe of the week: Meatball pasta

Ingredients:

- 340g meatballs
- 300g pasta
- 500g passata
- 75ml hot beef stock
- 1 tbsp Worcestershire sauce
- ½ tsp smoked paprika
- ½ tsp dried oregano
- 50g grated cheddar
- 50g grated mozzarella



Method:

1. Preheat the oven to 180c fan.
 2. Add the meatballs to an oven dish and cook for 15 minutes.
 3. In the meantime, cook the pasta on the hob according to package instructions, less 1 or 2 minutes. It's best to cook the pasta al dente as it will continue to cook when it goes in the oven.
 4. Once cooked, drain the pasta and remove the meatballs from the oven.
 5. Add the pasta to the meatballs along with the passata, hot beef stock, Worcestershire Sauce, smoked paprika and oregano.
 6. Add in about a quarter of the grated cheddar and mozzarella and mix well.
 7. Top with the remaining grated cheddar and mozzarella and return to the oven for 12-15 minutes until the cheese is bubbling and golden.
 8. Serve with a portion of veggies and garlic bread.
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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).

**COURAGE IS FOUND IN
UNLIKELY PLACES.**

– J. R. R. TOLKIEN