

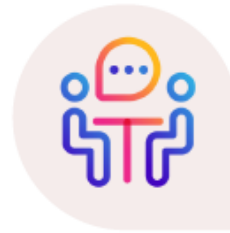
Home School Link Worker Weekly Bulletin

National Autistic Society: Teen Life Program



Teen Life Program

Join the National Autistic Society's Teen Life program for parents and carers of young autistic people aged 10 to 18.



Starting on 4th November 9.30 – 12pm
Woking Family Centre
Sythwood
GU21 3AX

The six-session program covers:

- understanding autism
- understanding autistic identity
- stress and anxiety/understanding behaviour
- health and wellbeing
- puberty
- education/planning for the future.

"This has made a real difference to me. In general, life-changing."
Parent



The Teen Life program aims to empower parents and supporting professionals to understand more about autism and discuss useful strategies on how to support autistic teenagers.

For more information contact:
Name: Surrey Family Support Services
Contact: Surrey.FamilySupport@nas.org.uk
or wokingfamilycentre@barnardos.org.uk



Family Learning: First steps to understanding EBSNA



FAMILY LEARNING



First Steps to Understanding Emotionally Based School Non-Attendance

This FREE three-week course (2-hour sessions) will help you explore the early signs of school-related difficulties and understand the common reasons behind non-attendance.

What you'll learn:

- Understand the range of reasons why your child may struggle to attend school or take part in certain lesson
- Learn about reasonable adjustments that can be agreed with the school to support your child
- Feel more confident advocating for your child

Where: Woking Family Centre

The Bungalow, Sythwood

Gu21 3AX

When: Wed 16th Sept- 30th Sept 2026

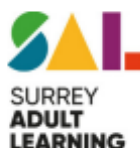
Time: 09:30 -11:30



**To book your place please click on this
link or scan the QR code**



Changing childhoods.
Changing lives.



SURREY
ADULT
LEARNING

Web : www.surreycc.gov.uk/familylearning

Email : family.learning@surreycc.gov.uk

Tel : 0300 200 1044



Surrey Family Information Service

Website

Read about learning development, financial support, how to stay healthy and safe and lots more.

surreycc.gov.uk/fis

Family Information Directory

Our online directory is the most comprehensive collection of services for families in Surrey. You can also search for events.

surreycc.gov.uk/directory

Childcare finder

Find registered childcare and early education providers.

surreycc.gov.uk/childcarefinder



Surrey Family Information Service

We support all families with children and young people up to 25 years old and the professionals who work with them

-  **Search** for quality childcare
-  **Support** your child's education and development
-  **Find** information and services for children and young people with additional needs and disabilities (AND)
-  **Discover** something to do at the weekend or activities for the holidays
-  **Stay up to date** with local information for families in Surrey

Family Link App

Family Link provides tools that respect families' individual choices with technology, helping them create healthy, positive digital habits. With easy-to-use tools, you can understand how your child is spending time on their device, share location, manage privacy settings, and find the right balance for your family.

Family Link App



Help keep your family safer online

Fun activity of the week: DIY ring toss

You will need:

- Paint
- Paint brushes
- Tape
- 6 paper plates
- Paper towel roll
- Pencils

Instructions:

1. Stand paper towel roll upright in middle of plate. Trace circle outline with pencil.
2. Cut out circle, creating small hole in plate.
3. Paint paper towel roll and paper plate. Dry 1–2 hours.
4. Cut small slits in bottom of paper towel roll, approximately 2cm apart.
5. Lightly fan out slits and tape down in middle of new paper plate.
6. Slide paper plate with small hole down paper towel roll to complete ring toss base.
7. Cut large holes in 5 additional paper plates and paint. Dry 1–2 hours.
8. Toss paper plate rings toward base, trying to land the plates around the paper towel roll.



Recipe of the week: Mini cheesecakes

Ingredients:

- 2 digestive biscuits
- 125g cream cheese
- 1 tsp vanilla extract
- 20g melted butter
- Slices of your favourite fruit
- 1 tbsp icing sugar



Method:

1. Put the biscuits in a sealable bag and crush them with a rolling pin to make crumbs
2. In a bowl, mix the biscuits with the melted butter
3. Take two small bowls or glasses and spoon half the biscuit mixture into each bowl and press down hard
4. In another bowl, mix the cream cheese, vanilla extract and icing sugar together
5. When the mixture is nice and smooth, put half in each bowl on top of the biscuit base
6. Put in the fridge for 2 hours to set
7. When ready to eat, take the cheesecake out of the fridge and add the fruit slices on top

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).

**Part of being
optimistic is keeping
one's head pointed
toward the sun, one's
feet moving forward.**

NELSON MANDELA