

Home School Link Worker Weekly Bulletin

Woking Family Centre – 'The Nurturing Programme.'



**WOKING FAMILY
CENTRE**

**Online 10-week course
Starting 23rd Sept- 2 Dec
2026
7.00pm - 8.45pm**

The Nurturing Programme (formerly The Parenting Puzzle)

**This tried and tested programme can help you deal
with challenges supporting a calmer family life.**

The course covers:

- Recognising feelings behind behaviours
- Different approaches to positive discipline
- Co-operation and self discipline
- The importance of looking after ourselves

For more information scan the
QR code or call: 01483 310419



**Woking Family Centre, The Bungalow, Sythwood, Woking
Surrey, GU21 3AX**



BARNARD'S

Changing childhoods.
Changing lives.



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**



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**SURREY
ADULT
LEARNING**

Web : www.surreycc.gov.uk/familylearning

Email : family.learning@surreycc.gov.uk

Tel : 0300 200 1044



**SURREY
COUNTY COUNCIL**

Free First Aid training from Tigerlily



Parent & Guardian First Aid Practical

Thursday 01 Oct 2026 – 09:30 to 12:30

Barnardo's Woking Family Centre, The Bungalow
Sythwood
Woking, Surrey
GU21 3AX

P Travel and parking:

No onsite parking, park along Sythwood Road

USEFUL INFO

Dress code: Please wear casual, comfortable clothes.

Timings: Please check your journey times and the venue location. You must arrive at least 15 minutes prior to the course start time. The trainer has the right to refuse entry once training has started.

Lunch: Please ensure you take your lunch and all necessary refreshments with you.

Dress code: Please wear casual, comfortable clothes.

Practical activity: The duties of a first aider can be physically demanding. For certification you must be able to meet our assessment criteria by demonstrating your skills during practical course assessment. You must be able to kneel on the floor to administer CPR and put a casualty into the recovery position.

For more information contact: **Nasreen Farooq** – nasreen.farooq@barnardos.org.uk – 01483 310419

Surrey Local Offer article – ‘Supporting your child during transitions.’

[Click here](#) to read an informative article listing tips and strategies to help our SEND children with transitions.



Surrey's
Local Offer



Families Online Magazine

[Click here](#) to read the September/October edition.



Fun activity of the week: Cotton Reel flower

(from CBeebies)

You will need

- a cotton reel
- pipe cleaners
- wool (different colours)
- sticky tape
- scissors



Instructions

1. Wind some wool around the cotton reel
2. Stick the end of the wool down with tape or tuck it in
3. Wind some more wool around your fingers about ten times, but not too tightly
4. Spread your fingers and wind the pipe cleaner around the middle of the wool
5. Take your fingers out and then cut through the folded part of the wool
6. Make another flower the same way and then attach it to the other end of the pipe cleaner
7. Fold the pipe cleaner in half and stick it in the centre of the cotton reel

Recipe of the week: Eggy bread

(from BBC Good Food)

Ingredients:

- 1 large free-range egg
- ½ tbsp milk
- vegetable oil
- 2 thick slices of bread, halved
- salt and freshly ground black pepper
- tomato ketchup or brown sauce, to serve



Method:

1. Beat together the egg, milk and a generous amount of salt and pepper in a shallow bowl.
 2. Heat enough oil to just cover the bottom of a large frying pan over a medium heat. When the oil starts to shimmer, dip the bread into the egg mixture and add it to the pan. Cook for 5 minutes on each side, or until golden-brown.
 3. Serve with tomato ketchup or brown sauce.
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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).

