# Home School Link Worker Weekly Bulletin

## Parenting Neurodivergent Children online course

CORAM Family Lives are offering a free self-guided online parenting course, with certificate, for parents of neurodivergent children, including those with autism and ADHD. The course covers responsive and low demand parenting strategies, managing change and transitions, communication, distressed behaviours, sensory issues, carer burnout, looking after yourself and more. This online course has been written by parents and experienced parenting professionals with years of experience supporting families with relevant issues.

Click here to find out more.

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## Surrey's Local Offer

Surrey's Local Offer website brings together information, services, support, activities and opportunities for children and young people with additional needs and disabilities (AND), alongside practical guidance and resources for their families, all in one easy to access place.
It is designed to help parent carers and young people find trusted information quickly and confidently. The website brings together the wide range of support available through Surrey County Council and its partners. The Local Offer complements rather than replaces personalised support. It helps families understand what help is available and access it at the earliest opportunity.
Families can access information on varied topics including:

**Travel and transport** advice to help save money, plan journeys and support young people to travel more independently and confidently.

**Inclusive leisure activities** across Surrey designed for children with AND, from sports clubs and music groups to family-friendly events

**Support for siblings** of children with additional needs and disabilities

**Preparing for adulthood** covering education, employment, independent living, health and finances to help young people and their families feel confident and informed as they take their next steps.

Families of children and young people with AND can also sign up to our AND newsletter to get the latest information and updates straight to their inbox.

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**‘Talking Teens’ course**

Next course details: 4 weeks Fri 6th Nov – 27th Nov 9.30am-11.00am (online).




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**Free First Aid training**




## 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**

**Travel and parking:**

No onsite parking, park along Sythwood Road

USEFUL INFO

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**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

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**‘Keeping Your Child in Mind’ course**

Next course details: 4-weeks Thurs 1st Oct - 22nd Oct 9.30am-11.15am (online)




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**Fun activity of the week: Grow your own cress lawn**
(from Baker Ross)




Instructions:

1. Draw a house onto card and colour in.
2. Cut out the house and laminate it (if you don't have a laminator, you can use clear tape).
3. Stick the house to the edge of the tray or dish.
4. Lay some tissue in the bottom of the tray.
5. Dampen the tissue with water.
6. Sprinkle cress seeds on top – keep moist and place in a bright spot on a window ledge as cress grows.

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**Recipe of the week: Tuna fish cakes**
(from BBC Good food)



**Ingredients:**
**For the fish cakes**

- 100g/3½oz light cream cheese
- 400g/14oz potatoes
- 2 x 160g tins of tuna or salmon, or 320g/11½oz smoked mackerel
- ½ tsp dried mixed herbs
- 50g/1¾oz puffed rice cereal (such as Rice Krispies)
- 1 free-range egg
- 2 tbsp plain flour
- oil
- salt and pepper

**For the sweet potato fries**

- 750g/1lb 10oz sweet potatoes, scrubbed clean

**Method**:

1. Preheat the oven to 200C/180C/Gas 6.
2. Peel the potatoes and then chop them in to pieces that are all the same size. Bring a saucepan of water to the boil and add the potatoes, boil until tender then drain. Once dry, roughly mash the potatoes.
3. Drain the tins of fish and add the contents to the mashed potatoes along with the dried herbs and cream cheese. Season with salt and pepper.
4. Shape the mixture into 4 large balls, or 8 smaller balls. Flatten these balls into fish cake shapes, cover and put in the fridge while you prepare the sweet potato fries.
5. To make the fries, slice the sweet potatoes into chip shapes about 1cm/½in thick and as long as the sweet potato is long. Put in a bowl and toss with 1 tablespoon of oil.
6. Put the sweet potato fries on a baking tray and bake for 10 minutes while you prepare the fishcakes.

7. Put the rice cereal into a freezer bag and scrunch it up to make breadcrumb-sized pieces.
8. Put the egg into a shallow bowl and beat.
9. Add the flour to a separate shallow bowl and the broken up rice cereal to one more shallow bowl. Take the fish cakes out of the fridge and dip them, one by one, into the flour, shake off any excess then dip into the egg, making sure all the sides are coated. Finally dip into the crushed cereal, pressing the cereal crumbs against the fish cakes and making sure all sides are completely covered.
10. Grease the bottom of a baking tray with a little oil and put the fish cakes on the tray.
11. Put the tray of fishcakes in the oven after the fries have been in there for 10 minutes. Bake them all together for 10 more minutes then carefully turn the fishcakes and fries over. Bake for a final 10 minutes or until the fishcakes are crisp, golden-brown and hot all the way through.
12. Serve the fishcakes warm with the sweet potato fries on the side.

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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).

