

Newsletter



Happy December everyone! In this month's jam packed newsletter we look at how to plan for the festive period, what new changes we have made to the service thanks to your feedback, as well as signposting some great events to join in with over the next month!

Planning your Festive Holidays

The festive period can be a really exciting time for a lot of people! No school, no work, spending time with family, and even a visit from Father Christmas himself! However, for some it can be quite a challenging time. With the world almost grinding to a halt for 2 weeks, it can be difficult to adjust to this temporary way of living. That's why we have put together 3 top tips on how to look after yourself during the festive period!

1

Have a planned routine

Before the festive holidays begin, plan a routine that's going to keep you and your kids busy and give you both some sense of normality.

2

Use the time to relax

Whether or not you celebrate Christmas, this is a great time to kick back, take a well deserved break, and recharge!

3

Talk to people

Sharing our thoughts and feelings can help make us feel less alone and you might be surprised to find others feel the same way!

“You said, we did,”

Your feedback is the best way for us to keep improving as a service, so when you say you want something, we will always do our best to do it!

You Said:

You would like more workshops in areas such as Roehampton.



We did:

We ran a Parent Carer Wellbeing Workshop in Roehampton at Eastwood Children's Centre!



[Our feedback form can be found here](#) or using the QR Code!



1 Minute of Mindfulness

Sit or lie down in a comfortable position. Close your eyes and focus on your breath. Using your imagination, slowly scan your body from head to toe, noticing any areas of tension or discomfort. Take a deep breath and release any tension as you exhale. Showing your children how to do this is a great way to teach about regulating our emotions!

This is called 'Body Scan' and you can start practicing at any time of the day.

Wandsworth Carers Centre

If you haven't already heard, Wandsworth Carers Centre run a number of amazing events throughout each month to help take some of the stress off Carers and connect them to others in similar situations!

Free Yoga Sessions

(Online)

20th December 11.30-12.30

3rd January 11.30-12.30



Walk , Talk and Tea

3rd January

Streatham Common Rookery

Back Care and Massage

Appointments

Tuesdays in Balham

Thursdays in Roehampton



For further information please email info@wandsworthcarers.org.uk or call 020 8877 1200. Please note there may be a waiting list and you must be fully registered before you can book.



Support over the festive period



The service will be taking a break from all clinical work over the festive period from 22/12/2023 - 02/01/2024.

If you require any urgent help during this time, you can contact:

- www.kooth.com
- Childline - call on 0800 1111
- Samaritans - call on 116 123
- <https://www.crisistextline.org/>
- [SHOUT Crisis team - Text 'SHOUT' to 85258](#)
- Papyrus HOPELINEUK - call on 0800 068 4141 or text 07860 039967
- 24hr Mental Health Support Line for young people in crisis 0800 028 8000

Workshops and Meetings

Every month we will be providing a range of meetings and workshops to suit the needs of the community here. We would love to welcome you along to our next three events. If you would like to join us please send us an email or call us.

Workshop TBC

Weds 17th January
Siward Road HUB

DLA Workshops

Tues Afternoons
and Fri Mornings

Coffee Morning

30th Jan 2024
Location TBC

Just a reminder!

Office Closed 22/12/2023 - 02/01/2024

This means we will not receive any of your calls to our landline. During this period, staff will be taking a break and therefore will not be able to reply to emails or calls, if you require urgent mental health support please call 999.

Services open during Winter Break:

2-5 Jan - [Autism Family Winter Holiday Club](#) at Tooting Leisure Centre

Need help with Christmas Presents? Check out Salvation Army's [Christmas Present Appeal](#)!

Thank you for reading!