



Wellbeing

Welcome to our December Wellbeing newsletter. This month we are focusing on Christmas and the importance of showing our love and gratitude to family, friends and loved ones during this festive season. In school we have been discussing our Frimley Vision 'Love your neighbour as you love yourself' and the children have all been thinking of ways to show their love by doing kind deeds and gestures around the house and for the people within their community.

In this issue, we share some ideas on managing stress, worry and loneliness this Christmas. On how to access support during the festive season plus free activities on offer for the whole family to enjoy.

Wishing you all a very merry Christmas and a healthy and happy new year.

Anna Stroud (Mental Health Lead) & Vicki Conway (Family Link Worker)



Frimley's Vision

Love your neighbour as you love yourself

Luke 10:27



Reminder for all those Struggling at the Moment and Stressing over Christmas

- ❄️ You Don't Need Matching Christmas Pyjamas To Be Happy
- ❄️ You Don't Need 100 Instagram Pics with Santa at Different Venues To Have a Good Christmas
- ❄️ You Don't Need a Christmas Eve Box To Have a Magical Christmas Eve
- ❄️ Children Need Presence More than Presents - Family & Friends are Everything!
- ❄️ A Christmas Movie Night Does not have to be in a Picture Perfect Home on a 65" TV
- ❄️ Colour Coordinated Decorations mean nothing to Children!
- ❄️ The Size of Your Present Pile isn't a reflection of you as a parent, whatsoever!
- ❄️ Your Kids Will Grow Up and Only Remember the Love and Laughs at Christmas! Not what they got!

Your Christmas is Perfect, Stop Letting Social Media Make You Think Otherwise!

ChristmasCountdown.uk

THE GIFT OF PRESENCE

The Best Christmas Present You Can Share



P r e v e n t i n g o v e r w h e l m

Christmas can bring with it a hefty to do list. The extra time needed for shopping, wrapping presents and a busy social calendar (not to mention Elf on the Shelf!) can be a lot to juggle, and all while staying in the 'Christmas spirit'!

This additional responsibility, plus the financial juggle, means that while some people thrive on festive chaos, it may not be so magical for others. Add a dose of social media into the mix with its carefully curated images of happy families and festive settings, and it's easy to see how it can become overwhelming. So, if feelings of stress or anxiety are overshadowing those of peace and goodwill, it's important to:

1. **Plan ahead**

Whether it's setting budgets, delegating tasks or being selective about which social events to attend, be honest with yourself and others about what you want to achieve and what's achievable. Knowing what you're committing to and what to expect will relieve worry and stress about the unknown.

2. **Be merry in moderation**

To help ensure you enjoy the party season, know your limits and plan wisely. Remember, less can be more so you don't waste valuable energy or overindulge in the excesses of Christmas! Prioritise your invitations rather than over committing, so you're able to really enjoy positive experiences.

3. **3. Know your 'why'**

Work out your reasons why you and your family do Christmas the way you do. Is it still the best way or is a change due? You don't need to be perfect so take some of the pressure off, share the load, keep it simple and be flexible (and don't worry about what Auntie Marge might think!).

4. **4. Try to look on the bright side**

Things not quite going to plan? Not happy with a gift? Try not to dwell on what you don't have. Being thankful for what you do have will also mean you're able to handle any family tensions much more easily. Don't forget this also includes being kind to yourself.

5. **5. Connect (if you're up to it)**

Sometimes, making the effort to connect when we least feel like it can be one of the best moves we make. Reaching out to others can help to manage any loneliness or sadness that creeps in around Christmas from becoming too disabling (more on that below).

6. **6. Rest when you can**

Try to build in time for YOU amongst the festivities. This will help you maintain (or regain!) a healthy balance for mind and body. Take regular breaks and allow time for exercise, meditation, or whatever it is that works for you. And speaking of holidays, why not take a break from digital devices?



[Helping Each Other Through Christmas. StepChange](#)

Helping each other through
the festive season

The True Value of the Festive Season is in the
memories made.

We can help you #DitchTheDebt if money is
weighing down your holiday.

Dealing with feelings of loneliness

It's easy to feel the impact of loneliness at Christmas and during holidays because we're surrounded by sights and sounds of festivities and celebrations where people get together. Comparing our own situation to what's going on around us can make our own loneliness seem more intense.

There are many reasons for feelings of loneliness at Christmas – not having friends or family around, living away from home for the first time, language or cultural barriers, the list goes on. You can also feel lonely even when you're surrounded by people, whether that's due to strained family relationships, dysfunctional family dynamics or something else. And while statistically older people are most likely to be affected, feelings of loneliness can touch anyone.

Remember, there's no need to feel embarrassed and there are lots of things you can do to help overcome feelings of loneliness, both during the festive season and throughout the year.

1. Keep busy

Carry on doing things you enjoy, to help lift your mood. And while normal routines may take a break during the holidays, it's important to have structure in your daily schedule to ensure as much certainty as possible.

2. Connect with others

This might feel like an effort but having a conversation with someone each day can help you feel better (and you might even make someone else's day too!). It's important to remember that lonely people don't usually reach out to do this, so we should all remember to offer this connection.

3. Try volunteering

Volunteering can be a great way to connect. It can also help you feel worthwhile and valued through your contribution. But if volunteering isn't for you, there are plenty of ways to make new connections – join a club, organisation or online community for your special interest.

4. Keep moving

Physical activity can help to boost energy levels and avoid rumination (constant or repetitive thoughts about something) or catastrophizing. Why not try a walk in a park or at the beach? You'll get some fresh air, boost your endorphins, and maybe meet some new people on your travels.

5. Cuddle a furry friend

If you or someone you know has a pet, spending time with them can provide great companionship and improve your physical and mental health. You could even offer to take a neighbour's dog for a walk. Talking about pets is also a great conversation starter when you meet other animal lovers.

6. Get help when you need it

Most importantly, remember there's a whole lot of support out there. So don't be afraid to reach out for help if you need it:

[Samaritans](#) | [Every life lost to suicide is a tragedy](#) | [Here to listen](#)



Call 116 123 for free

[Other ways you can get in touch](#) >

A time for grieving as well

As people get together during the festive season it can make the absence of a loved one more noticeable, whether it's a recent loss you're feeling or someone you lost many years ago. Grief doesn't necessarily mean a death – you can feel the loss of someone for different reasons.

The festive season will be different if you're dealing with loss or grief but it's important to remember that it's still okay to laugh and have fun, there's no right or wrong way to grieve.

1. Honour your lost loved one

It could include creating a new tradition or ritual such as displaying a personalised decoration, gathering at a special place to light a candle, or sharing a memory at Christmas dinner. If the person you've lost has passed away, you may like to visit the cemetery or special place of remembrance.

2. Share your feelings

Talk with other people about your thoughts and feelings of the person you've lost. Take time to remember them – don't bottle them up or try to deal with them on your own. Seek the support of others by swapping stories and memories.

3. Enjoy memories

If you can, turn the things that trigger your grief into opportunities to enjoy rich memories which will bring joy, humour, or pride. While grief doesn't stop for Christmas, celebration and grief can coexist. But remember to be patient with yourself (and others) as this can take time.

4. Make time for yourself

Allow time for you and your own personal reflection. Whether it's during a walk by yourself or visiting a loved one's grave or special place, keep it real and remember both the good times and the challenges.

5. Avoid excess

Be mindful of trying to alleviate your grief with things like alcohol, potentially addictive substances, emotional eating, or excessive spending, as this will only make you feel worse in the long run. If you think this could be an issue for you, chat to friends, family, your GP, or other health professional.



Call their freephone Helpline on 08088 020 021 for expert advice, information and bereavement support for grieving

children, young people and adults supporting them.

[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://winstonswish.org)

Get bereavement support

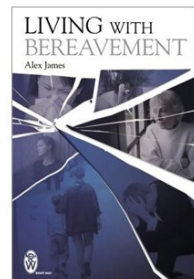
Winston's Wish provides grief and bereavement support for children and young people (up to 25) after the death of someone important, along with advice and support for the parents, carers and professionals supporting them.



Download a Free E

-Book at

[Bereavement UK](http://BereavementUK)



[Bereavement Advice Centre](#) | [Useful Contacts](#)



Free and Cheap activities for the Christmas Holidays



Camberley's Christmas Reindeer

Camberley's Christmas Reindeer

1st- 31st December 2023

Will you be able to find all of our Beautiful Reindeers hidden across the town? Pick up your free map with clues to help you find them.

This is a free event brought to you by Collectively Camberley #LoveCamberley

FREE Family Drop-in Snowmen Decorations | The Lightbox



FREE Family Drop-in Snowmen Decorations

Make Us - The Lightbox

Christmas IN SURREY HEATH

Surrey Heath has a wonderful range of things to do, see and enjoy, especially during the Christmas period.

It's particularly magical at this time of year – we've rounded up just some of the reasons to make the most of our borough and the great festive events on offer.

Remember to shop local and support our fantastic businesses when planning your Christmas shopping and entertainment.

More details and events at surreyheath.gov.uk/Christmas

★ Carwarden House Community School Christmas Craft Fair and Raffle

Wednesday 15 November, 7pm to 9pm

Carwarden House Community School

Bigger and better than ever before, with more prizes to be won and a whole load of stalls and activities to browse around!

Carwarden House Sixth Form will be back by popular demand with their stall filled with their own home-made Christmas Crafts.

★ Collectively Camberley's Christmas Cracker

Saturday 18 November, 10am to 4pm

Across Camberley Town centre

The event includes a whole range of free, fun and festive family activities such as face painting, balloon modelling, roving acts and live music and dance, real reindeer, mini fair-ground rides and games, snow machines, the Christmas Market plus business stalls, the second round of The Children's Business Fair and appearances from Father Christmas.

★ Camberley Theatre Christmas Craft Market

Sunday 19 November, 10am to 4pm

Includes a wide range of products from local artists and makers like jewellery, craft kits, artwork and candles – there is something for everyone! There's a cafe on site and a dedicated area for family friendly children's makers so you can bring the children along and pick up some festive gifts and treats.

★ Heatherside Christmas tree light switch on

Sunday 26 November, 5pm onwards

Heatherside parade

★ Camberley's Christmas Reindeer

1-31 December 2023

Camberley town centre

Will you be able to find all of our beautiful Reindeers hidden across the town? Pick up your free map with clues to help you find them. Run by Collectively Camberley.

Events

★ Bagshot Christmas event inc. light switch on

Saturday 2 December, 4 to 6pm

Outside Bagshot Co-op

★ Lightwater Society Craft Fair and lights switch on

Saturday 2 December, 3 to 7pm

The Square, Lightwater

★ West End Christmas Fair

Saturday 2 December, 11am to 3pm

Gordon's School

Live entertainment, stalls, arts and crafts and seasonal food.

★ Christmas Fayre on the Green

Saturday 2 December, 11am to 3pm

Frimley Green

★ Santa's Enchanted Express

Saturday 9 & Sunday 10 December, 11am-4pm

The Atrium, Camberley

Step aboard the special Christmas train at the Atrium, where your children will have the opportunity to craft their very own heartfelt letter to Santa Claus himself before meeting Santa in person and personally delivering their letters.

This is a free event but pre-booking is required - more details at theatrium-camberley.com

★ Christmas Tree Festival

Saturday 9 December, 10am to 3pm

St Michael's Church, London Road, Camberley

★ Frimley Green Carols on the Green

Saturday 9 December, 6.30pm

Hot chestnuts, mince pies, mulled wine and hot chocolate will be available!

★ Camberley Farmer's & Artisans Market

Saturday 16 December, 10am to 3pm

Park St, Camberley

There will be all the normal foodie stalls as well as Christmas gifts like homemade fudge, personalised cups and key rings and handmade jewellery.

★ Bagshot Concert Band Christmas Concert

Saturday 16 December, 7pm

All Saint's Church Hall, Lightwater



surreyheath.gov.uk/Christmas | Heatherside | 5





FREE CODING CLUB FOR AGES 9 AND ABOVE

EVERY SATURDAY AT 11PM - 12PM

[@CamberleyLib](https://twitter.com/CamberleyLib)
[@CamberleyLibrary](https://facebook.com/CamberleyLibrary)
[camberley.library](https://www.camberleylibrary.org.uk)





Ideas for Christmas on a budget

Christmas can be a cause for joy, but it can also prompt worry about finances. Costs may add up for food, toys and keeping children entertained. Try some of the ideas below for keeping the costs down this Christmas. You can also find out where to get extra support if you need it.

Food at Christmas

- Check the bottom shelves at the supermarket. That's where you'll find better value items, like supermarket own brands.
- Go to the supermarket in the evening – between 7pm and 9pm – to take advantage of clearance prices.
- Cook from scratch and buy in bulk. Frozen chicken or turkey often works out cheaper, but it's cheaper to make roast potatoes from fresh.
- Plan what to do with your leftovers, to make the most of what you have.

Christmas presents

- When writing letters to Santa, encourage your children to talk about their wishes and hopes instead of focusing only on presents.
- Try the four-gift rule: "Something they want, something they need, something to wear and something to read". You could even ask your child to base their letter to Santa on this.
- Facebook can be useful for finding free and pre-loved toys and games. Lots of neighbourhood groups or 'for sale' groups advertise free items that you can go and pick up. While the toys may not be brand new, they are new to your child – and that's what's exciting.

Activities for children

- Read Christmas books with your child. You can borrow some from your local library, or share with friends and family. [The book 'Twas The Night Before Christmas' is also free on Kindle.](#)
- Create a [nature trail for your child](#). Collect pine cones and then use paint and glitter or glue and salt to decorate them.
- Dig out your favourite family games and puzzles and have a games night. Try swapping games with a neighbour for 'new' games that don't cost you anything.
- Find karaoke versions of Christmas songs with lyrics on [YouTube](#).

[Ideas for Christmas on a budget - Support for Parents from Action For Children](#)



Fri 15 Dec 2023

Craft Café - Christmas Special

Come and join us for our monthly Craft Café at The Café at G Live. Completely free and suitable for all ages and abilities, get creative and learn some new skills along the way, whilst having the option of some tasty treats at The Café at G Live.

Start the Christmas holidays with some festive crafting and make your very own Christmas Tree decoration to take pride of place at home.

Carols in the Parade



Date: Monday 11th of December

Time: 17:00PM - 18:30PM

Location: Dean Parade, Camberley

Description: Come and sing some of your favourite carols with ODCoG & St Martin's by the shops at the Old Dean Parade!



Children's Activities

Fun and craft around the museum

Christmas Craft Fun

16th to 23rd December

11am to 4pm



Bobble Hat Tree Ornament

Drop in sessions



Frimley Green Events
Invites You To

Christmas Carols
on The Green

Saturday 9th
December
from 6.30pm

Hot chestnuts
and mince
pies

Hot chocolate
and mulled
wine

£2 per person

Christmas Crazy Golf here at The Square this Christmas!

Take a swing at Christmas Crazy Golf here at The Square this Christmas!
Challenge your friends and family to 6 holes of festive themed golf for just £2 per person
Dates and Times:

- Friday 1st Dec - 12pm - 2pm
- Saturday 2nd Dec - 11am - 4pm
- Sunday 3rd Dec - 11am - 4pm
- Thursday 7th Dec - 12pm - 2pm
- Friday 8th Dec - 12pm - 2pm
- Saturday 9th Dec - 11am - 4pm
- Sunday 10th Dec - 11am - 4pm
- Thursday 14th Dec - 12pm - 2pm
- Friday 15th Dec - 12pm - 2pm
- Saturday 16th Dec - 11am - 4pm
- Sunday 17th Dec - 11am - 4pm
- Monday 18th Dec - 11am - 4pm
- Tuesday 19th Dec - 11am - 4pm
- Wednesday 20th Dec - 11am - 4pm
- Thursday 21st Dec - 11am - 4pm
- Friday 22nd Dec - 11am - 4pm
- Saturday 23rd Dec - 11am - 4pm
- Sunday 24th Dec - 11am - 4pm

Free Food Stall



Date: Sunday 10th of December

Time: 12:30PM - 13:30PM

Location: Old Dean Youth Centre,
Kingston Rd, Camberley GU15 4AF

Description: Join the Old Dean Community Group at the weekly free food stall. No judgement - take what you need!

Helpful Advice

 **Surrey County Council** 20 Sep · 🌐

Cost of Living financial support is available to all Surrey residents

Read to find out more <https://orlo.uk/BZ9c2>


You can also call the Community Helpline on 0300 200 1008 which is open Monday to Friday from 9am until 5pm

#SurreyMatters #CostofLiving



SURREY
matters



 **Surrey County Council** 4 h · 🌐


Help to reduce energy bills this Winter.

Grants of up to £25,000 are now available for eligible Surrey residents to help make their homes warmer and more energy efficient.

People living in hard to heat homes and on lower incomes could receive grants between £10,000 and £25,000 to improve insulation and install renewable technology such as solar electricity panels, which help reduce energy costs.


Check if you are eligible by visiting the Action Surrey website - <https://orlo.uk/yly9q>, or by calling an Advisor on 0800 783 2503.

#SurreysGreenerFuture



COST OF LIVING

NO ONE LEFT BEHIND



Warm welcome venues

How to find Warm Welcome venues near you



There are currently 76 Warm Welcome venues across Surrey in a variety of community spaces including community and church halls, libraries and leisure centres.

All you have to do is show up! Come inside, warm up, enjoy a hot drink and receive energy advice and much more.

[Warm Welcome venues return in Surrey - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk)

[Warm Welcome Venues in Surrey - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk)



Our free Children and Young People's Crisis Line is available 24 hours a day for young people 6 years old and over, parents and carers who are experiencing emotional and mental health crisis.

**Please call 0800 915 4644
selecting option 1**



Scan me to visit our website

www.mindworks-surrey.org