

Riverview Wellbeing Newsletter

Issue 4

Welcome to our Wellbeing Newsletter! Another year, another lockdown.

I will not waste words telling you what sort of year 2020 has been. We have all experienced this difficult year through our own, unique perspectives and have been affected by it differently but as the vaccine programmes roll out, a post-pandemic world is slowly coming in to view!



Hayley Brown—Family Support Worker

Money Worries?

The month after Christmas can be financially difficult for families, that's without having to deal with a Global Pandemic. Please remember you are not alone. With most of the country dealing with being furloughed, made redundant, or simply a lack of appropriate work I've detailed a number of charities which you can access independently or through me to help you.



[Turn2Us](#)



Turn2us helps people in financial need, access grants and other financial help online. You can also carry out a **Benefit Search** to see what benefits you are entitled to. This is a brilliant tool to use if your circumstances have changed recently.

[Step Change](#)

This is a free debt advice service that can offer support online



If you feel you still cannot find the support you're looking for through these sites, please contact me at school to discuss.

[CAP—Christians Against Poverty](#)



This charity offers support and guidance around Debt relief. They have a Debt Centre based at St Pauls Church, Howell Hill.

Contact 0800 328 0006 for an appointment.

[Surrey Crisis Fund](#)

This fund run by Surrey County Council. It provides financial support to those who have nowhere else to go in an emergency or a disaster. They can support with:

- food, toiletries and essential clothing
- essential white goods and furniture
- certain utilities and emergency travel costs (hospital appointments, job interviews, etc)

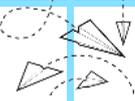
Check your eligibility online



Family Fun Calendar

Have a go at doing one of these activities a day!!
Give yourself permission to have fun and be silly



 <p>1 Movie night</p>	<p>2 Nature hunt collect different leaves/twigs/flowers</p>	<p>3 Play Charades</p>	<p>4 Look through old photos together</p>	<p>5 Learn a Magic trick</p> 
<p>6 Formal Dinner night</p>	<p>7 Play a board game</p>	<p>8 Pavement chalk drawing</p>	<p>9 Complete a puzzle together</p>	<p>10 Plant something in your garden or local park</p>
<p>11 Living room dance party</p>	<p>12 Bake something</p> 	<p>13 Junk modelling using your recycling</p>	<p>14 Face Time family</p>	<p>15 Colouring challenges LINK</p>
<p>16 Make your own pizza</p>	<p>17 Create a living room den</p>	<p>18 Create a family motto</p>	<p>19 Lego competition</p>	<p>20 Colour together</p>
<p>21 Talent show</p> 	<p>22 Food taste test</p>	<p>23 Star gazing</p>	<p>24 Read a story together</p> 	<p>25 Learn a new skills together—<i>YouTube has great tutorials</i></p>
<p>26 Screen Free day</p>	<p>27 Scavenger Hunt— Link</p>	<p>28 Family work out session—Link</p>	<p>29 Paper Airplane competition</p> 	<p>30 Create a time capsule—Link</p>

Where to go for help:



This is an online counselling service that offers CBT Therapy. They are able to offer support around anxiety, stress, depression and many more mental health concerns. Sometimes it's hard to sit face to face with someone and talk about our worries, this service takes that worry away as all the sessions are held online. Click this [link](#) to check your eligible and access the service

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>

