

Riverview Wellbeing Newsletter

Welcome back to our Wellbeing Newsletter—Whilst Christmas is an important holiday for most of our community, we are aware that for some, this time of year can be a challenging. Below is some helpful tips and tricks for making it through the upcoming half term.

Planning Ahead

The two week Christmas break can feel like a very long time so it's important to think about how to spend this time. I've attached a planner for you to download and some fun and easy ideas below

Have a Christmas Craft Day

- * Make paper snowflakes and decorate your windows
- *Homemade Christmas decorations



Christmas Movie Night

- * Sit together and watch your favourite Christmas movies.
- * Pick up some popcorn or sweets from the shop and create a comfy at home cinema

Send your letter to Father Christmas

- *Send your letter to:

Father Christmas
Santa's Grotto
Reindeerland
XM4 5HQ



Christmas fayres and markets

- * There are a number of different Fayres and markets that go on in the lead up to Christmas
- *Larger events like Winter Wonderland cost £7.50 per person to attend.



Family Game Night

- * Whether it be a deck of cards playing 'go fish' or an intense game of Monopoly

Travel into London

- * London is full of different activities throughout December. Take a stroll down Oxford Street to see all the lovely lights.



Upcoming Events:

27th November—Christmas and Craft Fayre at Bourne Hall in aid of Shooting Star Children's Hospices.

Meet Father Christmas, take part in the tombola, buy some Christmas presents or just enjoy some delicious cake. Entry: Adults £1-Kids FREE



Where to go for support ❄️

Christmas can be a difficult time for some families. Below I have listed some services that may be able to offer emotional and financial support.



Citizen Advice Epsom & Ewell

Call the Advice line
on 08082787963 or 0300 330 1164.
There are people available to answer
calls on weekdays from 10am till 4pm

Surrey Crisis Fund

This fund 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)

[LINK](#)



IESO Online Counselling



This is a service that offers CBT Therapy and is available FREE to all NHS patients. They are able to offer support around anxiety, stress, depression and much more.

[LINK](#)



Every Mind Matters

This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

[LINK](#)



Activities to try at home ❄️



Toilet roll crafts

Many people think that 'at home crafts' have to be messy and expensive however I have put together images of lots of ideas to do with recycled toilet roll tubes that are fun and simply to do.



All you need is an empty toilet roll, some coloured paint, coloured paper, scissors and glue.