

Christmas Newsletter



😊 Looking after your wellbeing this winter 😊



Congratulations, you've made it to the end of a year like no other and will certainly require some rest and recuperation before the new term. You've kept on going through uncertainty, constant change, restrictions and numerous other challenges that have come your way.

At this time of the year many of us are likely to spend time reflecting on the year gone by. And with so much of our normal lives cancelled this year it will be hard to recall the moments of joy from 2020. Nonetheless, we are hopefully beginning to see some light at the end of a long and dark tunnel so let's do our best to enjoy the festive season with loved ones and look ahead to brighter days.

Wishing you a safe and happy Christmas holiday, The Bucks Mind CYP Team x



Hold a Christmas Crafternoon

Get your Crafternoon kit by signing up below. It's full of crafty inspiration and the practical tips you need to hold a brilliant Crafternoon!

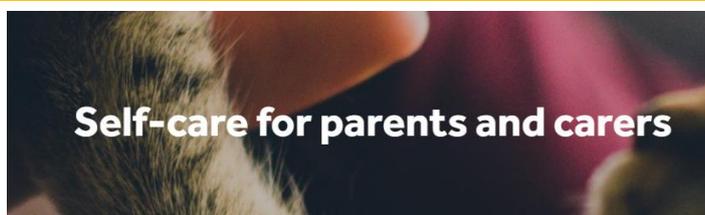
<https://www.mind.org.uk/get-involved/donate-or-fundraise/do-your-own-fundraising/crafternoon/crafternoon-registration-form/>

What can I do to get through Christmas?



If Christmas is a hard time for you, it's important to remember that you are not alone. There are things you can try that might help. Click on the link for tips from National Mind.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>



Self-care for parents and carers

For many parents and carers, finding time for yourself can be a challenge as you juggle family and relationships with your home and work life. This can be especially true if you are supporting a child or young person with their mental health.

With the practicalities of day-to-day life, it can be easy to forget to look after your own wellbeing needs, as well as those of your children, which can lead to feelings of stress or being overwhelmed. Factoring in regular time or activities for yourself will hopefully allow you to enjoy the good moments in life more and to find strength during difficult times.

The following advice about the importance of self-care has been created with the Anna Freud Centre's Parent Champions.

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>



CHRISTMAS CRACKERS (ANSWERS BELOW)

WHAT DO YOU CALL AN OLD SNOWMAN?

WHO'S RUDOLPH'S FAVOURITE POP STAR?

the loneliness remedy

Loneliness Has Risen By 79% - Here's What to Do to Feel Less Isolated



<https://www.womenshealthmag.com/uk/the-loneliness-remedy/>



42 Christmas Soup Recipes

<https://www.bbcgoodfood.com/recipes/collection/christmas-soup-recipes>



The Cheerful Little Letter Project are still looking to spread more Christmas Cheer this year and need help with cards, letters and drawings from young people.

Request to join their private Facebook page for more details!

We would love to hear your feedback on our resources; please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfHBe1x5Bovajv7VzJUODIXRUIIEVRSkZTTkZNMDBQWjFKQ0JN4u>

General Knowledge Quiz

1. In what part of the body would you find the fibula?
2. Hamilton has become one of the biggest musical theatre shows of all time since it debuted in 2015, but what is the name of the acclaimed star who wrote it?
3. If you have cryophobia, what are you afraid of?
4. Who won the Best Actress Award at the most recent Oscars?
5. How many of Henry VIII's wives were called Catherine?
6. According to ONS, what was the most popular boy's name in the UK in 2018?
7. Ray Davies was the frontman on which iconic '60s band?
8. Which popular video game franchise has released games with the subtitles World At War and Black Ops?
9. In what US State is the city Nashville?
10. Which rock band was founded by Trent Reznor in 1988?
11. What's the chemical symbol for silver?
12. With what sport would you associate Sachin Tendulkar?
13. What is the capital city of Switzerland?
14. Which legendary actor played Jimmy Hoffa in Martin Scorsese's 2019 film The Irishman?
15. Ataulfo, Alphonso and Keitt are varieties of what fruit?

Answers:

1. Leg
2. Lin-Manuel Miranda
3. Ice/cold
4. Renée Zellweger
5. 3
6. Oliver
7. The Kinks
8. Call of Duty
9. Tennessee
10. Nine Inch Nails
11. Ag
12. Cricket
13. Bern
14. Al Pacino
15. Mango

Christmas Crackers: Ice and Beyon-Sleigh

