



Mental Health Awareness Newsletter



Welcome to our December Mental Health & Wellbeing newsletter.

I am sure preparations are underway for a busy period with your children & families!! I know things here in Alsop have been super busy and the children have been enjoying watching festive films, completing festive arts and crafts and have helped to decorate our MHWB hub with christmas decorations and of course our tree!!!

This time of year can have a huge impact on our mental health and will be an extremely hard time for some. Financial pressures, experiencing illness or unexpected bereavements, pressure we feel from advertising and social media, for things to be perfect, can all play a part on impacting our feelings and our mental health. Managing our children's and family expectations can be hard as well, and any of this can create stress, worry, isolation and low mood. It really is important to be realistic at this time of year and to not stretch ourselves in an unrealistic way, emotionally and financially. Don't feel bad about saying no. The important thing is that we are all safe and well and whatever we choose to do is good enough. We can do as much or as little as we want over the festive season, in our own way, within our own circumstances, as best suits us. If, for any reason you do find yourself struggling over the festive season, don't struggle alone and please seek support from agencies provided at the bottom of this newsletter or access the following website:

<https://sway.office.com/LqVupCOOf8fW6p3x?ref=Link>

Recently, we welcomed in INEOS Go Human Academy into Alsop High School, who delivered assemblies for years 9, 10 & 11 on helping students to better understand and support their mental, physical and emotional well-being. The assemblies were to ensure that young people have an accurate positive perception of how they can make incremental changes that help to build their confidence and self-worth. These were well received across the three years and the students physically practiced box breathing!!

INEOS Go Human Academy offer free-to-view streaming series, which has been created to empower you with masterclasses led by INEOS athletes, experts, visionaries and creatives. Each session has been engineered to support physical and mental performance as well as emotional intelligence and resilience. We hope all the students benefitted from these. We would also encourage students to sign up to the Go Humans Academy. If they do, they will receive regular emails with well-being and physical training advice, as well, as access to the Go Humans Academy online resources:

<https://www.ineoshygienics.com/go-humans-academy-sign-up>



Our Mental Health & Well-being team have also been super busy recently in trying to ensure that those families who we know are struggling this Christmas, are being supported with some small gifts...No child should have to wake up to no presents on Christmas Morning and we have tried to make this possible. We hope that these little tokens can make a difference to someone's Christmas. This all would not have been possible without the help and support from firstly Radio City's Mission Christmas Appeal, who provided us with gifts and clothing, The Last Man Standing Community and FC Salle for a kind donation of pjs and gift cards and from monies raised from our MHWB cake sale, held for World Mental Health Awareness day back in October and finally the kind donations of gifts from staff. We can not wait to get delievering these amazing gifts to all our families this week.



We wish you a very Merry Christmas and All the very best for the New Year

From Alsop & The Mental Health team

everymind at work

You're not alone this Christmas

shout 85258
Text 85258
www.giveashout.org

mind
for better mental health
0300 123 3393
www.mind.org.uk

No Panic
Don't suffer alone. Pick up the phone.
0300 7729844
www.nopanic.org.uk

CAMPAIGN AGAINST LIVING MISERABLY
0800 58 58 58
www.thecalzone.net

NATIONAL DEBTLINE
0808 808 4000
www.nationaldebtline.org

SAMARITANS
116 123
www.samaritans.org.uk


Cruse Bereavement Care
Somewhere to turn when someone dies
0808 808 1677
www.cruse.org.uk

4 TIPS ON HOW TO FEEL A LITTLE LESS LONELY THIS CHRISTMAS:

- Limit your social media usage
- Volunteer in your local area
- Consider scheduling a call with family or friends
- Have a look at what places are open near you

For more support organisations, you can find the Everymind Mental Health Support Directory on www.everymindatwork.com.

Don't suffer in silence.



Urgent help in a crisis **NHS**

If you need help during a mental health crisis or emergency, the NHS mental health helplines are there for 24/7 advice and support. Click [here](#) to find your local NHS urgent mental health helpline.

If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.

Sending love to all who are:

- GRIEVING A LOSS DURING THE HOLIDAYS
- FEELING LONELY
- FACING FAMILY TROUBLES
- STUGGLING IN SOME WAY
- FEELING ANXIOUS
- FEELING STRESSED DURING THE HOLIDAYS

988 LIFELINE

everymind at work

4 tips to manage your social anxiety this Christmas



- Plan ahead.**
Take a few hours to organise your schedule and write a to-do-list for the coming weeks. Developing a plan can help you manage feelings of fear of the unknown.

- Ask for help.**
Remember that it's okay to feel anxious and ask for help. There are so many external support lines you can reach out to. Don't forget, you're not alone.

- Make time for self-care.**
Even though the holiday season can be busy, try to make time for yourself and your mental health. Even just a few minutes every day to practice self-care can help manage symptoms of anxiety. You can try meditation, exercise, or self-help books.

- Find your support system.**
Talk to and spend time with people you trust, whether that is family, friends, or people who have also experienced similar anxiety. If you're nervous about attending a holiday gathering, take that person with you for support.


HAVING THOUGHTS OF SUICIDE?
THERE IS HELP AND HOPE

HOPELINEUK

0800 068 4141

07860 039 967

pat@papyrus-uk.org



PAPYRUS – Prevention of Young suicide - Text: 07860 039 967

HOPELINEUK – HOPELINEUK - 0800 068 4141 is a suicide prevention helpline, free and confidential space to openly talk about thoughts with trained advisors by phone, text, email or webchat.

APP- staying alive – free suicidal app to help stay safe with thoughts

SHOUT 85258 - 24/7 text service. Under 18s text GREEN to the number and Over 18s text HEAL to that number



Everton In the Community run a food market Every Thursday 10am -12pm £3.50 for roughly £25 worth of fresh meat, fruit/veg. Also has Riverside Housing for housing advise and information, CAB – debt advise as well as other services. Registration is required before you can access food market and will need to bring proof of address in form of a bill etc.



If you live in Liverpool * then you are eligible to free, lifetime access to these online guides. Visit and enter the following access code: PURPLEBIN



stem4

stemming teenage mental illness
supporting teenage mental health



www.stem4.org.uk

support for teenage
mental health.

Has information on
useful apps to support
what your worried
about etc

YOUNGMINDS

fighting for young people's mental health

www.youngminds.org.uk
support for young people
and parents/carers for
mental health, urgent
help and lots of resources
and support.

YOUNGMINDS

fighting for young people's mental health



Christmas Group Times 2023/24

Alternative to Crisis- DROD-IN will be open
Saturday 23rd December 12noon - 4pm
27th, 28th, 29th and 30th December 12noon - 4pm in
CENTRAL HUB ONLY

YPAS Hubs will close Thursday 22nd December 2023 for staff training.
Usual business begins Monday 7th Jan 2024 9-8pm North, South & Central

 GYRO 11 - 16 yrs Last group of 2023: 12th Dec Return 2024: 9th Jan 16 - 25 yrs Last group of 2023: 14th Dec Return 2024: 11th Jan	 The Action Youth Last group of 2023: 12th Dec Return 2024: 10th Jan	 Young Ambassadors Last group of 2023: 13th Dec Return 2024: 10th Jan	 Smartys NORTH HUB Last group of 2023: 14th Dec Return 2024: 9th Jan SOUTH HUB Last group of 2023: 8th Dec Return 2024: 9th Jan
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www.ypas.org.uk
 0151 7071025
 @ypasliverpool

PLACES WHERE KIDS EAT FREE (OR FOR £1) CHRISTMAS HALF TERM 2023

moneysavingcentral.co.uk/kids-eat-free

- MORRISONS**
Spend £4.49 and get one free kids meal all day, every day.
- SAINSBURYS CAFES**
Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.
- BEEFEATER & BREWERS FAYRE**
Two children under 16 can get a free breakfast every day with one paying adult!
- GORDON RAMSEY RESTAURANTS**
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants
- ASDA**
Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.
- BELLA ITALIA**
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.
- SIZZLING PUBS**
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.
- WHITBREAD INNS**
Two kids under 16 eat for FREE with every adult breakfast purchased
- THE REAL GREEK**
Free Kids Meal for every £10 spent by an adult from Friday 22nd December 2023 until Sunday 7th January 2024.
- PRETO**
Kids up to age 10 eat free all day on weekends and from 4pm weekdays with paying adults at Preto in Half Terms
- TRAVELodge & PREMIER INN**
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free
- PAUSA CAFE @ DUNELM**
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm
- TGI FRIDAYS**
Kids Eat Free When 'Stripes Rewards Members' buy any adult meal (Via App)
- TABLE TABLE**
Two children under 16 can get a free breakfast every day with one paying adult!
- HUNGRY HORSE**
Kids eat for £1 on Mondays
- FUTURE INNS**
Under 5s eat for free with any adult meal.
- IKEA**
Kids get a meal from 95p daily from 11am
- NOT ANNOUNCED...**
M&S, Tesco, YO! Sushi & Bills

Liverpool CAMHS
 mental health is everyone's business
 Whole School Approach to mental health

Make a referral to CAMHS online
 Children, young people, parents and professionals can make self-referrals into partnership mental health services and get support from Liverpool CAMHS.

CAMHS Crisis Line - 01512933577

Crisis Care Freephone - 08081963550

Fresh CAMHS - 01512933662

You can still access support over the holiday period



We're online every day including Christmas Day
Sign up for free at www.kooth.com

Kooth counsellors will be available to support young people, everyday over the festive period! Visit www.kooth.com

Mobile Shop
NEW BEGINNINGS IMPROVING LIVES CIC

10 Items of food for £5
Free Fruit and Vegetables
No membership need

Stop times below

Wednesday
12pm BNEC - Everton

Thursday 10.30am Firefit - Toxteth

Thursday
1pm Christ Church - Norris Green

Friday
10am Woodcutters Garston



ChildLine
0800 1111



You can speak to a counsellor at Childline between 7.30am and 3.30am every day.
Call 0800 1111

shout
for support in a crisis

Shout 85258 is a free, confidential text support service. Trained Shout Volunteers are there for you 24/7
Text 85258.

LivPaC Coffee Sessions 2023/2024

December

Tuesday 12th
Clubmoor Children's Centre

January

Wednesday 10th
Blessed Sacrament
Clubmoor Children's Centre

Tuesday 16th
Granby Adult Learning Centre

Friday 26th

Clubmoor and Ellergreen Children's Centre 6:00pm - 7:30pm
Utting Avenue East
Liverpool L11 1DQ

Blessed Sacrament Primary School - Parent Cafe 10:00am - 11:30am
Cedar Road
Liverpool L9 9AF

Granby Adult Learning Centre (LivPaC's Base) 10:00am - 11:30am
79 Granby Street
Liverpool L8 2TU

info@livpac.org.uk




DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS?

As part of our By Your Side support at Alder Hey Children's Hospital we offer FREE workshops for families in the North West. Our workshops support families to tackle some of the unique challenges you face, for example:

Money Matters | Wellbeing | Education | Toilet training
Behaviour | Anxiety | Growing up | Siblings

These workshops will be held on Zoom
See overleaf for details or scan the QR code



contact for families with disabled children

WORKSHOP PROGRAMME

Thursday 7 December 2023 - 7 - 9 pm
EDUCATIONAL SUPPORT FOR SCHOOL AGE CHILDREN

Thursday 11 January 2024 - 7 - 9 pm
WELLBEING FOR PARENT CARERS

Monday 15 January 2024 - 10 am - 12 pm
UNDERSTANDING YOUR CHILD'S BEHAVIOUR

Wednesday 27 January 2024 - 9.30 - 10.30 am
SUPPORT FOR PARENTS OF CHILDREN WITH ANXIETY

Monday 22 January 2024 - 12 - 2 pm
TOILET TRAINING CHILDREN WITH SEND


Tuesday 23 January 2024 - 10 am - 12 pm
SUPPORT FOR SIBLINGS

Tuesday 30 January 2024 - 10 am - 12 pm
GROWING UP, SEX AND RELATIONSHIPS

Thursday 30 January 2024 - 7 - 9 pm
HOW TO HANDLE MEETINGS

Tuesday 6 February 2024 - 7 - 9 pm
MONEY MATTERS

Scan me for more information and to book or visit www.byside.org.uk



contact for families with disabled children

STARTING WELL FOR PARENTS

Everton in the Community's Starting Well programme is for all parents with pre-school aged children and aims to provide activities and classes to promote the importance and benefits of bonding and attachment. The programme gives children a space to play and provides parents with information to help them bring up the next generation in a safe and loving way.

Groups and Classes

Stay and Play
The People's Hub, Spellow Lane, L4 4DF
Tuesday: 10-11.30am
Age group: Four years and under

Wednesday: 1-2.30pm
Age group: Four years and under



Scan here for more information or to sign up

Sing and Sign
The People's Place, Spellow Lane, L4 4DF
Thursday: 1-2pm
Age group: 5-18 months

Dad's Club
Clubmoor Children's Centre, Utting Ave East, L11 1DQ
Last Saturday of the month: 10-11.30am

The People's Hub, Spellow Lane, L4 4DF
Second Saturday of the month: 10-11.30am

Age group: Four years and under
Dads can bring any older siblings if they wish.





Everton in the Community
For more information, please email andrew.cousins@evertonfc.com