


BC Wellbeing News

CHRISTMAS EDITION


December 2024

The Bishop Challoner wellbeing team would like to wish everyone a merry Christmas and a happy new year. Whilst Christmas can be a wonderful time of year for many for others it can pose challenges and here we outline some ways to ensure you support your Wellbeing at Christmas time this year.

SIX WAYS TO WELLBEING AT CHRISTMAS

1  **Stay Active**


Physical activity can really help with keeping your mood positive – whether you like walking, cycling, playing football...




2  **Not feeling festive? That's okay!**

There can be all sorts of reasons why some of us don't feel festive. It's okay to feel how you feel – you're not the only one




3  **Get enough sleep**

Sleep is vital for our wellbeing. Try not to skimp on it – even on Christmas Eve!

4  **Give yourself space**

If it's all getting a bit hectic, take time out to be in nature, listen to your favourite music, read an uplifting book – or just be in the moment.

5  **Aim for regular meals**

Keeping a healthy routine, with plenty of water, fruit, veg if you can, will help keep stress at bay. Try whatever's realistic for you and be kind to yourself if you have 'off' days.



6  **Stay supported**

It's easy to feel lonely at Christmas when we're bombarded with images of happy families. Stay connected to your sources of support and if you're not sure where to turn, we've listed some useful organisations:

YoungMinds
YoungMinds have a parents helpline and a crisis messenger for young people.
youngminds.org.uk

The Mix
The Mix has a free helpline for young people to talk to trained supporters about any issue that's troubling them. They also provide chat and email support.
themix.org.uk

Students Against Depression
The Charlie Waller Trust offers information and practical resources to help young people find a way forward from depression, anxiety and related problems.
studentsagainstdepression.org

Samaritans
confidential emotional support by phone or email 24/7 Call: 116 123 (free line) Email: jo@samaritans.org
Online: samaritans.org
Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

SHOUT
free text service 24/7
Text: SHOUT to 85258
Free confidential 24/7 text service, for anyone in crisis anytime, anywhere.

LOOKING AFTER YOURSELF AT CHRISTMAS (TIPS FROM MIND UK)

Be gentle and patient with yourself. It might help to think about what's best for your wellbeing during Christmas, and prioritise what you need.

Remind yourself that it won't last forever. You could set a 'start' and 'finish' time for what you count as Christmas.

Let yourself have the things you need. For example, if you need to take a break instead of doing an activity, or need a little bit of quiet time.

Take time out. Do something to forget that it's Christmas or distract yourself. For example, you could watch a film or read a book that's set in the summer. Or you could try learning a new skill.

Set your boundaries. Try to say no to things that aren't helpful for you.

Let yourself experience your own feelings. Even if they don't match what's going on around you, they're still valid. For example, if you don't feel like celebrating Christmas when everyone else does.

Money Worries at Christmas (tips from Mind UK)

How you cope with the costs of Christmas will depend on your circumstances. You might not find all of these tips realistic. But it may help to try some of them:

- Access financial support. You could use the Turn2Us benefits calculator to work out what support you're entitled to. Citizens Advice has information on how to get help if you're struggling to pay your bills. And you could call Trussell Trust's free helpline for advice on accessing financial support.
- Make lists, plans or a budget. Noting things down can make them feel more manageable or help you think more clearly. Creating a budget could also help you feel more in control of what you can spend. See our page on organising your finances for more tips. You could also use Money Helper's free online budget planner.
- Be open with others. It can be hard to talk about money. But being honest with others can help. You may be able to agree ways to make Christmas plans free or low cost. Or they might be able to offer other kinds of support. Step Change's festive support has information on talking to other people about money worries.
- Look for local offers or events. Local organisations, such as charities and community centres, may have free or low-cost events for Christmas. Or they may be able to offer support with things like gifts or food.
- Look for free or low-cost items online. You may be able to find free items to use as gifts or decorations online, for example through websites like Freecycle.
- Try to avoid comparisons with the Christmas you see in adverts and social media. These often don't reflect reality and can make us feel bad about ourselves. It may help to take breaks from social media.
- Be kind to yourself. Money worries can have a big impact on our mental health. They might make us feel concerned, embarrassed or angry. And they can affect self-esteem. Try not to blame yourself for your situation or how you're feeling about it.

Christmas Wellbeing Cafe

On Tuesday 17th December we hosted a well-being café for students. It was wonderful to see so many of our students attend and complete at least one of the wellbeing activities on offer.

These included gingerbread Christmas tree decorating, Christmas Karaoke, Christmas Card decorating and a Christmas Raffle. It was a really lovely atmosphere at the event



Free and Low-Cost Christmas Events in the West Midlands and Beyond for 2024

<https://www.brummymummydiaries.com/post/free-and-low-cost-christmas-events-west-midlands-2024#viewer-14g8e54608>

1. Selly Manor Museum: Santa's Grotto
2. Bromwich Hall: The Toymaker - Family Christmas Performance (pay what you can)
3. Bromwich Hall: Santa's Grotto
4. Haden Hill House and Museum: Multiple Christmas Events (free or small charge)
5. Oak House Museum: Multiple Christmas Events (free or small charge)
6. Father Christmas at the Belgrade Theatre
7. Christmas at Rodbaston Animal Zone
8. Wednesbury Museum and Art Gallery: Festive Performance of Aladdin
9. The Core Theatre: Santa's Christmas Cracker - A Festive Family Show
10. Moor Pool Heritage Trust: Santa's Grotto
11. Santa's Grotto at local TESCO stores across the country
12. Breakfast with Santa at IKEA Wednesbury
13. McArthurGlen Designer Outlet West Midlands: Breakfast with Santa and Santa's Workshop
14. Brierley Hill Civic Hall: The Grinch Stole Christmas
15. Brierley Hill Civic Hall: Santa's Got Talent
16. Santas Grotto at Cherry Lane - Barnett Hill
17. Santa with a Toy and Soft Play at Scallywags Brierley Hill
18. Touchwood Solihull: Enchanted Christmas Grotto
19. The Claregate Pub: Santa's Grotto or Christmas Photoshoot
20. The Round Oak, Wombourne: Visit Father Christmas
21. CHVH Christmas Fayre: Santas Grotto
22. Kingswood Trust: Santa Sleigh and Christmas Festivities
23. Kingswood Trust: All Day Breakfast with Santa
24. Arden Hall: Vintage Christmas Gift Fair & Santa's Grotto
25. AFC Wulfrunians: The Christmas Extravaganza
26. The Fort Shopping Centre Birmingham: Festive Saturday (FREE)
27. Santa's Grotto at Great Barr Community Hub
28. Breakfast with Santa at The Fairfield Inn at Halesowen
29. Wythall Animal Sanctuary: Mini Market & Santa's Grotto (small donation)
30. Bodenham Arboretum: Silly Santa Antics Trail & Christmas Nativity Story Trail
31. Worcester Cathedral's Christmas Tree Festival 2024 (FREE)
32. Meadow Farm Pub: Party and Brunch with the Grinch
33. St Mary's Christmas Tree Festival
34. Snowdogs Discover Buxton 2024 FREE Trail (donations welcomed)
35. McArthurGlen Designer Outlet East Midlands: Breakfast with Santa and Santa's Workshop
36. Echills Wood Railway: Miniature Steam Trains to Santa
37. Santa's Arrival at Dobbies Atherstone (FREE)
38. Santa's Grotto & Play at The Play Hub, Atherstone
39. Festive Winter Gardens at Telford Town Park
40. Peters Garden Centre: Festival Light Trail (FREE)
41. Brum's Christmas Reindeer Trail (FREE)

Remember: If you are worried about the safety of yourself or another person at any time call 999

Wishing you a Happy, Holy and Peaceful Christmas!