



Family health & wellbeing!

December 2023 Update

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Want to make sure you don't miss health & wellbeing updates from your school nursing team? [Sign up here!](#)



Christmas Activities

December is the season to be jolly. Get into the festive spirit and boost your wellbeing by visiting local attractions, exploring nature, getting creative, and trying crafts and activities.



Make a Christmas Cards

Why not make a Christmas card for someone special this festive period? Get creative and write a festive message inside. What you need: card, pens, pencils, paint, glitter, scissors, glue.



Christmas Baking

From gingerbread reindeer to glittering meringue Christmas trees, your whole family are sure to love these creative Christmas baking ideas.



Write a letter to Santa

It's a busy time of year for Santa and his elves. But he loves to read your letters and still has time. So let him know what you'd really like for Christmas.



Spending time outdoors can improve mood and reduce stress. Walking is an easy and accessible way to improve physical and mental health. Visit a green space in Warwickshire this Christmas and enjoy the scenery.

[Nature reserves](#)

[Country parks](#)

[Woodlands](#)

[Community parks](#)

Christmas Jumper Day

Thursday 7th December

Christmas Jumper Day will take place on Thursday 7 December 2023. But you can celebrate on whatever day works for you! It's time to put on your Christmas jumper on and help kids in the UK and around the world get the best future ever. To find out more visit www.savethechildren.org.uk/christmas-jumper-day.



Sign up

It's super-simple to take part on Christmas Jumper Day. All you have to do is sign up, put the date in your diary and use the awesome resources to make the day the most fun day of the whole year.

How your support helps

Christmas Jumper Day is an opportunity to stick on something Christmassy and help kids in the UK and around the world get the best future ever. Find out more at www.savethechildren.org.uk/christmas-jumper-day/how-you-help

You don't need to sign up, donate or even wear a Christmas Jumper to take part in Christmas Jumper Day. Wearing or doing something Christmassy, or doing an act of kindness is more than enough.

Support at Christmas

We know the festive period isn't always a happy time for everyone - it's important to know that support is available for those that need it and you don't need to suffer in silence.

Please check the next page for details of health & wellbeing support for Warwickshire families.



Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525
Text ParentLine: 07520 619 376
Call us: 03300 245 204
Email us: connectforhealth@compass-uk.org