TIPS TO MAKE YOUR DAYS BRIGHTER THIS WINTER

My Wellbeing Checklist

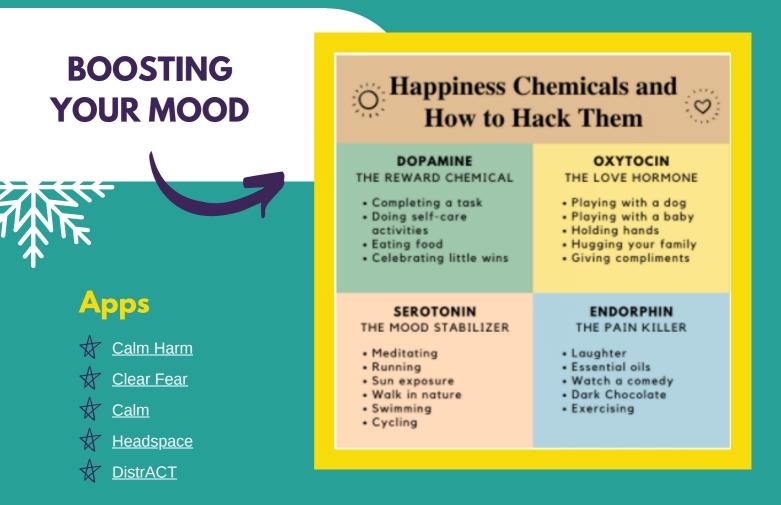
Am I getting enough sleep?

- Am I eating well?
- 🖌 🛛 Am I drinking enough water?
- Am I connecting with friends?
- Am I moving my body enough?

A Few Ideas To Get You Started

- \bigstar Make food together \rightarrow <u>'Christmas For Kids Recipes'</u>
- Go outside in nature or for a walk \rightarrow 'The Best Walks in Bristol'
- \bigstar Play a game together
- \bigstar Do something creative \rightarrow 'Top 10 Free Creative Ideas for Families'
- 🖌 Listen to music
- Watch a film
- 🕅 Move dance, play, run do yoga, play 'Statues'
- \bigstar Grow a plant \rightarrow <u>'Plants to Enhance Learning and Wellbeing'</u>
- \bigstar Rest and sleep \rightarrow <u>'Tips for Better Sleep'</u> | <u>'How to Relax'</u>
- \bigstar Enjoy a bedtime story \rightarrow <u>'How to Read a Bedtime Story'</u>
- \bigstar Get some space \rightarrow <u>'Safe and Peaceful Place Visualization Exercise'</u>
- \bigstar Self-care menu \rightarrow <u>'Self-Care, Anxiety and Depression Coping Strategies'</u>
- \bigstar Wellbeing action plan \rightarrow <u>'Wellbeing Action Plan'</u>

compiled & produced by



Managing Challenging Thoughts & Feelings

How to Deal with Unhelpful Thoughts'

<u>'Reframing Thoughts - Take That Thought to Court'</u>

Christmas Resources

- - 'Tis The Season To Be Lonely' zine
 - 'Looking After Your Mental Health Over the Holidays'
 - 'Childline: Christmas'

Coronavirus & Mental Health



Coronavirus and Mental Health'

Help With How I'm Feeling'









Community Resources

Alcohol & Other Drugs

- Bristol Drugs Project: Contact Us
 - Bristol Drugs Project: The Drop
- Bristol Drugs Project: Online Tools

Support For Parents/Carers



- Supporting Your Child During the Coronavirus Pandemic
- Action For Children: 'Talk To Us'
- Five Ways to Manage Your Wellbeing as a Parent During Lockdown'
- Guide to Supporting Children Who Are Worried'
- The Stress Bucket









Avon and Wiltshire Mental Health Partnership

If you're struggling...



Kooth

An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.



Childline | 0800 1111 (7:30am-3:30am)

Helpline and webchat where you can talk about anything that's on your mind.



Immediate emotional and practical telephone support for young people aged 17 and under.



Papyrus HOPELINEUK | 0800 068 4141 (9am-midnight)

Offering phone, text and email support for young people experiencing suicidal thoughts.



A Samaritans | 116 123 (24/7/365)

Listening support for anyone who is struggling to cope and wants someone to talk to.

Shout | Text 'SHOUT' to 85258 (24/7/365)

Text support for young people in crisis.



Campaign Against Living Miserably | 0800 58 58 58 (5pm-midnight) Helpline and webchat providing information and support.

The Mix | 0808 808 4994 (3pm-midnight)

Information and advice for young people up to the age of 25, including articles, discussion boards, and phone and webchat support.



North Bristol



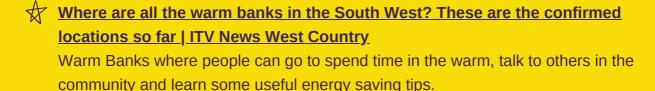
<u>https://southmead.org/event/youth-sessions-at-the-ranch/2022-12-14</u>

The Ranch offer sessions at their adventure playground across different weekday evenings. A good chance for children to keep social over the christmas holidays!



<u>https://southmead.org/gym</u>

The Greenway Centre Gym in Southmead offers concession rates for young people. Classes can also be accessed via move GB



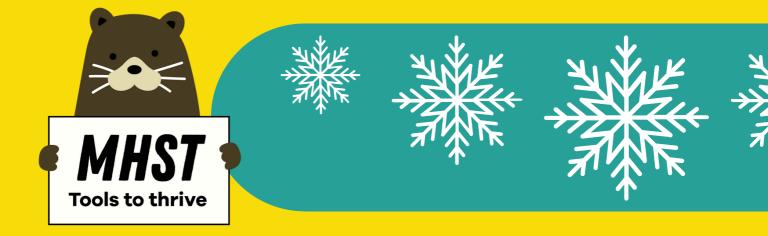


- North Bristol food banks.
- Help For SEND Parents & Carers Wednesday 18th January 2023 The Mead BS10 - Southmead News & What's On

Support in January for parents of children with SEND.

Lawrence Weston Farm Outdoor Activities Call Helen on 0117 9381128 or email Helen@lwfarm.org.uk to find out more.

'What's on at Ebenezer Church' November/December, lots of weekly and one-off events



South Bristol

Community support

<u>https://www.knowlewest.co.uk/welcomingspaces/</u> Knowle West Welcoming Spaces



Hartcliffe and Withywood Community Partnership - Home | Facebook Hartcliffe and Withywood Community Partnership

BS3 Community – improving the lives of people living in BS3 and the surrounding area

Improving the lives of people living in BS3 and the surrounding area

Oasis Hub South Bristol - Home | Facebook Oasis Hub South Bristol



Bristol-FOOD-Clubs-2022.pdf (family-action.org.uk) **Bristol Food Clubs 2022**

Welcome - South Bristol Children's Centres (southbristolcc.org.uk) South Bristol Children's Centres

Children & Youth Services

- Youth Moves Youth clubs and 1:1 support around South Bristol
- Community Youth Clubs Young Bristol Youth Clubs South Bristol
- Advice | Creative Youth Network
- Children and Young People Bristol Drugs Project (bdp.org.uk)

South Gloucestershire



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Directory of Services for Children and Young People

BBC Club Finder Join a sports club



http://www.integramusic.co.uk/ Learn a musical instrument or join a music group



<u>https://wearencs.com/</u> Volunteer and help out in your community



A https://find-information-for-adults-childrenfamilies.southglos.gov.uk/kb5/southglos/directory/advice.page?id=GvGHCpq5i7s Volunteer and help out in your community

East & Central Bristol

What we do — Barton Hill Activity Club **Barton Hill Activity Club**



https://eastsidecommunitytrust.org.uk/whats-on/ East Side Community Trust

<u>https://www.eastonccc.org.uk/calendar/2022/12/10/winter-fair</u> Easton Community Children's Centre Winter Fair

