

Chaigeley School NEWSLETTER



Therapeutic Support for Parents & Carers



Thinking about Christmas and the lead up to Christmas can be really difficult and stressful. The presents, the food, the family spending more time together and the organisation of the festive period can be overwhelming. This year has been especially hard with cost of living which has put more strain on people and families.

Christmas can also be a very emotional, lonely and sad time. When we have lost someone close to us this can be the time we wish they were here and the time we think of them and miss them the most. Separation, conflict and arguments within the family that haven't been resolved can cause a number of overwhelming feelings at Christmas putting more stress on the festive period.

Be kind to yourself this Christmas and try and not put too much pressure on your-self to do everything –THERE IS NO SUCH THING AS PERFECT. The media can portray the perfect Christmas where there is an abundance of food and gifts and everything is warm cosy and PERFECT. Remember this is not what Christmas looks like in reality. Try not to compare yourself to the ideal Christmas only compare yourself to you and that will be enough.

Please email us any questions/feedback that you may have to help support you and your family; therapy@chaigeleyschool.org

See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)

Messages from the Juniper Therapy Team

To all our families, parents and carers, I hope you and those around you have a restful Christmas period sprinkled with some special moments, joy and peace- Robyn Therapy Lead

To all families and carers, I hope you all have a wonderful Christmas period, look after yourselves and relax over the festive season.- Emma SEMH Specialist Practitioner

To all parents and carers, hope you all have a lovely time at Christmas and going into the new year :) - Callum Sports Therapy Coach

*To all our Parents and carers,
Wishing you all an amazing Christmas this year, however that may look to you, do what makes you happy, enjoy and we will see you all in the new year.
Merry Christmas – Kathryn Speech and Language Practitioner*

To all our families, parents and carers, stay safe this Christmas, be kind to yourself and others, accept yourself and others and most of all REMEMBER YOU ARE ENOUGH - Clair School Counsellor and Family Support Worker



Helplines and Support for over Christmas

- **Samaritans Helpline Call 116123 Available 24 hours a day**
- **www.click-uk.org is a uk wide online community support group that supports adults with their mental health .Take a look at the website.**
- **Mental health crisis support, you can ring the SANEline on 0300 304 7000 between 4:30pm-10:30pm, each evening.**
- **For general mental health help, you can access help via text from Shout. Simply text SHOUT to 85258 for 24/7 crisis support. This service is available for free on major mobile networks, for anyone in crisis anytime, anywhere.**