

# Chaigeley School NEWSLETTER



## Therapeutic Support for Parents & Carers



**Monday 15<sup>th</sup>** January is **Brew Monday**. The Samaritans run this campaign each year to encourage people to reach out to each other and have a catch up. The third January in the month is sometimes referred to as “**Blue Monday**” the most difficult day of the year. **THIS IS A MYTH**. The Samaritans campaign is about changing the way we think and feel about the myth of “**Blue Monday**” because we all have our good days and our bad days and those days aren’t for the calendar to decide how we are feeling. It’s up to us so instead let’s reach out and connect to friends, family or a neighbour we haven’t spoken to for a while.



### Making time for a cuppa and a catch up!

**We can always make time for a cuppa and a catch-up.** It doesn’t matter if it’s a Monday morning or Saturday night, or if you’re drinking green tea, black coffee or orange juice. If you’re sharing a cuppa and listening, you’re doing it right.

Please email us any questions/feedback that you may have to help support you and your family;

[therapy@chaigeleyschool.org](mailto:therapy@chaigeleyschool.org)

See our Twitter page for more info, news and activity ideas;

[@TChaigeley](https://twitter.com/TChaigeley)

*Here at Juniper we would like you to*



### Are you up for the challenge?

This week on any day at any time we would like you to arrange and make sometime with someone you care about, someone you haven’t spoken to in a while, someone you keep meaning to meet up with, someone you know is lonely or may be in need of a listening ear. Let’s see if you can reach out this week to that someone. Have that cup of tea, cup of coffee; spend that time connecting with each other.

So go on make that call, knock on that door lets connect !!!



Please let us know how you get on, we’d love to hear from you. Also remember if there is anything you need please don’t hesitate to get in touch, we are here for you.

