



Family health & wellbeing!

December 2021 Update

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December Festive Fun

It's the most wonderful time of the year!

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 our crafts, activity ideas and more.

Warwickshire events

Celebrate Christmas in Warwickshire with the National Trust

Get into the festive spirit escape outdoors and connect with nature.

Whilton Locks Garden Village

Enjoy a range of family events at Whilton Locks (located on the Northamptonshire/Warwickshire border), including ice skating, breakfast with Santa, Santa's grotto and more.

Stratford Upon-Avon Christmas Market

Street food and drink, fun fair with original Victorian carousel and traditional market stalls. Live music, dance groups, stage with compere. Stilt walkers, chimney sweeps & strollers. Meet father Christmas and his reindeer, Frosty the snowman and other characters.

Meet Father Christmas at Daventry Country Park

Take the children to meet Santa at Daventry Country Park on Tuesday 21st December.

Father Christmas doorstep visit

Santa is on his way around Nuneaton on the 12th of December. Keep your eyes and ears peeled for the sound of his sleigh and his reindeer.

Check out your town or village newspaper to find out more exciting events taking place this December!



Christmas Wellbeing Activities

Health and happiness are important all year round. Why not try out some of these activities to boost your wellbeing this December?

[Open a bird cafe](#)

Get excited about nature by putting food out in your garden. What birds can you spot this winter?

[Christmas crafts from CBeebies](#)

Easy Christmas crafts from CBeebies, with ideas including making a Christmas hat and cracker, sock snowman, gingerbread reindeer and more.

[National Trust festive crafts](#)

Create your own Christmas decorations with these how-to guides from the National Trust.

[National Trust 'Greener Christmas'](#)

How to have a greener Christmas: have festive fun without leaving the footprint.

[Christmas colouring](#)

Print out these festive colouring in pages - includes simple outlines and a harder option for teens, who can also enjoy the mindful benefits of colouring in.

[Letter to Santa](#)

Children can write a letter to Santa. Make sure to write it before he sets off on his sleigh!



The Melting Snowman



Enjoy festive fun and a mindful moment for children by making these melting snowman biscuits - [get a full recipe here](#).

What you need:

- ★ Biscuit
- ★ Marshmallows
- ★ Icing sugar
- ★ Water
- ★ Decorations of your choice

Positive Paper Chains



Practise positive thinking with a festive theme - write down positive messages to yourself and others on strips of colourful paper, then [make them into paper chains](#) and decorate your home!

What you need:

- ★ Paper
- ★ Scissors
- ★ Glue or tape
- ★ Pens

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 Coventry and Warwickshire. Includes a counselling service.

Family support

Family Lives

Support with topics relating to family life, including conflict, loneliness, challenging behaviour, and difficulties at Christmas.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

[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



@schoolhealthC4H



@compassc4h



@c4hwarwickshire

www.compass-uk.org/services/c4h

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