

Family health & wellbeing!

December 2022 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 and activity ideas

Warwickshire events:

Royal Leamington Spa's Christmas Tree Festival

Get into the Christmas spirit by going to see the decorated Christmas trees at this magical, fun-filled, family-friendly event.

Whilton Locks Garden Village

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

Family Workshop: Christmas Crafts Warwick

Create your own personalised Christmas Crafts, follow the reindeer trail and leave a special message for Santa.

National Trust - Celebrate Christmas in Warwickshire

Wrap up and go for a festive walk! See the twinkling lights on Christmas trees, frosty winter scenes and seasonal treats at your local National Trust sites in Warwickshire.

Christmas Light Switch on and Christmas Markets

Get involved in local celebrations by watching your town's Christmas light switch on and visiting the Christmas Market. Find out about events in local newspapers/ advertisements and on social media platforms.



Christmas Wellbeing Activities



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 and pens
- ' Scissors
- ' Glue or tape



Write a Christmas card

Why not write a Christmas card to a loved one this festive period? Decorate the front and write a festive message inside.

What you need:

- ' Card
- ' Pens
- ' Paint
- ' Glitter



Christmas tree finger painting

Get out your crafts box and get creative! Draw an outline of a Christmas tree with a pencil, crack open the paint and use your fingers to decorate the tree,

What you need:

- ' Paper
- ' Paint
- ' Pencil
- ' Card

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.

Samaritans

Judgement-free support and advice on numerous health and wellbeing topics.

[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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