

KEEPING WELL OVER THE WINTER BREAK

Info/Ideas for parents and carers

We know that that the winter holiday period can be a tough and challenging time for some. There's a change in the routine, and more unstructured time that can feel difficult and overwhelming to manage. You may also feel pressured to feel or present yourself a certain way during this time. We have therefore created this guide to support you and your family to stay well.

Activities for your child to try

Dance, Dance, Dance

Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet. When you feel like you need a distraction or a boost, put on your playlist and start to dance. *The combination of uplifting music and physical activity triggers a positive response in our bodies!*

Being outdoors

Nothing beats fresh air, and being in nature! Take a walk with your child/children in your local park, and use your 5 senses to be present in the moment. What things can you see, hear, feel, smell or taste?

Power of positivity

Sometimes we notice the negatives more than the positives. You could create a 'positivity box' or notebook to remind yourself of all the amazing things about you and your children, for any time you are not feeling your best. Think of five things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box. You can do this for yourselves and/or your children.

"I am amazing!"

"I am a great sibling!"

"I am healthy!"

"I am kind!"

Get creative!

Keeping your mind and hands occupied may help you to focus attention away from any worries or anxieties you are feeling. There are loads of activities to suit everyone. You might want to try arts and crafts (such as making holiday cards, glitter bottles or winter ornaments). Maybe you could try baking some special treats?



Scan for more winter
crafts ideas!

Acts of kindness

When we're kind to each other, it can help the world feel like a happier place. Kindness boosts our feelings of confidence and happiness, and can make us feel more in control. Think of different things you can do, that will showcase your kindness. Acts of kindness can encourage others to be kind too.

Having mindful moments

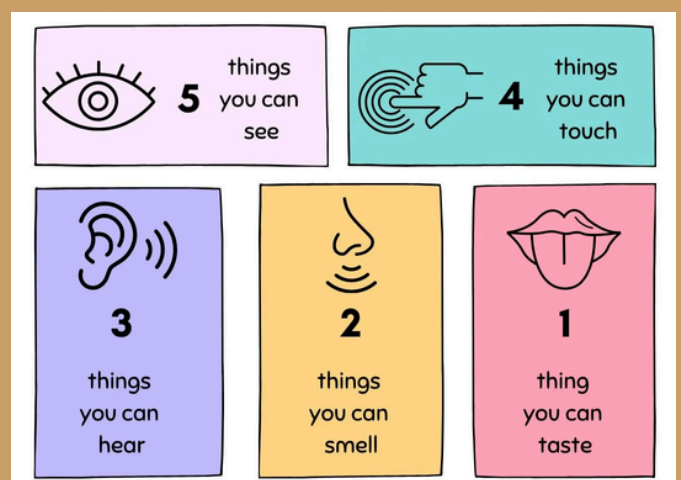
Being mindful means being aware of what is going on around you and how you are feeling. When we notice ourselves feeling anxious or worried about something, we can practice some skills that will allow us to relax and be present in the moment. Here are some ideas:

Deep Breathing



Breathe in through your nose for 5 seconds, hold for 3 seconds, and breathe out through your mouth for 7 seconds. Repeat!

54321 technique



5 colours

Notice five things around you that are yellow/ blue/ green etc.



Local activities in the area.

Wandsworth Winter Unlocked (HAF)

Wandsworth families with children in school years Reception to year 11, who are in receipt of benefits related to free school meals, can access FREE fun, local activities during the Winter holidays including a nutritious meal and a fun physical activity every day.

Activities include:

- Snow Much Fun Camp
- Mushkil Aasaan Play Scheme
- Holiday Food & Fun on the Food Bus
- MACWO Holiday Activities
- Sports Fun 4 All
- Roblox Coding
- HAF Football Camp
- Winter Fest Activities

and so much more ...

Scan QR code for the different activities available.



Tooting Hub Youth club at The Melrose Centre

Ages: 8 - 16

- meet friends -use the IT suite and music studio
- play sports -learn a martial art -get involved in dance and drama activities
- take part in art and craft workshops -learn life skills, including cooking

You can just “drop-in” to the centre during opening times



TOOTING MARKET CHRISTMAS POP-UP

1ST/8TH/15TH/22ND DECEMBER
GIFTS ★ LIVE MUSIC ★ FOOD ★ DRINK

Day out to see the Christmas lights: (i.e Central London. Battersea Power Station).



Please visit the Education Wellbeing Service You Tube channel. →



Activities for looking after yourself as a parent/carer

Winter break can be a joyful but challenging time for parents and carers, filled with busy schedules, holiday preparations, and the responsibility of keeping children entertained. During this busy period, it is important to remember that self-care is important. Prioritizing your well-being ensures you have the energy, patience, and emotional resilience to support your family.

Taking moments for rest, engaging in activities you enjoy, maintaining healthy routines, and staying connected are important aspects of self-care. When you care for yourself, you're better equipped to care for others, creating a positive environment for both you and your children

Self-Care during the winter break can look like:

waking up before your kids



keeping active



listening to music/podcast



sticking to routines



cooking a festive recipe



staying connected



TIPS TO MANAGE WELLBEING OVER THE WINTER BREAK

Talk to someone



It can be good to talk about your feelings, so think about who you can turn to. It could be someone in your family, a friend, or a helpline that can talk to you about how you might be feeling. Kooth offers free online support too.



kooth

www.kooth.com

[kooth_uk](https://www.kooth.com)

Visit the Education Wellbeing Service YouTube channel



Monitor your social media usage

Social media can keep your anxiety high for many reasons. Try to have a limit on how much you check on social media. Remove or unfollow accounts that you notice make you feel worse.



12 days of Doing Good this December!

If you are looking for meaningful ways to help others, and to help spread some goodwill across Wandsworth this Christmas visit:



Here are some support services that you can access during this time

SLP CAMHS Crisis Helpline

SLP CAMHS Crisis Line

Urgent mental health support for children and young people in South London

0203 228 5980

Opening hours: 9am – 11pm
365 days a year



Young Minds

Offers tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online. You can use our Helpline service ([0808 802 5544](tel:08088025544)) if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential.

childline

ONLINE, ON THE PHONE, ANYTIME

Advice and support for parents and carers. For more information please visit the Childline Website by [clicking here](#) or Call 0800 1111

Domestic abuse and Violence Against Women and Girls (VAWG) support services

Refuge - Independent Domestic Abuse Advocacy (IDVA) provide free, confidential, non-judgmental and independent support and advice to anyone aged 16 and over who is experiencing domestic abuse.

Call 0203 8793544 (Monday to Friday, 9am to 5pm) or email Richmondwandsworth@refuge.org.uk.

[Wandsworth One Stop Shop is a drop-in service](#) for domestic abuse survivors. You can access discrete non-judgemental support, free advice and information from agencies concerning domestic abuse, [stalking and sexual violence](#). No appointment necessary.

Available in two locations:

Battersea

- [When: Every Monday \(excluding bank holidays\)](#) Time: 10am to 12 noon
- [Location: St. Mark's, Battersea Rise, SW11 1EJ \(entrance on Boutflower Road\)](#)

Roehampton

- [When: Every Wednesday](#) Time: 10am to 12.30pm
- [Location: 166 Roehampton Lane, Roehampton, SW15 4HR](#)

[Hestia refuge accommodation service](#)

If you are looking for a refuge space, **[call 0808 169 9975](tel:08081699975)** or email **[Hestia at \[refuge.space@hestia.org.uk\]\(mailto:refuge.space@hestia.org.uk\)](mailto:refuge.space@hestia.org.uk)**.

Lines are open Monday to Friday, 10am to 4pm.

