

NEWS-HAVEN

Winter : Newhaven School December 2023

Welcome to the Winter edition of News Haven. This term has been a very busy and productive one at school. The highpoint for me was the red carpet night at Woolwich Works to launch the Protein Dance film 'But I Am...' Students from Gardens and King's Park took part in a 3 week project ending in the high quality production. It is well worth a watch and will be available soon on the school website. Congratulations to the students involved who learned that hard work, perseverance and dedication can end up with amazing results.

As you will see below, this is just one of many activities and projects as we focussed on making our curriculum as engaging and exciting as possible, giving our students experiences that will help them develop the skills they need to be successful in life. In the spring, we will continue with this as well as getting our older students ready for their Summer exams and look forward to the weather brightening and the opportunities this brings.

We have parents and carers evenings for the older students in January so we can continue to work together to get the best for them. In the meantime, please get in touch whenever you have something to discuss with us.

Finally, I wish you and your families a happy and successful 2024.

Best Wishes

Jon Kelly (Head teacher)

**WINTER
SPECIAL**



Photographs from the wonderful Protein Dance Project at Woolwich Work finishing with a screening of the film made during the workshop 'But I Am' in December. Soon to be on the school site

Engage

Ice Ice Baby

On the **18th December 2023** students and staff from Engage had the exciting (but also nerve wracking) opportunity of attending the local ice rink in Greenwich.

There were trips; there were falls, but more importantly there were lots of smiles and laughter!

We were incredibly proud of the resilience and courage shown by our students. From no, no at the start to, "we are pro-skaters!" at the end—except for Ms Duplock and Mr Ojo!

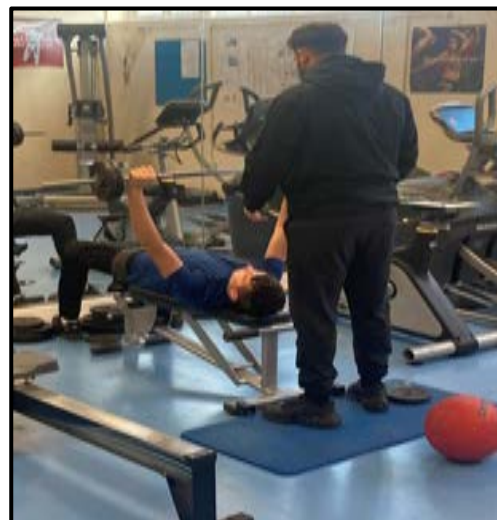


Physical Education

Get Set, Ready, Go! : PE across Newhaven this term

KS3 Gardens

This term we focused on developing our understanding of fitness training and testing, we also learned how to design training programmes. This helped us create training sessions specific to our fitness levels and our skill requirements. We did some fitness testing within our sport lessons, for example, we did the bleep test, this tests our aerobic fitness level. It was fun, because we had an opportunity to understand how we can improve our own attributes.



It's fun to participate in the YMCA

This term in the YMCA lessons we have been focusing on Unit 6: The introduction to healthy eating. We have started our coursework this term and we have been researching into how much nutrition plays a part in our lives. We have been using our knowledge from last term about the impact of nutrition on health and wellbeing to help us determine how nutrition changes throughout our lives.



Physical Education

Ding Ding Round One

We have been very fortunate to get Justyn Paige teaching us boxing and help us develop our confidence and skill. Justyn Paige is currently a professional coach and has been leading training sessions for a lightweight European champion.

He has shown us what it takes to become a European champion and that boxing isn't just street fighting. It is a skill with a high level of discipline and training. We have learned about foot movement and coordination in boxing, it is a lot harder to move whilst you are jabbing and throwing uppercuts.



A Champions League of their own

Newhaven Football Team (Gardens) played the mighty NWKAPS this term. It was a tightly fought match but Newhaven triumphed on the day. All that hardwork and training paid off with the final score being the **Newhaven 7 NWKAPS 6**

Let me be your Fantasy

The English Department organised a trip to The British Library to see an exhibition entitled *Fantasy: Realms of Imagination*.

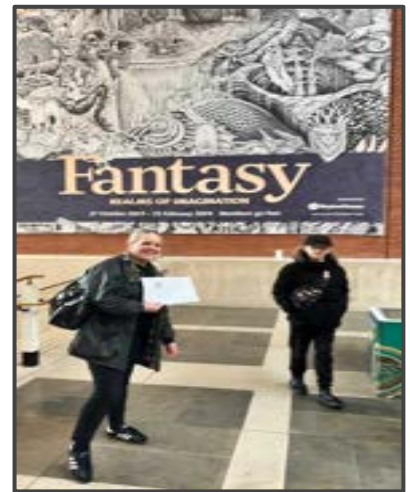
The trip complemented the current KS3 scheme of work around Alice in Wonderland and Fables. They all had a fabulous time and learned a great deal.

From The British Library

'Let our landmark exhibition cast its spell as we explore the beautiful, uncanny and sometimes monstrous makings of fantasy. From epic visions to intricately envisaged details, we celebrate some of the finest fantasy creators, reveal how their imagined lands, languages and creatures came into being, and delve into the traditions of a genre that has created some of the most passionate and enduring fandoms.'

Journey from fairy tales and folklore to the fantastical worlds of Studio Ghibli. Venture into lands occupied by goblins and go down the rabbit hole. Travel through Middle-earth and into the depths of Pan's Labyrinth. And discover how the oldest forms of literature continue to inspire fantasy authors today.

Gather your fellow adventurers and step through the British Library gates into the realms of fantasy as they have never been chronicled before. Who knows where your journey will lead...'



A Christmas Poem



The Oxen by Thomas Hardy

Christmas Eve, and twelve of the clock.

"Now they are all on their knees,"
An elder said as we sat in a flock
By the embers in hearthside ease.
We pictured the meek mild creatures where
They dwelt in their strawy pen,

Nor did it occur to one of us there
To doubt they were kneeling then.
So fair a fancy few would weave
In these years! Yet, I feel,
If someone said on Christmas Eve,
"Come; see the oxen kneel,
"In the lonely barton by yonder coomb
Our childhood used to know,"
I should go with him in the gloom,
Hoping it might be so.

Art, Design and Technology

Winter Wonders: Spreading Joy with Holiday Cards for a Cause!

In the spirit of giving back this holiday season, KS3 Group A Gardens embarked on a heart-warming collaborative project. Students, under the guidance of our visiting artist Koko Rattray, delved into the world of printmaking techniques to craft exquisite winter holiday cards. The artistic enterprise not only allowed students to explore their creativity but also served a noble cause. With the talented James leading the way in designing eye-catching posters, the school community was rallied to support the cause. The handmade cards, each a masterpiece in itself, were sold for 50p each, raising an impressive £33. The entire initiative was aimed at contributing to the Newhaven Foodbank, reinforcing the spirit of generosity and community within our school. A heartfelt thank you to Zack, James, Lilly, Aaron, Tommy, Maisie, Finley and all involved in making this charitable effort a resounding success!- Miss Davies



Culinary Adventures at College: A Feast for the Senses!

Daisy and Holz are stirring up a storm in the college kitchen, diving into a world of cultural cuisines. From the streets of Jamaica, they crafted delectable beef patties and roasted chili-infused pineapple, bringing an exotic twist to our culinary adventures.

Sweet sensations followed with sticky ginger cakes, showcasing their baking finesse. Meanwhile, savoury delights took centre stage with kofta burgers, rosti, and irresistible chocolate chip cookies. Each dish, a testament to their culinary flair, has turned our college kitchen into a hub of diverse and delicious creations. – Miss Davies



Plumbing Success at Shooters Hill College Building Services Programme

We are thrilled to highlight the outstanding success of our Building Services students this term. The program has seen remarkable progress, with students mastering accurate pipe cutting, various techniques for joining pipes (including soldering, compression fittings, and push-fit connectors), and the fundamentals of pipe bending for specific installations. These skills, honed through hands-on experience in the workshop lay a robust foundation for their future careers in the field. – Miss Davies



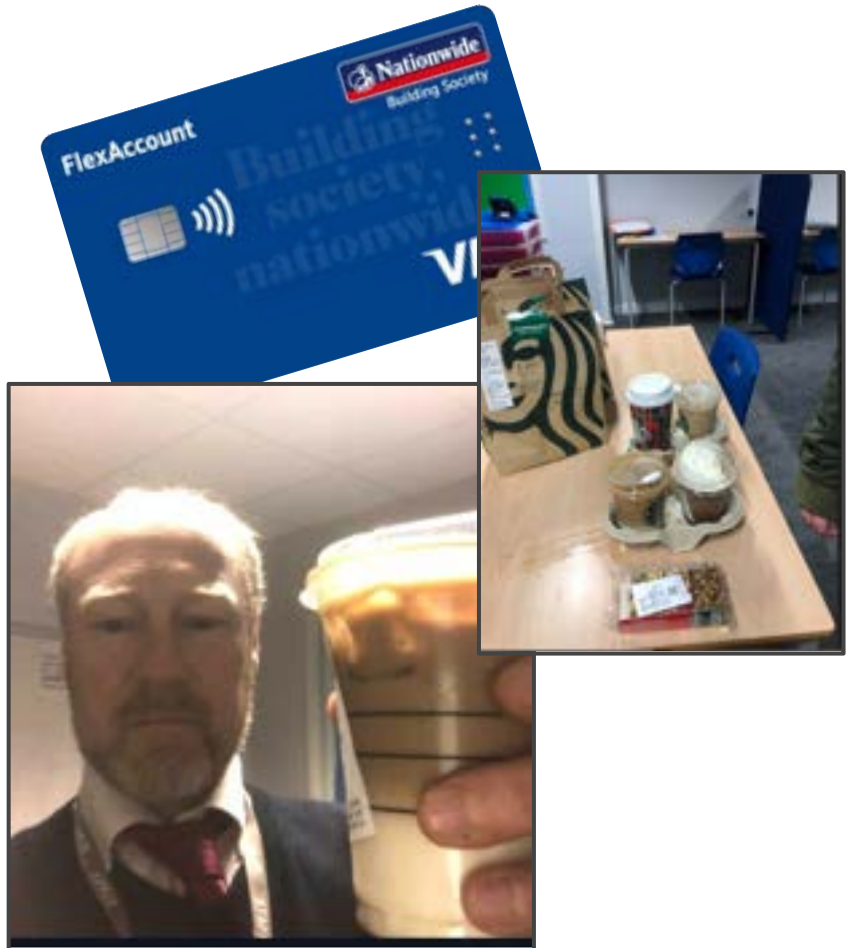
Money Matters - Maths

I need a Coffee - Money Matters in the Sixth Form

Many of our Sixth Formers at King's Park have been learning more about how to manage money and develop their understanding of how banks work

From the 'Beat the Banks' part of the curriculum Phil (head of Maths) showed how simply using the Switch service to a new current account can earn you some money. As promised by Phil when he successfully switched, there would be delivered some yummy drinks from Starbucks all paid for by the Nationwide!

We would like to encourage all students and staff to get involved in switching their accounts (and parents too)! After all it is normally the banks that beat us, so it feels good to claw something back from them, even if it is only a small treat in this case.



Performing Arts



A Trip to His Majesty's Theatre, London

We are excited to share the wonderful experience our students had during a recent trip to the theatre to watch "Phantom of the Opera." This outing provided a unique opportunity for our students to explore the world of musical theatre and appreciate the captivating performances unfolding on the stage.

The iconic production, set against the backdrop of the majestic Paris Opera House, captivated our students from the moment the curtains rose. The talented cast, accompanied by hauntingly beautiful music, brought Gaston Leroux's classic tale to life with a perfect blend of drama, romance, and suspense. The elaborate set designs and stunning costumes added an extra layer of visual splendour, transporting our students into the heart of the Phantom's mysterious world.

For many of our students, this was their first experience attending a live theatrical performance, and the impact was palpable. The trip not only provided entertainment but also served as an educational opportunity, exposing our students to the arts and fostering a love for cultural experiences. We believe such outings contribute significantly to their overall development, nurturing creativity, and fostering an appreciation for the performing arts.

We extend our gratitude to the dedicated teachers and staff who organised this memorable excursion, ensuring our students had a safe and enriching experience. As we continue to prioritise a well-rounded education for our students, we look forward to more opportunities that inspire and ignite their passion for the arts.



What a trip!

Thank you so much for inviting us on the trip to see The Phantom of the Opera. I really loved it. It was the best day ever!. This is the first time that I have been to a London theatre to see a show. I think my favourite part of the show was the beginning because of the chandelier rising, it was awesome! There were so many great songs in it but I absolutely love The Phantom of the Opera. After having seen this show I would love to see more that are similar in production and aimed more at our age group like this. It would be great if Newhaven could arrange this type of trip more often as I got so much out of it, not just the show but on a personal level, staying in a loud area , managing my own money and getting on a crowded train. Kye - Kings Park





Newhaven Hospital School at the QEH

When young people are ill, have a chronic illness or are immune compromised they often miss out on day to day and seasonal activities like play groups, school trips and parties. The aim of the "School Trip in the Hospital" programme is to provide opportunities for young people to be part of activities that would be running in their school communities.

This term we have had two opportunities to celebrate. For **Black History Month** we celebrated female activists of colour who have powered change through their activism. Our BHM celebration was a beautiful experience for staff and especially for some of our younger patients who hadn't had the opportunity to be part of shared musical experiences.



Our second party this term was the **Winter Wonderland** event which was a huge success. Events like these help to lift the mood on the ward and break the routine of having to be in the hospital. Our special guest for this event was Teddy the therapy dog.



Humanities

What's been happening in Humanities?

It's been another wonderfully productive term.

The KS3 Humanities groups have been looking at the complexities of life during the Tudor era. Looking at how politics, power and religion influenced the direction of the country and the fortunes of the monarchs. They have completed a variety of different research tasks, debates and written explanations of the tough historical questions of the age.

The KS3 RSHE students have now completed a unit on the process of transitioning from teenager to an adult and are now focussing on how to maintain a healthy lifestyle. The students have been thoughtful and engaged throughout.

The KS4 RSHE students have successfully progressed through our relationships unit and are now looking at how we keep ourselves healthy. The students have been completing workshops, booklets and taking part in thoughtful discussions throughout the term.

The GCSE History students have been completing a unit based on how health policy has progressed through the ages. They have looked at the barbaric methods of the barber surgeon and now moved onto the remarkable achievements of the renaissance era scientists. All students are now practising exam questions and honing their historical thinking skills.

History students at King's Park studied the The Normans this term and plan to travel to Battle - the historic site of The Battle of Hastings in the New Year to further their understanding of the period.

All students on the Gardens site were given the opportunity to complete a workshop provided by Greenwich Sexual Health. This gave students a unique opportunity to ask questions and find out information in an important area of health.

Well done to all of our students for another fantastic term of learning.



Henry lived here?

Henry VIII was particularly fond of ships and the navy, and Greenwich was well sited for visiting the new shipyards at nearby Deptford and Woolwich. Henry made the palace at Greenwich much larger. He built stables, forges, a new banqueting hall, and armouries to make suits of mail for soldiers.



Library

Headline Library News

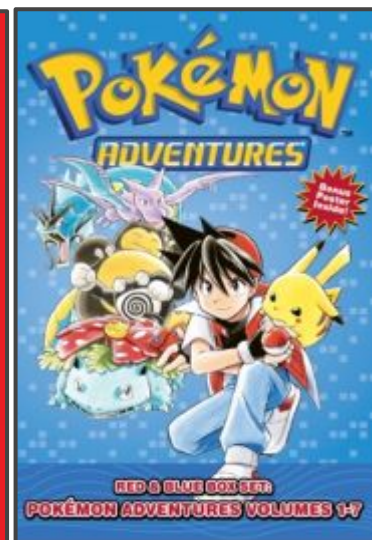
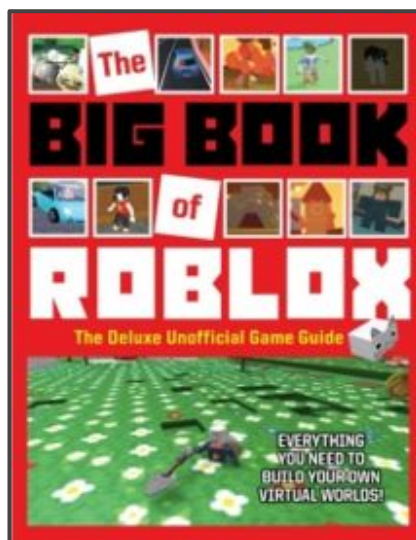
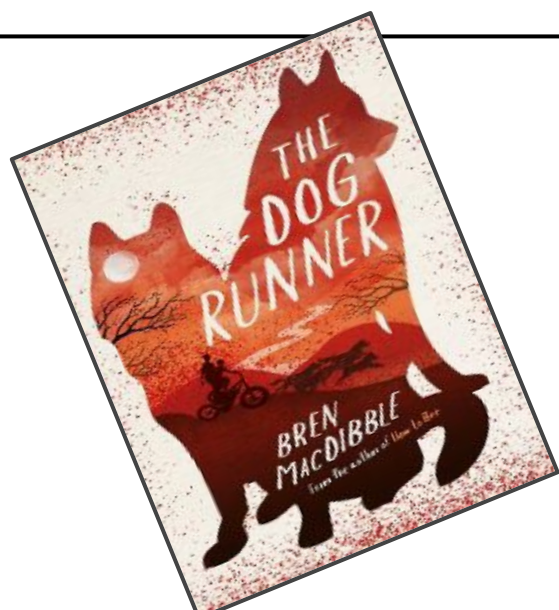
Student Voice representatives completed a pilot survey about reading for pleasure in November. With help from Sam Jones, art teacher and Student Voice lead at Kings Park, we received thirteen responses in one lunch break.

The library at Kings Park is the busiest in the school and we wanted to know more about how students discover and read new materials. The findings will help us try out some new ideas later this academic year. We will carry out a wider survey next term and let you know what we found.

Library Lessons – Kings Park

This term students have been buying new books for the Kings Park library in Room 25. This helps us build a book collection chosen by you that everyone can enjoy.

Many thanks to all the students who sat down with me to explore our supplier's website and make recommendations. Ghalib, Jacob, Evie and Matthew chose the books shown here.



Library Lessons – Gardens and NEST

Gardens students have had 'book club' style library lessons this term. We are reading 'Dog Runner' by Bren MacDibble. The fiction story is set in a dystopian world in the near future. Here Ella, the narrator, explains why she and brother Emery take a long and perilous journey across the Australian outback. Students are planning to make 'Anzac bikkies' in a food lesson next term.

"That ugly red fungus killed all the wheat for flour, killed all the oat, and sugar cane for sugar and golden syrup, along with all the grass for cows and butter. Killed just about every ingredient that me and Dad used to use when we made Anzac bikkies. I don't think I'll ever see another Anzac bickie in my whole life."

Every lesson we hone reading skills by reading aloud and discussing what we read. When we read a story, we use our brains in different ways. We form hypothesis, find evidence and make predictions. Reading for pleasure also gives us a chance to experience other worlds, meet new challenges and see life through other people's eyes.

NEST students

NEST students Vinny and Brandon have been building up librarian skills by helping prepare new books for NEST. Brandon recently had two weeks work experience in Blackheath Library and plans to develop his skills further by helping in the school library.

We used one of the library lessons to work with teacher Ms Dapaah to prepare 30 new books bought with funding from the Jack Petchey Foundation.

Library books in Newhaven School are labelled, dated, stamped and catalogued. NEST book collection is undergoing a refresh and Brandon plans to take a key role in this development next term.

Enjoy your holiday reading and I look forward to hearing all about it next year.

Carole - The Librarian

It's the way I tell 'em

Why are Christmas trees so bad at sewing?
They always drop their needles!



CHRISTMAS JOKE - WWW.PUN.ME

Who delivers presents to baby sharks at Christmas?

Santa Jaws!



CHRISTMAS JOKE - WWW.PUN.ME

Who hides in the bakery at Christmas?

A Mince Spy!



CHRISTMAS JOKE - WWW.PUN.ME

Whats the best Christmas Present?

A broken drum - you can't beat it.



CHRISTMAS JOKE - WWW.PUN.ME

What is a snowmans favorite breakfast?

Ice Crispies.



CHRISTMAS JOKE - WWW.PUN.ME

What do you get if you combine Santa and a duck?

A Christmas Quacker!



CHRISTMAS JOKE - WWW.PUN.ME

Supported Internship at QEH

The Supported Internship takes place for students aged 17 - 25 with an EHCP at Queen Elizabeth Hospital run in partnership with DfN Project Search, Newhaven School and Unity Works supported by the local council.

Cohort 2 DfN Project SEARCH Supported Internship Programme@QEH Term 2 Newsletter

Congratulations to all of the interns on their great Exam results.

ISS Facility Services Healthcare Level 1 Food safety (pass mark 15/20) ISS Manager to issue certificates in due course:

- Kirstie 19/20 PASS
- Benjamin 19/20 PASS
- Mohammed 19/20 PASS
- Angel 16/20 PASS
- Omarion 15/20 PASS



Outside of Rotations we have had the opportunity to make the following connections. Interns have expanded their horizons by learning more about Equality and Disability Awareness (what it means to them) as well as practice pitching themselves both face-to-face and virtually. Their C. V's are more polished and robust making it easier for that all important job application. In the classroom we have been focusing on Maths and English but in relation to current tasks across all rotations (e.g. multiplication and bundles in Linen; punctuation marks in Pharmacy or Chaplaincy when taking messages; analogue /digital time all rotations; capacity for front of house cleaning fluid; different types of questions all customer facing roles)

Here's a roundup of what we have been up to this term:

UK Careers Fair

10th November interns went to Tottenham Hotspur Football Stadium for the UK Careers Fair. This incorporated travel training and time management skills. All interns completed a research task ahead of the visit to identify an organisation that was of particular interest to them so that when we got there we were able to ensure we visited those companies. This was a worthwhile trip despite the heavy crowds at the venue. Interns completed application forms to show interest of vacancies listed within the local area at the event and are awaiting responses from the respective employers.



Angela Woods (H&S manager at QEH)



On 13th Nov interns had a training session with Angela Woods (H&S manager at QEH) and following on from this they have been able to incorporate some risk assessment and possible solution to a hazard in their current rotation that they will present at their EPM to their mentor.

Post 16 Careers fair at Newhaven School

On 23rd Nov Zak and I attended a Post 16 Careers fair at Newhaven School (4.30-6.30pm). This was beneficial in terms of highlighting supported internships to parents, however, many of the students were too young for the programme commencing 2024.



LGT Disability Awareness

- On Tuesday 28th Nov interns, Zak and Myself attended the LGT Disability Awareness event during which we outlined DfN Project SEARCH, Supported Internships and how we operate at QEH. Each of the interns shared their experiences of the programme (rotations; mentors, positive impact to their personal and professional life). They received some very nice feedback from the attendees of the meeting who were impressed by their journey as well as presentation skills.



THINKING OUTSIDE THE BOX

Interns were asked to think of a suggestion they could make to the Manager/Mentor:

ANGEL – CHAPLAINCY

"A suggestion I would like to make is regarding the noise and people talking in the corridor which can be heard inside the Chaplaincy office.

Maybe we can put a poster up saying "No shouting, please keep noise to a minimum. Prayer taking place"

BENJAMIN-PHARMACY

A recommendation I would like to make is inside the storeroom on the left-hand side where the boxes are kept, the heavy boxes should be moved from the top shelf to the bottom shelf to prevent spine injuries.

MOHAMMED-CHEMO WARD

A suggestion that I would like to offer to the Chemo Ward is to write down a list of things that an intern can use and remember to bring for stock from the storage room

OMARION-LINEN

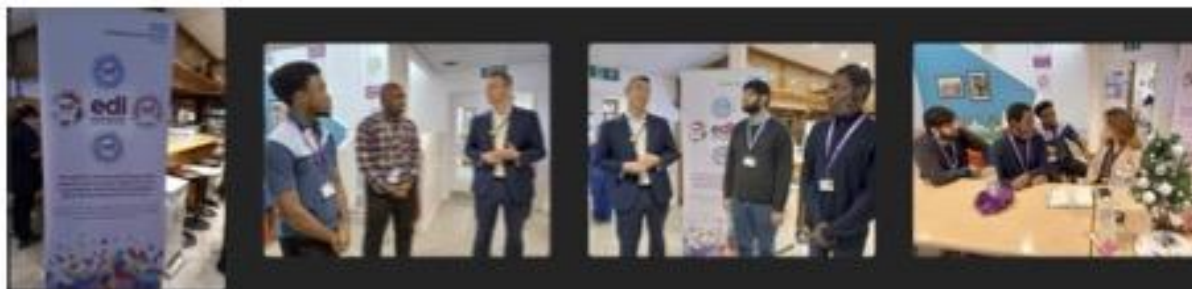
A suggestion I would like to make is that anyone not from the Linen team should be shown manual handling to ensure they are lifting heavy loads correctly.

ROTATION ONE

Omarion	<p>Something that I am proud of is remembering the weekly routine and completing all of my tasks, to a high standard, within the time allocated for the team.</p>	
Benjamin	<p>Something that I am proud of is being considered a valuable member in the pharmacy team. How quickly I picked up the role despite my initial nerves. Also, being trusted with additional jobs not on my job description due to my speed of my work.</p>	
Angel	<p>I am proud of being more confident in myself I feel I can communicate better with new people. I feel less nervous and also am starting to trust new people in my work team. I am also proud of improving my ICT skills. Now, I can send emails with attachments, create PowerPoints, research online and play Kahoot.</p>	
Mohammed	<p>I am proud at how I am able to juggle time between Ward 21 and Chemo Ward and remembering the many tasks which need to be done to help both places during my shift. Also, building my confidence to talk to patients and staff.</p>	

EDI CLOSING CEREMONY

On Thursday 14th Dec interns were able to attend the closing ceremony for the Trust Equality and Diversity event. They were fortunate to meet with the CEO, Ben Travis, and members of the EDI Team. It was a great opportunity for the interns to network as well as further develop their confidence and public speaking skills. A very big "Thank you" to Etherline Joseph for accompanying interns on our behalf.



ROTATION TWO PLACEMENTS;

Benjamin – Pharmacy Assistant (Manager: Lynn Cope and Mentor: Larisa Jemeljanova)

Omarion – ISS Back of House Assistant (Manager: Yolanda Margarit-Borras Mentor: Ricardo Bettencourt)

Angel – ISS Front of House Assistant (Manager: Yolanda Margarit-Borras Mentor: Joanna Pierce)

Mohammed – ISS Domestic Linen Assistant (Manager: Dave Cole and Mentor: Shaun)

DATES FOR THE DIARY:

Zak and Sonia return Thursday 4th Jan 2024 and interns will be back on 8th Jan 2024

Rotation 2 4th Jan 2024 until 22nd March 2024

Half term Mon 12th Feb 2024-16th Feb 2024 (one week)

Family Curriculum Day Wednesday 7th Feb 2024

Employment Planning Meeting 3 scheduled 24th and 25th January 2024

HAPPY HOLIDAYS TO YOU AND YOUR LOVED ONES.



Coping with Christmas



Hi Everyone, it's Rekha here, I just wanted to help our school community get through Christmas. Whilst Christmas is a really important part of life in the UK, it can also be really difficult for many people, young and old. Christmas can really impact on people's mental health.

How might Christmas affect my mental health?

Christmas can affect our mental health in lots of different ways. For some people, Christmas is a part of your life, and for others, it's happening around you! It's a time of year that often puts extra pressure on us.

Christmas could affect your mental health if you:

- Wish you didn't have to deal with Christmas, or find it stressful because of other events in your life
- Feel alone or left out because everyone else seems happy when you're not
- Feel frustrated by other people's views of a 'perfect' Christmas, if these feel different to your experiences
- Have ideas about what Christmas should be like, feel as if you need to enjoy it or worry something will disrupt it
- Feel like Christmas gives you something to focus on and look forward to, and find it difficult when it's over
- Look back at difficult memories, regret things about the past, or worry about the coming new year
- Feel overlooked, for example if you celebrate other religious festivals or holidays that get less attention

- If you lost a loved one this year and Christmas will be different without them

Listening to other people's exciting plans can make people feel bad if they don't have positive relationships in their life or if they're struggling to manage lots of other things.

It's also a time of year when you might not be able to access services that normally help, if they're closed during the Christmas period.

Your usual routines may be disrupted, which might make it harder to manage your mental health.

You might be struggling this year for the first time. Or you may have found Christmas difficult in the past, and you're dreading it again this year.

You may also enjoy Christmas, but not be able to celebrate it how you'd like to. Or you might find some parts enjoyable, but other parts stressful.



Money worries

Christmas can be very expensive. And worrying about money can have a big impact on our mental health. Mental health problems can also make it harder to earn or manage money. You may be worried about:

- **Not having enough money** or being in debt.
- Worrying about how you're going to afford Christmas, as well as the **cost of living** in general. Citizens Advice has more information on how to get help with cost of living.
- Coping with the **timings of payments, benefits or wages** over bank holidays can be stressful.
- **Things being closed** when you need them. For example, food banks and other support services might be closed on public holidays.
- **Extra costs and pressure to spend money.** For example, worrying about the cost of buying presents. Or spending more money on Christmas food or clothes. Money Helper has information on managing money at Christmas
- **Letting people down** if you don't have enough money to spend on Christmas. For example, if you can't afford to buy gifts.
- Existing **problems with managing money** and your mental health, which might feel more difficult at Christmas.

Practical issues

There can be lots of practical issues to think about over Christmas, which can affect our mental health:

- **Finding care for children or dependents**, for example if you need to work while they are at home.
- **Finding enough time to do everything** to prepare for Christmas.
- **Travelling, logistics and staying somewhere else** being difficult to organise. This may feel stressful or disruptive.
- **Being a carer**, such as needing to plan for the person you care for within your Christmas plans.
- **Impact on sleep** and your routine.
- Feeling 'other' in conversations about how people had happy holiday seasons can really take a toll, and it can make you nervously anticipate or resent upcoming holidays where a happy nuclear family is idolised in the media.

People who aren't around

Christmas can be very difficult if we can't spend it with people we would like to. There are lots of reasons why people may not be around, such as:

- **Estrangement**, when you're not in contact with family members. Find support from the estrangement charity Stand Alone.
- Bereavement, whether it's recent or if some time has passed. The charity CRUSE has more information about coping with grief.
- **Divorce, separation and break-ups**, which may affect how much you see loved ones at Christmas. RELATE has information on dealing with relationship issues at Christmas.
- **Health problems**, for example if you or someone close to you is unwell. This might mean you need to spend Christmas apart when you'd rather be together.
- **Practical reasons.** You may not be able to see people at Christmas because of problems with transport or costs.

Loneliness

Not having people around us can feel more difficult at Christmas when there are lots of images of families and friends together.

Even when we have people around us, we might feel lonely. This may be because we feel like we have to hide our feelings, or act differently around some people.

If you have a mental health or physical health problem, you might feel like you can't join in with Christmas celebrations. You might also feel this way if you're a carer.

Or if you have to spend Christmas in a care home or hospital, this may feel lonely. Particularly if others around you have been able to leave for Christmas or have people visit.

Difficult situations and relationships

At Christmas, we may feel forced to see people or do things that we don't want to. It can be harder at this time of year to avoid difficult or upsetting situations. This might include:

- This may include seeing people who remind you of difficult or traumatic experiences.
- **People not accepting you.** For example, if family members don't accept or understand your mental health problem.
- **Difficult relationships**, such as with a partner, family member or co-worker. RELATE has support and advice which may help.
- **Dealing with other people's expectations** or decisions. This might include family norms, or religious or cultural expectations.
- **Demands on your time**, including pressure to socialise or see people, whether it's online or in person.
- **Difficulty setting boundaries** and having less privacy. For example, having to spend time or share your plans with other people.
- Listening and empathy, including feeling **pressure to be available** for others.
- **Worrying about gifts**, such as what you buy, who you buy for and how they'll be received.

Society and the outside world

Things going on in the outside world, and society's expectations, can make Christmas harder to cope with. For example:

- **Feeling pressure to enjoy yourself** and look happy.
- **Media, adverts and representations of Christmas feeling upsetting and hard to avoid**, and looking different to your experience of Christmas.
- **Stigma and misconceptions about mental health** from the people around you or in the media.
- **Feeling upsetting or difficult news stories** or events in the world.
- **Feeling overlooked** if festivals, holidays and religious events you celebrate don't get the same attention as Christmas.
- Public spaces with **more noise, lights, smells and long queues** than usual, which can be overwhelming.
- **Worries about getting sick** or feeling pressure to be around others when you don't want to.
- Expectations about food and alcohol. This may include **pressure to eat and drink** things you don't want to, or can't. Or hearing comments about food, diet or lifestyle.

Access to support and services

- **Some services may not open** or may run a reduced service, such as [crisis teams](#) and some [helplines](#). And it can be harder to find out quickly what service to use, if opening hours change.
- **GP surgeries may close at certain times** over the festive period. And you might find it harder to book an appointment. For medical help, you can contact [NHS 111 in England](#). Or call 999 if it's an emergency.
- **Therapists often don't work over the festive period**. This may include if you have online or telephone appointments.
- **Pharmacies may close** and it can be harder to get medication. The NHS has information on [getting out-of-hours medication and emergency prescriptions](#).

COPING TIPS

1. Keep it in perspective

"Remember it is a normal day of the year."

You've got this! Christmas can be as big or as little an event as you want it to be. Remember it is a normal day of the year, so you won't be the only one struggling. It's okay not to feel festive.

2. Don't bottle up your feelings

"Talk to people you trust."

One of the biggest mistakes people make is bottling up negative emotions. Don't bottle up your worries and feelings; talk to people you trust. Don't be afraid to pick up the phone, even if it is just to send a simple text message to a friend or family member. Use your diary and write down how you feel.

"Don't be afraid to pick up the phone, even if it is just to send a simple text message to a friend or family member."

3. Use your time well

"Do things which make you happy."

This doesn't mean pressuring yourself to be the life and soul of the party or becoming overwhelmed trying to please everyone. Use your free time to do things which make you happy and occupy your time. Those things are different for all of us but it could be as simple as reading a favourite book, watching some Christmas TV or catching up with family.

Be social if you can. Social situations may seem overwhelming but even small interactions can help you feel more connected.

4. Take time for yourself

"Remember to have some time for yourself."

It's great to spend time with family but remember to have some time for yourself. Take breaks from social situations if things get rough and don't be afraid to step out of situations if you need to.

"Allow yourself the time and space you need to cope, and make decisions that suit your needs."

5. Make adjustments to suit your needs

"Prioritise whatever it is that will help you relax and feel calm."

Allow yourself the time and space you need to cope, and make decisions that suit your needs. If the crowds make you anxious, you could do your shopping online. If you don't want to spend time with your family on Christmas Day, perhaps consider volunteering with one of the food banks who provide a special meal for the homeless on Christmas Day.

Prioritise whatever it is that will help you relax and feel calm.

Where to turn to when we are not around

Useful Website Links Operated by Oxleas NHS Foundation Trust:

http://headscapegreenwich.co.uk	A self-help website for young people seeking help and advice on mental health issues.
http://headscapebexley.co.uk	

External Links:

https://www.kooth.com/	Anonymous online support for young people aged 11-19yrs
www.childline.org.uk	Child Line for under 19yo
www.youngminds.org	Information and advice
www.bigwhitewall.com	16+ online supportive community
www.listeningears.org	Young women aged 13-19 years
www.kidscape.org.uk	Support and info regarding bullying
www.bullying.co.uk	Bullying UK (advice parents and schools)
www.dad.info	Useful articles, podcasts and other links
www.onespace.org.uk	Website for single parents – online forums and parent courses
www.psg.org.uk	Parent Support Group – helpline and advice
www.challengingbehaviour.org.uk	Challenging behaviour foundation
www.parentzone.org.uk	Parent Zone
http://familylives.org.uk	Previously Parent Line – online forums and parent courses
www.addiss.co.uk	The National Attention Deficit Disorder info and support service
www.mind.org.uk	Mental health charity

Stay Safe
Have a wonderful break and a
Happy New Year

We will see you all again on
January 5th 2024

