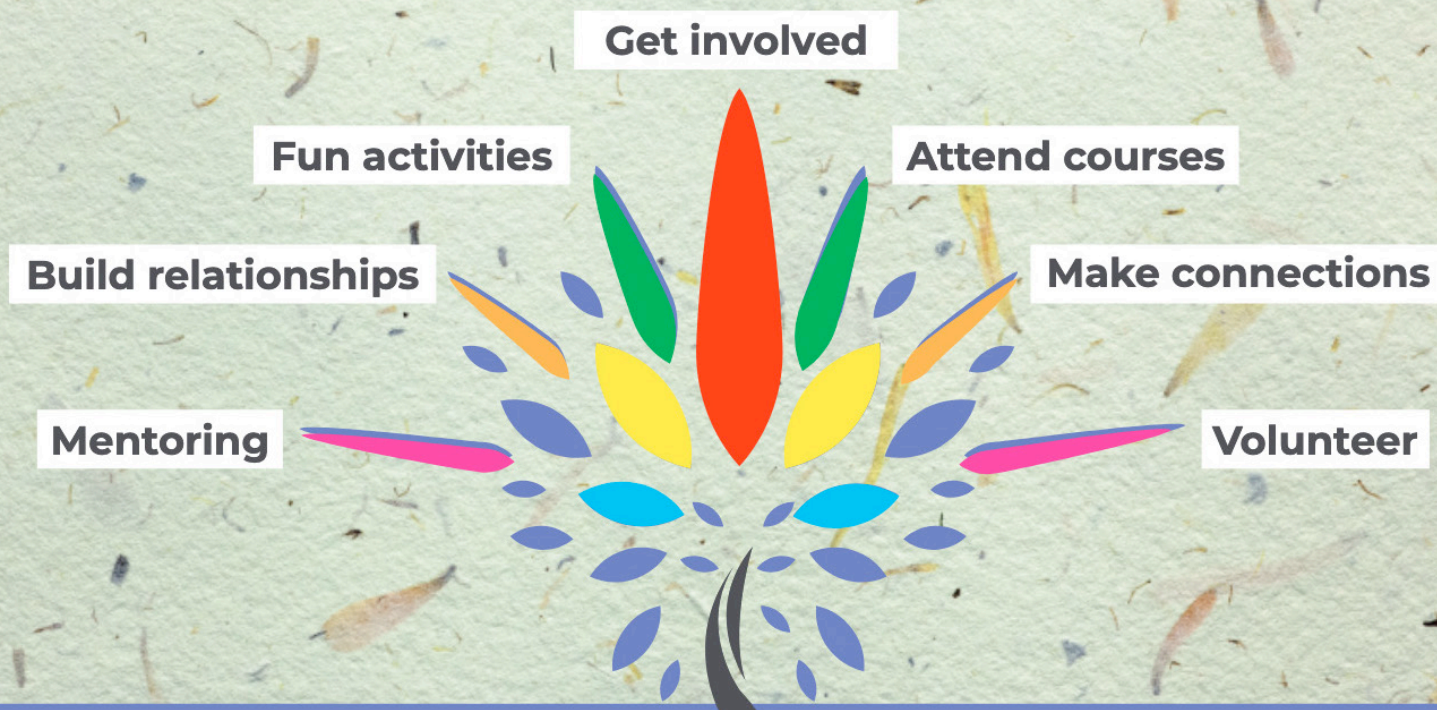


Essex Family Support Service

E-Bulletin December 2020



Community360 are working in partnership and collaboration with other charities and groups across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service. We've partnered with Virgin Care and Barnardo's and want to provide as much support as we can to you and your family.

Our team of staff & volunteers are here to provide one to one support for you & your family. For details on how to refer to our service, see the last page of this bulletin. We look forward to hearing from you.

Focus on **christmas**

With the nights drawing in, it's time to wrap up warm & enjoy the seasonal changes. We've weathered some huge shifts this year & come together to support each other throughout this difficult period. It may now be time to rest, reflect & re-energise so that we can carry on these amazing efforts into the New Year. We hope, whether you celebrate Christmas or not, that you are able to enjoy mid winter with your family, whatever that looks like for you. Here are some ideas to keep things moving positively as 2020 comes to a close. Treat yourself with kindness & indulge yourself in self-care this December. We wish you all the best for 2021 & look forward to continuing our support.

**Check out our community calendar here...
www.community360.org.uk/christmas-calendar**

Day One

Get crafty & create something fun – an alternative to the traditional tree might be ... festive crafts from Forestry England.



[click to read on..](#)

Day Two

Bake salt dough ornaments or hunt for candy cane clues around the house



Day Three

Embrace mid winter - light some candles, get the torch & binoculars out & look up at the stars. Why not plan a star gazing trip?

[click to read on..](#)

Day Four

Why not try a new hobby or exercise routine?



Day Five

Plan a family outing this Christmas



[click to read on..](#)

Day Six

Make cards and send them to family members you won't see.



Day Seven

Call a friend for support



Day Eight

Decorate a gingerbread house or bake holiday cookies, here's some recipe ideas



[Click to read on..](#)

Day Nine

Volunteer or carry out an act of kindness



Day Ten

Colour or paint something



Day Eleven

Support & visit local organisations, one idea here Christmas at Colchester zoo



[Click to read on..](#)

Day Twelve

Go for a walk somewhere new



[Click to read on..](#)

Day Thirteen

Mindfulness - take some time to find a moment of calm with Insight Timer



InsightTimer

[Click to read on..](#)

Day Fourteen

Festive zoom quiz?



Day Fifteen

Make cocktails and mocktails - here's a list



[Click to read on..](#)

Day Sixteen

Go for a sensory walk on crisp morning - which wildlife can you spot?



Day Seventeen

Call an elderly family member



Day Eighteen

Play the family's favourite board game



Day Nineteen

In need of a family outing?
Here's one idea Christmas at
Marsh Farm



[Click to read on..](#)

Day Twenty

Make your own
decorations –
holly, ivy, lights,
ribbons, pom
poms & glitter
- think Kirsty
Allsopp



[Click to read on..](#)

Day Twenty One

Listen to or sing some
Christmas carols; a
play, comedy sketch or
audiobook



Day Twenty Two

Celebrate winter solstice



[Click to read on..](#)

Day Twenty Three

Watch a film together



Day Twenty Four

Hug someone
you love in your
household and
share your love,
don't forget pets
count too



Day Twenty Five. Merry Christmas!

Celebrate Christmas day in a way that is meaningful for you



Day Twenty Six. Boxing Day!

Go to your nearest nature spot -the garden, the park, a forest, the seaside for some natural goodness



Day Twenty Seven

Make hot chocolates, snuggle up & read stories



Day Twenty Eight

Do something kind for a family member



Day Twenty Nine

Self-care – run a bubble bath, read a book, listen to a podcast



Day Thirty

Tidy up the house together – all hands on deck!



Day Thirty One

Reflect – what are you thankful for?
What would you like to do more of in 2021?
Set some intentions for the year ahead.

HAPPY NEW YEAR

2021

Family Action Support Line 0808 802 6666 Text: 07537 404 282

Email: familyline@family-action.org.uk Mon-Fri, 9am to 9pm

<https://www.redcross.org.uk/get-help/coronavirus/support-line>

<https://www.redcross.org.uk/stories/health-and-social-care/health/coronavirus-dr-radha-childcare-tips>



Get in touch!

Please let us know what you would like to see in the next edition.
How can we help you and your family?

You can call us on:
T: 01206 505 250

Or you can email us at:
E: families@community360.org.uk

You can also find us online:

f [community360org](https://www.facebook.com/community360org)

@community360org

W: www.community360.org.uk