

Winter Wellbeing

A different kind of festive season



For some people the festive season is something to look forward to, but for others it can be one of the toughest times of the year.

This is especially so for 2020, as most of us have seen huge changes in our lives due to Covid-19, social distancing and lockdown rules. This year we have had to cancel plans, change many aspects of our lives and stay away from those that we love and care for.

The festive season will be very different for a lot of us this year and this may cause sadness, uncertainty or worry.

We might not be able to spend time with friends and family or attend the groups, community or faith functions as we have done for years.

This leaflet includes some tips, ideas and information to help manage some of the challenges you might face during the festive season.



Winter wellbeing tips

In this section we focus on keeping well during the winter period, and some thoughts on how to adjust routines as restrictions come and go.

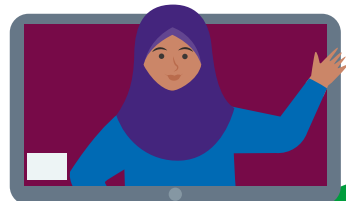
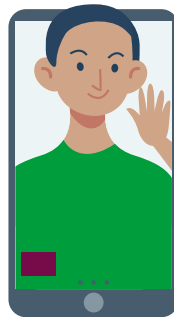
Staying connected

Keeping in touch with friends, family and the people we trust is important. With the pandemic, the festive season may feel different this year and this may make you feel sad or low. Talking to others can really help. Although we might not be able to be together physically, we can provide and receive emotional support from each other. You can keep in touch with family and friends using the phone or free video services such as Whatsapp, Facetime, Skype and Zoom. Alternatively, see the end of this leaflet for professional support lines.

Being alone during this season can feel very hard. Find out what is going on in your local area, whether it be community-based, covid-safe groups, or social online activities. Please find details of services at the end of this leaflet. Or check local newspapers and the internet to discover online and community events to join.

Self-compassion and the New Year

The end of the year can be a time for reflection. For many, this year has been tough, and we all deserve self-compassion. Notice and celebrate your efforts and the things you did well, including what you have done differently to cope with the lockdown. If you make New Year resolutions, consider something that will help you to look after and be kind to yourself.



Some top tips

Feeling worried or anxious is normal, especially as dealing with a pandemic is a new and scary experience. It is important to try and create a wellbeing routine so that we can add balance back into our lives:

- Be kind to yourself – the festive period can be a very difficult time
- Make a list of things you are managing and things you are struggling with. If you are finding something difficult, is there anyone that can help you? If you can take action, what do you need to do?
- Set a goal for yourself to work towards, and think of the smaller steps you need to complete to achieve your goal
- If watching the news feels like too much, try to limit the time you spend on (social) media
- Try to think about the present, search for mindfulness videos on YouTube to help
- If you cannot celebrate in the same way this year think of what else you would like to do and make a plan.

A positive note

End your day on a positive note, by spending a few minutes before bedtime to think about something positive that happened in the day – or something positive you hope will happen in future.



We are here to help

If you are finding that things are too much for you or a friend or family member, here are some services that can offer more support:

NHS Every Mind Matters

A dedicated NHS wellbeing website with useful resources such as helpline numbers, apps, guidance on wellbeing and relaxation techniques.

www.nhs.uk/oneyou/every-mind-matters

Community Living Well

A free and confidential talking therapies service for anyone over 16 and registered with a GP in Kensington and Chelsea or Queens Park and Paddington who need support with their mental health.

www.communitylivingwell.co.uk
Tel: 0203 317 4200

Age UK Advice Line

The phone line is a free, confidential national phone service for older people, their families, friends, carers and professionals. The team will give you information that is reliable and up to date and help you to access the advice you need. Available 8am to 7pm every day.

Tel: 0800 678 1602

Grenfell Health and Wellbeing Service

A talking therapies service open to children and adults who were affected by Grenfell. If you have been having difficulties since Grenfell, and Covid-19 and lockdown have brought back difficult memories, emotions and feelings, we are here to help. You can self refer online or give us a call to talk through your options, even if you have accessed our service before.

www.grenfellwellbeing.com
Tel: 0208 637 6279

Samaritans

This is a free, 24 hour service offering confidential support for adults and young people experiencing feelings of distress or despair.

Tel: 116 123

SPA

Provides 24 hour telephone support for people in a mental health crisis.

Tel: 0800 0234 650



SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

www.sane.org.uk/support

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum:

www.sane.org.uk/supportforum

Refuge

Advice on dealing with domestic violence.

www.refuge.org.uk

Tel: 0808 2000 247

(24-hour helpline)

Citizens Advice K&C

For confidential, impartial, advice and guidance you can contact Citizens Advice. They can provide information on a range of things, including financial matters.

www.citizensadvice.org.uk

Tel: 0300 330 1174

Email: advice@kensingtoncab.org.uk



Childline

Free confidential support to children, young people and their families.

Calls are free from landlines and mobiles in the UK. And they won't show up on your phone bill. Even if you don't have credit on your mobile phone you can still call for free.

Lines are open 7.30am to 3.30am.

Tel: 0800 1111

One You

One You can provide tailored sessions to support you with making lifestyle changes, including around eating habits and exercise.

<https://oneyou.rbkc.gov.uk>

Turning Point

For advice and support on alcohol and drug misuse, Turning Point has a range of services on offer.

For more information or to contact them visit their website.

www.turning-point.co.uk

K&C Christmas Collective Activities

If you would like to know more about local activities happening around Christmas and the New Year, you can find out more from the Christmas Collective website.

www.whatifchristmas.com/more-more

Additional resources

Mindfulness Video

[www.youtube.com/
watch?v=wfDTp2GogaQ&app
=desktop](https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop)

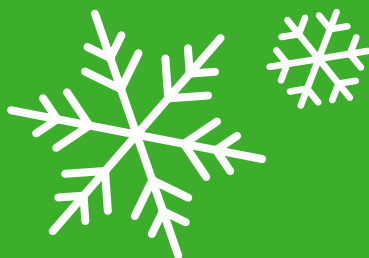
Or visit www.youtube.com and search 'Every Mind Matters Mindful Breathing Exercise'.

Self-help leaflets with various advice

<https://web.nrw.nhs.uk/selfhelp>

How to make a video call

[www.bbc.co.uk/news/
technology-51968122](https://www.bbc.co.uk/news/technology-51968122)



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish