

# newsletter





December 2024, 5th issue

Hello everyone! We are back with another **Community Mental Health Support Map Derbyshire** newsletter issue.

This month's newsletter focus can't be on anything else but Christmas! **Merry Christmas** to those of you who celebrate and let's look at some additions on the map. Christmas can be a challenging time for some but it is extremely important to take care of yourself and keeping well during this period of time. For that cause, we have dedicated one whole layer to **Christmas Support 2024**.



## CHRISTMAS SUPPORT 2024

-  Calm Christmas
-  Christmas Connection
-  HELPLINES OPERATING AROUND CHRISTM...
-  Keeping well at Christmas

**Calm Christmas** offers a wide range of FREE online courses to help you cope in the lead up to Christmas and beyond. Topics that are covered are: Getting out and about, Top Tips for surviving Christmas, Calm and Wellbeing, New Year, New Ideas, New You and Winter festivals.

**Christmas Connection** is a project providing help to those parents who cannot afford to buy their children Christmas presents. You can check out the attached link on the map for more information on how to either donate toys for children or how to register to obtain donations. We also listed some of the **helplines operating around Christmas** and mentioned which ones are open or closed on which day. Lastly, **Keeping well at Christmas** is an information listing on how to cope with difficult feelings that might arise around Christmas time.

There will be more additions to this layer for sure but if you please know about anything that could be added, don't hesitate to reach out!



# Free Wellbeing Courses and Workshops

In our Free Wellbeing Courses & Workshops, you can find plenty of upcoming free mental health events at Grapevine Wellbeing Center in Buxton happening in January 2025 that you can already sign up for!

*Wednesday 15th January 2025, 6.30pm-8.00pm*

**“Coping with the New Year”** with Angela Williamson, psychotherapist and motivational coach. At a time of New Year’s Resolutions and high expectations, learn how we can be kinder to ourselves.

*Thursday 23rd January 2025, 6.30-8.00pm*

**“How to start your day right”** with Georgina Burdett from For the Love of Tidying. Explore the profound impact that decluttering and organising can have on your mindset and how you start your day.

*Tuesday 11th February 2025, 6.30pm-8.00pm*

**"Understanding sexual violence and its impact"** with Helen Jackson, Training Manager at The Survivors' Trust.

*Thursday 27th February 2025, 6.30pm-8.00pm*

**“Exploring Grief and Bereavement”** with Liz Fletcher from High Peak CVS’s Bereavement and Loss Support Groups. (This is a repeat of the talk Liz gave in May).

You can book a place by **grapevinejanis@outlook.com**, or you can book on the following page: <https://www.eventbrite.co.uk/o/grapevine-project-45939036893>

## Embedding the map on your website:

Our map can be embedded on any website which makes it incredible easier for clients to access it. The map has already been embedded on **Derby & Derbyshire Emotional Health & Wellbeing** website and also **Derbyshire Voluntary Action** website. We thought that this might be very useful for groups that have a website and would want to embed our map on there. If you wish to do so, please reach out and we can assist with that.



## Next issue in Spring time!

As some of you may know, the monthly newsletters have been created by Zuzana who was an intern from the University of Derby with Rethink (DRPSS) for the past 6 months. This being the last month with DRPSS, the newsletter will not be published for the following few months. I (Zuzana) have incredibly enjoyed creating this newsletter, working on the map and other projects with DRPSS and will be looking forward for receiving the next issue in Spring from possibly a new intern. I will be relocating and pursuing career in my original degree but I would like to thank everyone who I had the pleasure to meet and get to know, thank you for your support and guidance and hopefully we will bump into each other someday somewhere.

**Thank you and Merry Christmas!**

## keeping in touch:

Please do not hesitate to contact us for any information, questions or possible listings for the map at the following email address:

**[mark.hudson@rethink.org](mailto:mark.hudson@rethink.org)**.

**Derbyshire Recovery & Peer Support Service**