

# Chadsgrove

## Family Support Newsletter

### 10th July 2020



Issue #10

Need anything translating?  
Let your weekly contact know.

**Hello and welcome** to the 10th issue of Chadsgrove's Family Support Newsletter! We hope that this newsletter finds you all safe and well. As always, any questions or concerns, please let your weekly contact know. Have a fabulous week!

**NSPCC**   
**HELPLINE**  
**0808 800 5000**  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

*Most people feel stressed sometimes and some people find stress helpful or even motivating. But if stress is affecting your life, there are things you can try that may help.*

*Support is available if you're finding it hard to cope with stress.*

[www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/](http://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/)



### ACTION CALENDAR: JUMP BACK JULY 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of things that you're looking forward to	2 Find an action you can take to overcome a problem or worry	3 Adopt a growth mindset. Change "I can't" into "I can't...yet"	4 Be willing to ask for help when you need it today (and always)	5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy
8 Get the basics right - eat well, exercise and go to bed on time	9 When things get tough, say to yourself "this too shall pass"	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 When things go wrong, be compassionate to yourself	13 Challenge negative thoughts. Find an alternative interpretation	14 Go for a walk to clear your head when you feel overwhelmed
15 Find fun ways to distract yourself from unhelpful thoughts	16 Set yourself an achievable goal and make it happen	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 Write worries down and save them for a specific 'worry time'	20 If you can't change it, change the way you think about it	21 Ask yourself: "what's the best that can happen?"
22 Make a list of 3 things that you feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead	26 Identify what helped you get through a tough time in your life	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent challenge
29 Catch yourself over-reacting and take a deep breath	30 Ask for help from a friend, family member or colleague	31 Remember we all struggle at times - it's part of being human	"Everything can be taken from a man but one thing: to choose one's attitude in any given set of circumstances" ~ Viktor Frankl			

ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

**TINY Happy PEOPLE**  
Your words build their world

Here to help you develop your child's communication skills.

[www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)

**WellChild** 

the national charity for sick children

COVID-19 advice and support from WellChild.

[www.wellchild.org.uk/coronavirus/](http://www.wellchild.org.uk/coronavirus/)

**WORCESTERSHIRE ASSOCIATION OF CARERS**

Helpline: 0300 012 4272  
**Events**

Free events, Webinars, courses, advice and support for carers.

[www.carersworcs.org.uk/Pages/Events/Catalogue/events#](http://www.carersworcs.org.uk/Pages/Events/Catalogue/events#)

**LIFESKILLS CHALLENGE**

ASDAN LifeSkills Challenge

[www.caudwellchildren.com/asdan-lifeskills-challenge/](http://www.caudwellchildren.com/asdan-lifeskills-challenge/)

These challenges promote a variety of different skills and cover a wide range of different topics – they are usually about being able to do things and they can all be adapted to meet the individual needs of the children. **CERTIFICATE AVAILABLE!**

## Don't suffer in silence

Call the National Domestic Abuse Helpline on: **0808 2000 247** (women)  
**0808 8010 327** (men)

If you are in immediate danger, call **999**. If you can't talk dial **55** and help will come.

[gov.uk/guidance/domestic-abuse-how-to-get-help](http://gov.uk/guidance/domestic-abuse-how-to-get-help)

**Thrift Corner!** We have searched the web to find some great deals that could save you ££s!



\*\*\*FREE GREETING CARDS\*\*\*

[www.latestfreestuff.co.uk/free-household-stuff/free-greeting-cards-3-pack/](http://www.latestfreestuff.co.uk/free-household-stuff/free-greeting-cards-3-pack/)



\*\*\*FREE COSTA COFFEE\*\*\*

[www.moneysavingexpert.com/deals/costa-coffee/#52825](http://www.moneysavingexpert.com/deals/costa-coffee/#52825)



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