

# WellBeing

EDITION NO.4

St. Gregory's Catholic High

Christmas 2022

## COST OF LIVING CRISIS AT CHRISTMAS WHERE TO SEEK HELP IN A TIME OF CRISIS

Christmas could look very different for many families across Warrington this year. The cost-of-living crisis is already putting a massive strain on households this winter and what with the recent bitterly cold weather, it all adds up to a great deal of worry and stress.

If you need help there are a number of food banks across Warrington run by different organisations. Some require a voucher in order to use them while others allow you to visit when you need to.

Where to go:

### **Warrington Foodbank Information Centre, Golden Square.**

Open Tuesday to Saturday 10am-2pm

This is NOT a food bank but can provide advice and guidance

### **Help for Households: Cost of living payments**

<https://helpforhouseholds.campaign.gov.uk>

### **For Warrington specific cost of living support:**

<https://www.warrington.gov.uk/cost-of-living-support>



### **How do I get a voucher?**

If you need help from a Trussell Trust foodbank then there are a few steps to go through. The easiest and quickest way is to get in touch and they will take you through the process of obtaining a voucher.

### **Phone:**

07583 080 521

### **Email:**

[info@warrington.foodbank.org.uk](mailto:info@warrington.foodbank.org.uk)

Remember that you are not alone. So many others are experiencing the same worry and distress and we should all be kind, understanding and loving to one another, especially to those who are struggling the most.



If you can afford to, then please donate to the Trussell Trust

Text TRUSSELL then your amount (eg TRUSSELL 5) to 70085



## 5 Ways to Wellbeing over Christmas

### Connect:

spend time with people who are important to you. If you know someone who might be lonely or on their own over Christmas why not spend some time with them?

### Be Active:

at a level that suits your mobility and fitness. Why not try Mental Health UK's Scavenger Hunt: Winter Walkabout

### Take Notice:

be curious! Appreciate what is happening now, and don't dwell on the past or worry about the future. Put a mindfulness book on your Christmas list.

### Keep Learning:

Try something new, or a different hobby. Learning can be fun and also increase our confidence. Take up a new hobby or sign up for a class in the new year.

### Give:

Do something thoughtful for someone else, or volunteer your time. It's been proven that an act of kindness boosts your mood and increases your wellbeing.








## 5 Ways to Wellbeing

### Scavenger Hunt: Winter Walkabout

The **5 Ways to Wellbeing** are a good starting point when thinking about ways to support your own mental health.

Going on a winter walkabout and looking for items listed on the scavenger hunt below is a great way of taking notice and being active!

Make sure to wrap up warmly! Why not take a flask of a hot drink with you for a warming rest stop during your walkabout?

- Something soft 
- Something beautiful 
- Two different types of evergreen leaves 
- An icicle 
- A little robin red breast 



**NHS**  
North West  
Boroughs Healthcare  
NHS Foundation Trust

**Need urgent help with your mental health?**

Live in Halton, Knowsley, St Helens or Warrington?  
Call us on our new Freephone number! We can help.

 **0800 051 1508**

[www.nwbh.nhs.uk/help-in-a-crisis](http://www.nwbh.nhs.uk/help-in-a-crisis)

## Safeguarding children in Warrington this Christmas

Report any safeguarding concerns about a child or young person to children's safeguarding and social work teams during office hours on **01925 443322**, press option one followed by option one

Outside of office hours call us on **01925 443322** and **press option 2 to go through to**

**our out of hours service**

If you believe a crime has been committed, contact the police on **101**

**Christmas is a time for celebration but it can also bring its own stresses and strains. There is always help available at the end of a phone or on-line from someone who understands your situation.**

**From the Safeguarding Team here at St. Gregory's, we wish all those who are a part of the St. Gregory's community a happy, holy and safe Christmas.**