

# THE CARE NETWORKER

PEOPLE AT THE HEART OF EVERYTHING

**A monthly newsletter  
brought to you by Care Network Cambridgeshire**

- Monthly advice & support
- Written articles and stories from the community
- Photos of the week
- Uplifting moments & Activity Section



## Get Involved!

We want to hear all about what you've been getting up to with your time. Whether it's starting a new skill or a story to tell, we want to hear from you!

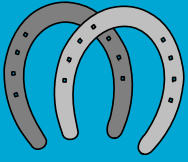
Send in any pictures, articles and stories to get featured on the monthly newsletter to [Adam.f@care-network.org.uk](mailto:Adam.f@care-network.org.uk)

# Thought for Today

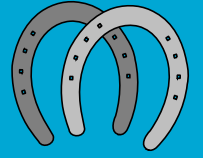


**You'll know the people that feed  
your soul...because you'll feel good  
after spending time with them**





# Ellie's Animals

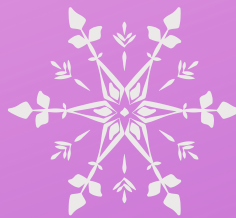


**The world's best antidepressant has four legs a wagging tail and comes with unconditional love.**



Thank you Ellie

# Project Catalyst grant supports Peterborough Ukulele Group get started



**We are very happy that we have been a position to support the Ukulele group in Peterborough. The smiles say it all!**

**Most of the group had never played a ukulele and were taught a couple of chords and had learning material provided by a Care Network Cambridgeshire Project Catalyst grant.**

**The group spent time chatting and sharing stories about their life and what music means to them.**

**A fabulous ukulele cake a treat for the attendees .**

**Special thanks to Brian Haswell who is the life and soul of the party, teaching the group and entertaining everyone !**

**And to Christine at The Copeland Centre for hosting, the room was very spacious and warm.**

**Thank you, Peterborough Friendship Club for sharing the day with us.**

To find out more about available support contact :  
[projectcatalyst@care-network.org.uk](mailto:projectcatalyst@care-network.org.uk)



# Wellbeing at Christmas

## *Tips*

### **1 – DO WHAT YOU WANT TO DO, BUT DON'T DO EVERYTHING.**

If your social calendar becomes a nightmare at Christmas, then pick and choose the things that you do. If you are inundated with invitations, then only do the things you know you will enjoy, and don't be afraid to say no. If you are not a social butterfly the rest of the year, then you are not going to transform into one just because it's Christmas. Be selective, stand your ground, and do what you want.

### **2 – PRACTICE SELF CARE**

Find time for yourself, just five or ten minutes to yourself can be really helpful. Taking time out from the noise and chaos, will help you to cope with it when you have to. Take a long bath, meditate, go for a walk, listen to some soothing music or have a chat with a friend.

### **3 – REDUCE EXPECTATIONS**

People don't generally change just because it's Christmas! Accepting people for themselves will go a long way to make Christmas peaceful. I found this quote in a magazine recently, "people expect everything to be different at Christmas. People who dislike each other, will suddenly become the best of friends. Children who misbehave will turn into angels and everything will be perfect....it won't happen. Embrace all the imperfections of Christmas, and just let it be what it is."

# Wellbeing at Christmas

## **4 - KEEP ACTIVE**

Exercise is great for wellbeing, especially at this time of the year. There is nothing better than experiencing that virtuous feeling that you get after going for a brisk walk in the winter sunshine. In other words, burning off your calories in advance! Getting out and about on a regular basis will help to improve your mood, help you to sleep better and reduce anxiety. A brisk walk will also help children to manage their excitement and help them to sleep.

## **5 - TRY TO EAT HEALTHILY**

Balance and moderation are the key words here. It is absolutely fine to over indulge every now and again, and Christmas brings us the perfect excuse to do just that, however, it is worth having a think about how eating too much rich and stodgy foods can have an impact on how we feel. It is really worth trying to keep your diet fairly balanced, including fruit and vegetables among the chocolate and the cake!

## **6 - ALCOHOL IN MODERATION**

Of course, we are all going to follow this bit of advice! Drinking in moderation is sensible. Alcohol is a depressant, and it can certainly make you feel awful if you've over indulged, there is nothing worse than a hangover. A hangover is mostly caused by dehydration, so if you are drinking include plenty of water in between alcoholic drinks,

# Wellbeing at Christmas

## 7 - ENJOY IT!!

Someone told me the other day that you can enjoy anything as long as you decide to enjoy it. I think perhaps the secret to this is by putting into practice a bit of all of the above. Even though Christmas can be stressful, it doesn't have to be. Maybe it would be worth thinking about what stresses you out at this time of year and asking yourself the following questions:

- 1 - Do I have to do it? Can someone else do it this year? Does it really need to be done at all?
- 2- Why am I doing this/going to this place/spending time with these people? What can I do differently this year to reduce the stress I feel around these situations?
- 3 - What is important to me/my family/my friends? What are the things I really want to do and will enjoy the most? Do I really need to do things that I don't enjoy?

Whatever you are doing this Christmas the Wellbeing Team wishes you all a very Merry Christmas and best wishes for 2022.

**Kate Cate, Mandy, Zoe & Adam**





# Positivity



**Don't ruin a new day by  
thinking about yesterday.  
Let it go**

**YOU CAN  
DO IT!**

# How do you start your day ?



**Your day is pretty much formed by how you spend your first hour. Check your thoughts , attitude and heart.**

# Happy Christmas from the Wellbeing team



**Seasons greetings,  
wishing you peace and  
joy**

BEST WISHES FROM THE WELLBEING TEAM AT  
CARE NETWORK  
KATE, CATE MANDY ZOE & ADAM  
WITH THANKS FOR ALL YOUR SUPPORT  
THROUGHOUT THE YEAR

Art work compliments of Keith Clark



# Grants available Peterbough and Cambridgeshire

**Do you want to improve  
wellbeing in your  
community ?**



**If you are an existing or new  
community group, improving  
wellbeing in your community  
and wish to apply for a grant  
up to £300 contact:  
[adam.f@care-network.org.uk](mailto:adam.f@care-network.org.uk)**





# Wellbeing Support



Open



CONTACT US

03300 945750

or email [wellbeing@care-network.org.uk](mailto:wellbeing@care-network.org.uk)

Christmas hours: We will be closed at 12:00pm on Christmas eve. We are open between 29th – 31st December. Normal hours will resume on 4th January 2022. Merry Christmas and thank you for your continued support.

**Get in contact to learn more**



**Care Network is recruiting volunteers to help support adults in Huntingdon with practical support and help to build confidence. If you'd like to help and want to know more, please**

**contact us on**

**01954 211 919**

**or email**

**[admin@care-network.org.uk](mailto:admin@care-network.org.uk)**

**To learn more about our charity please visit**

**[care-network.org.uk](http://care-network.org.uk)**

