'Coping with the Challenge of Christmas'

taking charge of our Christmas and planning a positive experience together

Member's forum
Discussion and talk
Wednesday 7th December
From 11.30 a.m. - 12.30 p.m.

Thursday 15th December Women's Christmas social outing 3 p.m.

Friday 16th December fork buffet at Central Baptist Church (£6.00)

Wednesday 21st December Christmas meal at the Giddy Bridge 7 p.m.

Thursday 22nd December 2.30 p.m. Christmas nibbles & Christmas relaxation With Frances

Practical sessions to help!
Friday 11th, 18th November & 8th December
Seasonal cookery with Julie

Wednesday November 16th and November 23rd—Making Economic Christmas Crafts and gifts together

Wednesday November 30th and throughout November—opportunity to make Christmas cards.

Wednesday November 30th and December 14th
Making Pottery gifts

Reg. Charity No. 1169194
Christmas has existed since the Christians decided to adopt an original pagan winter festival, which had happened for many years and made it the time they celebrated Christ's birth. Christmas is celebrated all over the world in many cultures; including cultures which do not regard themselves as Christian. Many people enjoy Christmas immensely and look forward to it so much. Some even count the days and it has been known for individuals to try and celebrate Christmas every day because they like it so much.

Christmas and the stress surrounding Christmas is a well researched phenomenon. It is a fact that Christmas is No. 11 of 100 elements on the T. Holmes stress scale. Christmas can be particularly stressful to people who are alone and those who maybe have experienced particular difficult times at this time of the year, such as bereavement or separation. It is well known that Christmas can be particularly stressful to people with mental health issues. For some, it is because it emphasises their loneliness, or because they feel they have to spend time with people they find difficult; or in circumstances that tend to make their mental health issues worse. For whatever reason; some people dread this annual season and seem powerless to change the way they feel. This course is aimed at providing some interesting and educational facts about Christmas and exploring together the meanings of Christmas, involving personal meanings of this season, the idea of celebration and community. The course is aimed at helping people to put in place strategies which will help them have a more positive experience this year.

The course will involve teaching, discussion, sharing and goal-setting and will end with a social event involving a form of celebration around a meal which the group will plan together.

For further information and to book please call Frances on 07850189069 or e-mail frances.anne@btinternet.com