

# December 11th

Again another idea for a present perhaps?  
Know any cheese lovers? Well how about making these  
homemade crackers to go  
with their fav cheese?  
[shorturl.at/dioGQ](https://shorturl.at/dioGQ)

## Dyspraxia Foundation Youth Top Tips over the Christmas period

Stick to a budget! It is very easy at this time of year to lose track of what and where you spend your money. By sticking to a plan of who you are buying for and how much you plan to spend will be very helpful Save the Student website have some great tips and guides on how best to go about doing this  
[shorturl.at/abqOW](https://shorturl.at/abqOW)  
the information is useful for those not at university also.



### Need Support?

SANE services provide practical help, emotional support and specialist information to individuals affected by mental health problems, their family, friends and carers.

**Support Forum:** [www.sane.org.uk](http://www.sane.org.uk)

Saneline: **0300 304 7000** (local rate on BT landlines) Open 4:30-10:30pm every day.