

# December 21st



Make your own personalized Christmas Eve box to share with loved ones. You can add what you like but a few suggestions could be a favourite DVD or game to play, chocolates, something nice to drink, some P.J's or if prefer some nice bubble bath and a few smelly candles to relax into the festive period.

## **Dyspraxia Foundation Youth Top Tip for over Christmas Period**

If you are suddenly in a panic as you have forgotten a gift for someone, don't worry. This year has been tough and very weird and sure most people will get that, either be honest and make them an IOU for the new year that you'll treat them to a coffee and cake or some of these last-minute ideas may do; A gift voucher, magazine subscription, or even a house plant or posh box of chocolates.

## **Need Support?**

SANE

Emotional Support

([http://www.sane.org.uk/what\\_we\\_do/support/](http://www.sane.org.uk/what_we_do/support/))