

December 24th

If you can and weather permitting today is a great day to go on a walk. For many tomorrow will be a whirlwind of a day and the opportunity for some space and fresh air may not come around.

Being outside and if possible surrounded by nature is an easy and free way to clear your mind and calm your thoughts.

This truly has been a tough time for everyone and you need to give yourself credit for getting through these past months.

We all here at the Dyspraxia Foundation wish you a Happy and healthy break and want to thank you all for all your fantastic support in making the Youth Group and Young Adult Group such a supportive and friendly place to be. We hope 2021 brings us together again in person and we can't wait to get planning for the New Year!

Useful helplines open over Christmas

NSPCC - 0808 800 5000

Childline - 0800 1111

Samaritans- 116 123

SHOUT- Text 85258

SANEline - 0300 304 7000

Campaign Against Living Miserably - 0800 58 58 58

Drinkline- 0300 123 1110

Talk to Frank - 0300 123 6600

National Domestic Abuse Helpline - 0808 2000 247

Cruse Bereavement Care - 0808 808 1677

