



NEW

Welcome to your
Wellbeing Newsletter



Welcome to the first issue of our new Wellbeing Newsletter. This one is our Christmas Edition! We have put together a few tips and techniques to help support you through the Christmas holidays. We recognise that Christmas is not always the 'happiest' time of the year and you are not alone, there is always somewhere you can reach out for help and support.

We hope that you find time and space to rest and recharge. We hope you know you are deserving of it. And in a world which tells us that being busy and productive is the goal, we hope you know that rest is not indulgent, it is a necessity.

