



Proudly Serving Sydenham

SYDNI NEWS

All the Trustees,
Staff & Volunteers at
The SYDNI Centre
wish you a very
Happy Festive
Season

We will be closed from
Saturday 23 December
and reopen on
Wednesday 3 January



COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.

 mind	 shout 85258	 SAMARITANS
 0300 123 3393  Helpline  mind.org.uk	 Text SHOUT to 85258  24/7 text service  giveusashout.org	 116 123  24/7 helpline  samaritans.org
 youngminds	 CALM	 PAPYRUS <small>REVISION OF YOUNG SALES</small>
 Text YM to 85258  24/7 text service  youngminds.org.uk	 0800 58 58 58  Helpline for men  thecalmzone.net	 0800 068 4141  Under 35s Helpline  papyrus-uk.org



Warwickshire Libraries

This winter Warwickshire Libraries are offering a warm, safe space for anyone to linger. You are invited to spend time in our libraries reading, studying, working, using free WiFi and to join in with free library events and activities to make new friends. Many libraries have jigsaws, games and mindfulness colouring available too.

The following link will take you to a web page listing the branches, and when a branch is selected it will show the opening times:

<https://www.warwickshire.gov.uk/findalibrary>



Helping Hands are serving evening meals on Mondays-Thursdays right across the Christmas period (with the exception of Christmas day). Turn up between 6.30pm and 7.30pm at 9A Althorpe Street, Leamington Spa, CV31 2AU for a hot meal.

No need to book, all welcome!



St John the Baptist's Church, Leamington Spa



St John's is offering a free meal on Christmas Day at 12noon - this is open to anyone who might find it useful.

Please contact Fr Stephen by email if you plan to turn up.

priest@stjohnsleamingtonspa.org.uk



Food banks are open up until and including Friday 22nd December.

They re-open on Wednesday 3rd January 2024.

In an emergency over the Christmas period a parcel can be collected from Leamington Fire Station.



Leamington Fire Station

WCC Holiday Activities and Food (HAF)

From 2nd to 5th January families in receipt of free school meals can access free Holiday Activities and Food (HAF) for their children.

There are lots of options across Warwick District. You can browse available activities online, or download our activities brochure. All bookings are made directly with providers. If you need your HAF code to be resent, please send an email, including your child's full name and date of birth, to hafprogramme@warwickshire.gov.uk



Welcome to Warwickshire HAF



The screenshot shows the Warwickshire County Council website. At the top, there is a navigation bar with the council's name, a 'Subscribe for updates' button, and a search box. Below the navigation bar, a breadcrumb trail reads: Home > Social care and health > Health and wellbeing > Wellness. The main content area features a large banner with the text 'Staying safe and well' and an illustration of diverse people in a park. Below the banner, there is a prominent purple-bordered box containing the 'WINTER WELLNESS' logo and a link to a PDF guide: 'Information to stay safe and well this winter (PDF, 4.1 MB)'. To the right of this box, a section titled 'YOU MAY ALSO BE INTERESTED IN' lists various services and resources.

Warwickshire County Council

Subscribe for updates

Search (eg. libraries, blue badge, potholes)

Home > Social care and health > Health and wellbeing > Wellness

Staying safe and well

WINTER WELLNESS
A guide to help you stay safe and well this winter 2023/24

[Information to stay safe and well this winter \(PDF, 4.1 MB\)](#)

YOU MAY ALSO BE INTERESTED IN

- Directory of community services
- Warm and Well
- Wellbeing for life
- Health and wellbeing
- Dementia
- Stop smoking support
- Apply for a safe and well visit
- Stay active
- Drug and alcohol support
- Country parks
- Active travel
- Healthy ageing
- Warwickshire Local Resilience Forum

warwickshire.gov.uk/winterwellness

Click on the link above to find a full list of resources and helpful phone numbers available this winter from Warwickshire County Council



Biscuits



A Festive Recipe from the SYDNI Cafe

500g (1lb 2oz) Flour

375g (13oz) Butter

200g (7oz) Castor Sugar

2 Egg Yolks



Cream together butter and sugar. Add egg yolks and mix, then add flour. Roll dough out into sausage-like strips and chill for at least an hour. Cut into slices around 5mm (0.25in) thick. Bake at 160C (300F, gas mark 3) for 8-10 minutes

ENJOY!



We would like to take this opportunity to say a big

**THANK
YOU**

to all our hardworking, awesome

VOLUNTEERS

Have a wonderful festive season and thank you for your support.

The SYDNI Centre wouldn't be the same without you!