



STAYING SAFE DURING WINTER HOLIDAYS

Many community projects shut their doors over the winter break. Here are some suggestions to help you consider your options and resources in advance.

PROTECTING WELLBEING

With the darker hours and lack of structure in the holidays, it can be easy to lose a sense of time. To protect your wellbeing, try to keep routine. You can do this by:

- Eating meals regularly
- Trying to achieve the recommended sleep of 7 to 9 hours
- Wrapping up warm and getting outside once a day for fresh air if you can



TRY NOT TO COMPARE

Listening to other people's exciting plans for the Christmas holidays can be isolating if you have no big plans, or if you celebrate other religious festivals or holidays that get less attention.

Consider your plans and whether you think they are good enough on their own merit.

SPEAK TO PROJECT STAFF

If you're currently volunteering with, or being supported by, a community project then speak to staff. Ask staff on what date they close for their Christmas annual leave, and on what day they return.

Prepare yourself for this project staff and resources being unavailable.



SOMEONE TO TALK TO



There are services which stay open through the holiday season, such as **The Calm Zone**. The Campaign Against Living Miserably offers a helpline 5pm - Midnight, 365 days a year. They can be phoned on 0800 58 58 58 or by accessing their website, you can use their webchat to access support.

COPING WITH FINANCES

The holidays can create an expensive season. To avoid strain or worry, make lists or budget. Be open with others to remove pressure and try to avoid comparisons of Christmas expectations from holiday adverts and social media. If you need financial advice, you could use **Trussell Trust's free helpline** for advice on accessing financial support.



EMERGENCY ADVICE

If you feel unable to keep yourself safe during the holidays and have a mental health emergency, please seek support.

If you need to talk right now:

- Samaritans - 116 123 (UK Wide)
- C.A.L.L. - 0800 132 737 (Wales only)

Other resources:

- Contact your GP Surgery for an emergency appointment
- Contact NHS 24 - 111 (UK Wide)



LOOKING FOR GUIDANCE?

Befriending Networks are here to support organisations and their staff who foster community connections, reducing social isolation and loneliness. Find out how we can support your project - Contact our team.





CADW'N DDIOGEL YN YSTOD GWYLIAU'R GAEAF

Mae llawer o brosiectau cymunedol yn cau eu drysau dros wyliau'r gaeaf. Dyma rai awgrymiadau i'ch helpu i ystyried eich opsiynau a'ch adnoddau ymlaen llaw.

DIOGELWCH EICH LLES

Gyda'r oriau tywyllach a'r diffyg strwythur yn y gwyliau, gall fod yn hawdd colli ymdeimlad o amser. Er mwyn diogelu eich lles, ceisiwch gadw trefn arferol. Gallwch wneud hyn drwy:

- Fwyta prydau bwyd yn rheolaidd
- Ceisio cyflawni'r cyfnod cwsg a argymhellir o 7 i 9 awr
- Lapiro'n gynnes a mynd allan unwaith y dydd i gael awyr iach os gallwch chi



CEISIWCH BEIDIO Â CHYMHARU

Gall gwranddo ar gynlluniau cyffrous pobl eraill ar gyfer gwyliau'r Nadolig wneud i chi deimlo'n ynysig os nad oes gennych gynlluniau mawr, neu os ydych chi'n dathlu gwyliau crefyddol eraill sy'n cael llai o sylw.

Ystyriwch eich cynlluniau ac a ydych yn credu eu bod yn ddigon da ar eu teilyngdod eu hunain.

SIARADWCH Â STAFF Y PROSIECT

Os ydych chi'n gwirfoddoli ar hyn o bryd, neu'n cael eich cefnogi gan, prosiect cymunedol, yna siaradwch â'r staff. Gofynnwch i'r staff pa ddyddiad y maent yn cau ar gyfer eu gwyliau blynyddol Nadolig, ac ar ba ddiwrnod y maent yn dychwelyd.

Paratowch eich hun ar gyfer pan na fydd staff nac adnoddau'r prosiect ar gael.



RHYWUN I SIARAD Â NHW



Mae yna wasanaethau sy'n aros ar agor drwy'r tymor gwyliau, fel The Calm Zone. Mae'r Ymgyrch yn Erbyn Byw yn Ddiflas yn cynnig llinell gymorth 5pm - Hanner nos, 365 diwrnod y flwyddyn. Gellir eu ffonio ar 0800 58 58 58 58 neu drwy gyrchu eu gwefan, gallwch ddefnyddio eu nodwedd gwe-sgwrsio i gael gafael ar gymorth.

YMDOPI AG ARIAN

Gall y gwyliau greu tymor costus. Er mwyn osgoi straen neu orbryder, gwnewch restrau neu gyllideb. Byddwch yn agored gydag eraill i gael gwared ar bwysau a cheisiwch osgoi cymariaethau o ddisgwyliadau'r Nadolig o hysbysebion gwyliau a chyfryngau cymdeithasol. Os oes angen cyngor ariannol arnoch, gallech ddefnyddio llinell gymorth **Trussell Trust** am ddim i gael cyngor ar gael cymorth ariannol.



CYNGOR AR FRYS

Os ydych chi'n teimlo na allwch gadw eich hun yn ddiogel yn ystod y gwyliau a bod gennych argyfwng iechyd meddwl, gofynnwch am gymorth.

Os oes angen i chi siarad ar hyn o bryd:

Samariaid - 116 123 (DU gyfan)

C.A.L.L. - 0800 132 737 (Cymru yn unig)

Adnoddau eraill:

Cysylltwch â'ch meddygfa am apwyntiad brys

Cysylltwch â GIG 24 - 111 (DU gyfan)



CHWILIO AM ARWEINIAD?

Rydym yma i gefnogi sefydliadau sy'n meithrin cysylltiadau cymunedol ac yn lleihau arwahanrwydd cymdeithasol ac unigrwydd. Darganfyddwch sut y gallwn gefnogi eich prosiect. Cysylltwch â'n swyddog aelodaeth Cymru, Matt.

