



# Royal Greenwich SEND Local Offer Newsletter

Issue 8

October 2022

[To visit the Local offer website click here or scan the QR code](#)



For parents and young people

In this issue there's a focus on wellbeing. Life shouldn't just be about existing and going through the motions. It's important to also focus on being well and staying well.



## Inside this issue:

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- Mums Aid - weekly sessions at The Bridge
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- Message from GPCPF

## Greenwich Time to Talk



There are times when everyone feels stressed or unhappy. Generally these bad times pass, but sometimes there are problems that do not go away and things get harder and harder. One in four people can feel this way at some point in their life.

Talking about your problems can really help.



[Click here or scan the QR code to visit the website](#)

## Stay well, Look after your mental wellbeing

Winter can be a difficult time for lots of us. The cold weather and dark evenings can take their toll, and, whether or not it's part of your life, Christmas can bring up some tricky feelings and affect your mental health. But there are things we can all do to look after ourselves and loved ones. It's okay to ask for help, and lots of support is available.

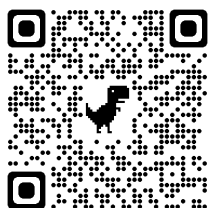


[Click here or scan the QR code to visit the website](#)

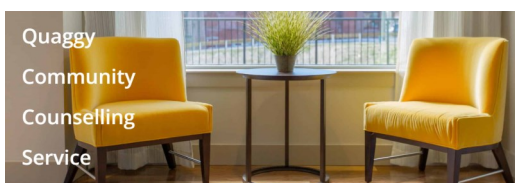
## What's on at your local Children's Centre?

A list of children's centres and activities in the Royal Borough of Greenwich and their contact details including telephone numbers, address and email.

Just one example of what's on offer in Greenwich at Quaggy Children's Centre



[Click here or scan the QR code to search the directory](#)



Quaggy  
Community  
Counselling  
Service

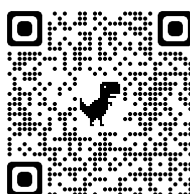


## The Greenlights Project & TAS Centre Present

Put your finest PJ's on, bring a blanket and anything that brings you comfort and join us!

Designed for children aged 11 years old and younger with additional needs to come get cozy in their PJ's and watch 'Jingle Jangle' on the big screen.

[Click here or scan the QR code to book your place](#)



**WINTER HOLIDAY  
SLUMBER PARTY**

HOSTED BY THE TAS CENTRE & THE GREENLIGHTS PROJECT

**10TH DECEMBER 2022**  
**3PM - 6PM**

## Mums Aid - weekly sessions at The Bridge

Weekly group sessions, family support, counselling and advocacy for parents and carers of babies aged 0-2 with medical conditions or disabilities.



[Click here or scan the QR code to find out more](#)



Be good  
to  
Yourself

## Mayor of London's Help with the cost of living Hub

We are living in difficult times, where the price of energy, food and bills are all rising steeply. Many Londoners are struggling to keep up with the cost of living. If you're struggling with money, it's important to remember that you're not alone and there are people and organisations that can support you.

This Hub contains information about benefits, grants and discounts you can get if you're in financial difficulty, from the Mayor of London, the government, your local council, charities and advice centres. The information might be relevant for you, or you might want to share it with some-



[Click here or scan the QR code to find out more](#)



## Greenwich Peer Support



Greenwich Peer Support runs peer-led activity groups for adults with mental health needs. We encourage and support group members to work as peer leaders within the groups, developing their skills and sharing their interests.

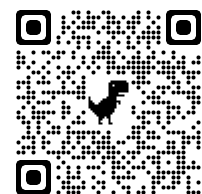
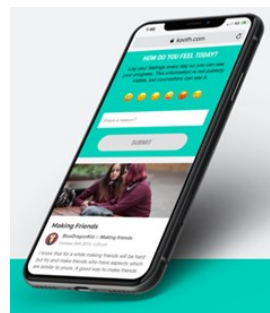
Bromley,  
Lewisham &  
Greenwich



[Click here or scan the QR code to find out more](#)

## Kooth

Your online mental wellbeing community  
Free, safe and anonymous support



[Click here or scan the QR code to watch the video](#)

## Message from the GPCPF



GPCPF would like to thank all parents and carers for actively participating. We have had consultations regarding Short Breaks, Send Review Green Paper, housing, SENDIASS to mention but a few and look forward to continuing to be a voice for our children and Young People.. We hope more parents can join our membership this year.



[Click here or scan the QR code to visit the website](#)