

ISSUE 10

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Happy New Year 2025!



Everyone at Caerphilly Borough Mind would like to wish you a happy new year! The new year can be a positive and motivating time for many of us, and that's great! However, it can be a time of challenge, and we can put unnecessary pressure on ourselves to be our 'best selves'.

Having realistic, attainable goals can be a great thing – it's wonderful to try to improve ourselves. Just make sure any goals you may have are helpful motivators, and do not become overbearing stressors in one of the coldest and darkest months of the year.

If, like me, you are still in the 'dressing gown and hot chocolate hibernation stage', that's okay. When you're ready, check out some of these helpful tips about getting a mentally healthy start to your 2025:

<https://shorturl.at/pEmP7>

Can you help?

If you can and would like to donate, please scan the QR Code or follow this link:
<https://checkout.justgiving.com/c/2923320>



All donations are gratefully received and help us to deliver our services.

Thank you!



20th January 2025 is Brew Monday

Brew Monday (20th January 2025) is an initiative by the Samaritans - a day dedicated to promoting social connections and mental wellbeing. It encourages individuals to take a break, share a warm beverage with friends or colleagues, and have meaningful conversations to lift their spirits.



Some simple ways to participate:

- Host a brew: invite friends, family, or colleagues for a cuppa
- Listen and share: have open and supportive conversations about mental health, feelings, and experiences
- Support mental health charities: promote or donate to mental health charities that support to those in need
- Spread the word: share Brew Monday's message on social media to encourage others to participate
- Self-care: take time for self-care, whether it's enjoying a calming drink, going for a walk, or practicing relaxation techniques.

For more info, click here:

<https://shorturl.at/8BA3s>

Introducing our staff Joanne Small – Tenancy Counsellor

Joanne is one of our tenancy counsellors offering therapeutic intervention. Her life experiences and training help to build up good therapeutic relationships which facilitate growth and help to empower clients.



Joanne says: "Ultimately, I want to help and support people going through mental health difficulties."