



November Support Group Newsletter

This month we are exploring:
who I am as an individual, where I fit in,
identifying my strengths and sharing my
story

We hope you are all keeping well. We know the run up to Christmas can be a challenging time of year when you have been bereaved of someone important to you, that empty seat at the table always seems more prominent at this time of year. Please remember that you are not alone and we are here to support you. Phone the helpline if you ever need any advice or need to talk something through.

We have tried to put different activities on around the county to help our lovely children remember they can have fun and smile even though they may find this hard. These are some dates for your diary, they **ALL need registering for so please let us know if you would like to attend:**

NOVEMBER

* **Thursday 4th November - Thursday 2nd December - Active Sports**

Group restarts in Gosport

* **Saturday 27th November – Gosport Christmas Party 2-4**

* **Sunday 28th November – Chandlers Ford Christmas Party 10-12**

* **Sunday 28th November - Gala performance of Jack and the Beanstalk** (now full but we could add you to the waiting list)

DECEMBER

* **Tuesday 7th December – YPG Christmas Party 7-8:30pm Hollywood Bowl**

- * **Sunday 12th December – Basingstoke Christmas Party 2-4**
- * **Sunday 12th December – New Milton Christmas Party 2-4**
- * **Sunday 12th December – Portsmouth Christmas Party 2-4**
- * **Saturday 18th December – Andover Christmas Party 10-12**
- * **Monday 20th December – Christmas Survival Workshop for Teens: Bear Grylls meets Santa! 10-2, Eastleigh, leaflet below.**
- * **Tuesday 21st December – Christmas Survival Workshop for 4-10 year olds: 10-2, Eastleigh, leaflet below**

We have put some activities below for you to have a go at together and to create a space to have conversations about bereavement and all the feelings of grief focused around the theme we will be exploring at groups this month.

Keep well ♥

Simon Says Team x

Activities to try at home





All About Me decorated biscuits

Equipment

- Plain biscuits
- Icing
- Food colouring
- Snap-lock bags or proper piping bags and nozzles
- A selection of sweets and sprinkles/100s and 1000s
- Butter knives for spreading icing
- A plate for each child
- A damp cloth for sticky fingers

Activity

You can use any shop-bought biscuits you like for this activity.

Mix up your icing in a large bowl. Feel free to make fancy royal icing with egg white, or just stick to the very basic icing sugar and milk or water. You'll need about 1 tbsp of milk or water for every cup of icing sugar. Add some lemon juice or vanilla if you'd like to flavour it. Make enough to cover the number of biscuits you are making, plus some extra to put in piping bags.

Tip: If you make your icing nice and thick it will be easier for little hands to manage without too many drips.

We used zip-lock bags with a tiny bit of corner cut off instead of proper piping bags. They work really well for little hands because you can seal the top so the icing only comes out the one hole. I used a cup to hold my zip lock bag open, spooned in a little icing, added the colouring and then stirred it around to mix.

Pop your selection of lollies into a few bowls. We chose lolly snakes cut into various sized pieces and small chocolate buttons, as well as two kinds of sprinkles. ***But why stop there when the options for decorating are endless.***

Give each child their own plate to work on and their own butter knife to spread the icing with. The plate will catch most of the excess sprinkles and icing and there won't be any problems with sharing space or utensils.

Tip: Put the piping bags into a biggish bowl tip/hole down and get the kids to return them to the bowl when they are done.

Now it's time to create!

1. Spread your biscuits with a layer of icing first so that everything will stick to it.
2. Add features and embellishments with the lollies and sprinkles, then pipe on a bit more icing just for fun!
3. Set the biscuits aside on a large tray until the icing has set, or eat a couple as you make them!

Source:Kldspot.com.au

All About Me Questions...

*Do you ever like
space? How do
you let people
know?*

*Is there someone
you would like to
see or speak to
more?*

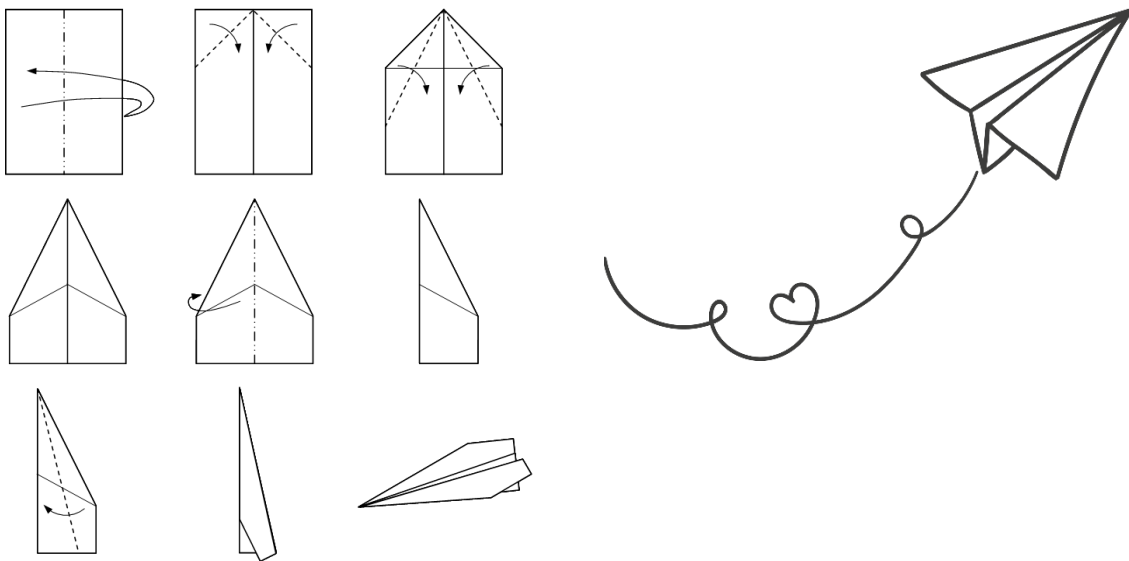
*How do you think you
are similar or different to
your special person?*



Paper Aeroplanes

We wanted to give you a low key, mess-free activity to try at home after Christmas. This activity is great for children and teens and is all about the chats you can have whilst doing it with your children and not the end result. But if you didn't get your fill of family-friendly competition over the holidays then below you will find a link to some epic paper plane models!

Family	Friends
Home	School



What to do:

1. On an A4 piece of paper, each draw or fold into 4 and give each section a heading: Family, Friends, home life, school life.
2. Write or draw what under each heading what has **changed** in the 4 areas since the special person has died.
3. Now fold the paper into an aeroplane so the writing is on the inside and the wings are blank.
4. Open it up so the wings are flat and you are going to think about what helps you 'fly' now.
5. Write on one wing all the **people that can help you** who are in your life now.

6. On the other wing write down all the things that ***you do that help*** eg. talking to my pet, stamping on egg boxes when I feel angry.
7. Refold the paper aeroplane and have fun throwing them!
8. Post whose flew the furthest or longest on Facebook.

A YouTube tutorial for serious paper aeroplane competitors

Simon Says Recommends



Benny's Hat by Juliet Clare Bell

Benny's Hat is a beautiful, fully illustrated children's book, which gently deals with the difficult subject of a sibling's death to cancer in a way very young children can understand.

Info and Upcoming Events



We know Christmas is a time of year which can be hard for our bereaved families. Youth Options are running some **FREE** 'survival workshops'. Come and find out what happens when 'Bear Grylls' meets 'Santa'! Join us to make a Christmas memory ornament, split wood, make a survival shelter, build and cook around a camp fire, toast marshmallows and warm up with a mug of mulled Ribena!

When: Monday 20th December

Who can come: 11-18 year olds

Time: 10-2

Where: Youth Options Outdoor Learning Centre, Bishopstoke Road, Eastleigh

For more information please email info@simonsays.org.uk



We know Christmas is a time of year which can be hard for our bereaved families. Youth Options are running a **FREE** 'survival workshop'. Come and join us to make a Christmas memory ornament, build a survival shelter, split wood, build a camp fire, toast marshmallows and warm up with a mug of mulled Ribena!

(Parents do not have to stay so you can get your last minute Christmas bits done in peace and quiet)

When: Tuesday 21st December

Who can come: 4-10 year olds

Time: 10-2

Where: Youth Options Outdoor Learning Centre, Bishopstoke Road, Eastleigh

For more information please email info@simonsays.org.uk



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360 Sports Active Support

A new sport each week to support & develop bereaved children's physical, mental & social wellbeing.

Thursday's

23rd September – 2nd December 2021
*Excluding Thursday 28th October 2021

17:00 – 18:00

Free to Access for Simon Says members

Book here:
activeme360.classforkids.co.uk/info/118

If you have been bereaved of someone important to you and would like to register with 'Simon Says' please contact their telephone support line on 023 8064 7550, for further information visit their website www.simonsays.org.uk

Our mission is
To change lives by improving health and wellbeing using the power of physical activity, sport and education.

www.activeme360.com



Location:

Alver Valley Schools

Falcon Meadows Way, Gosport, PO13 8AA

As a proud Social Enterprise we do things differently. We exist to add social value by ensuring the profits we make are reinvested back into local communities to enable social change, and support us in achieving our mission.

This means when you buy from us, your community benefits.



You are not alone...

It's important to look after the people who do the looking after, which is probably you!

REMEMBER we are here to support you during this time, please get in touch if you need us, we continue to monitor our emails and "man" our telephone support line:



Here are some additional lines of support for you...

Cruse

WAY Widowed And Young

Samaritans

Want to help Simon Says at no cost to you?

amazonsmile
You Shop. Amazon Gives.

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Shopping with Amazon?

Do it through [Amazon Smile](#) and they will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice.

Open the Amazon app and find 'Settings' in the main menu (≡). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone or you can just log in to smile.amazon.co.uk with your usual details and select 'Simon Says' as your chosen ch

How does it work?

[Easyfundraising](#) turns your everyday online shopping into free donations for your favourite cause. How? Just start your online shopping first at [easyfundraising](#), then shop as normal. Their retailers will then make a small donation to say "thank you".



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raise money for your favourite charity again!

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**Our mailing address is:
Suite 3, Chatmohr Estate Office Village
Crawley Hill**

**West Wellow
Hampshire SO51 6AP**

Tel : 01794 323934

info@simonsays.org.uk

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Simon Says · Suite 3, Chatmohr Estate Office Village · Crawley Hill · West Wellow, Hampshire SO51 6AP · United Kingdom

