

**Dear members & friends – Thinking Ahead project for Mental Health and Wellbeing are delighted to share with you some of our highlights for the year 2023 and our latest updates and plans for the coming new year 2024.**

Thank you for all your generous contributions in poems, artwork, discussions, feedback, and the hard work and creativity of attending, participation, volunteering with us all year. In short, we could not have done this year without YOU being here.

This is what we are pleased to share with you and proud to offer you ,we hope you enjoy it.



**The mental health and wellbeing project will be closed from Thursday 14th December until Wednesday 3rd January 2024**

**Whilst we are closed, we will have 2 Zoom catch up groups online**  
**Thursday 21st December 11am -12pm**  
**Thursday 28th December 11am – 12pm**  
Zoom links will be sent out in the morning

## Highlights of 2023



Great day out at London Zoo

## Highlights of 2023 (cont)



Women's group spring local walk



Healthy on a budget cook and eat group with fantastic Anika ended in March with delicious and nutritious food.



Gentle exercise breaks during the Computer group



Hot summer day out at Kew Gardens



Cook ups for World mental health day and Black History month



Day out to Southend



## Members art and poetry

### Woodland Poetry Nature's Hope

I am a Sycamore seed,  
I have two aims in life.  
The first is to fly,  
As far as I can,  
Whirling away,  
On wind or through rain.  
The second is to land  
On rich damp soil  
Which I must touch,  
And while not being seen,  
Change my nature from wing back to  
seed.

by Geoff Noakes

### The Weather

British People obsess about the weather.  
It is a pleasant opener to polite conversation  
I myself have suddenly begun to really feel  
the extremes of temperature.  
Alas I rue the day when the weather didn't bother  
me.  
I would go out and play whatever the season.  
A very useful ability in England as in this country we  
May experience the Seasons all in one day.  
Sun, shine or rain, even snow  
Spring, Summer, Autumn, Winter.  
If you allow the weather to be a handicap  
It will stop you in your tracks.  
It could even stop you enjoying your life.  
So, I say get on with life – come what may  
Whatever the weather arise and live another day  
Do not let the weather detain or delay!  
By Gennoria Miles.

### November

I like the game of tug and war that people did play long ago in memories,  
I used to play a game called hop scotch  
When I was aged from four years aged to six years aged  
I remember the party game called pass the gift around,  
I remember the game called rounders that includes a rounders bat and ball and  
bases  
I like the sweets called opal fruits, pacers and chewits,  
And cola cubes, toffee crumble, pineapple chunks, cubes and sherbet  
I am thankful toward God as much as I can be, because I did like all those things.

poem and artwork by Andrew Lennon



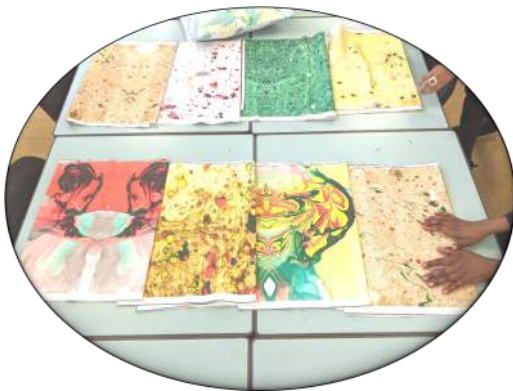
# Members creativity



Amazing things made by members of the Wednesday Woodwork group



Fantastic creations from the women only hat making group



A selection of members work



# Timetable 2024 Starts Weds 3rd January

**Wednesday 3rd Jan 2024** (Free Groups and support at Blackfriars Settlement)

**Thinking Ahead discussion and peer support** - 11am -12:30pm

**Womens group - relaxation and mindfulness** - 11am -12:30pm

**Art Group / Group art projects** - 1pm - 3pm

**Project news and planning meeting** – 3:15pm - 4pm

**Thursday 4th Jan 2024** (Free Groups and support at Blackfriars Settlement)

**Looking UP - Breakfast and Tech Club** – 10:30-12.30pm.

Prepare and share a healthy breakfast with discussions, tech learning and cost of living support in a friendly group.

**Make Do & Mend.** Cushion Covers!

and **Open studio** - A space for your own creative projects 1pm -3pm

**Creative Writing** - 1pm - 3pm

**Monday 8<sup>th</sup> January 2024** (Zoom online groups links sent out morning of group)

**Start the week – zoom members catch up group**

Start the week by saying hi, connecting with each other, share news and ideas

11:30am -12:30pm

**Gentle Movements** - stretching, breathing and relaxation standing and chair based- For 40 mins

3.55pm – 4:35pm

**Tuesday 9<sup>th</sup> January 2024** (Free Groups and support at Blackfriars Settlement)

**'Looking Up Club' Computer and online group**, help with smart phones, tablets, laptops, zoom, emails, online and anything else IT - 11am – 1pm

**Creativity for wellbeing** 1:30pm -3:00pm

**Groups for people with a personal budget**

**Woodwork** – Weds@10:30am

**Soft Crafts** - Weds@10:30am



## Emergency contact details

Christmas can be a difficult time and if you need help or to speak to someone whilst we are closed here are some help-lines, support numbers and contact details of organisations

If you need to talk right now  
Whatever you're going through, there are people you can talk to any time.  
call **Samaritans** on **116 123** (UK-wide) 24hrs 7 days a week

If you're finding things hard this festive season | Samaritans

**SLAM NHS TRUST** out of hours. Call 0800 731 2864 to speak to the mental health crisis line for people in Croydon, Lambeth, Lewisham and Southwark. 24hrs 7 days a week

**ANXIETY UK** Call us on 03444 775 774 between 10.30am – 4.30pm, Monday – Friday (except bank holidays). Or text 07537 416 905

**Shout.** If you would prefer not to talk but want some mental health support, you could text SHOUT to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.



## Word Searches

### Worlds Longest Rivers

K	S	U	D	N	I	E	S	S	N	M	A	N	D
Y	Y	C	A	N	A	R	A	P	Y	I	N	D	M
N	I	M	M	D	G	R	O	G	Z	S	Z	C	Y
A	O	I	S	N	L	S	F	I	M	S	R	S	E
M	I	S	U	O	O	I	R	N	A	I	N	Y	L
U	M	S	R	K	V	C	A	O	C	S	E	E	L
R	A	O	U	U	A	O	N	Z	K	S	Z	N	O
R	D	U	P	Y	F	N	C	A	E	I	T	I	W
E	E	R	M	O	S	G	I	M	N	P	G	S	R
G	I	I	N	L	U	O	S	A	Z	P	N	E	I
I	R	D	E	L	E	R	C	E	I	I	A	Y	V
N	A	N	E	O	O	A	O	I	E	N	Y	M	E
K	A	D	S	N	I	L	E	S	L	A	A	Z	R
G	N	I	L	R	A	D	Y	A	R	R	U	M	I

SAO FRANCISCO  
AMAZON  
PURUS  
YELLOW RIVER  
CONGO  
NIGER  
MISSISSIPPI  
MADEIRA  
MURRAY-DARLING  
YANGTZE  
MISSOURI  
LENA  
VOLGA  
NILE  
YUKON  
YENISEY  
INDUS  
MACKENZIE  
PARANA  
AMUR

Play this puzzle online at : <https://thewordsearch.com/puzzle/63/>

### Random Countries

U	N	K	E	G	C	H	I	N	A	A	I	C	S
N	U	K	R	A	I	N	E	I	H	L	K	O	A
I	U	A	I	N	A	Z	N	A	T	G	S	N	U
T	G	L	I	H	K	D	I	I	L	E	P	G	D
E	A	D	N	A	U	U	A	R	I	R	I	O	I
D	N	E	I	N	A	R	I	N	D	I	A	S	A
K	D	A	N	I	G	E	R	I	A	A	D	P	R
I	A	R	N	E	A	P	D	U	U	C	N	A	A
N	A	I	S	Y	A	L	A	M	N	N	A	I	B
G	S	N	A	R	I	G	Z	R	D	B	L	N	I
D	A	N	S	A	A	M	R	U	B	S	I	G	A
O	A	A	N	I	T	N	E	G	R	A	A	N	N
M	I	E	A	N	A	H	G	N	I	A	H	I	A
N	U	I	A	L	S	N	I	D	A	A	T	A	I

CHINA  
CONGO  
THAILAND  
MALAYSIA  
BURMA  
PERU  
CANADA  
ALGERIA  
UGANDA  
SAUDI ARABIA  
UKRAINE  
IRAN  
GHANA  
SPAIN  
INDIA  
UNITED KINGDOM  
ARGENTINA  
NIGERIA  
TANZANIA

Play this puzzle online at : <https://thewordsearch.com/puzzle/297/>

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**BLACKFRIARS**  
**SETTLEMENT**