



Newsletter October/November 2023

WE HAVE MOVED!

We are excited to announce that our new premises are up and running. This move has been long-awaited, and we are thrilled to finally be able to offer our services from this new location.



We're thrilled to announce that our new location is incredibly spacious, allowing us to provide a more comfortable and enjoyable experience to all who visit us. Conveniently located near public transportation, it's now easier than ever to reach us. In addition, our new location is wheelchair accessible, making sure that we can provide services to clients with disabilities.

We wanted to create an environment that is both professional and welcoming, and we believe that we have achieved this with our new location.

Overall, we are confident that our new premises will provide a better experience for our clients. We look forward to welcoming you to our new location and serving you from there.

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The Impact of Seasonal Changes on Our Wellbeing

Winter can often be a challenging season for many people, especially those who are prone to seasonal affective disorder (SAD) or simply feel down during the colder months. The lack of sunlight and increased time spent indoors can lead to a feeling of isolation and can exacerbate feelings of depression and anxiety.

By taking steps to combat the winter blues, it's possible to improve overall mood and wellbeing during the colder months. If you're struggling with depression or anxiety, it's important to remember that we are here to listen to you and support you.

Here are some possible reasons why people may experience the "winter blues" and some tips for how to combat them:

Lack of sunlight: During the winter months, the days are shorter and there is less natural sunlight. This can disrupt our circadian rhythms and lead to feelings of fatigue and depression. One way to combat this is to try to get outside during the brightest parts of the day, even if it's just for a short walk. Alternatively, using a light therapy box that mimics natural sunlight can also be helpful.

Less physical activity: It's easy to become more sedentary during the winter months, especially if it's too cold or icy to go outside. However, regular exercise is essential for maintaining good mental health. Even if you can't go to the gym or go for a run, there are plenty of indoor workouts you can do at home, such as yoga or bodyweight exercises.



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Practice self-care: During the winter months, it's essential to take care of yourself both physically and mentally. This could mean getting enough sleep, eating a healthy diet, or taking time for activities that bring you joy and relaxation.

Connect with others: Social isolation can be a significant contributor to winter blues. Making an effort to connect with others, even if it's just through virtual means like video calls or messaging, can help combat feelings of loneliness. Joining a club or group that aligns with your interests can also be a great way to meet new people.

Unhealthy eating habits: Cold weather can make us crave comfort foods, but these can often be high in calories and low in nutrients. To combat this, try to incorporate more fruits, vegetables, and whole grains into your diet, and limit your intake of processed and sugary foods.

Important dates in October/November

10/10/23 World Mental Health Day

World Mental Health Day is an important occasion that raises awareness about the importance of mental health and well-being. Mental health is an essential component of overall health and well-being. It affects how we think, feel, and act in our daily lives. It is important to seek help and support if you are experiencing mental health problems.



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10/10/23-16/10/23 OCD Awareness Week

OCD Awareness Week is an annual event that takes place every year during the second week of October. The goal of this week is to raise awareness and educate the public about obsessive-compulsive disorder. OCD is a mental health disorder that affects millions of people around the world. Despite the challenges of living with OCD, many people with the condition are able to lead fulfilling and successful lives with the right support and treatment.

We're always here to support and listen, regardless of the season. If you require assistance, feel free to visit one of our crisis sanctuaries.

Have your say and join us!

Lets get connected.

We are dedicated to understanding clients needs and developing our strengths and improving our weaknesses to deliver the best service we possibly can.

If you would like to be part of this, come along to our focus groups and share your ideas, offer suggestions, provide feedback and knowledge. We want to learn through your experiences.

Would you like to volunteer with us?

Volunteering is a great opportunity to not only give back to society and the local community but also to gaining experience and learning new skills!

We offer a range of volunteering opportunities, in Mansfield, Chilwell and Notts City.



Follow us on Facebook!

For further information contact Ivona on 07754 553663 or email enquiries@nottscrisissanctuaries.org.uk

