

# Staying PeerTalk Connected

December 2022

Click [here](#) for our  
[PeerTalk Support Groups](#)



Doing anything is hard  
Money's a worry  
Sleep's a struggle  
We've split up  
I need to talk  
I feel scared about ...  
It's all too much  
I've lost my job

Find out more at:

- 07719 562 617
- peertalk.org.uk
- enquiries@peertalk.org.uk
- @peer\_talk
- @peertalk1
- peertalkcharity

**Facing Depression Together**

**PeerTalk**

## Happy Christmas?? - Why Christmas is a hard time

Christmas can be difficult for anyone, at any point in their life.

You might be struggling this year for the first time. Or you may have found Christmas difficult in the past, and you're dreading it again this year.

You may also enjoy Christmas, but not be able to celebrate it how you'd like to. Or you might find some parts enjoyable, but other parts stressful.



This page covers some of the reasons that Christmas can feel tough, and may affect your mental health -

### [Why Christmas is Hard](#)

## When PeerTalk groups are closing during Christmas

All of the groups are closed between Christmas and the New Year - we take this one week off. However, there are other closures as some venues that we use have different requirements:

**Preston Central Methodist** is closed on Thurs 15th, 22nd and 29th Dec for an event and building maintenance. The meetings restart on Thursday 5th January.

**Leeds** is closed on 3rd Jan and starts again on 10th January.

**Gateshead**, at Bensham Grove, is closed on Mon 2nd Jan as it's a Bank Holiday.

**Warrington** will be closed on 2nd Jan for the Bank Holiday, and will restart on Mon 9th Jan.

**Sunderland University** will be closed on the 3rd Jan and restart on the 10th January

**Skipton** will go ahead on Mon 2nd Jan - the staff at Skipton Town Hall have kindly agreed to open up for us.

**All of our other groups restart from Tues 3rd January**

Get help if  
you're struggling  
to pay your bills

**citizens  
advice**

There are things you can do if you're struggling to pay your bills - for example your energy bills, rent and council tax.

### [Help with Bills](#)

## Lonely this Christmas?

Anyone can experience loneliness, regardless of age or background, but the reasons why will vary from person to person. Taking the time to truly understand what loneliness is, and how that may differ from person to person can make a significant difference in someone's recovery.



**BritishRedCross**

### [Help with Loneliness](#)

Online events  
for helping  
professions



We are passionate about building a learning experience that is easy to access, enjoyable and makes a huge difference to your practice.

### [Online events](#)



Twenty one new PeerTalk volunteer Facilitators were trained at events in November and December for our groups in Northern England. A further training event will take place in February for strengthening our volunteer teams in Knowsley, Warrington and Preston.

### [Volunteer with PeerTalk](#)

## Making the PeerTalk vision a reality

PeerTalk's vision is to establish a national network of peer support groups that are recognised as a trusted brand by clinicians and the public and as being organisationally robust and clinically credible.

Can you help us realise this vision helping with our communications and social media output? Email [stephen@peertalk.org.uk](mailto:stephen@peertalk.org.uk)

Charities Aid  
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