

# WINTER NEWSLETTER



01 December 25



Here's what has happened in the few months and what's to come!

We're excited to share some recent updates as we continue working to create a positive and lasting impact in our community. First and foremost, a heartfelt thank you to our amazing trustees, donors, and volunteers. Your ongoing support, generosity, and belief in our mission have been instrumental in keeping our programmes running and growing.

During the Autumn Term, we have been working closely with Schools ahead of their start back to school for the new year, we have had some fantastic feedback from the schools we attended for our lunchtime stands and can't wait to go back!

Our Swap Shop in September was a success! We are closely looking at doing another swap shop in the new year with Bassetlaw Food Bank - and hopefully have a brilliant turnover in helping the community.

As always, we want to remind you that our work is only possible because of the continued support of people like you. If you're able to donate time, skills, or resources, or even support us through Easy Fundraising—every little bit truly makes a difference. Everyday activities like shopping online can generate small donations that go directly towards helping us support young people across Bassetlaw.

Exciting news! The Centre Place turns 30 in 2026! Watch out for all our celebrations to come in the new year!

Once again, thank you for taking the time to support our services and making a difference to all Children and Young People ages 11-25.

Thank you - and  
enjoy this seasons  
newsletter!

*Centre Place x*

## In this newsletter you can expect:

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Centre Place  
Updates

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LGBT+ Updates

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Talkzone  
Updates

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# Centre Place Updates

During September - October we at The Centre Place, helped create awareness for the Suicide Prevention Charter by taking place in the 30 days of self care challenge. We helped the people on our social media by sharing with them 30 days of self care and how to look after yourself, whether that be reading a book or going on a run.

We at Centre Place are excited for CHRISTMAS! We know this can be a challenging time for most people and therefore we are here to offer some help and support to take the ease off the Christmas stress. On Friday 12<sup>th</sup> December we are doing a charity Christmas Gift Wrap event at The Centre Place - so fetch your presents along and we will take off the stress for you and get them wrapped, whilst you sit back and relax and enjoy the Christmas atmosphere!



In November, we had a Team Wellbeing Day, where we all fetched an item of food and did some amazing team building games! It was so much fun to all get together and eat yummy food and play fun games as a team.

SOME AMAZING NEWS! We have been nominated for the Health and Well Being Award with North Notts Business Women Awards. Voting opens on Saturday 6<sup>th</sup> December. Please if you could vote for us, this would be an absolutely amazing celebration for The Centre Place!



## LGBT+ Updates

Our LGBT+ Project Workers have been having a blast these last few months! With Halloween Parties, to getting prepared for Halloween and now moving on to Christmas. We marked Black History Month in October by researching Black LGBT+ Icons with the Young People who attend our groups.

Moving onto Christmas and The New Year, these are the things to expect.. Christmas Parties for our 11-16 & 16-25 Groups on the 17<sup>th</sup> & 18<sup>th</sup> December. In the run up to these parties, we will be having lots of Christmas crafts making decorations for The Centre and cards for loved ones - check out our social media for our Christmas Tree reveal!

During November, our LGBT+ Workers have been helping show support for Anti Bullying Week and World Kindness Day by spreading positive affirmations and discussing opportunities for kindness in everyday life.

We marked Trans Gender Awareness Day of Remembrance on Thursday 20<sup>th</sup> November. Within our two groups we remembered the day discussing trans rights, which is very important with the current living climax we are in right now. We also learnt about trans history and trans icons through a fun awareness quiz that all in group enjoyed thoroughly!



## Talkzone Updates

### Talkzone Parent and Carers Support Group

Our monthly support group is for parents and carers with a child age 0 - 25 years. If your child is struggling with their mental health and you're finding it difficult, our parent and carers group could be the support you're looking for.

Whether you want to offload, or listen to others, this is a safe and supportive space to relax.

Our next 2 sessions are: Friday 12<sup>th</sup> December 9.30am - 10.30am at Centre Place, Abbey Street, Worksop, S80 2LA & Monday 26<sup>th</sup> January 5:30pm - 6:30pm REMOTE over Microsoft TEAMS.

We look forward to seeing you there.

## Awareness Days

Important Awareness Days to Mark on Your Calendar

Here are some key dates for Awareness days to be mindful of:

December:

- Main Dates: 1<sup>st</sup> & 3<sup>rd</sup> December
- World's Aids Day is 1<sup>st</sup> December & International Day of Disabilities is 3<sup>rd</sup> December

February:

- Main Dates: 9-15<sup>th</sup> February & 6<sup>th</sup> February
- On the 9-15<sup>th</sup> February it is Children's Mental Health Week, the theme for 2026 is "This is my Place"
- On the 6<sup>th</sup> February it is Time to Talk Day

## Christmas Opening Times

We're operating with a smaller staff team over the Christmas period so staff can take a well-deserved break, between Monday 22<sup>nd</sup> December until Monday 5<sup>th</sup> January. During this time, response times may be longer than usual. Thank you for your understanding.

If you find yourself in times of crisis during this period please contact crisis hotlines or present at your nearest Hospital, here are some useful numbers:

- NHS 111 (England and Wales): Call 111 and select the mental health option to speak to a trained mental health professional in your area.
- Samaritans: Call 116 123 to talk to a trained volunteer confidentially about anything that's troubling you, no matter how difficult.
- Shout: Text "SHOUT" to 85258 for a confidential 24/7 crisis text service.
- PAPYRUS: If you are under 35 and having thoughts of suicide, call HOPELINE247 on 0800 068 4141.
- Childline: If you're under 19, you can call 0800 1111 to talk to Childline at any time. The number will not appear on your phone bill.



# Gallery

Please enjoy looking at our Gallery from our LGBT+ Halloween Party, Team Building Day and much more!



Thankyou For Reading