



## 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 27<sup>th</sup> November – Gosport Christmas Party 2-4**
- \* **Sunday 28<sup>th</sup> November – Chandlers Ford Christmas Party 10-12**
- \* **Sunday 28<sup>th</sup> November - Gala performance of Jack and the Beanstalk** (now full but we could add you to the waiting list)

### **DECEMBER**

- \* **Tuesday 7<sup>th</sup> December – YPG Christmas Party 7-8:30pm** Hollywood Bowl

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

*What's changed for you  
since your special person  
died?*

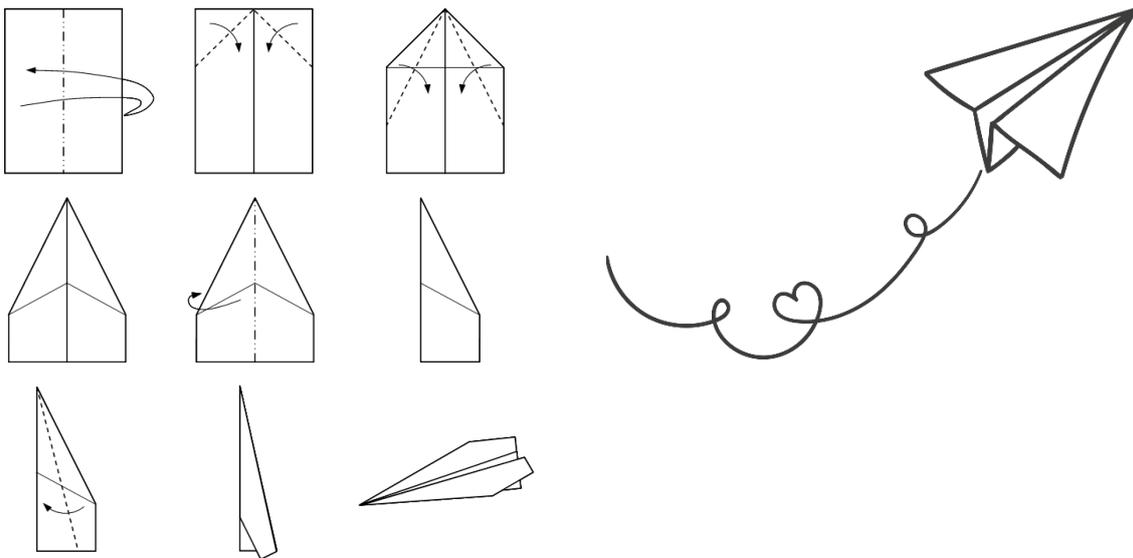
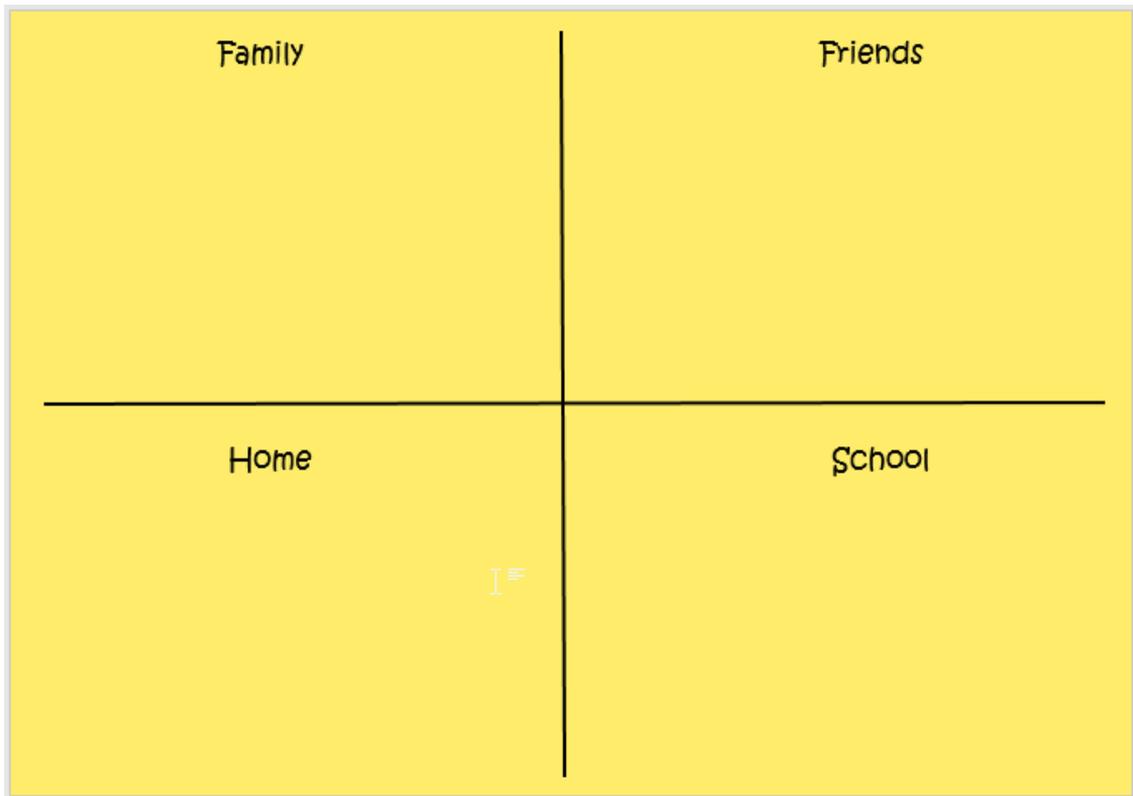
*What do you like doing  
the most?*

*Do you have  
questions for me?*

*What are your super  
powers?*

### **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!



**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](mailto:info@simonsays.org.uk)



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(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](mailto:info@simonsays.org.uk)



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## Thursday's

 **23<sup>rd</sup> September – 2<sup>nd</sup> December 2021**  
\*Excluding Thursday 28<sup>th</sup> October 2021

 **17:00 – 18:00**

**Free to Access for Simon Says members**

 **Book here:**  
[activeme360.classforkids.co.uk/info/118](https://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](http://www.simonsays.org.uk)

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

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**Location:**

**Alver Valley Schools**

Falcon Meadows Way, Gosport, PO13 8AA

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*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



**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.

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