

Christmas Holiday 2020

A list of events, important contacts, and helpful hints to support you through the festive season.

Free Christmas events

Christmas Ceramics Market

This year's Christmas Independent Ceramics Market takes place over four floors of Rich Mix Arts Centre, Tower Hamlets. Christmas Independent Ceramics Market provides a unique opportunity to see / buy a diverse range of affordable ceramic artwork, and buy direct from the maker. More details on the event page - <https://www.facebook.com/events/338414310372302/>

DIY Christmas Art Market

DIY Christmas Art Market returns to Rich Mix Saturday 12th December, offering visitors the chance to engage directly with artists / independent publishers, and purchase a broad selection of artwork at affordable prices. Register at: <https://www.eventbrite.co.uk/e/diy-christmas-art-market-tickets-121838090007>

2020 Christmas Day Dual 6 Person Ride

This ride has taken place every year since 2001, when it was inaugurated by the late Barry Mason, coordinator of Southwark Cyclists, founder of Greenwich Cyclists and organizer of the Dunwich Dynamo. Due to Coronavirus, you will have to pre-resister on Eventbrite with a specific group of six riders: <https://www.eventbrite.co.uk/e/2020-christmas-day-dual-6-person-ride-tickets-119049471173>

Greenwich Market Christmas Late Shopping

London's favorite designer-makers under one roof. Independent shops and stalls. Greenwich Market's Christmas Late Shopping is just the place to find the perfect arts and crafts Christmas gifts. And enjoy some festive cheer with a delicious street food supper and heavenly music. Avoid the weekend crowd - shop through to 8pm on Wednesdays beginning the 9th of December. Events can be found here - <https://www.eventbrite.co.uk/o/greenwich-market-14721659268>

Hackney Christmas Market

Hackney Christmas market is back for 2020 3 weekends of finest street food with fantastic vegan options, Christmas decorations and artisan gifts from ethical businesses, gift-wrapping workshops, multiple bars are on the street with delicious mulled wine, craft beers, cocktails and beautiful atmosphere. Children and pets are more than welcome and the entry is FREE for everyone, as always. 3 weekends: 28-29th of November, 5-6th of December, 12-13th of December. Get tickets here - <https://www.eventbrite.co.uk/e/hackney-christmas-market-tickets-126706014099>

Christmas Meals

Virtual Hackney Christmas Dinner 2020

Hackney has held a Christmas Dinner for Care Leavers & Care Experienced Young People since 2014. This year will be our 7th year! The Virtual Hackney Christmas Dinner 2020 will be a magical day to remember for care leavers aged between 18 - 25 who live in the East London area ONLY.

This virtual event will take place on Christmas Day from 12pm to 6pm online (Zoom) with breaks, and will cater for up to 50 young people. Please note, each activity is optional. Guests can join when they want. A timetable will be sent out to all guests and the person who makes the referral. Email alex@shoreditchtrust.org.uk for a referral.

Benefit Payments Over Christmas

If it's a bank holiday anywhere in the UK your payment may be early.

- For PIP, Universal Credit and Tax Credits:
 - payments due from 24 – 28 December will be paid on 24 December
 - payments due on 1 January will be paid on 31 December.
- For Child Benefit
 - payments due on 28 December will be paid on 24 December.

Helpline numbers for each benefit are below. Lines are open Monday to Friday, 8am to 6pm, but the line is closed on bank holidays. It is sometimes easier to get through if you call early in the morning.

- Universal Credit helpline (free): 0800 328 5644
- PIP helpline (free): 0800 121 4433
- Child Benefit helpline: 0300 200 3100
- Tax Credits helpline: 0345 300 3900

People receiving some forms of pension or benefits may receive a £10 bonus payment in the week before Christmas. You do not have to claim this, it will be applied automatically if you are eligible. Find out more here: <https://www.gov.uk/christmas-bonus>

Getting Help Over Christmas

Christmas can be a great time, but can also create anxiety and tension. If you, or someone you know, is in crisis contact:

- Children's Social Care - First Response Team on 020 8356 5500 for safeguarding concerns about a child who lives in Hackney
- Adults Social Care on 0207 332 1224 for safeguarding concerns about vulnerable adults in Hackney
- The Samaritans on 08457 90 90 90
- Family Lives on 0808 800 2222 for support on parenting and family life
- The National Domestic Violence Helpline 0808 2000 247

Medical Help Over Christmas

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. Further information is available from NHS 111 (dial 111) or at 111.nhs.uk.

In an emergency always call 999.

Tips to Stay Happy and Healthy Over Christmas, by Alex Ingrey, Community Coordinator, Shoreditch Trust

Stay Active

Most routines break down around Christmas time. Having time off work and school can make it feel easy to take time off your workout routine as well. However, it's just as important (if not more important) to get your daily dose of exercise, even around the holidays. Getting outside and moving for a bit is great for your body and mind; it's an easy fix for the unwanted weight gain from all the sugary foods and the stress of the season.

Give Yourself A Break

Christmas time is notoriously busy and stressful. A lot of planning and preparing goes into making the month of December festive and exciting. Many people find themselves too stressed out to really enjoy the fun of the season. Here are some things you can do to make the time more enjoyable and restful:

- Budget ahead of time. Christmas is often hard on the wallet and can be an unnecessary stressor. If you start setting aside an amount that you're comfortable spending on Christmas expenses earlier in the year, you'll feel prepared and stress-free by the time Christmas comes around.

- Practice some self-care. Make sure you take time for yourself to relax and recharge if you need to.
- Enjoy the present moment. It's easy to get caught up in planning, shopping, and running from place to place, but try to remember to slow down now and then to savor the time with your friends and family this Christmas.

Stick to Healthy Foods

Around this time of year, it feels like chocolate and casseroles are the only things to eat. However, it's not as hard as you might think to eat healthy around Christmas time. Keep an eye out for non-fried foods and limit the sweets you eat – it's easy to lose track. You can also keep your breakfast and lunch light if you know you will be having a big dinner.

Set Some New Goals

Some people really enjoy making New Year's resolutions, and some know that they'll never be able to follow through on them. Whichever camp you fit in, consider making some practical goals that will help you live into a happy healthy new year even after the holidays are over. The goals you set don't have to be difficult to attain. For example, you could finally make that appointment with your doctor for a check-up you've been meaning to make. Or you can make taking a daily walk a habit. No matter what it is, make your health a priority during this Christmas season and into the new year.

Buy What You Can Afford

It can be easy to get a little bit ahead of yourself when buying gifts for people, and with all the other payments that people make around this time of the year, we can find ourselves being a little strapped for cash once the new year comes round. Just remember it's the thought that counts, and most people are perfectly grateful for the little things.

Volunteer to Help Others

We can sometimes feel a little lost around this time of the year, especially this year with Covid restrictions making it that much more difficult to get out of the house. One great way to help fill your time is finding ways to volunteer in the community. Not only is Volunteering a great way to help combat stress, anxiety and depression, but it's also a great way to give something back to the community, and what better time of the year to give than Christmas?

List prepared 18 November 2020, please note some listings may change.