



Mental Health Alliance



Welcome to the REACH Mental Health Alliance Newsletter -
Festive Edition 2025!



We have done our best to include as much information as we can regarding what support is available in the local area across the 2025 festive season - it turns out there's a lot! Which means there are many pages ahead of you.....so -

Grab yourself a hot drink, get comfy, cosy, and warm,
Hit play, embrace the wonder, relaxing is an art form!



(Here you'll find all the tunes you need to get into the spirit - a playlist loaded with classics and modern-day tracks!)

Joke #1:

What is the
name of a
runner's favourite
reindeer?

(Find the answers
to all Jokes and
Riddles on the last
page)

Riddle #1:

I am a ball that
does not bounce.
What am I?

On with this edition's content...

Good Neighbours and Hope Coventry



A huge thank you to the teams at Good Neighbours Coventry and Hope Coventry for sending us a list of events and support available in the community throughout the festive season.

We have sourced as much detail as we can. Including contact information, addresses, booking information and posters (where appropriate), but more can be found online by just googling the venue/organisation.

[Or...most of the pictures throughout the entire publication are hyperlinks!]





Upcoming festive events!

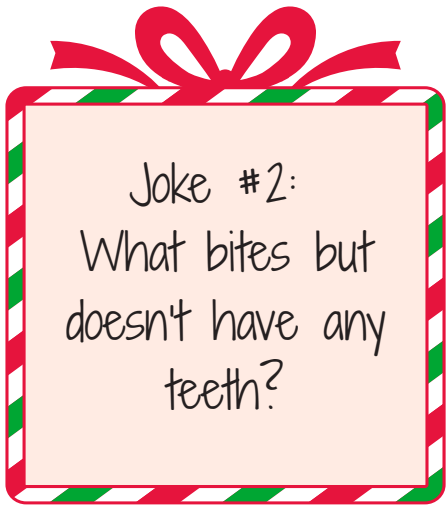
All Saint's Blue Christmas

A service for anyone for whom Christmas is hard – grief, debt, health challenges or anything else. Have space to reflect, be still, and find hope.

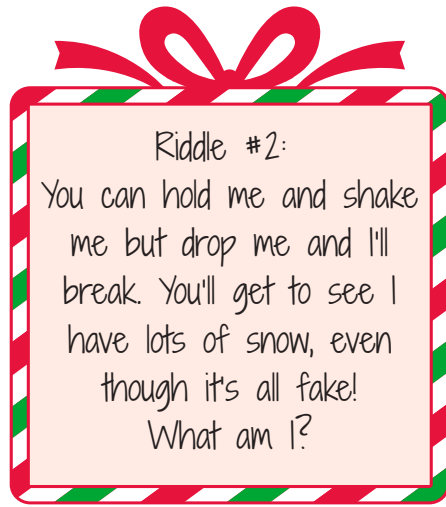
21st December – 3pm

All Saints Church
Rectory Lane, Coventry
CV5 9EQ

A service for anyone for whom Christmas is hard – grief, debt, health challenges or anything else. Have space to reflect, be still, and find hope.



Joke #2:
What bites but
doesn't have any
teeth?



Riddle #2:
You can hold me and shake
me but drop me and I'll
break. You'll get to see I
have lots of snow, even
though it's all fake!
What am I?



Upcoming festive events!



St Paul's Foleshill

21st December - 4pm
346 Foleshill Rd, Coventry CV6
5AJ

A Quiet Christmas. A service
for anyone not feeling very
festive.

St Andrew's Eastern Green

21 Dec 2025 - 4 p.m. for 1 hour
Church Lane Eastern Green
Coventry, CV5 7BX

A reflective service for all those for
whom Christmas is challenging



Upcoming festive events!



St Mark's Church

21st December - 7.30pm

The Longest Night

St Marks Church, Bird Street, Coventry, CV1 5FX

This is a chance for space and reflection over the Christmas season. For many people, Christmas can be quite a difficult time and so St Marks are making space to reflect upon the difficulties of this season, to pray, and to encounter God amidst the sadness.

Joke #3:

What's the first thing elves learn at school?



Riddle #3:

I am tall when I am young, and I am short when I am old.
What am I?

Joke #4:

Which Christmas bird moves the slowest?

Riddle #4:

Other than Christmas, what do you have in December that you don't have in any other month?



Upcoming Christmas Meals

Queens Road Baptist Church

Weds 24th December 11am until Monday 29th December 10am
Queens Road Baptist Church, Coventry city centre

As part of Coventry Open Christmas. Friendship, chat, meals, games + a warm space available 24 hours a day. No booking needed.

Christmas Day lunch will be served between 12pm - 3pm on 25th



*Coventry Open
Christmas*

**CHRISTMAS DAY
COMMUNITY LUNCH
2025**

**VENUE: QUEENS ROAD BAPTIST CHURCH
FROM 12NOON TO 3PM
CHRISTMAS DAY**

NO BOOKING NEEDED • OPEN TO ALL



Coventry Open Christmas

We will once again be open 24 hours a day from December 24th, 2:00pm through to December 29th this year, closing at 10:00am.

DO YOU NEED A HOT MEAL OR SAFE PLACE TO GO AT CHRISTMAS?

We will be offering the following services to everybody:

Emergency overnight sleeping for the homeless or anyone in need.

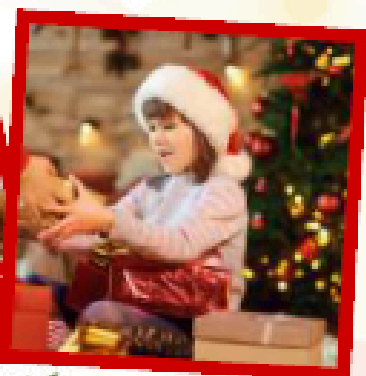
Free hot meals at breakfast, lunch, and dinner times.

Emergency food parcels.

A warm, non-judgmental place for anyone who needs a safe place to go.

Entertainment each night, including bingo during the day, prizes, and much more.

VENUE: QUEENS ROAD BAPTIST CHURCH, COVENTRY CV1 3EG
PLEASE GO TO WWW.COVENTRYOPENCHRISTMAS.CO.UK FOR MORE DETAILS



FREE BREAKFAST WITH SANTA DECEMBER 23RD, 10AM

Everyone welcome. Not only will children have the joy of meeting Santa Claus himself, but they will also receive a free toy and a selection box to make their holiday season even brighter.

Please go to www.coventryopenchristmas.co.uk or our Facebook at [Coventry Open Christmas Grubngabclub](#) for more details.

Upcoming Christmas Meals

Advent at St Peter's

- 5 DEC** 3.30PM MESSY CHRISTMAS
- 14 DEC** 2PM HILLZMAS EVENT
- 18 DEC** 7PM CAROL CONCERT
- 24 DEC** 11PM MIDNIGHT MASS
- 25 DEC** 11AM CHRISTMAS SERVICE
- 25 DEC** 12.30PM CHRISTMAS LUNCH

St Peters, Hillfields

Thursday 25th December 12.30pm
Charles St, Coventry CV1 5NP
Christmas Day Dinner.

Register via 024 7663 2877 or
info@stpetershillfields.org

The Roman Catholic Church of Precious Blood and Souls

Thursday 25th December 2pm
All Souls Chapelfields, Kingsland Avenue, Coventry,
CV5 8DX

Christmas Day Dinner - Open to anyone who'd like
some company and a special dinner. Transport can
be provided. Dinner served at 3pm; arrive from
about 2pm. Book via Father Paul at
fr.paul.burch@rcaob.org.uk or 02476 674161



Upcoming Christmas Meals



FREE CHRISTMAS DAY MEAL

Here at the Sky Blue Tavern, we will be offering Christmas Day meals for the homeless, less fortunate and those struggling this year!



Christmas Day - Thursday 25th December
Sky Blue Tavern, Hertford Place, Coventry, CV1 3JZ

12PM - 2PM

Meals prepared for takeaway. 1 meal per person. Meal is curry, rice and roti. Every effort will be made to give everyone a meal, but stock is

Sky Blue Tavern

Thursday 25th December 12pm-2pm
Hertford Place, Coventry, CV1 3JZ

Sky Blue Tavern is giving out free Christmas dinner (a curry takeaway) to those in need of one. 1 meal per person. Just turn up.

Upcoming Christmas Meals



The Yard

Thursday 25th December 11am-3pm
Earl Street, Coventry CV1 5RU

The Yard is open for a warm, welcoming, and safe space. Free Mince Pies, Tea, and Coffee for everyone! Come for a quiet moment, or to spend some time with friendly faces. All welcome.

St Oswalds

Thursday 25th December 1pm
Jardine Crescent, Tile Hill, Coventry
CV4 9PL

Christmas Day Dinner - this is
£20pp, but please contact them if
you can't afford it



Thank you

to all of these organisations and venues for offering their support throughout the community!

The team at Parenting Project put together a brilliant list of contact information for people seeking support over the festive period. So, we wanted to include it here too - A big thank you to them for taking the time to put this together!

Police 999

• NHS helpline 111

- Warwickshire children and families front door (MASH) 01926 414144
 - FIS (Family Information Service) 01926 742274
 - Family Support Line 01926 412412
- EDT (social care out of hours emergency duty number) 01926 886922
 - RISE crisis team (child/young people) 08081 966798 (option 2)
 - Child Line 0800 1111
 - Young Minds 0207 0895050
- Mental Health access hub (adults) 0300 200 0011 (open 24/7, 365 days)
 - Samaritans 116 123 (open 24/7, 365 days)
 - Dear Life website www.dearlife.org.uk
 - Safe line 0808 8005008
 - Refuge 0800 2000 247 (open 24/7)
- National Centre for Domestic Violence (NCDV) 0800 970 2070

Cost of living crisis - useful contacts:

- Help for Households website: www.helpforhouseholds.campaign.gov.uk
 - Act On Energy on 0800 988 2881
- Warwickshire Local Welfare Scheme 0800 408 1448 or visit: www.warwickshire.gov.uk
 - Citizens Advice: www.citizensadvice.org.uk
- p.h.i.l. (Preventing homelessness, Improving lives) in Warwickshire: www.warwickshirephil.org.uk
- Warwickshire Cost of living web page: <https://www.costoflivingwarwickshire.co.uk/>

Warwickshire Food Banks:

<https://warwickdistrict.foodbank.org.uk/>
<https://stratforduponavon.foodbank.org.uk/>
<https://rugby.foodbank.org.uk/>
<https://nuneaton.foodbank.org.uk/>
<https://www.trussell.org.uk/>
<https://www.northwarks.gov.uk/benefits/cost-living/2>

Act on energy

Does your organisation want to support residents who are struggling to stay warm this winter?

This winter, Act on Energy is running a 'Keep Warm Appeal' for local organisations to take part in. Local businesses, schools and community groups can become a donation point for warm items that they can deliver to the residents they see across Warwickshire, Worcestershire and the West Midlands.

They have generated a toolkit for people to understand more about why this appeal is important, how they can take part, and what resources are available. The toolkit can be found [here](#).



Joke #5:

What did Mrs. Claus say to Santa when she looked up at the sky?

Riddle #5:

How many presents can Santa put in an empty bag?

Coventry, Warwickshire, and Worcestershire (CWW) Mind

Delivering wellbeing services
and promoting positive mental
health for over fifty years

cwwmind.org.uk |   

 **mind**
Coventry,
Warwickshire
and Worcestershire



This World Mental Health Day, CWW Mind launched the "Be Kind, It's Christmas" cup campaign in partnership with Purple Planet Packaging.

For every case of cups sold this winter, £2 will be donated directly to Coventry, Warwickshire and Worcestershire Mind. The funds raised will go straight into our local services, from phone lines and one-to-one support to community groups and wellbeing hubs, helping us support thousands of people across the region.

Find more info [here](#).





Extra Support

Wellbeing for Warwickshire

An open door to supporting your mental health

Residents (aged 16+) of Coventry and Warwickshire can call the Mental Wellbeing Line on 0800 666711, 24/7, 365 days a year. Our friendly team are on hand to provide connection, advice, information and signposting.

[CLICK HERE](#)

Safe Haven

Coventry and Warwickshire

Safe Haven Coventry and Warwickshire are open every evening from 6pm-11pm for adults aged 16+ who are feeling overwhelmed, distressed, or in crisis. Drop in at our safe, non-judgemental venues in Coventry or Nuneaton every evening over Christmas, or call (024) 7601 7200 for a listening ear and guidance on finding support.



Joke #6:
What do you call
an old snowman?

[CLICK HERE](#)



Riddle #6:
If it takes five of
Santa'selves five minutes
to make five dolls, then
how long would 100 elves
need to make 100 dolls?



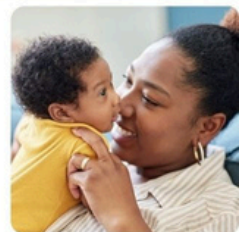
Nation Childbirth Trust (NCT)

National Childbirth Trust (NCT) Parents in Mind Coventry and Warwickshire provide friendly, non-judgmental, free to access, mental health support to mothers and birthing people during the early stages of parenthood, run by parents who understand the challenges it can bring.

While their in-person support will pause over the school holidays, they're still picking up referrals from individuals and professionals. Find out more about who can access support and to make a referral -

[CLICK HERE](#)

Coventry and Warwickshire



Friendly, non-judgemental, low-level mental health support for mothers and birthing people

Free-to-access support, delivered by trained volunteer peers who understand the challenges the early stages of parenthood can bring.

Find out more by following the QR code or emailing us at: parentsinmind.wc@nct.org.uk

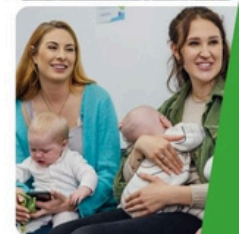


“

I'm not the only one that is anxious and struggling with the changes of becoming a new mum.

”

Everyone accessing our groups is also looking for support around their emotions, mental health and wellbeing.



© NCT is a trading name of The National Childbirth Trust. Limited company registered in England and Wales: 2370573. Registered address: 27 Old Gloucester Street, London WC1N 3AX. Registered charity in England and Wales: 801395 and Scotland: SC041592.



Are you looking for something new to do this season? Do you want to develop interests or skills, make new friends or give something back to your community? Well, you're in the right place! Whether you're looking for inspiration, a course or a helping hand - let us help you on your volunteering journey.

Volunteering is incredibly rewarding, from the feel-good factor of helping others, to sharing your skills, building confidence, and meeting like-minded people who often become lifelong friends.

Getting started is easy: Visit: www.getinvolvedcoventry.org.uk

- Create your volunteer profile
- Discover opportunities tailored just for you



Chat Central provides a friendly and supportive space for anyone who may feel lonely or isolated, or who wants to build their confidence and feel more connected to other people and the local community.

These sessions are FREE and open to anyone who lives in Coventry aged 18+.

Participants can come for up to 15 sessions and unlimited volunteering.

Celia Monaghan (Chat Central Lead Officer) 07541 343491

Email: chatcentral@vac Coventry.org.uk

Web: <https://www.getinvolvedcoventry.org.uk/o/Utopia271151-Chat-Central-Team>





Voluntary Action Coventry

Improving Lives is a course delivered by Voluntary Action Coventry, several times across the year. We help participants to focus on their future, build confidence in their skills and abilities, and develop the knowledge needed to find and secure volunteering or work roles.

Contact Tia Bhayat or Jemma Paterson on 024 7622 0381

Email: getinvolved@vacoventry.org.uk

Next course dates are 6th January to 12th February 2026 and 24th February to 2nd April 2026

Web: <https://www.getinvolvedcoventry.org.uk/o/Utopia271151-Improving-Lives-Team>



IMPROVING LIVES
VOLUNTEERING COURSE

ARE YOU

- Interested in exploring volunteering opportunities?
- Ready to gain experience that could be valuable in the future?
- Looking to increase your self-esteem and build your confidence?
- Wanting to learn new skills, improve or update your existing skills?

IF SO **IMPROVING LIVES** **IS FOR YOU!**

ENROL NOW!

For next course date scan here

SCAN ME

FREE in-person 6-week course, Tuesdays & Thursdays, 10.30am - 12.30pm

| 024 7622 0381 | www.vacoventry.org.uk/improving-lives |

Coventry City Council's – Skills, Employment and Adult Education Projects

 **COMMUNITY FUND**

 Funded by UK Government

 West Midlands Combined Authority

 Coventry City Council

This project is part funded by the UK Government through the UK Shared Prosperity Fund

Get into the festive spirit!

From meeting Father Christmas and friends, to riding the Big Wheel, to browsing the Christmas market - there's so much to do to immerse yourself in the festivities!

For more info: <https://www.coventry.gov.uk/events>



Joke #7:

What do you call
a snowman with a
six-pack?

Riddle #7:

At a festive market, the total
cost for a cup of hot chocolate
and a gingerbread man is £1.80.
If a cup of hot chocolate costs
one pound more than a
gingerbread man, how much
does each item cost?



Merry Christmas



And that's all from us at Reach Newsletter HQ!

We hope you've found some useful information/resources throughout this publication and even managed to have some fun along the way!

We wish you all a very happy festive season!



Jokes answers

- #1: Dasher
- #2: Frost
- #3: The Elf-abet
- #4: A turtle dove
- #5: 'It looks like rain, dear.'
- #6: Water
- #7: An abdominal snowman

Riddles answers

- #1: A snowball
- #2: A snow globe
- #3: A candle
- #4: The letter 'D'
- #5: Only one - after that, it's not empty anymore!
- #6: five minutes (It takes 1 elf 5 minutes to make 1 doll - If the number of elves and dolls are the same then there's no difference in time.)
- #7: Hot chocolate costs £1.40 and a gingerbread man costs £0.40



REACH Mental Health Alliance
Realising Everyone's Access to Community Help