



Through The Lens

Choice - Safety - Collaboration - Empowerment - Trust



It is the season

With Christmas fast approaching, we thought it would be the ideal time to highlight another initiative within Resilience Learning Partnership, our very own RLP Crafty Kids ...



RLP Crafty Kids was born out of a COVID-19 response during 2020. Based in Alloa, Clackmannanshire our journey started by donating craft boxes to local children in need. This then led to self-care boxes, suicide prevention boxes, old-age pensioner boxes, the list goes on! We now sell craft and self-care boxes across the UK.

Help us to continue our good work by purchasing a Crafty Kids box - for every 10 boxes sold we will donate a craft box to a local child.

What happens when you buy a box from RLP Crafty Kids?



Local employment

Three local people are employed through RLP Crafty Kids.



Box Donation

For every 10 boxes sold, we will donate a craft box to a local child in need.



Volunteers

Our volunteers are at the heart of Crafty Kids - help them stay active.



Support local

When you support a local business you help the environment and keep money in the local community.



✉ info@resiliencelearningpartnership.co.uk

☎ 01259 272015

📍 Unit 2 Block 1
Cooperage Way Business Village
Cooperage Way
Alloa, FK10 3LP

🌐 www.resiliencelearningpartnership.co.uk

Feel free to follow us





It's the season to craft ...

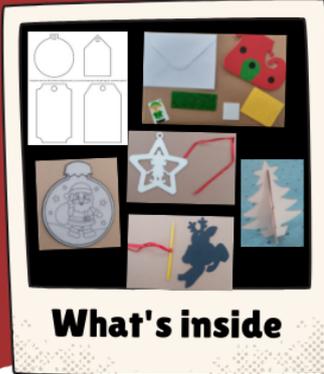
LIMITED OFFER

RLP CraftyKids

THE WEE SOCIAL ENTERPRISE WITH THE BIG REACH

Kids Christmas Craft Activity Pack

£7.99
(including P&P)
or BUY 3
FOR THE PRICE
OF 2!



What's inside

- Hanging wooden Christmas decoration
- Christmas themed stained glass picture
- Christmas themed scratch card activity
- Wooden Christmas tree decoration
- Christmas card
- Do-it-yourself gift tags
- Instructions and activity sheets provided

Envelope can be personalised with your child's name and sent by their naughty elf / caregiver



Place your order now to avoid disappointment

To place an order please email julie@resiliencelearningpartnership.co.uk or message us on our Facebook page

Please note: the last order despatch date will be Monday 13 December 2021

JUST CRAFT £9.99

Three amazing kids craft activities each with its own activity sheet. Assorted sizes of coloured paper, sticky eyes, gems, blank card and envelope for your little people to make their own creations.

CRAFT KIT £13.99

The whole kit and caboodle! This box contains all of the Just Craft items plus; Two extra activities including activity sheets, felt tips, crayons, pens, sharpener, rubber, hp pencil, scissors, glue stick, colouring sheets and a water bottle. This box can be personalised to have your little persons name on it.



SELF-CARE £14.99

Something for the grown-ups. Our self-care boxes include; Border biscuits, Pukka morning and evening tea bags, aromatherapy travel candle, nail file, lip balm, mindful colouring book, clay art box, note book and pen.

All box prices include P&P

Email julie@resiliencelearningpartnership.co.uk or message us on our Facebook page to order your box today!

Remember for every 10 boxes sold we will donate a craft box to a local child.

Meet the Crafty Kids Team



Julie MacDonald
Business Development
Manager



Jamie McMillan
Business Development
Manager



Matt Lygate
Supervisor



Sharon Salerno
Volunteer



Celeste McCracken
Volunteer

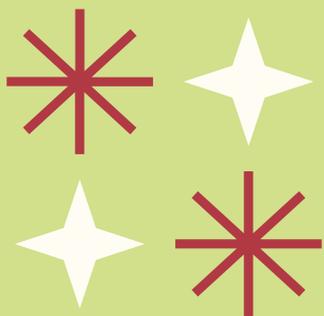


Tracy Dunstan
Volunteer

RLP Crafty Kids
would like to
extend a very
warm
welcome to
our newest
volunteer



Nicola-Anne Spence
Volunteer



RLP Crafty Kids could always use a helping hand.

Do you love being creative?

Do you enjoy arts & crafts?

Are you wanting to socialise with other people?

Why not join our vibrant volunteer team, we would love to hear from you- please get in touch!



Remembering the "me" in merry

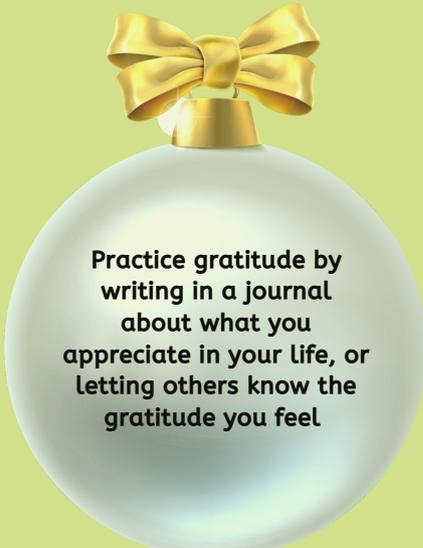
(Self-care strategies for this holiday season)



The holiday season means planning and taking care of others. This leaves very little time for taking care of ourselves. Below are a few ideas of self-care practices to try during this holiday season - above all, be kind to yourself!



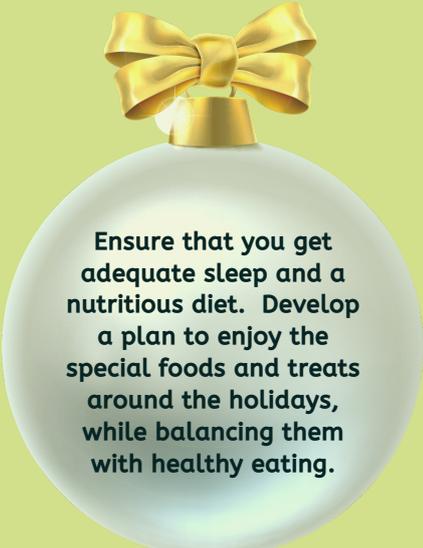
Schedule self-care activities such as exercise, meditation, reading or a hobby you really enjoy at the same time each day so that it can become a routine (set an alarm or a timer to remind yourself)



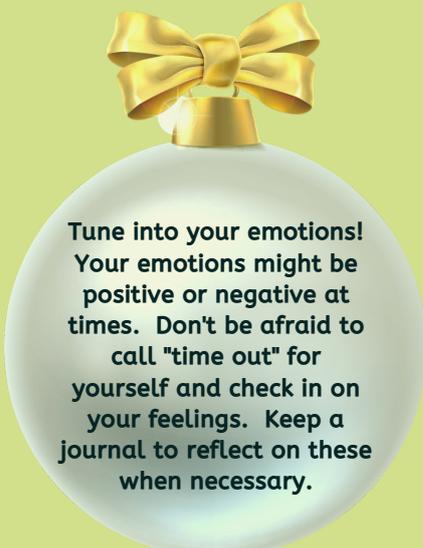
Practice gratitude by writing in a journal about what you appreciate in your life, or letting others know the gratitude you feel



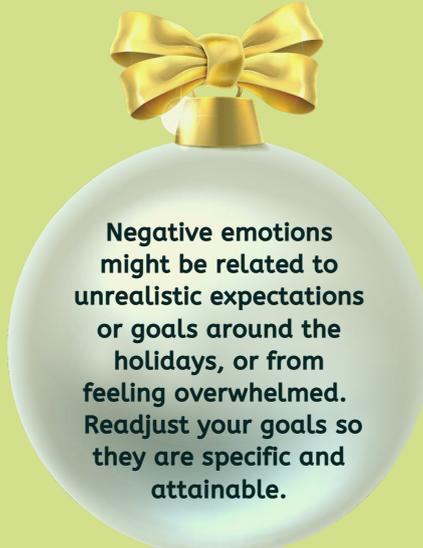
Listen to soothing music or practice deep breathing or other relaxation skills



Ensure that you get adequate sleep and a nutritious diet. Develop a plan to enjoy the special foods and treats around the holidays, while balancing them with healthy eating.



Tune into your emotions! Your emotions might be positive or negative at times. Don't be afraid to call "time out" for yourself and check in on your feelings. Keep a journal to reflect on these when necessary.



Negative emotions might be related to unrealistic expectations or goals around the holidays, or from feeling overwhelmed. Readjust your goals so they are specific and attainable.

If you're struggling over the festive season, there is help available for you. Here is a list of helplines that will be open on Christmas day and New Year's day if you need support:



[Alcoholics Anonymous webchat](#)
Narcotics Anonymous: 0300 999 1212
The Samaritans: 116 123
Childline: 0800 1111

If it's an emergency or you don't think you can keep yourself safe, please call 999 or go to A&E. If you or someone you know needs urgent care but it's not life-threatening, call 111.

Welcome

Resilience Learning Partnership would also like to extend a very warm welcome to our two new staff members.



Jenna Murphy
Community Builder



Hannah Birtwistle -Craine
TIER Facilitator



Before we go

Would you like your organisation featured in our next newsletter?

Should you wish to advertise services offered by your organisation in our newsletter, please get in touch with us. We particularly want to feature lived experience-led organisations to let the community see all the amazing work you are doing.

Please email our editor with any photos or blurbs you would like us to feature.

Celeste - info@resiliencelearningpartnership.co.uk

Would you like to donate?

Resilience Learning Partnership is a social enterprise. Social enterprises are businesses that are changing the world for the better. Like traditional businesses, they aim to make a profit but it's what they do with their profits that sets them apart – reinvesting or donating them to create positive social change. Social enterprises are in our communities and on our high streets – from coffee shops and cinemas, to pubs and leisure centres, banks and bus companies.

If you would like to donate to Resilience Learning Partnership please follow the link below.

<https://resiliencelearningpartnership.co.uk/crafty-kids-survival-boxes>



Kindly note:

Our offices will close on Friday, 17 December 2021 and we will reopen on Monday, 10 January 2022.



Season's Greetings

After another successful but challenging year it's great to be able to finish up for a prolonged period of time.

We all need this much deserved break to rest, recharge and reflect so we can come back next year and continue our mission for people with lived experience to be heard, valued and supported.

Shumela Ahmed, MD of RLP

