





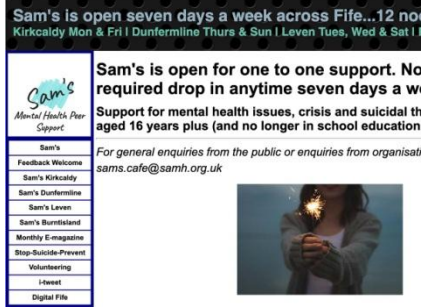











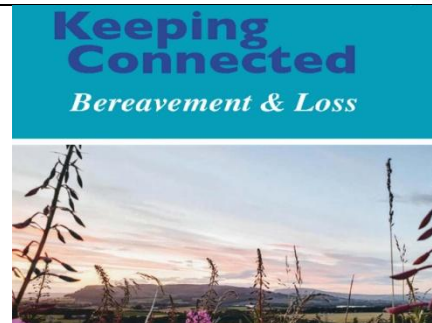

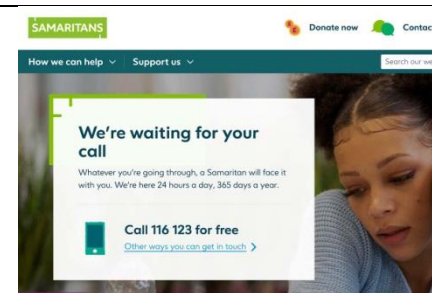
Date/Time/Platform	Post Content/Links	Images
29 th November 10:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook	Subject: It's going to be ok #CreateYourChristmasFife The run up to Christmas can make us feel different emotions for different reasons. Whether you are excited for the celebrations or worried about the next few weeks, don't put yourself under pressure. Do your Christmas your way @fifehscp @nhsfife @phfife	
30 th November 10:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook	Subject: Worried About Money resource #ChristmasCommunity There's a whole community of organisations in Fife ready to provide support, guidance and advice. Don't try to do it on your own. Click here for more info: https://tinyurl.com/j8dbnszh @fifehscp @nhsfife @phfife	 Supported by 
1 st December 10:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook	Subject: Control the controlables #CreateYourChristmasFife Sometimes we all wish things were different. Don't focus on what you can't change. Focus on what you can do and the Christmas you can create @fifehscp @nhsfife @phfife	




<p>2nd December 10:00 @FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Keeping Connected Generic Leaflet</p> <p>#ChristmasCommunity Keeping Connected Fife provides info to help people access emotional & practical support & signposts to local/national services to help keep you connected within your community https://www.hpac.nhs.uk/HPAC//MoreDetailsv4.jsp?id=2578&subjectId=0&sitename=hpac.fife.scot.nhs.uk&referrer=https://www.hpac.nhs.uk/HPAC/BrowseSearchv4.jsp?null?sitename=hpac.fife.scot.nhs.uk @fifehscp @nhsfife @phfife</p>	
<p>3rd December 10:00 @FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Stress-free Christmas Cooking</p> <p>#CreateYourChristmasFife Don't feel under pressure to recreate complicated recipes which can be costly to buy ingredients for. Keep it simple! Cook foods you & your family like. Looking for inspiration? Check out Feeding Fifers https://www.facebook.com/FeedingFifers/ @fifehscp @nhsfife @phfife</p>	
<p>4th December 16:00 @FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: SAMs Cafe</p> <p>#ChristmasCommunity Christmas can feel overwhelming. SAMs Cafe is available in Dunfermline, Kirkcaldy, Leven & Burntisland & provide 1 to 1 support on mental health issues, crisis & suicidal thoughts - simply talking can help https://www.samscafe.org.uk/ @fifehscp @nhsfife @phfife</p>	
<p>5th December – No content</p>		


<p>6th December 10:00 @FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Mindset Matters</p> <p>#CreateYouChristmasFife Think about your mindset. Take the pressure off yourself & take time to be grateful - appreciate the joyful little moments. Reflecting on all you have to be grateful for can really lift your mood @fifehscp @nhsfife @phfife</p>	
<p>7th December 10:00 @FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Preloved/new to you</p> <p>#CreateYourChristmasFife Concerns about finances this Christmas? Gifts don't always need to be new. There are lots of preloved markets offering toys at reduced prices which will still be new to them! Children remember the memories longer than the toys @fifehscp @nhsfife @phfife</p>	
<p>8th December 10:00 @FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Crisis and community care grants</p> <p>#ChristmasCommunity Emergency funds are available through the Scottish Welfare Fund. The grants are designed to help people who are on a low income, so you can apply even if you don't claim benefits https://www.fife.gov.uk/kb/docs/articles/benefits-and-money-advice/crisis-and-community-care-grants @fifehscp @nhsfife @phfife</p>	

<p>9th December 10:00 @FifeHpservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Sleep on it</p> <p>#CreateYourChristmasFife Organising Christmas can be exhausting & our brains can struggle to switch off. If we're tired it can be difficult to focus & problems can seem worse. Try some mindfulness at night to help you sleep https://www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing#mindfulness-for-mental-wellbeing @fifehscp @nhsfife @phfife</p>	
<p>10th December 10:00 @FifeHpservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Don't go out – hibernate!</p> <p>#CreateYourChristmasFife Don't feel pressure to go out to celebrate. It's OK to hibernate! We are still adjusting to socialising again & extra nights out cost extra money. Do what is right for you @fifehscp @nhsfife @phfife</p>	
<p>11th December 16:00 @FifeHpservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Breathing Space (Telephone support)</p> <p>#ChristmasCommunity Christmas can feel overwhelming with extra decisions to make & a growing 'to do' list. You are not on your own, simply talking can help: https://breathingspace.scot/ @fifehscp @nhsfife @phfife</p>	
<p>12th December – No content</p>		

<p>13th December 10:00 @FifeHpservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Do Something Different</p> <p>#CreateYourChristmasFife Focusing on doing something good can boost your mental wellbeing. Do something different. Let someone you know that you're thinking of them. Post a Christmas card with a letter to someone who won't expect it @fifehscp @nhsfife @phfife</p>	
<p>14th December 10:00 @FifeHpservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: CARF</p> <p>#ChristmasCommunity If you need help & don't know who to ask, Citizens Advice & Rights Fife provide free information & advice on topics such as welfare benefits, debt & money advice, relationship issues, housing & more: https://www.cabfife.org.uk/ @fifehscp @nhsfife @phfife</p>	
<p>15th December 10:00 @FifeHpservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Celebrating with children</p> <p>#CreateYourChristmasFife Don't feel pressure to splash out on expensive Christmas experiences for children. A family Christmas movie night at home will create memories just the same @fifehscp @nhsfife @phfife</p>	

<p>16th December 10:00 @FifeHpsservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Bereavement & Loss</p> <p>#ChristmasCommunity Christmas can be difficult when we have lost a loved one. This leaflet provides emotional & practical support & signposts to services who can assist those experiencing bereavement https://www.hpac.nhs.uk/HPAC///MoreDetailsv4.jsp?id=5405&subjectId=0&sitename=hpac.fife.scot.nhs.uk&referrer=https://www.hpac.nhs.uk/HPAC/BrowseSearchv4.jsp?null?sitename=hpac.fife.scot.nhs.uk @fifehscp @nhsfife @phfife</p>	
<p>17th December 10:00 @FifeHpsservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Be There for each other</p> <p>#ChristmasCommunity The last 18 months have affected us all in different ways. Be kind. Be there for each other. Have conversations with family & friends about how you're feeling, listen to how others are coping @fifehscp @nhsfife @phfife</p>	
<p>18th December 16:00 @FifeHpsservice Twitter @hwlifef Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Topic: Samaritans</p> <p>#ChristmasCommunity Christmas can feel overwhelming. Help is available 24 hours a day 7 days a week. You are not on your own, simply talking can help: www.samaritans.org @fifehscp @nhsfife @phfife @dunfermlinesams @KirkcaldySams</p>	
19 th December – No content		

<p>20th December 10:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Topic: Fuel poverty</p> <p>#ChristmasCommunity Increasing energy prices & the colder weather can cause extra financial pressures. Cosy Kingdom is a free & impartial energy & debt advice service available to all tenants & homeowners across Fife https://www.cosykingdom.org.uk/ @fifehscp @nhsfife @phfife</p>	
<p>21st December 10:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Maintaining Traditions</p> <p>#CreateYourChristmasFife Don't feel pressure from television or social media to create the perfect Christmas. Focus on the traditions that are important to you @fifehscp @nhsfife @phfife</p>	
<p>22nd December 10:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Staying Safe Keeping Well</p> <p>#ChristmasCommunity Staying Safe, Keeping Well at Christmas is a resource which provides practical help & advice & can help you find the right services to help you with your situation https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/adult-support-and-protection @fifehscp @nhsfife @phfife</p>	

<p>23rd December 10:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p> <p>16:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Access Therpaies/MoodCafe/Samaritans</p> <p>#ChristmasCommunity Christmas can feel overwhelming. For advice, resources & self help guides visit https://www.accesstherapiesfife.scot.nhs.uk/ http://www.moodcafe.co.uk/ @fifehscp @nhsfife @phfife</p> <p>#ChristmasCommunity Christmas can feel overwhelming. Help is available. You are not on your own https://breathingspace.scot/ www.samaritans.org @fifehscp @nhsfife @phfife @dunfermlinesams @KirkcaldySams</p>	
<p>24th December 10:00 @FifeHpsservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: It's going to be ok</p> <p>#CreateYourChristmasFife Christmas can make us feel different emotions for a variety of reasons. Whether you are feeling excited or emotional, don't put yourself under pressure. Do your Christmas your way @fifehscp @nhsfife @phfife</p>	