

This message originated from an external source. Please exercise caution when opening any attachments or clicking on links.

[View this email in your browser](#)

DECEMBER NEWSLETTER

Dear Member,

Firstly we hope that you are all keeping safe and well as we live through these difficult times.

Well, it's that time of year again, and this year Christmas has come in a flash!

It has certainly been a challenging year for many of us, but we hope you can at least enjoy a happy Christmas and peaceful new year.

It is essential to look after your mental health and well-being in these difficult moments. Please use the information in this newsletter to seek help and support should you need it over the festive period.

Help is out there, and it is always ok to ask for it when things get tough.

Please take care, stay safe, and look after each other, and please do not hesitate to contact us at the LDSA if you need assistance.

REMEMBER:

WE ARE LIVERPOOL, AND WE DON'T LET ANYBODY EVER WALK ALONE!

YNWA

A MESSAGE FROM THE COMMITTEE

We want to take this opportunity to wish all of our members a Merry Christmas and a Happy, peaceful, and prosperous new year.

One thing we have has supporters of our beloved football club is hope, so let us all hope that things return to normal as soon as possible but in the meantime please stay safe and well and most importantly of all, please look after each other and continue to look after those in society who need our support most.

YNWA

The Committee

Fans returning to Anfield

LFC has now confirmed that fans will return to Anfield in a limited time for the fixture v Wolves.

A special hub has been set up on the LFC website, which will contain all of the information on the process involved and how to participate in the ballots should you so wish.

Please click on the button below for the latest LFC

announcement and a link to the new online hub.

[LFC v Wolves](#)

[LFC hub](#)

LDSA Virtual Christmas Party 2020

The LDSA virtual Christmas party will take place on 12th December 2020.

The last few hampers have been sent out by courier so if you haven't yet received it, it will be with you in the next few days.

We look forward to seeing all of you who are joining us.

INTERNATIONAL DAY OF DISABILITIES 2020

International Day of Disabilities will take place on 3rd December 2020.

We have worked closely with both LFC and the LFC Foundation on this project. We are delighted to announce that LFC will be featuring the outstanding work that the LDSA has done over the past year and will feature us in the matchday program for the game against Wolverhampton Wanderers and also feature us on the LFC website.

CHILDREN'S MENTAL HEALTH

Sometimes the mental health and well-being of children and young adults are sadly overlooked.

There is also a misconception that because they are young, they can better cope with things.

Sadly, this couldn't be further from the truth, and they need the same level of support as adults.

The NHS has set up a page specifically to address this, and it

may benefit our disabled children. For further information, please click on the link below.

EVERY MIND MATTERS

LFC FOUNDATION WELL-BEING SESSIONS

Our friends at the LFC Foundation have kindly offered to put on some mental health well-being sessions for the LDSA.

I am pleased to inform you that some of our members are already benefitting from this service.

If this is something that you believe may benefit you, please contact us [here](#), and we will make the necessary arrangements.

HEALTH AND WELL-BEING SUPPORT

If any of our members find things particularly difficult as we live

through this crisis, please do not feel that you are alone.

Please remember that if you need any assistance or support, please contact us [HERE](#), and we will try to assist you wherever possible.

Please also find below some links to organizations that may be of help to you.

YNWA

ORGANISATIONS OFFERING SUPPORT, ASSISTANCE & INFORMATION

LFC FOUNDATION MENTAL HEALTH

MIND

CARERS UK

NATIONAL DEBTLINE

GOV.UK CORONAVIRUS INFORMATION

MONEY SAVING EXPERT

TURN2US

THE SAMARITANS

LDSA WEBSITE AND SOCIAL MEDIA

LDSA Official website

Twitter

Facebook

WE ARE LIVERPOOL AND THIS MEANS MORE

YNWA

Copyright © 2020 LDSA All rights reserved.

You received this because you are a member of the LDSA.

Our mailing address is:

LDSA

10th Floor

20 Chapel Street

Liverpool, L3 9AG

United Kingdom

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

