

Staycations this Summer

As the COVID-19 situation is progressing and the Government guidance continues to change, individuals may be feeling anxious, tired and fed up. Mental Health support during times like these are paramount, which is why Care first have worked tirelessly to ensure our services remain available 24/7 throughout the pandemic to provide emotional and practical support and ensure we have every aspect of your overall wellbeing covered.

It may be fair to say that most people would really like a holiday more than ever right now following approximately 15 months of restrictions due to the COVID-19 pandemic. Although restrictions have started to ease, there is still a lot of uncertainty and a warning of being cautious with our actions. It may be that you are considering an alternative to a holiday abroad this year and a staycation may be a good option for you. This article will also look at other activities you could consider this summer.



A stay at home Staycation

You could try and do everything that you would normally do on holiday at home. Now this may not be possible for everyone depending on your individual circumstances, but you could potentially have a lovely holiday from the comfort of your own home. You could prepare for some warm weather by making your garden look really pretty so that it is an enjoyable space to spend time in. Then you could set up a tent in your garden as your accommodation and even get a small pool or hot tub for example. It may be nice on a lovely summers day sat out in the garden with the barbeque going. You could plan family day trips locally and really make the most of your stay at home holiday.

A Home country Staycation

A staycation is a vacation but staying in your home country. Whether you venture off for a city break, or head to a remote part of the country, there is a huge range of accommodation options ranging from the usual Hotels and Air BnB's to something a little different like glamping (or just camping), staying in a cabin or a shepherds hut, or even a bubble in a tree! There is more in the UK than most realise, you just need to have a good look for it. Just ensure to check local restrictions in the area you are visiting and be as prepared as you can for any change in restrictions while you are away.

Other activities you may be able to do this summer

Outdoor activities – Making the most of the good weather by taking part in some outdoor activities. Much like the staycations, there are more outdoor activities than most realise. There are of course the usual outdoor activities such as Golf, fishing, bike rides, kayaking, sports etc. There are also a range of COVID adapted options now too such as outdoor cinemas or drive in music festivals. It may be that you feel safer doing these activities outdoors rather than indoors. Organisers are getting creative, so options are growing.

Local events – Keep an eye out for any local events that may be going on. Of course all events now should be set up in line with safety measures laid out by the Government, but you can always get in touch with event organisers to confirm the necessary precautions have been taken. Local events can make for a nice day out, these can range from car boot sales, open air markets, public speakers, food markets the list goes on (pack some anti-bacterial wipes and hand sanitiser to take with you!). There will often be a website or magazine that you can subscribe to keeping you informed.

Social events – Social events are now possible since the recent easing of restrictions for bars and pubs, all of which will have precautions in place to maximise yours and staff safety. However, social events at home is a little different as the responsibility is yours. With safety in mind why not make the most of the sunshine and have a family BBQ, play some games in the garden, go for a picnic or a nice long adventure walk (all in line with [Government guidelines](#)).

Entertaining Children – All the events above can be suitable for children, except for the bars and pubs of course. When it comes to children it can be particularly hard to think of ways to entertain them during the COVID-19 Pandemic. Apart from some of the above, there are other ways to entertain children but it does require some creative thinking. Examples could be a treasure hunt, baking, painting, building dens and so on. These are just some examples, you may be able to get creative and come up with more, but if you're struggling, try this [article](#) which has some more ideas!

Other ideas - Despite restrictions being imposed on a number of things that we may like doing which leaves us a bit lost for ideas, there are in fact a long list of possibilities. Having some time to think a bit creatively is key, or even find some inspiration. Have a look at some good sources of inspiration below:

- [Real simple](#)
- [Visit England](#)
- [BBC](#)
- [Save the Children](#)

How can Care first help?

If you feel you may need some emotional or practical support, you can contact Care first on the Freephone number. Care first is a leading provider of confidential, professional counselling, information and advice services. Whilst our BACP accredited Counsellors are available 24/7 to provide support with emotional issues, our expertly trained Information Specialists are available 8am-8pm Monday-Friday to provide advice on any practical issues that may be causing you a stress or worry and help you feel more in control of a situation.

All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

If you would like to view the Webinar on **'Staycations this Summer'** This is being delivered live on **Thursday 10th June at 12pm**, please use the below link to register for this session –

<https://register.gotowebinar.com/register/5976567391832925968>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.