



WELLBEING PACK 8

A warm welcome to our Christmas edition pack. We know that Christmas can be a really challenging time for some, this year more so than ever. In this pack we have decided to focus on staying connected at Christmas and provide ideas for how to cope for those of us who may be spending Christmas alone or away from loved ones.

Sometimes just making a plan to have a phone call at a certain time in the day or saving a movie or activity for the evening can help to structure the days over the holiday season. Looking after ourselves has never been so important and it is vital to take care of our mental health.

Don't be afraid to reach out and ask for the support that you need, it is also never too late to make connections and arrange plans with others by phone.

Please contact: Sarah Lane at Virgin Care
07975 233 550 if you'd like to:

- Receive pack in bigger font
- Receive a phone call on Christmas day from a local volunteer.
- Request a monthly pack for someone else you know would benefit from receiving a pack,
- Give ideas for future activities in the packs?
- Opt out of receiving future packs

Simple Christmas hanging decorations

For both projects you can use wrapping paper, an old book, wallpaper or craft paper, it just needs to be firm enough to hold the folds.



Angel wing bauble

1. You can make the decoration whatever size you like, you will need 2 pieces of this paper, the same size
2. Make concertina folds across your 2 pieces paper
3. Put the 2 pieces of folded paper together and secure with cotton thread and leave enough for hanging, tie this to make a loop.
4. Open out to form a lovely “angel wing” effect.
5. If you wish you can decorate with sticky gems.

Picture courtesy of Pinterest



Christmas bauble decoration

1. make a template out of a scrap of card, a cereal box works well; a circle, a bell or Christmas tree for example, you must be able to fold it into 2 symmetrical pieces (see pictures above)
2. cut out a minimum of 5 pieces all in your chosen shape, you can add more but you must have an odd number.
3. fold each shape in half and crease the fold
4. a. *For a hanging decoration:* take 1st piece and stick one half of this to the 2nd one, then the free half of the 2nd one to the 3rd and so on, continue until you get to the last one, then place the string/ribbon between the last 2 halves before sticking them together to finish your “bauble” or you can
 - b. *For the card as shown:* you will not need so many and the last 2 halves are stuck to the card rather than each other and the ribbon made into a bow and stuck on above.

Picture courtesy of Pinterest

St Mungo's
Ending homelessness
Rebuilding lives



CHRISTMAS

trivia game

1. We all know that Rudolph has a red nose, but does Rudolph have antlers?
2. Round/Oval candies filled with fruit preserves or cream & cover with chocolate are called?
3. Which country created eggnog?
4. Who said, "God Bless Us, Every One!"?
5. What were Frosty's last words?
6. The most popular item to put on top of Christmas tree is?
7. How many Wise Men were there according to the bible?
8. After Joseph, Mary and Jesus left Bethlehem, they went to which country?
9. What does "Advent" mean?
10. McDonald's puts what holiday image on bags during the Christmas season?
11. December 24, 1814 ended what war?
12. In "Jingle Bell Rock" everyone is dancing and prancing. Where do they do it?
13. "Greensleeves" is another name for what Christmas song?
14. The custom of finding a button in the plum pudding means what to an unmarried man?
15. What was the most popular toy of 1984?
16. The average number of gifts an adult male gets for Christmas is?
17. What is the main ingredients in gingerbread cookies? Flour, Ginger, or Molasses?
18. In It's A Wonderful Life, what did Clarence receive for his accomplishing his mission?
19. What river did General Washington cross on December 25, 1776?
20. What song contains the line, "Let's be jolly, deck the halls with boughs of holly"?
21. What city name do the states Kentucky, Indiana, New Hampshire, Maryland, Connecticut, and Georgia have in common?
22. This Florida town maintains a fully decorated tree year round?
23. After red and green, what are the two most popular Christmas colors?
24. What popular children's cracker today was introduced in 1902 as a Christmas ornament?
25. Which U.S. President barred the Christmas Tree from being displayed in the White House?



ANSWERS ON PAGE 18



CHRISTMAS BRUSSELS WITH A TWIST...

Serves 12

Ingredients

2 onions
½ a bunch of fresh sage
6 rashers of smoked bacon (optional)
olive oil
200 g vac-packed chestnuts, roasted and peeled
1 kg Brussels sprouts
2 large knobs of unsalted butter



Method

1. Peel and chop the onions, then pick and finely chop the sage leaves.
2. Place a large pan on a high heat to get nice and hot. If using, slice the bacon into chunky strips and put in the pan with a drizzle of oil, then immediately turn the heat down to medium. Fry for a few minutes, or until lightly golden, then crumble in the chestnuts.
3. Fry for about 5 minutes, or until deep golden, then add the onions and sage. Turn the heat down to low and cook slowly for about 30 minutes, stirring occasionally.
4. Meanwhile, trim the Brussels and peel away any tatty outer leaves, halving any larger ones through the core and keeping the smaller ones whole.
5. Place the Brussels in a large saucepan over a high heat for a couple of minutes, then, once the pan is nice and hot, cover with boiling salted water.
6. Boil for 5 minutes, or until just tender but with a little bite. (They should be slightly undercooked.)
7. Drain the Brussels, then stir through the chestnut mixture.
8. Add the butter and season to perfection, then serve right away, or cover and store in the fridge, reheating in the pan when needed.



CHRISTMAS PUDDING CRUMBLE

Serves 4

This is a great way to use up any leftover Christmas pudding!

Ingredients

30g British unsalted butter
30g light brown soft sugar
1 Bramley apple, peeled, cored and cut into bite-sized pieces
2 ripe pears, peeled, cored and cut into bite-sized pieces
150g blackberries
½ tsp ground cinnamon

For the topping:

120g plain flour
30g caster sugar
30g demerara sugar
60g British unsalted butter, chilled and cubed
25g blanched hazelnuts, roughly chopped
75g leftover cooked Christmas pudding, crumbled into small pieces



Method

Preheat the oven to gas 5, 190°C, fan 170°C. Put the butter and sugar in a medium pan and heat gently until melted and combined. Add the apple and cook for 3 minutes, stirring to coat in the butter. Add the pears, blackberries and cinnamon and cook for another 1 min. Tip into a large ovenproof dish.

For the crumble topping, put the flour, caster sugar, demerara sugar and cubed butter into a large bowl. Rub together with your fingertips until the mixture resembles coarse breadcrumbs. Stir through the hazelnuts and crumbled Christmas pudding.

Scatter the crumble mixture over the top of the prepared fruit. Bake for 25 minutes or until the topping is golden and the fruit is bubbling around the edges.

Serve hot with cream, custard or vanilla ice cream.





A Saturnalia Surprise from the Roman Baths



Saturnalia - 17th - 23rd December

Saturnalia was the Roman holiday marking the winter solstice around the shortest day of the year. It was celebrated from 17 to 23 December. It was the most popular holiday in the Roman year – sometimes called the 'Best of Days'. It was an occasion for celebrating, visits to friends and the presentation of wax candles called cerei – perhaps to signify the return of light after the solstice. Homes were decorated with greenery.

Laurel Wreaths

Laurel leaves were woven into crowns and given to people who had brought honour and glory to Rome like famous soldiers or sporting heroes. Even today, 2000 years later, winners of sporting events like the Olympics are often given laurel wreaths to wear. Make a wreath to wear or hang on your door or to use as a table decoration.

You will need green paper (included in your pack) and card or a paper plate, scissors, glue and tape. Use card to make a circle to fit your head (an old cereal packet will do). Or the size for your decoration.



Instructions:

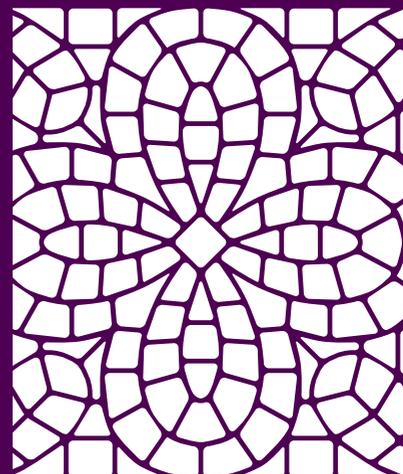
- Cut leaf shapes - use the card sensibly – the more leaves you can make from the card the better.
- Cut the cereal packet into a long strip. If you want to wear your wreath you might need to fix two or more strips together to fit your head. Or use two different sized plates to create a circle shape.
- Glue the leaves. Spread the leaves evenly around the outside. If you run out of green card you can use any other paper you have.
- Let the wreath dry, then try it on or hang it on the door!



Marvellous Mosaics

Romans used tiny pieces of different coloured stone cubes stuck into cement to decorate their floors. They would make assemble the mosaics to make pictures, patterns or even stories.

Here is your chance to make a simple mosaic. You could use the grid template (see next page) or choose your own design, cut coloured paper squares (from magazines or wrapping paper) and glue. (Pritt or something similar is best but any glue will do.) Lay out the paper squares to make a mosaic design or make it up as you go.



Acanthus Leaves Mobile

The ancient Greeks and Romans loved this plant and used carvings of it on temples and special buildings. It appeared on their decorated, Corinthian columns. During Saturnalia Romans would bring green branches into their homes to decorate them. Combining the two traditions make an acanthus leaf mobile to hang from your ceiling or doorframe.



Instructions: You will need two pieces of card, the leaf templates (on next page), silver or shiny card / paper, string or cotton & glue & tape.

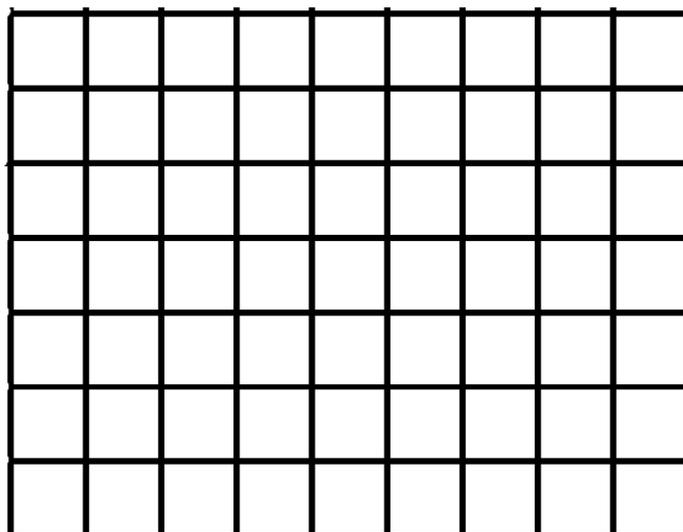
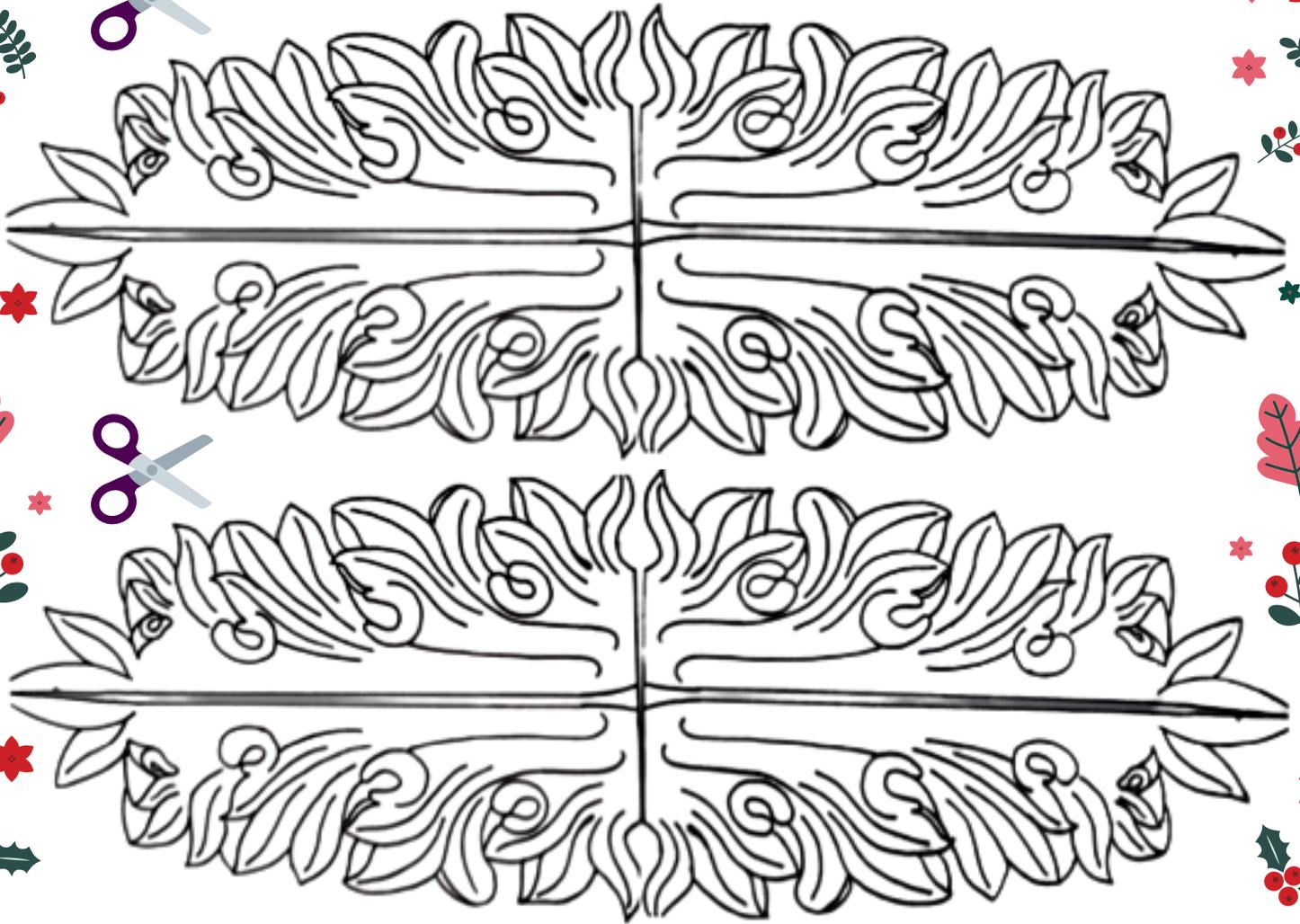
- Cut out the leaves and fold them down the centre so that they are symmetrical. You can decorate them if you wish.
- Make a cross from the two pieces of card. Stick the acanthus leaves to either side of the cross to hold it together.
- Hang cotton or string from each of the 'arms' of the cross. You can draw around a coin onto shiny paper.
- Tape your silver 'coin' to the end of the cotton so that it reflects the light. Make one for each of the arms.
- Lastly tape cotton to the centre of the cross so that you can hang it.

Well done for making an acanthus leaf mobile!

THE
ROMAN
BATHS
BATH

Io Saturnalia!

Happy Saturnalia from the Roman Baths



CHRISTMAS QUIZZING!



Word Search



O P R I N L I G G Q Q R G L U N H Z E F
C H Z Q E J A O R E I N D E E R I R L Q
M B M O L S Z T V W U P O B N D T T V V
N H N J O L L Y N U Y E N M I H C C E U
X P M N P P S F I A G K A C L Y V H S Z
D L A E H X C E L B S F P G C E T Q E G
Z O M N T H E D A Y S G N I T E E R G M
S D Z I R V T Q P S G S B W C C P W V Q
P U I Z O V A J A E O R U A C F S O G S
G R E H N X R L B P Y N N N H R S O I L
B N Z C S T B H J O M D P I M O A B V M
Y M I S T L E T O E Y R D E E S M C I U
G O C N O R L D K C O Q O N R T T W N B
W K Y Q C Z E J A G O V T D R Y S D G Q
L O R T K L C N I C G P N R Y L I N X S
J N X J I R E F B A V A P J E H R D C Z
X L W O N H T A E R W V I I L E H A Y E
W L R D G Z G Y L D J C G N X E C M B O
M Y A D I L O H L S U H J A W N Z A M J
I X P D B T V H S K M W S E L D N A C U

BELLS
CANDLES
CANDY CANE
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTH POLE
REINDEER

ANSWERS ON PAGE 18



NECK EXERCISES & WHY THEY ARE IMPORTANT

It's very important to do these neck movements and exercises at least once a day to keep everything flexible and lubricated. I hope you find the photos and descriptions easy to follow. I have identified the movements I feel will be of most benefit and I suggest you do the exercises at least once a day and hold each stretch for around 5 seconds. You should only move as far as is comfortable, there is no need to force the movement. If you experience any pain or dizziness please stop immediately. (Please note some clicking or "crackling" sounds are normal whilst doing these exercises - this is the fluid which lubricates the joints popping).

1. Turn your head to one side, look over your shoulder, repeat other side
2. Tilt your ear towards your shoulder, repeat other side
3. Tilt your chin towards your chest
4. Push your chin forwards keeping your shoulders in place (like a tortoise poking your head out of your shell)



10

Exercises from Ketyn Jepson, Rural Moves Project/Extend exercise instructor



EXERCISES FOR HANDS, WRISTS, FINGERS & THUMBS

I bet you have never considered the importance of exercising your hands, wrists, fingers and thumbs! Whilst there are plenty of gadgets around to help opening jars and bottles, we should try not rely on them solely and try and keep our fingers and hands as strong as possible. Maintaining flexibility is important to ensure that our fine motor skills remain as accurate as they can be. This means that every day functions like getting dressed (buttons), preparing fruit and vegetables, carrying out craft activities such as knitting and crochet remain viable for you for the maximum amount of time.

1. Squeeze something. I use squishy balls, perhaps you have something similar you could use? Alternatively, scrunch up a sock to create a ball that fits into your hand? I suggest squeezing and holding to the count of 5, then release. Repeat 3 times and then rest. Try and do this every day and building up your repetitions and hold for longer.



2. Using a resistance band (if you have one), if not you can use a tea towel, large duster or a silk scarf. Fold if necessary and roll it up into the shape of a large cigar. Place one hand on top of the other and hold it tight between your fingers. Gently squeeze and turn your hands in opposite directions to make it more difficult and hold to the count of 5, release and repeat x 3.

3. Finger tapping and thumb circles. Tap the tips of your fingers, one at a time, with your thumb, repeat tapping the base of your fingers with your thumb. Then imagine drawing a circle across the palm of your hand using your thumb – more difficult than it sounds!

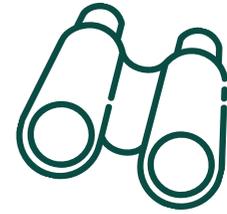


4. Finally, rotate the hands around in a circular motion which is great for wrist flexibility.

COPING THIS CHRISTMAS

1 Keep things in perspective

At Christmas we often put ourselves under a huge amount of emotional and financial pressure in our quest for perfect festivities - but try not to expect too much of yourself.



2 Do one thing at a time

Make a list of the things that you need to do to prepare for Christmas. Review it and cross out anything that isn't essential, then decide which item is the most important. Do that one thing and ignore everything else on the list for the time being.. As you achieve each thing, the rest of your list will seem easier.



3 Take time out for yourself

Even if it is just 10 minutes, lose yourself in something unconnected to Christmas - read a few pages of a book, watch part of a favourite film, listen to some music or go for a walk.



4 Live in the moment

There's no point dwelling on the past or worrying about the future. Living in the moment is easier said than done but simple mindfulness exercises can help to focus your mind on the present.



5 Talk about your anxieties

Talking with a friend or relative about the things that are worrying you can help you to realise that some of them aren't so important after all, and help you to focus.



6 Don't have a competitive Christmas

It may at times appear like everyone else will be enjoying merrier, better decorated, infinitely better planned Christmases than you. Don't be fooled or sucked in to these thoughts - do your own thing and make it more enjoyable for you.



NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

COPING THIS CHRISTMAS

7 Limit alcohol, eat well and keep active

It can be tempting to turn to alcohol to cope with stress, loneliness but alcohol is a depressant so limit your intake to within safe guidelines and avoid too much sugary food, which can leave us lethargic and feeling low. Eat plenty of vegetables, fruit and lean meat, and drink lots of water in between the occasional festive indulgence. Where possible do an activity or take a brisk 20 minute walk will release endorphins, helping you feel relaxed and happy, as well as boosting your immune system.



8 Help others

Helping others or performing small acts of kindness is great for our own mental wellbeing. You could listen to a friend's Christmas anxieties, support a local charity, leave a socially distanced festive treat for a lonely neighbour. Try it - you'll feel good!



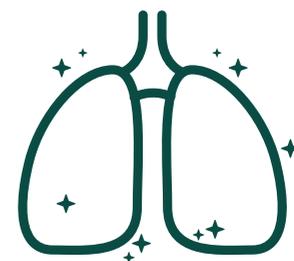
9 Sleep well

try reading a book or magazine - and don't sleep with a television on. Avoid coffee, cola and other caffeinated drinks for a few hours before sleep; caffeine is a stimulant and can stop us sleeping but recent research shows that it also resets our body-clock, postponing our sleep and subsequent wake times. A dark sleeping space is also important - try blackout blinds - and try a simple relaxation exercise before bed: lie on your back with your eyes closed, tense all your muscles, then concentrate on relaxing each part of your body in turn.



10 Breathe

The simplest mental wellbeing trick of all. Before sleep or whenever you feel stress or anxiety building, concentrate for a minute or so on taking slow, steady, deep breaths, emptying your lungs as much as possible in between each breath. Breathe in for four counts and out for six, in through your nose, out through your mouth.



CREATE AN ILLUMINATING TABLE DECORATION FOR CHRISTMAS

Make your 'Chrimbolights' using resources from nature.

What you will need:

- A clear jam/mason jar. A decorative one would be ideal.
- Some bright berries e.g. Cranberries
- Scissors
- Some decorative tree/shrub/greenery cuttings from the garden
- A floating candle or tealight
- Festive ribbon or twine

Step One:

Clean your jar – this will help to create a lovely finish.

Step Two:

Place your greenery cuttings in the bottom of your clean jar.

Step Three:

Place a few cranberries/red berries in with your greenery.

Step Four:

Fill your jar with water ensuring that all the greenery and berries are submerged to avoid anything catching fire when you light your candle.

Step Five:

Place your tealight/floating candle in the top of your jar in the centre.

Step Six:

Tie your festive ribbon or twine around the top of jar to complete the look. Make sure this material is clear of any candle flame.

Step Seven:

Create several 'Chrimbolights' jars to decorate your room or table – enjoy!



CHRISTMAS QUIZZING!

The following words are alternative titles for several well known Christmas Carols

1. Quadruped with crimson proboscis
2. 5pm to 6am without noise
3. Miniscule hamlet in the Far East
4. Ancient benevolent despot
5. Adorn the vestibule
6. Exuberance directed to the planet
7. Listen, aerial spirits harmonising
8. Monarchial trio
9. Yonder in the haystack
10. Assemble, everyone who believes
11. Hallowed post meridian
12. Fantasies of a colourless December 25th
13. Tin tintinnabulum
14. A dozen Yule-tide periods
15. Befall during the transparent bewitching hour
16. Homo-sapien of crystallised vapour
17. I merely desire a pair of incisors
18. I spied my maternal parent osculating a fat man in red
19. Perambulating through a December solstice fantasy
20. Query regarding identity of descendent



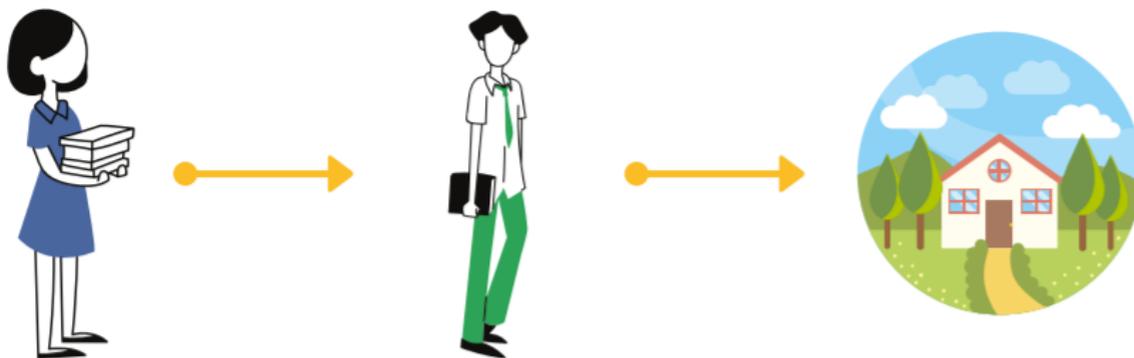
ANSWERS ON PAGE 18

Bathnes Libraries Home Library Service Book Drop

Have you been stuck with same 6 books for weeks?
Need something new to read or listen to?
Would you like a few library items to be dropped off for you to
at home?

The Bathnes Libraries 'Book Drop' offer would be ideal for you. This offer is available for all of our current Home Library Service members, and is accepting new readers to this temporary service too.

Library staff are selecting and packing books, they are then being collected by volunteers who drop the books off at an individual's front door complying with social distancing guidelines.



To use 'Book Drop' Email: HomeLibraryService@bathnes.gov.uk

To Volunteer Email: Library_Volunteers@bathnes.gov.uk

Telephone: **01225 394041**

**Bath & North East
Somerset Council**

Improving People's Lives

Bathnes Libraries Home Library Service Reading Friends

Would you like to volunteer to be a Reading Friend?

Could you befriend someone through your shared love of reading, books and stories?

Pick up the phone, and help a lonely or isolated person connect.

This new offer is here to connect anyone who feels isolated with a like-minded volunteer, who will give you a call, give you some time, and you both get the chance to talk and connect.

You can discuss books, what your reading, start your own mini 2 person books group, or share what you've watched on the TV, or perhaps a play you heard on the radio...



What can you expect?

Readers: A regular call from your volunteer at a mutually arranged time. A chance to talk, chat and connect.

Volunteers: To call your reader(s) at regular intervals that is arranged to suit both you and your reader(s). Enjoy connecting.



For further information: Hilary Cox, Development & Outreach Officer
Email: HomeLibraryService@bathnes.gov.uk

To Volunteer please Email: Library_Volunteers@bathnes.gov.uk
Telephone: **01225 394041**

Bath & North East
Somerset Council
Improving People's Lives

READING
FRIENDS

THE
READING
AGENCY

ANSWERS

CHRISTMAS trivia game

1. YES
2. SUGAR PLUMS
3. UNITED STATES
4. TINY TIM
5. I'LL BE BACK AGAIN SOMEDAY
6. ANGEL
7. IT DOES NOT SAY
8. EGYPT
9. COMING
10. TREES
11. THE WAR OF 1812
12. JINGLE BELL SQUARE
13. WHAT CHILD IS THIS?
14. BACHELORHOOD
15. CABBAGE PATCH DOLL
16. 6
17. FLOUR
18. HIS WINGS
19. DELAWARE RIVER
20. ROCKIN' AROUND THE CHRISTMAS TREE
21. BETHLEHEM
22. CHRISTMAS, FLORIDA
23. SILVER & GOLD
24. BARNUM'S ANIMAL CRACKERS
25. TEDDY ROOSEVELT

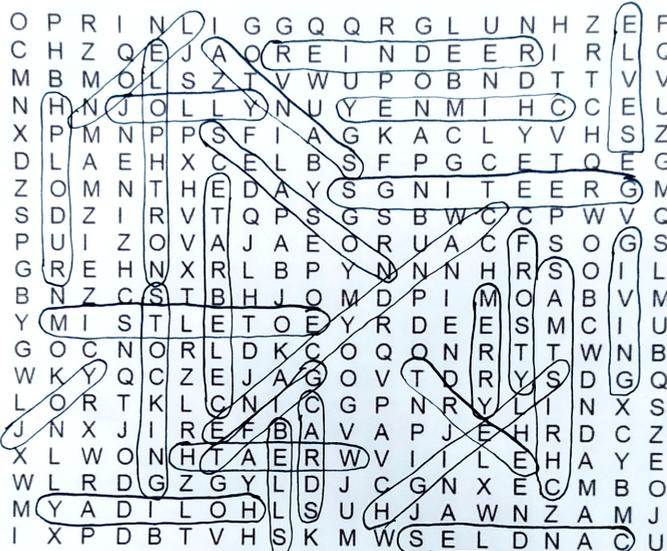


CHRISTMAS QUIZZING!

Word Search Answers

CHRISTMAS QUIZZING!

1. Rudolph the Red- Nosed Reindeer
2. Silent Night
3. O Little Town of Bethlehem
4. Good King Wenceslas
5. Deck the Halls
6. Joy to the World
7. Hark the Herald Angels Sing
8. We Three Kings
9. Away in a Manger
10. Come all Ye Faithful
11. O Holy Night
12. I'm Dreaming of a White Christmas
13. Silver Bells
14. The Twelve Days of Christmas
15. It Came Upon a Midnight Clear
16. Frosty the Snowman
17. All I want for Christmas is My Two Front Teeth
18. I saw Mummy Kissing Santa Claus
19. Walking Through a Winter Wonderland
20. What Child is This?



I'm spreading...

Compassion at Christmas

1ST NOV - 31ST DEC 2020

#COMPASSIONATCHRISTMAS



COMPASSIONATE
COMMUNITY



Can you help others this Christmas?

Colour the star above and display in your window, but only if you have done 1 random act of compassion. If you complete 5 acts of compassion then head to www.compassioncb.org.uk and request a special star, handmade with love by The Sewing Collective, to be delivered to your door! You can also nominate someone special who has gone above and beyond to help others. Don't forget to get involved with our social media campaign using the hashtag below.



@COMPASSIONCB 19

#COMPASSIONATCHRISTMAS

Christmas Crackers!

Why can't a car play football?
Because it's only got one boot.

Where do ghosts go
swimming?
The Dead Sea.

What do you get if you cross
and elephant with a hose?
A jumbo jet.



What's yellow and jumps
from cake to cake?
Tarzipan.

What do you call a sheep
with a machine gun?
Lambo.

How do you talk with fish?
Drop them a line.

FINDING SUPPORT

If you need support
now, in the future and
over the Christmas
period please be aware
of the support – we are
here to help

24/7 mental health response line

0300 303 1320

Our staff are available to provide support, advice
and guidance for your mental health difficulties

COMMUNITY WELLBEING HUB



CALL: 0300 247 0050

Housing

Feeling isolated,
lonely or anxious

Money advice
& benefits support

Stopping smoking

Accessing food,
transport or medication

Achieving a
healthy weight



Keeping active

Employment issues
& advice