



Healthworks
the community health charity

FESTIVE FUN 2021

Fantastic activity ideas and health and wellbeing tips for all of the family!



The Christmas holidays are coming and there's no better time to get the kids off the sofa and do some fun things together!

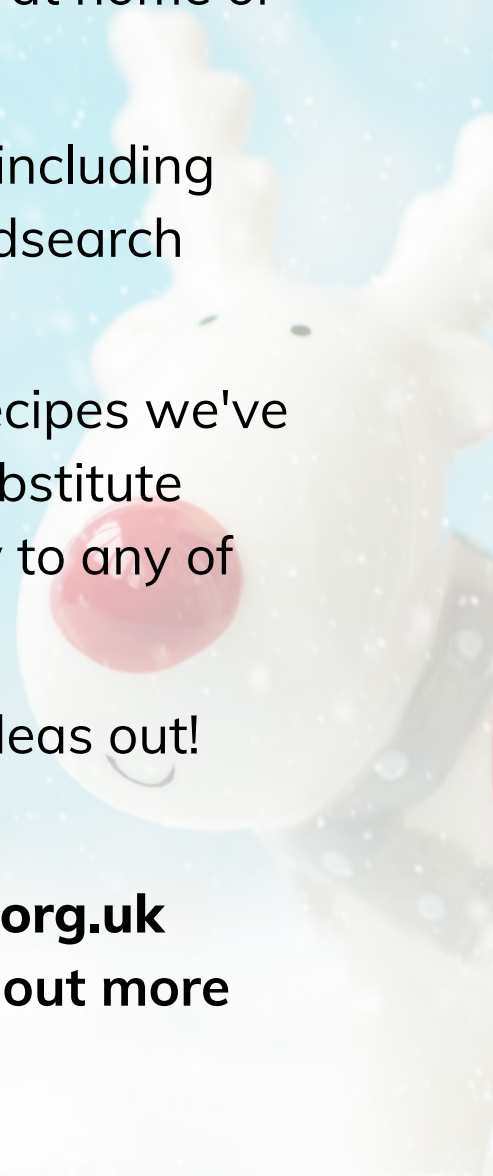
The Healthworks Team have designed this fantastic resource to provide you with a range of activity ideas to enjoy safely with your family over the festive period. We want to help you have some festive fun this year, so we'd love you to try some of our fun activities at home or when out and about.

There's something for everyone including Christmas crafts, a quiz, a wordsearch and games to play.

Try out some of the lovely festive recipes we've included, just don't forget to substitute ingredients if you have an allergy to any of them.

We hope you enjoy trying our ideas out!

Pop over to
www.healthworksnewcastle.org.uk
for more inspiration and to find out more
about the work we do.



Try our One A Day December

*Quick and easy daily activities for a happier
and healthier countdown to Christmas*

1

Download our Festive Fun 2021 activity book for lots of family activity ideas, quizzes and recipes

WED

2

Take a walk or do an outdoor activity for 30 minutes today

THURS

3

Eat at least one portion of fruit or veg with each meal

FRI

4

Make housework fun...get those tunes on while you work!

SAT

5

Try some new recipes and prepare and plan meals for the whole week

SUN

6

Drink a glass of water before each meal

MON

7

Sign up for a new activity class or try an online exercise workout

TUES

8

Send a nice text message to someone or share a photo of a happy memory with them

WED

9

Take 10 mins to sit in a quiet place and relax - try a relaxation breathing exercise

THURS

10

Have a 60 minute home disco and dance to your favourite songs!

FRI

11

Spend as much time outdoors as you can today

SAT

12

Sign up for our 12 Days Of Fitmas challenge!

SUN

13

Set yourself three realistic goals for this week

MON

14

Have a TV free evening and do something else that makes you happy

TUES

15

Open all of your blinds and curtains and let as much natural light into the house as you can

WED

16

Have a meat free day today and try one of our vegetarian recipes

THURS

17

If drinking alcohol, alternate with water or soft drinks or give our mocktail recipes a go!

FRI

18

Take a walk and explore your local area - try one of our Historic Trails or Wellbeing Walks

SAT

19

Turn off all mobile phones and other devices 2 hours before bedtime

SUN

20

Make sure you do the most important thing on your to-do list today!

MON

21

Do some exercise while you are waiting for the kettle to boil

TUES

22

Limit yourself to just one Christmas treat today!

WED

23

Create a playlist of your favourite Christmas songs and spend an hour singing along loudly!

THURS

24

Get in touch with a friend, neighbour or family you haven't heard from in a while

**CHRISTMAS
EVE**

Christmas Wordsearch

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

STAR
COLD
FROSTY
SANTA
ELVES
RUDOLPH
NUTCRACKER
TREE
EGGNOG
HOLLY
CANDY CANE

GIFT
SLEIGH
MISTLETOE
CHRISTMAS
HO HO HO
TAG
WREATH
BELLS
NOEL
TINSEL
BOW



Make A Paper Plate Wreath

All you need is:

- A paper plate
- Green paint
- Paint brush
- Red buttons or stickers
- A red ribbon
- 'Bluetac' to stick wreath up



How you make it:

- Cut a hole in the centre of the plate
- Paint the plate green
- Add buttons or stickers
- Add ribbon to make a bow



Test Your Health And Wellbeing Knowledge With Our Quiz!

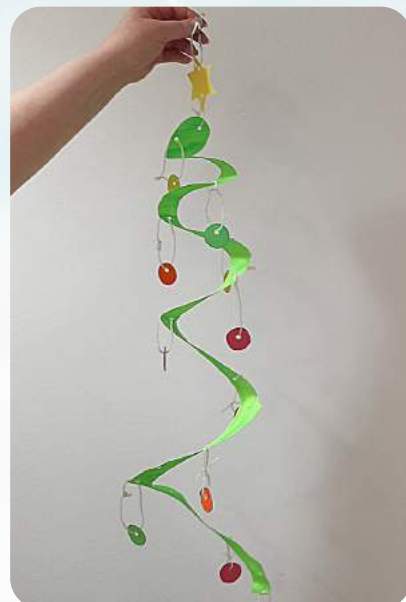
- 1) How much money would an average smoker save if they gave up smoking for a year? **[Answer: £3693]**
- 2) How many minutes running would it take to burn off a packet of crisps? **[Answer: 16 minutes]**
- 3) How many calories does the average Christmas dinner contain? **[Answer: Around 1600]**
- 4) How many minutes walking would it take to burn off a selection box containing five chocolate bars? **[Answer: around 210 minutes]**
- 5) How many chemicals are found in a cigarette – is it 500, 2000 or 5000? **[Answer: 5000]**
- 6) Alcohol is a poison made up of Methanol and Ethanol – true or false **[Answer: True]**
- 7) How many calories does a box of Celebrations contain? **[Answer: around 1088 calories]**
- 8) On average how many calories does each person eat on Christmas Day – is it 3000, 4500 or 6000? **[Answer: 6000]**
- 9) How many minutes walking would it take to burn off a large glass of mulled wine (250ml)? **[Answer: 44 minutes]**
- 10) How many hours would you need to jog to work off a typical Christmas Day splurge? **[Answer: 10 hours]**

How many of these items can you find around your home?

Can you name them too?



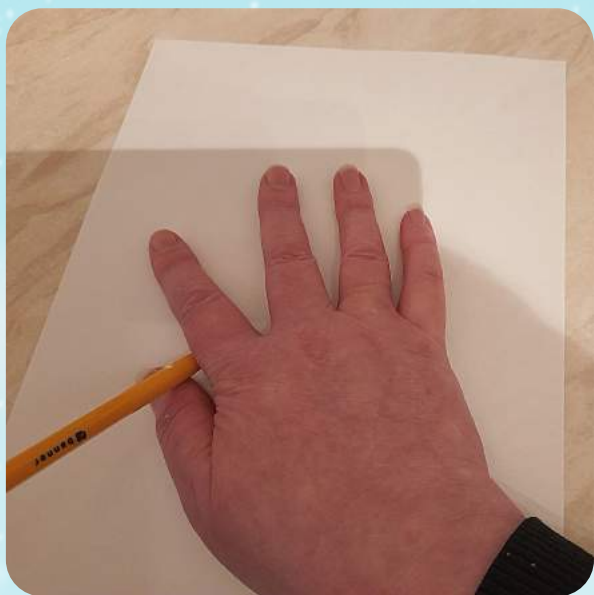
Make A Christmas Spiral



Draw Your Own Elf's Face!



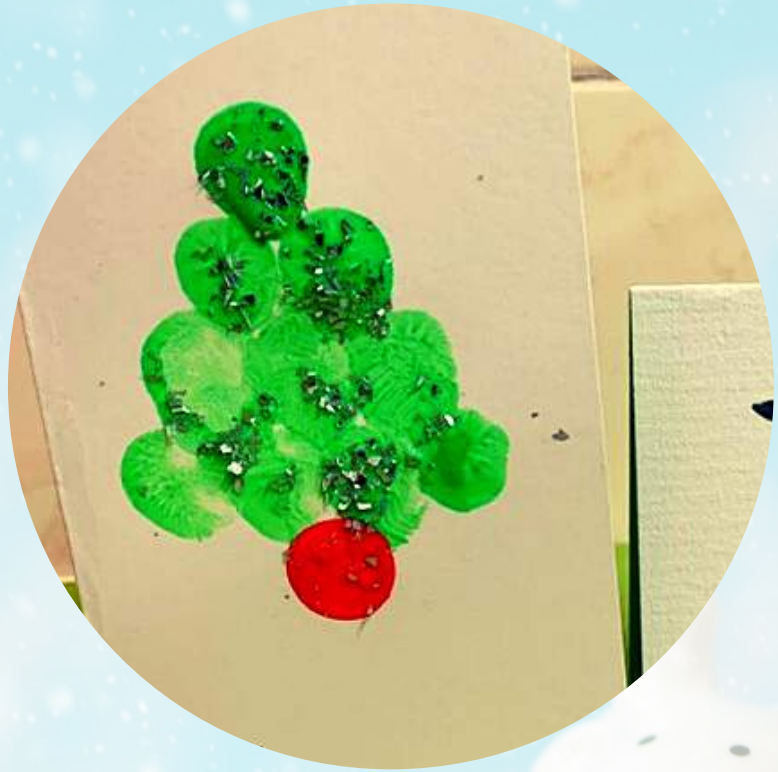
Make A Hand Santa



Make Finger Painted Christmas Tree Cards

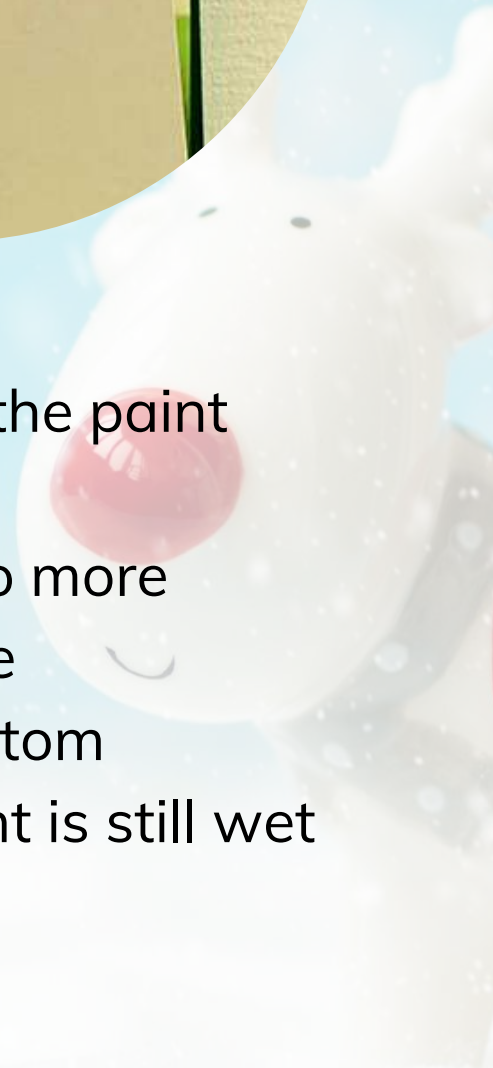
All you need is:

- Paint
- Card
- Glitter
- Dish to put paint onto



How you make them:

- Gently press your thumb into the paint and place on the paper
- Underneath first print add two more
- Continue until the tree is made
- Add finger print pot at the bottom
- Sprinkle with glitter while paint is still wet to help it stick



Make 'Snowman Soup'

All you need is:

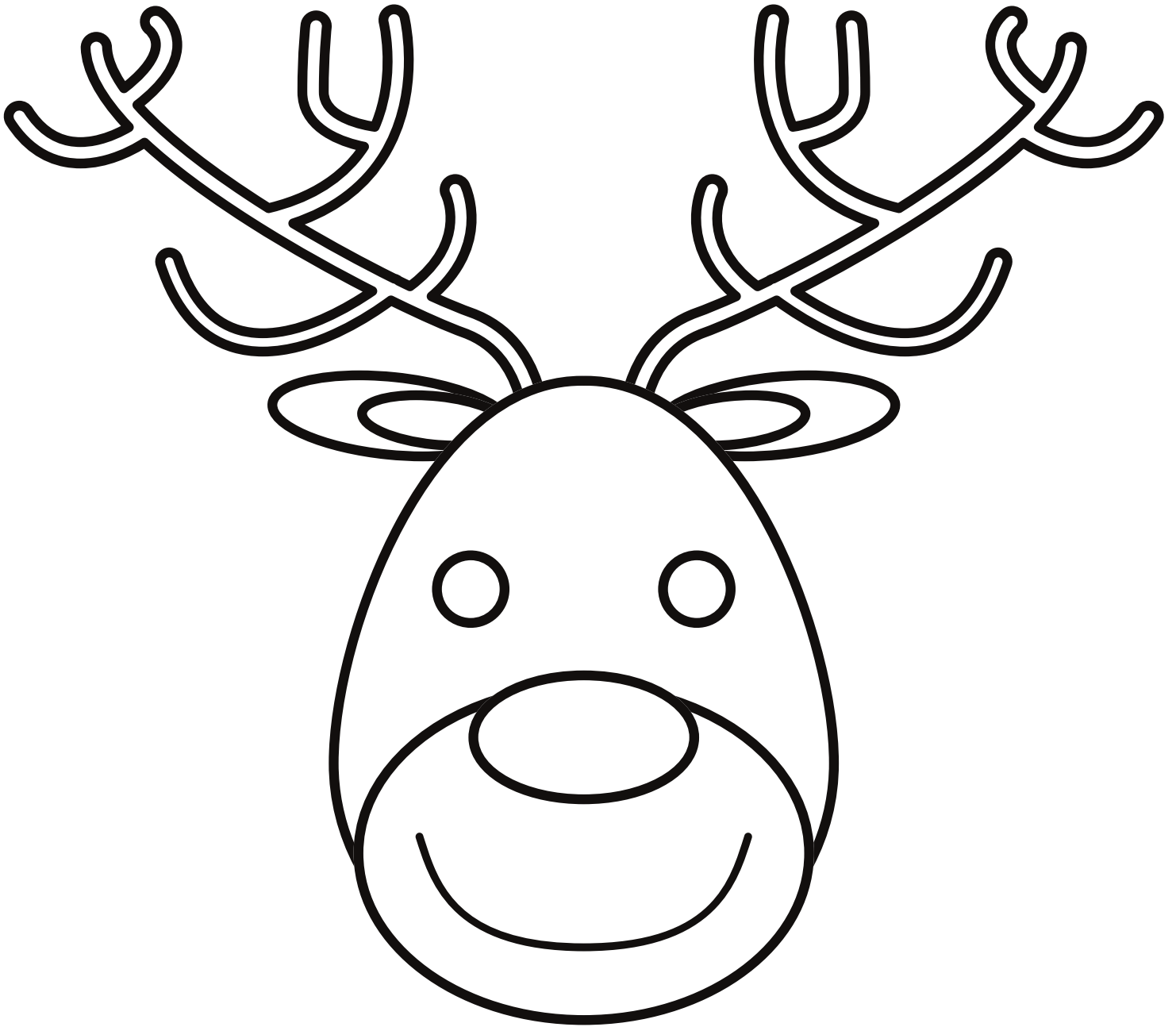
- Hot chocolate powder
- Boiled water
- Milk
- Mini Marshmallows
- Candy cane
- Mug



How you make it:

- Make up your hot chocolate with hot water
- Add cold milk
- Stir with your candy cane
- Decorate the top with mini marshmallows

Colour In Your Own Reindeer



Look After Yourself Over The Festive Period!

Our Improving Wellbeing webpage has some great information about things you can do to promote positive mental wellbeing and where you can get support and advice if you need it... here we've included some of our 'Top Tips', with easy things you can do over the festive period to look after yourself and improve your wellbeing.



Having a routine can help you feel more in control and will give some structure to your day



Find some time for your hobbies and for relaxation in your daily routine - listening to music, reading, crafts, baking, sewing - whatever you enjoy doing



Get some exercise...try our Get Active At Home Workouts or take one of our Wellbeing Walks



Call friends/ family or a service that will listen as part of your daily routine...You could also use our Christmas Quiz as part of a virtual get together with family and friends



If you are feeling anxious try 'box breathing'...breathe in for 5 seconds, hold for 5 seconds, breathe out for five seconds, hold for five seconds and repeat 5 times!

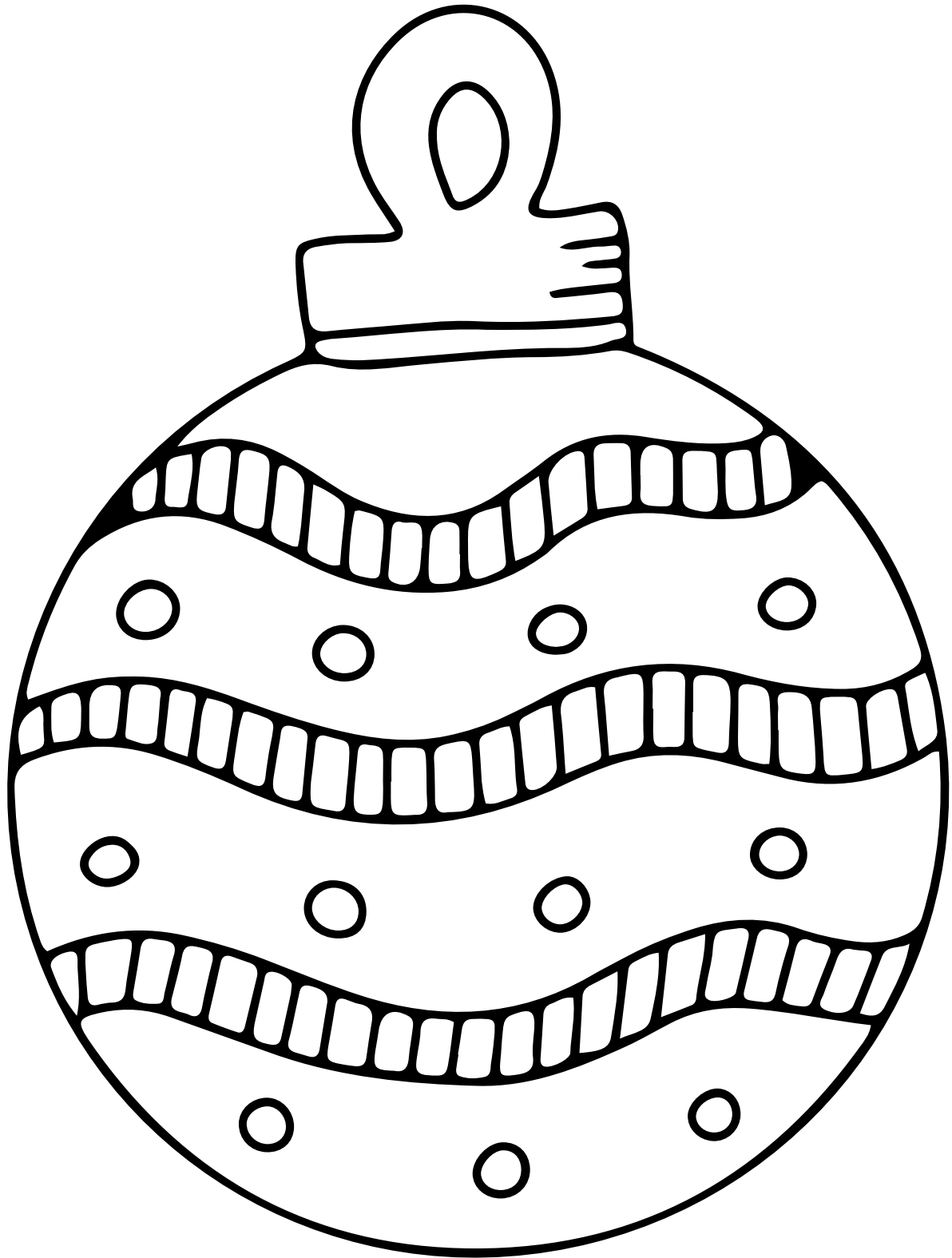


Everything in moderation...have alcohol free days to give your body a chance to recover, why not try some of our delicious Mocktails as an alternative?

Make A Santa Advent Calendar



Colour In Your Own Bauble!



Make An Easy Tree Decoration

All you need is:

- Card 2 colours
- Colouring pencils
- Glue
- Scissors
- Christmas 'cookie' cutter
- Ribbon



How you make them:

- Cut out 2 circles of card in two different colours
- Draw around the cookie cutter in the centre of one circle of card
- Cut out this shape
- With colouring pencils draw on and colour the non-cut out circle of card
- Overlay the cut out card
- Glue cards together placing ribbon in between to form a hanging loop

Make Salt Dough Decorations

All you need is:

- 2 Cups plain flour
- 1 Cup of salt
- 1 Cup of cold water
- Festive cutters



How you make them:

- In a bowl mix together the flour and the salt
- Add the water and mix to form a dough. If it is a little sticky add a little more flour
- Roll out and using your cutters make your shapes. With a pencil make a hole in the top and place on a baking tray
- Bake in the oven until the dough has dried through (about 1 hour on a low heat)
- When cold paint and decorate with glitter and sparkles

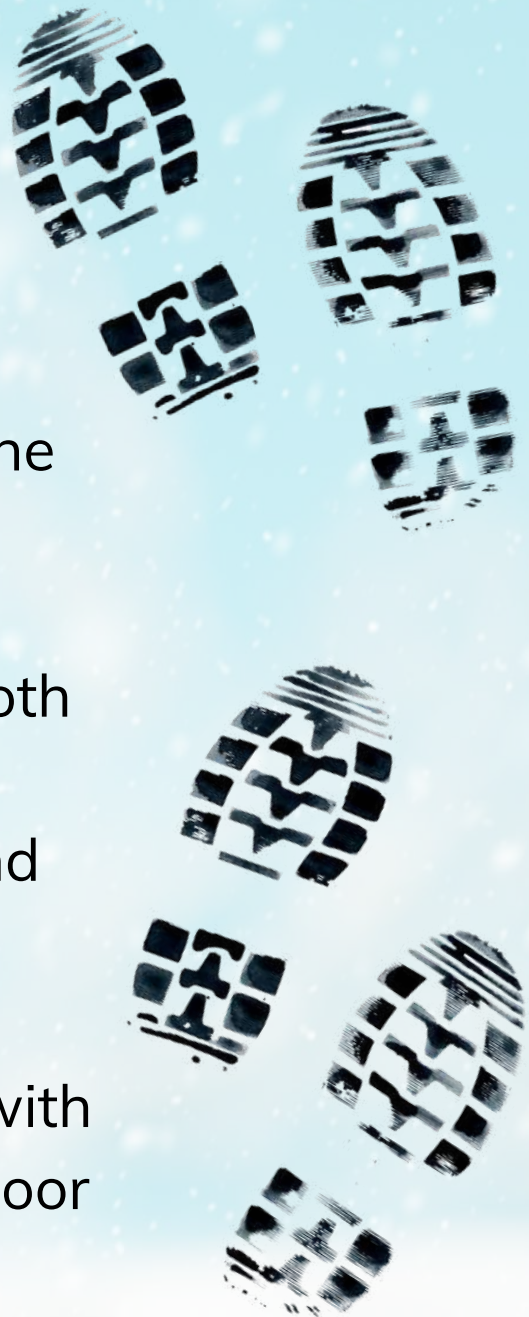
Make Santa's Footprints

All you need is:

- Pair of old shoes or boots
- Paint
- Card

How you make them:

- Paint the bottom of the shoes with paint and press onto card
- Make sure you use both shoes
- Cut out foot prints and keep safe until Christmas eve
- Decorate the house with foot prints from the door or chimney



Colour In Christmas Presents!



Make Finger Painted Reindeer And Robin Cards

All you need is:

- Paint
- Card
- Dish to put paint onto



How you make them:

- Gently press your thumb into brown paint and place onto the card
- For Robin add finger print for the red breast
- With pen add beak and feet
- For reindeer add red nose with pen and add antlers and ears



Burn Off Those Christmas Treats!

The average person consumes around three times more calories than recommended on Christmas Day! Eating treats in moderation and continuing to exercise can help prevent piling on the pounds. Here is what you'll need to do to burn off some of your favourite Christmas food.



**Portion of Christmas pudding =
56 minutes running**



**One mince pie =
50 minutes walking**



**Christmas dinner with all of the
trimmings =
4 hours and 26 minute walking**



**5 crackers and cheese =
1 hour 11 minutes waking**



**A slice of Christmas Cake =
45 minutes of moderate cycling**

Make Magic Reindeer Food

All you need is:

- Oats
- Glitter
- Dish to mix in
- Spoon to mix with
- Small bag or envelope
- Cut out poem to stick onto bag



How you make them:

- Add oats and glitter into dish and mix well
- Add poem onto front of bag or envelope
- Spoon mixture into bag or envelope and seal it

Now, attach the label on the next page and keep in a safe place until Christmas Eve then sprinkle it outside your door for the Reindeers!

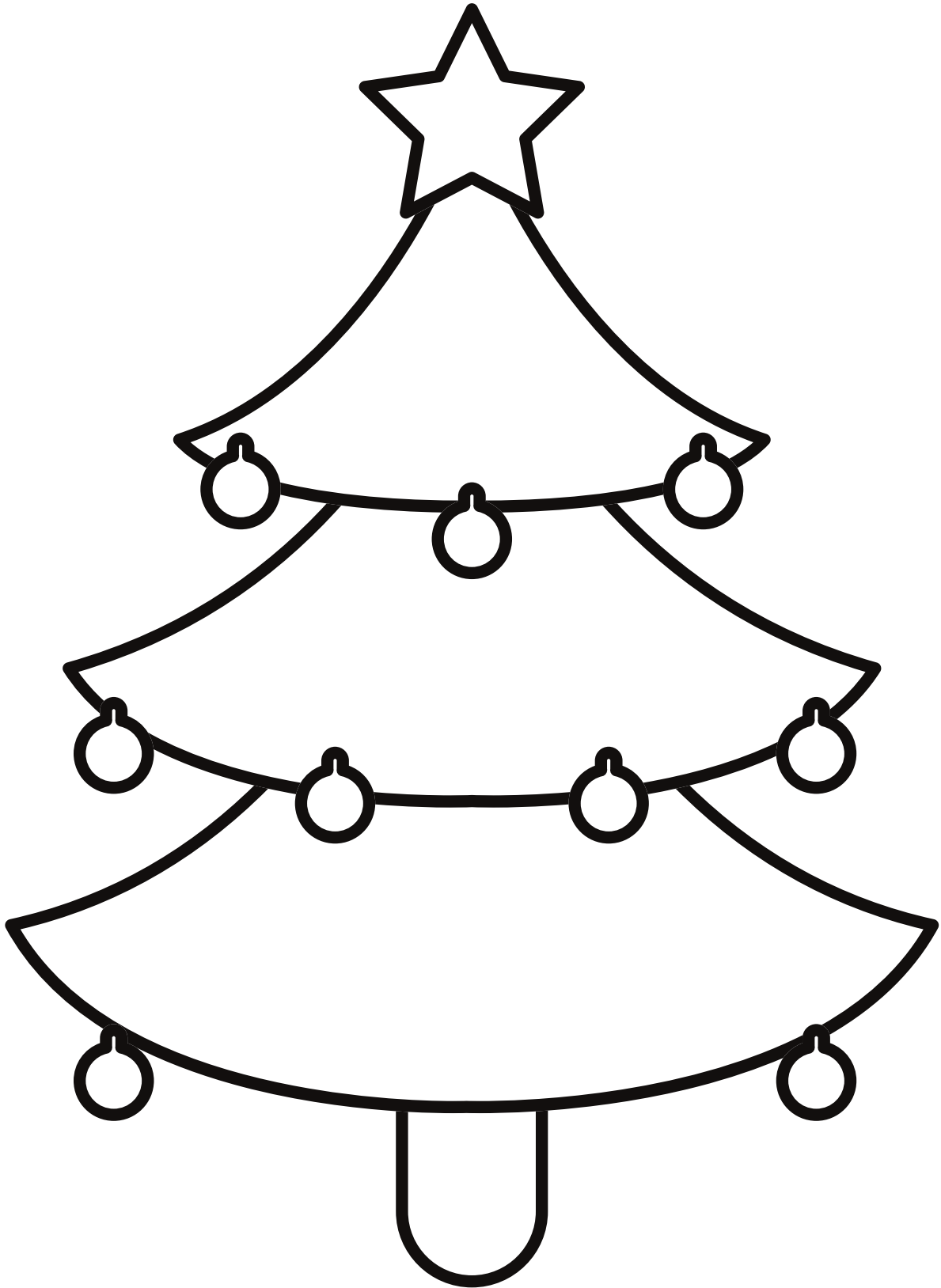
Magic Reindeer Food Label

To cut out and attach to the bag of
magic reindeer food

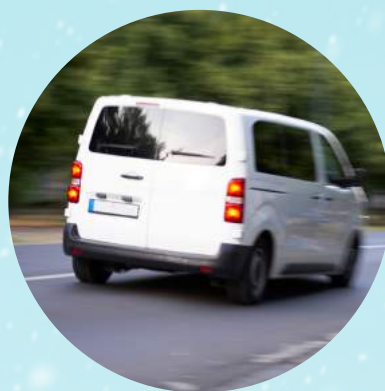


*Sprinkle on the lawn at night,
The moon will make it sparkle bright,
As Santa's Reindeer fly and roam,
This will help guide them to your home!*

Colour In Your Own Tree!



**Take a walk near to your house,
how many can you spot?**





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CHRISTMAS QUIZ

Test your family and friends knowledge
of all things Christmas!



- 1) How many miles would Santa have to run to get home to Lapland from Newcastle [Answer: 2,283 miles]
- 2) What is the opening line in Shakin' Stevens 'Merry Christmas Everyone'? [Answer: Snow is falling, all around me]
- 3) The Snowman was shown on TV for the first time on Boxing Day of which year? [Answer: 1982]
- 4) Which British monarch delivered the first ever Christmas message? [Answer: George V in 1932]
- 5) According to 1946's Christmas classic It's A Wonderful Life, what happens every time a bell rings? [Answer: An Angel gets its wings]
- 6) How many calories does the average Christmas dinner contain? [Answer: Around 1600]
- 7) How many minutes walking would it take to burn off a selection box containing five chocolate bars? [Answer: around 210 minutes]
- 8) How old is Kevin McCallister in Home Alone? [Answer: 8]
- 9) In Harry Potter and the Philosopher's Stone, what do the Dursleys give Harry for Christmas? [Answer: A 50-pence piece]
- 10) How many gifts in total were given in The Twelve Days of Christmas Christmas carol? [Answer: 364]

11) If you're trying to keep your sugar intake down, would you be wisest to accept: a) A mince pie, b) A slice of Christmas cake or c) A helping of Christmas pud [Answer a) A mince pie]

12) Which ocean can Christmas Island be found in? [Answer: Indian Ocean]

13) What is your star sign if you are born on Christmas Day? [Answer: Capricorn]

14) How many minutes walking would it take to burn off a large glass of mulled wine (250ml)? [Answer: 44 minutes]

15) How many hours would you need to jog to work off a typical Christmas Day splurge? [Answer: 10 hours]

16) In which year was the first Christmas card sent? [Answer: 1843]

17) What item for the Christmas table did Tom Smith, a confectioner, invent? [Answer: The Christmas Cracker]

18) How much money would an average smoker save if they gave up smoking on Christmas Day for a year?[Answer: £3693]

19) Which country annually sends a Christmas tree to be erected in London's Trafalgar Square? [Answer: Norway]

20) Which celebrity won the first ever Strictly Come Dancing in December 2004? [Answer: Natasha Kaplinsky with Brendan Cole]

21) Which character declares "Merry Christmas, one and all!" in Charles Dickens' A Christmas Carol? [Answer: Tiny Tim]

22) Which Christmas hit originally released in 1984 has been no.1 in the UK charts three times? [Answer: Do They Know it's Christmas]

23) Mariah Carey's iconic Christmas hit All I Want for Christmas officially signals the start of the festive period - but what year was it originally released? [Answer: 1994]

24) What's the name of the giant snow monster that guards Elsa's palace in Frozen? [Answer: Marshmallow]

25) In which Christmas movie does Tom Hanks play 6 of the characters? [Answer: The Polar Express. He plays Hero Boy, Father, Conductor, Hobo, Scrooge and Santa Claus]

27) In which country is it tradition to eat KFC for Christmas dinner? [Answer: Japan]

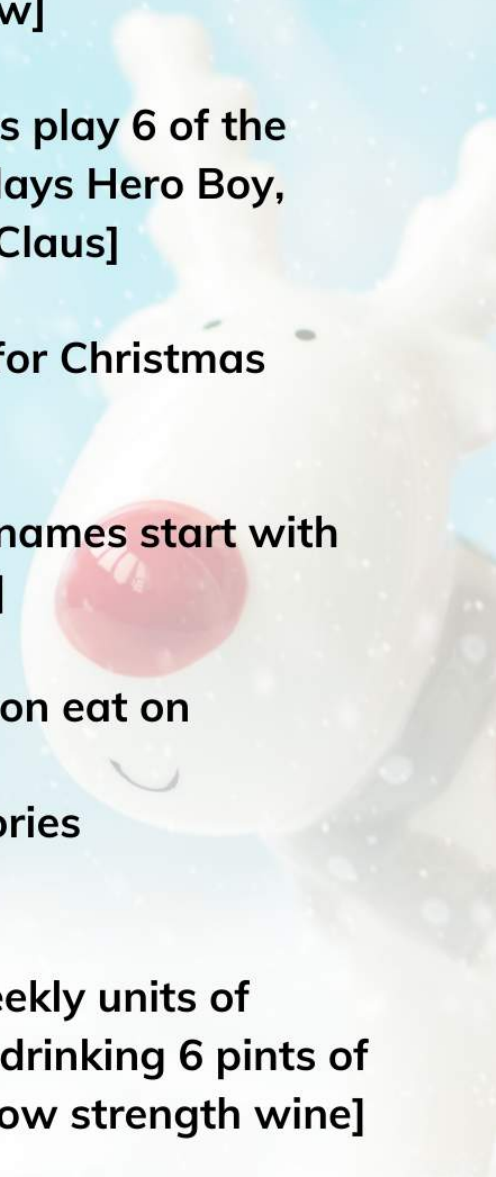
28) How many of Rudolph's fellow reindeers' names start with 'D'? [Answer: Three - Dancer, Dasher, Donner]

29) How many calories does the average person eat on Christmas Day?

a) 2000 calories, b) 5000 calories, c) 6000 calories

[Answer: 6000 calories]

30) What are the maximum recommended weekly units of alcohol? [Answer: 14 units - the equivalent of drinking 6 pints of average strength beer or 10 small glasses of low strength wine]



Make your own "gloop"

You will need:

- Cornflour
- Water
- Food colouring (optional)
- A table cloth or large towel (please supervise your children as this can get very messy!)



How you make it:

- Mix a little water with the cornflour until it is thick but still a little runny in a washing up bowl
- Put the towel or table cloth onto the floor
- Put the bowl in the middle of the towel
- Get your hands in there and have fun!



Top tips on getting your 5 a day during the holidays

Start the mornings with a healthy breakfast to get you going. Adding fruit to your breakfast will help to fill you up. Why not try overnight oats with frozen mixed berries or adding banana to your cereal?



Make up a tray of roasted vegetables to blend into your gravy, this is a great idea if you have that fussy guest who is not keen on vegetables!



Making a cheese board over the holidays? Why not add some healthy complimentary add-ons such as apples, grapes, celery and cucumber sticks, figs or cherry tomatoes

Top tips on getting your 5 a day during the holidays

Having a 3 course Christmas lunch?

Make a delicious vegetable based soup for starter and have the option of fruit for pudding



Check out the Change4Life fruit tree which can be found on the Change4Life YouTube channel



If making party food for the family, make some healthy festive treats to put on the table...

Our Grinch kebabs are healthy, fun and canape size snacks or try making a vegetable wreath with dip

Make Grinch Kebabs

All you need is:

- Strawberries
- Green grapes
- Banana
- Mini marshmallows
- Skewers or straw



How you make them:

- Slice the top of the strawberries
- Slice the banana
- Put a grape on a skewer or straw
- Followed by a slice of banana
- Then followed by a strawberry
- At the top put on a mini marshmallow
- And now you have some grinch kebabs, enjoy!
- If serving to small children, please remember to slice fruit lengthways before serving

Make Quick Sweet Mince Pies

All you need is:

- A jar of mincemeat
- Ready rolled puff pastry
- 1 Egg
- Icing sugar for dusting



How you make them:

- Preheat your oven to gas mark 6 (180c fan) and roll out your pastry
- Grease a fairy cake tin with some butter or oil then cut your pastry to fit over your tin
- Lay your pastry over the tin, pushing it to fit into the holes
- Spoon the mincemeat into each hole
- Trim around the edge of the holes on your tin with a knife and gather your left-over pastry
- Crack the egg into a bowl and beat with a fork, brush some of the beaten egg around the outside of the pastry
- Roll out your left-over pastry and lay the rest of the pastry over the tin
- Once again, trim around the holes of the tin
- Brush some of the beaten egg on top of the pies and put into the oven for 25 minutes
- Take out of the oven when golden brown, sprinkle over some icing sugar and here you have your mince pies, enjoy!

Make Santa Cupcakes

All you need is:

- 100g Self raising flour
- 100g Sugar
- 100g margarine
- 2 Eggs (beaten)
- Strawberries

Icing:

- 100g icing sugar
- 50g Margarine
- Mix together to a smooth paste
- Pipe onto cakes to decorate



How you make them:

- Cream together margarine and sugar
- Add flour and beaten egg mix together
- Pop mixture into the cup cake cases and then into a suitable baking tin
- Cook in the oven 200/ gas 5 for 20 mins
- When cool, decorate with strawberries and butter icing as shown

Make Gingerbread Stars

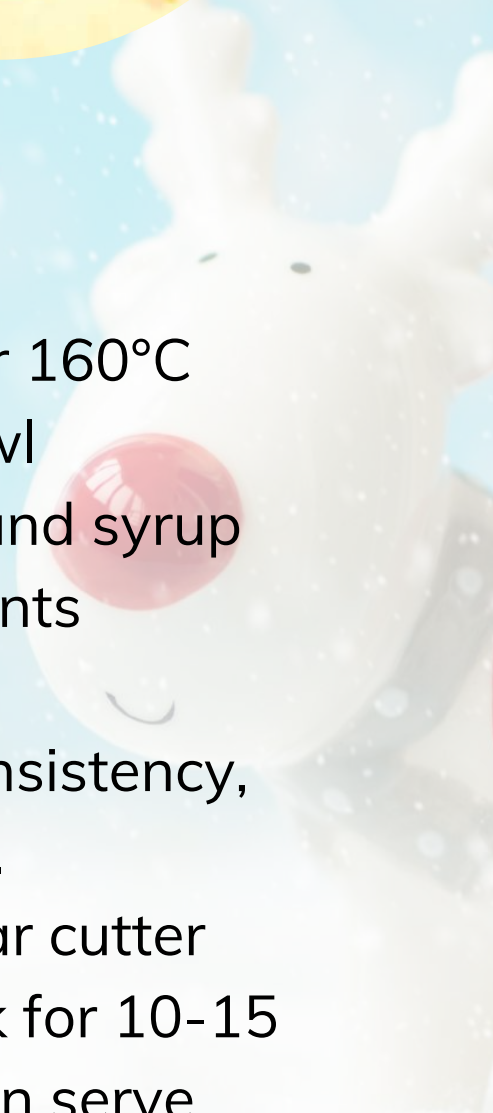
All you need is:

- 300g self raising flour
- 2 tsp ground ginger
- 100g caster sugar
- 50g low fat spread
- 3 tbsp golden syrup
- 4 tbsp milk



How you make them:

- Preheat oven to gas mark 3 or 160°C
- Place flour & ginger into a bowl
- Warm sugar, low fat spread and syrup together and add dry ingredients
- Mix well
- Add milk and mix to a firm consistency, knead lightly with your hands.
- Roll out and cut out with a Star cutter
- Place on baking tray and cook for 10-15 minutes, allow to cool and then serve



Make Three Ingredient Fruit Cake

All you need is:

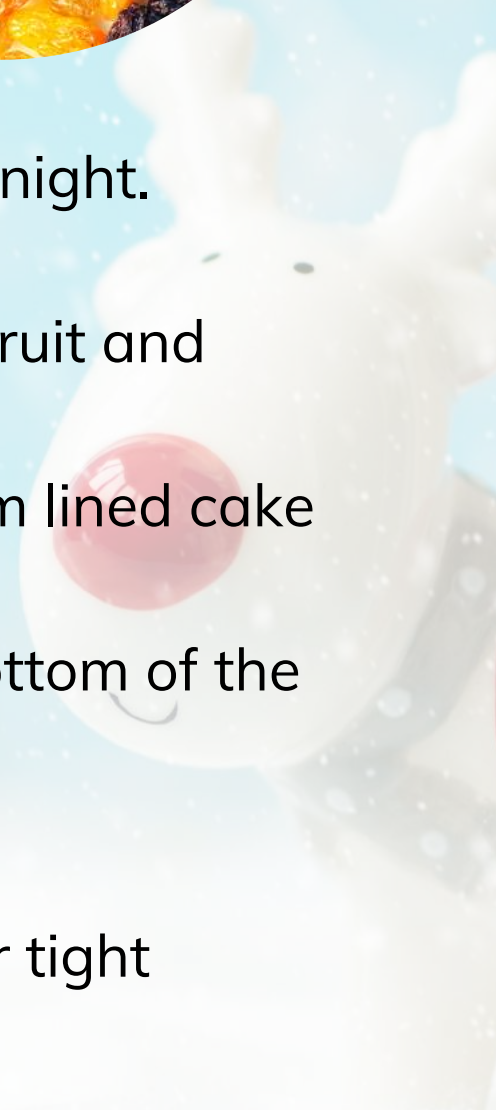
- 1kg dried mixed fruit
- 750ml orange juice
- 525g self raising flour



How you make it:

- Soak the fruit in the juice overnight.
- Pre heat the oven to 125°C.
- Stir the flour into the soaked fruit and mix well.
- Spoon the mixture into a 22cm lined cake tin.
- Bake for 2 1/2 hours at the bottom of the oven or until cooked through.
- Remove and leave to cool.

This cake will keep nicely in an air tight container for 3 - 4 weeks



Make Orange and Cinnamon Shortbread Biscuits

All you need to make 18:

- 4oz/1/2 cup margarine
- 2oz/4 tablespoon caster sugar
- Finely grated rind of 2 oranges
- 6oz/1 1/2 cups plain flour
- 1/2 tsp cinnamon



How you make them:

- Pre heat oven to 190°C / gas mark 5
- Grease a large baking sheet
- Beat together the margarine and sugar until soft and creamy
- Beat in the orange rind
- Gradually add the flour and Cinnamon and gently pull the dough together to form a soft ball
- Roll out the dough on a lightly floured surface to about 1cm thick
- Cut out with a cutter and place onto the baking sheet
- Prick the biscuits with a fork and bake for about 20mins or until the biscuits are golden brown

Tips to help you cut down your alcohol intake

Drink and think in units: The UK's Chief Medical Officers (top doctors) recommend not drinking more than 14 units a week; that means about six pints of lager or a bottle and a half of wine. Use this [handy unit calculator](#) to help you work out exactly what you're drinking.

Pace yourself: Enjoy each drink slowly, and remember that you don't have to join in every time someone else decides, give it a miss have water or a soft drink instead!

Watch your measures: Remember that the drinks you pour at home are often larger than those served in pubs.

It's fine to say no: Not everyone drinks alcohol, and it's fine to say no. It's surprising how many people think it's OK to pressure other people to drink – it's not!

Have a few days off every week: Having a few alcohol-free days each week is a good way to cut down and give your body a rest, boost your immune system and improve your mental health and wellbeing.

Don't binge and drink all of your units in one go: It's safest not to drink more than 14 units per week, spread over three or more days and with a few days off in between.

Eat before and while you drink: Have something to eat before you drink and, if possible, while drinking. It will slow down the alcohol being absorbed into your bloodstream and help you pace yourself.

Ask for help: Ask for help if you feel your drinking is getting out of control. There's nothing to be ashamed of; lots of people struggle with alcohol at some point in their lives and need support to turn things around. Talk to your GP or contact your local alcohol treatment service.

Finally, try our delicious 'mocktails' instead of having an alcoholic drink!

Make A Cran-Dandy Doodle Mocktail

All you need to make one pitcher:

- 2 cups cranberry juice
- 1 cup pineapple juice
- 1 cup orange juice
- 2 tablespoons lemon juice
- 1 (12 fluid ounce) can or bottle ginger ale
- 1 orange sliced in rounds



How to make it:

- In a gallon pitcher combine cranberry juice, pineapple juice, orange juice and lemon juice
- Just before serving, slowly add the ginger ale, stir to blend
- Serve over ice and garnish with orange slices

Make A Mock

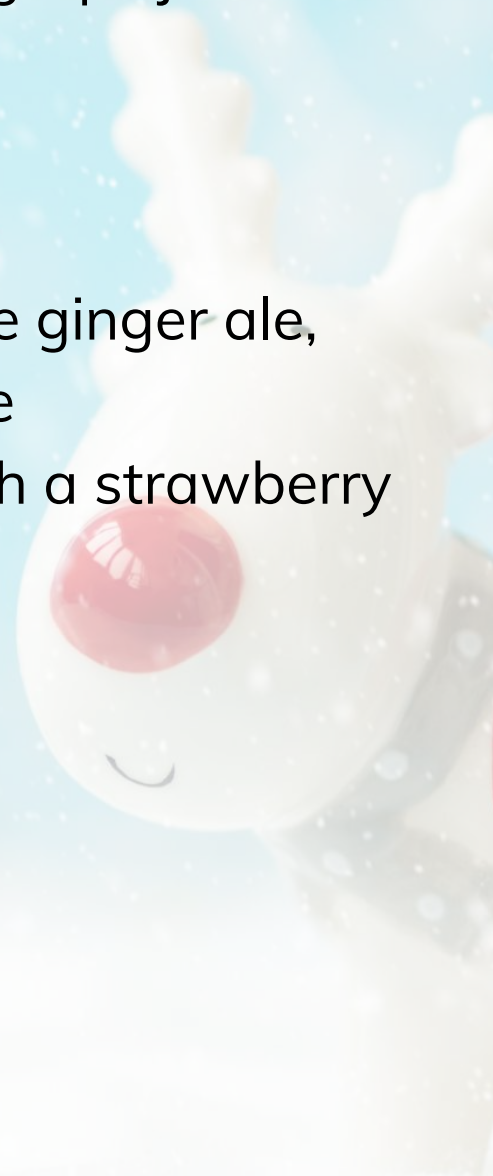
Champagne Mocktail

All you need to make one punchbowl:

- 1 (2 litre) bottles ginger ale, chilled
- 1 (46 fluid ounce) can pineapple juice, chilled
- 1 (64 fluid ounce) bottle white grape juice, chilled
- Strawberries to garnish

How to make it:

- In a large punch bowl, combine ginger ale, pineapple juice and grape juice
- Serve over ice and garnish with a strawberry



Make A Shirley Temple Mocktail

All you need to make one glass:

- 5mls grenadine
- 180mls ginger ale
- 1 lemon sliced in rounds
- Ice

How to make it:

- In a tall glass, add ice and pour in grenadine
- Add ginger ale and stir
- Garnish with lemon slices



Make A Pom Collins Mocktail

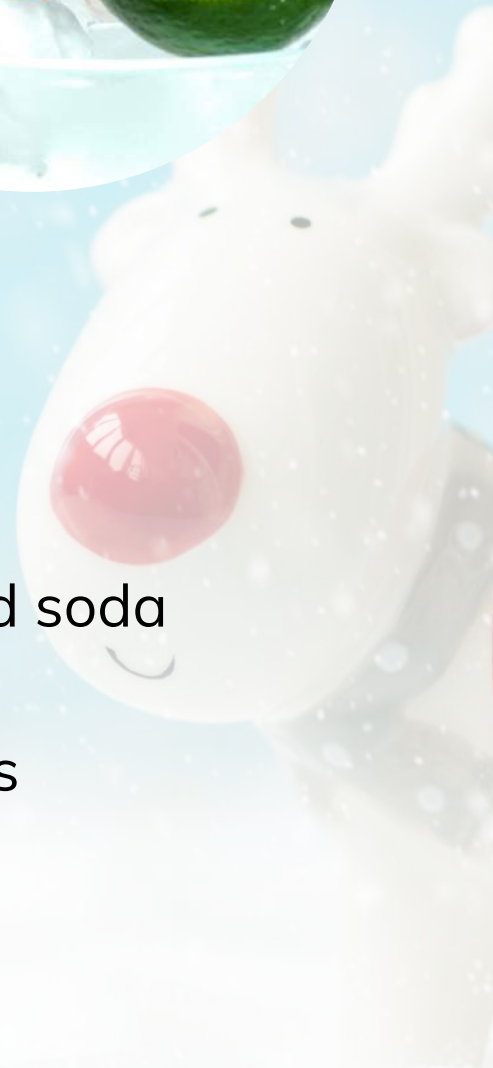
All you need to make one glass:

- 60mls pomegranate juice
- 30mls soda water
- Ice
- Lime to garnish



How to make it:

- In a tall glass, add ice and lime
- (gently squeezing as you do)
- Add the pomegranate juice and soda water
- Stir and garnish with lime slices



Make Sparkling Non-Alcoholic Cider Jello Shots

All you need to make one glass:

- 1/2 cup boiling water
- 2 envelopes unflavoured gelatin
- 2 1/2 cups sparkling juice or cider (chilled)
- optional: berries, cherries, or gummies

How to make it:

- Sprinkle the 2 envelopes of unflavoured gelatin over the boiling water and let soften for a few minutes
- Whisk to dissolve completely and to get rid of clumps
- Pour the sparkling juice or cider gently into a mixing bowl or large measuring cup with a spout (try to pour onto the inside of the bowl to minimize carbonation loss)
- Pour the gelatin mixture into the sparkling juice and gently stir to combine
- Pour the liquid into stemmed glasses or other containers you wish to use for serving.
- Add berries or gummies to each glass
- Refrigerate for an hour before serving or until jello is firm enough to eat

Family support and advice services

Amazing Start Antenatal and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Amazing Start Services on behalf of the Community Family Hub

<https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>

Community Family Hub

The Community Family Hub includes both Amazing Start and Early Help family support for families with children of all ages identified as needing additional support

<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/community-family-hub>

Information Now <https://www.informationnow.org.uk/>

Online information about services for people who live in Newcastle

Action for Children <https://www.actionforchildren.org.uk/>

Barnardos <https://www.barnardos.org.uk/>

Children North East <https://www.children-ne.org.uk/>

Free and Emergency Food

<https://www.informationnow.org.uk/article/food-banks-in-newcastle/>

Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>

Search Services for over 50's <http://www.searchnewcastle.org.uk/>

Riverside Community Health Project <http://www.riversidechp.co.uk/>

Citizens Advice Bureau <http://www.citizensadvice-newcastle.org.uk/>



Healthworks is here for you

We offer a range of services to improve health and wellbeing outcomes of people across the region:

- Getting active
- Healthy eating
- Stop smoking support
- NHS Health Checks
- Cancer awareness
- Activity classes
- Falls prevention
- Antenatal and breastfeeding support
- Weight management
- Improving wellbeing support
- Diabetes support
- Royal Society For Public Health training
- Healthworks Pre-school at The Lemington Centre
- Healthworks Gyms in Lemington and Benwell
- Maximo's Deli also runs a cafe at The Lemington Centre
- Room and activity space hire

To find out more information about our work please visit
www.healthworksnewcastle.org.uk





Healthworks
the community health charity

*We hope you enjoyed
this Festive Fun activity
book!*

For more ideas, inspiration and
information about our work and
how you can get involved visit
www.healthworksnewcastle.org.uk

*Have a great festive period and we
look forward to seeing you next year*

