




FESTIVE FUN

FAMILY BOOK 2022

Fun activities for all of the family this festive period!



Healthworks
the community health charity



The Christmas holidays are coming and there's no better time to get the family 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 and activities, a Christmas quiz, a Christmas 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.



One A Day December

1
Download our **Festive Fun 2022** activity book for lots of family activity ideas, tips, quizzes and recipes
THURS

2
Eat at least one portion of fruit or veg with each meal
FRI

3
Make housework fun...get those tunes on while you work!
SAT

4
Take a walk or do an outdoor activity for 30 minutes today
SUN

5
Try some new recipes and batch cook meals for the whole week
MON

6
Drink a glass of water before each meal
TUES

7
Turn off electrical appliances instead of leaving them on standby
WED

8
Send a nice text message to someone or share a photo of a happy memory with them
THURS

9
Have a go at our **Christmas Wall-Sit Challenge**
FRI

10
Have a 60 minute home disco and dance to your favourite songs!
SAT

11
Spend as much time outdoors as you can today
SUN

12
Check out our **Boost Your Feelgood** top tips
MON

13
Keep warm by keeping moving and try one of our **20 minutes home workout**
TUES

14
Turn your lights off when you're not using them and let in as much natural light as possible
WED

15
Have a meat free day today and try one of our vegetarian recipes
THURS

16
Wash your clothes at a lower temperature and make sure you have a full load before switching on
FRI

17
If drinking alcohol, alternate with water or soft drinks or give our mocktail recipes a try
SAT

18
Take a walk and explore your local area - try one of our **Historic Trails or Wellbeing Walks**
SUN

19
Turn off all mobile phones and other devices 2 hours before bedtime
MON

20
Take a shorter shower today or swap your bath for a shower instead
TUES

21
Have a TV free evening and do something that makes you feel happy instead
WED

22
Limit yourself to just one Christmas treat today!
THURS

23
Create a playlist of your favourite Christmas songs and spend an hour singing along loudly!
FRI

24
Get in touch with a friend, neighbour or family you haven't heard from in a while
CHRISTMAS EVE

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



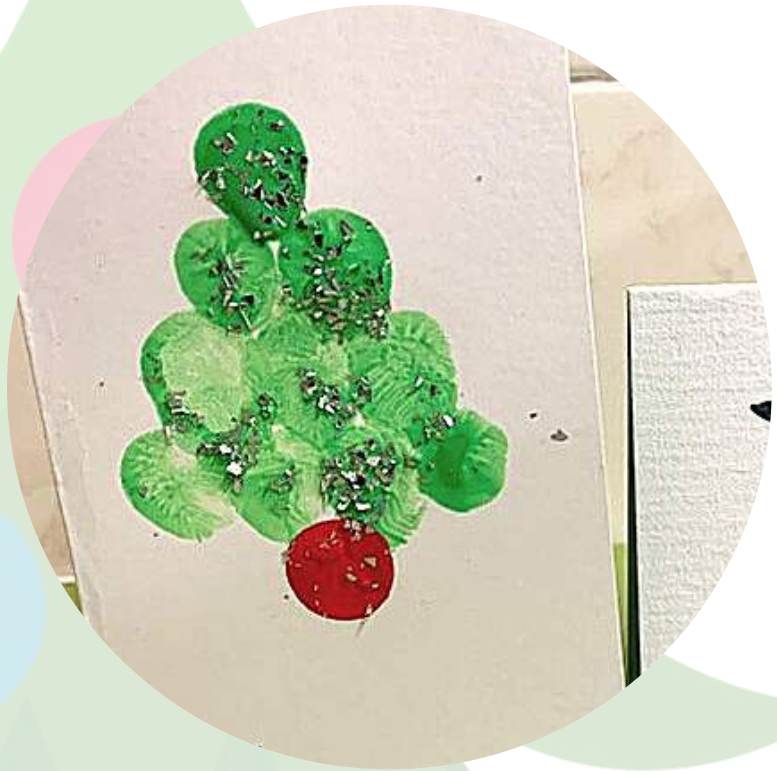
How you make it:

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

Make Finger Painted Christmas Tree Cards

All you need is:

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

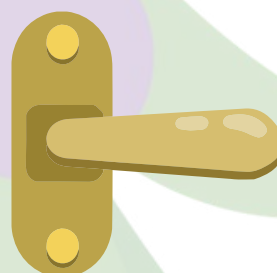


How you make them:

- 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

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

Can you name them too?



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

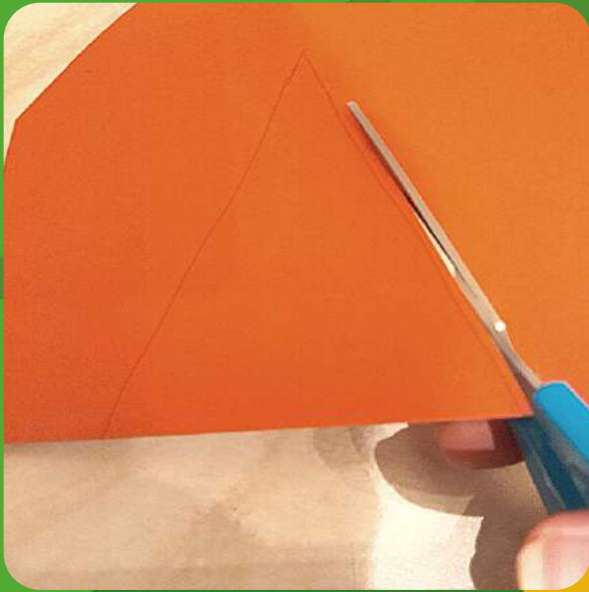
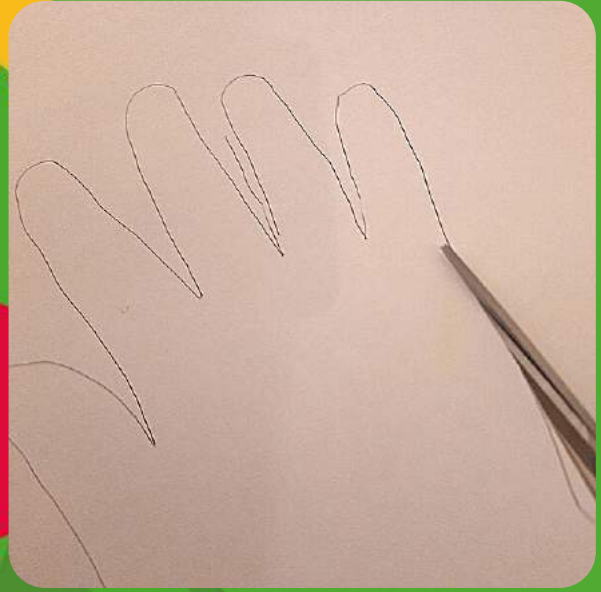
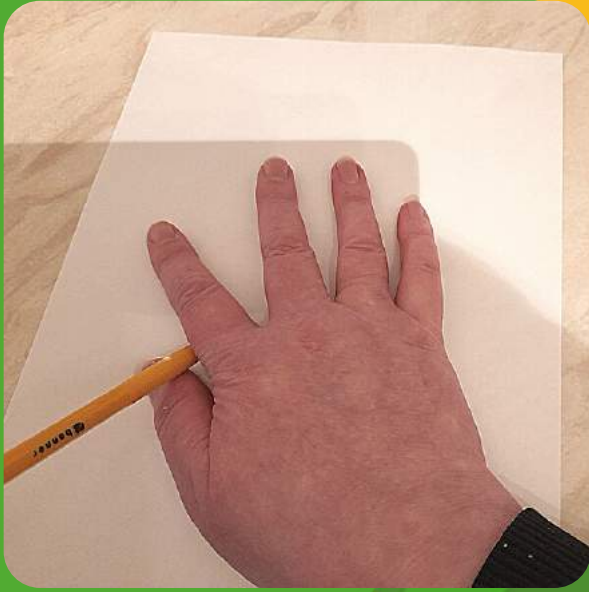
STAR
COLD
FROSTY
SANTA
ELVES
RUDOLPH
NUTCRACKER
TREE
EGGNOG
HOLLY
CANDY CANE

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

Draw Your Own Elf's Face!



Make A Hand Santa



Make 'Snowman Soup'

All you need is:

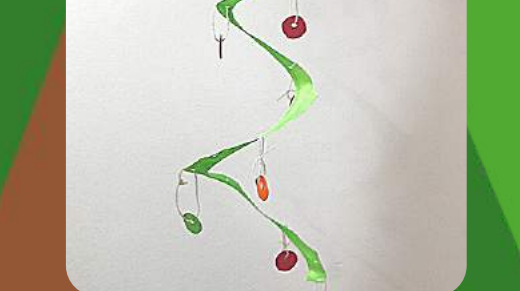
- Hot chocolate powder
- Boiled water
- Milk
- Mini Marshmallows
- Candy cane
- Mug

How you make it:

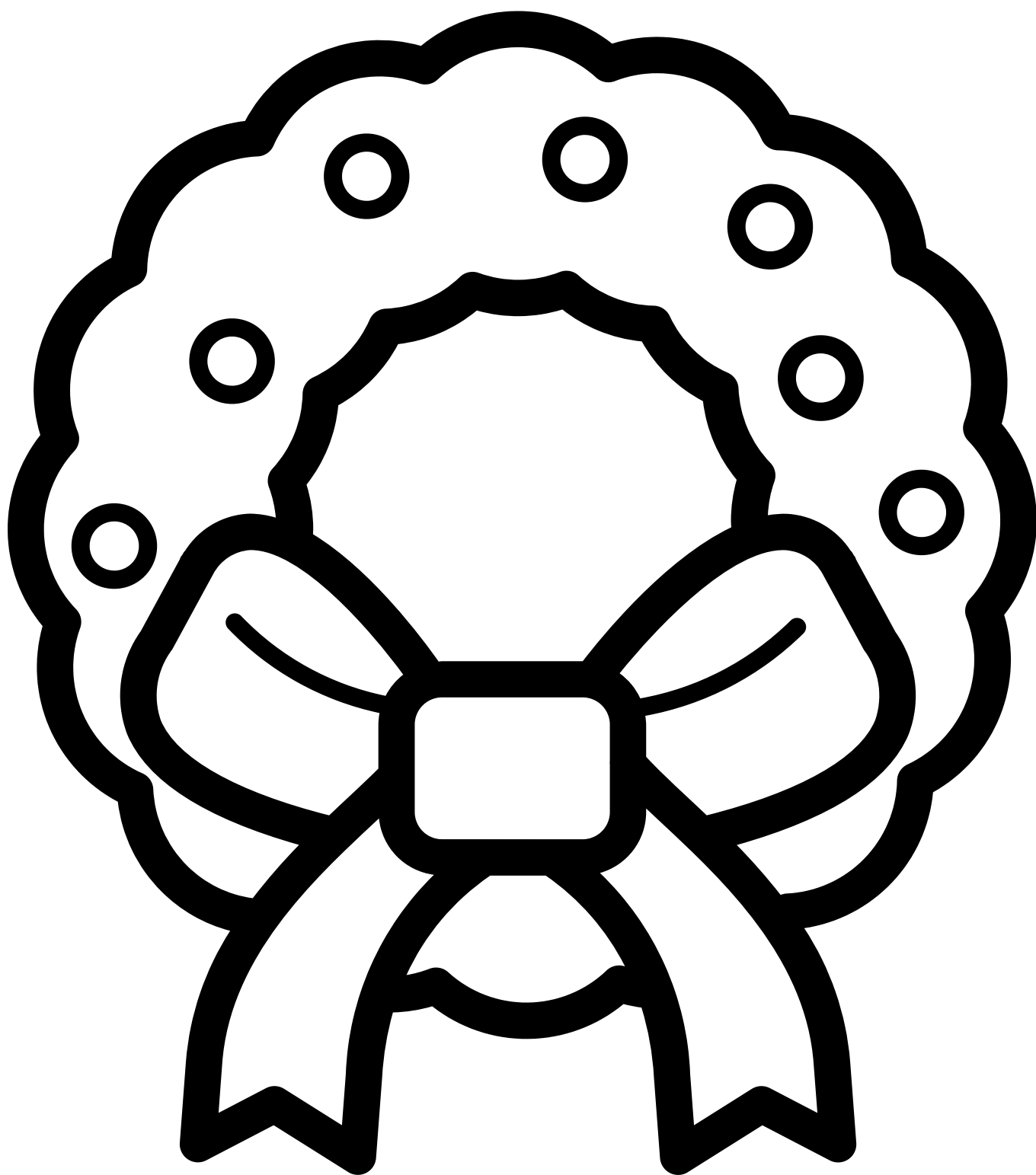
- Make up your hot chocolate with hot water
- Add cold milk
- Stir with your candy cane
- Decorate the top with mini marshmallows



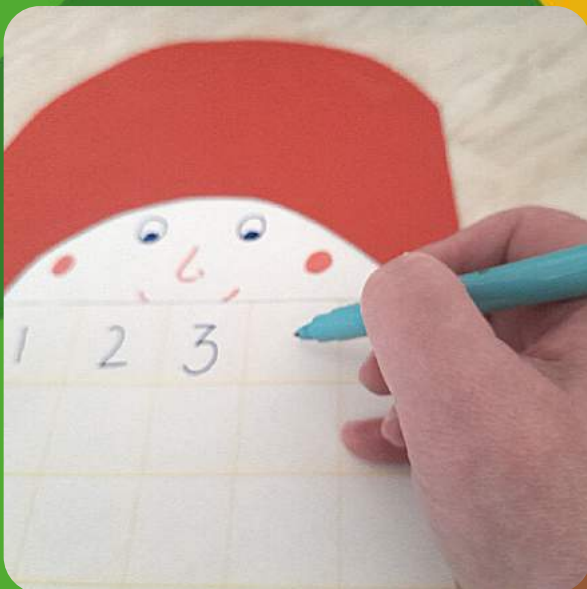
Make A Christmas Spiral



Colour In Your Own Wreath



Make A Santa Advent Calendar



Make An Easy Tree Decoration

All you need is:

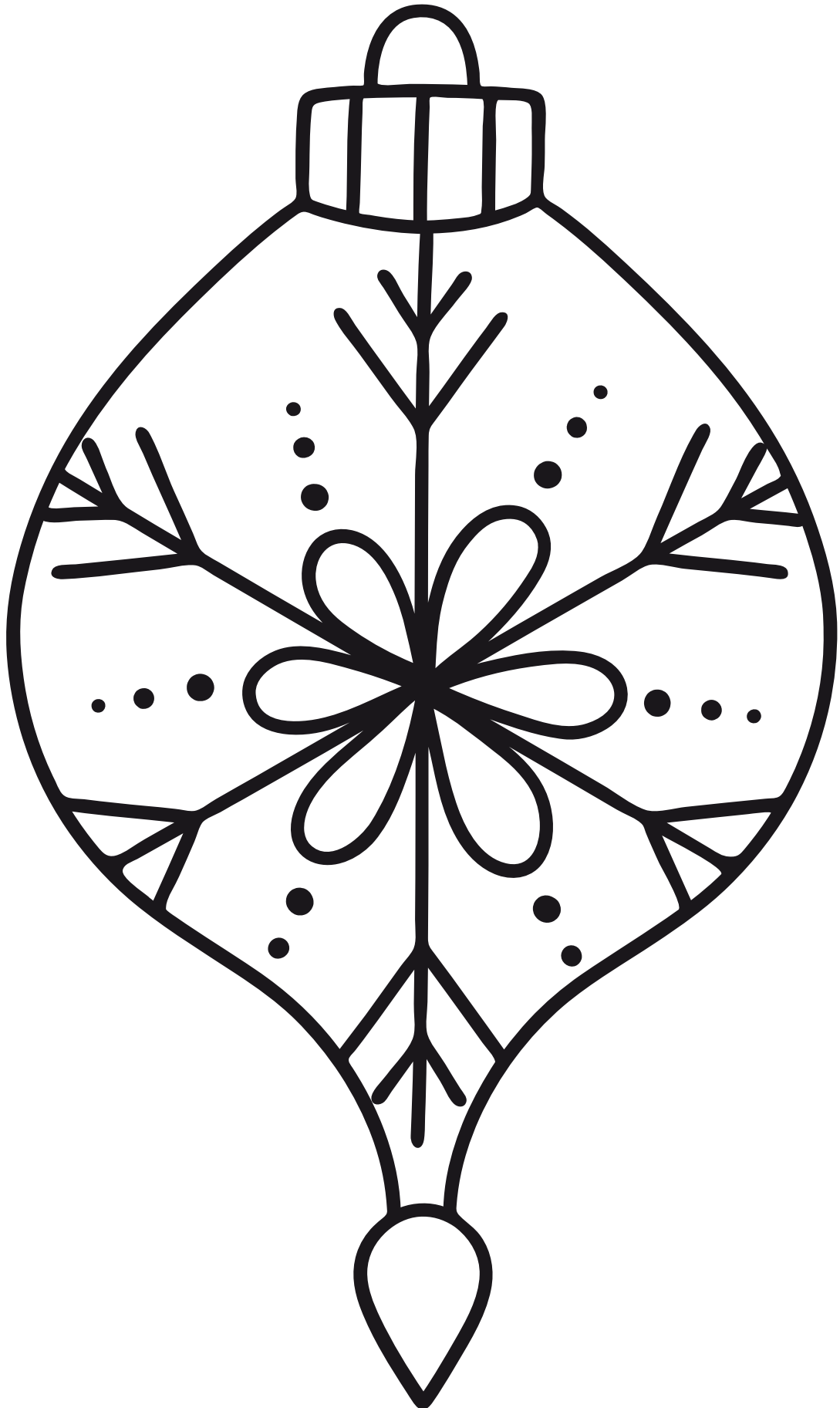
- Card 2 colours
- Colouring pencils
- Glue
- Scissors
- Christmas 'cookie' cutter
- Ribbon



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

Colour In Your Own Baubles!



Make Salt Dough Decorations

All you need is:

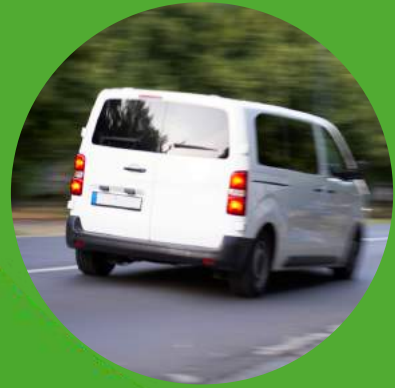
- 2 Cups plain flour
- 1 Cup of salt
- 1 Cup of cold water
- Festive cutters



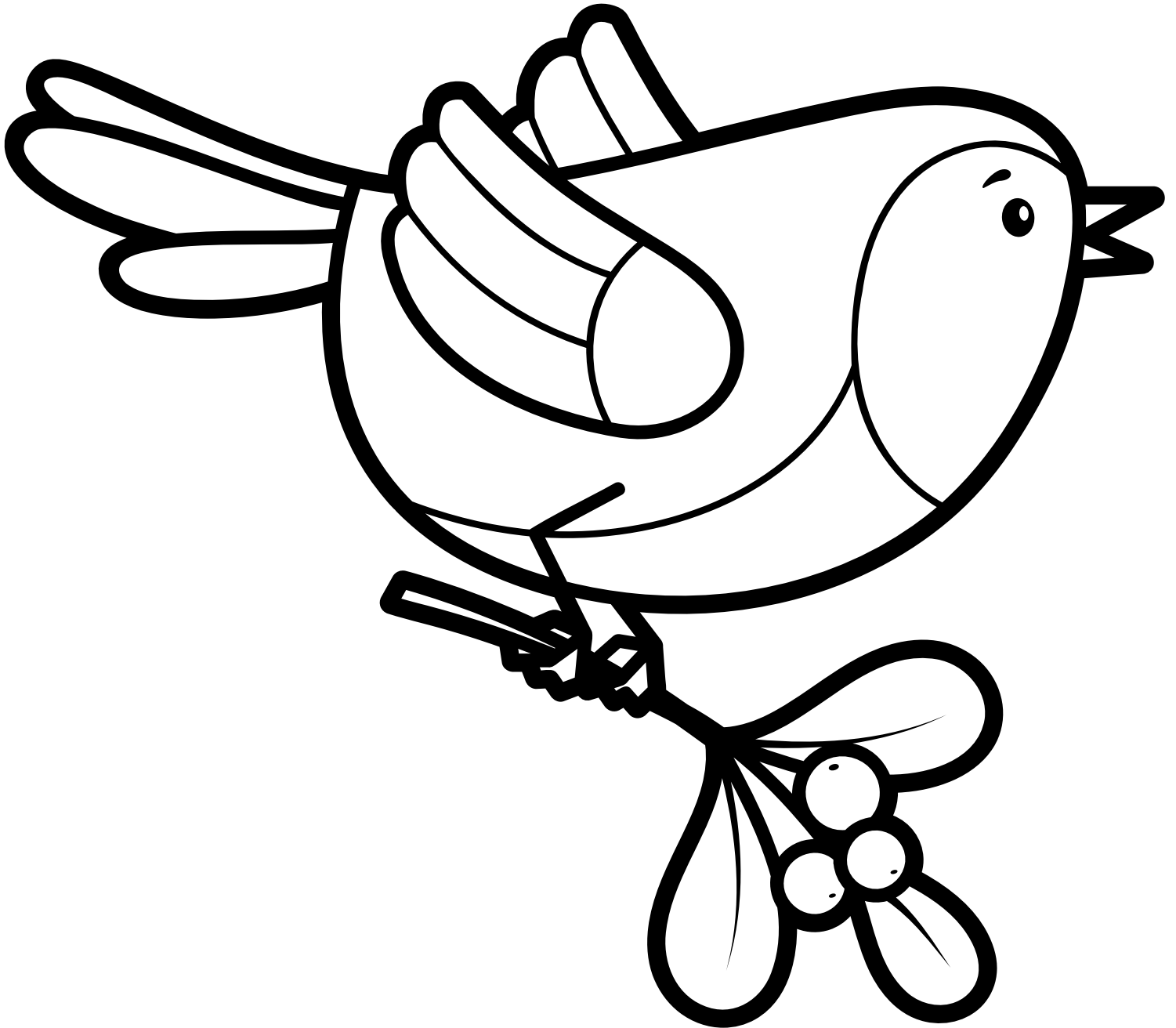
How you make them:

- 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

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



Colour In Your Own Robin!



Make Santa's Footprints

All you need is:

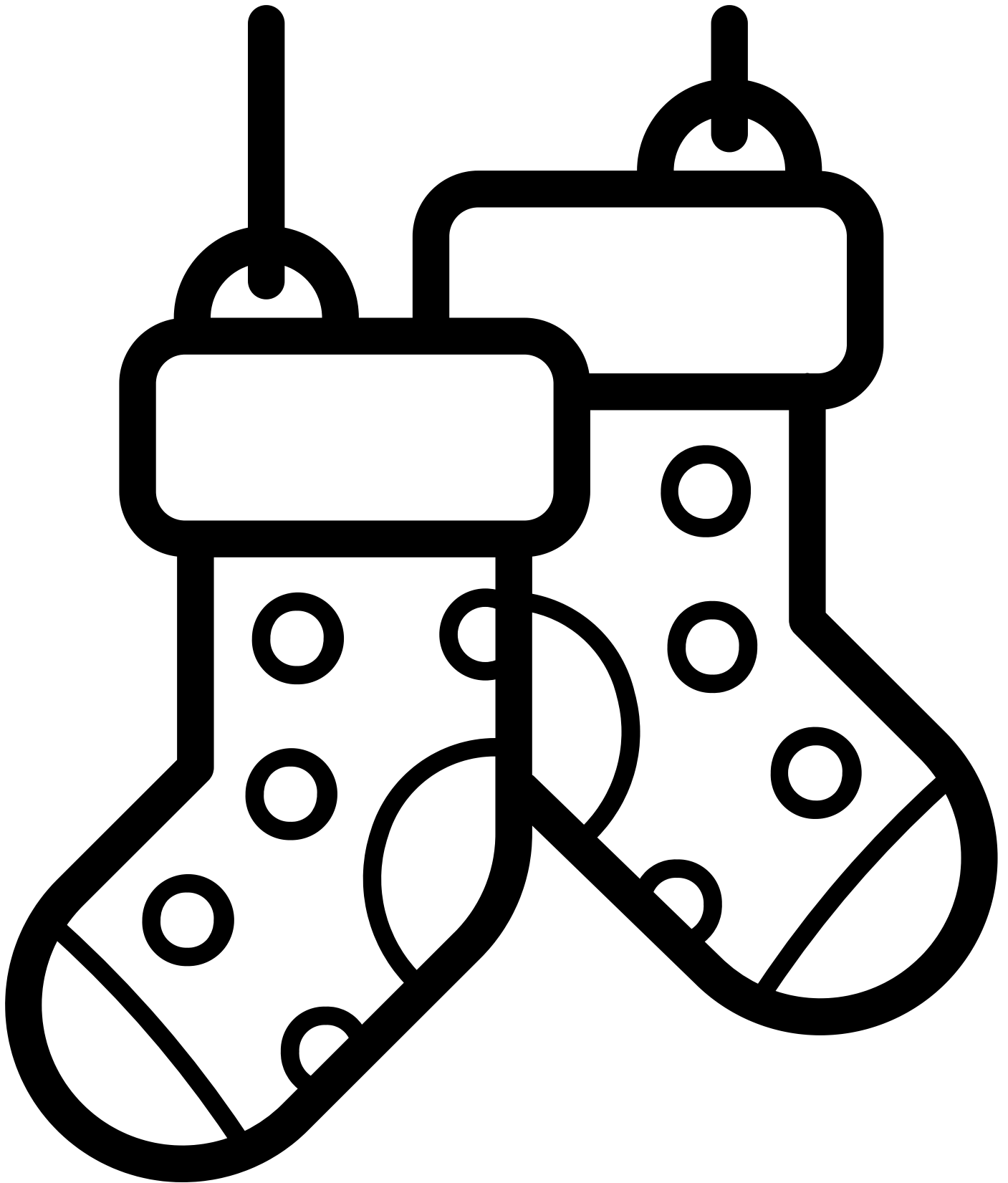
- Pair of old shoes or boots
- Paint
- Card

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 Stockings!



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 your own 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 Christmas Presents!



Energy Saving Tips

12 quick, easy and low cost things you can do to help save money and the planet!



Turning off standby mode on electrical appliances could save you around £35 per year!



A running tap wastes 3 litres of water a minute so turn off the tap while brushing your teeth or washing your face.



Make sure that dishwashers and washing machines are full before you use them.



Ensure you regularly use the most efficient water and energy settings on washing appliances.



Using a bowl to wash up rather than a running tap can save money and water.



Turning down your room thermostat by just one degree can save around £55 a year and reduce your carbon footprint.



Using a room thermostat and thermostatic radiator valves efficiently could save you around £70 a year



Turn your lights off when you're not using them and use natural light wherever possible.



Wash your clothes at a lower temperature and use cold water if you don't need hot.



Save around £22 a year from your energy bill just by using your kitchen appliances more carefully.



Fit a water efficient shower head as this will reduce your hot water usage.



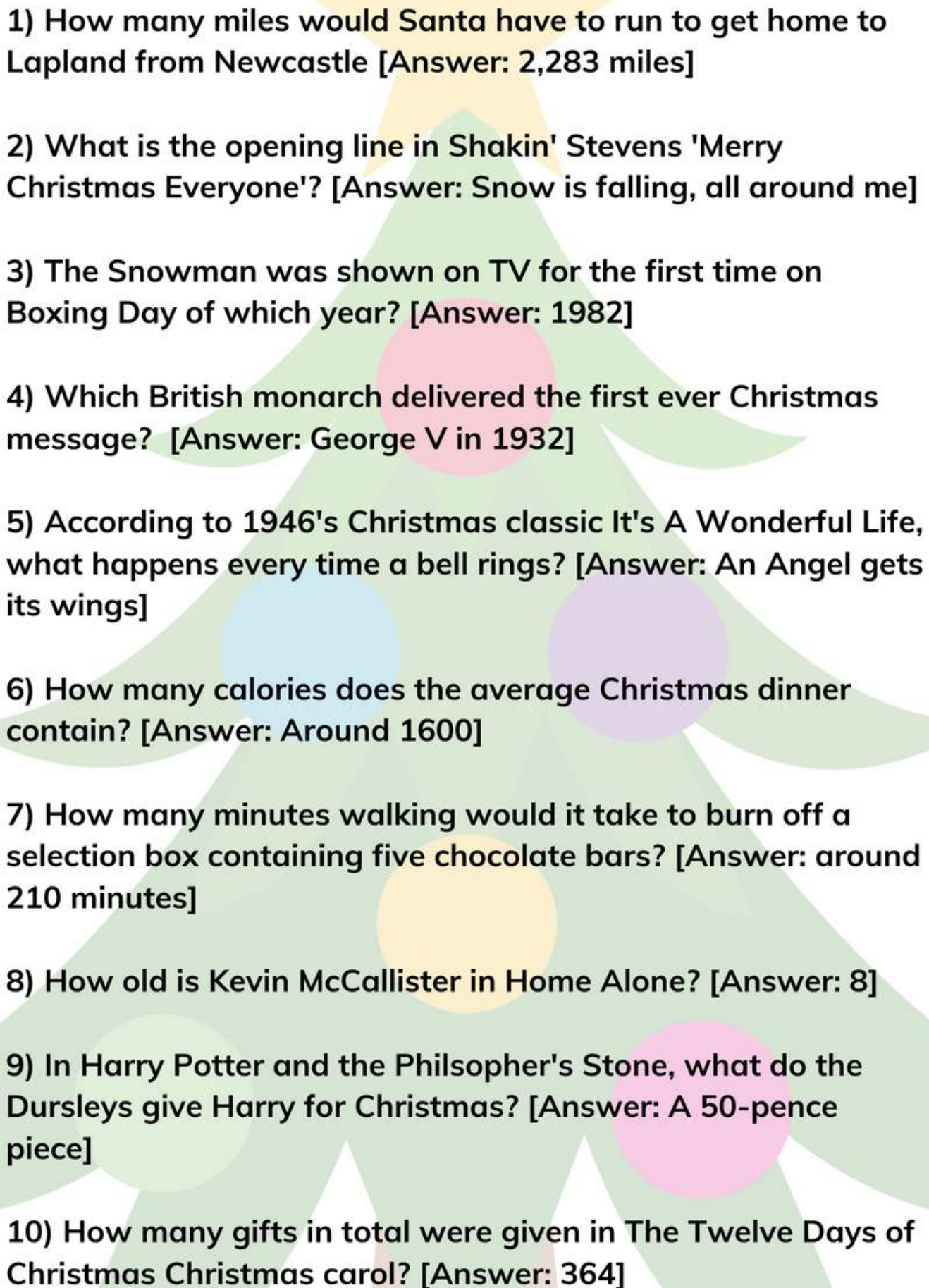
Choose energy efficient appliances when replacing old ones wherever possible.

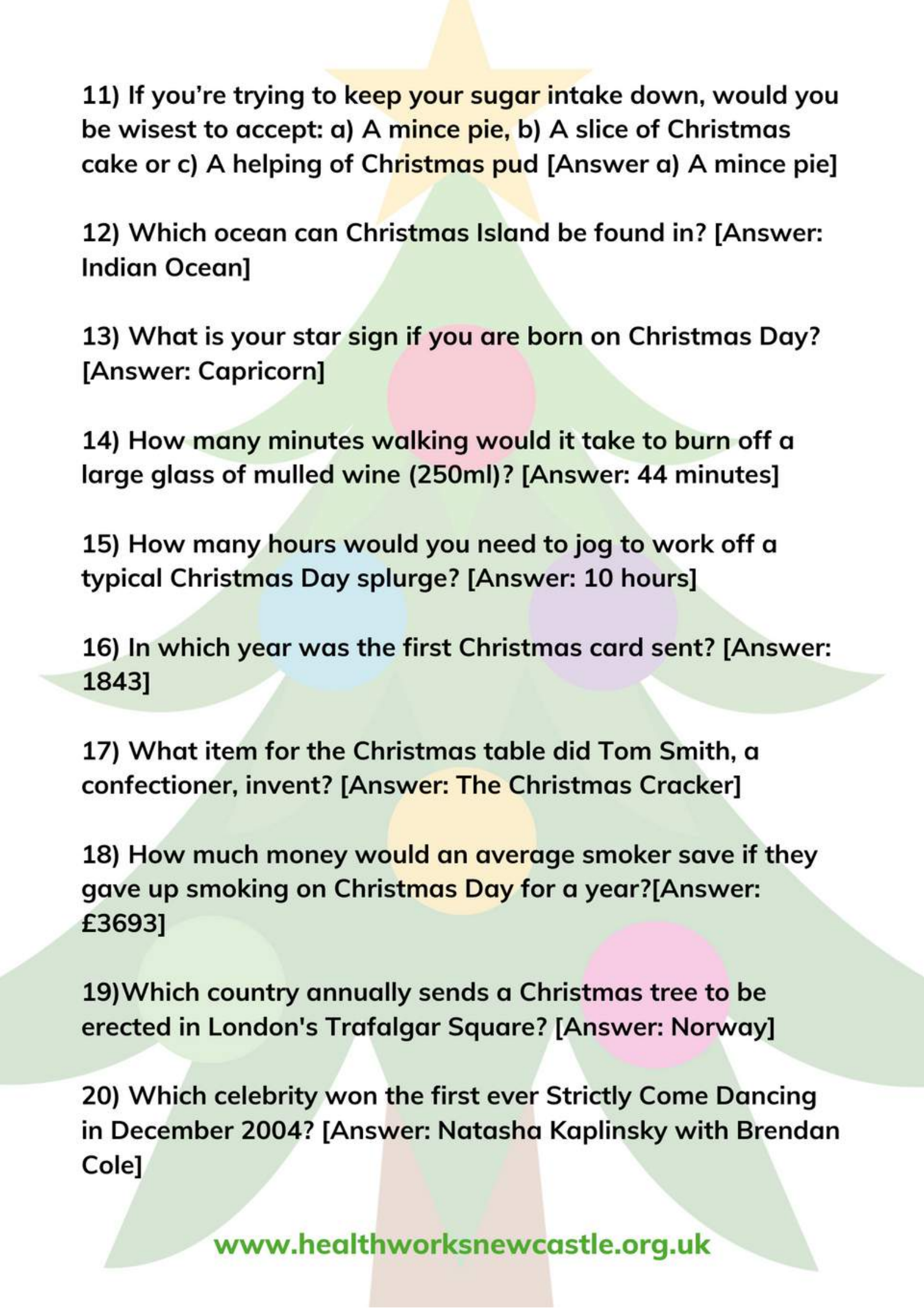
CHRISTMAS QUIZ

Test your family and friends knowledge
of all things Christmas!



Healthworks
the community health charity

- 
- 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]

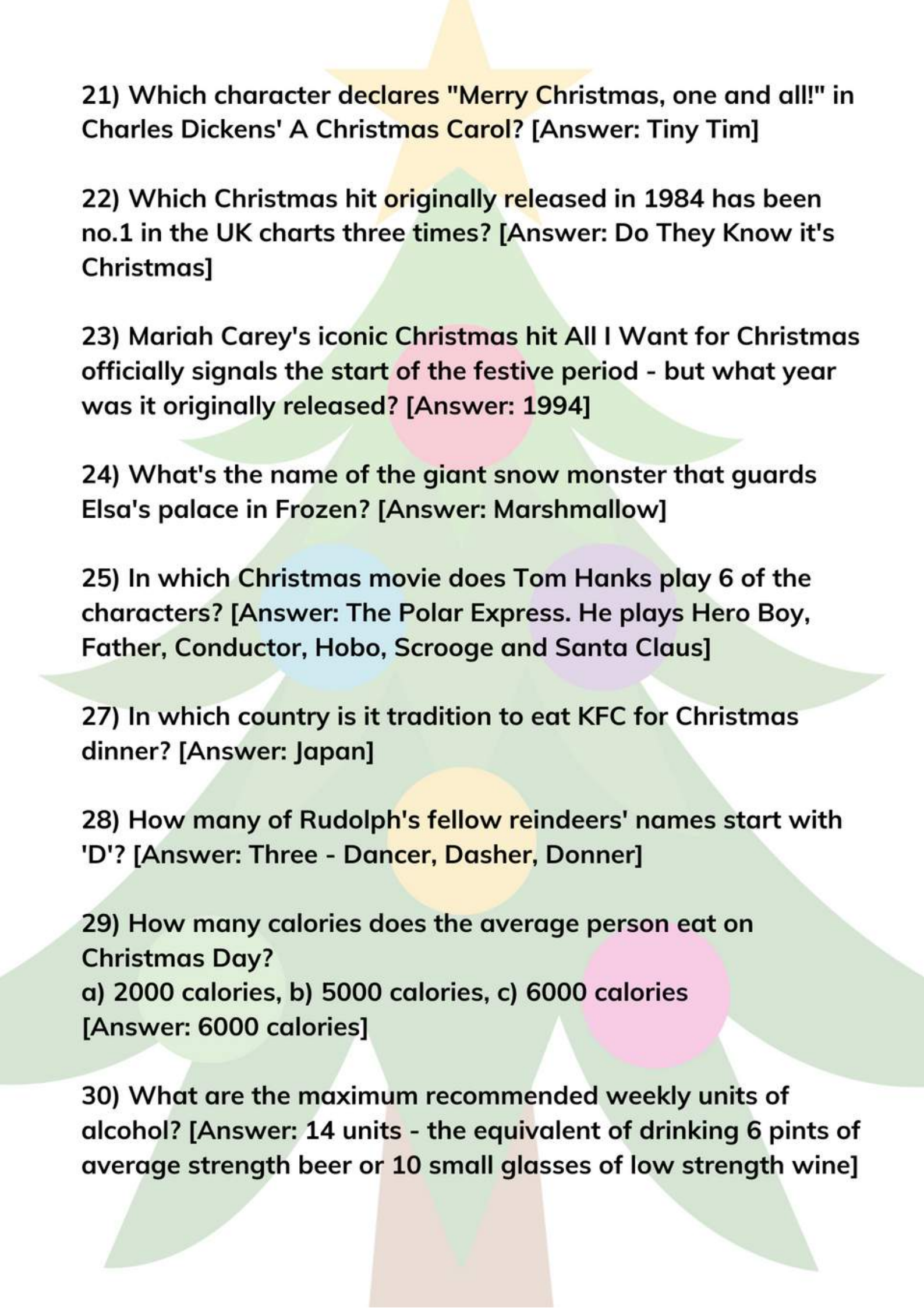
16) In which year was the first Christmas card sent? [Answer: 1843]

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]

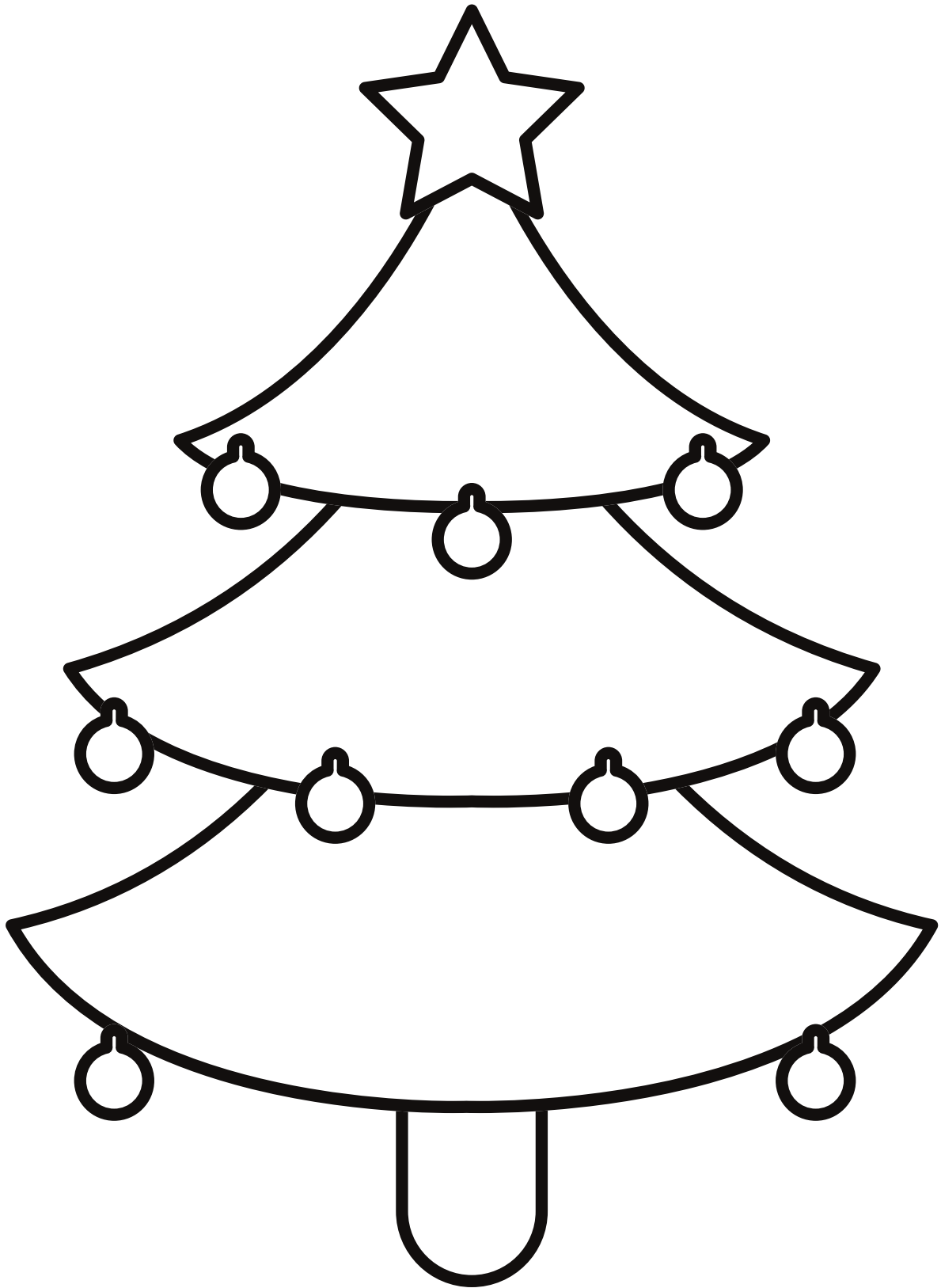
29) How many calories does the average person eat on Christmas Day?

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]

Colour In Your Own Tree!



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



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

Make A Festive Bake

All you need is:

- 1 pack of light ready roll puff pastry
- 120g cooked turkey
- 100g cooked bacon or lardons
- 50g made up stuffing
- 2 tablespoon of cranberry sauce
- 2 teaspoons of sage
- 1 tablespoon of breadcrumbs
- 2 tablespoon of finely grated parmesan cheese
- 225ml milk
- 1.5 tablespoon of cornflour
- A sprinkle of black pepper



Make A Festive Bake

How you make them:

- Pre heat oven 200C/180C fan or gas mark 5
- Remove the pastry from the fridge 15 minutes before you start so it does not crack when you roll it out
- Mix cornflour with a little bit of milk mixing well, add to the pan with rest of the milk and pinch of pepper. Whisk over a low heat until its thick and leave to cool completely
- Roll out the pastry and cut into 4 rectangles and spread over with half a tbsp. of cranberry on each rectangle leaving a space around edge to close
- Top each half of the rectangle with turkey, bacon, stuffing and the white sauce.
- Brush edges with milk and fold over, crimping with a folk. Bush milk all over the pastry
- Mix parmesan, breadcrumbs and sage together and sprinkle over the milk so that it sticks.
- Bake in oven for 25-30 minutes

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

Be Kind To 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 for a 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?

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:

- Antenatal and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Amazing Start Services: <https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>

- Children and Families Newcastle

Help and support for children aged 0-19

<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0>

- 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 (CAB) <http://www.citizensadvice-newcastle.org.uk/>

Energy Advice:

- Ofgem <https://www.ofgem.gov.uk/information-consumers/energy-advice-households>
- Energy Savings Trust <https://energysavingtrust.org.uk/energy-at-home/>
- Newcastle City Council <https://www.newcastle.gov.uk/services/environment-and-waste/energy-advice>
- CAB <http://www.citizensadvice-newcastle.org.uk/services/energy-advice>
- Government Green Deal <https://www.gov.uk/green-deal-energy-saving-measures>

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
- Support to manage existing health conditions
- Royal Society For Public Health training
- Health Awareness 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





**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**



Healthworks
the community health charity