



Top tips for a Covid-safe Christmas

The vast majority of you will be deciding how and when to safely spend time with loved ones over this very different festive period. Whilst restrictions have been lifted to allow us to gather in small family bubbles, we must remember to keep up the good work we've committed to for the last nine or so months, to continue to keep loved ones safe. By way of a friendly reminder here are a few, possibly obvious tips and suggestions to help you enjoy a safe family Christmas this year.

Travel safely There is a small amount of evidence relating to public transport, and growing concern that car-sharing poses a high risk due to the confined space. The advice is to wear face coverings, open windows, keep journeys as short as possible and avoid travel with people outside of your own household.

Limit the time spent together After a long, tough year it might be expected that people will want to gather together for as long as they can within the period set out by the Government this festive season. But scientists recommend limiting the length of interactions, especially if people are mixing indoors. They should be restricted as much as possible and reserved for short duration quality time.

Experts recommend avoiding overnight visits and limiting people from different households sharing rooms to reduce cross transmission risks. Children should share a room with their parents rather than children from different households if staying over.

Maintaining social distancing Simple actions like rearranging furniture and taking turns to cook and wash up in order to avoid crowding and help people keep a safe distance from one another. Seating members of the same household opposite each other, and spacing members of other households further away are recommended, perhaps even using place names as a physical prompt.

Open windows Poorly ventilated spaces pose a higher risk. Scientists recommend short-term airing – by opening windows for between 10 and 15 minutes every hour. Where overnight stays are involved, keep bedroom doors closed and open windows slightly to limit the airflows between bedrooms and the rest of the house.

Ditch the board games in favour of a quiz Games involving lots of shared objects, such as board games, are not recommended. Substitute these for quiz-based games. If shared objects are involved, make sure there is good hand hygiene and do your best to avoid touching your face during the activities.

Don't make a song and dance Festive singalongs indoors are not recommended, with experts saying several studies have shown that singing is associated with a high transmission risk especially if ventilation is poor.

Hygiene is key Make sure tissues, wipes, and sanitiser aplenty are all available at any gathering and remember to provide bins to dispose of these.

Elbow bumps rather than hugs People should avoid physical contact as far as possible, especially anything involving face-face or face-hand contact. Now-familiar gestures such as elbow bumps or air greetings could be used as alternatives.



CHRISTMAS IS COMING!

by Elaine

Christmas holidays are fast approaching and it's that time of year where we can treat ourselves and indulge more than usual. Here are a few nibbles that you're likely to eat over the festive period – which are actually good for you!

Mince pies / Christmas pudding: dried fruit contains lots of antioxidants.

Nuts: (ideally not covered in chocolate or salt!) but most nuts are so good for you – they include lots of good oils, vitamin E and magnesium.

Turkey: rich in tryptophan, which is great for alleviating depression, is low in fat and has lots of protein.

Cranberry sauce: high in anti-oxidants and vitamin C, add this to your Christmas turkey or have a turkey and cranberry sandwich to use up some of the leftovers!

Rosemary: add some fresh rosemary sprigs to your roast potatoes – great for the brain and can increase memory by 75% by sniffing this lovely herb. Rosemary breaks down a chemical in the brain which allows nerve cells to communicate with one another more effectively.

Buffet ideas: Sausage rolls are very popular with my friends and whenever there's a party going on, we are always asked to cook a batch. Just a slight twist to the normal recipe, add a small amount of chopped raisins and fresh garlic to the sausage meat; it adds a nice sweetness to them. I prefer using puff pastry for this recipe.

After a couple of weeks of eating rich foods over the Christmas period, it's a good idea to try a daily detox for a few weeks. Eating one grapefruit a day for eight weeks can help clear all plaque in your arteries. Grapefruits are also high in vitamin C and are great for helping weight loss.

Festive top tip Don't delay, order your turkey today! There is concern of a 'smaller' turkey shortage with fewer people celebrating in large groups!



Happy Holidays by Emma Symons

It's not long until Christmas, as no doubt you are well aware. I have spent quite a while pondering what to write about in this week's article and, I have to admit, I've been a bit stumped. We've already had quite a bit of Christmas wellbeing advice and I don't want to repeat anything so I found something a bit different for this week.

Each year I make my kids an advent calendar with a difference. Instead of chocolate, each day they get a wellbeing related challenge to do, from yoga poses to random acts of kindness. They seem to enjoy the challenges so I thought I would share this idea from Action For Happiness which was brought out during the first lockdown. You can begin this challenge at any time and follow it through or just pick and choose things to do each day. Give them a try and I hope you enjoy it.



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

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| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time | <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> | | | | |



ACTION FOR HAPPINESS



www.actionforhappiness.org

Christmas Quarantini Time! CRANBERRY GIN FIZZ

This is very quick and easy to make! 3 ounces of gin – any gin will do!; 1 tablespoon of cranberry sauce; Soda water or sparkling water; Add a fresh rosemary sprig and fresh cranberries for the garnish

Add the cranberry sauce and gin to a cocktail shaker and shake hard for 10-15 seconds. Pour into 2 glasses over ice and top with the soda or sparkling water. Add the garnish

Festive top tip Keep your tree in tip-top condition by feeding it with a drop of lemonade; the glucose in it will help nourish the tree keeping it fresher longer!

