



HOLIDAY SURVIVAL GUIDE

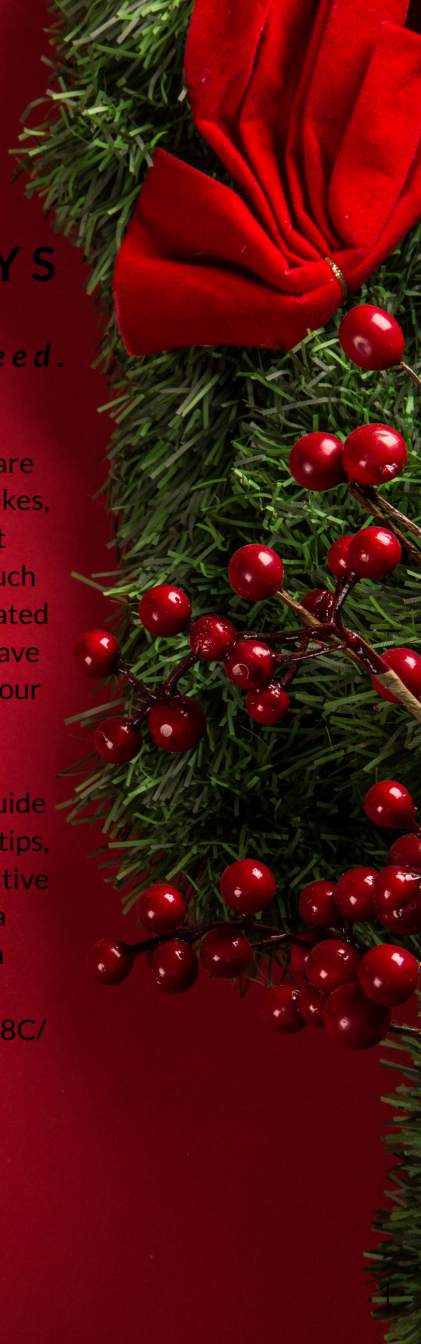


HAPPY HOLIDAYS

It's a Wonderful Time Indeed.

In this guide you will find puzzles, self care examples and exercises, funny cracker jokes, pet pics and information where to get support, find a Christmas dinner and much more! Much of the content has been created by students for students, and couldn't have been done without the contributions of our Volunteers here at Discovery.

There is also the Campus Life Holiday Guide packed with even more information and tips, to ensure you get the most out of this festive season which you can find in Swansea Students' Community Homespace on Facebook or via the link below
<https://www.flipsnack.com/79C6FB99E8C/xmas-brochure-2020.html>



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Festive Problem Solvers



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

Tree

Rudolph

Candles

Wreath

Santa

Merry

Candy Cane

Elves

Season

Mistletoe

Cards

Frosty

Sleigh

Noel

Celebrate

Gift

Stocking

North Pole

Chimney

Giving

Holiday

Reindeer

Christmas

Greetings

Jolly

s	t	o	c	k	i	n	g	h	f	e	t	u	r	k	y
a	n	i	u	y	y	p	w	r	t	h	m	i	s	t	l
n	j	o	d	x	h	r	o	e	u	i	i	f	t	y	r
t	o	s	w	t	d	e	c	o	r	a	t	i	o	n	s
a	s	w	u	m	i	s	p	t	k	y	g	n	i	e	r
b	g	y	f	r	a	e	m	r	e	i	n	d	e	e	r
d	e	c	o	g	s	n	b	r	y	r	e	g	h	j	o
c	a	l	e	n	w	t	v	k	i	n	t	z	n	a	b
s	l	e	i	g	h	s	z	q	e	t	i	x	b	m	s
e	i	p	e	c	n	i	m	j	r	o	b	b	v	s	t
n	q	f	g	k	e	x	z	h	t	o	e	h	o	d	o
d	a	d	v	e	n	t	c	a	l	e	n	d	a	r	c
k	q	d	r	e	k	c	a	r	c	y	f	g	q	d	k
m	i	s	t	l	e	t	o	e	q	f	w	h	a	s	d
p	a	v	b	j	l	x	z	g	z	g	q	m	e	h	g
q	u	e	e	n	s	s	p	e	e	c	h	k	r	k	k

- Santa  Mistletoe 
- Snowman  Presents 
- Turkey  Cracker 
- Sleigh  Mince Pie 
- Decorations 
- Advent Calendar 
- Queen's Speech 
- Stocking  Reindeer 
- Robin 



Sudoku

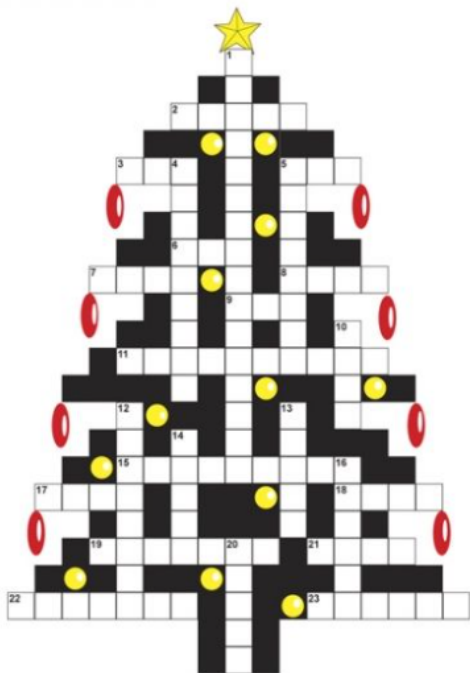
8			7	1	5			4
		5	3		6	7		
3		6	4		8	9		1
	6			5			4	
			8		7			
	5			4			9	
6		9	5		3	4	2	
		4	9		2	5		
5			1	6	4			9

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

	3			1				6
7	5			3				4 8
		6	9	8	4	3		
		3				8		
9	1	2				6	7	4
		4				5		
		1	6	7	5	2		
6	8			9			1	5
	9		4				3	



		1						
		2		3				4
			5		6			7
5			1	4				
	7						2	
				7	8			9
8		7			9			
4				6		3		
						5		



Across

2. The expressed juice of apples (5)
2. One of the rear quarters of a pig - a Christmas dinner delicacy (3)
5. A pear-shaped fruit eaten at Christmas (3)
6. One who does not behave like a gentleman at the party
7. Auld Lang... a song traditionally sung on New Years Eve (4)
8. Christmas presents hoped for by children (4)
9. A Hebrew judge and high priest (3)
11. Monday to Friday evenings (10)
15. What must be done to the house at Christmas
17. That which is eaten on Christmas Day (4)
18. A person who is seen to be closest to an admitted stereotype (4)
19. Stable troughs from which cattle eat (7)
21. White flakes that fall at Christmas - more in other countries (4)
22. The writer of A Christmas Carol, Charles... (7)
23. A spirit distilled from the fermented juice of grapes (6)

Down

1. Rudolph the... (3-5,8)
4. Covered tarts, filled with mincemeat (5,4)
5. That which is done on Christmas Day (8)
10. What the Three Wise Men saw in the East (4)
12. Less than twenty one (5-3)
12. What is done eagerly to the Christmas Pudding (5)
14. That which often covers the Christmas cake (5)
16. It mostly takes place in the middle of Christmas Day (6)
20. A baked dinner (5)

Unscramble These!

ahrtew _____
 tnigergse _____
 tayrp _____
 ojloy _____
 aasnt _____
 elsve _____
 eeirerdn _____
 hlaodiy _____

Turn the top word in each ladder into the bottom word by changing one letter in the word each time.

bell
call

gold
food

hope
care

give
nice

card
give

list
card

Awful Cracker Jokes

1. Who hides in a bakery at Christmas?

A mince spy

2. What do you get if you cross Santa with a duck?

A Christmas quacker

3. What's a horse's favourite TV show?

Neigh-bours

4. What do you call a boomerang that doesn't come back?

A stick

5. Why do birds fly south in the winter?

It's too far to walk



25 Christmas Party Games For Groups



Christmas Music Playlist



Peppermint Candy Canes



Ingredients

- A few drops peppermint essence or extract
- 100g white regal icing
- 50g red regal icing
- 50g green regal icing

Method

STEP 1

Mix a few drops of peppermint into the white, red and green icing. Divide the white icing in 2 and wrap half in cling film along with the green icing.

STEP 2

Roll the remaining half of white icing into a long, thin sausage shape, then do the same with the red icing. Lay the 2 sausages next to each other, and twist together. Gently roll the twisted length with the palm of your hand until the 2 sausages are joined and smooth. Slice into 12cm lengths, then bend the end of each one to make a hook. Line a baking sheet with baking parchment, then spread out the candy canes. Repeat with the remaining white icing and green icing, then leave the canes to dry out for at least 24 hrs before packaging.

Recipe via bbcgoodfood.com

Easy Roast Potatoes



What you need

- Potatoes – Maris Pipers or King Edwards will be
- the best variety
- 100ml of oil (any kind)
- 2tbsp of flour (any kind)
- Some salt
- Any other herbs (like rosemary) or garlic (optional)
- Deep baking tray
- Saucepan

Method

1. Get a large deep baking tray and fill to roughly 0.5cm with oil – just enough to have a decent layer coating the bottom of the tray (olive oil, vegetable oil or goose fat if you're feeling fancy)
2. Place baking tray into a 200°C oven – ensures that the oil is hot enough when it comes time to add the potatoes
3. Starting with the potatoes – you can really use any potatoes you have laying around but for the best roasties, try either King Edwards or Maris Pipers. Peel as many potatoes as needed and chop into 4 even-sized chunks
4. Put potatoes in pan with just enough water to cover them. Add salt and wait for the water to boil. Boil for about 8 minutes
5. Drain the water from the pan and add roughly 2tbsp of flour (any kind) and shake the pan a few times to fluff up the potatoes and evenly coat them in flour.
6. Carefully add the potatoes to the hot baking tray – turn and roll the potatoes in the oil so they are coated all over.
7. Add some salt (garlic granules or herbs if you fancy) to the potatoes
8. Make sure the potatoes are spread in a single layer to ensure they all get crispy
9. Roast in the oven for 15 minutes, then take them out and turn them over
10. Repeat for another 15 minutes and turn again. Keep repeating until they are all crispy

– should be about 45 mins in total

Fun Recipes



Recipe via crazylittleprojects.com

What you need

- Plastic Cup
- Brown Pipe Cleaner
- Red pom poms
- Googly Eyes
- Hot Glue Gun/Glue
- Popcorn to put in them
- Chocolate (Optional)

Method

- Cut a piece of pipe cleaner in half.
- Twist it around a little to make it look like an antler.
- Cut two more small pieces and twist them on to make a three-pronged antler horn. Hot glue pipe cleaner to the inside of the cup.
- Hot glue eyes and pom pop for the nose.
- Fill with popcorn! (Adding chocolate makes it extra reindeer like!)

What you need

- Pretzels
- Rolos
- A red sweet (skittles or m&ms)

Method

- Preheat oven to 230. Place parchment paper on a cookie sheet. Put down square Pretzels and then un-wrapped Rolos
- Cut the pretzels with a knife so they look like an "E".
- Place cookie sheet in the oven for 2-3 minutes. Take it out and insert pretzel antlers at the same time. Then add the red sweet t for the nose.



www.lilluna.com

Recipe via lilluna.com



Recipe via www.cleanandscentsible.com

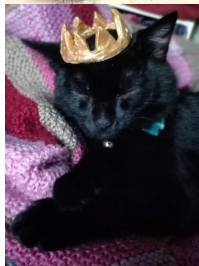
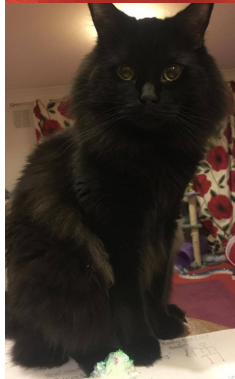
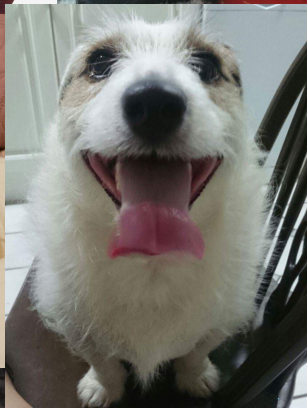
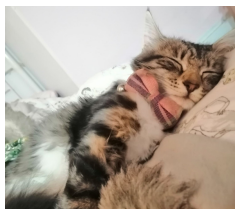
What you need

- 8 Oreo cookies
- wooden skewer sticks
- green candy melts
- marshmallows
- black edible ink pen
- large red sprinkle for the nose
- toothpick
- white mini cupcake liners

Method

- Melt chocolate melts in the microwave according to package directions. Be careful not to overheat.
- Cut marshmallows into small almond shapes for the eyes and use the edible ink pen to draw in an eyeball.
- Insert skewer into the center of the Oreo.
- Spread chocolate around all sides of the oreo. Add eyes and the sprinkle for the nose. Place on parchment paper and allow chocolate to harden.
- Spread out cupcake liners, turn it upside down, and pierce skewer through the center

Pet Corner



Skip Cooking (booking required)

- **Brewstone, Uplands**
www.brewstone.co.uk/christmas
- **Bryn Y Mor, Brynmill** www.greeneking-pubs.co.uk/pubs/west-glamorgan/bryn-y-mor-hotel/christmas/festive-menu
- **Juniper Place, York Street** juniper-place.co.uk
- **Truffle, Brynmill** truffleswansea.com/christmas20
- **Peppermint, Wind Street**
www.peppermintbar.co.uk/swansea-book-an-event
- **Verve 32, Uplands** www.verve37.co.uk
- **The Westbourne, Brynmill**
www.westbourneswansea.com/christmas-opening-hours

If you want to cook...



Lots of Supermarkets are offering Christmas Dinner boxes, such as Aldi and Tesco:

- Aldi has today announced 'Christmas on a Plate', the perfect roast dinner delivered to your door by Deliveroo
- Tesco is also offering customers the chance to get all their Christmas food delivered straight to their front door with its new Christmas dinner box sets. Priced at £35 and made for two to share, the supermarket has launched its first ever vegan Christmas dinner box including 15 premium vegan products.

Detox Kitchen Vegan Festive Veg Box (£55 including delivery)

Detox Kitchen has got you covered this Christmas with a food box filled to the brim with plant-based dining. Take the stress out of the cooking process and have your nut roast and all the trimmings ready to go come December 25. The box includes the main event as well as vegan gravy, Trussell Trust Christmas crackers, Seedlip 108 & Cucumber Tonic, cacao truffles and quality, seasonal fresh vegetables like carrots, leeks, cauliflower, onion, Brussels sprouts and more alongside recipes and enough food for four. Deliveries are available until December 24.



Gousto (From £2.98 per person)

Gousto is a meal subscription service. Suitable for two to four people, the recipe box company will send you all the ingredients with simple, easy-to-follow instructions for a fool-proof feast with minimal waste and be made in under 1 hour

There's the Turkey Christmas Dinner With All The Trimmings For the non-turkey lovers, there is also a Festive Brie & Cranberry Chicken Kieff, Festive Double-Stacked Bacon Cheeseburger and Festive Pizza With They also have veggie and vegan alternatives in the form of the meat-free chicken bites (made with soya) with the trimmings of fluffy roasties. The recipe kit delivery service is also offering the option to add Festive Vegan Sausage Roll With Root Veg Crisps - and a suitably festive brunch - Candied Bacon With Cheesy French Toast - into your meal kit.



Field & Flower (From £25.29)

These carefully curated boxes contain free-range meats and artisanal produce. The extensive meal kits on offer vary in size depending on your party with options for any combination from four to 10 people. There is also a range of meats or fish with traditional and not-so traditional selections to choose from.



Colman's x The Black Farmer Best of British box (£40)

British mustard label Colman's has partnered up with the British farmer Wilfred Emmanuel Jones a.k.a The Black Farmer to create a Christmas box that showcases the very best of British produce. For just £40, the limited-edition festive feast bumper pack comes complete with a topline of succulent beef, boneless gammon, stuffing balls, gluten free pigs in blankets, Colman's mustard and The Black Farmer's Red Wine Gravy.

Support Services

Beat

0808 801 0677 (adult helpline)
0808 801 0711 (youthline)
0808 801 0811 (studentline)
beateatingdisorders.org.uk
Offers information and advice on eating disorders, and runs a supportive online community.

Campaign Against Living Miserably (CALM)

0800 58 58 58
thecalmzone.net
Provides listening services, information and support for anyone who needs to talk, including a web chat.

The Compassionate Friends

0345 123 2304
tcf.org.uk
Provides support to bereaved families after the death of a child.

Cruse Bereavement Care

0808 808 1677
cruse.org.uk
Information and support after a bereavement.

LGBT Foundation

0345 3 30 30 30
lgbt.foundation
Advice, support and information for people identifying as LGBTQ+.

Men's Advice Line

0808 801 0327
mensadvice.org.uk
Confidential advice and support for men experiencing domestic violence and abuse by a current or ex-partner or family member.

Money Advice Service

0800 138 7777
moneyadvice.org.uk
Provides free and impartial money advice.

The National Association for People Abused in Childhood (NAPAC)

0808 801 0331
napac.org.uk
A charity supporting adult survivors of any form of childhood abuse. Provides a support line and local support services.

Tommy's

tommys.org
Information and support for people affected by stillbirth, miscarriage and premature birth.

National Domestic Abuse Helpline

0808 2000 247
www.nationaldahelpline.org.uk
Free 24-hour helpline for women who have experienced domestic abuse, run by domestic violence charity Refuge. It is run by female advisors.

Relate

0300 003 0396
relate.org.uk
Provides help and support with relationships, including counselling, telephone counselling and anonymous live chat.

Samaritans

116 123 (freephone)
jo@samaritans.org
Chris, Freepost RSRB-KKBY-CYJKPO Box 90 90 Stirling FK8 2SA
samaritans.org
Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

Shout

85258 (text SHOUT)
giveusashout.org
Confidential 24/7 text service offering support if you are in crisis and need immediate help.

The Silver Line

0800 4 70 80 90
thesilverline.org.uk
Provides support, information, friendship and advice for older people (over 55) who may feel lonely or isolated.

Stand Alone

standalone.org.uk
Charity supporting adults who are estranged (not in contact) from their family.

Survivors of Bereavement by Suicide (SOBS)

0300 111 5065uk-sobs.org.uk
Emotional and practical support and local groups for anyone bereaved or affected by suicide.

Switchboard

0300 330 0630
switchboard.lgbt
Listening services, information and support for lesbian, gay, bisexual and transgender communities.

The Trussell Trust

trusselltrust.org
Emergency food and support for people in need. Includes a searchable list of local foodbanks.

Uni Support Services

The Wellbeing university website has a range of self care tips and referral options available 24/7 there is also Togetherall which is a digital mental health service freely available at togetherall.com. Using your University email address, you can anonymously access support 24/7 with trained clinicians online at all times, as well as a range of helpful tools and resources. It is a safe place online to get things off your chest, have conversations, express yourself creatively and learn how to manage your mental health.

By registering for a Togetherall account you will have access to useful resources and can work through tailored self-help courses covering topics such as anxiety, stress, sleep, weight management, depression and many more at a pace which suits you.

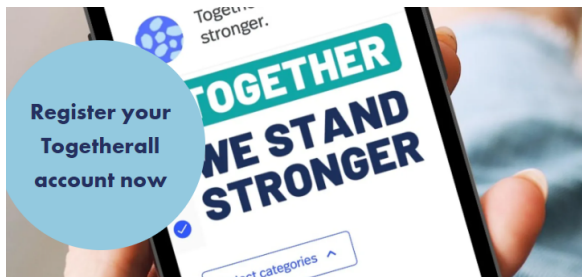
A hand holding a phone displaying the together all website stating, together we stand stronger.

Register your Togetherall account now

HOW DO I SIGN UP?

You can register using your University email address: this will become your login each time you wish to use Togetherall.

1. Visit the Togetherall website
2. Sign up with your Swansea University email address
3. Choose an anonymous username
4. Access the support you need

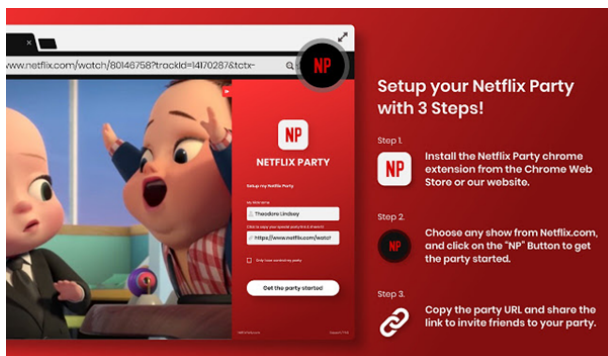


NETFLIX Watch Parties

Before the party night commences, you will need to make sure that you are signed into Netflix and have downloaded the Netflix Party app. You can get this for free here: <https://www.netflixparty.com/> It is a web browser extension. The extension will appear as a small NP icon.

- Check you are logged into Netflix
- Click the link and it should take you directly to the party.
- You need to click the extension, the NP symbol to bring up the chat bar.

If you then click on the avatar in the top right hand corner, you have the option of choosing your own avatar from a range offered for how you appear in the chat and adding a nickname if you want.



You can run your own Netflix watch party with friends, or join in with some being run by others, for example, Chronically Fabulous, a non-profit are running Netflix watch parties from now till Christmas, every Wednesday, Friday and Saturday night at 6pm



Christmas Game Ideas



Difficulty



Activity Level

CHRISTMAS Pictionary (4+ Players)

Pick a Christmas Carol, Song or Movie. You have 1 minute to try and draw your choice (whiteboard and zoom is great fun for this. You can team up with friends as a team, and take turns. The team that reaches 20 points first wins.

CHRISTMAS CHARADES (4+ Players)

First, print out this list of Christmas terms to act out. Separate everyone into teams, the get one person from each team to do the acting. Like regular charades, the actors are not allowed to talk or make signals of any letters. Every time a team guesses correctly within the time limit, they get one point. The first team to get twenty points wins the game.

SANTA LIMBO (3+ Players)

Have participants put a "santa belly" under their shirt using a pillow. Place a limbo stick at a starting height. Then line up, and one by one try to limbo underneath (with the Santa belly) until everyone has tried. Slightly lower the stick and have those who made it through go again. Continually lower the stick until one winner remains!

20 QUESTIONS (2+ Players)

One player, the answerer, picks a Christmas themed object. All other players ask the answerer "Yes" or "No" questions to guess what the object is. If no one guesses correctly after 20 questions, the answerer has won and picks a new object for the next round. If someone guesses correctly they get to pick the object for the next round.







CANDY CANES (3+ Players)

You'll need a deck of cards and 3+ people circled around a pile of candy canes, one less than the number of players. Everyone takes turns pulling cards with the goal to be the first to get four of a kind (ex. four Kings). Once you do, take a candy cane as stealthily as possible. Once that happens, everyone else races to grab on of the remaining candy canes. The person who doesn't get a candy cane is eliminated. Do this until one winner remains.

Christmas Movie Trivia

1. In Rudolph, what was Rudolph's dad named?
2. In Elf where do Buddy and Michael get their Christmas Tree?
3. In Frosty, what type of nose does Frosty the Snowman have?
4. In Arthur's Christmas, how many pieces of sticky tape can the wrapping elf wrap a package with?
5. In the Polar Express, what word is punched in the main character's ticket?
6. In the Grinch, how many sizes does the Grinch's heart grow that day?
7. In Home Alone, where does Kevin's family go for their vacation?
8. In Charlie Brown's Christmas, what is Charlie Brown's job at the Christmas Pageant?
9. In A Muppet's Christmas Carol, what is in the little bag that Rizzo the Rat Carries around with him?
10. In miracle on 34th Street, what does the little girl ask Santa for?
11. In the Sant Claus, how does the main character become Santa Claus?

Christmas Movie Bingo

	KISS IN THE SNOW	EXTRAVAGANT CHRISTMAS LIGHTS	FLIGHT HOME CANCELLED	TRIP TO THE NORTH POLE	CAROL SINGERS	
	CHRISTMASSY SOUNDING TOWN NAME	CHRISTMAS IN JEOPARDY	CHRISTMAS TREE RUINED	REINDEER	PERFECTLY TIMED SNOW	
	SNOWMAN COMES TO LIFE	CHRISTMAS KILLJOY BECOMES GOOD	<i>Free</i>	ICE SKATING	CHRISTMAS JUMPERS	
	ROARING FIREPLACE	SANTA'S SLEIGH FLIES OVERHEAD	SNOWBALL FIGHT	SCHOOL PLAY	CHALLENGE LIMITING BELIEFS	
	KIDS SAVE CHRISTMAS	CANDAY CANES	DRINKING HOT CHOCOLATE	DISASTEROUS CHRISTMAS DINNER	BUMBLING CHRISTMAS VILLAIN(S)	

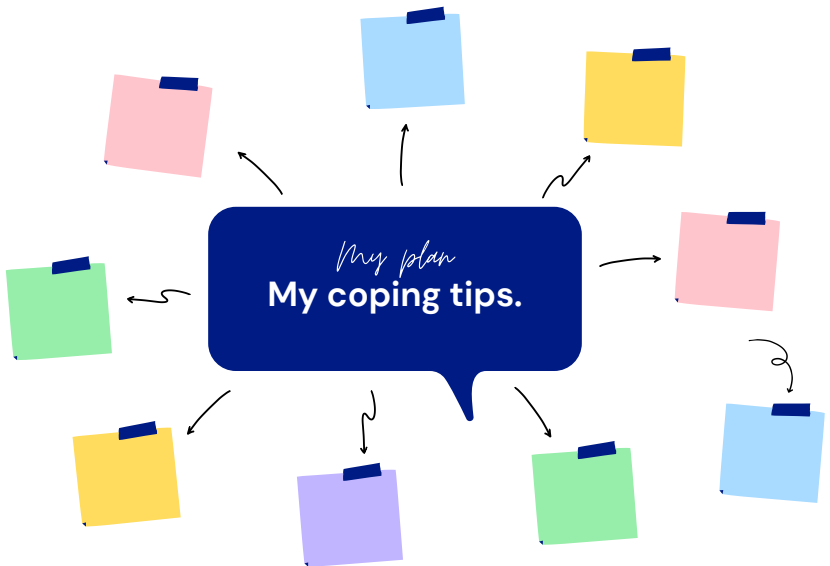
Tips for coping during Christmas

If you find Christmas a difficult time of year, this page has some tips to help you get through it:

- Be gentle, generous and patient with yourself
- Plan ahead
- Manage relationships
- Look after yourself
- Talking to other people
- Get support

YOU'VE
TOTALLY GOT
THIS!

Put your coping tips in the mindmap below:



Monthly Self Care Plan

Cut out the kindness tracker below to keep track of your daily acts of kindness, by ticking them off or noting them down each day. Each act of kindness can be to yourself or those around you

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Self Care Bingo

Use the Bingo chart below to help you plan lots of self care activities

Put on something warm and fuzzy	watch your favourite movie	Go for a winter walk	Turn off the news and all notifications
Make yourself a hot drink	Moisturise your hands	Video call a friend or loved one	Create a new playlist of calm music
Take an extra long hot bath or shower	Journal or write down your feelings	Make a cosy nest or pillow fort	Try out a new recipe
Joined a fishing tourney	Put on warm freshly washed clothes straight from the radiator	Curl up with a good book	Do a yoga routine in PJs

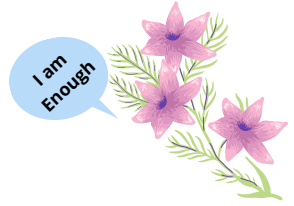
New Year Positivity



New Year, same you,
because you are enough
and you will grow



Talk to yourself like you
would talk to someone
that you love



If every tiny flower wanted to be
a rose, spring would lose it's
loveliness - St. Therese of Lisieux



Almost everything will work
again if you unplug it for a
few minutes. Including You.



Sprinkle kindness around like
confetti - and don't forget to
save some for yourself



Make time for rest and self
care. You cannot pour from
an empty cup



Do your best, but remember
your worth isn't linked to what
you accomplish



Celebrate every
tiny win



You are entitled to exist
as you are, right now



Never underestimate your
sparkle, even on the days
you don't feel so twinkly



Your boundaries are
important and worthy
of respect



You are allowed to do
things differently

Affirmations

- Christmas is MY day! I plan to enjoy all it has to offer!
- Today I feel the joy of the season. Today I feel the peace of the season. Today I feel the love of the season.
- My mind is filled with hope. My heart is filled with joy. It's Christmastime and anything is possible!
- Today the sights and sounds and smells of the season fill me with joy!

Cut out the images below and write a statement inspired by them to help encourage and remind you of something positive.





FESTIVE VOLUNTEERING GUIDE



VIRTUAL AND PHYSICAL
VOLUNTEERING
OPPORTUNITIES FOR MAKING
A DIFFERENCE OVER THE
HOLIDAYS



LOCAL VOLUNTEERING

**GET INVOLVED WITH OTHER LOCAL
ORGANISATIONS**

RESOLVEN FOODBANK

A local foodbank has opportunities over the Christmas break for people to volunteer on Thursdays & Fridays. Tasks include wrapping gifts, making food parcels and keeping the foodbank clean. For more info contact [Facebook.com/resolvenfoodbank](https://www.facebook.com/resolvenfoodbank)

SWANSEA COUNCIL - HOLOCAUST MEMORIAL DAY

Swansea Council is promoting 'HMD Together', and asking citizens to share how they mark HMD in meaningful ways with other people – even if you can't gather together in larger groups. Send them your video or copy of your artwork to Special.events@swansea.gov.uk by Thursday 7 January and they will share your tribute as part of their 'HMD Together' online event.

TY-FFOREST COMMUNITY HUB

Ty-Fforest Hub are looking for Xmas volunteers on Saturday 19th Dec from 11:30 am to help with a covid safe outdoor Santa visit. If you would like to get involved contact shanistephens@gmail.com

5-MINUTE LITTERPICK

You don't need to go far to make a difference. Next time you're out and about, take 5 minutes to collect bits of rubbish from your local area, whether it's a park or your front garden. NB: Wear gloves and be careful with sharp or pointy bits of rubbish. #Discovery5MinuteLitterPick

VIRTUAL VOLUNTEERING

MAKE A DIFFERENCE FROM THE COMFORT OF YOUR OWN KEYBOARD

PENGUIN COUNTING

While away a few minutes/hours counting penguins to help monitor their population numbers and their environments.

<https://www.zooniverse.org/projects/penguintom79/penguin-watch>

BELUGA WHALE WATCH

Help identify the Beluga whales of Canada! The Beluga Bits team have been using non-invasive photography to capture the behaviour of the local whale population.

<https://www.zooniverse.org/projects/stephenresearch/beluga-bits>

STAR CLASSIFICATION

Cast your eye over star data to help identify weird and wonderful stars in the SuperWASP search for planets.

<https://www.zooniverse.org/projects/ajnorton/superwasp-variable-stars>

INSPIRE PROJECT

Discovery volunteers have been creating a range of resources to help children and young people with their wellbeing. We would love to see this project reaching as many children and young people as possible. Share this link with anyone you think might benefit -

www.discoverysvs.org/inspire

Don't be alone on Christmas Day

Free
Christmas Dinner

12-2.30pm Christmas Day
At St Thomas Church, Swansea

to book call us at the parish office on 01792 455671

St Thomas Church, Swansea

Wrapping Paper Recycling

Put in your **BLACK** bags only...



✗ If it's difficult to tear and pops back into shape after scrunching into a ball.



✗ If it contains a large amount of glitter or foil.

Recycle in your **GREEN** bags...



✓ If it tears easily and stays crumpled after squashing into a ball.



✓ If it's plain brown packing paper, reused newspaper or similar.

HAPPY HOLIDAYS!

YOUR GUIDE TO THE
FESTIVE SEASON

St Thomas  *Swansea*



Christmas Present Appeal

Could you buy an extra gift for
someone else this Christmas?

Christmas is a time of great joy but for some people it is marked with grief, worry loneliness or isolation. We want to make sure that everyone has something nice to open on Christmas Day!

We are looking for donations of new gifts for children and adults of all ages.

These can be brought to the
Parish Hall, St Thomas.

For more info call us on 01792 455671 25