

OUR CHRISTMAS NEWSLETTER



We know that 2020 has been a difficult time for everyone but with Christmas around the corner we thought we would share a few hints and tips for the festive season. 2020 has been a strange year for everyone but it has also been an exciting time at Real Lives as we have recruited some wonderful new staff. Visit our “Meet the Team” section on our website:

<https://www.real-lives.co.uk/team/>

We were delighted to welcome: Louise, Carole, Sarah and Chris

Please give us Feedback

We would be really grateful if you are able to take some time to complete our questionnaire.

Your feedback is appreciated and will help us to shape our services going forward.

If you would like any help to complete the questionnaire please ask your PAL



If you have a google account we would be grateful if you could leave us a review on there too.

COVID STAY SAFE RULES BETWEEN 23 – 27 DECEMBER

- you can form an exclusive ‘Christmas bubble’ composed of people from no more than three households
- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- you can continue to meet people who are not in your Christmas bubble outside your home according to the rules in the tier where you are staying
- you cannot meet someone in a private dwelling who is not part of your household or Christmas bubble

Café News

The café is currently closed due to COVID-19 restrictions but when we are able to open again we have all safety measures in place to welcome you back and keep you safe. Keep an eye on our twitter page for the latest news or ask your PAL for updates.



Christmas Word Search

G C S S E F Z Y
Y I S L B E V Y
L S F A E A R L
L V V T N I B T
O L J W S T G Y
H M I E G G A H

baby
gifts
holly
Santa
sleigh
tree



Hint: They all go diagonally

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Something nice to do either for yourself to enjoy or to share are Cookies

YOU WILL NEED

- 225g (1 cup) caster sugar
- 300g (2 cups) plain flour (sifted)
- 200g (1 cup) of butter melted
- 1tsp vanilla extract
- 1tsp of baking powder
- A pinch of salt
- 1 egg
- 100g-200g chocolate or chocolate chips

METHOD

- Add the sugar and melted butter in a bowl and mix together – a wooden spoon is fine, no need for a whisk.
- Sift the flour, baking powder, vanilla and salt together and add to the sugar and butter mixture. Add the chocolate chips at this stage if you're making chocolate chip cookies.
- Mix together using your hand. Once you get a dough texture, add the egg and knead using your hand again.
- Spread some butter onto a baking tray. Take some of the dough, roll into ball then flatten a little. Keep them on the small side as they spread out during baking. Also, don't keep biscuits close to each other otherwise they will get stuck together.
- Place in the oven and bake at 160C, gas 3 for 10-20 mins. The bigger the cookies, the longer they'll take to cook. They're ready when the edges are a bit golden.

Fun no cook ideas



However you spend the festive period we hope you have a wonderful time, stay safe and we look forward to a better 2021 for everyone.

Happy Christmas from all the Real Lives Team

