



COMMUNITY NEWS

Community Christmas Events

A number of partners have come together to create an activity booklet for children, young people and families in Cornwall. The booklet is packed full of activity ideas for families to carry out including low cost crafts and recipes and will be shared across our social media platforms.

<https://www.cornwall.gov.uk/education-and-learning/coronavirus-advice-for-children-and-families/doing-december-differently/>

We are aware, however, that many families may not have the contents readily available in their home or be able to afford to purchase items to create crafts and to be able to do the activities included in the booklet. To provide equality and to support more families to be able to access and participate together throughout the month of December, we have worked with partners to put together December craft packs which will include a printed version of the activity booklet and materials to participate in the activities inside.

If you would like to receive one of these resource packs, please contact Miss Lock and we will arrange this for you. Otherwise, please download the activity booklet and have fun!



FREE activity book

<https://www.cornwall.gov.uk/education-and-learning/coronavirus-advice-for-children-and-families/doing-december-differently/>



Struggling local families across Cornwall need YOUR help

Two weeks ago the CHAOS Collective, a group of amazing individuals and organisations from across Cornwall, joined together to record a special Cornish version of the 'Do They Know it's Christmas' charity single made famous by Band Aid.

The **Feed Cornwall** song and video is part of a new campaign aimed at increasing awareness of the problems caused by food poverty in the country and raising money to help families who are struggling to put food on the table.

You can view the Feed Cornwall video on the CHAOS website at www.chaosgroupcornwall.co.uk/feed-cornwall .

Every single penny of the money raised by the song and video will be used to support food banks and other projects to tackle food poverty in Cornwall. Donations are being managed by the Cornwall Community Foundation who will work alongside local organisations, including the Cornwall Food Access Alliance, Transformation Cornwall and the CHAOS Group, to ensure funding is targeted at helping vulnerable people.

We know that some people in Cornwall are in danger of going hungry this Christmas. Please help us to help them by supporting our campaign.

You can support **Feed Cornwall** by:

- Posting messages of support on your own social media channels and encouraging your family and friends to share them (#FeedCornwall)
- Resharing or re-tweeting the messages on the CHAOS Twitter, Facebook and Instagram channels
- Recording your own mini videos supporting the campaign and posting them on social media
- Making a donation on our Crowd funder page : <https://www.crowdfunder.co.uk/feed-cornwall>

If you own a business or manage an organisation please encourage your staff, volunteers, suppliers and any others you work with to watch the video and support our campaign.

We know that some families were already struggling before the Covid pandemic and want to ensure that no -one in Cornwall goes hungry.

We are very proud to support the Feed Cornwall campaign – will you join us and make a real difference to the lives of people in need ?

You can find out more about the campaign – and what you can do to help – on the CHAOS website : www.chaosgroupcornwall.co.uk/feed-cornwall



Ways to remember a loved one at Christmas

Christmas Memory Baubles



A Memory Bauble can be used to help you remember your loved one at Christmas and you could use old Christmas cards or could upcycle cards that perhaps had been given to you by the person who has died or you can use cards with pictures that remind you of that person or decorate it in colours that remind you of them.

To make one, you will need:

- used Christmas cards / old Advent calendar / glittery card
- Circle craft punch (or a 1.5" scalloped edge craft punch)
- pencil
- ruler
- scissors
- craft glue (PVA or super glue)
- thread, string, ribbon or wool for hanging

To begin, you will need to cut (punch) out 10 circles from the cards. You could draw around something circular for this, but they all need to be exactly the same size.



Cut another circle from a scrap piece of paper and fold it in half. Fold it again into exact thirds and open it out. Draw a triangle where every other point meets, and cut this out.



Using this triangle as a template, fold each of the 10 card circles as shown below. You can fold them against the edge of a ruler to make this easier.



Next, arrange the ten pieces so that you have five for the top section and five for the bottom section. Think about how each of the pieces will look once they are all put together. Try not to have two pieces the same colour next to each other, and think about which way up they will need to face.

Starting with the bottom section, glue two pieces together, matching the edges up neatly. Then glue three more pieces on so that they form a circle. You can use pegs here to help hold the pieces together if you need to.



tight and apply a little glue to the inside to keep it in place.

Glue the top and bottom sections together - wait to dry and hang either on a tree or somewhere you want to remember your loved one over Christmas time.



Remembering a loved one at Christmas

Message on a tag:

A simple way to remember your loved one at Christmas is to get a gift tag and write a message to them – it could be something you would like to say to them if there were here or a good memory you have of them. Hang the message on your Christmas tree to help keep their memory alive.



Bauble with ribbon/fabric:



Clear Baubles with ribbon/fabric – all you need for this is a clear bauble that you can put things inside – any shape. Then think about the person who has died. Then inside the bauble you can either put ribbons and fabric that remind you of that person – their favourite colour etc or if you have old clothes/fabric of theirs you could cut some of the fabric up and put bits of the fabric inside the bauble as a keepsake and hang on the Christmas tree each year to help keep their memory alive.

Light a candle:



The act of lighting a candle in honor of someone who has died is a centuries old tradition that allows us to express what we often feel we cannot communicate in words. By lighting a candle for someone who has died we can pause for a moment and reflect and remember their life and the memories you have.

Other things you can do – listen to their favourite music – perhaps they had a favourite Christmas song? You could also choose to eat their favourite food over the festive season or drink their favourite drink and toast them at a meal. If the person who has died was a big part of your Christmas tradition, try to have a conversation with your family to think about what you may do differently this year or would like to continue to do the same. Talking to each other can also be really helpful to understand how each other are feeling so that you can support each other during what may be a difficult time for many.