

FROM THE HEART

December 2021

Christmas traditions
around the world

Christmases past

Keep active this
festive season

Recipes, crafts
and puzzles

Chest
Heart &
Stroke

75
YEARS
ON YOUR SIDE

Hello and welcome to our Christmas edition of From the Heart.

As 2021 draws to a close, we reflect on the challenges we have faced over the last year. Isolation from friends and family, public restrictions and our incapacity to socialise without worry or fear has sadly become the normal way of life. However, as a community we have managed, we have adapted, and we continue to progress and develop, achieving and overcoming barriers that we thought would not be possible.

As the running of daily life fluctuated for many people, so too did the progress and development of many organisations. At NICHS, we have been determined to provide the finest care and support to our service users within the boundaries of COVID-19. For many, the weekly face-to-face support groups moved online, choir sessions were held in our living rooms and the ability to have a quick cup of tea whilst on Zoom was something of a blessing for many.

You have adapted and progressed along with NICHS, whether it was through the use of Zoom or a weekly support call. We thank you for your continuous support and we look forward to better times ahead. We will always be by your side.

From all of us at NICHS, we would like to wish you and yours a very happy and peaceful Christmas. May 2022 bring change, direction and hope.

On a final note, we would like to leave you with a short poem as a reminder of the importance of the little things in life and of the journey you continue to go on.

Until we meet again,

Care Services Team

Northern Ireland Chest Heart & Stroke

The Little Things



The year's end is soon upon us, a difficult one at that,

We reflect on all those little things, which kept us all on track.

The love of friends and family,

A walk around the park,

A reflection of all those memories, the ones that made their mark.

The change in the seasons and the reasons we are here,

Recall on all those little things and treasure them so dear.



A Heartfelt "Thank You" from NICHS

Thanks to your generosity last Christmas you helped us raise a fantastic **£2,500** towards our Christmas 2020 appeal. Thank you to everyone who sent a donation to support our work and helped us reach a grand total of **£165,000** for our Christmas 2020 Campaign.



Little Things Tip

If you struggle to wrap presents use a gift bag/gift box instead. A simple way to make a gift look well-presented and they can be reused!

At Christmas, it's the *little things* that matter most.

This year NICHHS's Christmas appeal is all about the **little things** that people who have suffered a heart attack or stroke, or have a respiratory condition, might no longer be able to do. Maybe that's wrapping Christmas gifts or cooking a Christmas dinner. Or perhaps it's something very personal such as not being able to zip up your children's coats or go Christmas shopping to choose presents for loved ones.

Sadly, as many of you already know this is the reality for thousands of people across Northern Ireland living with a chest, heart or stroke illness.

This year our Christmas appeal is all about the Little things. You've probably noticed our Christmas themed envelope along with your newsletter. Inside it, you'll find the personal stories of Lisa, Mary and Philip and the little things they can no longer do. If you would like to support this year's appeal with a Christmas gift, you can use the enclosed response form and pre-paid

envelope we've supplied or if you prefer, you can go online to our website and donate there. If you'd like us to keep in touch you can let us know by completing the 'Keeping in Touch' form on the reverse of the form.

Almost 90% of our care, research and prevention services are funded by public donations. A gift from you means we can help people living with stroke, heart or respiratory illnesses, like Lisa whose story you can read below, to enjoy more of the little things they love and bring back joy, this Christmas and beyond.



Lisa's Story

In March 2015, ten weeks pregnant, Lisa Lecky from Belfast went for a jog and collapsed. Two weeks later she woke up in hospital. Lisa had suffered a stroke aged 37.



Lisa spent six months in hospital. Following her stroke, her left arm was left permanently paralysed, and she had to relearn to walk.

Today she can walk short distances with a walking stick, but longer walks are one of the little things she can't enjoy.

"I can't go to the shops at Christmas." Lisa explains, "I ask other people to buy the kid's gifts and give them a list. It's not the same, it makes me sad."

Lisa contacted Northern Ireland Chest Heart & Stroke. She attended the NICHHS Young Stroke Activity Group and completed the Post Rehabilitation Exercise Programme.

Lisa says, "Everyone was so inspiring and supportive. Even though there are still some little things I can't do because of my stroke, meeting others who were dealing with the same problems and learning how to overcome them has helped so much. The motivation and encouragement I get from the other group members have played a huge part in my recovery."

Christmas around the World



We all have so many Christmas traditions that we love and enjoy. But what are other traditions from around the world like? Many countries celebrate the holiday differently to us.



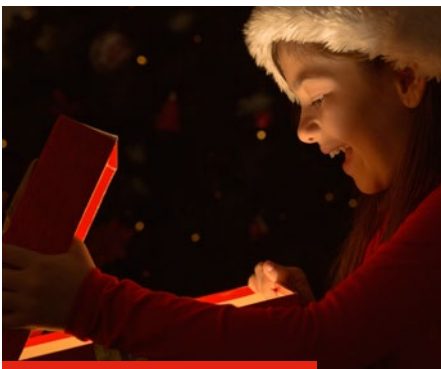
In AUSTRALIA, because Christmas falls in Summer the day is usually spent trying to find a cool shady spot! Many people opt for a beach picnic or a barbecue in preference to a hot dinner. Candlelit Carols are a special holiday tradition.



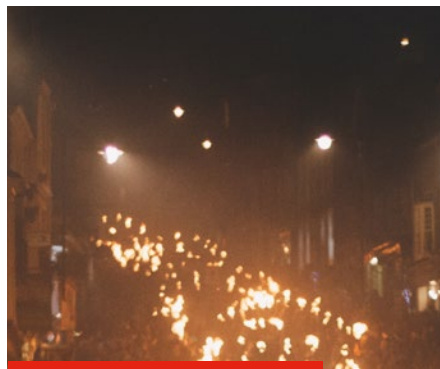
In GREECE, Santa does not come until the 6th January and this is called 'Sanbasil'. Christmas Eve is usually a time to celebrate the birth of Jesus. Christmas Dinner is usually centred around the fattest pig which has been nurtured throughout the year.



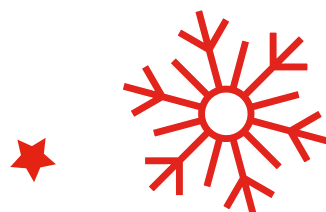
In JAPAN, rather than gathering around the table for a turkey dinner, families head out to their local Kentucky Fried Chicken! The tradition began in 1974 after a wildly successful marketing campaign called 'Kentucky for Christmas!' The fast food chain has maintained its yuletide popularity with some people placing their orders months in advance or having to stand in two-hour long queues to get their food.



In SPAIN, Santa Claus doesn't visit on Christmas Eve, but on January 6th. Instead, the Wise Men arrive during the night and bring gifts for the children just as they did for the baby Jesus so long ago. The children's shoes are left on the doorstep to be filled with toys, sweets and fruit.



In MEXICO, torchlight processions are held over nine evenings prior to Christmas as a re-enactment of the search for a place for the baby Jesus to be born.



Little Things Tip

To make Christmas dinner a little easier, prepare items that can be frozen in advance e.g. stuffing can be made earlier in the month and frozen.

Delightful Decorations



Tin Tree Decorations

You will need:

- Clean mackerel/sardine tins
- Ring pulls from drink cans
- Old Christmas cards
- Small seasonal embellishments such as pompons, trees or stars
- Cotton wool
- Foam adhesive pads or double-sided tape
- Glue or masking tape
- Ribbons

Select cards that are a suitable scale for the size of the tin. Spend some time planning the pieces so that you cut out the correct areas.

Once you have decided on the forefront of the piece, decide how best to use the remainder of the card as a background.

Place the base of the tin over the selected area and lightly draw around it. Cut out the image, trimming it to achieve a good fit inside the tin, use glue or foam adhesive pads to secure.

Decorate the side of the tin with ribbon to conceal any text using glue or double-sided tape.

Secure a ring pull with glue or masking tape to the back of the tin.

Cut a decorative panel from a coordinating card. This should be slightly smaller than the back of the tin and stick to back of it with glue and foam adhesive pads.

Stick a seasonal embellishment to the inner base of the tin (see small Christmas tree in the red tin pictured).

Press a little cotton wool to represent snow inside the tin.

Finally, make a hanging loop from some ribbon to hang up the decoration.



Rustic Star Decoration

This easy craft idea can be used as an ornament, Christmas tree decoration or on a present.



You will need:

- Twigs
- Super glue
- Twine

Break the twigs into pieces of the same length (the length will depend on the size of star you want to make).

Place the twigs into a star shape and glue together.

Tie each end of the star with brown twine and cut off spare ends.

Add greenery for extra colour to the top of the star.

If using on a present or Christmas tree, loop a string at the top of the decoration.

Setting the Scene



As we think about the upcoming festive season, and as last year was such a difficult time for many of us, we are hopeful that we can do the things we enjoy most this Christmas.

For many, part of the pleasure of the Christmas period is decorating the house and setting the table and it's the little things that can make a big difference.

Let it Snow Table Setting

This table setting uses a simple white sheet covered with a white net curtain (often found in charity shops), folded in pleats and sprinkled with dried snow.

The place setting used is a metallic letter however you could also use fruit or Christmas baubles. Any of these will help to make your guests feel special and it's a little something for them to take home.



Rustic Christmas Table Setting

If your taste leans more towards a rustic look, then a bare table, plenty of foliage from the garden and green bottles for candlesticks are all you need to create this festive look.



When it comes to decorating, sometimes the simplest of things make the most impact. Just like our 'Little Things' Christmas campaign, little things like a phone call or sending a note can mean so much. Many families this Christmas may have an empty chair. Join us by making the little things we do, count.



Little Things Tip

Don't be afraid to ask for help. Ask a family member to help with the dreaded washing up after baking and cooking.



Christmas in the 1940s

As we approach Christmas and as Northern Ireland Chest Heart and Stroke celebrates its 75th anniversary year, it seems timely to think back to Christmas in the 1940s.



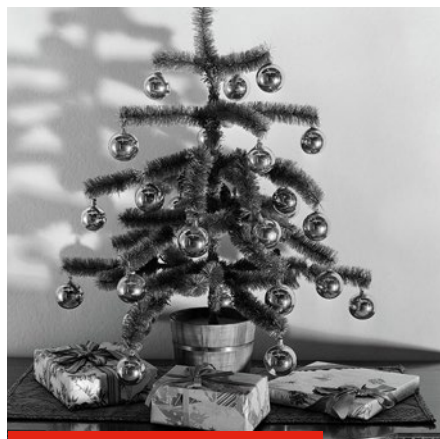
Rationing was introduced on 8th January 1940. At first it was just bacon, butter and sugar but by 1942 many other foods including meat, milk, cheese, eggs and cooking fat were also rationed. Those who had gardens were encouraged to 'grow their own' and many families kept chickens.

Adding to the hardships associated with rationing, there were also worries about loved ones serving in the Armed Forces and families not being able to be together to celebrate at Christmas. Despite all the challenges, many families managed to put together a very enjoyable festive celebration.

During war time the blackout meant there were no Christmas lights in the streets, however homes were still enthusiastically decorated for the season. Cut up strips of old newspaper made very effective paper chains and holly and other greenery from the garden or hedges adorned the pictures on the wall.

To give Christmas trees a snow-covered effect people mixed a box of soap powder with two cups of water and brushed the concoction onto the branches of their tree.

Presents were often homemade and as wrapping paper was scarce, gifts were wrapped in brown paper, newspaper, or even small pieces of cloth. It wasn't uncommon to knit scarves, hats and gloves from wool unravelled from old jumpers that had been outgrown by members of the household. Homemade jams and chutneys were welcomed presents and practical gifts were also popular particularly those associated with gardening. Apparently the most popular Christmas present in 1940 was soap! Hanging a stocking on the mantle piece was a highlight for children on Christmas Eve with the eager wait to see what Father Christmas had brought the next morning - an orange in the toe of the stocking was very common!



With rationing, Christmas dinner preparations brought out resourcefulness and creativity. Ingredients were hoarded weeks and even months in advance. Tea and sugar rations were increased at Christmas

which helped families to create a festive meal. Turkey was not on the menu in the war years. If you were lucky you might have goose, lamb or pork. A rabbit or a home-raised chicken were also popular alternatives for the main meal, accompanied by plenty of home-grown vegetables.

Entertainment in the home was provided by the wireless and of course, family and friends. Sing-a-longs, card games and board games such as Ludo were very popular when friends and family got together over the Christmas period. Some of the most popular Christmas songs date from the war years e.g. 'White Christmas' and 'I'll be Home for Christmas'.

Looking back at these 'make-do-and-mend' war years it is easy to feel sorry for those that endured it. However, if you ask those who lived through the war, many will say that they look back fondly on their childhood Christmases. The simpler wartime Christmas was, for many, a return to simple joys- the company of family and friends and the giving and receiving of gifts made with care by loved ones.

Christmas 2021 almost brings a similar feel. After months of restrictions, periods of isolation and time apart from family and friends, we are reminded to enjoy and treasure the little things that Christmas brings.

Keep Active this Festive Season

During the festive period, we sometimes find ourselves watching lots of Christmas films and television. Why not add a few seated exercises in during the advertisements? Even a little activity can have great benefits.

Exercise is essential, no matter who you are. Performing chair exercises at home is an excellent way to boost your physical fitness whilst also improving your mood. Exercise can also help prevent certain health conditions.

The key to a successful exercise session is to take it slowly, know your limits and listen to your body. If something doesn't feel right, STOP, and try a different exercise. If you continue to feel discomfort or pain, consult your doctor or a physiotherapist for guidance. If you have a chronic condition or limited mobility, you may need to modify the exercises below.

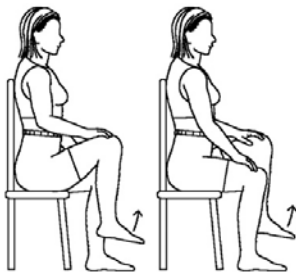
For these exercises, choose a solid, stable chair that does not have wheels. You should be able to sit with your feet flat on the floor and knees bent at right angles.

Wear loose, comfortable clothing and keep some water handy.

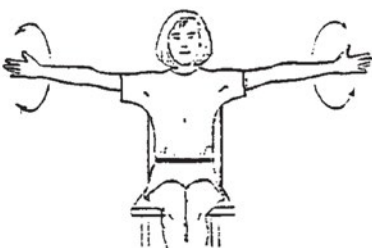
Warm-up:

With any exercise it is important to warm-up first and chair exercises are no different. Try the warm-up below (whilst seated):

1. Warm-up by marching your feet on the spot for 30 to 60 seconds.



2. Then, perform 30 seconds of arm circles.



3. Repeat steps 1 and 2.

Exercises

01 Seated Knee Extensions

- Sit in a chair with your back straight and your arms at your sides.
- Extend and straighten your right knee out in front of you while focusing on squeezing your quadricep muscles, which are at the front of your thigh. Hold for 3 seconds then gently lower the leg.
- Change legs and repeat.
- Perform this as a single-leg exercise for 12 repetitions on each side or a double-leg exercise for 12 repetitions total.



02 Seated Pillow Squeezes

- Sit in a chair with your back straight and your arms at your sides.
- Place a pillow between your thighs or knees.
- Squeeze the pillow by contracting your inner thigh muscles. Hold the squeeze for 3 seconds, then relax.
- Perform 12 repetitions.



Little Things Tip

Everyday tasks such as drying hair can become difficult when struggling with fatigue. Try a simple arm strengthening exercise a few times a week to build up your muscle strength to make those little tasks easier.

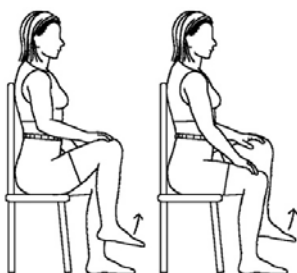
03 Ankle Pumps with Straight Knees

- Sit in a chair with your back straight and your arms at your sides.
- Straighten your legs in front of you and pump your ankles downward, as if you were pushing down on a gas pedal.
- Hold for 3 seconds.
- Keep your knees straight and move your ankles in the opposite direction, bringing the top of your feet toward your shins.
- Hold each position for 3 seconds.
- Perform 10 repetitions in total.



04 Marching (Chair Aerobics)

- Sit in a chair with your back straight and your arms at your sides.
- Begin by marching with alternate legs. Bring one thigh up as high as possible and return to the starting position, then do the same with your other leg.
- Add in arm marching movements, if possible.
- Continue for 30 seconds or do 20 marches in total.



05 Chest Stretch

This stretch is good for posture.

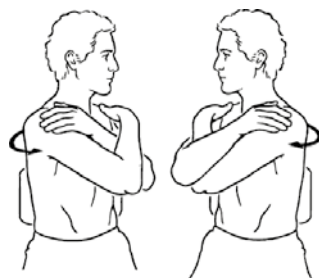
- Sit upright and away from the back of the chair. Pull your shoulders back and down. Take your arms straight out to the side.
- Gently push your chest forward and up until you feel a stretch across your chest.
- Hold for 5 to 10 seconds and repeat 5 times.



06 Upper Body Twist

This stretch will develop and maintain flexibility in the upper back.

- Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
- Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
- Repeat on the right side and do 5 times on each side.

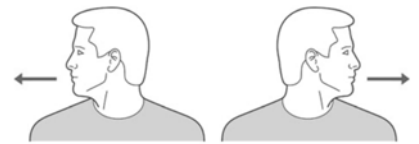


07 Neck Rotation

This stretch is good for improving neck mobility and flexibility.

- Sit upright with your shoulders down. Look straight ahead.

- Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
- Repeat on the right.
- Do 3 rotations on each side.



08 Neck Stretch

This stretch is good for loosening tight neck muscles.

- Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
- Slowly tilt your head to the right while holding your shoulder down.
- Repeat on the opposite side.
- Hold each stretch for 5 seconds and repeat 3 times on each side.



By the end of these stretches, your body will have cooled down again and your exercise routine is complete.

Christmas Memories

Deirdre Devlin, one of our Dungannon Stroke Activity Group members, remembers Christmas in years gone by.

Christmas started for me at midnight Mass. Mummy had a beautiful soprano voice and everyone in the Church would look round to find out who was singing, and I was so embarrassed. I used to tell Mummy to keep quiet. She would only sing in the house with us and select company as she was shy when it came to singing.

I used to love putting up my Christmas stocking. Every year I got an orange and an apple. I was quick to push them to the side to see what was underneath. I could hear rattling and I got 2 shillings which is the equivalent of 10p. I also got a bar of Cadbury's and a pink toilet roll holder. I liked that it was pink. I was so delighted with my 2 shillings. I put them in my money box and I saved and saved so I could buy my favourite thing... more Cadbury's milk chocolate.

Every Christmas morning, we started the day off with a fry-bacon, eggs, soda bread and potato bread. I had only recently tasted fried tomatoes too, but I was told not "to waste good fruit by frying it". While Mummy made the dinner, my brother, sister and I helped Dad in the yard with the horses as we hunted every Christmas Day and Boxing Day. We ate our Christmas Dinner at 4pm. It was always turkey and ham with Mummy's homemade stuffing of white and brown bread mixed.



We always got a new outfit for Christmas. This was usually a new jumper or a new pair of trousers. Ladies didn't wear trousers, but I was still young enough to get away with it. If we grew out of our clothes Mummy would give them to our younger cousins or friends. I used to keep an eye on my cousin's clothes because when they were too small for her then I could wear them, and I couldn't wait! I remember watching my Mum knit for charity for Christmas and she would continually donate her knits throughout the year.

The decor at Christmas was paper chains which were hung across the ceiling. My Dad used to walk into them and if they tore we would search the house to find something sticky to repair them because they were taken down and reused every year.

My most memorable gift was a bike which was bought specifically for me and not handed down by my sister or brother. It had red rubber handles and I cycled from the yard to school and back every day. I also got a dolls house one year and every year thereafter

Santa got me bits and bobs to add to it. One Christmas Day I woke up to find a little garden had been added to it. The grass was made of felt and the fence looked like little lollipop sticks. I had to keep it tidy and my friends would come and play with it and move things around.

I remember post-war rationing. There was very little in the shops. The man in our local shop knew that my Mummy was a keen baker and he told her to go across the border to get extra fruit for our Christmas pudding. We hopped on a train together to Dundalk with big bags to buy the extra fruit. We hid it in the bags and covered it with my school uniform. If we had of been caught our fruit would have been taken off us. Mummy baked Christmas puddings as gifts for others at Christmas so the more fruit we could stuff in, the better.

I think people were happier back then because everyone was on the same level. People thought more of what they had back then and appreciated what they had.

Festive Feasts!



We all have favourite family recipes and traditions that are part of our Christmas celebrations. This year, some of the NICHS family want to share what they like to make over the Christmas season.



Spicy Nut Snack

Our Chief Executive Declan enjoys this delicious, easy to make spicy nut snack.

You will need:

- A selection of nuts any type - pecans, almonds, cashews etc.
- Sunflower seeds
- Pumpkin seeds

Method:

Take your selection of nuts, add a few sunflower and pumpkin seeds and mix together on a tray with oil and honey.

Place in the oven for about 10 minutes.

When you remove the tray from the oven, sprinkle a teaspoon of cayenne pepper over the nuts.

The nuts will have a lovely sweet taste but with a fantastic spicy aftertaste.

Tip - this makes a great gift presented in a little glass jar.

Little Things Tip



When cooking/baking, be prepared. Don't waste energy by having to go back and forth to cupboards and larders. Have all ingredients and equipment at hand before you start.

Christmas Shortbread

Jean, one of our volunteers, and her family love these easy to make shortbread biscuits.

Ingredients:

- 175g butter
- 90g caster sugar
- 200g plain flour, sieved
- 60g ground almonds
- 60g cherries (use red, green and yellow colours if available)



Method:

Cream butter and sugar.

Fold flour and ground almonds into creamed butter and sugar to make a soft dough.

Add cherries to mixture and knead.

Roll into a log approximately 30cm long and wrap in cling film.

Chill in the fridge for at least 1 hour.

Cut into slices approximately ½ inch thick.

Cook at 180°C for 10-13 minutes.

Chest
Heart &
Stroke

75
YEARS
ON YOUR SIDE



Turkey Curry

Gail, one of our Care Services Co-ordinators enjoys this curry and finds it is a good way to use leftover turkey.

Ingredients:

- Cooked turkey meat, chopped into bitesize pieces
- 1 onion, chopped
- 1 inch of ginger, chopped
- 2 cloves of garlic, chopped
- 1 tin of chopped tomatoes
- 1 green chilli, chopped
- 1 tsp of ground coriander
- 1 tsp of ground cumin
- 1 tsp of ground fenugreek
- ½ tsp of paprika
- ½ tsp of red chillies (optional)
- ½ tsp of garam masala
- ½ tsp of turmeric
- 1 tbsp of oil
- Water or stock



Curried Parsnip Soup

Fidelda, NICHs's Director of Public Health, serves this on Boxing Day.

Ingredients:

- 4 parsnips
- 2 tbsp olive oil
- 1 onion
- 2 garlic cloves
- 2 tsp curry power
- 750ml vegetable stock
- 50ml dairy-free cream



Method:

Pre-heat oven to 180°C / 350°F / Gas 4.

Peel the parsnips, cut into wedges and place on a baking tray. Peel onion, slice and add to the tray. Add the garlic cloves whole and unpeeled.

Drizzle over the oil, add the curry powder and toss together. Roast for 30 minutes until the parsnips are golden and soft. Remove the garlic cloves (keep for later).

Bring the vegetable stock to a boil, tip in the roasted vegetables, then squeeze the soft flesh out of the roasted garlic cloves and add to the pan. Discard the skin. Boil for 4-5 minutes, then remove from the heat and stir in cream.

Blitz to a smooth puree with a hand blender.

Serve the soup with a drizzle of cream.

Tip - Add cumin coriander seeds. Crush seeds with a rolling pin and heat them in a saucepan with a little oil. Add at the end with the drizzle of cream.

Method:

Add oil to a saucepan and heat on a medium heat. Add onion, garlic and ginger and brown for 3-5 minutes.

Add tomatoes and green chili and cook for 3 minutes.

Add dry spices and simmer.

Add cooked turkey and simmer.

Add water or stock as required.

You could also add diced potatoes or new whole potatoes (add after the spices and simmer for 20 minutes) or peas.

Serve with boiled rice and a green salad.



Lemon and Almond Gateau

Beth, one of our Care Services Co-Ordinators says; "Every Christmas Season Mum would make an egg sponge with cream, Dream Topping, and mandarin oranges. I have given this recipe a modern twist."

Ingredients:

- 4 eggs
- 200g caster sugar
- 75g plain flour
- 1tsp vanilla extract
- 50g ground almonds
- 500g 0% fat Greek yogurt
- 3-4 tbsp maple syrup
- Zest of half a lemon
- Flaked almonds, toasted
- Blueberries, pears and raspberries



Method:

Preheat the oven to 180°C /160c gas 4.

Line two 8-inch cake tins with grease proof paper.

Put eggs, sugar and vanilla in a bowl and whisk until the mixture is pale and smooth.

Fold in the flour and ground almonds, taking care not to over mix and knock out the air.

Pour into the prepared tins and bake for 10 to 15 minutes.

Turn the tin upside down on a wire rack and leave to cool.

Beat the yogurt, maple syrup and lemon zest together. Spread half the mixture over the base and top with some of the fruit. Place the other cake half on top and spread with the remaining yogurt mixture. Scatter the rest of the fruit and flaked almonds on top.



Sweet Mincemeat

Catherine, an NICHs supporter, makes this recipe from her Mother's hand-written note from 1950. The recipe will make enough for the jars shown.

Ingredients:

- 8oz grated carrots
- 8oz raisins
- 8oz sultanas
- 8oz soft brown sugar
- 8oz cooking apples, finely chopped
- 6oz beef suet (Atora), grated
- 2oz walnuts, chopped
- 2oz flaked almonds, chopped
- 8oz mixed candied peel
- Juice and grated rind of 2 oranges
- Juice and grated rind of 1 lemon
- 1tsp cinnamon
- 1tsp grated nutmeg
- ½ tsp grated cloves
- 4 tbsp brandy



Method:

Combine all ingredients except the brandy in a large oven proof bowl/saucepan and mix well.

Cover bowl with tinfoil / put lid on saucepan and put in oven at 100°C for 3 hours.

Stir occasionally as mixture cools.

When cold, stir in the brandy and put into sterilised jars. Cover with wax paper and seal with a lid.



Christmas Quizzes



WORD SEARCH

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

QUIZ

1. Eggs, cream, a little nutmeg and rum make which Christmas dairy refreshment?
2. Which gifts did the Wise Men bring?
3. What do we call the kissing plant?
4. What must be left to cool on Christmas Eve?
5. What was baby Jesus laid in?
6. No turkey is complete without what?
7. What is traditionally hidden inside a Christmas pudding?
8. What do bells do?
9. Name Santa's reindeers.
10. Who wrote 'A Christmas Carol'?

**CHRISTMAS
HOLLY
ORNAMENT
MISTLETOE
GREEN
RED
SILVER**

**BELLS
JINGLE
HOHOHO
STAR
SANTA
HOLIDAY
STOCKING**

**JOY
MERRY
CARD
PRESENT
BOW
SNOWFLAKE
TREE**

**GINGERBREAD
WREATH
SNOWMAN
CANDLE**



Little Things Tip

Cheat on some of your desserts! Why not buy mince pies and add a little icing sugar on top? They will look just as good as homemade pies!



Return to Face to Face Services



In the Autumn we were delighted to begin the journey back to face to face services. Our first phase of return involved Surviving Stroke in the Community sessions.

We are facilitating monthly wellbeing sessions that focus on secondary prevention, information, health promotion, mental wellbeing and physical activity.

These sessions are available for all clients and carers to attend.

Area	Venue	Time	Day
Armagh (Session 1)	Cathedral Road Recreation Centre	10.30am – 12noon	1st Tuesday of month
Armagh (Session 2)	Cathedral Road Recreation Centre	10.30am – 12noon	3rd Tuesday of month
Belfast	Belvoir Activity Centre	10.30am – 12 noon	4th Wednesday of month
Carrickfergus	Carrickfergus Leisure Centre	10.30am – 12noon	2nd Tuesday of month
Coleraine	Sandel Centre	10.30am – 12 noon	2nd Tuesday of month
Comber	Comber Leisure Centre	11am – 12.30pm	4th Thursday of month
Craigavon (Session 1)	South Lakes Leisure Centre	2pm – 3.30pm	Last Wednesday of month
Craigavon (Session 2)	South Lakes Leisure Centre	10.30am – 12noon	Last Friday of month
Downpatrick	Quoil Fold	10.30am – 12noon	3rd Wednesday of month
Enniskillen	West End Community Centre	10.30am – 12noon	Last Wednesday of month
Foyle	Bishop Street	2pm – 3.30pm	2nd Wednesday of month
Kilkeel	Newry Street Unite	10.30am – 12noon	1st Thursday of month
Limavady	Roe Valley Arts & Cultural Centre	1.30pm – 3pm	3rd Tuesday of month
Lisburn	Trinity Methodist Church Hall	11am – 12.30pm	3rd Tuesday of month
Newry	Altnaveigh House	10.30am – 12noon	Last Wednesday of month
Omagh	CKS Community Centre	10.30am – 12noon	Last Tuesday of month

Antrim, Cookstown and Dungannon dates to be confirmed in January 2022.

If you would like any further information on these sessions, please don't hesitate to get in touch with Noelene Hughes (Head of Stroke Services).

Tel: 077 6421 1536 Email: nhughes@nichs.org.uk

Quiz Answers:

1. Eggnog, 2. Gold, Frankincense and Myrrh, 3. Mistletoe, 4. Chimney
5. A manger, 6. Stuffing, 7. A coin, 8. Ring, 9. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and, of course, Rudolph,
10. Charles Dickens



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