



HO HO HO!

Welcome to the Christmas 2103 edition of our Newsletter!

In this newsletter, we hope to have included something for everyone. We have a Family Christmas quiz, a mince pie recipe, how to make a winter wreath and some very useful advice from the Gingerbread website on how to make the best of Christmas. There are some particularly useful tips on budgeting over the Christmas period. We have contact details of a number of organisations and charities that are there to help families, should they encounter difficulties. As ever, we have included – on the back page – the names and details of the School Family Workers based in Berkhamsted, Hemel Hempstead and Tring. Please feel free to contact them directly, (term time only) should you have issues you may wish to discuss. They are independent of schools, non-judgemental and free.

Finally, may I wish you all a happy and enjoyable Christmas. Enjoy being with your families.

Mike Short - Family Services Manager



Let's see how much you know about Christmas!

Christmas Quiz

QUIZ - QUIZ - QUIZ - QUIZ

1. **What** is traditionally hidden in a Christmas pudding?

- A coin
- A watch
- A pair of dice



2. **How** many days are there on a traditional advent calendar?

- 12
- 24
- 30

3. **Which** animals pull Santa's sleigh?

- Guinea pigs
- Cats
- Reindeers

4. **According** to the song, how many days of Christmas are there?

- 11
- 12
- 13



5. **What** is the last day of Christmas?

- Advent
- Twelfth Night
- Boxing Day

6. **What** are used to make traditional Christingles?

- Peaches
- Pears
- Oranges

7. **Charles ?** wrote the book "A Christmas Carol"

- Dahl
- Rowling
- Dickens

8. **Which** royal couple started off the fashion for Christmas trees in Britain?

- King Henry VIII and Anne Boleyn
- Queen Victoria and Prince Albert
- Duke and Duchess of Cambridge

9. **Which** of these plants is traditionally connected with Christmas?

- Daisy
- Daffodil
- Poinsettia



10. **Why** do we shorten Christmas to Xmas?

- X is the first letter of the Greek word for Christ?
- X looks like a snowflake
- X looks like a star

Answers on page 3

EMERGENCY HELPLINES - see more on back page

Family Lives - 0808 800 2222 Samaritans - 08457 90 90 90 Childline - 0800 1111

Support and expert advice on anything from dealing with a break-up, to going back to work or sorting out maintenance, benefit or tax credit issues.

The Gingerbread Single Parent Helpline is open as follows:

Mondays: 10am to 6pm

Tuesdays/Thursdays/

Fridays: 10am to 4pm

Wednesdays: 10am-1pm
and 5pm-7pm.

Phone today for free

0808 802 0925.

www.gingerbread.org.uk

Gingerbread can provide

advice on: Child maintenance, Contact, Employment, Education, Welfare benefits and tax credits, Housing, Debt.

Christmas can be a lot of fun for your family. It's a great chance to spend time together, enjoy some little luxuries and show each other how much you care. However, there may be moments when you feel under extra pressure – financially and emotionally – and you may be worried about how you and your children will cope.

Top tip one: Plan contact arrangements

early If you can, plan ahead and make advance arrangements for when your child will spend time with their other parent over the holiday period. Drawing up and agreeing a schedule in advance for when your child will be with their other parent can make time spent apart easier and less emotional. And while it can be difficult, trying to remain civil with your ex-partner will make the process of sharing the holidays much less stressful.

Top tip two: Spend quality time together

Establishing new family traditions can be a great way of making memories you and your children will treasure long after the presents and decorations have been put away.

They don't have to be complicated or expensive – just something a little bit different that you and the kids can enjoy together.

Top Tip Three: Decide your budget and

stick to it We've all been there – the shop windows are full of the brand new 'must-have' toys, the kids are dropping hints, your workmates want to go out for a slap-up Christmas dinner and you simply can't think how you're going to pay for it all.

Being realistic about what you can afford and keeping away from credit cards can save you a lot of anxiety. For adult family and friends, organising Secret Santas can be a really fun way of giving gifts while keeping the costs down. For the kids' presents, setting a spending limit with their other parent can help avoid those feelings of competition that sometimes arise around this time of year.

*Taken from Gingerbread's website
"Your top tips for a Happy Christmas"
www.gingerbread.org.uk*

Edible Delights.....

Have a handmade Christmas!



Mince Pies

1. Preheat the oven to 200°/400°F/gas 6. Scoop the mincemeat into a mixing bowl and mix in the dried berries, the clementine zest and the sherry or brandy.
2. Dust a clean work surface with flour and roll out the puff pastry into a big rectangle about 20x40cm/8x16 inch and the thickness of a pound coin. Thinly spread the mincemeat over the pastry, leaving a 1cm/½ inch gap around the edges. Tightly roll up the pastry, lengthways, like a Swiss roll, place it on a floured tray, and pop in the fridge to firm up.
3. Take two cupcake trays (for 12 cupcakes each) and butter each one lightly with the melted butter. Place one layer of filo pastry over the tray (you may need more than one sheet to cover each tray depending on the size of the sheets) and ease the pastry into each hole. Brush with the melted butter, then cover with a second layer of filo pastry. Brush with butter again.
4. Take the puff pastry roll out of the fridge and, with a sharp knife, cut it into 24 slices. Place each slice, flat-side down, into a filo-lined hole. Brush with the egg and sprinkle a few flaked almonds on top of each little pie, then pop both trays in the oven for about 25 minutes, until cooked and golden brown.
5. Leave to cool, then crack the individual pies out of the trays. Dust with a little icing sugar before serving.

100g good-quality mincemeat
25g dried cranberries or blueberries, chopped
Zest of 2 clementines
A splash of sherry or brandy
Flour, to dust
250g good puff pastry
1 pack filo pastry
50g melted butter
1 free-range or organic egg, beaten
50g flaked almonds
Icing sugar, to dust

FREE DEBT & LEGAL ADVICE


 Rectangular Snip
Hope and Help in Financial Matters
Monday 10th Feb 2014
10.00-12.30 pm


Free Information Session on Budgeting, Saving, Avoiding Debt, Understanding Financial Jargon, Staying in Control of your Finances.
 Session led by award winning debt counselling charity
Christians Against Poverty.


Legal Advice Appointments
 Fosters Legal specialises in Divorce & Separation, Financial Proceedings, Housing, Employment Law, Domestic Violence & Court Orders, Contact & Residence Issues and more.
Free initial 45 minute appointment (thereafter may be charged)
Monday 10th Feb 2014 Appointments at 1pm, 2pm & 3pm

Sessions to be held at Dacorum Family Services base, c/o Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead, Herts. HP3 8ER
 To book for either the CAP session or Legal Advice Appointment (or both) please contact Jan Nethercoat Tel: 01442 401222 jan.nethercoat@hobbshillwood.herts.sch.uk

CAP Job Club



Christians Against Poverty has been working in partnership with individuals & Local Service Providers in Dacorum for the past 7 years.

Building upon these vital links, together with the local church, THE BASE HEMEL is providing a much needed service to Equip & Empower local people

Community
Time to build relationships, network and give encouragement to those seeking employment.

Course
Providing practical tools to find work.

Coaching
Giving individual support to CAP Job Coach members in achieving their goals and reviewing their progress.

Tuesdays from 5th November 10am

THE BASE HEMEL
Haven House
389 London Rd
HP3 9AB



Steps towards employment

To find out more contact:-

CAP Job Club Manager Dave Bowles or
Centre Manager Owen Cooper
 on 01442 243 936 www.thebasehemel.co.uk

Answers to Christmas Quiz.....

1. Traditionally a coin is hidden inside a Christmas pudding.
2. There are 24 days on a traditional advent calendar.
3. Reindeers traditionally pull Santa's sleigh - they're called things like Dasher, Prancer, Donner, Blitzen and Rudolf!
4. There are 12 days of Christmas according to the carol.
5. The last day of Christmas is called Twelfth Night. It's when tradition dictates you need to take down the tree and decorations.
6. Oranges are used to make traditional Christingles. They have a candle in the top and are sometimes decorated with dried fruit and other titbits.
7. Charles Dickens wrote the book A Christmas Carol, where Ebenezer Scrooge is visited by three ghostly apparitions.
8. Queen Victoria and Prince Albert started off the fashion for Christmas trees, back in the 19th century.
9. The poinsettia plant, with its bright red leaves, is traditionally connected with Christmas.
10. X is the first letter of the Greek word for Christ. This is thought to be a reason why Christmas is sometimes written as Xmas.



Your score

0-3: Nice Try

4-6: Good going

7-10: Fantastic!

Craft Ideas.....

Make a winter wreath



Collect your materials
 Bendy twigs, pine cones, fallen leaves, seed heads, and long grasses

Make a frame
 Make a circular frame out of your twigs. Tie them together or glue them in place.

Decorate
 Add colour and texture to your frame with pine cones and bits of fallen greenery.

For extra colour spray with paint or glitter.

Hang up
 Use a brightly coloured ribbon or some string to hang your festive winter wreath on your front door or a wall.



Parenting Support



**Managing
Anger & Challenging
Behaviour in your teenager**



A **FREE 6 week** course, run by 'Supporting Links', for parents of teenagers who are dealing with challenging behaviour.

Booking Essential



We will help you to address:

- Why challenging behaviour happens
- How to set boundaries and encourage the behaviour we want
- How to raise your teenager's self esteem
- Conflict: why it happens and how to handle it
- Choices and consequences: how to encourage responsibility and independence
- Why risky behaviour happens and how to deal with it
- How to help your teenager cope with anger and frustration

Wednesdays 29th January, 5th, 12th & 26th February.

5th & 12th March

7pm to 9pm

at

Tring School, Mortimer Hill, Tring, Herts HP23 5JD

BOOKING IS ESSENTIAL

To book a place, please call or text

07512 709556 / 01442 396518

There are lots more parenting courses and workshops going on throughout the Borough next year - for more information please contact your School Family Worker or Jan Nethercoat - details at bottom of page.



Track Santa with the children on Christmas

Eve to see where he is: www.noradsanta.org. Of course, Santa won't come if they are not asleep so if they are still up when he gets to France, they know they are risking it!!

Dacorum Family Services

Berkhamsted Family Services

Hemel Hempstead Family Service

Tring Family Services

c/o Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead HP3 8ER. Tel: 01442 401222

Family Services Manager: Mike Short

mshort@hobbshillwood.herts.sch.uk M:07780008651

Administrator: jan.nethercoat@hobbshillwood.herts.sch.uk



Help and Advice Lines

We know that for some families school holidays can be a difficult time. If you are in need of some extra help and support please contact the following:

Family Lives - 0808 800 2222

Childline - 0800 1111
www.childline.co.uk

Christians Against Poverty - **0800 328 0006**
Free Debt counselling for everyone.

DENS Hemel - **01442 262274**
Night Shelter

Frank - 0800 77 66 00
Confidential Drugs information and advice 24 hours a day
www.talktofrank.com

Samaritans
08457 90 90 90
www.samaritans.org

Herts Domestic Violence/ Abuse
08 088 088 088 Mon-Fri 10-8pm (no. will not show up on bill)

Gingerbread (lone parents)
0808 802 0925
www.gingerbread.org.uk

Family Information Service - 0300 123 4052 Info on caring for your family & activities available across Hertfordshire

NSPCC - 0808 800 500 Help for children and young people and help for adults concerned about a child

NHS Direct 0845 4647

National Debt Line - 0808 808 4000 Free phone advice on financial problems

SANE - 0845 767 8000 Mental Health Support and Advice
www.sane.org.uk

The Salvation Army - 01442 253607

Relate - 0300 100 1234 Relationship advice and counselling
www.relate.org.uk

Young Minds - 0808 802 5544 (parent helpline) Young people's mental health and wellbeing

ADD-vance - 01727 833963 Understanding ASD/ADHD
www.add-vance.org.uk

DENS Hemel - 01442 262274
Night Shelter

Families Need Fathers - 0300 0300 363

Herts Mental Health Helpline - 01438 843322

Your local Children's Centre
www.hertschildrenscentres.org.uk/find/dacorum.html

Free School Meals - 0300 123 4048



Contact Us



Your local School Family Workers are:
Berkhamsted Family Services
Lisa MacGovern
Tel: 0778011 4079
lisamacgovern@hobbshillwood.herts.sch.uk

Hemel Hempstead Family Services
Vicky McKirgan Tel: 07780111862
Tel: 0778011 1862
vmckirgan@hobbshillwood.herts.sch.uk
Vicky Greig Tel: 07780115136
vicky.greig@hobbshillwood.herts.sch.uk

Tring Family Services
Sam Lindars
Tel: 07598 329823
s.lindars@hobbshillwood.herts.sch.uk

*Covering
Schools in
Bennetts End,
Leverstock
Green, Corner
Hall, Flamstead
and Gaddesden
Row, Tring and
surrounding
villages and
Berkhamsted
and surrounding
villages*

Disclaimer: The information provided in this newsletter is for general guidance only. Dacorum Family Services (DFS) does not endorse or recommend any of the organisations, services or information listed in this booklet. While DFS aims to provide accurate and up to date information we cannot guarantee at any time that all the information is up to date and accurate.