



Welcome to the winter edition of My Sunshine Pack.

The pack is filled with a selection of festive activities, easy reads and ideas put together by our volunteers for you to enjoy in your own time in the comfort of your own home.

We have designed our activities with Carers in mind who are unable to access our online support groups and activities at this time but keep connected and involved with what we are doing!

We would love to hear from you too. If you have any suggestions for activities to be included in future editions of My Sunshine Pack, or would like to write something for us, please let us know by emailing admin@n-compass.org.uk or calling 03450 138208.

We would like to wish you a fantastic festive season, and a Happy New Year!

My Sunshine Pack Team



Web: www.n-compass.org.uk/our-services/carers

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Poems about Winter

Winter is the Best Time

Winter is the best time
to find out who you are.

Quiet, contemplation time,
away from the rushing world,

cold time, dark time, holed-up
pulled-in time and space

to see that inner landscape,
that place hidden and within.

By David Budbill



Blizzard

My joy in thy breath.
From white clouds wind blows,
Blizzard around, white temple.

By Patricia Furstenberg

Winter Word Scramble

1. Swmonan
2. Tah
3. Wtenir
4. Crsmhitas
5. Ewn searys ady
6. Soehlv
7. Iskgni
8. Sleeve
9. Lgthis
10. Clebaeret

Can you guess the song? Fill in the Blanks:

Sleigh bells ____
Are you ____
In the lane
____ is glistening
A beautiful sight
We're happy ____
Walking in a ____ wonderland

Gone away is the ____
Here to ____ is a new bird
He sings a ____ song
As we go along
Walking in a ____ wonderland

[Answers are on the final page]

Bingo Winter Edition

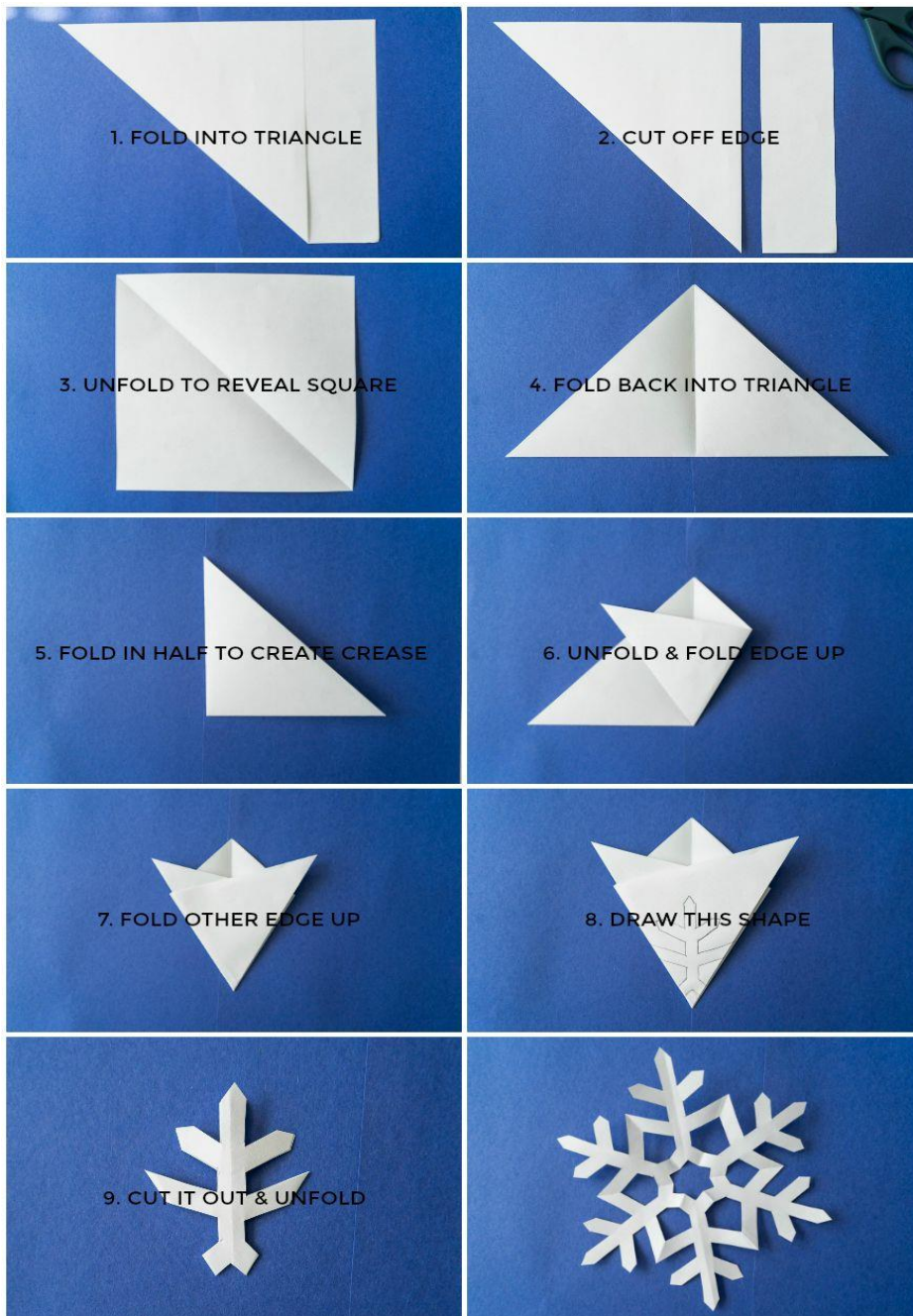
Watch a Christmas movie	Watch the snow fall	Wrap presents	Build a snowman	Bake Gingerbread cookies
Donate old toys	Read a Christmas story	Help someone in need	Look at Christmas lights	Make a Christmas list
Make a paper snowflake	Make a Christmas card	Eat a candy cane	Make an ornament	Take a nature walk
Watch a winter-themed movie	Drink a hot drink	Play a board game	Send a Christmas card	Sing a Christmas song
Decorate a tree	Do a winter-themed puzzle	Read a poem	Eat a candy cane	Wear festive pyjamams

How many did you get? _____





Craft: Paper Snowflakes



Instructions from <https://www.pinterest.co.uk/pin/615233999074002008/>

Easy Roast Turkey

Prep: 30 minutes | Cook: 3 hours and 25 minutes (plus resting and upto 2 days brining)

Serves: 8

Skill: Easy

Ingredients:

5-6kg oven-ready turkey, neck and giblets removed and kept for gravy
1 onion, halved
1 lemon, halved (save the zest for the butter)
Whole bulb of garlic
2 tbsp sea salt
1 tbsp thyme leaves
1 tsp peppercorns
100g butter
4 tbsp vegetable bouillon powder

Method:

1. Up to two days ahead, make the salt mix by grinding the salt with the thyme leaves and pepper in a spice grinder.
2. Sit the turkey in a roasting tin and gently push your fingers under the skin, starting from the neck, until you can push your whole hand in down the length of the breast. Take care not to tear the skin.
3. Season the bird all over with the salt mix, inside and out and under the skin. Leave the turkey in the tin, breast-side up, and put in the fridge for up to two days – the longer you salt it, the more succulent the turkey will be. For crispy skin, leave the turkey uncovered so it dries out, but loosely cover it if you prefer.
4. Tip the butter, vegetable stock and lemon zest into a small bowl and mix until completely combined. Cover and chill.

5. Remove the turkey from the fridge an hour or so before you want to cook it. Remove the butter from the fridge to soften.
6. Heat oven to 180°. Work out cooking time used on 40 minutes per kg for the first 4kg, plus 45 mins for every kg after that.
7. Use your hands to spread the butter under the skin so that it covers the entire breast area and work it into the crevice between the thigh and the main body, then smooth the skin over with your hands. Put the onion, lemon halves, and garlic in the cavity.
8. Cover the tin loosely with foil and roast for the calculated time.
9. Around 30 minutes before the end of the cooking, increase the oven temperature to 200°, remove the foil, baste the turkey and return to the oven.
10. When the turkey is beautifully brown and cooked through, remove from the oven and leave to rest on a warm platter covered with foil for up to 1 hour. Save the juices from the tin to make the gravy.



Recipe from <https://www.bbcgoodfood.com/recipes/crispy-skinned-roast-turkey-lemon-garlic>

Swiss Roll



Ingredients:

Butter, to grease
2 large eggs
50g caster sugar, plus extra 2 tbsp to dust
50g self-raising flour, sieved
100g strawberry jam

Method:

1. Pre-heat the oven to 180°. Grease and line a 16x28cm swiss roll tin with baking parchment.
2. Beat the eggs and sugar together for 5 minutes with an electric hand whisk until thick and pale.
3. Gently fold in the flour in two batches using a large metal spoon.
4. Pour the mixture in to the tin and gently ease into the corners.
5. Bake for 10-12 minutes until golden and firm. Be careful not to overbake, or the sponge will break when rolled.
6. While the sponge is baking, sprinkle 2 tbsp sugar over a square of baking parchment.
7. Warm the jam in the microwave for 20 seconds.
8. Turn the baked sponge on to the sugared paper. Peel off the lining paper and spread the sponge with the warm jam. Roll up from the short edge using the paper to help you then cool on a wire rack.

Recipe from <https://www.bbcgoodfood.com/recipes/swiss-roll>

Gingerbread Cookies



Easy | Makes 15-20 | Prep: 45 | Cook: 12-15

Ingredients:

175g dark muscovado sugar
85g golden syrup
100g butter
350g plain flour, plus extra for dusting
1 tsp bicarbonate of soda
1 tbsp ground ginger
1 tsp cinnamon
1 egg, beaten

Method:

1. Melt the sugar, butter and golden syrup in a saucepan, then bubble for 1-2 minutes. Leave to cool for 10 minutes.
2. Tip the flour, bicarbonate of soda and spices in to a large bowl.
3. Add the warm syrup mixture and the egg and stir everything together, then gently knead in the bowl until smooth and streak-free. The dough will firm up once cooled. Wrap in cling film and chill for at least 30 minutes.
4. Remove the dough from the fridge and leave at room temperature until softened. Heat the oven to 200°C and line two baking trays with baking parchment.
5. Roll out the dough to the thickness of a £1 coin, then cut out gingerbread people with a cutter. Re-roll the excess dough and keep cutting until it is all used up.
6. Lift the biscuits onto the trays and bake for 10-12 minutes, swapping the trays halfway over through cooking. Leave to cool on the trays for 5 minutes and then transfer onto a wire rack to cool completely.
7. Use icing and chocolate to decorate as you wish. Leave to dry for 1-2 hours.

Recipe from <https://www.bbcgoodfood.com/recipes/gingerbread-people>

Mocha

Ingredients:

18g Ground Espresso or 1 Espresso Pod

250ml Milk

1 tsp Drinking Chocolate

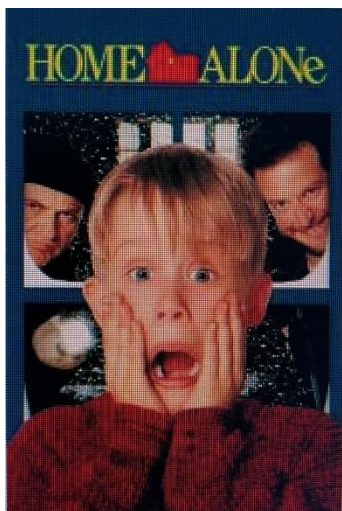
Method:

1. Make around 35ml espresso using a coffee machine and pour into the base of your cup.
2. Add the drinking chocolate and mix well until smooth.
3. Steam the milk with the steamer attachment so that it has around 4-6cm of foam on top.
4. Hold the jug so that the spout is about 3-4cm above the cup and pour the milk in steadily. As the volume increases, bring the jug as close to the surface of the drink as possible whilst aiming into the centre. Once the milk jug is almost touching the surface of the coffee, tilt to speed up the rate of pour. As you accelerate, the milk will hit the back of the cup and start naturally folding in on itself to create a pattern on the top.



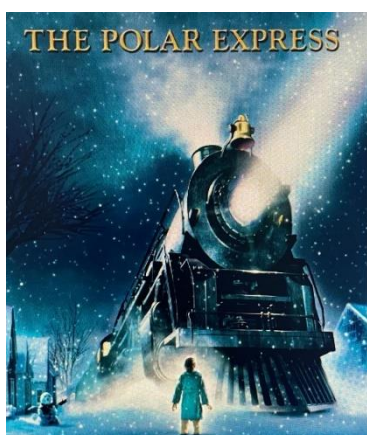
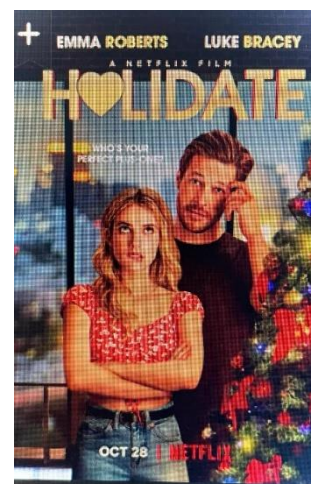
Recipe from <https://www.bbcgoodfood.com/recipes/mocha>

Festive Films



An eight-year-old troublemaker must protect his house from a pair of burglars when he is accidentally left home alone by his family during Christmas vacation. – Home Alone (Available to watch on Disney+)

Fed up with being single on the holidays, two strangers agree to be each other's platonic plus-ones all year long, only to catch real feelings along the way. – Holidate (Available to watch on Netflix)



A young boy boards a train and embarks on an extraordinary journey to the North Pole to meet Santa Claus. His life takes a turn after he encounters special people that make his journey memorable. – Polar Express (Available to watch on YouTube)



Answers

Can you guess the song? Fill in the Blanks:

1. Ring
2. Listening
3. Snow
4. Tonight
5. Winter
6. Bluebird
7. Stay
8. Love
9. Winter

The song: Winter Wonderland by Bing Crosby

Winter Word Scramble:

1. Snowman
2. Hat
3. Winter
4. Christmas
5. New Years Day
6. Shovel
7. Skiing
8. Elves
9. Lights
10. Celebrate