

Headway South Bucks

December 2023 / January 2024 Newsletter



HSB Noticeboard



Headway South Bucks wishes you all a very merry Christmas and a happy new year!

We were lucky enough to be one of the chosen causes of the Coop's local community fund. Sharon was delighted to collect a cheque for £1659.29



Adria, one of our Wednesday volunteers, entered the 5km Santa Fun Run held in Marlow on 3rd December. She was raising funds for Headway South Bucks and Accessible Boating Thames.

If anyone wishes to sponsor her you can use the following links:

<https://www.headwaysouthbucks.org.uk/hsb-donate.html>

<https://justgiving.com/rivertimeaccessibleboating>



HSB is delighted that it has been chosen as Wycombe Heights Golf Club's senior captain's charity for 2024. More to follow in February's newsletter.

Sharon's contact details

07704 860754

Tues to Thurs 9.30am to 5.30pm

sharon.smith@headwaysouthbucks.org.uk

Resource Centre

07709 285112

Tues to Thurs 9.30am to 4pm



THE HISTORY BEHIND CHRISTMAS TRADITIONS

CHRISTMAS TREES

Decorated trees can be traced back to 16th century Germany. Martin Luther first thought of decorating trees with candles. Queen Victoria and Prince Albert helped popularize the Christmas tree.



CHRISTMAS WREATHS

The tradition of Christmas wreaths began in 16th century Europe. Wreaths were originally a by product of the Christmas tree tradition. Evergreens were trimmed into triangles. The three points were meant to represent the holy trinity. Discarded branches would be shaped into a ring. They'd be hung back onto the tree as decoration. The circular shape also came to symbolize eternity. It also signifies the Christian concept of everlasting life.



CANDY CANES

Candy canes got their start in 1670. A choir master in Germany handed out peppermint sticks to children. He wanted to keep them quiet during the Living Crèche performance. He asked a local candy maker to shape the sticks into hooks. These were meant to resemble a shepherd's staff. This is a reference to Jesus as the good shepherd.

Candy canes were originally only available in white. The red stripes were added around 1900. This is according to the National Confectioners Association.



ADVENT CALENDARS

German publisher Gerhard Lang created them in the early 1900's. He was inspired by a childhood gift his mother gave him. It was a box of 24 sweets.

Gerhard could only eat one per day until Christmas.

Commercial paper calendars became popular by 1920. The chocolate versions followed soon after.



CHRISTMAS COOKIES

These sweets stem from Medieval Europe. At the time festive ingredients were starting to catch on. Nutmeg, cinnamon, ginger and fruit began appearing in Christmas biscuit recipes.

Modern Christmas cookies emerged during the turn of the 19th century. New import laws allowed inexpensive kitchen items to arrive from Europe. These included festive cookie cutters. They often featured ornate shapes like Christmas trees and stars.

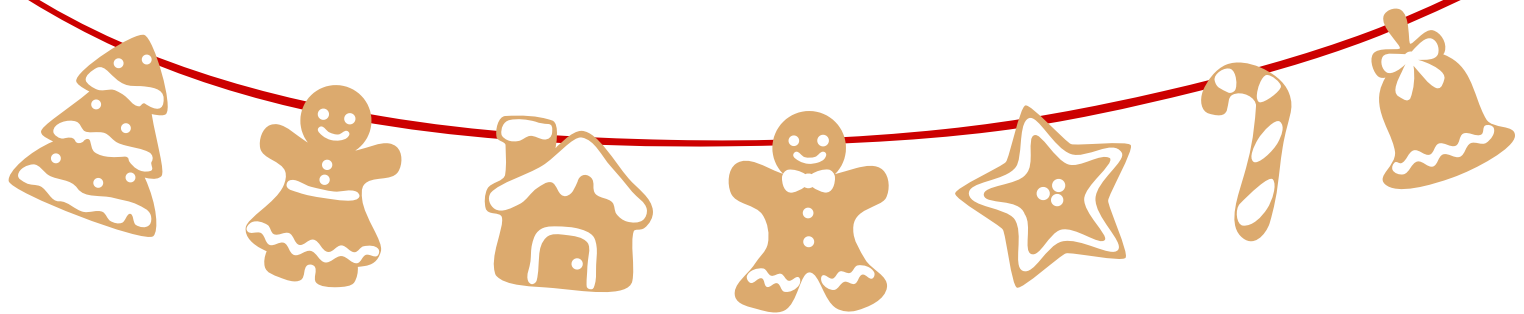
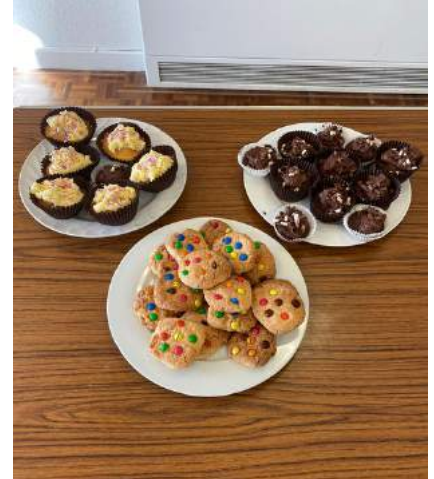


WHAT'S YOUR FAVOURITE CHRISTMAS TRADITION?

Our recent cooking projects



Cupcakes



Christmas cookies



CHRISTMAS TRADITIONS

Are these part of your Christmas traditions, if not why not make this year the year to start them.

Watch a tree lighting ceremony

Visit a Christmas market

Make hot chocolate

Take a family Christmas photo

Have a Christmas movie marathon

Visit a Christmas tree farm

Make a Christmas dessert

Build a Gingerbread house

Wear matching Christmas pyjamas

Wear your Christmas jumper with pride!



Christmas Word Search

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

Christmas
Presents
Frosty
Jingle
Ornament
Elf
Bow

Reindeer
Tree
Rudolph
Snow
Lights
Stocking
Sleigh

Santa
Wreath
Merry
Candy
Snowflake
Bells



Puff Pastry Christmas Trees



Ingredients

2 sheets of vegan friendly puff pastry, thawed

(Jus-Rol is vegan friendly)

4 heaped tablespoons of Biscoff spread (smooth or crunchy)

3 teaspoon of ground ginger

2 tablespoons of granulated sugar

Dairy-free milk (for glazing)

Icing sugar (for dusting)



Instructions

Method

- 1. Preheat oven to 180°C fan and line a baking tray with grease proof paper.**
- 2. Roll out both puff pastry sheets over grease proof paper. Use a rolling pin to remove any crinkles in the pastry.**
- 3. Spread Biscoff Spread evenly on top of one puff pastry sheet. Use a spoon or spatula to spread the Biscoff evenly, getting right into the edges.**
- 4. Evenly dust some ground ginger on top (optional).**
- 5. With a knife or with a pizza cutter / roller, cut the puff pastry into strips large about 1 inch in width.**
- 6. Fold the strips to make the Christmas tree shape either in your hand or on the worktop. You can leave the puff pastry as it is or make them into pops with a cake pop stick inserted down the middle. With any left over pastry, chomp out star shapes using a small star cookie cutter (or hand cut with a sharp knife), and insert it on the stick at the top of the tree.**
- 7. Place on the lined trays, giving them a-little room as the pastry will puff up and spread. Brush the pastries with dairy-free milk and sprinkle over some granulated sugar.**
- 8. Bake the pastries in the middle of the pre-heated oven for 10-15 minutes or until golden.**
- 9. Remove from the oven, allow to cool slightly then serve with a dusting of icing sugar.**

Looking back over 2023





Things to do to in January



January sales

Booking a summer holiday

Eating sensibly again

Putting the Christmas decorations away

Setting some new goals for the year



Catching up with friends

Burns night



Declutter

Take up a new hobby





New Year traditions from around the world



In Switzerland

Whipped cream is eaten and dropped on the floor of the home.....where it remains all year.

In the Philippines

You should wear polka dots to bring prosperity – the round dots represent coins. Some also take it one step further and eat all round foods.



In China

Firecrackers are lit at midnight to both celebrate and chase away forces of darkness.

In Estonia

People eat 7,9 or even 12 times on New Year's Day to ensure abundance.



In Denmark

Danes hurl old plates and glasses against the doors of friends' and relatives' houses. This is based on the belief that breaking glass brings good luck.



In Colombia

It's tradition to walk around your block with an empty suitcase. This is done to ensure a year full of travel.



In Canada

There is a tradition of jumping in ice cold water for good luck (known as Polar Bear Plunge)

