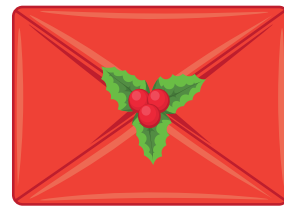


Festivities & Social Wellbeing



Make a list of people you want to send Christmas cards to

Donate unwanted Christmas decorations to charity; giving feels good!



Start a conversation with a colleague or neighbour you've not spoken to before

Consider voluntary work at a food bank, soup kitchen or charity shop this festive period



Organise a family or work Christmas quiz

Arrange dates and times to catch up with family and friends before the big day

Check in with older relatives to ensure they are not lonely



Gather some friends and wrap your Christmas presents together

Visit a coffee shop for a festive drink; sit, relax and be social!



Make a donation to a local food bank

Ask a friend what their favourite Christmas song is - spark the discussion



Do Christmas baking with loved ones



Choose board games to play with family/friends

Pop to the shops for Christmas shopping with a friend



Take a winter walk

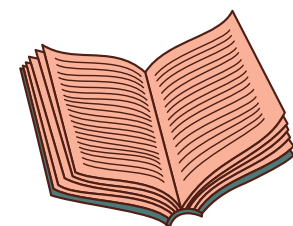
Get a 2022 diary & calendar; start making plans



Arrange a Christmas theme film night

Phone a loved one you have not spoken to recently

Write and post a letter to a long-distance friend/relative



Visit the library and stock up on Christmas books

Join an online forum; connect with people with similar interests



Make a Christmas wreath with family/friends

Find a group or class to join; hobbies are perfect for meeting new people and having fun



Listen to a Christmas podcast