

2020
Cornwall

DOING

DECEMBER

DIFFERENTLY





Introduction

Do you know when the shortest day of the year is? In 2020 it's Monday December 21st and London will have 7 hours, 49 minutes and 42 seconds of daylight that day, not sure about Cornwall. Anyway it means all of the following:

School holidays- yay! I may not see some of my mates – boo!

We'll start to get more daylight – yay! But only slowly – boo!

Summer is on the way – yay! But it will be a while yet – boo!

We've got a bunch of dazzling December activities for you – yay! And yay again!

So for all of you who are

Arty-Crafty – like making things

Green – want to look after our planet

Sporty – like to jump around a bit

Outdoorsy – like being outside

Up for it – like a challenge

Cooky – fan of Bake Off or Masterchef

Or a fab person who is all of the above!

Here is our **Doing December Differently** activity booklet to keep you busy, buzzing, and bouncing your way through the final month of 2020

Have fun, enjoy yourself, stay safe and look after each other.

See you in 2021.



Our time, our environment

We know that accessing safe, nurturing environments for both you and your family can be a challenge during these changing times. The thought of venturing outside can feel overwhelming and it can be tough to find the internal energy needed to keep you and your family emotionally strong and resilient. Research tells us that engaging in a nurturing environment that provides the opportunity to discover (or rediscover) ourselves and reconnect with the world around us can positively impact on our emotional, mental health and wellbeing.

A great way to do this is to go outside and get active. Engaging in outdoor activities surrounded by beautiful blue and green spaces not only boosts mental wellbeing, but it is also good for maintaining positive physical health too. So, whether it's taking regular walks in the park, chasing after a kite on the beach, forest bathing, climbing rocks or paddling a kayak, exercising outside is proven to have huge benefits for our emotional health and wellbeing.

In Cornwall we are lucky to have 422 miles of coastline with plenty of green spaces inland. Getting you and your family outside has never been more important, so what are you waiting for....

This winter Tempo Time Credits have teamed up with Together for Families and Headstart Kernow to offer you an exciting opportunity to volunteer your time and help your community.

Why volunteer?

Let's get the whole family involved! It has already been proven that giving your time and feeling valued, improves health, happiness and future prospects. The principle is simple:

You will be encouraged to use your skills and interests to play an active role in your community and earn Time Credits. These can be exchanged for community, cultural and leisure activities in the local areas, including selecting from the many outdoor activities provided on the Headstart Kernow programme. in the new year.

A chance to spend quality time together participating in something fun and enjoyable outdoors.

If this is something which you would love to be involved in, then please contact your TFF key worker or one of the Cornwall Time Credits team who will discuss the project further:

Celia Davis celiadavis@wearetempo.org / 07578 181277, **Helen Smith** helensmith@wearetempo.org / 07578147282, **Kelly Taylor** kellytaylor@wearetempo.org/07588142085

Time Credits earning ideas

Here are some creative ways to earn time credits

Grab a black bin liner and head outside as a family into your local area and start litter picking! We all love to see our environment clean and tidy.

Have you got an elderly neighbour/family member who would just like someone to share their day with? Take a boardgame or book along and ask if you can spend some time with them.

Heading off to the beach? Why not spend some of your time picking up the plastic and help save the environment.

Do you know someone who may need help decorating their tree?

Did I see you make snowman biscuits? Then take some round to someone who can enjoy them with you.

What about that college course or skill you've wanted to learn....could you take the next step today and get signed up?

Leaves are everywhere at this time of the year; is there anyone you can think of who would appreciate you clearing their path of leaves or tidying them up from their front garden? Maybe when you've done that you can collect some sticks?

Create a video/poster on 'reduce reuse recycle' and pop it in your window or share with friends to encourage those in your neighbourhood to do the same.

We'd like to hear from you! Tell us what you've enjoyed most about giving your time to others – send pictures of you earning your time credits for us to share with others.

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ADVENTURE CALENDAR



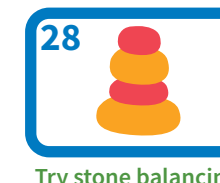
7 Find a mushroom



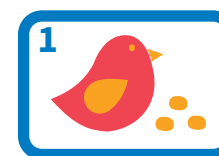
14 Parachute for an egg



21 Build a wildlife home



28 Try stone balancing



1 Feed the birds



8 Go for a walk



15 Find a holly tree



22 Use a map



29 Go Geo-caching



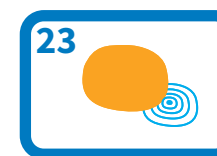
2 Make a grass whistle



9 Find a cloud animal



16 Have a brew outside



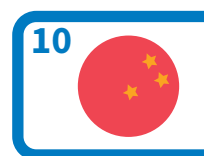
23 Skim a stone



30 Visit an Engine House



3 Go to the park



10 Spot Mars



17 Find a feather



24 Spot the North Star



31 Stand on a hilltop



4 Identify a tree



11 Hear a bird sing



18 Make garden art



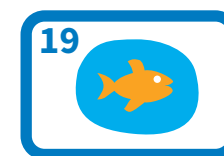
25 Spot a Robin



5 Look up at the moon



12 Paint a stone



19 Spot a fish



26 Visit the woods



6 Learn a knot



13 Plant an Acorn



20 Have a Picnic



27 Play Pooh Sticks



ADVENTURE CALENDAR

Make your winter holidays this year a real outdoors activity time. Complete the activities in any order that you wish, just make sure that it's safe and fun at all times. Take a photo of your favourite adventure and send it to: cornwalloutdoors@cornwall.gov.uk and let us know if we can display it on our Facebook page: facebook.com/cornwalloutdoors
Help and more details on each adventure can be found at: cornwalloutdoors.org/advent-cal

Paper Straw Christmas Trees

Materials

Decorative paper straw, glue, star sticker, ribbon, scissors

Getting Started

1. You are going to need two paper straws for the back of your tree. Add a little glue to the back to keep the straws together. Let it dry.
2. Now it's time to start putting your tree together! Start off by adding the top of your tree, we cut our first straw about the same width as the two green straws. Then leaving a little more to the ends as we added for straws down the tree. Add glue to the back to stick to the straw tree trunk
3. Next you're going to cut off any extra at the bottom of your tree trunk. So that you're left with a shorter trunk (don't cut it right up to the last straw branches you want to leave a good couple of cm's)
4. You can use a pre-cut star or if you have one a star punch and some glittery paper. Glue your star to the top of the tree.
5. Finally, you needed to add ribbon so you can hang your ornament in the house or on the tree. A simple white ribbon can look effective, simply glue in place at the back of the tree.

Now your ready to show off your new creation



Christmas Movie Bingo

Mark off these things when you see them in your favourite Christmas movies



Cupcake Tree Decorations

Materials

Variety of cupcake cases, small decorations for the tree's, twine, ribbon, glue, scissors

Method

Use cupcake cases in festive designs and colours to make your own garland - to hang on a wall, above a window, or to decorate around your house. It's so easy...

1. Flatten the cupcake liners and place these on top of each other.
2. Glue together before adding your choice of embellishments and then glue/tape these onto a length of twine or string to hang up.

You can also use festive coloured/patterned cupcake cases make your own tree decorations:

1. Flatten the cupcake liners and arrange them to make a tree shape.
2. Glue together and add a string hoop at the top to hang on your Christmas tree.



You can also make your own Christmas cards using colourful cupcake liners, or these adorable tree angels. Both are easy to make, and the kids can create their own tree angels to top off the Christmas tree.

Santa and Reindeer Stick Puppets

Materials for Santa stick puppet

Jumbo craft stick, or two lolly sticks stuck together, red card, white card, white cupcake case, apricot coloured crayon, small white pom, small red pom, googly eyes, glue stick

Directions:

1. Start by cutting 1/3 off the top of your white cupcake liner. Colour the inside circle section with your apricot crayon.
2. Cut a triangle out of your red cardstock paper. Glue your cupcake liner in the middle of your red triangle.
3. Cut a small circle and a thin strip from your white cardstock paper. Cut the circle in half.
4. Glue on all the finishing features to your Santa: A white pom at the top of the hat, the white strip for the brim of the hat, googly eyes, the two half circles for a moustache and your small red pom for the nose.
5. Cover your jumbo craft stick halfway down with glue and then attach your Santa to it. Let it dry completely before playing with it.

You can also use these as Santa Gift tags. Simply punch a hole in the hat of your Santa, write who the gift is to on the back, and attach it to a gift. Or give to someone special as a gift



Materials for Reindeer stick puppet

Jumbo craft stick or two lolly sticks stuck together, brown card, googly eyes, brown pipe cleaners, red pom, glue stick

Directions:

1. Start by cutting a triangle out of your brown card. I cut a square out about 4-inches by 4-inches and then cut out my triangle from that. Also cut out two small ears (I went with a leaf shape). Glue the ear onto the side of the reindeer face (triangle pointing down).
2. Cover your jumbo craft stick halfway down with glue and then glue on your triangle with the point at the bottom.
3. Use your glue to glue on your two googly eyes, and your red pom nose.
4. Cut your brown piper cleaner in half, then those two pieces in half again. Cut two of those sections in half one more time. You will end up with 6 pieces. Twist two of the small pieces around one of the bigger pieces one time and then point the ends upwards to make antlers. Do the same with the other pieces.
5. Use a generous amount of glue or a hot glue gun if you have it to glue your antlers to the back of your reindeer. Let your puppet dry completely before playing with it. Again you can use this cute little reindeer as a gift tag, or give to someone special

Reindeer Finger Puppet

Materials

Brown card, 3/4-inch circle punch, 2 1/2-inch circle punch, small clothes pegs, googly eyes, red craft gem, scissors, glue

Directions:

1. Gather all of your supplies. From your brown card, cut out two circles, one 4-inches in diameter and one 2 1/2-inches in diameter. You will also need to cut out two reindeer ears from your brown card. Punch two 3/4-inch circles in the bottom of your large circle for your fingers.
2. Cut a small strip off the sides of your smaller circle to make more of a reindeer head shape. Now you can assemble your reindeer finger puppet.
3. Glue the reindeer head onto the larger circle making sure that the finger holes are at the bottom. Glue the ears onto the back of the reindeer head
4. Glue on your googly eyes and your red craft gem. Finish your reindeer by attaching the two clothespegs at the top of the reindeer for its antlers.

Now your cute reindeer finger puppet is all ready for play! Put two fingers in the puppet holes, then have him dance and fly around while you sing Rudolph the Red-Nosed Reindeer, or you might want to re-enact a favourite Christmas story.



Festive Bookmark/Ornament

Materials:

Lolly sticks, felt, twine, googly eyes, card, piper cleaners, ribbon, colouring pens

Directions:

This project is perfect for the festive season but can also be fun to do year-round! Simply create an ornament in the shape and style that you want and attach a string or ribbon. Once you are finished, find the perfect place to hang your new decoration (doorknob, patio, etc). Alternatively you can leave the ribbon off and gift them to someone special as a book mark



Egg carton Reindeer

Materials:

Egg carton, red pom pom, googly eyes, brown card, glue, hot glue gun, brown paint

Directions:

1. Start by cutting individual cups from an egg carton (the corner ones work best because they are bigger).
2. Paint them brown and let them dry.
3. Glue on some googly eyes and a red pom pom for the nose.
4. Cut out some reindeer ears/antlers from brown card and glue them onto Rudolph.

You're done!! Let them dry before you play with them.

If you want you can also make egg carton Snowmen, Santas and angels.



Cotton Ball Snowperson

Materials:

Craft glue, cotton balls, craft paper, scissors (optional), snowperson decoration ideas: sticks, googly eyes, stickers, paper

Directions:

1. Draw the outline of a snowperson on your paper, stick cotton balls inside the outline to build the snowperson. Leave to dry.
2. Then glue decorations onto your snowperson to give them arms, eyes, noses, scarves, hats, and even a heart.

These make lovely Christmas cards to send to friends and family.



Pinecone Christmas Decorations

Materials

Pinecones, twigs, ribbon, pom poms, coloured card, glue, scissors, cotton wool, felt

Directions:

1. Go out foraging for pinecones.
2. Bring them home and dry them out.
3. Once they're nice and dry you can use glue to eyes, noses, hats scarfs, cotton wool to make a number of different festive characters.
4. Add ribbon to the top so that you can hang them up around the house.

These make great gifts for friends and family!



Candy Cane Hunt

Materials:

Candy canes

Directions:

It's like an Easter Egg Hunt but with candy canes. You can also add other festive treats



Paper Straw Snowflakes

Materials:

Paper Straws – various colours, white card, circle paper punch, or circles cut with scissors, wood buttons, or any buttons, glue gun or white craft glue

Directions:

1. With white card, cut 2- 1 1/2" circles for each snowflake.
2. Cut straws into 2 1/2" lengths. {8 or 10 of these are needed for each snowflake.} Cut a small straw circle that is only 1/4 inch in length for each snowflake.
3. Glue small 1/4" straw circle in centre of 1 1/2" white cardstock circle. Glue straw pieces around small straw centre as shown
4. Finish by adding a white card circle on top of snowflake design. Add button to finish. If you would like to add a hanging string, use a needle and thread to string clear fishing line through one straw as a hanging hook, or poke a whole and add a traditional wire ornament hook.

These can be sent as gifts or added to Christmas parcels as a gift tag



Recycled Paper Roll Reindeers

Materials:

A recycled paper towel roll (at a squeeze, you might be able to use a toilet roll but you might need to shorten the legs), scissors, paint in brown and white paint brush, a scrap of white paper for the eyes or readymade googly eyes, glue stick, hot glue gun, cotton ball, optional mini pom pom for the nose – you could alternatively paint or draw a nose on with black marker, this template if you don't want to cut out the shape freehand

Directions:

1. Print and cut out the template shape, then trace the outline onto a flattened paper roll and cut it out. Or do this bit freehand
2. Pop the shape into a 3D reindeer shape. Bend the head forward and the tail back.
3. Paint the reindeer and his antlers. You may want to lean the antlers on something while they are drying to stop the wet paint from sticking to the paper/ or other surface.
4. Use a cotton ball to dab a bit of white paint on the reindeer's chest and the back of his tail.
5. Draw some eyes onto paper and glue them on with a glue stick, you can use readymade googly eyes if you have them. Glue the antlers on and a little mini pom pom nose. Use black or red if you're making Rudolph

Your cute little reindeer is done! Wait for it to dry before you play with it.



Reindeer chocolate covered marshmallows

Here's what you need to make them:

Large marshmallows, lolly sticks or pretzel stick, chocolate (to melt), red jellies for the nose, or red coloured jellybeans, small pretzels, some festive coloured ribbon and silver coloured sprinkles for eyes

Directions:

1. Get your assembly line ready. Break the small pretzels in half, not easy so have some spare. You'll need two halves for each reindeer's antlers. Have a small red jelly, or if you're using jellybeans, cut them in half to make the noses.

2. Put the marshmallows on a stick (use something to stand them all up in, a foam block is great if you have one). Make small indentations at the top of the marshmallow to help slot in the antlers.

Ok now you're ready to go.

3. Melt your chocolate in a glass bowl. Once you've done this begin dipping your marshmallows in the chocolate. Use the back side of a spoon to make sure its entirely covered and to remove any excess chocolate. Stand it up using whatever you have at home and repeat the process.

4. After about 6 marshmallows add the pretzel antlers by inserting them in to the top where you can see the indentations. Hold for a few seconds to make sure they're secure. This might take some practice, don't worry if you break a few along the way!

5. Repeat this process until you have used up all your marshmallows and chocolate

6. To attach the nose and eyes you can either do this when the chocolate is still a bit wet (semi-set) or wait until they are completely dry. To add when dry use a little bit of melted chocolate to dab a bit on each piece and then attach it to the



marshmallow to finish making the face. The second method is a little less messy and, in my opinion, easier.

Once they are completely dry tie a small piece of ribbon around the stick to look like a scarf.

These would make a lovely gift for family, friends or a neighbour, just put them in a clear treat bag and add a bow/ribbon for decoration. You may even want to attach one of your home made Santa or reindeer tags.

Melted Snowman biscuits & cupcakes

Here's what you need to make them:

Pack of biscuits, plain cupcakes (alternatively you can make your own), marshmallows, icing sugar, decorative icing, or icing pens, chocolate sauce, smarties, sugar balls

Method:

1. Set out your home made or bought biscuits/cupcakes.
 2. Mix icing sugar with water to create a smooth paste drizzle over the biscuits and/or cupcakes. If you want a thicker layer for the cupcakes use icing fondant. Roll this out and use a cutter/cup the same size as the top of the cupcakes, attach using icing paste
 3. Place the marshmallows on the biscuits/cupcakes when the icing is nearly set. To add to fondant icing use a dab of icing paste to stick.
 4. Then using a mixture of smarties, sugar balls and decorative icing add arms, facial features, bow ties, scarfs, buttons. Again, use dabs of icing paste to stick these to the fondant icing.
 5. Finally use a brown icing pen, chocolate sauce to draw on arms and add eyes
- Allow to dry.

Enjoy or wrap and give to friends and family as a wonderful festive gift



Teacake Christmas Puddings

Here's what you need to make them:

One pack (or more) of teacakes, icing sugar, decorative jellies to make berries and holly

Method:

1. Add some water to icing sugar and mix to a smooth consistency.
2. When cooled a little, drizzle over the top of the teacakes.
3. When the icing is nearly set add the red jelly berries and green leaf jellies.

These make a great gift to send to friends and family

Strawberry Santas & Robins

Here's what you need to make them:

Strawberries, cream (squirty if you don't want to whip up your own), chocolate chips for eyes, chocolate, decorative icing.

Strawberry Santas Method:

1. Rinse the strawberries and cut off the leaves (discard)
2. Cut the pointed end off of each strawberry. Place the newly cut edge down on a clean napkin. The napkin will absorb the fresh strawberry juice, which is what you want.
3. The "body" of Santa needs to be quickly dabbed on a fresh paper towel as well. The extra juice will cause the cream to slide. By letting the



- paper towel absorb the fresh strawberry juice, the cream will stay in place better.
4. Either whip up some cream (from double cream) and put in a piping bag or use squirty cream
 5. Gently swirl some cream on the top of the body.
 6. Place the "Santa hat" (or the strawberry tip) on top of the cream.
 7. Add a dab of cream on top to make his hat.
 8. Next carefully add either two chocolate chips or dabs of black icing for the eyes.

A wonderful sweet treat to share with friends and family.

Strawberry Robins Method:

1. Rinse the strawberries.
2. Melt the chocolate and allow to cool a little. Dip the tip and one side of each strawberry into the chocolate, (to represent the brown feathers of the Robin). Place on a tray, leaves side down (to look like feet).
3. Whilst the chocolate is drying use decorate icing to make eyes, and noses.
4. When completely dry use a little melted chocolate to dab on to the eyes and noses to stick to the strawberry.
5. You can now enjoy with friends and family. Alternatively you can wrap and give them as a gift.



Christmas Pancakes

Here's what you need to make them:

Pancake mix/readymade pancakes, strawberries, marshmallows, cream, chocolate sauce

Method:

1. Make the pancake batter, cook off a batch of pancakes or warm up ready made pancakes.
2. Allow to cool slightly. Add halved strawberries to the top of the pancake to make the hat, use cream (whipped or squirty) to make a beard and line the bottom of the hat.
3. Add eyes and a smile using chocolate sauce and finish off with a pom pom marshmallow at the top of the hat.

Now they're ready to eat, YUM!



MINI PAPER *Angels*





MINI PAPER *Angels*

Who doesn't love angel crafts at Christmas?

These sweet paper angels have been created in the traditional style but are miniature-sized so they fit perfectly on your tree as ornaments and look great when printed on coloured paper.

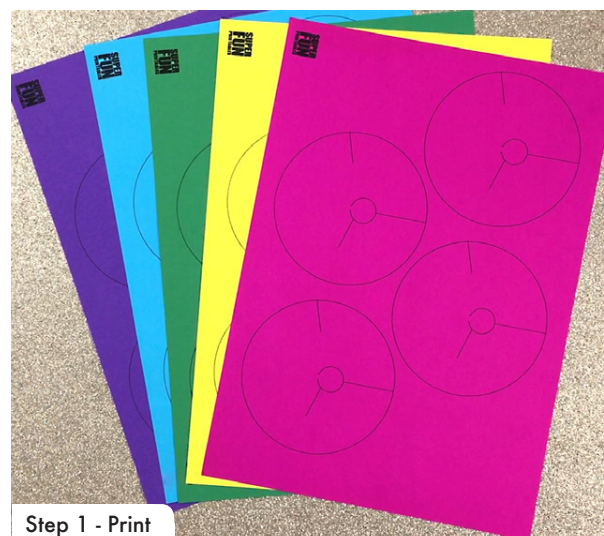
Make them your own and decorate the paper any way you choose, we've opted for plain coloured construction paper which gives a cheerful and fun look. This craft has been one of the most popular articles on my blog since the day I first shared them in Christmas 2013!

You will need

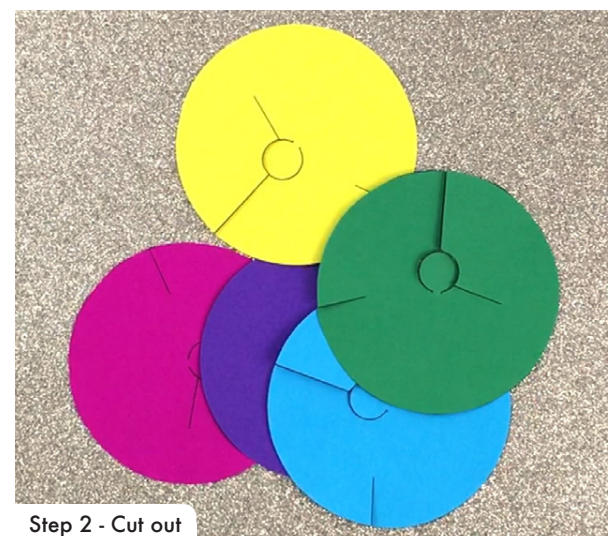
- Coloured construction paper
- Scissors
- String
- A small bead, the ones I've used are approx 8mm in diameter (you'll need one per angel)

How To

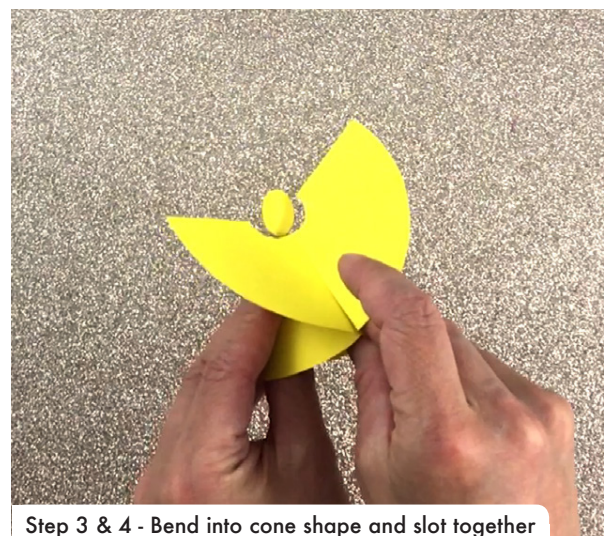
- 1) Print your pattern out onto coloured paper.
- 2) Carefully cut along the black lines.
- 3) Bend the paper into a cone shape and slot the two slits which go halfway up one side together. You'll be left with an angel shape.
- 4) Thread a piece of string onto a bead and tie it into a loop for hanging.
- 5) Thread the string through the small hole left at the top of the cone behind the angel's head. The bead will keep the angel from sliding off the end of the string.
- 5) Hang them on your Christmas tree.



Step 1 - Print



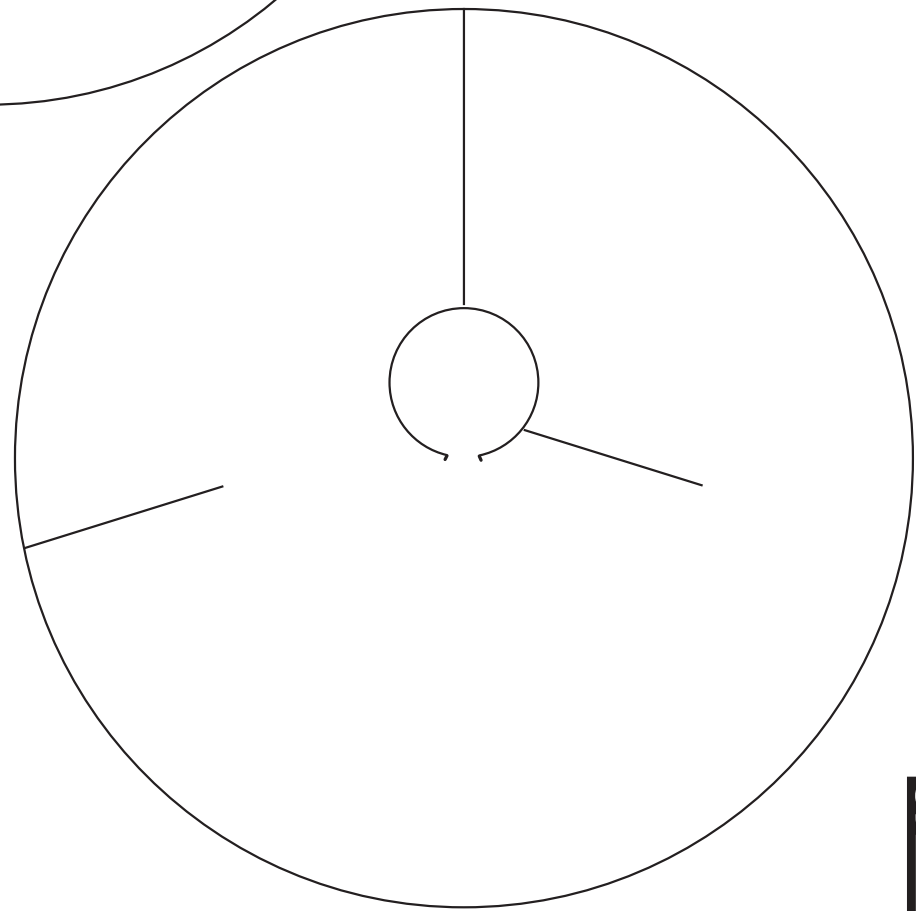
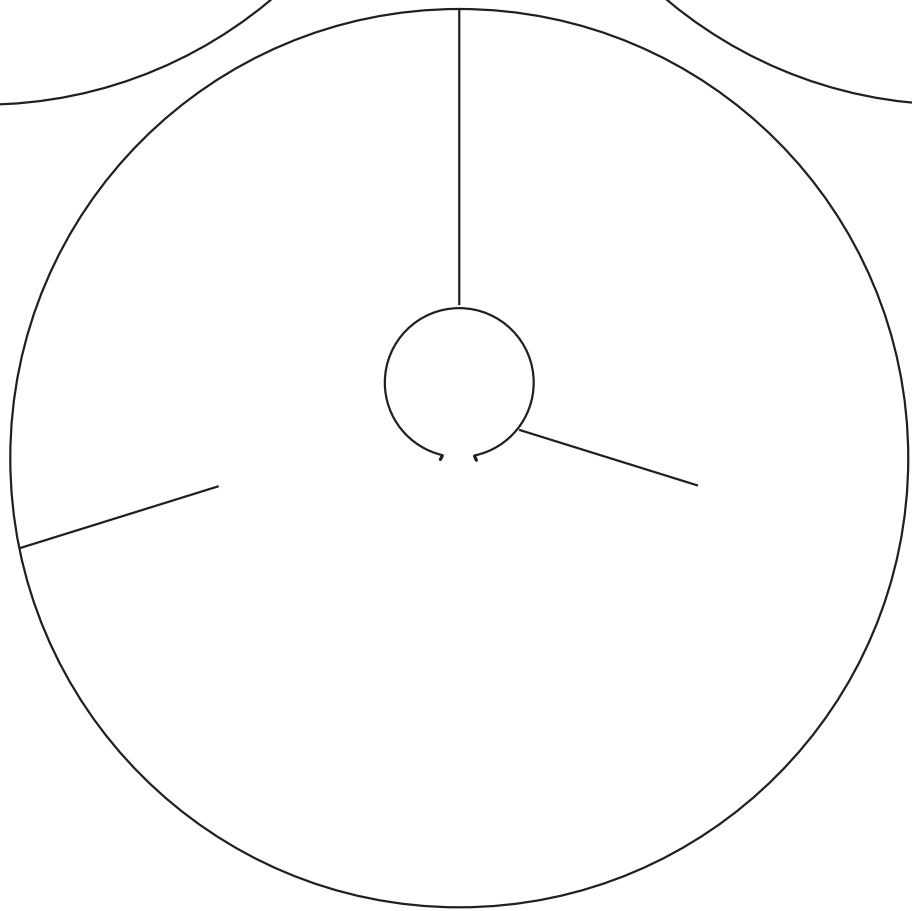
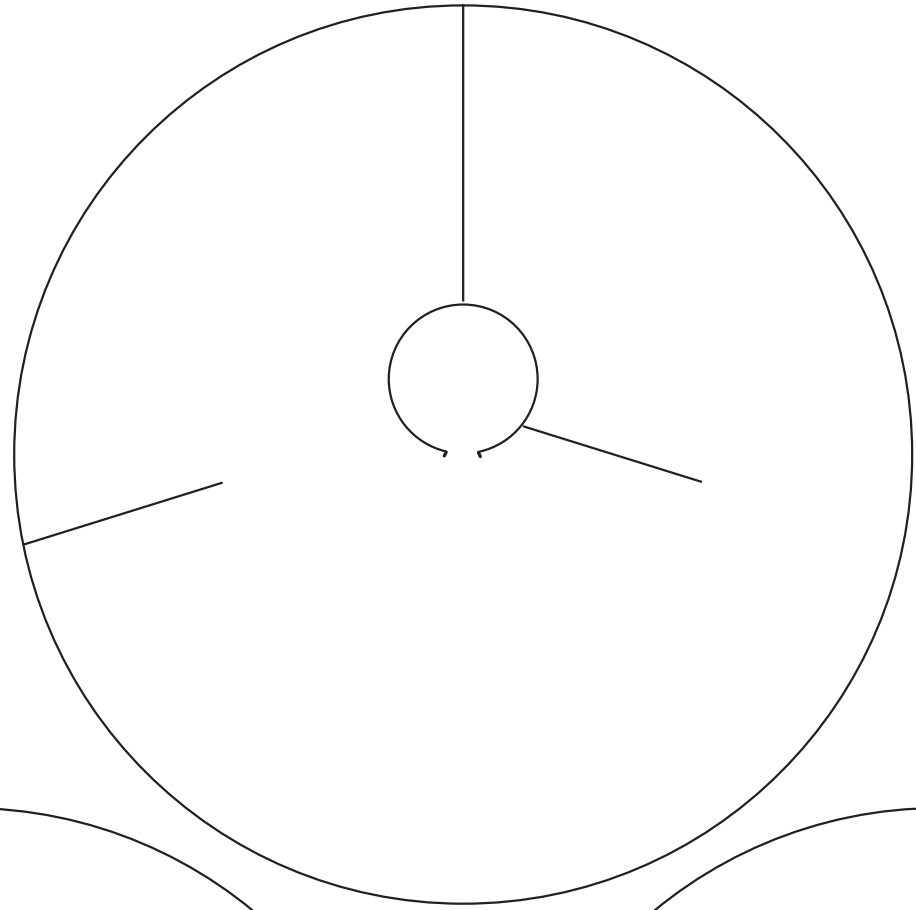
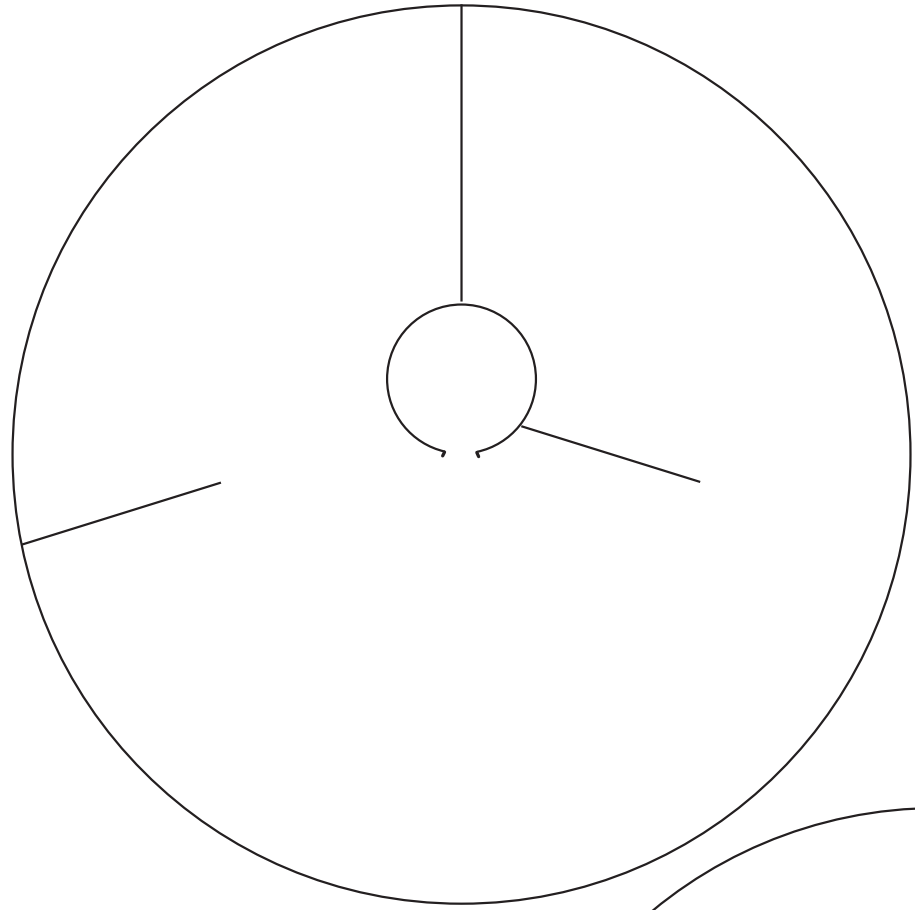
Step 2 - Cut out



Step 3 & 4 - Bend into cone shape and slot together



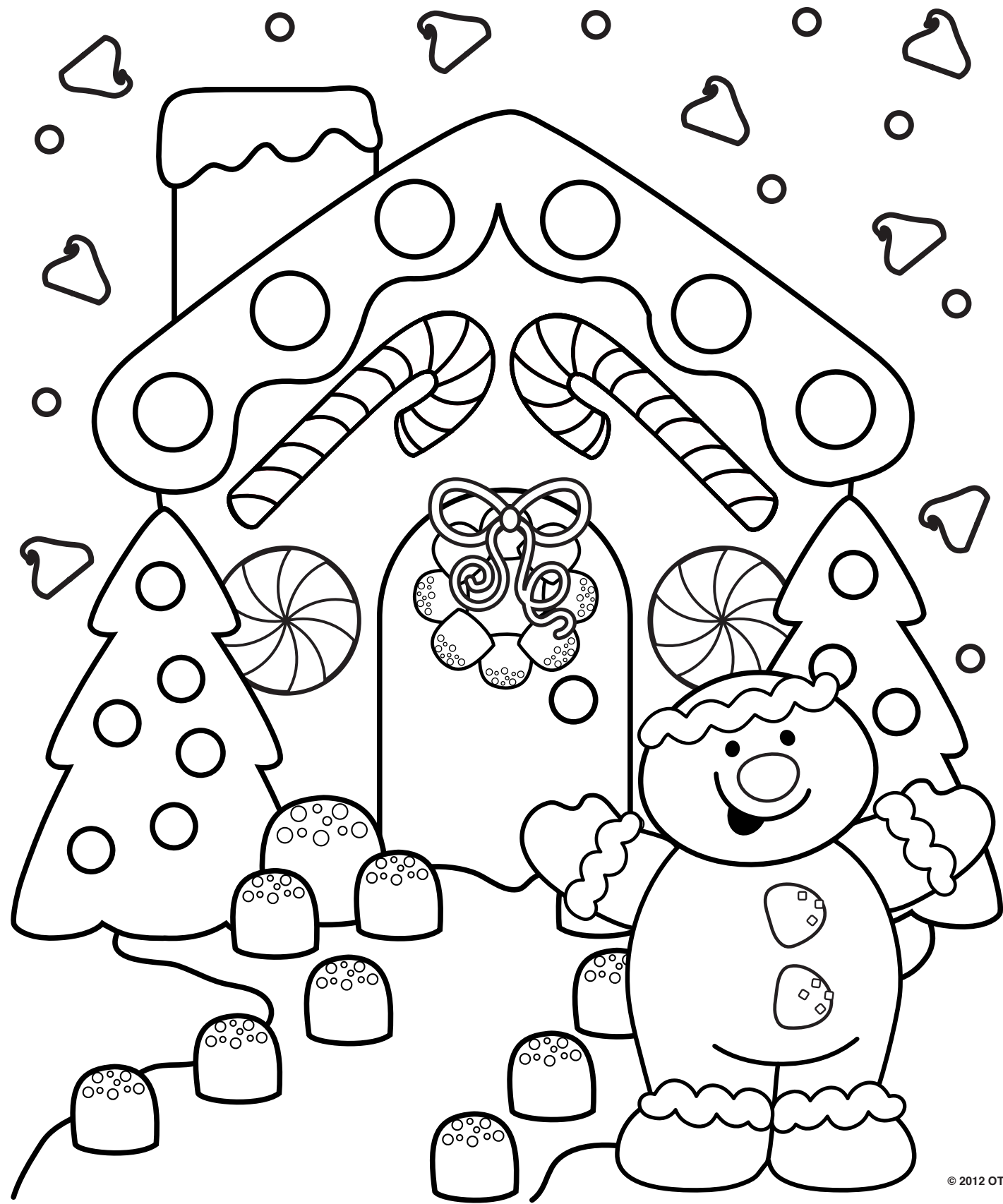
Step 6 - Add bead and string



Angel

Make this scene Christmassy. Try adding snow or even glitter







Eco-Christmas Top Tips

Buy less

When it comes to the environment less is almost always more. Buy less food, less manufactured good, less travel and less plastic will lead to a lot less waste.

Try and remember these three golden rules:

1. Reuse, reduce , recycle - where ever you can!
2. If you can make it home - make it!
3. If you do have plastic, look after it and use it as much as you can before throwing it away

Here are some ideas for making things at home:

Wrapping paper. On average, Brits use around 227,000 miles of wrapping paper. To check if your wrapping paper is suitable for recycling simply carry out the scrunch test: screw a piece of paper up in the palm of your hand, if it stays scrunched you can recycle it, if it unfolds itself, you can't.

Why not try and make your own?

All you need:

brown paper, a stamp (you can make one from a potato) poster paint.

Instructions:

1. Carefully cut a shape in your potato if you have a cookie cutter you can use this.
2. Dry the end of the potato and dip in the paint.

3. Stamp your potato on to the brown paper

4. Wait for the paint to dry and wrap!

<https://www.tate.org.uk/kids/make/paint-draw/wrapping-paper>

Food- We spend on average 20% more on Christmas food compared to other months which unfortunately can lead to a lot of leftovers. Why not make the most of the leftover food you have with these recipes ideas.

<https://www.jamieoliver.com/recipes/category/course/leftovers/>

https://www.bbc.co.uk/food/collections/christmas_leftovers

Christmas Trees - Up to 8 million Christmas Trees are bought every December in the UK. This can create lots of unwanted waste at the end of Christmas- If you like a real tree- have you thought about renting a Christmas tree? <https://www.bbc.co.uk/newsround/50536143>. If you buy a real tree make sure your recycle it- Cornwall council offer a collection service for your tree

<https://www.cornwall.gov.uk/environment-and-planning/recycling-rubbish-and-waste/recycling-collections/christmas-rubbish-and-recycling/>.

Tree decorations. Tree decorations are often made of plastic which isn't great when it ends up in landfill or the sea. Why not have a go at making one of these edible tree decorations which leave no waste once eaten?

https://www.bbc.co.uk/food/recipes/stained_glass_window_09846



Or you could make a salt dough creation for your tree

All you need:

2 cups of flour, 1 cup of salt, 1 cup of water

Instructions

1. In a large bowl, mix the salt and flour
2. Gradually add the water in until it forms a nice thick dough. Don't add too much or it will be a sticky mess
3. Set out some wax paper for the kids to make their shapes on
4. Don't forget to poke a hole in your creation – a straw works great for that
5. When you're ready to bake, transfer the creation still on wax paper to a baking sheet

The Christmas party outfit

Rather than heading straight out to the shops for some fast fashion why not buy something pre-loved? You can often pick up a fantastic outfit for a fraction of its original cost at charity shops up and down the high street or online selling sites like eBay.

Gifts

Why not consider buying your presents from a charity shop, meaning new resources don't have to be exploited and you have the added benefit of the money being donated to a good cause? Alternatively, homemade presents are a great way to show you care.

Christmas Lights

If you are buying new lights this year for your tree or house- why not go LED? LEDs are much more environmentally friendly as they use

up to 80% less energy. If every UK household swapped a string of incandescent lights for its LED equivalent, we could save more than £11 million and 29,000 tonnes of CO2, just over the 12 days of Christmas.

Shop local

Give your local shops and markets some love this Christmas and reduce carbon from travelling to big towns and cities. As well as supporting independent businesses, you're likely to seek out special finds you won't get anywhere else

Christmas Jumper

rather than buying a new jumper why not swap with someone else? It might be hard this year to get together in large groups to swap jumpers but you can swap with people in your bubble.

<https://www.bbc.co.uk/newsround/50674553>

Winter walks


When the rain stops, get outdoors. Getting outdoors makes us all feel better, gets us more active and gives us time to appreciate the nature around us. Here are some ideas from Get Active Cornwall <https://www.getactivecornwall.co.uk/activities/walking/circular-walks/>

Christmas cards

According to Imperial College researchers, around 1.5 billion Christmas cards are thrown away by UK households each year. E-cards could be a great alternative to cut your carbon footprint, save trees and save money. Friends of the Earth will help you send your paperless cards (donations to their charity is optional)

<https://ecogifts.friendsoftheearth.uk/category/winter-holidays>

But if you are buying cards to send look for cards with the Forest Stewardship Council (FSC) mark. Better still, have a go at making one.



Partners of Together for Families: Headstart Kernow, Cornwall Outdoors, Active Cornwall working in partnership with Tempo, Beach Guardian and CHAOS have again come together to offer a jam packed programme of activities to do throughout the month of December. A programme designed to help connect people with (and encourages taking care of) the environment, that raises awareness and promotes the benefits of being outdoors, and is focused on helping families to maintain positive emotional, physical health and wellbeing over this festive period

For more information, please visit:

**www.headstartkernow.org.uk/
www.getactivecornwall.co.uk/
www.cornwalloutdoors.org/**

www.cornwallwildlifetrust.org.uk/looking-after-yourself-and-nature-winter

Stay safe and have fun this holiday