

26th Edition December 2025



Christmas Newsletter



And so, it is time for our final Newsletter of 2025. As always, we wanted to say what a privilege we feel it is, to be invited into your home to give you a 'helping hand' to meet your individual needs. The whole team want to wish you a wonderful festive season and we look forward to celebrating with you. As this year comes to an end, our Newsletter includes:

- Training updates
- Tips to stay warm in winter
- Christmas recipe
- Quizzes
- Christmas dinners
- And much more!





TRAINING

At Helping Hand, we always like to ensure that all staff are fully equipped to provide the best and safest service we can.

Recently all our staff have completed their moving & handling training, and everyone is working their way through their mandatory training courses: Safe handling of medicines, food safety, safeguarding, dementia awareness and much more. Everyone is very busy making sure that you are all safe and comfortable at home.





Every year, we deliver a Christmas dinner and Christmas goody bags to any client who is on their own at Christmas, or unable to cook a dinner.

Please let us know if you would like a dinner (free of charge) and our elves will be happy to deliver!



CHRISTMAS DINNER MENU

Turkey & Gammon

New potatoes

Roast potatoes

Pigs in blankets

Sage and onion stuffing

Yorkshire pudding

Honey roasted parsnips

Brussel sprouts

Broccoli

Carrots

Gravy



Christmas pudding & custard

Goody bag:

savoury snack, chocolates,

mince pie & more!

Vegetarian option also available



GINGERBREAD BISCUIT RECIPE

Spicy gingerbread biscuits are the perfect Christmas treat. Shaped and iced, hang them on the tree as decorations (out of reach of dogs and children) or serve with a hot drink for a delicious snack.

Ingredients

350g plain flour

1 level tsp bicarbonate of soda

2 level tsp ground ginger

100g butter or block margarine

175g light soft brown sugar

4 level tbsp golden syrup

1 egg, beaten

Icing to decorate



Method

1. Grease three baking sheets.
2. Sift flour, bicarbonate of soda and ginger into a bowl.
3. Rub the butter into the flour until it resembles fine breadcrumbs.
4. Stir in the sugar.
5. Beat the syrup into the egg and stir into the bowl, mixing to form a dough and knead until smooth.
6. Roll out the dough on a floured surface to about 0.5cm and cut with a cookie cutter (Angels, Christmas trees, stars or snowmen!) placing them on the baking trays.
7. Bake in the oven at 190C - mark 5 for 12-15 minutes until golden.
8. Cool on a wire rack and ice when cool.
9. NOTE: If you intend to hang them, make a hole with a wooden skewer in the dough before you bake. You may need to use the skewer again once out of the oven to define the hole.



Tips to keeping warm during the winter months

Layer clothing: Wear several thin layers instead of one thick layer, as trapped air provides better insulation. Choose materials like wool and thermal fabrics.

Cover extremities: A lot of heat is lost through the head and neck, so wear a hat and scarf indoors if needed. Keep feet warm with thick socks and slippers.

Stay active: Move around and do light exercises, even while seated, to generate body heat. If sitting for long periods, stand up and move around every hour.

Use blankets and hot water bottles: Keep warm blankets on hand for when sitting down. Use a hot water bottle for extra warmth but exercise caution with hot surfaces.

Dress for bed: Wear warm pyjamas and socks to bed to prevent chills during the night.

Home heating and safety

Maintain a warm home: Set the thermostat to at least 68°F (20°C) Focus on heating only the rooms being used.

Block drafts: Seal drafts around windows and doors with weather stripping or draft stoppers to keep cold air out.

Ensure heating is functional: Have the boiler or heating system inspected annually. Check that all equipment is working before winter arrives.

Be prepared for power outages: If there is a power outage, have a plan, such as staying with a relative or friend, as electric heaters will not work without power. Always have a torch to hand.

Check CO detectors: If using a gas heater or fireplace, ensure carbon monoxide detectors are installed and working correctly.

Other tips

Eat warm meals and drinks: Have at least one hot meal a day and drink warm beverages throughout the day to help maintain body temperature.





As we get into the winter months, inevitably bad weather will arrive. Please do not worry about your visits, we will endeavour to get to you. We may be running late, please be patient and we will get to you as soon as possible



Christmas jumper day - Friday the 12th December

Many of our carers will be wearing their festive jumpers, please feel free to join them!





If you would like some help with card writing or wrapping presents, we are here with a 'Helping Hand' if needed - just let us know



Did you know we have a website?

If you or your family are able to have a look and give us some feedback, or any testimonials, we would be very grateful: www.helpinghandcares.com

We also have a Facebook page: [Helping Hand Homecare in Grantham.](#)



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REMINDER:

NEW TELEPHONE NUMBERS:

These will come into effect w/c 06.10.25. Our current office telephone number is still working at the moment but will become redundant very soon.

As the two new office telephone numbers are mobiles, this does mean we will be able to receive messages by text and what's app, so you may find it easier to contact us.

OFFICE NUMBER 1: 07468 645026 - AVAILABLE MONDAY - FRIDAY 9.30AM - 4.30PM

OFFICE NUMBER 2: 07353 786692 - AVAILABLE MONDAY - FRIDAY 9.30AM - 4.30PM

ON CALL PHONE - 07866 674221 - AVAILABLE FOR OUT OF HOURS EMERGENCIES

IF YOU DO NOT GET AN ANSWER FROM THE FIRST NUMBER, PLEASE CALL OUR OTHER NUMBER





Reindeer Word Search



BLITZEN
 COMET
 CUPID
 DANCER
 DASHER
 DONNER
 PRANCER
 REINDEER
 RUDOLPH
 SANTA
 SLEIGH
 VIXEN

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





Please find our Christmas Quiz on the next page. When you have completed it, please give it to a carer who will bring it back to the office. All correct entries will go into a hat and our receptionist will pull out the winning names. There will be a:

1st, 2nd and 3rd Prize

A fabulous Christmas hamper is waiting for our 1st prize winner



Your completed entries need to be returned to the office no later than Friday 19th December as Santa will want to deliver the prizes in time for Christmas morning!



CHRISTMAS QUIZ 2025



1. What ornaments do elves traditionally have on their shoes?
2. What is the colour of mistletoe berries?
3. How many points does a snowflake traditionally have?
4. In what country did the putting up of a Christmas tree tradition originate?
5. What star sign would you be if you were born on Christmas Day?
6. Which country is the largest exporter of Christmas trees?
7. On what day of the week does Advent commence?
8. How many ghosts appear in *A Christmas Carol*?
9. What type of tree is most commonly used for Christmas?
10. What country started the tradition of gifting chocolate coins?
11. Which UK monarch delivered the first Christmas Broadcast to the BBC in 1932?
12. What colour was Santa's suit before he was rebranded red by Coca Cola?
13. Who wrote the iconic story, *A Christmas Carol*?
14. What is the influence behind the classic shape of candy canes?
15. What is the name of devilish European creature that visits and punishes naughty children at Christmas?
16. Which spirit is usually added to and served with Christmas pudding?
17. In which country is Christmas celebrated on January 7th?



We hope you have enjoyed our Christmas newsletter and that we have provided you with some useful information.

If there is something you would like us to include in our next newsletter, or if you have any good ideas that everyone may like to read about, please do let us know.

We can always research information about certain subjects of interest, so any ideas, tell us and we will do our best to accommodate.

Wishing everyone a very
Merry Christmas
and a very
Happy New Year



From all of us at Helping Hand



Helping Hand
Homecare Services
...we care