

S for Skills

1. How handy are you?

While many of us live alone, do take care if you are challenging yourself to learn how to build flatpack furniture, put up a shelf or change light bulbs while there is no one to hand if you have a fall or don't have the correct tools to hand. There is nothing so satisfying than to achieve the feeling of self sufficiency though. Just read instructions fully beforehand.

Did you know that some branches of Kwikfit run car care evenings for ladies? Would you know why a light on the dashboard is on while you are driving? Or how to change a lightbulb or wiper blade? Maybe your Trefoil can check with your local branch to see if a session could be run for you.

2. Learning a new handicraft skill.

If you have a crochet hook in your home or if a family member or friend can get a crochet hook and suitable wool to you find instructions on line and give it a go. We have a simple crochet Easter bunny bunting and another is for those of you who decorate Christmas trees for your local church. Musgrave Methodist Church, Durban, South Africa, produced this tree made up from crochet blankets and woollen pompoms for 2019. The blankets have since been donated to the homeless and to children's homes in Durban. Christmas is a way off yet, but maybe now is the time to start, with our blankets circulated to dementia homes or other residential homes local to you.

3. Learn a new outdoor skill.

- Gardening: make your own compost, a simple heap of grass cuttings, vegetable peelings and cardboard in a sunny corner of the garden. Add food waste and garden waste in roughly equal measures and make sure you mix it up occasionally with a fork. It will take about 6 months to mature. Plant seeds, using old egg cartons for seedling pots. When it's time to plant the seedlings, separate the sections and plant directly into the soil, the carton bits will just rot in the earth.
- To keep slugs off your plants, scatter crushed up eggshells or coffee granules around them – and try rubbing Vaseline around the top of pots.
- Star gazing – learn the constellations and on a clear night try to identify these constellations.
- Bird watching – if you have a garden then look at the way to feed birds locally, ensuring that any bird feeders are away from the clutches of cats. If

you live in a flat, there are bird feeders that can be purchased or make for balconies or windows.

- Games and sport – don't forget that playing a sport you will need skill or can learn a new one.

4. Extend a skill

Remember, every one of us have skills of one kind or another. Many of us have skills that we won't have practiced for some time and probably need to brush up these activities, whether they be craft related, or playing an instrument, art or sport. Now is a chance to put this in to practice.

5. Teach or share

If you enjoy crafts and want to share ideas with your friends, while we are not meeting in our guilds, or if you are an internet or lone member, why not put together small starter packs to share with your friends or other members.

Are you interested in exploring museums? Why not explore and share your knowledge with others? You can also search on line for virtual tours to explore places of interest.

6. Would you like to write, paint, sculpt or take up a new interest?

Why not learn sign language? Try the British Sign language alphabet and if you can access the internet, [log on to BSL dictionary](#) and challenge yourself to learn to sign 10 words. You could then teach this to other Trefoil members.

Learn a poem and try to write one of your own. I'm sure many of you will have read 'Vespers' by A.A. Milne to our own children, or it was read to us as a child. Or do you remember at school, having to learn I wandered Lonely as a Cloud by Wordsworth? So many poems to choose from and share.

Challenge yourself to learn to draw. There are plenty of videos online or books you can borrow from the library.

7. Invite members of your local Ranger unit to share smartphone or computer skills, or other skills they have.

Why not invite a Girlguiding volunteer or a member from your church to help to us use our mobile phone or computer more effectively, or invite a local Ranger group to do skill swap evening. They can help with skills such as technology, photography, dance or craft, and you can share skills such as cooking, creating, or teaching skills you have mastered.

8. Brush up on some of your old Guiding skills.

Many of our guiding skills we should do as a group, but we can brush up our knotting skills. Do you remember learning macrame? It was very popular some years ago and has recently become popular again. Many of our knots can be found in macrame patterns so why not try to make your own knotting sampler to share with others. Find the instructions on line and pass on the details to others in your Trefoil.

T for Together

- Go on a tree walk.
- Visit the [Wildlife Trust website](#) and choose which of the nesting birds to follow. See if you can find out more about the birds you follow. This may not be a tree walk but linked to the great outdoors!
- For anyone who hasn't visited Kew Gardens, or even if you have visited, this [virtual tour](#) is well worth watching.
- Ever visited Highgrove House? The home of HRH the Prince of Wales and the Duchess of Cornwall. These [gardens are well worth exploring](#). Why not plan a visit for later in the year?
- Choose a worthy cause. Finding a worthy cause to support is never a problem for Trefoil members. Share your ideas within your country or region and with other Trefoil members.
- Raise awareness. Why not write an article for your local paper or community magazine on what Trefoil is and what you get up to.
- Plan to do something really different with your Trefoil.
- Make and take a plate of food. Prepare a meal using ingredients you have to hand and adapt a recipe or try a new one. Run a pot luck dinner or a bring and share a dish meeting for your Trefoil. Or you can organise a virtual dinner party with your Trefoil friends who can't attend meetings. Decide on a menu with food you can easily access, meals don't have to be fancy. Dress your table, maybe with flowers or a candle, and dress up yourself. Join friends through skype, zoom or similar, raise a glass and cover any number of topics.
- Go on a virtual or real mystery tour. There are so many virtual tours to choose from. There are tours of cities and famous tourist sites to visit. Some interesting tours that I enjoyed are [Buckingham Palace](#) and [SS Great Britain](#).

- Have a games meeting. Why not bring all bring a jigsaw to complete with other members of your guild, or challenge yourselves to compete at completing them. You can also try this online and challenge how long it takes to complete. You can find some [online jigsaw puzzles here](#).

A for Action

- Make contact with a Trefoil that is new to you. It's not so easy to make new Trefoil friends and link with other guilds or individual members in other parts of the country or worldwide. For any group of members planning a Trefoil holiday, why not contact a guild local to your destination to meet up, maybe share a meal? Or, why not invite a neighbouring Trefoil to join you for one of your meetings, or maybe plan an outing together?
- Research 3 local issues. There are examples listed but these may not be specific to your area. Why not list possible topics that you may be interested in, for example, local bus service, public footpaths, street lighting, play areas. Why not produce a questionnaire or survey for Trefoil members? It may be possible to ask a local council representative to attend a meeting. Check your local council website to see if there are any local council forums that you could join,
- Take action to grow the membership of your Trefoil. Now is the time to raise the profile of Trefoil. Contact your Trefoil Guild PR adviser for posters and other PR leaflets, or order some from the Girlguiding shop. Many of us have photos of our Trefoil events to make an attractive display. Always be on the lookout for local coffee mornings etc or ask your local library or other community area if you can put up a display. Be seen to be active at displays. Why not set interactive challenges for the public and be proud to wear your promise badge!
- Brighten up a local public place. Get involved with or start your own community action to brighten up a grass verge, traffic island or railway station by planting in open spaces. While we do not want to be seen to be causing a build up of rubbish by making anything such as bunting or decorations, why not think about looking at the front of our own properties, whether it be a house, whether small or large, with a front garden or a one room flat, with or without a balcony. Seasonal wreaths or cuttings from gardens can be a big help. Many of you will have your own ideas of how to decorate windows or gardens. Brighten the day of people passing by and our delivery drivers, posties, rubbish collectors and key workers on their way

to and from work. Don't forget to share your ideas by taking photographs. If you have a computer and use the internet, do share your photos through the Trefoil Guild social media and email them to trefoilguild@girlguiding.org.uk to be submitted for our magazine - **The Trefoil**. We would all love to see what you are doing.

- Take action to support and help run a guiding event. Why not check out resource packs that can be found on the WAGGGS (World Association of Girl Guides and Girl Scouts) website? Then contact your local Girlguiding leaders to discuss the possibility of running an event or looking at using ideas for a weekly meeting. Ideas from these resources may well fit in with UMAs, with the added bonus of the possibility of earning a badge. Don't forget, WAGGGS website is a good resource for Trefoil meetings and events too.
- Take action to get an article, report, story or picture of your Trefoil. Many of us take photos at events or meetings, as a personal memento, but there will be others who would love to see what we've been up to. Nothing better than an activity-based photo to bring a smile to our faces! Don't forget, you must have permission from all members to publish photos. When writing an article, report, or story, think of it as if you are relaying an event to a friend - make it an article to remember that will make others want to join us.
- Find out about the history or origins of a local tradition or custom. There are so many options. Try St Georges Day or Saints Days, although the challenge here is for a local tradition or custom; is there a saint or famous or infamous person from your local area? As we approach May Day, what about dancing around the maypole? Or looking into the Squires of Morris dancing and different forms of Morris dance? The history appears to stretch back to the 15th century, recorded in church festivals and even mentioned by Shakespeare. Don't forget, local traditions need not be a festival. From Dorset Buttons in the south to Fair Isle knitting in the north and so much more to discover in between. Check out whether there is a local history group. They might be aware of traditions or customs that are no longer celebrated. This could be the basis for a future programme idea.
- How green can you be? We are all becoming much more aware of the damage caused by plastics in landfill or polluting rivers, waterways and seas, creating a massive impact on the animal kingdom and on our own health and that of our families. We're used to seeing wind farms both on land and in the sea. There are more electric cars on the road and more charging points to be seen, particularly at motorway service stations. We

are becoming more aware of food packaging and food wastage, as well as the miles that some food supplies travel and the impact that may cause. Local councils encourage us all to recycle in so many different ways. Supermarkets are now providing reusable fruit and vegetable bags when you select your greengroceries in store and I'm sure most of us are reusing carrier bags. I'm sure it won't be too much longer before more of us will be taking our own food containers shopping when buying groceries to cut down on the amount of plastic packaging. But are you aware of ECOBRICKS? An ecobrick is way to reuse single use or non-recyclable plastics to avoid these ending up in landfill, or the ocean. Check out the ecobricks website on www.ecobricks.org to find out how to fill a bottle and what to use, then where your local ecobricks depot is. These ecobricks can be used around the world for a variety of projects, including, in the UK, childrens play areas.

- Don't forget, those of you who want to improve computer skills, log on to [iDEA](#) or [European Computer Driving License](#). For any of you working on your Voyage award, working on the ECDL course would be an ideal way to complete your myself or skills section.

R for Roam

May Day Celebrations by Ben Johnson

Many folklore customs have their roots planted firmly back in the Dark Ages when the ancient Celts had divided their year by four major festivals. Beltane or 'the fire of Bel', had particular significance to the Celts as it represented the first day of summer and was celebrated with bonfires to welcome in the new season. Still celebrated today, we perhaps know Beltane better as May 1st, or May Day.

Down through the centuries May Day has been associated with fun, revelry and perhaps most important of all, fertility. The Day would be marked with village folk cavorting round the maypole, the selection of the May Queen and the dancing figure of the Jack-in-the-Green at the head of the procession. Jack is thought to be a relic from those enlightened days when our ancient ancestors worshipped trees.

These pagan roots did little to endear these May Day festivities with either the established Church or State. In the sixteenth century riots followed when May Day celebrations were banned. Fourteen rioters were hanged, and Henry VIII is said to have pardoned a further 400 who had been sentenced to death.

The May Day festivities all but vanished following the Civil War when Oliver Cromwell and his Puritans took control of the country in 1645. Describing maypole dancing as 'a heathenish vanity generally abused to superstition and wickedness', legislation was passed which saw the end of village maypoles throughout the country.

Dancing did not return to the village greens until the restoration of Charles II. 'The Merry Monarch' helped ensure the support of his subjects with the erection of a massive 40-metre-high maypole in London's Strand. This pole signalled the return of the fun times and remained standing for almost fifty years.

Maypoles can still be seen on the village greens at Welford-on-Avon and at Dunchurch, Warwickshire, both of which stand all year round. Barwick in Yorkshire, claims the largest maypole in England, standing some 30 metres in height.

May Day is still celebrated in many villages with the crowning of the May Queen. The gentlemen of the village may also have been found celebrating with Jack-in-the-Green, otherwise found on the signs of pubs across the country called the Green Man.

May Day traditions in southern England include the Hobby Horses that still rampage through the towns of Dunster and Minehead in Somerset, and Padstow in Cornwall. The horse or the Oss, as it is normally called is a local person dressed in flowing robes wearing a mask with a grotesque, but colourful, caricature of a horse.

In Oxford, May Day morning is celebrated from the top of Magdalen College Tower by the singing of a Latin hymn, or carol, of thanksgiving. After this the college bells signal the start of the Morris Dancing in the streets below.

Further north in Castleton, Derbyshire, Oak Apple Day takes place on 29th May, commemorating the restoration of Charles II to throne. Followers within the procession carry sprigs of oak, recalling the story that in exile King Charles hid in an oak tree to avoid capture by his enemies.

- Why not celebrate the coming of summer with an overnight camp in your back garden? A number of us will have tents, sleeping bags and other camping paraphernalia and, of course, our camp blankets.
- Think of camping, cardboard box ovens, charcoaled sausages, chocolate bananas, smores? Disposable barbecues can be purchased online from camping outlets. Do follow guidelines on use and do dispose of them after

use in the proper manner. Then entertain the neighbours with some campfire singing or just snuggle up with a good book and a torch, remembering the extra batteries!

Check out the following blog on back garden camping from [the Blacks website](#), and this one about [Girlguiding and Trefoil](#).

- Invite members who have completed any level of Voyage award to put together a display or write up a diary of how you achieved your award. If no one in your guild has started the Voyage Award yet, why not check out the Trefoil Guild website or speak to your programme adviser for support?
- Take part in a Trefoil or Girlguiding international trip. In taking part in an international event with Trefoil or Girlguiding, this doesn't necessarily mean travelling abroad. Anyone who may have taken part in Girlguiding international selection will know that an international camp could well be held in the UK. Or tell other members of a trip you have been on previously with a presentation and show and tell.
- Explore the WAGGGS World Centres via their website. You can take a virtual trip in one of these places. This could include off site visits, local crafts etc. Why not use your plans to run an international evening for others. As well as the World Centres, it is possible to stay in other Guiding and Scouting homes in other countries such as Burg Reineck in Bavaria, Germany and Jambville, the Scout and Guide HQ in France, north-west of Paris. A group of Trefoil members from Dorset have stayed at Jambville. Are there any other centres that you are aware of?
- Invite a speaker to talk about plants that enhance sensory garden. Our 5 senses - sight, smell, sound, taste, touch - should be stimulated in a sensory garden. Sensory gardens benefit so many, not only those with physical or mental health issues, but for every one of us. If you have a garden, do you have an area where you can make your own sensory area? Maybe with pots of herbs or flowers such as lavender? If you don't have a garden, then do you have a houseplants, or windchimes. A special place to sit where you can relax, maybe using the sense of sound? Music is so uplifting, whatever the genre.
- Make your own windchimes. Materials:
 - Assorted beads and charms, bells (or anything that makes a pleasant sound), driftwood (or wooden dowel), nylon beading thread, beading needle, electric drill and small drill bit, twine.

- Start by drilling holes in your piece of driftwood (or wooden dowel). Use a pen to mark where you want the holes to go, make 5 holes, but you could make as many as you like.
- Pour your beads, charms and bells into small bowls or teacups, sorted mine by colour.
- Cut a length of nylon beading thread to approx. 22" in length.
- Tie a bell to one end, leaving a few inches of excess thread at the end of the knot. Thread the needle onto the other end of the string.
- Begin threading beads onto the nylon string. Have each strand a different colour, if you want to create a rainbow effect. You could also mix in wooden beads and metal charms.
- Once you've finished beading your strand, unthread the needle. Then, making sure not to lose your beads, thread the needle onto the few inches of string you left at the bottom (from knotting the bell). Then insert the needle back up through 2 or 3 beads to hide the end of the thread. Snip off any excess string and carefully set the beaded strand aside and start the next one.
- Continue to create beaded strands until you have one for each hole that you made in the driftwood.
- Once you're done you can lay the finished strands out and make any adjustments you might want. If you want the wind chime to hang at different lengths remove a few beads from some strands and added beads to others until you achieve the look you want.
- Next, carefully pick up the first strand. Thread the needle and string it through the first hole in the driftwood. Thread a bead onto the top of the wood and carefully tie a secure knot around the bead. Thread the excess string back down through the driftwood and through a few beads, then snip any excess.
- Repeat this process until all beaded strands are secured onto the wood.
- Finally, make a hanger by wrapping twine around one end of the wood, securing with a knot. Then allow some slack for the beaded wind chime to hang from and wrap the string around the other end of the wood. Secure with a knot. Cover the end of the string with some craft glue to hold it down. and you have your wind chime!
- With other Trefoil members explore a local footpath. Unless we have a footpath close to our front door, those of us who are fortunate enough to go out for a walk or cycle. What we can do though, is to explore local maps or

use the internet to find a route that we haven't explored before and plot the route to explore when once again we can travel freely.

- You can explore canals in person too, or virtually. [Log on to the canal river trust website](#), with a choice of canals to explore, take time out to travel down canals and through the locks. With the 360° camera, not only can you view the scenery all around, but as the barge travels over a viaduct, don't forget to look down and view what is below.
- Bridgewater Boaters Trefoil Guild members have a shared interest in narrow boating, but no boating experience is required. Bridgewater Boaters support members in gaining several boating qualifications including Girlguiding's narrow boating licence and the Certificate in Community Boat Management. Alternatively, guilds can use members as crewing services on holidays afloat, running 'taster' sessions or helping leaders gain confidence aboard. Check out their [Facebook page](#) or why not try the Bridgewater Boaters Challenge? Don't forget to order your badge as well.
- There are so many places of special interest for us to visit both at home and abroad, how do we choose? Our suggestion for your challenge here is to research a place to visit such as a UNESCO World site. Identify a starting point then share with other members of your Trefoil. The challenge is for each of you to find a route, travelling by public transport only. See how many different routes can be taken and how long each journey will take. Enjoy your journey!
- Invite a farmers market stallholder to your Trefoil meeting or run your own bring and swap evening. Bonus points for anything you have grown yourself.
- An excellent source of fresh fruit and vegetables is to [find a local supplier](#). Prices are often reasonable, carbon footprint will be minimal and you will be supporting local farmers. Check with your provider if they have any information or whether they would be willing to come along to a Trefoil meeting to talk about their business.
- If you can access the seeds and compost, why not attempt to grow your own vegetables? Some supermarkets sell seeds. Or there are various websites to choose from.
- Find out about the Trefoil TOPAZ project. TOPAZ teams past and present would be happy to come to a Trefoil meeting to tell members all about the amazing experience of travelling together to work on overseas partnership adventures.
- Why not try the TOPAZ challenge? Plenty of activities for you to try - all the information is our website.

- Invite someone to your Trefoil meeting to talk about trees, wildflowers or birds in your local area. Most of us can possibly recognise the more common trees around us, can maybe recognise the sound of the blackbird, sparrow or robin and possibly be able to name some but not all wildflowers. There will be some of us who can name many - why not share this information through a walk, a quiz, or a presentation?
- Did you know that Sunday 3rd May 2020 is International Dawn Chorus Day? Log on to the [RSPB website](#) to visit any or all of the RSPB reserves to share in this beautiful sound.
- When leaving your home for a walk, why not take a camera, or use a mobile phone to take photos of trees, leaves, flowers of grasses and then see if you can identify what you have spotted. Don't forget that no wild flowers can be dug up and that there are limited wild flowers that you can pick. 12 that you can safely pick are:
 - Meadow buttercups
 - Cow Parsley
 - Primrose
 - Common dog-violet
 - Greater stitchwort
 - Dandelion
 - Red Campion
 - Daisy
 - Ox eye daisies
 - Yarrow
 - Common knapweed
 - Meadowsweet
- Do you have any clay, or something similar, at home? Why not pick a few flowers, leaves or grasses and try your hand at making a clay wall hanging. If you can't go for a walk, but do have a garden, I'm sure that there will be flowers and leaves that you can use. There are [various websites to help](#).

S for Self

- Do something you've always wanted to do. There is no restriction on planning, think long and hard and start planning - it could be something small or a big goal.
- Have you ever wanted to try some water sports, or maybe learn to swim? Do you fancy abseiling down the side of a building? Maybe go on a llama walk? Visit Buckingham Palace? Or sing in a choir? So many choices open to us all.
- Arrange and take part in a pamper day. There are many online 'recipes' for face masks, foot scrubs, hand creams etc, most using fruit and vegetables which we may prefer to eat rather than spread over our faces or rub in to our hands.

- One idea to consider is making bath bombs, an ideal gift for others if not as a treat for yourself. Bath bomb recipe - makes 4 half-balls. Prep 30 mins, plus 2-4 hrs setting. Ingredients
 - 100g bicarbonate of soda
 - 50g citric acid (can be bought online and from some larger pharmacies)
 - 25g cornflour
 - 25g Epsom salt (optional)
 - 2 tbsp oil – such as sunflower, coconut or olive oil
 - ¼ tsp essential oil, such as orange, lavender or chamomile
 - a few drops of liquid food colouring (be sure to use liquid food colouring, not gels. Gels will clump together when added to the bicarbonate and it's hard to mix in)
 - orange peel, lavender or rose petals, to decorate (optional)
- You will also need a mixing bowl, whisk, plastic moulds.
- Method:
 1. Put the bicarbonate of soda, citric acid, cornflour and Epsom salt in a bowl, then whisk until fully combined.
 2. Pour the base oil, essential oil and food colouring in a small bowl. Mix together well, combining the oil with the colouring as much as possible.
 3. Very slowly add the oil mixture into the dry ingredients a little at a time, whisking between each addition. When all the oil is added, add a few tiny drops of water and whisk again (it will fizz when you add the water, so mix it in quickly). You're looking for the mixture to slightly clump together when pressed in your hand and keep its shape – it shouldn't be too wet.
 4. If you're adding peel or flower petals to decorate, drop them into the bottom of your chosen mould. Pack your mixture tightly on top, pressing down and smoothing out the top with a teaspoon.
 5. Leave your bath bomb in the mould to dry for 2-4 hrs, then carefully remove it. It's now ready to drop into the bath – watch it fizz away!
- You can use anything flexible as a mould for your bath bombs, so have fun looking around your home for things you could use. Here are some ideas to get you started:
 - Yogurt or pudding pots
 - Christmas tree decorations i.e. a star
 - Silicone ice cube trays or cupcake cases
 - Plastic biscuit cutters, place on a tray

- Top tips for making bath bombs - once you've added the liquid to the mixture, you need to work quickly to mix everything together and push it into the mould as soon as you can.
- To allow your bath bombs to dry, leave uncovered in a cool, dry place (away from taps and humidity). They will take longer to set in humid weather.
- If you have more than one colour, why not make a rainbow bath bomb? Layer up the different colours, they will blend together beautifully.
- Hold a cake and pudding recipe swap. Having to shop online is very different to visiting our supermarkets, local shops or farm shops, when we can see what is available, and is fresh and appealing. Most of us have ingredients in our store cupboard or freezers but if you have a surfeit of ingredients, you can search the [BBC food website](#) and you will usually have a good selection of recipes to choose from. You may well have discovered a recipe that either you had forgotten about, or have never attempted before. Why not contact other members of your Trefoil and see if they have a new recipe too? Why not write out the recipe, share with your Trefoil friends and have a taster evening when you can meet once more.
- Take time to declutter. Clear out kitchen cupboards, thrown away all the out of date leftover tubs of herbs, or other ingredients and take stock of what you have. Clear out wardrobes and drawers make a pile of clothes to fix up, upcycle, sell or donate. Sorted through your craft drawers and collect items to try new crafts out of what you already have.
- Take time to explore a book or piece of music in a genre new to you. Are you aware that literary festivals or music festivals happen all over the country? For instance, the famous Hay Literary Festival runs during May, but you could always try setting up your own. Why not start small at guild level, then scale up to your local community or county level.
- Try a new genre of music. You can listen online or try swapping music with a fellow member. You could also go to a gig or concert, or see if a local café, bar, or venue has a music night.
- Revisit a hobby or interest from your past. Your hobby or interest may have been sports related, or maybe you have an interest in nature. Or could it be that your hobby was musical or dance related, or arts and crafts were your favourite hobbies. If you have scrapbooks, photos, certificates or medals, why not look them out and remind yourself of your achievements. Could you teach some of your skills to other guild members?

- Share amusing memories of guiding days or school days. For anyone who has watched 'Would I Lie to You?' on BBC TV, challenge each Trefoil member to write out 4 guiding or school scenarios that may have happened, with just one that actually happened to them. The aim is to discover which is the truth.
- Revisit some favourite old games and activities. This could be a good opportunity to organise a Brownie or Guide unit meeting. If you have enough Trefoil members, maybe break in to sixes or patrols, set challenges, plus a game or 2, ending with campfire songs followed by Brownie Bells or Taps. Why not have or make patrol badges to give out?

STARS resources for advent

Listed below are a few more ideas to consider during Advent. For those of you who enjoy craft and have materials at home, I'm sure that you may have already tried some of these ideas. Read through these ideas and see which clause you can use them for.

- Why not try an international Christmas recipe that you haven't used before and share with others. Many of us may have made stollen or Tunis cake. There is such a wide choice of other recipes to try.
- Organise a virtual game to play with your Trefoil friends. Many of you are already playing a range of these games.
- Learn how to attach your own virtual background for your next zoom meeting. When you log on to zoom, go to settings. There are a few suggested backgrounds. There is also an option to add one of your own photos. Why not look out for a seasonal photo?
- Go to a local Christmas tree festivals or a classical Christmas concert
- Organise or attend a charity fundraising carol concerts
- Visit a panto or try writing your own
- Make your own Christmas cards. If you haven't made cards before, there are plenty of ideas online. A hand made card or gift will be well received.
- Try an Advent wreath. Most of us have Christmas decorations that we same from one year to the next. A simple wreath can be made with a selection of baubles or bows, dried orange slices or cinnamon sticks. Or if you have a garden, why not make a simple arrangement with evergreen foliage and add a few baubles and bows to brighten up a room.



- Make a Christmas facemask – patterns are available online. If you have any seasonal material or add a bit of sparkle.
- Orange pomander – all you need are oranges and cloves. Use a darning needle or cocktail stick to pierce the orange skin to make it easier to stud the cloves.
- Finally, why not sit back and take time to enjoy a Christmas classic, be it a film, book or music.