

Christmas Newsletter 2021

December 2021

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From us all at Recovery Near You:

We would like to wish you a very happy Christmas and New Year.

Maintaining a positive mindset is essential and at times very difficult to do so, especially during times like these which is why the extra level of care we try our best to provide regularly has been of utmost importance to us now especially.

selves filled with self doubt at times, you are the reason we wake up every morning and love the work that we do.

We hope you have a wonderful festive period in any way you choose to celebrate and that the coming year is filled with love, light and positivity.

We are very proud of you and want you to know that although times are difficult and you may often find your-

support, something to do, a distraction or just simple some positive energy.

We have included a few activities, recovery tips and more. So get your pen at the ready, pop your Santa hat on and join in on the festive fun!

Merry Christmas & Happy 2022!

Recovery near you

Service updates:

We are open for appointments only and needle exchanges. We are closing at 3:30pm on Xmas eve and close on Christmas Day until Wednesday 29th. We will be closing at 3:30pm on New Years Eve and closed on New Years Day. Check with your local pharmacy for

needle exchange services, as well as Boots Pharmacy in the Mander Centre.

Remember to collect your medication from the pharmacy regularly over this period as we will be unavailable for 4 days.

For emergencies please call

emergency services on 999 or 111 for NHS .

Samaritans: 116 123

Crisis & Home Treatment Team: 01902 444 141

The Good Shepherd (12pm-3pm, Mon-Fri): 01902 399 955



Salted Caramel & Biscoff Cookies

INGREDIENTS:

- ◊ Half a stick of butter
- ◊ 1/3 cup brown sugar
- ◊ 1/3 cup caster sugar
- ◊ Plain flour (approx. 1 + 1/2 cups)
- ◊ Approx. 2 tablespoons of biscoff spread
- ◊ Caramel
- ◊ Sea salt

METHOD:

Preheat your oven to gas 5 and line a baking tray with baking paper
Melt the butter in a bowl until

it starts to run but is still slightly chunky

Add both the brown and caster sugar and mix

Now add your sifted flour in parts and mix until it forms a dough that has almost a playdoh texture. Not too sticky but not dry either

Now fold in your biscoff spread gently so it swirls throughout the dough

Take a ball of dough in the palm of your hand, and press your thumb into the centre of it, forming a small pocket

Add about a teaspoon of caramel into the pocket and gently fold the dough over slightly

and place onto the baking sheet

After you have placed each ball of dough on the baking sheet spread apart so that there is space in between each cookie, gently press down on them to flatten them slightly and then sprinkle a pinch of sea salt over each cookie, focusing on the areas where the caramel is exposed

Now bake your cookies for approx. 20 mins until golden and firm to touch but slightly soft when you press down

Allow to cool for about 10 mins and enjoy



Gingerbread

INGREDIENTS:

- ◊ 200g plain flour
- ◊ Pinch of salt
- ◊ Bicarbonate soda 2tbsp
- ◊ 2tbsp ground ginger
- ◊ Pinch of nutmeg
- ◊ Pinch of cinnamon

◊ 80g butter

◊ 80g sugar

◊ 2-3 tbsp golden syrup

Sift the flour, salt, bicarbonate soda, ginger, nutmeg & cinnamon into a bowl. In a saucepan, melt the butter, sugar and syrup until dissolved and let

cool for a few minutes.

Add the butter mix into the bowl of dry ingredients and form a dough.

Flour a flat smooth surface and roll out the dough. Cut your shapes out and bake on a lined baking sheet for 10 mins. Let cool, decorate and enjoy

Slow-cooker hot chocolate

INGREDIENTS:

- ◊ Ingredients:
- ◊ 1 tub of Cocoa - this was 175g
- ◊ 4 Pints of Milk
- ◊ 1 small tub of Single Cream - I used half.
- ◊ A large scoop of Nutella.

METHOD:

Put the full tub of the Cocoa Powder and a huge scoop of Nutella in the slow cooker

Then add the 4pts of Milk and half the tub of cream.

Give it a really good stir

Put the lid on, turn it on low for 2hrs

When ready give another



good stir and use a ladle to serve up and top however you wish!

Pineapple and coconut cupcakes

INGREDIENTS:

- ◊ 250g butter
- ◊ 150g caster sugar
- ◊ 2 medium eggs
- ◊ 1 tsp vanilla
- ◊ ¼ cup desiccated coconut
- ◊ 250g self-raising flour
- ◊ 2 tsp baking powder
- ◊ Splash of milk
- ◊ For the topping and filling:
◊ 3-4 tbsp cherry jam/conserve
◊ Desiccated coconut

- ◊ 2 tbsp pineapple juice
- ◊ Icing sugar
- ◊ 1-2 pineapple rings/chopped pineapple chunks

METHOD:

Preheat your oven to Gas 4. In a mixing bowl, cream together your butter and sugar, then add the coconut, vanilla and the eggs and beat until smooth, light and fluffy. Gently fold in your flour and baking powder and add your milk and mix just until the mixture is combined. Divide the mixture into your cupcake cases – you'll want to fill them right up (I use an ice-cream scoop and measure about 2 spoonfuls into each case)

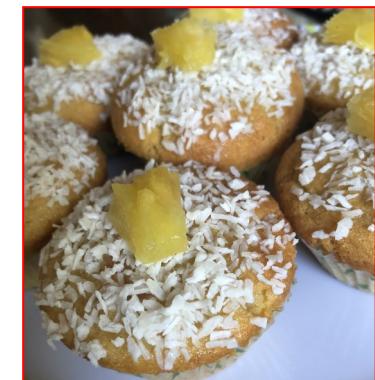
Bake for about 20 mins or until risen and golden. Let them cool whilst you make the glaze.

For the glaze, mix together the pineapple juice and icing sugar – add a little icing sugar at a time, you want a very thin glaze just enough to soak through the cake slightly and enough for the coconut to stick to.

In a separate bowl, mix your jam until it's smooth and transfer into a piping bag and

cut a small piece off the end. Once the cupcakes are cool – poke a hole through the centre of each cupcake using a straw and then fill with the jam using the piping bag.

Now carefully dip each cupcake into the pineapple glaze and then dip into desiccated coconut and decorate with a pineapple chunk.



Black forest brownies

INGREDIENTS:

- ◊ 250g butter
- ◊ 120g dark chocolate
- ◊ 2 tbsp Nutella/choc spread
- ◊ 2 tbsp black forest syrup
- ◊ 1/2 cup caster sugar
- ◊ 1/2 cup brown sugar
- ◊ 2 medium eggs
- ◊ 1/3 cup cocoa powder
- ◊ 1 cup plain flour

- ◊ 4-5 tbsp black cherry conserve

METHOD:

Melt the butter and then add the dark chocolate broken into pieces and whisk until the chocolate is all melted and the mixture is smooth and glossy. Add the sugar, Nutella and mix until smooth. Add in your eggs and mix. Now sift in your flour and cocoa powder and fold with a spatula until combined—don't over-mix.

Add the batter into a lined square baking tin and then gently blob the cherry conserve onto the mixture and with a knife swirl and ribbon



the cherry conserve so that it has been distributed to the brownie mix but is not completely mixed in with the batter. It should have a marble effect.

Now back in the oven on Gas 4 for approx. 25-25 minutes or until it's just firm around the edges but not wiggling in the center. Poke a toothpick in the center to make sure it comes out mostly clean but is still slightly gooey.

Allow to cool before slicing and serving.

You can also drizzle some icing over the top but this is optional!

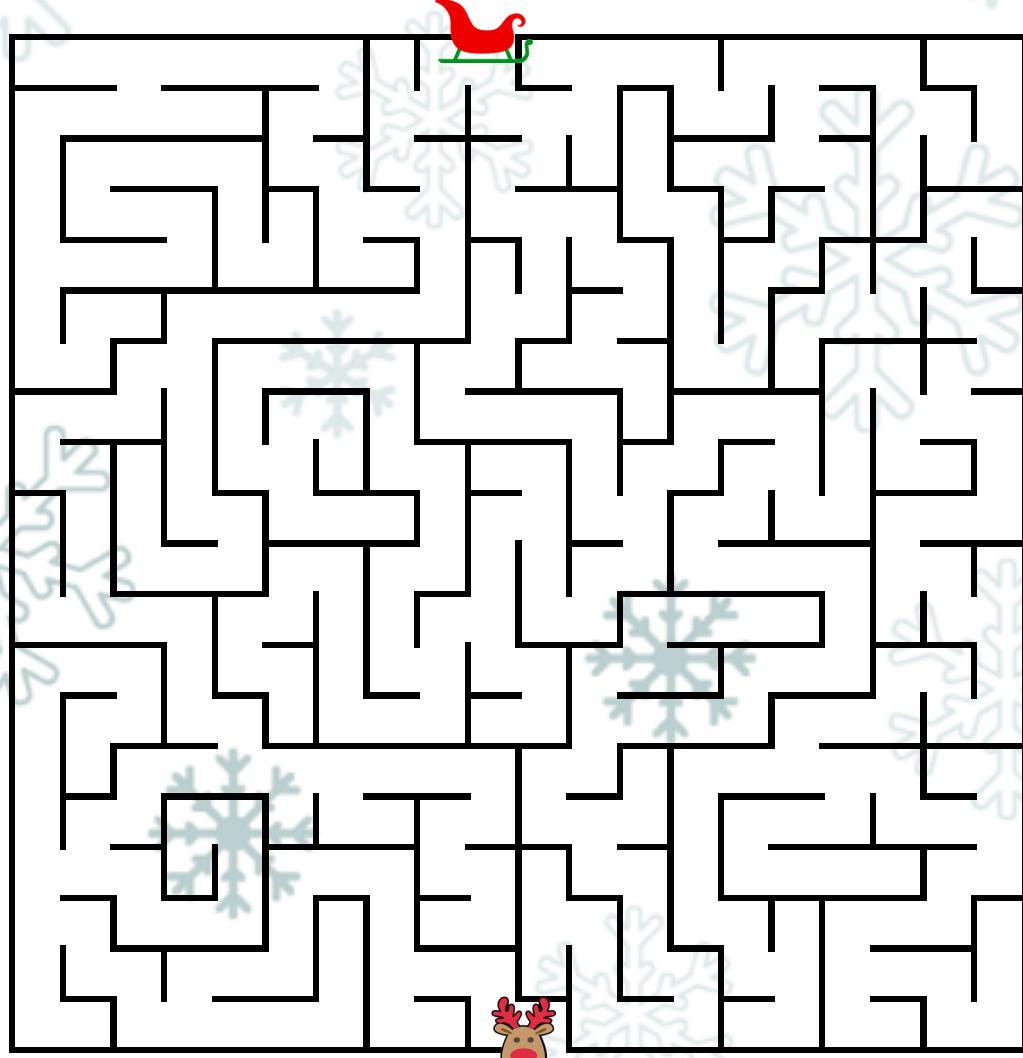
Recovery Word Search

future
hopeful
support
journey
destress
calm
mindfulness
happy

F	G	M	I	N	D	F	U	L	N	E	S	S	A
P	O	S	I	T	V	E	F	U	T	U	R	E	
U	E	S	H	F	O	R	Y	E	N	R	U	O	J
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U	S	Y	H	T	L	A	E	H	M	R	U	T	E
N	V	O	N	P	E	M	U	N	E	R	F	H	G
I	R	N	A	U	S	U	P	P	O	R	T	F	H

healthy
motivation
positive
recovery
focus
strength
progress
faith

Help Rudolph find his sleigh



New Years Resolutions

- BE MORE ACTIVE
- TO BE KINDER TO MYSELF
- FOCUSING ON THE NEW
- BEING ORGANISED
- EAT HEALTHIER
- LIMIT MY SWEET AND CHOCOLATE INTAKE
- REDUCE/STOP SMOKING
- LEARN A NEW RECIPE

Try to think of 5 more resolutions to add to your list and write them below:

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•
•
•
•

tip it helps to add time frames for each resolution/task when planning, to be more organised and to help with completing things. Think of a time frame for each one and add a month/date next to it!

December tips:

- **Don't drink on an empty stomach** having a full stomach slows down alcohol absorption
- **Enjoy a soft drink or water** instead of gulping down alcohol when you are thirsty and sip slowly
- **Take a break** make every second drink a non-alcoholic beverage
- **Set goals** schedule a couple of abstinent days free from drugs/alcohol depending on your level of alcohol consumption and dependency
- **Keep track** write down your urges in a diary to monitor how much you drink/take drugs
- **Do something else** dance, play a game, stay busy and distract yourself to avoid urges
- **Recognise your triggers** and try to tackle them
- **Talk to someone you trust** it helps you release

Crisis numbers

Samaritans: 116 123

Alcohol Anonymous: 0800 917 9650

Narcotics Anonymous: 0300 999 1212

We hope you have a lovely Christmas and New Year!