**Christmas Ideas**

* + Making **Christmas decorations** for a Christmas celebration for participants and volunteers
    - Participants can share their skills with others here
    - e.g. making pom poms
    - Find out what these skills/interests are
  + **Christmas party planning** – pass sheets of paper around for people to add their ideas - choose music, food, activities for subsequent sessions
  + **Sharing knowledge of events** in the run-up to Christmas (for a guide to share in the group)
  + Christmas **pass the parcel** – include wellbeing and volunteering messages (i.e. why volunteering is good for you) and fun themed facts with prizes in each layer
  + Christmas **quiz** (a participant wrote this for us)
  + Christmas themed **icebreaker questions** to encourage discussion on the tables
    - e.g. What are your plans for Christmas?
    - What events and social clubs etc are happening in (location) in the run up to Christmas
  + **More** organised themed activities:
    - Christmas cards for housebound beneficiaries of older people’s befriending services
    - Decorating gift hamper bags and cards for women’s refuge
    - Planning a Christmas Thank You celebration for volunteers

**“New Year, New You” ideas**

* + Wellbeing **pass the parcel** – pass the parcel with wellbeing messages and a healthy snack bar in each layer before the final prize
  + **Sharing** social clubs, fitness and wellbeing groups for a guide to share with the group
  + New Year New You themed **icebreaker questions**
    - What makes you feel good?
    - What are your New Year’s Resolutions?
    - What’s your favourite thing to do?
    - Do you have any plans to try something new in 2020?
  + **More** organised activities:
    - Health visitor (basic wellbeing checks in the session)
    - Planning a Thank You celebration for food bank volunteers and donating essential food items and other staples
    - Donations to local women’s refuge or foodbank e.g. could lead to more interest in that organisation and ongoing/future volunteering one woman donated clothes to the women’s refuge shop
    - Visits from other Volunteer-Involving Organisations (VIOs)