

Where we are:
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**UNIVERSITY OF
BOLTON SOCIAL
WORK CENTRE
NEWSLETTER**

| December 2020 |

Our newsletters give us the opportunity to tell you what services we provide!

Services we provide:

- ★ Help with Housing
- ★ Help with Benefits
- ★ Advocacy
- ★ Education and employment
- ★ Budgeting advice

Weekly Quiz nights coming soon.....

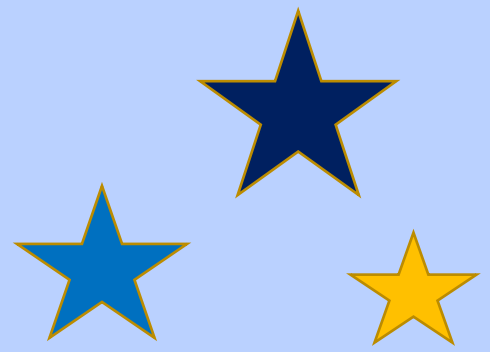
Opening hours are Monday -Friday 9am -5pm

Please note we close for Christmas on Friday the 18th of December and re-open on the 4th of January 2021.

Tel: 01204 903334

Email: socialworkcentre@bolton.ac.uk

Tips for Budgeting at Christmas:



1. Write everything do

Write down everything you will need to pay for over the coming weeks. Do not get caught out with additional costs that you were not expecting such as food or presents for might now be seeing due to the new bubble rules. Now you have your budget try to cut back to the essential things.

4. How to save money on Christmas decorations.

Do not try to compare yours to other families or neighbors' decorations, it is easy to get caught up in seeing what everyone else's house looks like through social media. Do not buy new decorations every year to fit in with the new trends and themes. Re-use old decorations like baubles or make your own.

2. How to save money on Christmas gifts

Perhaps just buy for children in your family and perhaps not the adults. Make the most of 2-for-1 deals and spread the presents out between people. If you are not seeing the person you are gifting until after Christmas, then buy them something in the Boxing day sales.

5. Get ready to budget for next year.

The best way for a debt free Christmas is to start shopping as early as possible. Often, we start panic buying in October, so make 2021 the year you start planning sooner rather than later.

3. How to save money on Christmas food.

Do not buy the food all on your own, if you are spending Christmas with family members split the cost. Ask each person to bring something towards the food, for example one bring the Christmas pudding, one brings the cheese board, one brings the drinks.



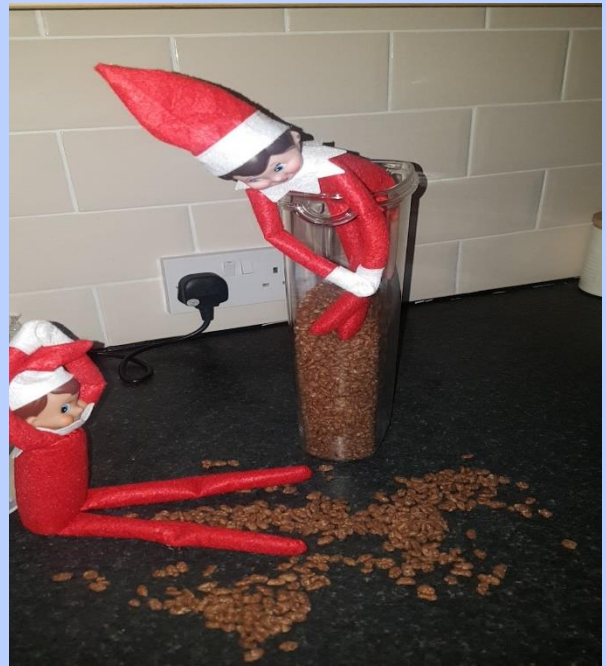
We understand budgeting is different for each person. If you need any support in terms of budgeting or have financial difficulties get in touch! We are here to help you. Or visit Martin Lewis's Money Saving Tips on his Money Saving Expert website www.moneysavingexpert.com



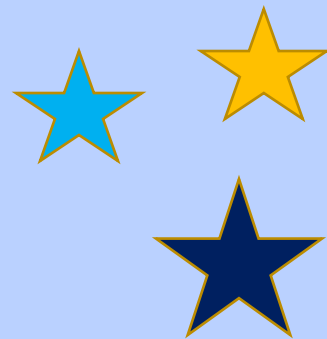
What is your favorite Christmas tradition?

Mine is Elf on the shelf.

See what my Elf "Pixie" has been up to this week.



Please send us pictures of what your elves have been up too. We love to see all of them and they could end up being featured here! Please send them to:
socialworkcentre@bolton.ac.uk



Time to get all the family involved in some DIY christmas decorating.
Why not try the DIY snowman, it's so simple but fun.

All you need is:

Black coloured paper

Orange coloured paper

A pair of scissors (Adults only to use)

Pen or pencil

Something in the shape of a circle to draw around.(I used a small bowl)

Some tape or something to stick the shapes onto the door



STEP 1- GATHER ALL SUPPLIES

STEP 2- MAKES YOUR CIRCLES

STEP 3- CUT THEM OUT

STEP 4- TAKE YOUR PIECES AND PLACE THEM ON THE DOOR

FINAL STEP- ENJOY

Christmas Quiz



*Take 10 minutes for yourself,
have a go at these puzzles*



Christmas Reindeer Word Search



P	R	A	N	C	E	R	S	E	D	D
P	N	E	E	R	E	L	E	N	O	A
R	C	E	V	E	E	D	D	O	N	R
E	H	T	E	I	B	A	A	R	N	U
S	R	E	G	N	L	N	S	T	E	D
E	I	H	S	D	I	C	H	H	R	O
N	S	C	A	E	T	E	E	P	C	L
T	T	O	N	E	Z	R	R	O	U	P
S	M	M	T	R	E	E	E	L	P	H
E	A	E	A	E	N	H	A	E	I	A
E	S	T	V	I	X	E	N	A	D	A

Words to find:

BLITZEN
DASHER
REINDEER

CHRISTMAS
DONNER
RUDOLPH

COMET
NORTHPOLE
SANTA

CUPID
PRANCER
SLEIGH

DANCER
PRESENTS
VIXEN

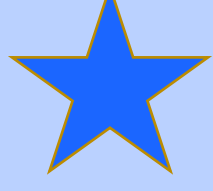



Christmas film quiz



1. HOW OLD IS KEVIN IN HOME ALONE?
2. ACCORDING TO 1940'S CHRISTMAS CLASSIC IT'S A WONDERFUL LIFE, WHAT HAPPENED EVERYTIME THE BELL RANG?
3. IN MEAN GIRLS, WHAT SONG DO THE PLASTICS PERFORM A RISQUE ROUTINE TO IN FRONT OF THEIR SCHOOL?
4. IN WILL FERRELL'S ELF, WHAT'S THE FIRST RULE IN THE CODE OF ELVES?
5. WHAT FEEL GOOD SONG IS EVERYONE DANCING TO IN THE FINAL SCENE OF THE HOLIDAY?
6. IN LOVE ACTUALLY, NAME THE BRITISH BOY BAND BILLY MACK IS COMPETING AGAINST CHRISTMAS NUMBER ONE?
7. DIE HARD TAKES PLACE ON CHRISTMAS EVE- BUT WHICH CITY?
8. WHICH FAMOUS US POLITICAL FIGURE AND CELEBRITY MAKES A CAMEO IN HOME ALONE 2?

Answers will feature in next week's newsletter.



Did you know we have a family support Group page on facebook?



Check for regular updates and support services available In your area.



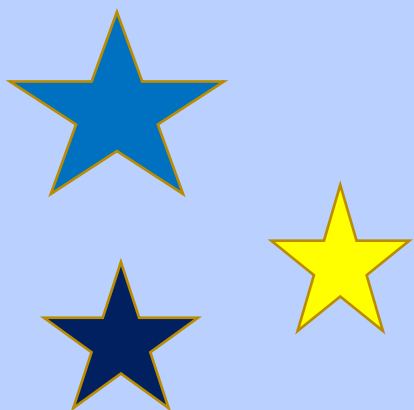
Pretend play is not just fun, it can help develop your child's language and social skills. Here are a few activities to try at home that are great for your little ones' imagination.

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Even though we are currently in tier 3, Asda cafes located in areas with Tier 3 COVID-19 restrictions will still provide this offer to local children via a takeaway service. The offer will run from December 1st to 31st December except Christmas Day when stores are closed.





All our services are completely free of charge,
and our students staff work on a voluntary basis,
we are currently open Monday to Friday, 9am until 5pm.



You can also find us on social media:



University of Bolton



@UoB Social Work Centre



@UniBoltonSocialWorkCentre

