



## Welcome to your Lymphoma Action fun-filled festive pack

Have a wonderful Christmas with our festive pack full of recipes, games and traditional family fun and help us support those living with and beyond lymphoma this Christmas.

# Lymphoma action

However you celebrate this Christmas, with your support we can continue to offer all our essential support services free of charge to the 125,000 people living with and beyond lymphoma in the UK.

If you find this pack useful and lots of fun then why not text XPAC18 to 70070 with the amount you'd like to donate (£\_\_\_).

Your help ensures that everyone affected by lymphoma receives the information, support and connections they need so they don't face their lymphoma alone.

**Have a wonderful Christmas!**



# Homemade Vegan Mince Pies Recipe

## Ingredients:

- 250g all purpose flour
- 100g coconut oil
- 1/2 tsp salt
- 80g sugar
- 7-10 tbsp ice cold water
- 280g (vegan) mincemeat
- A few drops of vegan milk
- Natural powdered sugar



## Method:

1. Put a shallow bun tin or the mince pie tin the fridge to chill. You'll need a total of 16 holes.
2. Add the flour, salt, coconut oil and sugar to a food processor and blend until it looks like breadcrumbs
3. Add the water to the food processor one tablespoon at a time until the mixture starts to ball up as the blade goes round. As soon as it starts to form, stop the food processor. Over working it will make the pastry tough.
4. Test that you can squeeze it together into a pliable dough. Add a tiny bit more water and process again if it's too dry. Remove the blade, bring the dough together and turn out onto a floured surface.
5. Roll out to 2-3mm thick and even all over. Use a cookie cutter, mason jar lid or the top of a mug or glass to cut 16 circles big enough to go in each hole of the mince pie tin and come up the sides (if you are using a muffin tin then you can either make the pies extra deep or you can just use enough pastry in each one to go half way up the sides. If you make them extra deep you won't get 16).

6. Crimp the edges if you want to. Add a generous amount of mincemeat to each one. It should come right up level with the top of the pastry.
7. Bring pastry scraps back together and roll out again to 2-3 mm thick. Cut out the lids. You can make them full round ones or cut them into shapes. If you make full lids brush around the top of each pie with a little plant-based milk before adding the lid then press down all around to seal. If you are using stars then place them on the top of each pie and press down gently to make them as flat and even as you can .
8. Brush the top of each pie with plant-based milk and pop them in the fridge whilst the oven warms to 425°F (fan 200°C). Once to temperature, place in the oven.
9. Cook for 20-23 minutes. Place onto a cooling tray.
10. Dust with icing sugar and enjoy with some vegan ice-cream!



Source: <https://avirtualvegan.com/vegan-mince-pies/>

utm\_medium=social&utm\_source=pinterest&utm\_campaign=tailwind\_tribes&utm\_content=tribes

# Elf on a Shelf Ideas for Parents



1. Elfie makes snow angels in baking flour
2. Elfie gets creative and does some colouring
3. Elfie wraps up items in the house with Christmas wrapping paper
4. Elfie unrolls the toilet paper and/or a ball of wool
5. Elfie has a winter cold and used a box of tissues
6. Elfie made a bed out of marshmallows
7. Elfie hides amongst some stuffed animals
8. Elfie draws smiley faces on bananas
9. Elfie hides in the Christmas tree
10. Elfie gets tangled up in Christmas fairy lights
11. Elfie packs the children's lunchbox for school one morning
12. Elfie is caught eating out of the cookie jar and has crumbs everywhere!
13. Elfie reads a book to the other stuffed animals
14. Elfie gets stuck in the washing machine
15. Elfie attempts to drive the car and/or has their seatbelt on
16. Elfie steals a mobile phone to take selfies
17. Elfie has been brushing his teeth with the children's toothbrush!
18. Elfie is found in the fridge looking for the best carrot for Rudolph
19. Elfie takes a nap in someone's shoe
20. Elfie leaves a note under the children's pillow with a sweet treat
21. Elfie is frozen by Elsa
22. Elfie goes sledding down the bannister
23. Elfie takes a shower or bath
24. Elfie draws on the picture frame

M e r r y C h r i s t m a s

## Christmas Cocktails Recipes



### Candy Cane Cocktail

Crush one candy cane in a Ziploc bag. Dip the rims of a champagne flute in a small dish of white crème de cocoa and then the crushed candy cane. Fill the flutes with champagne and white crème de cocoa and then add one whole candy cane to the glass for flavour and decoration. Source: <https://bit.ly/1yYptrY>

### Jack Frost Cocktail

On a small Plate, place 1/3 cup shredded coconut. Wet the rim of a glass with 1tbsp of syrup and dip the glass into the coconut. Add 3 cups of ice, 1 cup of pineapple juice, 1/2 cup vodka, 1/2 cup blue curacao and 1/2 a cup of cream coconut to a food processor and pulse until smooth. Pour into prepared glass and serve immediately. Source: <https://bit.ly/2nIx0BR>

### Mulled Wine

Add 750ml wine, 2 cups of apple cider, 1/4 honey, orange zest and Orange juice to a slow cooker. Stir. Add 5 whole cloves, 5 4 green cardamom, 1 cinnamon stick and 1 whole star anise. Cook for 30-60 minutes. Ladle into mugs and add cinnamon sticks and orange slices for decoration. Source: <https://www.wellplated.com/spiced-wine/>

### Cranberry Ginger Mimosas Cocktail

Combine 2-3 oz. of ginger beer, cranberry Juice and champagne. Top with sugared cranberries and serve. Source: [www.thecookierookie.com/sugared-cranberry-ginger-mimosas/](http://www.thecookierookie.com/sugared-cranberry-ginger-mimosas/)

M e r r y C h r i s t m a s

# Christmas Eve Box Ideas

1. A Christmas DVD
2. Brand new pair of Christmas pyjama's
3. Christmas sticker book
4. Christmas story book
5. Reindeer food
6. Colouring book and pencils



This Christmas Eve Box!  
£2.50 from Wilko. Source:  
[https:// bit.ly/2AM2Pya](https://bit.ly/2AM2Pya)



7. Chocolate coins
8. Gingerbread house making kit
9. Christmas headband or accessories
10. Christmas drinking cup or bottle
11. Christmas treats, hot chocolate sachets, chocolates or sweets

12. Bubble bath or bath bombs
13. A soft toy
14. A letter from Santa
15. Santa key

Source: <https://www.christmaseveboxes.co.uk/>

Source: <https://www.jodieathome.co.uk/home/2017/3/26/>



# Mary Berry's Christmas Yule Log

## Recipe

### Ingredients:

- 4 large eggs
- 100g caster sugar
- 65g self- raising flour
- 40g cocoa powder
- 450ml double cream
- 4tbsp apricot jam
- Icing sugar
- 275g dark chocolate



### Method:

1. Preheat the oven to 200 °C/ gas mark 6 and lightly grease a Swiss roll tin then line with non-stick paper.
2. Whisk the eggs and sugar using an electric hand whisk until the mixture is pale in colour, light and frothy. Sift the flour and cocoa powder into the bowl and carefully fold using a metal spoon, until all Ingredients are incorporated.
3. Pour into the lined tin and spread evenly. Bake in the middle of the oven for 8-10 minutes until pale.
4. Place a piece of non-stick paper bigger than the Swiss roll onto the work surface and turn out the cake onto the paper.
5. Trim the edges of the cake with a sharp knife and make a score mark 2.5cm along the longer edge. Roll up using the paper and set aside to cool.

Source: <https://www.redonline.co.uk/food/recipes/a501441/mary-berry-christmas-chocolate-yule-log/>



### For the Icing:

1. Melt the chocolate and 300ml of the cream in a bowl over a pan of simmering water until completely melted. (Be careful not to burn the chocolate!)
2. Put into the fridge to cool—the icing needs to be very thick for the piping.
3. Whip the remaining cream
4. Uncurl the Swiss roll and remove the paper. Spread a third of the icing over the surface, then spread the whipped cream on top—reroll tightly.
5. Cut a quarter of the cake off from one end on the diagonal. Transfer the large piece of cake to a serving plate and cut the side of the cake to make a branch. Cover the surface with melted apricot jam.
6. Put the remaining chocolate into a piping bag fitted with a star nozzle. Pipe long thick lines along the cake completely so it looks like the bark of a tree.
7. Cover the ends with icing.
8. Serve and enjoy.

Photo source: <http://madebymargie.co.uk/mary-berry-inspired-christmas-chocolate-log/>



# Christmas Quiz



Get the family together and test your Christmas knowledge. Give it a go and see how many questions you can get right—Merry Quizmas everybody!



1. How many reindeer does Santa have?



2. What are all the names of Santa's reindeer?



3. What two words are printed on gift tags?



4. Which famous mathematician was born on Christmas day?



5. What does Noël mean?



6. Are Christmas trees edible?



7. What do two people do when they find themselves under mistletoe?



8. What is the name of the star, which shone on the night Jesus Christ was born?



9. Who sang the famous Christmas song 'Last Christmas'?



10. Who wrote the song with these lyrics, 'Here comes Santa Claus'?



11. I'm sure you know Alvin the Chipmunk, what did he want for Christmas?



12. Who steals Christmas?



13. What was Brenda Lee doing around the Christmas tree?



14. In the 'Night Before Christmas', where did Santa land his sleigh?



15. How many piper's piping did my true love give to me?



16. What was Rudolph's punishment for having a red-nose?



17. What holiday drink contains sugar, milk and eggs?



18. What big brand famously has an advert featuring a smiling Santa?



19. Which country started the tradition of giving gifts?



20. In what city did 'Miracle on 34th Street' take place?



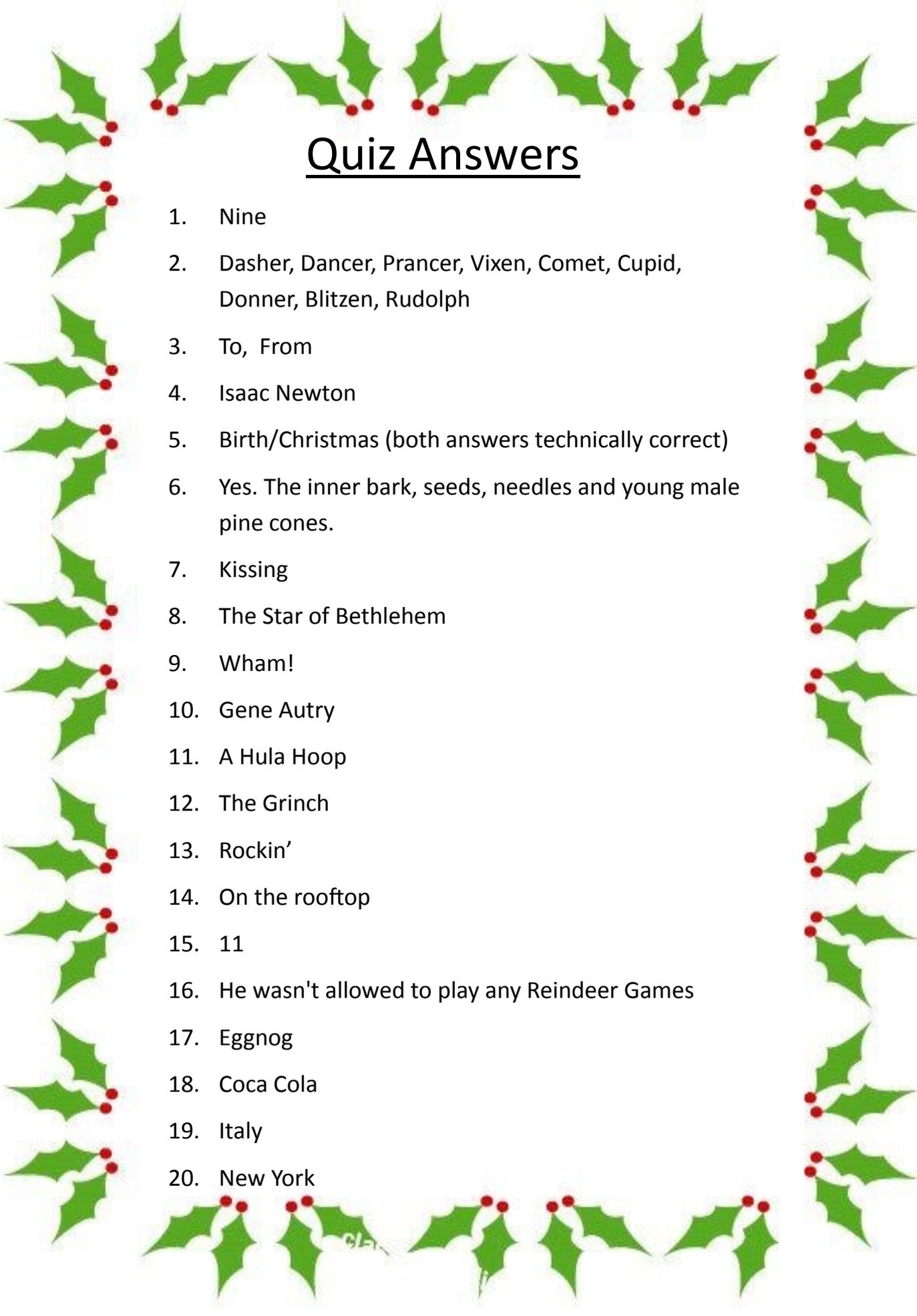
21. What carol contains "O tidings of comfort and joy"?



## Christmas Quiz continued

23. In the 1964 classic 'Rudolph the Red-Nosed Reindeer', what was the name of the faithful elf companion?
24. What well-known Christmas carol became the first song ever to broadcast from space in 1965?
25. In what century was the first written use of 'XMAS'?
26. In what country did 'Silent Night' originate?
27. In which country did putting up a Christmas tree originate?
28. What is the most popular Christmas meal in Japan?
29. How did Mary and Joseph travel to Bethlehem?
30. Why did they travel to Bethlehem?





## Quiz Answers

1. Nine
2. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, Rudolph
3. To, From
4. Isaac Newton
5. Birth/Christmas (both answers technically correct)
6. Yes. The inner bark, seeds, needles and young male pine cones.
7. Kissing
8. The Star of Bethlehem
9. Wham!
10. Gene Autry
11. A Hula Hoop
12. The Grinch
13. Rockin'
14. On the rooftop
15. 11
16. He wasn't allowed to play any Reindeer Games
17. Eggnog
18. Coca Cola
19. Italy
20. New York

# Christmas Quiz Answers continued

21. God Rest Ye Merry Gentlemen
22. Krampus
23. Herbie
24. Jingle Bells
25. 16th Century
26. Austria
27. Germany
28. KFC
29. On a donkey
30. To take part in a census  
in the town Joseph was  
born.





## Hum a Tune

Cut out the songs below, throw them into a Christmas Santa hat and let each player pick a song to hum to the rest of the players— whoever guesses the most songs correctly...WINS!

Have Yourself a Very Merry  
Christmas

Happy Xmas (War is over)

Rockin' Around the Christmas  
Tree

Santa Claus is Coming to Town

The Little Drummer Boy

All I want for Christmas is You

White Christmas

Do they know it's Christmas?

Fairy-tale of New York

Christmas Time is Here

Santa Tell Me

Jingle Bell Rock

Winter Wonderland

Mistletoe

Jingle Bells

Silent Night

O Holy Night

The 12 Days of Christmas

Rudolph the Red-nosed Reindeer

Last Christmas

Sleigh Ride

Frosty the Snowman

Santa Baby

Merry Christmas Darling

Do you hear what I hear?

Wonderful Christmas

Baby it's cold outside

It's the most wonderful time of the  
year

God Rest Ye Merry Gentlemen

It's the most wonderful time of the  
year

I saw Mommy kissing Santa Claus

Let it snow, let it snow, let it snow

Holly, Jolly Christmas

Here comes Santa Claus

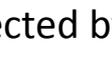
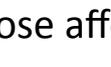
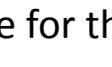
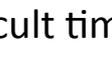
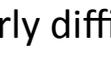
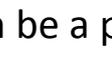
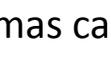




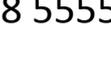
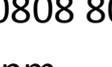
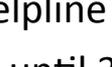
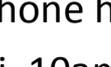
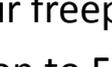
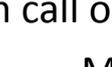
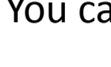
Thank you so much for your support. With your help we can continue to help those affected by lymphoma.



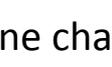
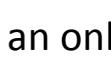
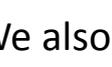
Christmas can be a particularly difficult time for those affected by a cancer diagnosis. If you know somebody who may need our support please let them know that we are here for them.



You can call our freephone helpline 0808 808 5555 -  
Mon to Fri, 10am until 3 pm.



We also provide an online chat service at  
[www.lymphoma-action.org.uk](http://www.lymphoma-action.org.uk)



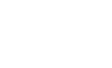
From everyone at Lymphoma Action, we wish you a very merry  
Christmas.



**We're here for you.**



Our vision: We want everyone affected by lymphoma to receive the best possible information and support, treatment and care.



Lymphoma Action is a registered charity in England and Wales (1068395) and in Scotland (SC045850). A company limited by guarantee registered in England and Wales (number 03518755).

