

# Special Guardians World

Winter 2018, Issue Three



SPECIAL GUARDIANSHIP  
NORTH LONDON



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### *Dear Special Guardians,*

Welcome to the third edition of the Consortium newsletter for special guardians.

We want to make **Special Guardians World** an enjoyable and interesting newsletter for you. Please get in contact if you have a story you want to share and we will arrange a telephone interview. It would be especially good to hear from you if you have enjoyed one of the Consortium training sessions, received funding through the (Adoption) Support Fund or can tell us about the

benefits you have received after attending a local support group.

If you would like dates for the support groups and coffee mornings next year, we'll update our website **www.specialguardiansnorthlondon.co.uk** with the information as soon as they are arranged or contact your local support team for more information.

**Grandparents Plus** is a charity that supports all kinship carers and they run the Kinship Connected programme. For more information visit **www.grandparentsplus.org.uk** or contact the Kinship Connected project workers on **0300 123 7015**. They arrange support groups that meet in cafes in the community and have launched new coffee mornings and brunch events in **Enfield, Tottenham, Dalston, Islington and Colindale**. Dates and venues are on the

Grandparents Plus website – click on 'kinship carers' on the top bar and scroll down to 'support groups'.

There are now more Consortium training courses on offer, please see Dates for your Diary, page 12 and 13. If you are not sure about the best training that suits you, please speak to your support team and they can advise you and provide more information on each course.

A new leaflet has been produced for birth parents of SGO children. It explains the role and responsibilities of special guardians and answers some of the questions they may have. Please ask your support team if it would be helpful for you to have one.

**With best wishes for you and your family in 2019**

*Lorna*



# Introducing.....*The Stressed Parent*



Gill Tree is the founder and director of **Stressed Parent**, an e-learning and mentoring tool to help improve resilience and enhance bonding for parents, carers and their children. Gill was a respite foster carer for two years prior to becoming a mum through adoption and is a parent mentor who now focuses on therapeutic touch and resilience programmes for parents of troubled or challenging children. Read on to find out more.

## **Building Resilience to Parenting Stress E-Course**

Stress is the result of perceived excessive demands, overload and overwhelm which can stimulate the fight, flight or freeze response. This is a primitive response that was intended to ensure safety during survival situations. When you are constantly under pressure, your body will not be able to maintain homeostasis (a state of ease and balance) and dis-ease can result; negatively affecting your mood, your relationships, and your health. If you find yourself frequently overwhelmed, it is important to take action and bring your nervous system back into balance.

There is no doubt that parenting

is stressful especially when your child has encountered a lot of change or trauma and negative behaviour has resulted.

When faced with the challenging behaviours of a traumatised child, we can become amongst other things, irritable, anxious, hopeless and overwhelmed. The intensity of the stress can make us feel inadequate, manipulated, exhausted and depressed.

Your stress may come from; not understanding your child's behaviours, being the target of constant rage, always having to be hyper alert, experiencing lying, theft, violence and verbal abuse, constantly having to cajole, distract, reward, use humour and state manage to help to keep life on an even keel. Suffering from broken sleep because of nightmares, continued and heightened stress can lead to:

- Loss of confidence
- Loss of direction
- Loss of motivation
- Loss of self-belief
- Poor communication
- Loss of energy
- Becoming self-critical
- Over reliance on sugar, caffeine, nicotine and alcohol
- Depression, lowered immunity and illness

## **Blocked Care**

Dan Hughes and Jonathan Baylin in 2012 identified and named a syndrome they called Blocked Care.

Their research shows that if you don't get enough positive strokes back from the person

in your care, your ability to empathise and care for your child is reduced so that parenting becomes a chore.

The Stressed Parent e-course Building Resilience to Stress Less is free and is created and presented by Gill Tree, Stress Management expert. You will be taught strategies to bring more harmony into your home whilst becoming more therapeutic in your parenting and develop strategies for:

- Managing your reactions and reducing the triggers
- Reducing your stress and developing resilience
- Gaining an insight into what lies behind a child's behaviour
- Developing a greater rapport and connection with your child

For a free trial visit <https://ecourses.stressedparent.global/course/view.php?id=3> and click 'free trial'.

**Request free access to the full course through your support team.**

**"Gill explores complex issues relating to children's early life trauma in a way that is very easy to listen to. She uses straightforward and fairly jargon-free language and applies a lot of her own lived experiences to illustrate the points she is making.**

**On a practical note, Gill was extremely helpful at the outset, very supportive and very accommodating".**

Valerie Forrest Senior Practitioner Adoption and Special Guardianship Support Camden



# Chicken Biryani ... food for the soul

For Janet, Kane and Tom, chicken biriyani means 'home', and with a dollop of mayo on the side, it really is comfort food.

Like many grandparents, Janet couldn't sit by and watch her grandchildren go into care, so she worked with social workers to look after Kane and Tom, and they eventually moved in – with just the clothes they stood in – under a Special Guardianship Order.

'When the boys came to me, I had just a weekend to get my home ready for them – with a grant from the local authority, I was able to redecorate their bedroom, new beds, bedding and a teddy bear each! When they came to me, I told them, 'this is your home, your room and your things' ..... they just started dancing around the room. It was a new start, a new adventure and a new beginning'.

**Janet, tell us how your chicken biriyani recipe came about and why it's so special?**

'The day they came to me, we made a Chicken Biryani. It's a recipe with lots of parts to it. Chopping, marinating, frying and baking! And with help with the tricky bits, we can make it together. We did it on that day, and from time to time or on special occasions, we still make it. From shopping, right



Not real names and photo of models used

through to eating with a dollop of mayonnaise. It's a delicious reminder that everything is taken care of now.

Before, making friends was hard for them, and even though we've got some way to go, the boys lives have transformed. They go to school on time, with clean, pressed uniform and as a result, they walk taller, with more confidence and they are happier.'

**As the boys experienced a calmer home life, it was an important time to assess how the boys' were developing at school. Unfortunately, their education had suffered and the children were very delayed for their age. Janet tells us more.**

'As the boys' grandparent, I had to make it clear that they needed help. As well as the school, I contacted my support worker, Lizzy and she arranged six sessions with CAMHS (Children & Adults Mental Health Service) to understand how Kane and Tom were feeling and how they were managing with the negative

experiences in their early life. During their sessions, they built trust with their workers, but this service was withdrawn and again we had to seek help. That's when Lizzy recognised our dilemma and applied to the Support Fund (it's actually called the Adoption Support Fund, but it's for SG children too) on our behalf.

Upon assessment by Maximum Potential (specialist sensory service), it was found that Tom (my youngest grandson) had severe development delay and would require ongoing weekly sessions with a specialist therapist due to the severity of his condition. Kane's support was ongoing art therapy, so he can talk through the hardship (neglect) he experienced.

**The fact that this funding is available to SG's has really helped as now the boys are receiving the correct therapies, which in turn is helping them to move forward in their lives.**

Kane has also developed a new way of talking about his past through music lessons at school. The words he uses are very poignant and very heart felt, as these are his words that described how he felt; lonely, sad, give up, protect memories, scars and broken. When Kane revealed this to me, I felt my heart breaking. This little boy carried this all alone, however, it's a break through as he now feels so confident to be able to talk, so we are trying to compose a song using his words.

Kane says 'Nan, I was a broken boy, but you're fixing me!'

This inspires me to fight all the way for my grandsons, so they

have the security, love and support they so deserve.

### **After everything that has happened, what would you say to other SGs?**

'The support we have had has changed the boys lives. I thank social services for getting involved. It's not pleasant or something I would wish on anyone, but for my grandchildren, it was the help they needed. It caused heartache in the family.

'SG children have had chaotic or unsafe early life experiences, and some are living with these daily in our homes. So check with the school, keep an eye on their behaviour, and if

anything isn't right, contact your worker for support. The 'Adoption' Support Fund is for our children too. I saw flyers around, but didn't think it was something for an SG parent, because it said 'adoption'. When I was young, I had issues with social services and the help just wasn't there, now if you can get the support for the children, they can reap the rewards. My boys are becoming stronger more confident individuals; with the right support, I'll help them grow into happy healthy young men.

**Try Janet's Chicken Biryani recipe for yourself.**

**See below...**



### **Chicken biryani recipe**

This biryani will serve six people and it will take around one and a half hours to make.

#### **The ingredients you will need is:**

800g chicken thigh or breast

**450g basmati rice**

150g ghee/margarine

**Salt**

6g cumin seeds

**100g chopped onions**

25g ginger paste

**25g garlic paste**

10g red chilli powder

**500g natural yoghurt**

30ml lemon juice

**Few strands of Saffron (if you have some)**

30ml milk

**20g mint**

20g fresh coriander

#### **Method:**

**1.** Pre heat the oven to 180°C. Wash the rice and soak in a bowl for 30 minutes. Drain and replenish with water and add some salt and half a portion of whole garam masala and cumin. Bring to a boil and cook until rice is almost done approximately 6 minutes. Drain in a colander.

**2.** Cut the chicken\* into bite size portions

**3.** Slice the onions and finely chop the mint and coriander.

**4.** Whisk the natural yoghurt in a bowl and divide into two equal portions. Dissolve the saffron strands in the warm milk. Add this to half of the yoghurt and mix well.

**5.** Heat the ghee in a pan, add the other portion of Garam Masala and cumin seeds, sauté over medium heat until cumin seeds begin to crackle. Add the onions and fry until

golden brown. Then add ginger paste, and red chilli powder. Add the chicken pieces and fry for another 2 minutes. Add the other portion of the plain yoghurt, stir, add water (approx. 200 ml), and bring to a boil, then simmer until chicken is semi cooked. Sprinkle with lemon juice.

**6.** In the pan with the semi cooked chicken, sprinkle half of the saffron yoghurt, mint and coriander. Then spread half the rice on the chicken. Sprinkle remaining saffron yoghurt, mint and coriander followed by remaining rice. Cover with a double layer of foil and cook in a pre-heated oven for 15-20 minutes.

**7.** Enjoy.

\*You can replace the chicken with salmon or vegetables

**If you make this recipe, please send us a picture or send us a family recipe of your own.**

# Support for SG children

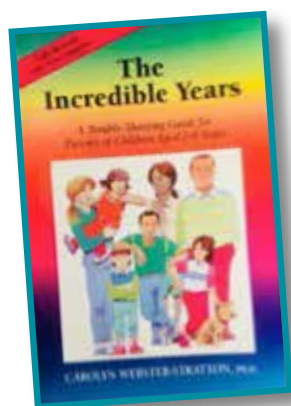
The Adoption Support Fund (ASF) was originally set up for children who are adopted and later included children being raised with a Special Guardianship Order (SGO). Families can apply for ASF funding if their child was looked after prior to the SGO being granted (i.e. if they were in court proceedings). This can support in areas such as coming to terms with their early life experiences and explaining their history. It can also support challenging behaviour, harming themselves or others around them.

The fund will offer specialist knowledge to support the wellbeing of you, your child and your family.

**How to apply? If you are not sure whether you are eligible or if you need more information, please contact your local support team.**



## Book Review



**The Incredible Years: A trouble shooting guide for parents of children aged 2 - 8 years**

**Author:**  
**Carolyn Webster-Stratton**

I have a new title for this marvellous book – “In Praise of Praise”. Written as a practical

handbook to parenting, its main premise is that we all spend too much time telling children what NOT to do, and telling them off, whereas it's actually much more effective to reinforce the behaviour that you want to see. You do this through playing with them and praise - constant positive comments and attention when things are going well. That will never work, I thought, but – oh my goodness, it does! – almost like magic. It takes some getting used to – never mind a 'glass half full' perspective, yours has to be overflowing – but the effort pays off. Whenever she proposes a behaviour, the author looks at it very practically. Sticker charts had never worked for our little girl - 'I hate stickers!' – but I learnt from the book that saving stickers for a

reward at the end of the week was too long for a four-year-old. A reward needed to be daily – its size doesn't matter. Bingo – we now use a sticker chart to get through the tricky 'going to bed' routine; we've even phased out the rewards. 'A command shower' was another revelation. Apparently, we give children an average of 17 commands every half hour. They are reeling! Then we don't follow them up. Reduce the number of commands to those that are necessary, and then be prepared to reinforce them. Downsides? It's a little bit too American. It addresses various issues and the solutions are always the same – get involved, praise the good behaviour, ignore the bad, sticker charts and rewards. But hey, it works. Now you just have to remember to do it ...



# Staying **SMART** online

The internet is an inspiring and positive place – it's a great place for children and young people to connect, communicate, be creative and learn new things. The internet can be viewed on a range of devices; phone, tablet, laptop or desktop.

However, the internet is always changing and it's a challenge keeping up with new technology and making sure your children are safe online.

Childnet and the UK Safer Internet Centre have some tips to help you and your children stay SMART and savvy online.

**S****Safe**

Be careful not to give personal information when chatting or posting online – whether it's an email address, phone number or password.

**M****Meeting**

Don't arrange to meet anyone you have met online. Children should tell their parents/ carer immediately. Contact one of the helplines for advice.

**A****Accepting**

Accepting emails, Instant Messenger (IM) messages or opening files, pictures or texts from people you don't know could be a problem. They could contain viruses or nasty messages!

**R****Reliable**

Not everything you read, hear or see is true. Someone online may be lying about who they are.

**T****Tell**

Tell someone, a parent, carer, teacher if someone or something makes you feel scared or uncomfortable. This includes online bullying.

For more information, downloads and useful links, visit:

[www.childnet.com](http://www.childnet.com)

[www.ceop.police.uk](http://www.ceop.police.uk)

[www.facebook.com/safety](https://www.facebook.com/safety)

## A few words from



Google's Good to Know campaign aims to help keep us all safe online with some great tips. Whether you are a new user or an old hand, it's good

to stay updated on how best to browse online safely.

Make sure you use a really strong password. Add numbers and symbols to make it even stronger. Never use 'password' or '12345'

Always log out and shut down your browser (that's Google, Safari, Internet Explorer, etc.)

Check the sites you use online are secure – look for the URL (the website address) and check it starts with 'https' or a little padlock.

Visit [www.google.co.uk/goodtoknow](http://www.google.co.uk/goodtoknow)

Extracts taken from information leaflets from Childnet and Google

# 5 Tips

## • TO MANAGE •

# the festive

## SEASON



### Money saving:

Christmas doesn't need to be super expensive. Plan! Instead of taking to the shops you could make and personalise your gifts from the comfort of your own home.

Personalised Christmas cards or homemade cookies can be packaged nicely to give as gifts to neighbours and friends. If you have family abroad that you would like to wish a Merry Christmas, try using WhatsApp or Skype to call them as this is free and will save you money. **Give the Gift of Time** - how about offering the children additional playtime in the park or 'at home' movie nights complete with homemade popcorn!



### Healthy holidays:

Make sure you have plenty of healthy snacks around the house; clementines, berries, fruit and nuts. Or why not try squash mixed with fizzy water instead of cola to avoid overindulging this Christmas? Family walks are an excellent way to get in your daily step count and a chance for the kids to release some energy and make use of those new winter woollies.



### Take time out:

The festive holidays can be an emotional time. It's not only super exciting, it can be overwhelming too. Keep things simple with lots of 'family' time and take time out for yourself. Read a book, listen to music, podcasts or catch up on a favourite TV soap.



### Visit a friend:

Sometimes day to day life gets in the way, don't forget to check in on those friends and people close to you, especially if you haven't seen them in a while.

### Have fun: Fact!

Laughing decreases stress and triggers endorphins that present an overall sense of wellbeing, so make sure you have fun this holiday!





# Things TO DO THIS winter HOLIDAY



## FREE

- See the **Southbank Centre** transformed into a festive wonderland for winter. Take part in free performances, workshops and family activities alongside the River Thames. The art centre's annual winter festival has magical shows, markets and other festive fun.



## FREE!

- See the famous Norwegian Christmas tree sparkle with hundreds of lights in **Trafalgar Square** and sing along to carols around the tree.



## It's Panto time!

- Oh no it isn't .... oh yes, it is! Follow the adventures of Aladdin at the world-famous **Hackney Empire**. Look out for 'green super savers' and concessions to reduce ticket prices. From 24 Nov - 6 Jan visit [www.hackneyempire.co.uk](http://www.hackneyempire.co.uk) for more information.



## Check out

- Mini Mornings at **Vue Cinemas**. Both adult and children's tickets from only £2.49. Every Saturday and Sunday Morning from 10am. Plus every day in the school holidays. Check out for participating cinemas on [www.myvue.com](http://www.myvue.com).

## Explore your local area

- There will be lots of things to do in your local area from festive markets, winter Fayres and Ice skating rinks. Visit the website of your local council or shopping centre for more information.



# Kinship Connected

## - a great place to start



**"If you line up twenty SGs - none of them have the same story coming into special guardianship – but we all have a common goal after the Special Guardianship Order (SGO) is granted. We all want to look after the children in our care, but we also have to get support for them and ourselves. The first place to start is Kinship Connected".**

Elaine is a special guardian to little Joshua, at three months old he came to live with her and her husband Jon. Josh is eight years old now and whilst not related to Josh, his birth mother asked Elaine and Jon to care for him under an SGO. 'Between them, they were struggling to manage their own lives and with baby Josh as well, it just wasn't working, and social workers eventually came and took him. His birth mum came to me, to ask if Jon and I would raise him. It wasn't an easy decision, we had to think long and hard about taking on a tiny baby.

We were grandparents, but we took Josh into our lives and we love him to bits. We don't regret it at all. We know he is safe and that's all we care about – our little man is worth it. I just want him to look back when he is 18 or 19 years old and say 'I've had a good childhood'.

### **So how did Kinship Connected support you?**

We were having problems with Contact. If mum turned up, Josh was fine. It was as if he needed to see her and check she was OK. I contacted Kinship Connected for advice to help and to manage Josh's expectation around seeing his mum when she didn't turn up. Contacting Kinship Connected was like having a friend to talk to, as well as getting really good practical advice. So now I go along to the coffee mornings

and support groups, and it feels really good knowing there are other people – other SGs – out there who are going through similar experiences as me.'

The Kinship Connected support groups are informal - where we can relax and there is confidentiality. We can make new friends and give and receive support. Only an SG knows what another SG is going through – no matter how bad your situation is. But together, we can grab a cuppa and have a chat - share the good news and work together to resolve the issues. You don't even need to share at all, you can just come along and be part of a friendly group.'

### **What advice would you give to anyone who isn't in touch with other SGs or who may be feeling isolated or alone?**

'Every SG should go to a local Kinship Connected group – attending the sessions helped me feel I wasn't alone, and that there was light at the end of the tunnel. I've made some lovely friends – we've even got a WhatsApp group!

**Kinship Connected** is part of Grandparents Plus. You don't have to be a grandparent, their support is available for all special guardianship children who were in care prior to the Order being granted.

Visit [www.grandparentsplus.org.uk](http://www.grandparentsplus.org.uk) for information and dates of the SG meet ups near you.

# PAC-UK



## THE AGENCY FOR ADOPTION & PERMANENCY SUPPORT

**PAC-UK** are working with the Consortium to offer educational support and advice for special guardianship families whose support is provided by Barnet, Camden, Enfield, Hackney, Haringey and Islington.



The education advice line for parents, guardians and carers is open on **Wednesdays and Thursdays between 10am and midday.**

 **020 7284 5879**

Call this number to speak to PAC- UK's Education Service about any issues around the educational needs of permanently placed children and young people.

### Education focused consultations

These are held at PAC-UK's London office in Kentish Town, or via telephone. School staff and social workers can also attend; however, this is optional. Up to two sessions per family can be booked via PAC-UK's advice line.

### Education focused groups

PAC-UK attends a number of existing north London parent support groups in order to provide an education-based focus for a session. To find out if they are visiting a group near you, please contact your local support team.

The education advice line is also open to school staff and other education and care professionals.

**For more information contact**  
**[rebecca@pac-uk.org](mailto:rebecca@pac-uk.org)**



# Dates for your diary

The Consortium provide a range of training to help support your family. The courses are for SG families whose children were in court proceedings before the SGO was granted. Ask your local support team if you would like to attend any of these training programmes – you'll find the contact telephone numbers on the back page.

## One-day training by specialist trainers

### Contact – tips and advice on managing contact

Trainer: Julia Davies

### Managing Behaviour through demonstrating therapy techniques

Trainer: Julia Davies

### Telling Difficult Stories – talking to your child about their family history

Trainer: Judith Ellis

## In-depth training and support

The consortium is working directly with a range of independent trainers who can provide in-depth training to SG families. Payment can be made via the Adoption Support Fund (ASF) which is now available to support children under a Special Guardianship Order (SGO) if your child was in court proceedings leading up to the SGO being made. Ask your support team for more information on whether this training is suitable and how you can access the Support Fund.

## Great Behaviour Breakdown Training

Independent trainers Denise Golding and Zach Gomm provide step-by-step instructions on how to reduce and eliminate difficult behaviour. This is a six-day training programme and no prior experience is needed. You will learn about the effect of stress and family breakups on a child



and their behaviour, and learn some new ways to care for them in a way that helps to heal past hurts and create a calmer home environment.

You will be taught clear practical steps for managing challenging behaviour and for parenting children who have had separation and loss. On-going optional support is available if you wish through a monthly online webinar – for six months.

### The next course begins in April 2019

Venue will be near Highbury and Islington station.

Lunch and refreshments will be provided.

## Non Violent Resistance – NVR

This training is for special guardians who have young children or teenagers with challenging, destructive or showing violent behaviour. Meetings are in groups with other special guardians, with the specialist facilitators Sue Dromey, a child psychotherapist and Dawn Oliver - a therapeutic parent coach. They are joined by a special guardian who is trained to assist with the course.

### You'll learn how to:

- make changes
- calm things down
- reduce stress
- hold back from verbally or physically lashing out and
- feel more in control.

**Availability is limited for the following dates and new dates will be announced next year.**

**Wednesdays: 10.15am – 1.15pm**

**23 and 30 January 2019**

**6, 20 and 27 February**

**6, 13, 20 and 27 March**

**3 April**

The group also includes four hours of telephone sessions and a monthly follow-up support group for six months. Lunch and refreshments are provided

**Venue will be at Voluntary Action, Islington.**

## Mindfulness

Mindfulness is about learning to take good care of yourself. Parents who have attended the course say "I felt grounded" ... "Take some time for yourself" ... "Give yourself something" ... "Get out of automatic" ...

Special Guardians who participated in a Mindfulness Taster Workshop thought the training 'helped us regulate our moods and thoughts, and become more resilient in the face of stress and challenges'.

This is a eight week course, based on the book 'Finding Peace in a Frantic World' by Mark Williams and Danny Penman. You will practice guided mindfulness exercises together with other special guardians and will explore ways of incorporating mindfulness practice within everyday life.

Facilitated by **Dr Jo Temple**, a specialist at Hackney Children and Families Service. Jo is a Clinical Psychologist working with children in care, young people, parents and carers. Jo has practiced mindfulness for over 10 years and is trained to deliver mindfulness groups to adults, children and young people.

**Lunch and refreshments will be provided.**



You can also find out more information by visiting [www.specialguardiansnorthlondon.co.uk](http://www.specialguardiansnorthlondon.co.uk) then click on the Support tab.





# Festive Chocolate Ginger Bread Man and Friends

## Preparation time

30 to 45 mins

## Cooking time

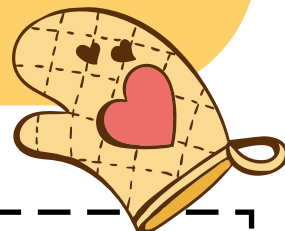
10 to 30 mins

## Servings

20










## Dietary

Vegetarian



## OK kids – aprons on and wash your hands!

You will need ...

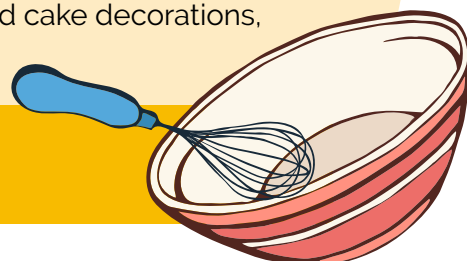
-  350g plain flour plus extra for rolling out
-  1 tsp ground cinnamon
-  2 tbsp cocoa powder
-  2 tsp ground ginger
-  1 tsp bicarbonate of soda
-  125g butter
-  175g light soft brown sugar
-  1 free-range egg
-  4 tbsp golden syrup

*Don't forget  
icing to  
decorate*

## How to make them in 8 simple steps!

- **Step 1:** First sift the flour, cocoa powder, cinnamon, ginger and bicarbonate of soda into a bowl and mix gently.
- **Step 2:** Add the butter and mix until the mix looks like breadcrumbs and then stir in the sugar.
- **Step 3:** Lightly beat the egg and golden syrup together, add to the bowl and stir until the mixture clumps together.
- **Step 4:** Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.
- **Step 5:** Preheat the oven to 160C/180C Fan/Gas 4. Line two baking trays with greaseproof paper.
- **Step 6:** Roll the dough out to a 0.5cm thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.
- **Step 7:** Bake for 12–15 minutes, or until lightly golden-brown. Leave on the tray for 20–30 minutes to cool
- **Step 8:** When cooled decorate with the writing icing and cake decorations, and enjoy!

Please send us your Christmas/end of year celebration recipes and a photo, so we can feature them in the next issue!





# Winter

## Wordsearch

S	S	I	N	C	G	R	M	G	W	V	N	N	S	G
S	T	A	J	T	O	I	P	I	I	A	L	N	E	N
T	N	N	N	O	R	M	D	G	M	L	O	C	E	I
E	N	D	E	T	M	Y	Z	W	E	W	A	D	R	K
N	L	G	M	S	A	E	O	B	F	R	J	E	T	C
G	W	F	I	G	E	N	W	L	E	B	E	C	A	O
N	V	S	U	N	S	R	A	F	V	Q	F	O	B	T
S	Z	A	J	B	G	K	P	G	Z	X	C	R	J	S
D	R	K	F	O	E	E	L	E	G	N	A	A	D	T
D	S	T	A	R	N	Z	R	C	Q	R	J	T	C	X
R	E	E	D	N	I	E	R	B	O	C	S	I	A	W
P	U	D	D	I	N	G	R	C	R	A	O	O	N	H
O	Z	Z	J	K	K	A	J	A	Q	E	B	N	D	J
E	F	T	H	S	V	H	E	P	V	A	A	S	Y	D
I	Z	R	Z	M	U	M	X	Y	Y	P	F	D	I	A

Find the following words in the puzzle. Words are hidden → ↓ ↘

BELL  
CANDY  
DECORATIONS  
ELF  
EMOJI  
GINGERBREAD

GUARD  
PRESENTS  
PUDDING  
REINDEER  
SANTA  
SNOWFLAKE

SNOWMAN  
STAR  
STOCKING  
TREE

## Contact details of all the SG teams reps

Natalie – Enfield – 020 8379 8490

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