



Festive fun using everyday materials

CREATIVE KINDNESS:

Who is your angel of 2020?



HELP US SAY THANK YOU THROUGH DECORATION DEDICATIONS

The Idea

We want families to get crafty and make an angel, star or other decoration that represents someone who has been a hero to you during 2020. This could be a nurse, a carer, a teacher, a leader from a youth organisation or it could be a neighbour who helped you and your family during lockdown.

Make your angel, or decoration and then take a picture of it on the tree or hanging up and say who it is dedicated to and why. Share your pictures with us at meccg.incident.comms@nhs.net

And share on social media using the hashtag [#MSEBigThankYou](https://twitter.com/MSEBigThankYou)

What to do

Step 1 - Get your materials ready:



Get foraging, even in lockdown, we can get outside to enjoy the outdoors. Collect sticks, seashells, pinecones etc. All of these could be useful in creating your decoration/angel

Use every day items you may have in your house such as:

- Cotton wool balls
- String
- Wool
- Paper/Card (use old birthday and Christmas cards)
- Glue
- Lolly sticks
- Sticky tape
- Paints
- Elastic bands

The list goes on...

Step 2 - Get creating!



Use your own creative skills or get tips from online to create your own decoration dedication masterpiece! Take some inspiration from the images to the left.

Step 2 - Get creating!



Take a photo and share with your friends and family on your social media, using the hashtag: [#MSEBigThankYou](https://twitter.com/MSEBigThankYou), thanking and recognising people who have been your hero during this year. Don't forget to tag your group if you are doing this as part of Essex Scouts or local Girl Guiding. Also share with us at meccg.incident.comms@nhs.net

Sharing kindness in our care homes

Care home staff and residents have been particularly brave this year, but here's what you can do to help. Create a Christmas wish thanking care homes for the support they are giving to our vulnerable residents. You may even have a relative or neighbour in a care home. Then wrap your design and leave a little note, and your name and age and post in an envelop to your local care home.

TAKE SOME
INSPIRATION FROM
THE PICTURES BELOW
AND GET CREATING!

