

# 2020

## The Muirhead Outreach Project

### Christmas!

*What a year 2020 has been! We hope you're looking forward to the festive season and not feeling too stressed.*

*We're really sad we can't meet in person to celebrate and go to the panto this year but we have lots of things going on that we can attend 'together' even though we're apart.*

*We've set up an Advent calendar online that you can have a look at for ideas of activities to do together as well as self-care and mindfulness moments;*

<https://calendar.myadvent.net?id=05950507aa4de4c1239a24e487fa9ab9>

### Dates for your diary!

- Week beginning 14th—Christmas parcels will be delivered.
- Virtual Panto 18th Dec. We'll send you the link.
- 24th Dec, 6pm—ring a bell outside your door to join in with others across the world.
- 24th Dec—we've included a candle in your parcel, to light in memory of a loved one.



Christmas Campaign



Muirhead will be closed from the 23rd of December.

You can contact the mobile numbers but may not get a response until someone is back in the office. Someone from the team will be checking in with you the second week and will hopefully get out to see the kids. I'll text more info on this once we know who is covering what area.



The month before Christmas video has been a massive hit!

We're so proud of you all for participating and everyone who has watched it, has loved it. Well done!

Please remember that there is support available over this period in terms of foodbanks and community kitchens. They are there to use at times like this.

*Merry Christmas to all  
and to all a good night!*

*From all the Team at  
Muirhead*

