

GO 
BEYOND
CHRISTMAS
PARTY PACK 

THANK YOU

for downloading this Christmas Party Pack and becoming one of the brilliant people helping children's Christmas wishes come true.

INSIDE YOU'LL FIND EVERYTHING YOU NEED TO MAKE YOUR PARTY SPARKLE!

1. A Christmas Quiz to test your festive knowledge
4. Can you complete The After Eight Challenge
5. Templates to Christmasify your desk, glasses or colleagues
7. Christmas Dare Game
10. Gingerbread and hot chocolate recipes
12. Christmas wish template
13. Christmas party poster
14. How your fundraising helps



HOW MUCH WILL YOU RAISE?!

£15

will pay for mince pies and hot chocolate to offer all those who arrive

£50

will help pay for Christmas trees in our centres ready to decorate

£100

will help pay for the whole group to have a hot Christmas dinner

£250

will help pay for a group trip to the local ice rink

CHRISTMAS QUIZ 2022

1. Go Beyond was founded in 1992. What was the UK's bestselling Christmas toy of that year?

2. In which country is it tradition to eat KFC for Christmas dinner?

3. What is the Grinch's dog called?

4. How much does it currently cost to send a child for a residential break at Go Beyond? a) £250 b) £670 c) £1,100

5. Which British monarch delivered the first ever Christmas message?

6. What is the best-selling Christmas song of all time?

7. How many Christmas presents were wrapped by volunteers this year for Go Beyond? a) 750 b) 435 c) 672

8. What year were turkeys first brought to England?

9. What colour are mistletoe berries?

10. According to the 2020 Childhood Trust report, how many children in the UK were not expecting a Christmas present? a) 30,000 b) 4,000 c) 500

CHRISTMAS QUIZ 2022

11. What was the average spend on Christmas presents for a child in the UK in 2020?
12. Which two of Santa's reindeers share names with meteorological terms?
13. Popular in Victorian England at Christmas, what is a 'Smoking Bishop'?
14. In the movie *It's A Wonderful Life*, what happened every time a bell rang?
15. This year, fundraisers for Go Beyond took part in the 12ks of Christmas. When do the 12 days of Christmas start?
16. In Charles Dickens *A Christmas Carol*, what was the first name of Scrooge?
17. Which country does eggnog come from?
18. Astronauts broadcast which Christmas song from space in 1965?
19. Swedes traditionally celebrate Christmas Eve by watching which famous cartoon?
20. The Scientific notation: 1.8×10^4 is the amount of children Go Beyond has helped in the last 30 years. How many is it?

CHRISTMAS QUIZ 2022 ANSWERS!

1. **Go Beyond was founded in 1992. What was the UK's bestselling Christmas toy of that year? (Thunderbirds Tracey Island)**
2. **In which country is it tradition to eat KFC for Christmas dinner? (Japan)**
3. **What is the Grinch's dog called? (Max)**
4. **How much does it currently cost to send a child for a residential break at Go Beyond? (£1,100.00)**
5. **Which British monarch delivered the first ever Christmas message? [George VI]**
6. **What is the best-selling Christmas song of all time? [White Christmas by Bing Crosby]**
7. **How many Christmas presents were wrapped by volunteers this year for Go Beyond? (750)**
8. **When were turkeys first brought to England? (1526)**
9. **What colour are mistletoe berries? (white)**
10. **According to the 2020 Childhood Trust report, how many children in the UK were not expecting a Christmas present? (33,000)**
11. **What was the average spend on Christmas presents for a child in the UK in 2020? (£450)**
12. **Which two of Santa's reindeers share names with meteorological terms? (Donner and Blitzen: the names mean 'thunder' and 'lightning' in German)**
13. **Popular in Victorian England at Christmas, what is a 'Smoking Bishop'? (mulled wine)**
14. **In the movie It's A Wonderful Life, what happened every time a bell rang? (an angel gets its wings)**
15. **This year, fundraisers for Go Beyond took part in the 12ks of Christmas. When do the 12 days of Christmas start? (25th December)**
16. **In Charles Dickens A Christmas Carol, what was the first name of Scrooge? (Ebenezer)**
17. **Which country did eggnog come from? (England)**
18. **Astronauts broadcast which Christmas song from space in 1965? (Jingle Bells)**
19. **Swedes traditionally celebrate Christmas Eve by watching which famous cartoon? (Donald Duck)**
20. **The Scientific notation: 1.8×10^4 is the amount of children Go Beyond has helped in the last 30 years. How many is it? (18,000)**



THE AFTER EIGHT CHALLENGE

Can you get an After Eight chocolate from your forehead to your mouth without touching it?!

There's one way to find out!



You will need:

- a biscuit or After Eight per player**
- a bit of practice!**

Step 1:

Tilt your head back and place the biscuit or After Eight so it lies flat on your forehead

Step 2:

Without touching the biscuit or chocolate with your hands, move your face and body however you can to get the biscuit into your mouth!

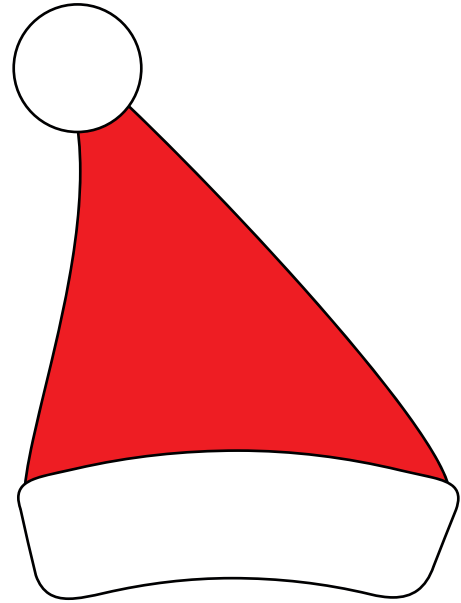
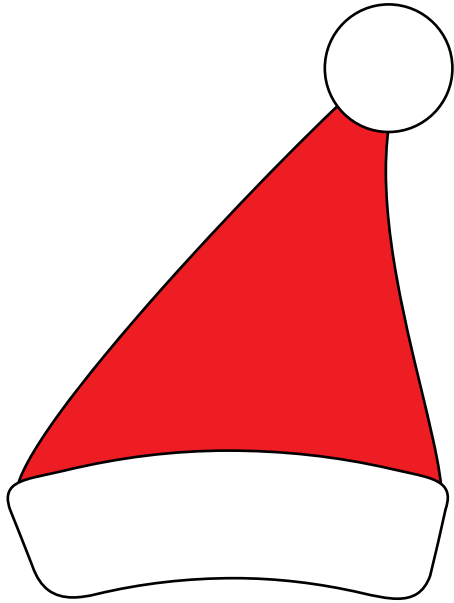
Top Tip! Watch this video of our Break Leader Dan winning this challenge! Can you copy what he does?



**CUT OUT THESE TEMPLATES TO CHRISTMAS-IFY
YOUR DESK, GLASSES OR EVEN COLLEAGUES!**



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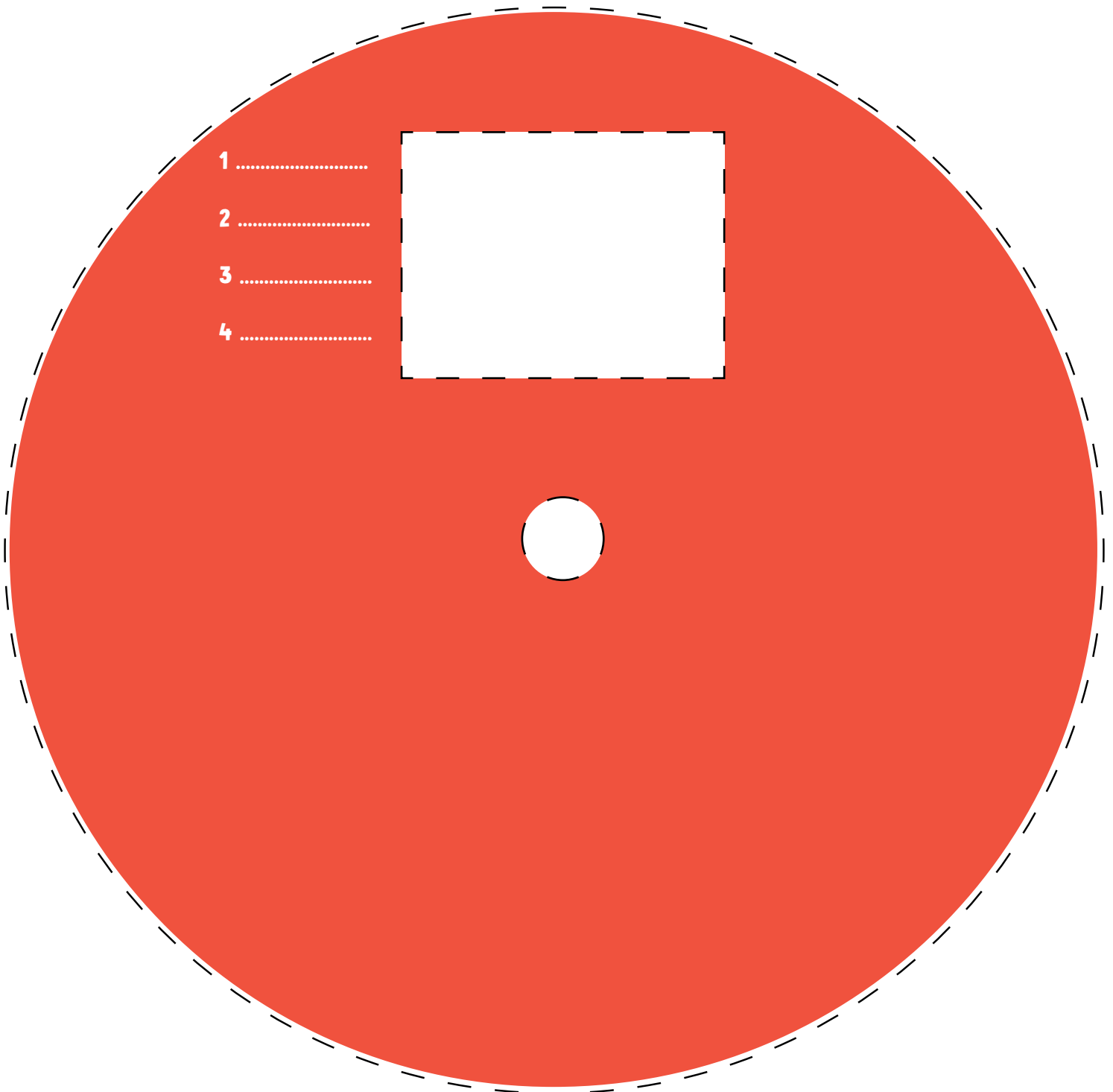
CHRISTMAS DARE GAME



How to play!



1. Cut out the circles on this and the following page and layer using a drawing pin.
2. Write players names next to the numbers 1 to 4 on the top red circle
3. Spin to reveal your dare!



CHRISTMAS DARE GAME



Do star jumps until next dare is completed

Sing "Jingle Bells" as loud as you can

Pick a fundraising activity from the hat to do for Go Beyond

Swap jumpers with the person to your right

Pick a fundraising activity from the hat to do for Go Beyond

Do the Riverdance for 30 seconds

Tell us the worst/funniest Christmas present you got

Sing "All I want for Christmas" as loud as you can

Pick a fundraising activity from the hat to do for Go Beyond

Tell us a secret!

Do a plank for 30 seconds

Make drinks for everyone for a week

Be a horse for 30 seconds

Pick a fundraising activity from the hat to do for Go Beyond

The person to the left of you is Santa: tell them what you want for Christmas

Dad dance until the next dare is completed

FUNDRAISING IDEAS



Cut, fold and place in a jar ready to draw during your game of Christmas Dares!

Complete a sponsored swim, run, walk or cycle

Organise a cake sale or coffee morning

Hold a sponsored silence

Host a quiz

Do something that scares you

Organise a fancy dress event

Give something up for...choose your own time-frame!

Hold a pay to play board game event

Guess the...sweets in the jar, name of the teddy or...your choice!



GINGERBREAD RECIPE

INGREDIENTS

- 100g salted butter
- 3 tbsp golden syrup
- 100g dark muscovado sugar
- ½ tsp bicarbonate of soda
- 1 tbsp ground ginger
- 1 tsp ground cinnamon
- 225g plain flour
- 50g icing sugar



METHOD

STEP 1

Heat the butter, syrup and sugar together in a pan until melted, stirring occasionally. Set aside to cool slightly.

STEP 2

Mix together the bicarbonate of soda, ginger, cinnamon and flour in a large bowl. Pour in the butter and syrup mixture and stir to combine, then use your hands to bring together to form a dough. Add up to 1 tbsp of milk to combine if needed. The dough will be quite soft at this point, but it'll firm up in the fridge.

STEP 3

Put the dough on a sheet of baking parchment, shape into a rectangle, and lay another sheet of parchment on top of it. Roll the dough out to a thickness of ½cm. Transfer to a baking sheet to keep it flat, leaving the parchment in place, then chill in the fridge for one hour.

STEP 4

Heat the oven to 190C/170C fan/gas 5 and line a large baking sheet with more baking parchment. Remove the dough from the fridge and cut out shapes using a cookie cutter of your choice.

STEP 5

Place the shapes, spread apart, on the lined baking sheet, and bake for 10-12 mins. (Depending on the size of the cutters you use, they might need a few minutes more or less cooking in the oven). Leave to cool completely on the baking sheet.

STEP 6

Meanwhile, mix the icing sugar with 1-2 tbsp water – you want to create a consistency that's thick and pipeable, and not too thin or it will run. Decorate the cooled biscuits with the icing using a piping bag with a thin nozzle.



Go Beyond's Hot Chocolate Recipe

Ingredients

- 250ml milk of your choice
- 1 tbsp cocoa
- 1 tbsp soft light brown sugar
- 25g dark or plain chocolate, chopped
- 4 big marshmallows

Method

1. Heat the milk in a saucepan over a medium heat and add the sugar, cocoa and chocolate, whisking until melted
2. Remove from the heat, pour into a mug and add marshmallows and a grating of leftover chocolate

Experience

For a truly Go Beyond experience, take your mug of chocolate to a quiet spot outside or next to somewhere warm in your office or home. Close your eyes, breathe deeply and notice the smells and sounds around you. In your own time, spend a moment thinking about something you achieved today that felt magical.



MAKE A CHRISTMAS WISH

To make your Christmas wish come true, this is all you have to do

Write your wish upon this star, whether it's big or small or quite bizarre

Close your eyes and count to three then hang this wish upon your tree



How to make your wish!

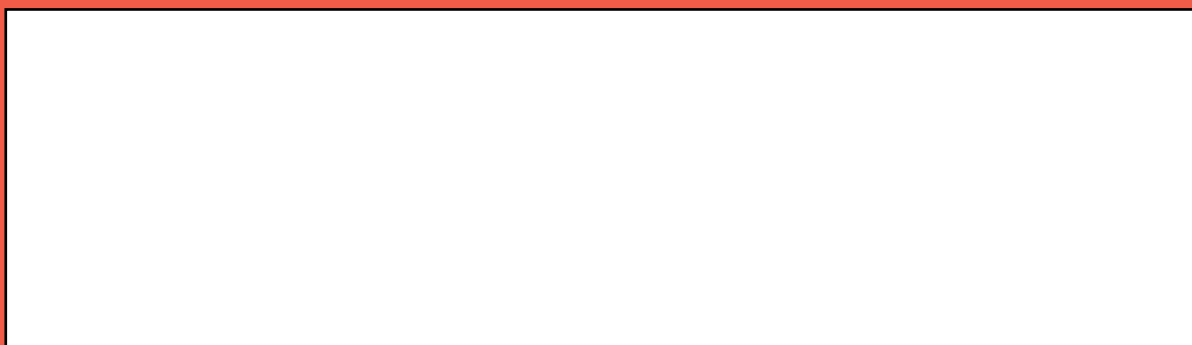


1. Write your wish
2. Cut out both sides and stick together
3. Pierce hole and thread ribbon
4. Hang upon your tree
5. Share the magic and download a star for your family and friends by visiting www.gobeyond.org.uk/christmaswish

CHRISTMAS PARTY! IN AID OF



**THE CHARITY GIVING CHILDREN
AND YOUNG PEOPLE BREAKS THAT
LAST A LIFETIME**



Making wishes come true

As millions of letters fly through the post to the North Pole, this December children like Jack* will make the same wish they have since they first wrote to Father Christmas; that this year their family might have a Christmas just like the ones in their imagination.

Jack is eight years old and every year his Christmas is burdened with more responsibility than he should have to bear. Year-round he is a young carer for his Mum who suffers disabling physical and mental health conditions. With no brothers or sisters to help him, Jack wakes bleary-eyed every morning to help his Mum administer her medications, have a wash and brush her teeth.

Like so many, Jack's Christmas joy will come second to his daily responsibilities and, despite practicing his very best handwriting for Father Christmas, this year is unlikely to be easier for the family. The cost of living crisis is tightening Jack's freedoms even further and the very limited opportunities he did have to socialise with friends are becoming impossible to afford.

By fundraising for Go Beyond this December, you will be giving children like Jack a week of magic they'll remember for a lifetime.

Go Beyond's teams are planning a month of Christmas breaks at their Cornish and Derbyshire Centres this December. On every break children whose home lives are riddled with worry, will pull their first crackers, turn their noses at steaming bowls of brussel sprouts and laugh at their new friends' efforts to win Monopoly.

Each break at Go Beyond allows children to simply 'be children', to be themselves and be free from any of the challenges and worries they face. The staff at the centres treat each child like their own which means the experiences leave them feeling valued and special. The opportunity to experience a totally different setting and immerse themselves in the countryside opens up a new world for them. They are often in awe of the beauty and peace surrounding each centre.

It would be easy to underestimate the challenges some of these children face and the impact that trauma, caring responsibilities, poverty and mental health can have upon their emotional and physical well-being. Breaks like Go Beyond's help to redress the balance and offer a much-needed break from their reality; re-setting and re-prioritising their needs.

I am in a very privileged position of seeing the impact of these breaks – it lasts years! From the magical moment that they find out they are going on a break to years later when they remember the activities, new connections made and feelings of happiness and joy – a Go Beyond break really does change lives.

Thank you for thinking of Go Beyond this Christmas time. With season's greetings to you and your family,

Claire

Claire Gill is Deputy Headteacher at Dee Point Primary School and has referred 49 children for a Go Beyond break.



Magic at Go Beyond

Your donation will give children from all across the country a Christmas week that they'll remember for a lifetime

Day One

The magic begins when Go Beyond's Break Leaders and volunteers welcome sixteen children from all across the country to the warmth of our centres in Cornwall and Derbyshire. The children begin their stay with some games to help them get to know one another, and a tour of their festive home for the next five days, complete with a stop to check the chimney's all clear!

Day Two

First things first on a Go Beyond Christmas break...time to decorate the tree! That's before heading to the shops to buy a Secret Santa gift for the new friends the children shared secrets with last night. Then on to a local pantomime! For many children a pantomime will mark their first ever trip to the theatre. Our Break Leaders and volunteers will beam as the children's faces fill with wonder.

Day Three

Time to get wrapped up warm for a walk in the beautiful surroundings of our centres; either a walk along the beach or through the riverside valleys of the Peak District. Then home for a hot chocolate and movie snuggled under thick blankets. Time to rest and get cosy together.

Day Four

Full steam ahead for the Arts and Crafts Barn where it's time to make Christmas goodies to take home to friends and family. Followed by the ultimate Christmas dinner...turkey and stuffing, crackers and bad jokes, brussel sprouts and Christmas pudding! Then an afternoon of board games.

Day Five

Once packed up, a celebration of all the memories made with new friends.



"I'm just so shocked, this is amazing!"
Brooke*

"Is this a stocking?! I thought it was a giant sock!"
Miko*

A Christmas to remember

Thanks to your donations, each child will return home with gifts that will last a lifetime.

81% increased resilience

81% increased confidence

83% felt calm, relaxed and in a good mood

87% enjoyed spending time outdoors

85% enjoyed learning about new things

78% think good things will now happen in their lives

Statistics collected from January - September 2022



THANK YOU!

**FOR RAISING FUNDS TO GIVE CHILDREN AND
YOUNG PEOPLE BREAKS THAT LAST A LIFETIME**



**WISHING YOU & YOUR FAMILIES A MERRY
CHRISTMAS & HAPPY NEW YEAR**



Go Beyond Charity is a Company registered in England and Wales under Company Registration Number 03985540. Registered charity in England & Wales (1080953)