



# The 12 Days of **WELLNESS**

**CHRISTMAS 2024**



**WELLNESS** brought to you by **ESS**

- HEALTHIER MIND
- HEALTHIER FOOD
- HEALTHIER BODY
- HEALTHIER WORLD


# WELCOME TO 12 DAYS OF WELLNESS

The festive season is a time for joy, connection and reflection, but it also presents challenges to both our wellbeing and the environment.

The **12 Days of Wellness** will inspire a healthier and more sustainable approach to the holidays, helping individuals focus on physical, mental and emotional wellbeing while making eco-friendly choices.

There are a variety of practical tips—from improving sleep and staying active to embracing sustainable practices like reducing waste or choosing more sustainable decorations.

By blending wellness with sustainability, the **12 Days of Wellness** encourages a more mindful and balanced celebration. It reminds us that small, purposeful actions — like prioritising self-care or rethinking traditions — can make a lasting impact on individuals and the planet. This Christmas, let's create joy in ways that nourish both our wellbeing and the world around us.



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**DAY 1:**

# MAXIMISE YOUR NUTRITION DURING THE CHRISTMAS PERIOD

**In the UK, the average person consumes an extraordinary number of calories during the Christmas season, particularly on Christmas Day itself.**

On Christmas Day, it's typical for individuals to eat approximately 7,000 calories—almost three times the daily recommended intake for women and over double the intake for men. This hefty calorie count is largely driven by indulgent meals and festive treats like a traditional roast with trimmings, Christmas pudding, chocolates and alcohol<sup>1,2</sup>.

According to research, much of the calorie intake occurs even before lunchtime, with snacks like chocolates, crisps and mince pies being common mid-morning indulgences. Many also start their day with champagne or other festive beverages. It's estimated that by the end of the day, the total consumption of food and drink significantly exceeds the usual daily intake<sup>3</sup>.

The festive season in general sees a loosening of dietary restraint, with many people acknowledging that Christmas is a time for indulgence. About 70% of Brits feel unconcerned about how much they consume during this period, seeing it as a time to indulge without guilt. Despite the excess, mindful eating strategies can help balance the enjoyment of Christmas feasts with healthier habits<sup>3</sup>.

While optimising your nutrition over the Christmas period can be challenging, with some mindful strategies it's possible to enjoy festive meals while staying healthy. Focus on balance rather than restriction by allowing yourself to indulge moderately while prioritising nutrient-rich foods like fruits, vegetables, lean proteins and whole grains. A good rule to follow is the 80/20 approach: aim to eat healthily 80% of the time and indulge without guilt 20% of the time.

Prioritising protein is essential, as it helps keep you fuller for longer and prevents overeating. Choose lean meats like turkey, chicken or fish and incorporate plant-based proteins such as beans and lentils. When faced with a buffet, starting with protein-rich options can help curb your appetite! It's also important to be mindful of portion sizes, as holiday meals can be large. Use a smaller plate to avoid overloading and practice mindful eating by savouring each bite.

Fill half of your plate with vegetables, which are rich in fibre, vitamins and minerals. They aid digestion and promote fullness. Adding festive vegetable dishes like roasted Brussels sprouts, carrots or winter salads can boost your nutrient intake. Staying properly hydrated is key, especially when consuming alcohol or sugary beverages, which can dehydrate you. Drinking water throughout the day can also help reduce hunger, as thirst is sometimes mistaken for hunger.

While enjoying Christmas treats is part of the holiday fun, it's wise to consume them in moderation. Sugary foods can lead to energy crashes and weight gain, so opting for healthier versions like fruit-based desserts or dark chocolate can help satisfy your sweet tooth without the excess sugar. Where possible, choose whole grains over refined ones, swapping white bread, pasta and rice for options like quinoa or brown rice to increase fibre intake and support digestion.





Skipping meals to save calories for a big dinner can backfire, often leading to overeating later. Instead, eat small, balanced meals throughout the day to keep your metabolism steady.

Staying active is another key aspect of balancing holiday indulgences. A brisk walk after meals or a light exercise session can boost energy and help with digestion.

For snacks, it's better to opt for nutrient-dense options like nuts, seeds, fresh fruit or yogurt, rather than processed treats. Having healthy snacks on hand makes it easier to avoid reaching for less nutritious options when hunger strikes.

Alcohol, too, should be consumed mindfully, as it's high in calories and can reduce your willpower to make healthy choices. Opt for lower-calorie drinks like wine or light beer, and alternate with water to stay hydrated.



Planning can make a big difference. If you're hosting or attending a gathering, bring a nutritious dish so there's at least one healthy option available. Having meals or snacks prepped can help you make better choices when things get busy. By staying mindful of your food choices, staying active and enjoying treats in moderation, you can navigate the Christmas season while maintaining a balanced and nutritious diet.

By incorporating these tips, you can enjoy a nutrient-dense, flavourful Christmas while still indulging in some holiday favourites. Balancing indulgence with healthier options will help you maintain energy, overall nutrition and wellbeing throughout the festive season.



### Top Calorie dense foods consumed over Christmas

Christmas Pudding	300-350 calories per serving (100g)
Mince Pies	250-300 calories
Pigs in Blankets	70-100 calories per piece
Roast Potatoes	200-250 calories per serving (about 150g)
Stuffing	150-200 calories per serving (100g)
Cheese and Crackers	300-400 calories
Chocolates and Sweets (a handful)	50-100 calories
Alcoholic Drinks	A glass of wine has around 120-150 calories
	A pint of beer can reach 200-250 calories

# EMBRACE CHRISTMAS TRADITIONS FROM AROUND THE WORLD

When it comes to December and the countdown to Christmas, everyone seems to have their own traditions, whether it's what date to put up a Christmas tree and decorate the house, attending Christmas markets or baking gingerbread men. However, in some countries there are some more unusual traditions.

Read on to find out more - how many were you aware of?



## KRAMPUS

### Austria's Bad Santa

Krampus comes from an old legend and is a half-goat, half-demon monster who punishes naughty children at Christmastime. Individuals will dress up as the creature, who is said to be the 'evil twin' of St Nicholas and parades happen all over Austria.

It is thought that the sight of Krampus will scare children into being well-behaved.

## L'EPIFANIA

### Italy

The majority of Italians open their presents on Christmas Day morning, but some wait until Epiphany on 6th January. Instead of Santa Claus, La Befana brings the gifts and sweets to children in a colourful stocking. However, if the children have been naughty, they will receive coal which is made from black sugar.

Le Befana is a kind witch who is thought to have been following the wise men, but got lost and has been wandering ever since, handing out gifts to children at Christmas.



## COBWEB DECORATIONS

### Ukraine

Not for those with a fear of spiders, Ukrainians use decorations made to look like spider webs in place of baubles and tinsel. This tradition goes back to a tale of an unfortunate widow who couldn't afford to decorate her tree. The folktale says that spiders took pity on the family and spun beautiful webs all over the tree, much to the children's excitement when they woke on Christmas Day.

Spider webs are considered lucky in Ukrainian culture.



# RISALAMANDE

Danish rice pudding with cherry sauce

## CHRISTMAS ON 24<sup>TH</sup> DECEMBER

### Denmark

In Denmark, Christmas is celebrated on the evening of 24th December.

Traditionally, that meant a large festive feast with dancing and the exchanging of gifts.

The main Christmas dessert is called Risalamande, a rice pudding topped with cherry sauce. Inside there is a whole almond and whoever finds this receives an extra present or prize.



### Ingredients:

#### Rice pudding:

- 200g short grain white rice (like arborio or pudding rice)
- 1 litre whole milk
- 50g granulated sugar
- 1 vanilla pod, split and seeds scraped (or 1½ tsp vanilla extract)
- 100g chopped blanched almonds
- 500ml whipping cream

#### Cherry sauce:

- 300g pitted cherries (fresh or frozen)
- 100g granulated sugar
- 100 ml water
- 1 tbsp cornflour (cornstarch) mixed with 2 tbsp cold water

#### Equipment:

- Large saucepan
- Medium saucepan
- Mixing spoon
- Mixing bowl
- Whisk
- Knife
- Chopping board
- Weighing scales and jug
- Tablespoon

### Method:

- 1 In a large saucepan, combine the rice, milk and vanilla pod (or vanilla extract if using).
- 2 Bring the mixture to a gentle simmer over medium heat, stirring frequently to avoid sticking.
- 3 Reduce the heat to low, cover and let the rice cook for about 35–40 minutes, stirring occasionally until it's soft and has absorbed most of the milk. The mixture should be thick and creamy.
- 4 Once cooked, remove the vanilla pod if you used one and stir in the sugar. Allow the pudding to cool to room temperature.

#### Prepare the almond and cream mixture:

- 1 In a mixing bowl, whip the cream until it forms soft peaks.
- 2 Gently fold the whipped cream and chopped almonds into the cooled rice pudding.

#### Make the cherry sauce:

- 1 In a saucepan, combine the cherries, sugar and water. Bring to a simmer over medium heat, cooking until the cherries soften and the sugar dissolves.
- 2 Add the cornflour mixture and stir well. Continue to simmer until the sauce thickens slightly, about 2–3 minutes.
- 3 Remove from heat and allow to cool slightly.

#### Serve:

- 1 Spoon the rice pudding into serving bowls.
- 2 Top with warm cherry sauce.



## THE PŌHUTUKAWA TREE

### New Zealand

In New Zealand, instead of a traditional evergreen conifer, they have a Pōhutukawa tree which has bright red flowers that bloom around Christmas time. They often feature on greeting cards and in poems and songs.



## NIGHT OF THE RADISHES

### Mexico

On 23rd December, an annual event is held in Oaxaca, Mexico which is dedicated to carving oversized radishes.

The event dates back to the mid-18th century when the radish crop was so fruitful that a section remained unharvested for months. In December, some of the forgotten radishes were pulled up and found to be of varying shapes and sizes. They were brought to a market on 23rd December where they attracted attention and were carved into figures for a Nativity scene.

Each year since 1897, the city has held a radish carving competition.



## FRIED CATERPILLARS

### South Africa

In South Africa, emperor moth caterpillars are a delicacy which are deep-fried and served as a starter on Christmas Day.

They are a great source of protein!

# WHAT DO YOU LOOK FORWARD TO OVER THE CHRISTMAS PERIOD?

We asked some team members across the business how they get involved in Christmas festivities. See some of their answers below:



*I'm more of a Halloween person than a Christmas person. As I've always worked at Christmas in the past, I normally didn't get much involved until Boxing Day evening.*

*But I like to cook for my extended family, and we'll generally all sit down and play a few quizzes together from YouTube once the younger family members have gone to bed.*

### Tim Reading

Contract Manager - ESS



*Having things to look forward to is key for me. Plan those events in, and really enjoy them. This year will be our first year being able to visit Father Christmas with our son, which is really exciting.*

*Catching up with friends and family for me is what Christmas is all about. Non-alcoholic beers and cocktails have come a long way, so it can feel like you are participating without the booze.*

### Matthew Topham

Area Manager - ESS



*I socialise with friends and family and visit local Christmas markets. I have arranged a few parties for my ESS teams over Christmas, as it's key to socialise together outside of work – a great opportunity for teambuilding. I'm always centre of the party – life is for living!*

### Andy Stoneley

General Manager - ESS



# STAY HYDRATED AT CHRISTMAS

Alcohol has a significant dehydrating effect on the body due to its diuretic properties.



When consumed, alcohol inhibits the production of vasopressin (also known as antidiuretic hormone or ADH), which helps the body retain water.

As a result, the kidneys expel more water through urine than they normally would. Studies suggest that for every 10 grams of alcohol consumed, urine output increases by approximately 100 millilitres, which can exacerbate dehydration.<sup>1,2</sup>

This dehydration not only causes thirst and headaches but also impacts overall bodily functions, leading to reduced cognitive performance, fatigue and potentially exacerbating hangover symptoms.<sup>3</sup>

Maintaining hydration during the festive season is essential to feeling your best, especially with the abundance of rich foods and alcohol that are often part of holiday celebrations.

In addition to water loss, alcohol consumption can lead to electrolyte imbalances, particularly sodium.

In the UK, 23% of adults drink more alcohol during the festive season.<sup>6</sup>

One simple yet effective strategy is to drink water between alcoholic beverages. Alcohol has a dehydrating effect, so alternating it with water helps prevent dehydration and keeps you feeling more refreshed throughout the day.

For every standard drink (which contains around 14 grams of alcohol), the body can lose between 100 to 500 millilitres of water, depending on factors like hydration status, the amount of alcohol consumed and individual body responses. Starting the day with a glass of water can also help rehydrate you after sleep and prepare your body for the indulgences ahead.

To make water more appealing, especially when surrounded by tempting festive drinks, try adding natural flavours like slices of lemon, cucumber or berries. Infused water is both hydrating and tasty, and it can be a lighter alternative to sugary beverages. Incorporating water-rich foods like oranges, cucumbers and melons into your meals or snacks can also help keep you hydrated without you even realising it.

Another tip is to watch your caffeine intake. Coffee, tea and fizzy drinks may add to your dehydration, so balancing these with extra water is crucial. Keep water easily accessible, whether you're at home or at a party, by having a refillable water bottle or a pitcher on the table. Staying mindful of your hydration is key, so setting reminders to drink water during busy days can help ensure you're maintaining a good balance.

By following these hydration strategies, you can enjoy the festive cheer while keeping your energy levels up and avoiding the common post-celebration fatigue.

During the festive season, young adults in the UK are estimated to consume around 3,700 calories from alcohol at parties and nights out, equivalent to about 200 chocolate coins.

Alcohol is slowly metabolised by the body – a healthy liver can process about one drink per hour.

# TAKE CARE OF YOU

Prioritising your wellbeing during the festive period is crucial for maintaining balance, energy and mental health amidst the busyness.

The holidays are often associated with joy and celebration, but they can also bring stress due to social, financial and time pressures. Many people feel overwhelmed by commitments to family, work and festive activities, which can lead to burnout if self-care is neglected.

## Why not try the tips below?

### Set realistic expectations:

The festive season can often bring pressures to create perfect experiences with many of us struggling with heightened stress at this time. However, setting more manageable expectations helps reduce stress.<sup>3</sup>

### Maintain healthy boundaries:

With family and social pressures increasing during the festive season, it's important to set clear boundaries around your time and energy.<sup>2</sup>

### Prioritise sleep:

Sleep disruptions are common during festive periods, but research suggests that maintaining a consistent sleep schedule of 7-8 hours per night helps in managing holiday-related stress. Proper rest is crucial for emotional regulation and energy maintenance.<sup>3</sup>

Research indicates that stress levels tend to increase during the festive season, as expectations to create perfect experiences mount. By placing your wellbeing at the forefront, you not only reduce stress but also enhance your ability to enjoy and fully engage with the festivities.

### Stay active:

Physical activity plays a key role in reducing stress. The NHS recommends at least 150 minutes of moderate-intensity exercise per week to support mental and physical health. Light activities, such as walking, are highly effective in managing stress.<sup>1</sup>

### Be mindful of eating and drinking:

Moderation during festive indulgences is essential. UK health experts advocate for balancing food and alcohol intake, as overindulgence can lead to feelings of lethargy and guilt. Keeping hydrated and eating mindfully can boost both mood and energy.

### Practice stress management:

Techniques such as mindfulness, meditation and deep breathing can help alleviate stress and promote relaxation, particularly during the festive season.<sup>3</sup>

### Make time for yourself:

Amid the social demands of the holidays, creating personal downtime is essential. Whether through a quiet walk or a moment of reflection, scheduling "me time" can help recharge your energy.

Incorporating healthy habits, such as setting boundaries and practicing mindfulness, to protect mental and emotional wellbeing can help, not just at Christmas but throughout the year.<sup>1,2</sup>

### Delegate tasks:

Sharing festive responsibilities with family and friends can ease the burden. Research highlights how distributing tasks prevents burnout during high-pressure periods.<sup>3</sup>

### Practice gratitude:

Reflecting on what you are grateful for can enhance emotional wellbeing. Practicing gratitude fosters a sense of peace and contentment, helping to counteract the stress of the festive period.

### Stay connected to your needs:

Regular self-check-ins are key to preventing holiday burnout. If signs of stress or exhaustion arise, taking steps to slow down and engage in self-care is critical for maintaining overall wellbeing.

A Mental Health UK survey found that 84% of respondents find Christmas stressful, with 77% stating that their mental health worsens during the festive period.<sup>1</sup>

Ultimately, prioritising yourself allows you to manage the festive period with calmness and enjoyment, ensuring that the season remains a source of joy rather than stress and overwhelm.

# HOW DO YOU PRIORITISE YOUR OWN WELLBEING DURING CHRISTMAS?



*I try to be as organised as possible in advance, so everything is not last minute to reduce stress and make sure I get to put my feet up with the family. We do a few family walks over at Cannock Chase - British weather permitting!*

*I also get in a few hot yoga sessions to zen out and maybe an occasional solo/family gym session, but it's hard to get teenagers to move off the sofa in the Christmas break!*



**Stephanie Wright**  
Sales & Promotions  
Manager - ESS

*For me, my wellbeing is sorted by being with family and friends and ensuring we are all together.*



**Keith Bowcott**  
Head of Retail Excellence  
- Compass One



*Spending time with our loved ones is so important during this period and taking quality time out to switch off is key. Having spent quite a few years in industries that don't allow much of that, it really makes me appreciate this valuable time. With this in mind, I usually book annual leave for a few days prior to Christmas to ensure I can support with setting up the house ready for our family and friends to arrive. My wife is an absolutely amazing cook and organises everything brilliantly, so sorting out those little bits of prep helps take some of the pressure off.*

*I also find that planning the run in to the holiday period in terms of who covers from the team is really key. We all want a decent break, so spreading the load regarding who is on call and allowing everyone to get their down time is imperative. It's also important to plan your time properly. Having an organised run in to Christmas can avoid a last minute rush which can spoil those all-important few days with the people closest to you.*



**Louis Davies**  
Retail Director  
- Compass One



*I'm generally very busy over the lead up to the Christmas period, but I try to make time to go on walks with my partner where possible, somewhere quiet and peaceful.*

*I've also always found drawing or painting quite cathartic personally, but the crux is to make the time for it even when I'm very busy.*



**Tim Reading**  
Contract Manager  
- ESS



DAY 5:

HEALTHIER WORLD

# GIVE BACK THIS CHRISTMAS

The Christmas season is a wonderful time to foster kindness and support within our communities.



There are many ways to give back, from volunteering your time to donating essentials.

Local shelters are often busy over the festive period and helping to prepare meals, sort donations or offer companionship can have a big impact. Community kitchens and food banks, such as those run by The Trussell Trust, are also great places to volunteer, while organisations like Age UK offer befriending services to connect volunteers with isolated elderly individuals.

Donating essentials like food, clothing and toys is a valuable way to help. Food banks are grateful for donations of non-perishable items and seasonal treats, which can be dropped off at many supermarkets. Winter clothing, such as coats, gloves and scarves,

are essential for those who face the cold without adequate warmth. Toy donations to initiatives like The Salvation Army or the Giving Tree can ensure children in need receive a gift on Christmas Day.

Fundraisers or charity drives can make a significant difference. Hosting a virtual fundraiser on platforms like JustGiving or GoFundMe can raise money for causes close to you, while local community groups might consider organising drives for food, clothing or toys. Even supporting social enterprises or shopping at charity shops like Oxfam allows you to help good causes while finding unique and ethical holiday gifts.

Small acts of kindness, like donating gift cards or cash to shelters, can offer recipients the flexibility to purchase what they need most. Writing holiday cards or kind notes can also lift spirits—programmes like Cards for Kindness connect people with recipients in need of some cheer.

Hosting a virtual or outdoor holiday event, like carolling or organising a craft session for children in hospitals, is another way to bring joy to others. With so many ways to give back, the festive season is an ideal time to spread kindness, compassion and community spirit.



## Giving back to our community

Last Christmas, the ESS Energy team prepared and delivered 4,500 nutritious meals for charities assisting those facing hardship. The menu included a selection of meals such as macaroni cheese, roast meats with seasonal vegetables, vegetarian dhal and chicken tikka masala, providing recipients with meal packs that last several days over the holiday period.

In addition to hot meals, ESS Energy volunteers assembled hampers containing festive treats and essential items like soups, pasta, coffee and ambient ready meals. The initiative was supported by donations from ESS supply partners Amity Fish Company Ltd, Benzies of Turriff, Lomond Fine

Foods, Riso Gallo and Strachans Ltd.

The meals and hampers were distributed to community-focused organisations, including Bo'Ness Food Pantry, Stonehaven Fetteresso Church, Aberdeen City Council's Homeless Service, and local churches and community centres, reaching families, individuals and elderly people in need.

**Debbie, a representative of the Homeless Service, commented:**

*"The lovely meals supplied by the group go to so many good causes. From feeding the people in our homeless units to individuals, families, elderly people and those who face Christmas alone. In a time where food banks are stretched, and pasta and sauce are the*

*staple for many as an affordable way to eat, these nutritious meals are a true godsend. Anyone who approached us for a meal this Christmas will be given a delicious meal prepped by the chefs. This is a fantastic service."*

**Graham added:**

*"We are so pleased to be supporting local organisations and their beneficiaries again this Christmas. It's an honour and a privilege for us to provide these meals and treats for those who are less fortunate. Thanks to all the volunteers and suppliers who are supporting us this week – your generosity is greatly appreciated."*

The team will be undertaking a similar campaign this Christmas.

# WHAT ACTS OF GOODWILL AT CHRISTMAS AND GIVING BACK TO YOUR COMMUNITY DO YOU DO AT CHRISTMAS?



*We tend to donate to a couple of local charities organised by the local community like a Christmas box for underprivileged kids.*

**Stephanie Wright**  
Sales & Promotions Manager - ESS



*I will be giving blood during the Christmas period. I have given blood in the past at this time of year, but this will be the first time for ten years.*

**Allan Errington**  
Head of HSSE- ESS



*When I do my shopping, I put extra items in my trolley and put them in the collection bay or drop them at the food bank. I tend to choose items suited to Christmas. Up until this summer, there was an elderly lady who lived near us and I used to go in with mince pies or a cake and have a cuppa with her sometime over Christmas – sadly she's gone now.*

**Keith Bowcott**  
Head of Retail Excellence - Compass One



*We have a lovely lady who lives opposite us, Pat, who has been on her own for the last ten years. She often joins us for a meal over the festive break and regularly helps out by bringing some of her own home cooked food over. It's lovely to spend time with her and have a proper catch up. We've been great friends since we moved in and it really builds that sense of community.*

**Louis Davies**  
Retail Director - Compass One

**DAY 6:**

# GET SOME SLEEP DURING THE FESTIVE PERIOD

Getting efficient sleep can be especially challenging during the festive season due to a combination of factors such as increased social engagements, irregular schedules and heightened stress from holiday planning and celebrations.

The festive season often disrupts normal routines with late-night gatherings, family commitments, travel and indulgent eating or drinking, all of which can negatively impact sleep quality. Moreover, the excitement and pressure to meet holiday expectations – whether it's buying gifts, hosting events or managing family dynamics – can contribute to stress and anxiety, making it harder to unwind at night.

Despite these challenges, it's crucial to prioritise good sleep to maintain energy, mood and overall wellbeing during this busy time. Quality sleep will help you feel more refreshed, less irritable and better equipped to handle the demands of the season.

**Here are some practical tips to help you achieve restful sleep throughout the busy festive period:**

**Stick to a sleep schedule:**

Try to maintain a consistent sleep routine, going to bed and waking up at the same time every day. Consistency reinforces your body's circadian rhythm, making it easier to fall asleep and wake up naturally, even when the holiday calendar is full of late-night activities.<sup>1</sup>

**Limit alcohol and heavy meals:**

Festive celebrations often involve indulgence, but consuming alcohol and heavy meals close to bedtime can interfere with sleep. Alcohol may make you feel drowsy initially, but it disrupts sleep cycles later in the night, leading to lighter, less restorative sleep. Similarly, large meals can cause discomfort, heartburn or indigestion, making it harder to fall asleep.<sup>2</sup>

**Stay active:**

Physical activity during the day can promote better sleep by reducing stress and making you feel more tired at night. While the festive season may be busy, try to incorporate light exercise, such as a brisk walk, to boost your mood and improve your ability to fall asleep.<sup>3</sup>

**Wind down before bed:**

Establish a relaxing pre-sleep routine to signal to your body that it's time to unwind. Activities such as reading, taking a warm bath or practicing mindfulness or meditation can help you shift into relaxation mode. Avoid stimulating activities, screens or exposure to bright lights right before bed, as they can hinder the production of melatonin, the sleep hormone.<sup>4</sup>

**Create a sleep-conducive environment:**

Make sure your bedroom is a peaceful, sleep-friendly space. Keep it cool, dark and quiet to support a restful night's sleep. Use earplugs or a white noise machine to block out any external noise from holiday parties or guests. Dim lights and avoid festive lighting in the bedroom before bed, as exposure to bright or coloured lights can delay sleep.<sup>5</sup>

During the festive period, sleep duration can drop by 1 to 1.5 hours per night compared to regular sleep patterns.<sup>12</sup>

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**Manage festive stress:**

The festive season can bring both joy and stress, with numerous tasks and social obligations to juggle. To prevent stress from impacting your sleep, practice stress-reduction techniques such as deep breathing, journaling or progressive muscle relaxation before bed. Keeping a to-do list or planning ahead can also reduce feelings of overwhelm and help you sleep more peacefully.<sup>6</sup>

**Be mindful of naps:**

If festive activities or late nights leave you feeling tired during the day, short naps (20–30 minutes) can help recharge your energy without interfering with nighttime sleep. However, avoid long naps or napping late in the afternoon as this can make it harder to fall asleep at night.<sup>7</sup>

**Stay hydrated, but time your fluids:**

Staying hydrated is important, but drinking too much water before bed can lead to frequent trips to the bathroom, disrupting sleep. Ensure you drink enough water throughout the day but reduce fluid intake in the hour or two leading up to bedtime.<sup>8</sup>

**Limit caffeine:**

Be cautious with your caffeine intake, especially in the afternoon and evening. While it may be tempting to rely on coffee or tea to power through holiday tasks, caffeine can stay in your system for hours and interfere with your ability to fall asleep later.

**Stay consistent after late nights:**

It's natural to have the occasional late night during the festive period, but try to minimise sleep debt by allowing yourself some extra rest the following night. Avoid drastically shifting your sleep schedule, as large changes can throw off your internal clock and make it harder to return to a normal routine.<sup>10</sup>

**One in three Britons experience stress during the Christmas season, which affects their sleep.<sup>11</sup>**

**30% of people reported getting less sleep than usual over the Christmas period.<sup>12</sup>**

By following these tips, you can maintain efficient sleep even during the busiest times of the year. Prioritising rest will ensure that you remain energised, focused and in good spirits throughout the holiday season.

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**DAY 7:**

# GET MOVING THIS CHRISTMAS

The festive season often brings indulgence, relaxation and plenty of family time, but it can also mean a more sedentary lifestyle as we settle into cosy indoor activities.

Staying active during this period is essential for both physical and mental health. Regular movement can combat the lethargy associated with winter, boost your immune system and help manage the festive stress that many experience during this busy time. Incorporating movement into your festive routine can also make it easier to stay on track with fitness goals.

Here are some practical tips to help you stay active during the Christmas period.



## Join a Charity Fitness Challenge

There are several charity-driven fitness challenges throughout the festive season, such as Mind's Red January, which encourages daily physical activity throughout January to support mental health. While it kicks off in the New Year, the challenge can serve as a great motivator to remain active during the festive period.

Similarly, Parkrun UK operates free weekly timed 5k runs in parks nationwide, including on Christmas Day and New Year's Eve. It's a great way to combine community spirit with physical activity and can be enjoyed by people of all fitness levels.



## Embrace Winter Walks

Whether through stunning countryside or a big city, winter walking is an ideal way to get moving during the festive period. Popular winter walking locations in the UK include the Lake District, Snowdonia and South Downs National Park, where you can enjoy crisp air and wintry landscapes. Even a local walk to admire the Christmas lights can lift your mood and increase your daily step count. You can check out organisations like Ramblers.org.uk for winter walking events and routes.

## Take Advantage of Outdoor Ice Skating

Outdoor ice skating is a popular festive activity across the UK, with rinks popping up in cities including London, Cardiff, Edinburgh and Birmingham. Locations like Somerset House in London and Cardiff's Winter Wonderland offer ice skating experiences that combine exercise with festive fun, making it a great way to stay active with friends or family.



## Home Workouts and Festive-Themed Exercise

If it's too cold or dark to venture outdoors, home workouts are a great alternative. Platforms like NHS Fitness Studio offer a range of free, online workout videos designed for different fitness levels. Try festive-themed Zumba, Pilates or yoga to stay in the Christmas spirit while keeping active indoors.

## Organise Family Fitness Challenges

Make physical activity a family affair with festive games and challenges. Host a Christmas dance-off to your favourite holiday tunes or set up a treasure hunt for children, encouraging everyone to get moving. These fun, inclusive activities ensure you stay active without it feeling like a chore.



### Get Active at Christmas Markets

Visiting local Christmas markets is not only a great way to immerse yourself in the festive atmosphere, but also a chance to get on your feet and walk around. Markets like Winter Wonderland in Hyde Park or the Manchester and Birmingham Christmas markets provide ample opportunity for strolling while enjoying seasonal delights.



By embracing these festive-friendly tips, you can stay active throughout the Christmas season while still enjoying the celebrations. Incorporating movement into your daily routine not only boosts your physical health but also helps improve mood, making it easier to cope with festive stress and the winter blues.

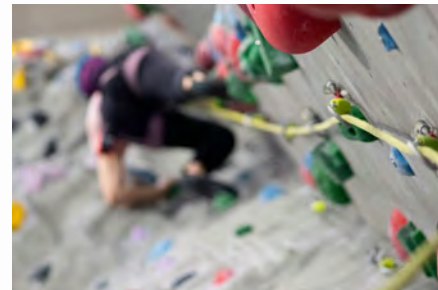
### Stay Engaged with Festive Fitness Classes

Many UK gyms and leisure centres host special holiday-themed fitness classes, such as Christmas Zumba, spinning or yoga. These classes are often designed to make exercising more enjoyable during the festive season, and many facilities remain open on key holiday dates, making it easier to keep active.



### Try Something New

The festive season is a great time to try out a new activity! If you've been curious about indoor climbing, many climbing centres across the UK, such as The Climbing Works in Sheffield or The Castle Climbing Centre in London, remain open during the festive period. Indoor climbing is a full-body workout that engages both the mind and muscles.



### Did you know?

Cold conditions make the body work harder to maintain warmth, leading to higher energy expenditure. An average 70kg person walking on hilly or uneven terrain, or in cold weather, can increase calorie burn by 10-20%, raising it to 275-360 calories per hour. An average 70kg person could burn 400-500 calories per hour during moderate ice skating.

## HOW DO YOU KEEP ACTIVE OVER CHRISTMAS?



*I like to ski. Living in London I have to travel far and wide to do that of course, but there are indoor facilities in the UK that cater to beginners and experts. Admittedly they're not cheap, but it's good exercise and great fun – particularly for kids, who could soon be skiing circles around their parents if they're not careful.*

**Ivan Dawson**  
Senior Design Manager  
- The Creative Lab



*We usually do an after dinner walk on Xmas Day and New Year's Day to get fresh air and some exercise after sitting a lot.*

**Keith Bowcott**  
Head of Retail Excellence  
- Compass One



*Staying active during Christmas can be challenging with all the festivities. Here are some ideas to help you stay active during the festive period:*

- 1. Go for a walk. We love to get out and enjoy the local Christmas lights and decorations!*
- 2. Go for a run or join a charity Jingle Bell Run. I love to get out on Christmas morning to clear my head before the day's festivities begin! This year I will have a little person (my daughter) with me cycling!*
- 3. Organise family games. If you're lucky enough, have snow a snowball fight! I've got my fingers crossed for some snow!*
- 4. Dance to Christmas music, turn up the music and dance like nobody's watching! If you have kids, this could be a fun game of musical statues!*
- 5. Do a holiday themed workout. Make up your own 12 days of Christmas - 12 jumping jacks, 11 squats, 10 push ups ... and so on! You could start 12 days before Christmas and do the workout for the 12 days leading up to Christmas!*

*For me, the key is to incorporate staying active into our day and remember short periods of activity add up!*

**Jennifer McGroarty**  
Head of HR – ESS



*We are avid walkers and have some great countryside around us in Suffolk. As a family, we all go on long walks most days after dinner. It's often really muddy and wellies are required. The kids love it, and when we get home it's great to get back in the warm and have some mulled wine and mince pies.*

**Louis Davies**  
Retail Director – Compass One



*Having Christmas off is still a little new to me, so it's unusual not to be running around at work! But last year I tried to make sure I went for walks with my partner in some local(ish) arboretums and along some nice routes. The Carding Mill Valley up to the waterfall is a really great walk, especially during autumn and winter.*

**Tim Reading**  
Contract Manager – ESS

## DAY 8:

# ENJOY A MORE BALANCED FESTIVE FEASTING

## HOW TO MAINTAIN YOUR WEIGHT OVER CHRISTMAS

The average person consumes 7,000 kcals on Christmas Day, that's three times a woman's recommended daily intake.



Whether it's Christmas parties, meals out or family celebrations, Christmastime can see us overindulging on food and drink, leading to potential for putting on weight over the festive period.

But this doesn't need to be the case! It's possible to enjoy your Christmas without gaining weight or restricting yourself – follow the tips below to help you maintain a healthy weight this festive period:

- 1 **Try to keep your exercise routine** – with extra plans around this time, exercise is often the first thing we miss off our list. But whether it's going to the gym, heading out for a run or just taking a walk outside, exercise is really important to help maintain your energy balance and therefore weight.
- 2 **Get out and explore nature** – the festive period is a great time to get outside and go for a walk with friends or family. Why not find a new location to visit?
- 3 **Go for quality of food rather than quantity when at parties** – canapés can be tempting and, although they are small, they can add up in contributing to your daily intake, so be mindful of how much you are consuming and try not to stand too close to the buffet table!
- 4 **Don't overindulge on alcohol** – the calories will quickly add up and can also lead to you consuming more food than necessary. Try to substitute alcoholic drinks for soft drinks or alternate with glasses of water. Be mindful of sugary mocktails which can still be packed full of calories.
- 5 **Never attend an event hungry** – try to have a nutritious snack like a handful of nuts or a piece of fruit before attending a work function or family party. This will help you stay fuller for longer and control the need for snacking.
- 6 **Plan ahead** – batch cook meals to keep in the fridge or freezer, so you always have something nutritious on hand to eat when you get hungry. This will help to stop you from ordering a takeaway or picking up junk food on the way home when you're short of time. Stews, curries and pasta sauces are good options and can easily be packed full of veggies.
- 7 **Be wary of sugary options** – hot chocolates with cream and marshmallows, eggnog lattes and white chocolate mochas are all popular drinks around this time of year, however they can be packed full of sugar! A lot of flavoured coffees contain sugar syrups and whipped cream can have sugar added to it too. Enjoying these drinks on a special occasion is fine, but if you're having one every day of the week, it might be worth swapping the sugary option for an americano or a glass of water.

The average festive hot drink ranges between 300–450 calories, meaning we could rack up an excess of over 1000 calories if we were to treat ourselves two to three times a week.

# STAY WARM TO FEND OFF THOSE FESTIVE COLDS

Staying warm during the festive season is essential for keeping your immune system robust and preventing winter illnesses like colds and flu.

As the days get colder and the holiday excitement ramps up, it's easy to let your body's defences slip. Cold temperatures can weaken your immunity, making it harder to fend off infections. Staying warm helps your body function more effectively, reducing the risk of seasonal illnesses and letting you fully enjoy the Christmas season.

Whether you're out Christmas shopping in the high street, building snowmen or enjoying cosy nights in, here's how staying warm helps, along with festive tips for keeping snug and healthy.<sup>1</sup>



## Dress in Festive Layers

Layer up with your Christmas jumper, thermal socks and a scarf to keep heat from escaping when you're out enjoying winter walks or festive events. Dressing in layers allows you to adjust to changing temperatures as you move from outdoors to indoors. It's time to get that Christmas jumper out!

## Stay Warm with Hot Festive Drinks

Warm yourself from the inside with mulled wine (in moderation), hot chocolate or spiced teas. Not only are these drinks festive favourites, but they help keep you hydrated, which is important for immune function.<sup>1</sup>

## Cosy Up Indoors with Loved Ones

As you gather with family for Christmas films or games, make sure the house is comfortably heated. Use festive throws and blankets to add extra warmth and seasonal cheer while insulating your home to keep the chill at bay.

## Get Active with Seasonal Fun

Don't let the cold slow you down! Stay active by joining in festive activities like ice skating, dancing at Christmas parties or taking a brisk walk to admire the Christmas lights. Exercise boosts circulation and helps your immune system stay strong.<sup>2</sup>

## Eat Warming, Nutrient-Rich Foods

Seasonal treats like hearty soups, roasted veg and spicy foods can help maintain your body's warmth. Ingredients like cinnamon, ginger and cloves not only add a festive touch but also have immune-boosting properties to help fight off infections.<sup>3</sup>

## Take Warm Baths to De-Stress

After a busy day of Christmas prep, unwind in a warm bath with some festive scents like peppermint or eucalyptus. Not only will this warm you up, but it'll help reduce stress, which can weaken your immune system.<sup>1</sup>

By staying warm in festive and fun ways, you'll be able to enjoy the season to the fullest while keeping your health in check.

In 2023, Christmas Jumper Day raised a total of £3 million for Save the Children.

Cinnamon is rich in antioxidants and has anti-inflammatory, antibacterial and antifungal properties that support immune health. It has been traditionally used to help with colds, respiratory issues and to improve circulation, all of which are vital for maintaining a strong immune system during winter.<sup>3</sup>

When exposed to cold air, your blood vessels constrict, reducing circulation to extremities. This can make it harder for your immune cells to reach infection sites. Cold, dry air also dries out your mucous membranes, weakening their ability to trap viruses.

**DAY 10:**

# MAKE YOUR CHRISTMAS TREE MORE SUSTAINABLE

**Whether to choose a real or artificial Christmas tree is a longstanding debate!**

Making Christmas trees more sustainable is an important consideration, especially given the environmental impact of festive traditions. Below are some eco-friendly options and approaches to take in helping to reduce the carbon footprint of Christmas trees in the UK.



## Real Trees

Surprisingly, real trees can be a more sustainable option if sourced responsibly. Most real Christmas trees in the UK are grown on farms and replanted after being cut down, contributing to carbon sequestration.

Additionally, when they are composted or recycled through local council programmes, they have a lower environmental impact compared to artificial trees. Many councils offer free tree recycling services where trees are shredded and turned into mulch or compost.



## Artificial Trees

While artificial trees are reusable, they are typically made from plastic (PVC) and often shipped from abroad, resulting in a high carbon footprint.

According to the Carbon Trust, an artificial tree would need to be reused for 10 years to offset its carbon impact compared to a real tree. If opting for artificial, choose a high-quality tree that will last for many years.

## Renting a Christmas Tree

A growing trend in the UK is renting a real tree for the festive season. These trees are kept in pots and returned to the farm after Christmas, where they continue to grow.

This reduces waste as the tree remains alive and can be used year after year. Several companies across the UK, like Love a Christmas Tree or The Christmas Forest, offer this service. Renting trees helps reduce the demand for single-use trees and promotes sustainable practices.

## Buying Locally Grown Trees

If purchasing a real tree, choosing one from a certified local grower ensures lower transport emissions and supports sustainable farming practices.

Look for trees that are FSC-certified or grown in the UK under sustainable conditions. The British Christmas Tree Growers Association (BCTGA) promotes locally grown, sustainable trees in the UK, ensuring that trees are replanted and grown in environmentally conscious ways.

## Potted Trees

Another sustainable option is buying a potted tree that can be reused. These trees come with their roots intact and can be replanted in the garden after Christmas or kept outside for use the following year.

Potted trees tend to last longer when cared for properly, and they can contribute positively to carbon capture in the future. The Woodland Trust suggests choosing a native species, such as Scots Pine, for replanting after the festive period.



## And finally, what about the decorations?

In addition to choosing a sustainable tree, consider eco-friendly decorations.

Opt for natural, reusable or recyclable materials like wooden ornaments, dried fruit or cloth ribbons instead of plastic tinsel and baubles.

LED lights are more energy-efficient than traditional incandescent bulbs, reducing electricity consumption during the festive season.



## Tree Recycling Programmes

After Christmas, it's important to dispose of trees in an eco-friendly way. Many local councils in the UK provide tree recycling services. Instead of sending the tree to landfill, it can be turned into mulch for parks and gardens.

Check with local councils to see what options are available in your area. Using a real tree and ensuring it is recycled is a more sustainable choice than sending it to waste.



**DAY 11:**

# MAKE YOUR OWN CHRISTMAS TABLE DECORATIONS



**Janet Thomas,**  
Head Gardener  
- ESS

**It's that time of year again – the garden is resting and needs very little care and attention from me right now, but like many people my focus is on the impending Christmas festivities!**

Something I really like to do is to bring the outdoors in. It has long been a tradition to bring evergreen foliage into the home for festive decoration, and if you're anything like me and Christmas puts a bit of dent in your finances, a homemade Christmas decoration is a good way of making the Christmas funds stretch a little further.

This year, I have made a table centre piece with a candle. I made it the same way as I would make a wreath, but it can then be laid flat on a plate, decorative cake stand or bowl, whatever you have around.

Apart from the candle, which was a couple of pounds from the supermarket, everything I used was either cut from the garden or found in the garden shed.

I made the ring using willow branches which are very pliable and easy to twist around and secured it using garden wire (1). It is important not to secure it too tightly as you'll need to tuck the foliage into the wire. If you don't have a willow tree to use, there are special rings, either metal or made from oasis, which you can buy in craft shops.

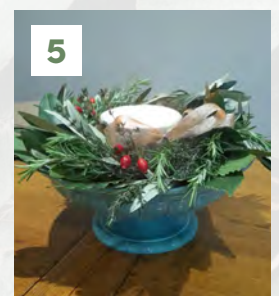
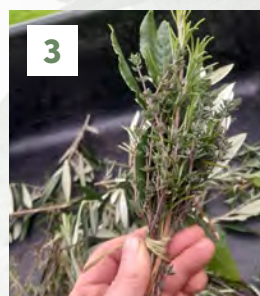
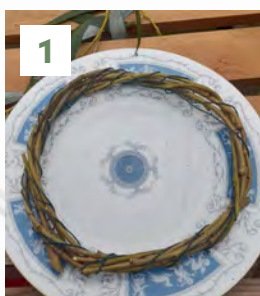
I collected evergreen foliage from the garden – on this occasion, I decided to use mostly herbs as I love the scent they fill the house with. I have used rosemary, bay, thyme, rosehips and olive branches, but it is okay to use any type of evergreen foliage you fancy (2). Maybe you could take a woodland walk and see what you can find while getting some lovely time out in nature? Don't forget a bag and some scissors or secateurs!

I made a few little bunches of the foliage which I secured at the end with either garden twine or wire (3) and then I worked around the ring threading them through the wire used to secure the willow ring.

The finished wreath can then be placed on a plate, or whatever you are using, and the candle placed in the middle (4,5). It's probably best to use a candle in a jar or tin as you don't want the foliage catching alight!

This time I have kept the decoration very simple, but you can add all sorts to the ring – baked orange slices, holly, pine cones and ribbons will all add a splash of colour and texture.

*Wishing you all a wonderful festive holiday from the garden!*



And how about a challenge to all you seasoned and budding vegetable growers out there: why not have a go at growing your own veg for your Christmas dinner next year? It's not an easy task but imagine how amazing it would be to serve home grown veggies on Christmas Day!

### Here are a few suggestions to get you started.

#### Brussels sprouts

These will need to be sown between March and May. I prefer to sow them in modules and transplant them into their permanent position when they are big enough around June time.

It is best to keep them covered with some netting if possible as they are prone to being attacked by caterpillars. Harvest in time for Christmas when they look like fully grown sprouts!

#### Parsnips

Another veg with a long growing season, these can be sown directly outside between March and May.

Prepare the soil to a fine tilth and create a shallow trench about an inch deep. Drop the seeds in about an inch apart and push the soil back over. Water in and leave to grow. These can stay in the ground until they are needed and are very tolerant of cold weather. They need very little care beyond this.



#### Carrots

Sow autumn carrots in late summer. In the same way as parsnips, ensure you sow them thinly and thin them out to about an inch apart when the green tops come through. These may need a fleece over them if it goes below zero prior to harvesting.

#### Potatoes

These are a little more complicated as they are not frost tolerant. Late varieties can be purchased as seed potatoes around mid-July and planted immediately.

They can go in trenches in the ground or in some kind of container like a dustbin with holes in the bottom for drainage. Cover the seed potato and water in, then when the foliage comes through apply another layer of compost. Repeat two or three more times then let them grow.

You'll need to keep an eye on the water and protect the foliage if a frost



is forecast as this will cause the green to die back and the potatoes may be damaged. Or harvest them a bit earlier than December and store in a paper bag in a cool, dark place.

#### Red cabbage

A good variety is January King. Again, this is a slow growing crop that remains in the ground for a long time.

This will need to be sown in modules in late spring and planted out with protection like the Brussels sprouts. It can be harvested from December onwards.



**DAY 12:**

# PLAN AHEAD TO REDUCE WASTE

Christmas often leads to excessive consumption. With a bit of planning, it's possible to enjoy the holiday season while reducing our impact on the environment.

Here are some practical tips for a more sustainable, low-waste Christmas, with ideas to make your celebrations meaningful and mindful.



## Reduce your food waste

The Christmas season sees an increase in food waste, with the UK wasting an estimated 270,000 tonnes during the festive period alone.<sup>1</sup>

Planning your meals carefully can help prevent food waste. Portion control is a good way to manage this, and the Love Food Hate Waste website provides tools to calculate portion sizes and reduce overbuying for festive meals. Consider meal-planning apps or templates to stay organised. Additionally, make a shopping list to avoid impulse purchases and focus on seasonal, local produce.

Many UK supermarkets now offer loose fruits and vegetables to reduce packaging waste.

Repurposing leftovers is another simple way to avoid waste—try creating turkey sandwiches or vegetable soups. Websites like BBC Good Food and Love Food Hate Waste offer recipes designed specifically for festive leftovers.

If you're left with unavoidable food waste, compost it at home or through your local council's composting scheme.



## Create more meaningful gifts

Gift-giving can be wasteful if we're not intentional, but there are plenty of ways to make it meaningful and low-waste. Instead of material items, consider gifting experiences like theatre tickets, museum memberships or even a day trip. Many UK companies, like Red Letter Days, offer a range of experience gift vouchers that support local businesses.

Shopping from UK-based small businesses also cuts down on the carbon footprint associated with long-distance shipping and supports the local economy. Etsy UK, Not on the High Street and local markets are good places to find unique, eco-friendly items.

If you enjoy crafts or cooking, homemade gifts like jams, candles or even knitted scarves can be thoughtful and sustainable presents.

When it comes to wrapping, avoid single-use paper and instead opt for reusable materials like fabric, scarves or even old newspapers. Furoshiki, the Japanese art of fabric wrapping, is an elegant and eco-friendly option.<sup>2</sup>



## Forage your own eco decorations

Decorations can make a big impact on waste, but there are plenty of ways to create a festive atmosphere sustainably. For example, gather pine cones, holly and ivy for natural decor that can be composted after use. The Woodland Trust encourages bringing nature indoors to create beautiful, biodegradable decorations.

Instead of buying new decorations every year, invest in high-quality items that you'll love to reuse. If you're buying new, look for items made from wood or metal instead of plastic.

For lighting, opt for LED Christmas lights, which use up to 90% less energy than traditional lights. Many UK retailers now stock energy-efficient options, which can help you reduce electricity usage during the festive season.<sup>3</sup>

**The waste generated at Christmas goes up by 30% compared to the waste created during the rest of the year.**



Approximately 66% of people admit to buying too much Christmas food that ends up in the bin. This usually amounts to 42 million plates of Christmas food. <sup>4</sup>

### Consider what you post and how

During the festive season, the UK sees an increase in postal deliveries, with packaging waste becoming a significant contributor to landfill waste.

Try to use recyclable or compostable mailing options for parcels. Many UK brands, like RePack and Noissue, offer sustainable packaging solutions. Consider reducing postage waste by combining cards and gifts, sending just one card per family or group of friends.

Digital cards are another option, especially for distant relatives. Apps like Touchnote allow you to personalise cards online, which can save on both paper and shipping.



### Share your low wastage vision

Creating a low-waste Christmas can be a rewarding journey, especially when family and friends share in the effort.

Discuss your desire to make Christmas more sustainable, setting a price limit or focusing on gifts that are consumable, handmade or experiential. Starting new traditions, like taking a Christmas walk, playing family games or having baking sessions, can help to make the holiday about spending quality time together rather than focusing on material items.

A sustainable Christmas is not only possible but can also add a new layer of meaning to the season. By adopting some of these tips, you can reduce waste, save money and create a Christmas that's memorable for all the right reasons.

*Happy (sustainable) Christmas!*

## WHY NOT USE YOUR LEFTOVERS ON THIS TASTY HOTPOT SUGGESTION FROM RYAN HOPPER, HEAD OF CULINARY OPERATIONS?



We throw away 263,000 turkeys each Christmas.

#### Ingredients (serves 5):

- 700g cooked turkey (thigh usually works best, but don't hesitate to throw in any leftover cuts for this recipe)
- 600ml boiling water
- 700g carrots, peeled (or any leftover veg from Christmas dinner)
- 500g peas
- 500g potatoes, skins on
- 265g onion
- 5g parsley, chopped
- 5g thyme, removed from stalks and chopped
- 3 twists ground black pepper
- 1 chicken stock cube

#### Equipment:

- Sharp knife and chopping board
- Heat resistant jug
- Oven proof dish
- Foil sheet
- Deep pan suitable for boiling

Only 60% of the food that would otherwise be thrown away ends up in the hands of the less fortunate.

#### Instructions:

- 1 Preheat the oven to 175°C/ Gas Mark 4/350°F.
- 2 Thinly slice the potatoes and onions. Dice 200g of the carrots into small cubes – don't get precious about the exact sizes, it's a rustic dish so chop as thick or thin as you like.
- 3 Make the stock by mixing the stock cube with the boiling water.
- 4 In a deep oven proof dish, layer the turkey, onions, diced carrots, potatoes, parsley, thyme and pepper, finishing with a complete overlapping layer of potato.
- 5 Pour the chicken stock over the top and cover with foil to stop the food from drying out when cooking.
- 6 Place the dish in the pre-heated oven and cook for approximately 2 hours or until the turkey is to your liking.
- 7 Meanwhile, slice the remaining carrots and cook in boiling water for approximately 8 minutes. Add the peas to the same pan after 4 minutes. Drain when cooked. If you have any left over veg from Christmas dinner, you can add those in too!
- 8 Remove the foil from the hotpot and glaze the top under a hot grill before serving with freshly boiled, piping hot peas and carrots.



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