

USEFUL INFORMATION



We really hope you have a terrific Christmas. We know it will be different. If you do need to reach out over the festive period here are some amazing organisations who are ready to help. Remember it's OK not to be OK.

ANXIETY UK

A charity providing support if you have been diagnosed with an anxiety condition.
Call: 03444 775 774 Visit: www.anxietyuk.org.uk

MIND

The charity Mind also has helpful hints and tips about staying mentally fit. If you do suffer with mental health issues, it's important to remember you're not on your own.
Call: 0300 123 3393 Visit: www.mind.org.uk

SAMARITANS

Whatever you're going through a Samaritan will face it with you. They are there 24 hours a day, 365 days of the year.
Call: 116 123 or if you feel better writing things down you can email them at: jo@samaritans.org
Visit: www.samaritans.org

And we are here too of course. You can get in touch by phone, email or Facebook and take a look at our website: <https://www.sgtpeppersfriends.co.uk>

A SILENT NIGHT ON THE BATTLEFIELD

It was 1914 and soldiers on both sides of a French battlefield were enduring a miserable Christmas Eve night. The men were remembering their homes and the warmth of their families. When German soldiers placed candles on small Christmas trees and raised them above their trenches it touched the hearts of their enemies. These men, thousands on both sides, spontaneously began to sing Christmas carols.

And so became the legendary Christmas truce. Weapons were put down and the men gathered in No Man's Land to mark the festive season together.

For just a short time no shots were fired. The previous day they had fought and buried their dead. Now they held a service to remember their fallen comrades. Before departing, a solitary voice began to sing Silent Night in French. He was joined by another singing in German. The hymn was beloved by all.

Together they contemplated 'heavenly peace'.



It's Christmas!

That most wonderful time of the year... ordinarily. We think it's safe to say that this Christmas is shaping up to be a rather different festive season at the end of what, we can all agree, has been a quite extraordinary 2020.

However, even if we can't do all the things we normally do, there are reasons to be cheerful for next year. As we write this there is good news on the horizon about vaccines and once it's safe to do so, there's an awful lot of face to face catching up to do in 2021. Our diaries could get full pretty quickly, just catching up with the friends we've missed for a start, and enjoying better, healthier and happier times together.

Since we've been living our lives differently many of us have found friendships in alternative (and sometimes surprising) places. Our Friendship Club in Wall Heath has an active What's App group with daily words of wisdom to kick off the morning and don't forget our new podcast, where Roger and Chris discuss all things friendship related. You can find each of their chats on our website.

Away from Sgt. Pepper's we've probably all got new connections with our neighbours, our local shopkeepers and for those who can't get

out of the house too often, it's our favourite broadcasters who have helped to make the world go round. Come in Ken Bruce on Radio 2 (says Jan)!

Fingers crossed there's some great entertainment to look forward to over the Christmas holidays. We'll be disappointed if there aren't some fabulous festive films to enjoy – It's a Wonderful Life, Elf, The Polar Express, Miracle on 42nd Street would be a great start.

Whatever your plans are for Christmas, we send you our warmest best wishes.

Roger, Chris and Jan

We'd like to hear from you of course and you can get in touch in a variety of ways.

Telephone: 07512 338594

Email: sgtpeppersfriends@aol.com

Website: www.sgtpeppersfriends.co.uk

[Sgt-Peppers-Friendship-Club](https://www.facebook.com/Sgt-Peppers-Friendship-Club)

[SgtPeppersPals](https://twitter.com/SgtPeppersPals)

Answers to the Peppert questions

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|------------------------|---|---------------------------------------|---------------------|-----------------------|
| 1. Advent | 6. Cranberry | 7. Just like the ones we used to know | 10. Egypt | 15. Carpenter |
| 2. Three | 7. Just like the ones we used to know | 11. Three (Donner, Dancer and Dasher) | 16. Oliver Cromwell | 17. Shepherds |
| 3. Good King Wenceslas | 8. Oslo, Norway (as a thanks for the British help during WW2) | 12. Indian | 18. Birmingham | 19. The Angel Gabriel |
| 4. Boxing Day | 9. Aladdin | 13. Herod | 20. A manger | |
| 5. Germany | | 14. Bethlehem | | |



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PEPPERPOT MADCAP QUIZ



1. What's the name of the period leading up to Christmas?
2. How many Wise Men brought gifts to Jesus?
3. Which Christmas carol contains the line "Brightly shone the moon that night"?
4. By what name is St Stephen's Day better known in the UK?
5. The carol "Away in a Manger" was written in which country?
6. Which sauce is traditionally served with roast turkey on Christmas Day?
7. What's the second line of "I'm dreaming of a white Christmas"?
8. Which city donates a Christmas Tree to Trafalgar Square each year?
9. Widow Twanky appears in which Christmas pantomime?
10. What country did the baby Jesus, Mary and Joseph escape to?
11. How many of Rudolph's eight companions' names start with a 'D'?
12. In which ocean would you find Christmas Island?
13. Who was the 'King of the Jews' who ordered the babies to be killed?
14. In what town was Jesus born?
15. What was Joseph's job?
16. Who banned Christmas songs in England?
17. Who were first people to visit the baby Jesus?
18. What city traditionally has the largest Christmas Market in the UK?
19. What was the name of the angel who visited Mary?
20. Where did the baby Jesus sleep?



PEPPERPOTS OF CHRISTMAS WISDOM

If you don't have the real meaning of Christmas in your soul, you won't find it under a tree.

The lovely thing about Christmas is that it's compulsory, like a thunderstorm, and we all go through it together.

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall.



TRUE STORY

Shirley Temple once said that she started to have serious doubts about Santa Claus when her Mum took her to see the great man himself at a department store. He sat her on his knee and then asked her for an autograph!



THE TOP 15 BEST-SELLING TOYS OF ALL TIME

1. Barbie
2. The Yo-Yo
3. Easy-Bake Oven
4. Radio Flyer
5. Silly Putty
6. Transformers
7. G.I. Joe
8. Hot Wheels
9. Etch-A-Sketch
10. LEGOs
11. Mr Potato Head
12. Hoola Hoop
13. Star Wars Figures
14. Rubik's Cube
15. Super Soaker water gun

There are some classics on this list, as well as a couple of surprises. No shock though that Barbie is at number one but sadly no sign of Ken her long-suffering boyfriend!

Rubik's Cube is an evergreen amongst toys and a constant best seller, ensuring the Hungarian Rubik family enjoy their status and the cash rewards for a long time to come.

The amazement on this list is LEGO not being higher. We thought everyone had stood on a piece of LEGO in their bare feet over the festive period at one time or another. Isn't that a family tradition? And for goodness sake, where is Monopoly? Who hasn't taken part in a bad-tempered game of Monopoly over Christmas?



CHRISTMAS CRACKERS!

Unusually, this Christmas many of us won't be pulling a cracker. Here's what you're missing!

- Q. What do you call an igloo without a toilet?
A. An ig.
- Q. Why didn't Rudolf get married?
A. Because it was too dear (two deer)
- Q. What did Adam say on the day before Christmas?
A. It's Christmas, Eve
- Q. Why did the turkey cross the road?
A. Because it was the chicken's day off
- Q. What's Santa's favourite place to deliver presents in Devon?
A. Westard Ho Ho Ho!
- Q. Who is Santa's favourite singer?
A. Elf-is Presley

