

IMPACT (festive edition): Improving Merriness during the Pandemic At Christmas Time

2020 has been a woeful year for all of us with the pandemic taking up lots of time and resource for NHS staff. Although the temptation over the festive period may be to overindulge, we need to be mindful of the consequences and costs of dealing with excessive merriment. Grab yourselves a cuppa and take a few minutes to read our advice.

Remember: These are not just any recommendations; these are professionally led, peer reviewed, quality assured, glitter-coated PrescQIPP Christmas recommendations

Recommendations

Leftover turkey

- Cooking a massive turkey in a tiny oven has always been a mean feat. This year there is a risk of having even more leftover turkey due to smaller gatherings.

PrescQIPP recommends: Think differently! Turkey curry, turkey a l'orange, turkey tikka masala, turkey and ale pie....turkey for breakfast, lunch and dinner for at least three days.

Overstocking “Brussel” sprouts

- With Brexit fast approaching, there is a risk of festive revellers stockpiling Brussel sprouts for fear they may not get them again next year.

PrescQIPP recommends: Every little helps! But don't order too many as nobody really likes them anyway! Make a Christmas wreath out of them to adorn your door, but be careful to remove the wreath before the expiry date or no one will want to come to visit.

Overindulging in mince pies

- We all know that having an endless supply of mince pies can risk adding a few extra pounds during the festivities.

PrescQIPP recommends: I'm lovin it! Go on, enjoy. You can always set a resolution to work off the extra pounds in January. Why not enjoy them even more and have a contest to see which brand of mince pies are the most cost-delicious?



Festive fizz

- Wondering what time of day is appropriate to crack open the festive fizz?

PrescQIPP recommends: Open your world! 2020 has been hard on us all so there are NO rules this year, it's always 5 o'clock somewhere. Just go steady, you don't want to burn the turkey!



Shopping for presents

- Shopping can be a highly addictive activity and we can all over do it and end up with a random selection of useless gifts.

PrescQIPP recommends: Shop till you drop! Remember to stop and refuel every now and then.

Festive attire

• People who wear festive attire try to explain it away as something that 'they only do to be sociable', rather than a real addiction. However, if left unchecked this can lead to a slippery slope of wearing this attire all year around as it's so comfortable.

PrescQIPP recommends: When the fun stops – stop! Set a cut off date and put away that festive attire after the festivities end. Nobody wants to be caught wearing a Rudolph jumper in July.

Too many Christmas decorations

- We have all seen those houses that are lit up so bright they can be seen from space. Do we really need this? Christmas decorations too early. When did you put up your Christmas tree? Was it before 1st December?

PrescQIPP recommends: Just do it! The earlier and brighter the better. We all need a bit of cheer after the terrible year we have had.



Too many loo rolls?

- Have you stockpiled needless amounts of toilet roll?

PrescQIPP recommends: It's soft, strong and very, very long! Why not use it to make festive paperchains. Adorn the house from floor to ceiling. Add a touch of colour with some felt tip pens.

Summary

2020 has been a challenging year for us all. We hope everyone gets some time for rest and relaxation and comes back recharged and ready to face the challenges of 2021.

Merry Christmas from the PrescQIPP team