

Winning at Winter

Your template to saving money, creating a calm living space and nurturing yourself while reducing your impact on the environment.

Activities, recipes, printable checklists and a reusable calendar.

Winning at Winter				
week 1			shop for loose veg	make your own shampoo
week 2			make a meal from leftovers	hunt for loose change
week 3	try cleaning with bicarb			swap with friends
week 4			delete unwanted emails	

About the authors

Lisa lives with her teenager and too many cats.

She is a graphic and web designer who writes about gentle decluttering, simple living, saving money and being sustainable, she is not a minimalist!



www.less-stuff.co.uk

Vicky is a wife and mother to two children. her passion is to inspire you to be creative, using what you have.



We can sew, create, make using what we have, having lots of fun along the way.

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Claire has four young children and runs two businesses from home - as well as managing a very naughty Labrador.

Her passion for living an ethical and frugal life in the real world is infectious.



www.thefrugalfamily.co.uk

Thank you to Candida Mum for the original idea behind this collaboration. Her support through the process has been invaluable. www.facebook.com/candida.mum.7

Thanks also to Lynne Jones who spent patient hours proofreading.

Winning at Winter

week 1					
week 2					
week 3					
week 4					

block a draughty gap (THIRTIETH THURSDAY)

ditch something obsolete (THROW IT TUESDAY)

use up food in the fridge (MAKE DO MONDAY)

swap with friends (THIRTIETH THURSDAY)

choose paper packaging (WASTE FREE WEDNESDAY)

declutter something sticky (THROW IT TUESDAY)

go for a walk (FEEL GOOD FRIDAY)

use vinegar in your wash (MAKE DO MONDAY)

audit what you have (WASTE FREE WEDNESDAY)

have a long bath (FEEL GOOD FRIDAY)

How it works

Winning at Winter is full of little ideas that will help you make winter much easier.

We have given you a blank calendar to fill in with daily actions. You can fill it in by hand or you can cut out and stick the little picture actions on the last pages.

The days of the week are themed and each theme has a list of actionable ideas for you to try. Each action will help you make a small difference to your life and the world.

Slow and steady wins the race. Don't feel you need to pack the week with things to do. Having just one action for the week will move you further forward than filling up every day with 20 things you will never do.

Use the weekend to celebrate what you have done.

These four weeks give you a chance to try something new. Pick activities you are interested in because you want to do them, not because you think you should. You might find something you love doing, you might find some of the ideas don't work well for you. As long as you give some of these things a go, we can guarantee you that at the end of the 4 weeks you will have made a difference to your life and been kinder to the planet.

The back of the book has the essential printables to make it easier for you to print off just what you need to get going.

Make this book your own! There are pages for you to fill in and spaces for you to doodle. You can use it again and again and print out what you need, when you need it.

We haven't included Christmas specifically because winter is more than just December. All of the Winning at Winter ideas will work well for Christmas too.

Daily themes

Make do Monday - save some money and make do with what you have.

We have tried to make the activities and actions in this book possible with what you have around the house so you shouldn't need any special ingredients or materials. Make do Monday has recipes for using household ingredients as cleaning products. Instructions for easy things to mend and some great ideas for leftover food will help you start the week in a productive, money saving manner.

Throw it Tuesday - recycle or donate something you no longer need, want or like. For the decluttering element get a cardboard box ready and put it somewhere you will not miss. Make it easy to get to and use it as a daily reminder to declutter a few things a day. Winning at Winter won't encourage you to overhaul or pull everything out of cupboards. Just getting rid of a few things daily will really mount up.

Waste Free Wednesday - try a different way to reduce your waste.

Waste Free Wednesday has easy ways to avoid excess packaging and some great recipes for seasonal veg. Wasting food = wasting money and we will help you save it instead.

Thrifty Thursday - Use one of the money-saving strategies to make life more frugal. There is never a bad time to look after your money - here is a selection of ideas that should be useful to do now, to save money while still remaining environmentally conscious.

Feel Good Friday - be nice to yourself! The winter months can be very difficult for many people, and looking after ourselves is especially important. In this theme we offer a range of ways you can support your mental, physical and emotional health to feel good.

The Weekend

Celebrate small achievements as well as big ones with one of the ideas for rewarding weekend activities.

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MAKE DO MONDAY

What better way to start the week than with good intentions to save money and reduce waste. That is what Make do Monday is all about.

Check your fridge for food that needs using up soon

Look through old magazines for articles you've never read

Re-organise your books so you have a 'to be read' pile

Sort out your films and make a 'must see again' pile

Ask for items you really need on local Freecycle sites before buying new

Take a packed lunch and/or use up leftovers instead of buying a sandwich

Take a thermos or reuseable cup for hot and cold beverages

Mend something

The world appears to have become a 'throw away' culture, which means we often forget that most things can be fixed with a bit of elbow grease or willpower.

Clothes in particular have become so cheap and easy to access that the smallest tear, hole or flappy hem might mean we throw the item away. Instead of that why not try some highly fashionable modern darning ideas...

If you can't mend it yourself there is a good chance someone else can.

Do you have a repair cafe in your area? They are run by volunteers and fix everything from kettles to torn jeans, all for free.

You could also think about any skill swaps you can suggest to friends e.g. a haircut for a cake or dog sitting for taking up a hem.

Things you can fix quickly

Squeaky floor or bed - try baby powder or cornflour in the gaps

Fridge running warm - vacuum the back of it and move it away from the wall a bit more.

Scratched CD's or DVD's - try a little hair gel rubbed into the scratches. Wash off with water and dry well before playing.

Seal up draughts - big cracks in walls around windows can be filled with newspaper. Scrunch up small bits and force into the space with a screwdriver. You can use filler to make the mend neater afterwards.

Descalc the kettle - squeeze a lemon into a half full kettle and boil. Rinse a couple of times before using for anything other than herbal tea.

Sticky zip - rub a pencil along the teeth of the zip then move the zip head back and forth to loosen.

Sticky drawer - rub a candle on any areas that stick.

Scuffed lino - rub with white toothpaste and a clean cloth.

MAKE DO MONDAY

Mending list

Item	Tools needed	Materials needed

MAKE DO MONDAY

Clean with household ingredients

There is a lot you can clean with basic storage cupboard ingredients.

Vinegar:

Use diluted 1 part to 10 of water as a degreaser, undiluted to clean toilets. Add to washing on the final rinse to make towels fluffy. White vinegar smells a bit nicer than malt but both do the same great job of cutting through grease. Save up orange peels and soak them in vinegar to make a nicer smelling solution.

Bicarbonate of Soda:

Sodium bicarb is a deodoriser and can be used to clean stainless steel. Try sprinkling it into stinky trainers and leaving overnight. Make a paste of sodium bicarb and water and spread onto a dirty oven avoiding any fans or heating elements. Leave as long as you can, overnight if possible then wipe off with warm water.

Olive Oil:

Use a little olive oil to get paint off your hands and to clean really grubby wooden furniture. It is also great to buff up stainless steel, just use a little on a clean cloth.

Lemon Juice:

Lemons contain citric acid which you can buy as a powder but half a fresh lemon will work just as well. Citric acid is a great descaler and you can even use half a cup of it in with your white washing as a gentle bleach.

Chopping Board Cleaner:

Sprinkle a large spoon of cooking salt onto a wooden chopping board and rub with half a lemon. The lemon will get rid of any lingering smells, bleach out any stains and the salt will provide you with a bit of gentle abrasion.

Wood Polish:

Mix 2 parts of olive oil with one part of lemon juice or vinegar. Keep in a jam jar until needed. Using a clean, soft cloth, rub a little into the wood, going with the grain.

Fizzy Plug Hole Cleaner:

Put a tablespoon of sodium bicarb around the plug hole and pour on a quarter of a pint of undiluted vinegar. The mixture will fizz up and clean as it goes down the drain. Rinse off with boiling water and don't let the mixture settle too long on stainless steel or ceramic sinks as it can erode the surface if left for a long time.

Home Made Furniture Wipes:

These smell amazing and you can use them a few times before they need washing. You will need a large airtight jar to keep them in. Use old sheets, t-shirt or dishcloths cut into 12 inch squares. No need to hem. This is an ideal way to use up lemons after they have been squeezed, you just need the pith and skin.

You need:

- Rags
- Water
- White Vinegar
- Olive Oil
- Lemon skins (quarters including the pith)

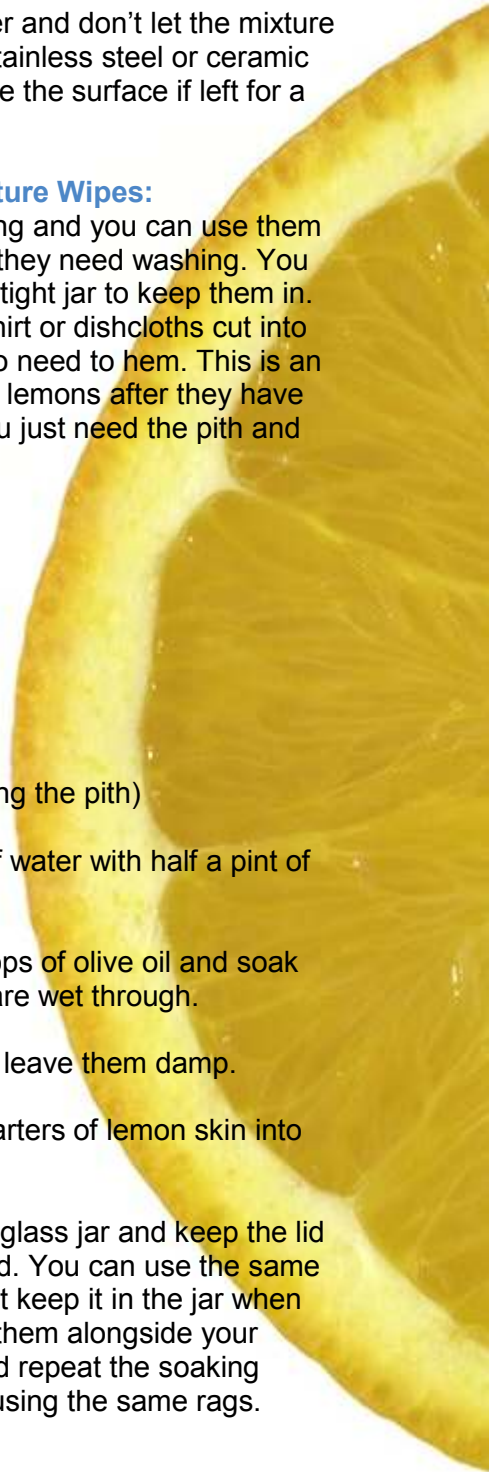
Mix up half a pint of water with half a pint of vinegar.

Add a couple of drops of olive oil and soak the rags until they are wet through.

Wring them out but leave them damp.

Fold one or two quarters of lemon skin into each rag.

Roll or fold into the glass jar and keep the lid on tight until needed. You can use the same rag a few times, just keep it in the jar when not needed. Wash them alongside your normal washing and repeat the soaking process to keep reusing the same rags.



THROW IT TUESDAY

It is easier to feel relaxed and to get things done if your home is a bit more organised. Throw it Tuesday is about getting rid of things that are clearly useless.

Those things we look at every day but never get round to fixing might have a new lease of life with a different person. If possible donate to a charity shop or regift your clutter. The second best option is to recycle it and actual throwing away into landfill should be a last resort.

Make decluttering easier

Get a decluttering box ready.

Make sure it isn't too big to carry when it is full.

Put your decluttering box somewhere you see it daily. Make it easy to use.

Decide how to get rid of it when is full. Where are you taking it? Do you need transport?

Declutter a few things a day at most. If you get rid of just one thing daily that is still hundreds over the year.

Start with the rubbish

What have you got that doesn't work for you? It could be an annoying kitchen gadget that never quite does the job, or a pair of shoes that pinch and leak.

Ask yourself:

- Does it need repairs I am never going to get round to?
- Will I use it if it is mended?
- Do I have the materials to fix it?
- Is it a nasty tangle of stuff that I am never going to disentangle?
- Is it a part of something else I lost a long time ago?
- Is it obsolete?

Digital Clutter

I dread looking at my email sometimes. Even though I try to keep on top of it, email just keeps coming in. Here are a few ways to keep it under control that don't take long if you do them in small chunks.

Unsubscribe from a newsletter. This should, by law, be really easy to do. If it is not, mark the newsletter as spam.

Set up a filter or folder for things you might want to keep but don't need now. Most email programmes let you set up rules so that emails from certain people go into special folders. This means you don't have to deal with them as soon as they come in and they are nice and easy to find when you want to.

Sort alphabetically. If you can sort your emails by sender or subject it can be a lot easier to delete a whole bunch in one go.

To start with, only declutter things that are of little value with the least emotional attachment.

There is no need to pull everything out of cupboards or drawers, just open them up, peek in and grab the obvious clutter.

If you declutter 5 things a day, 5 days a week that is at least 1300 bits of clutter out of your life in a year!

THROW IT TUESDAY

Declutter something you do not like

We often keep things in our homes that we actually don't like that much. We just get used to them. You could ask yourself these questions to help you identify things you don't like.

- Is it just plain ugly?
- Does it have a funny smell you can't get rid of?
- Do I like the colour?
- Does the texture feel nice?

Declutter things that make you feel bad

Seemingly innocent little things can remind us of horrible times. Why keep that sort of thing in your home? Giving this sort of belonging to a charity shop gives it a new chance in life, without the baggage that you have with it.

Ask yourself:

- Am I just keeping it because someone gave it to me?
- Does it have bad memories?
- Does it make me feel guilty?

Declutter cold weather clothes you do not need

Now is the time to check through your winter clothes. In the summer it is easy to forget that you may need that balaclava. Now the temperature has dropped you will have a clearer idea.

Have a quick search through your wardrobe for anything wintery you are not using now. Check through your shoes, hats, scarves, gloves, jumpers and coats. You don't need to pull everything out, just dip in and grab something that you don't want any more.

Ask yourself:

- Does it fit?
- Does it work?
- Is it comfortable?

If you love it; keep it, if you don't then ditch it!

Decluttering a few things a week trains your mind to start thinking twice when you want to buy something. It may seem like a very gentle approach to clutter but it



If you like this method of gentle decluttering please visit www.less-stuff.co.uk
It is packed with tips and tricks to make decluttering easy.

THROW IT TUESDAY

Decluttering checklist	<input checked="" type="checkbox"/>	Notes
Allocate a box to declutter into	<input type="checkbox"/>	
Put the box somewhere unmissable	<input type="checkbox"/>	
Decide where to take the box when it is full	<input type="checkbox"/>	
Arrange transport if needed	<input type="checkbox"/>	

What clutter will you get rid of this winter?

declutter something smelly

THROW IT TUESDAY

ditch something obsolete

THROW IT TUESDAY

declutter something tangled

THROW IT TUESDAY

declutter something ugly

THROW IT TUESDAY

declutter bad feelings

THROW IT TUESDAY

declutter something uncomfy

THROW IT TUESDAY

ditch something useless

THROW IT TUESDAY

delete unwanted emails

THROW IT TUESDAY

WASTE FREE WEDNESDAY

Waste costs you money and reducing it can result in big savings. It is far too easy to buy too much, supermarkets make it cheaper for us to buy 2 things at once and although this seems like the most cost effective way to shop, it only works if you use the items within their use by date. It is also really easy to forget what you have at home. How many times have you bought something only to find you already have it?

Audit what you have

Not the most exciting of jobs but taking stock of what you have in your home already will make you think twice about buying more stuff.

How are your supplies of tinned food? Cleaning products? Shampoo? Printer paper? What is in the freezer?

Other actions

- Take your own container (butcher, fishmonger, deli, bakery, veg shop)
- Cooking in bulk and freezing
- Find a zero waste shop (and take your own container)
- For kids' packed lunches buy large bags of crisps/biscuits/fruit and then use small reusable bags for daily amount.

Easy zero waste swaps

- Loose tea instead of bags
- A cloth instead of disposable kitchen towel
- Shopping for loose veg at a market instead of a supermarket
- Stay for a coffee instead of getting a takeaway
- Get some hankies instead of using tissues
- Sign up for paperless billing
- Put up a 'no junk mail' sign on your door
- Buy something in bulk to save money long term. It will use less packaging than smaller quantities will.
- Make a meal from leftovers
- Reuse a plastic water bottle or treat yourself to a nice new refillable one.



Use up Leftover food
Believe the **Use By** date, it could be unsafe to eat.

Best Before, Display Until & Sell By dates are about quality, not safety.

www.less-stuff.co.uk
source: www.gov.uk/guidance/food-labelling-giving-food-information-to-consumers

WASTE FREE WEDNESDAY

Store cupboard audit

Item	Amount	The plan for it
Rice		
Pasta		
Flour		
Bread		
Tea		
Coffee		
Sugar		
Tinned Food — Sweet		
Tinned Food — Savoury		
Toothpaste		
UFO's - Unidentified Frozen Objects		
Cleaning products		
Shower and bath		
Shampoo and hair		
Medicine		

WASTE FREE WEDNESDAY

5 Things to do with squash or pumpkin

The coldest months of the year are a great time to eat squash and pumpkin. They would have been harvested in the autumn and they keep well over the winter. Because they are in season they should be cheaper too. You can use all these ideas for pumpkin, squash or butternut squash. You can eat the skins but some taste nicer than others.

Roasted: slice or cube and drizzle with oil, salt and whatever green herbs you have. Roast as potatoes and use as a side dish or in a salad.

Steamed: large cubes of squash steam well and this method of cooking lends itself to making pumpkin pie. Whizz the squash up with a block of tofu, some brown sugar to taste and some pumpkin pie spice mix to make an amazing and protein packed pudding. Eat as it is or spoon it into a pie dish and serve warm with ice cream.

Chipped: Butternut squash makes excellent oven chips. No need to boil first, just chop into chip shapes, coat with oil and salt and cook in a medium oven for half an hour. Check occasionally and turn if needed.

Soup: squash, coconut and chilli is a magical mix. Soften onions, garlic, celery and a carrot in a little olive or coconut oil. Add cubes of squash, a tin of coconut milk and chilli flakes to taste. This soup cooks in about half an hour but tastes better if you cook it slower for longer. It is ideal to make in a slow cooker. Add spinach and/or chopped up fresh coriander at the last minute. You can keep fresh chillies in the freezer and they are easy to cut when frozen.

Seeds: Wash out squash seeds in a sieve and roast them to eat as a snack or tossed into a salad. They are extra nice roasted with a little olive oil, chilli flakes and sea salt. They cook fast so keep an eye on them and turn them often.

Really foolproof biscuit recipe

100g (4 oz) butter
50g (2 oz) caster sugar
few drops of vanilla extract
175g (6 oz) plain flour
Preheat the oven to 150 C / Gas 2.

Add butter and sugar in a bowl and mix well until light and fluffy.

Add the vanilla, mix, then add the flour and mix well. Roll out to about 5mm.
Cut into shapes.

Bake for 25 minutes or until golden brown.



WASTE FREE WEDNESDAY

The Joy of Leftovers

- Pizza crusts make great sticks for dipping
- Extra rice one night can be used in a stir fry or to make egg fried rice the next night (always make sure rice is cooked/heated thoroughly).
- Extra plain pasta makes a nice addition to a thin soup, or added to a sauce with cheese on top to make a pasta bake.
- Extra jacket potatoes can be sliced up (with skin on) and layered with onion, herbs, garlic and cheese to make a potato bake. You can also slice and fry them up or oil lightly and grill.
- Leftover jacket skins can also be filled with chilli, curry or stew covered in cheese and baked.
- Leftover cake (does that ever happen?) makes a trifle base.
- Leftover vegetables make bubble & squeak, or a great gratin.
- Leftover Indian takeaway whizzes up into an amazing soup the next day.
- Use up any extra roast potatoes to thicken a soup.
- Stale bread makes perfect breadcrumbs to use as a topping for bakes.

Winter Booster

Cut and peel one large orange.

Take out all the pips and put in a blender

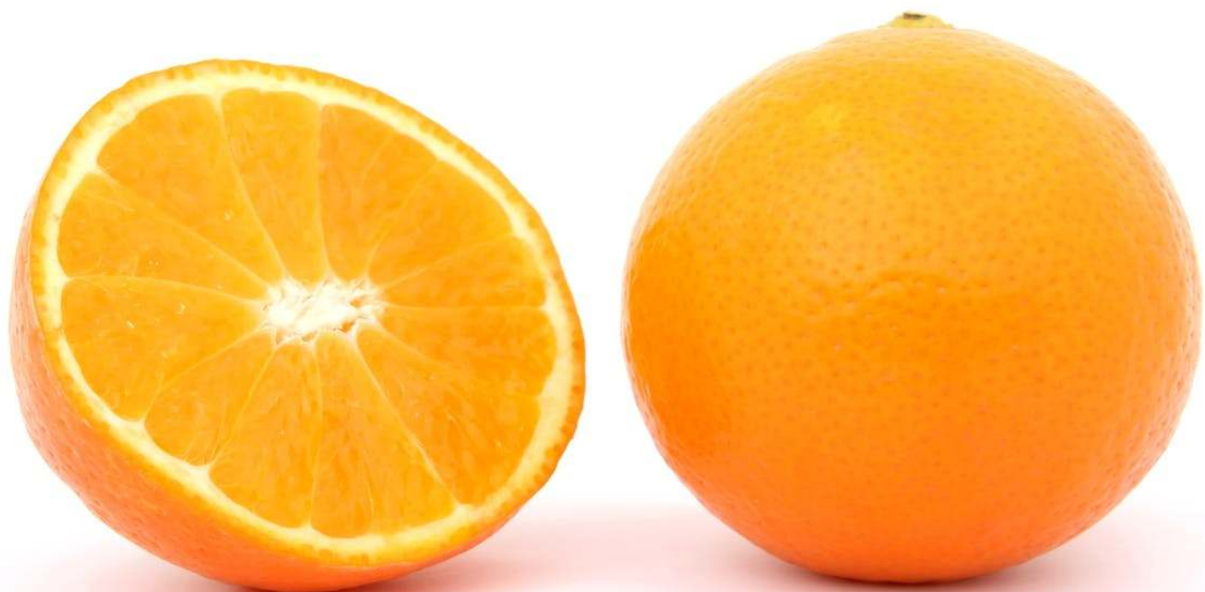
Add the juice of a grapefruit, lime and a second orange -

Whizz up and enjoy.

Get Your Vitamins

Make sure that despite the cold weather you are still looking after your body's needs, especially vitamins and minerals.

A smoothie or juice can be a great way to get lots of wonderful stuff in quickly and with colour.



WASTE FREE WEDNESDAY

Winter Breakfasts

Good ol' porridge is one of the best warm breakfasts, you can jazz it up with:

- Sliced banana
- Any soft fruit on top
- A drizzle of honey
- A dollop of jam
- Try overnight oats for a fast alternative
- For a real treat mix in some chocolate spread or chocolate buttons
- Coconut flakes
- Almond slices

If a full cooked breakfast is too much you can still go for some toast and toppings. You can go traditional with poached or scrambled eggs, tomatoes or beans. Or for the more exotic, avocado slices or tinned pineapple.

Use Your Loaf

It can be useful to keep bread in the freezer, and then only get out the amount you need to keep it for longer. If you do find you have stale bread (or no one will eat the ends) here are some ideas of what you can use it for...

- Make breadcrumbs in the food processor to use on chicken or in sausages
- Make a bread and butter pudding, traditional with raisins, or luxury with chocolate chips
- Make bread ice cream
- Use the ends for a pizza base
- Cube and toast for croutons, used in salads or on soup

Get in a Stew

Sometimes the old ones are the best, and a great winter meal is a stew. You can try so many combinations with this, but a basic recipe is here and once you are confident you can start to mix it up!

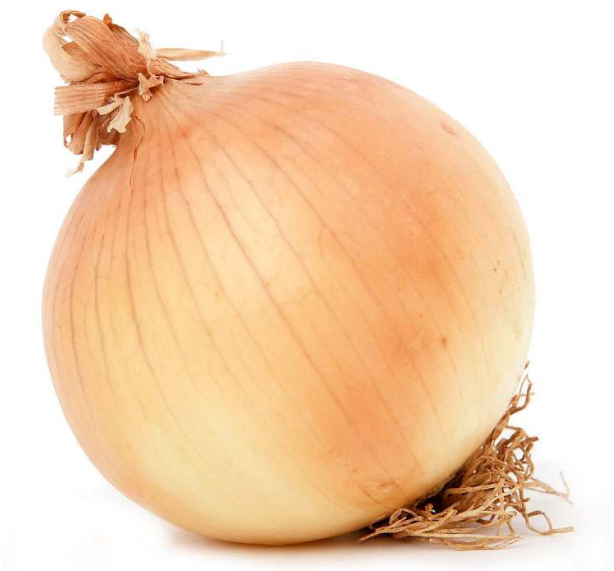
2 tbsp olive oil
1 medium onion, finely chopped
1 tsp cumin seeds
4 carrots, cut into chunks
1 medium butternut squash, cut into chunks
200 g (7oz) red lentils
2 tbsp freshly chopped rosemary, plus extra to garnish
1.4 l (2½ pints) hot vegetable stock

Simmer all the ingredients in a large saucepan until tender.

Ideas for extra/alternative ingredients:

- Sausages (meat or veggie) or bacon
- Any veg
- Dumplings
- Fish
- You can spice it up with chilli flakes

It's nice to serve stew with something that sucks up the juice, like rice for example. It's also lovely with chunky bread, or slices of baguette with melted cheese on top...



WASTE FREE WEDNESDAY

How can I be waste free?

buy in
bulk

WASTE FREE WEDNESDAY

shop for
loose
veg

WASTE FREE

make a
meal
from
leftovers

WASTE FREE WEDNESDAY

stay for
coffee in
a real
mug

WASTE FREE WEDNESDAY

audit
what you
have

WASTE FREE WEDNESDAY

choose
paper
packaging

WASTE FREE WEDNESDAY

buy
loose tea
instead
of bags

WASTE FREE WEDNESDAY

eat
seasonal
veg

WASTE FREE WEDNESDAY

make
your
own
biccies

WASTE FREE WEDNESDAY

use a
hanky

WASTE FREE WEDNESDAY

take
your
own
container

WASTE FREE WEDNESDAY

put up a
no junk
mail
sign

WASTE FREE WEDNESDAY

THRIFTY THURSDAY

The winter is a great time to review budgets, make plans and think about our spending habits or savings goals. It certainly gives you something to do on the long dark nights... This doesn't have to be an onerous task with calculators and spreadsheet, but perhaps just a mental shift in how much you are going to spend on a daily, weekly or monthly basis. By prioritising saving over spending, or only spending for essential or long lasting items you can make drastic changes to your attitude to money.

Below are some Winning at Winter Ways you might be able to make a frugal impact or change a financially unhelpful habit:

A few quick ideas...

Find loose change

Check all money boxes, old handbags or wallets, and coat pockets for extra cash. If you find any old round pound coins they can still be accepted at banks, and many charities are still collecting them. If you are a 'cash' person and often have loose change in your pockets at the end of the day, make sure you have a money box ready to collect them before they fall down the back of the sofa (you should also check there!). Easy money boxes could be... a well known tower of crisps tin, an empty tissue box, an empty candle tin or jar, a well loved mug.

Cook in batches

Save money by doing some batch cooking, for example getting some really cheap vegetables and making up lots of soup will see you with lunches for the whole week or month. You can make a base of vegetable, and then add chilli flakes to some, water down and add beans or lentils to a bit, add any odds of pasta and some tomato puree to the rest and you have at least four different flavours. You can freeze this too in bags or pots, and use them as you need.

Remember to label clearly.

A good base recipe would be:
Peel, chop and dice your vegetables
Fry in a little oil to soften for 5 mins
Add the veg into a large pot and just cover with water and a vegetable stock
Simmer until tender
Leave 'lumpy', mash or blend until smooth

Sell your clutter

As part of your decluttering see if there are any items you could sell online, or start a box for a Spring boot fair.

There are often indoor boot fairs during the Winter months which may be worth investigating, or you can search online selling sites or local Facebook selling groups.

Remember to think about any charges that may be made for sales and any postage required and take that into account when pricing your item.

If you have something you believe to be valuable or unusual do some research first, and if appropriate consider a more specialist selling site.

Find the draughts

Do an audit of your home and check for any draughts or areas that need some TLC to be more energy efficient. Hanging a thick curtain at the front and back doors could make a real difference to your heating bills. You could also make a draught excluder using odd socks stuffed into old tights, or an unwanted pair of trousers. A dripping tap could be wasting water and increasing your bills - and probably just needs tightening.

THRIFTY THURSDAY

Plan for gifts

Look ahead to any celebrations in the year that require gifts, and think about anything you have, could make or offer - being prepared can save lots of money and allow you to take advantage of any offers or discounts well before the event.

If you have space, start a regifting box, but remember to label the gifts so you don't given them back to the giver.

If you regularly shop online it is well worth joining a cashback site to get a return on your shopping.

You will also need a good 'lead time' if you are going to make items, be realistic about your free time and motivation to make gifts, and make them as far in advance as possible so that you reduce your stress.

Ideas for simple and frugal gifts might include:

- A gift voucher to make someone a meal
- A handmade item if you have a skill such as knitting, sewing, painting
- A babysitting voucher or similar break for someone with caring responsibilities
- Using the recipes in the Feel good Friday section for beauty products to make gifts
- Use photographs to make a calendar or photo collage
- Re-gift an item if you are confident that it will be wanted
- Share a favourite book with a note of why you think they will enjoy it
- Suggest a favourite walk with a few stops along the way
- Seeds, soil and a pot. Even cheaper if you collect the seeds yourself.

Swap with friends

Consider organising a 'schwoping' event with friends, at school or in your local community. This could be for specific items like DVD's, handbags, coats, sports kit or equipment or just a 'bring it and see' event!

To make a fun event you could turn it into something bigger:

- DIY pamper evening where people all bring a nail polish or similar and take some time for a quick beauty treatment.
- Cheese tasting, everyone brings something from home
- Pudding Club, everyone brings a pudding to taste
- Film Night, watch one of the DVD's that wasn't swapped - it's probably so bad no one will mind everyone still talking over it...

Have a candlelit evening

Get romantic and use up all those candles in the cupboard. Winter nights watching a film are perfect to turn the lights off and cosy up under a blanket.

If there is no one to get romantic with a cat or dog on top of the blanket makes a brilliant hot water bottle, and you don't have to negotiate which film to watch...

If you are enjoying the ideas in Thrifty Thursday and want to learn more about saving money please visit www.thefrugalfamily.co.uk

THRIFTY THURSDAY

Upcycle winter clothes

If you find any winter clothing that no longer fits, or has been visited by moths or mice, you can upcycle it into something new and lovely. Jumpers make beautiful mittens, bags, cushion covers, slippers, hats, tea cosies, toys the possibilities are endless...

You could also make a rag rug or patchwork from cotton clothes, use odd socks as cleaning cloths around the house, denim jeans make great strong bags, and can be cut up ready to patch any holes in jeans that can still be saved.

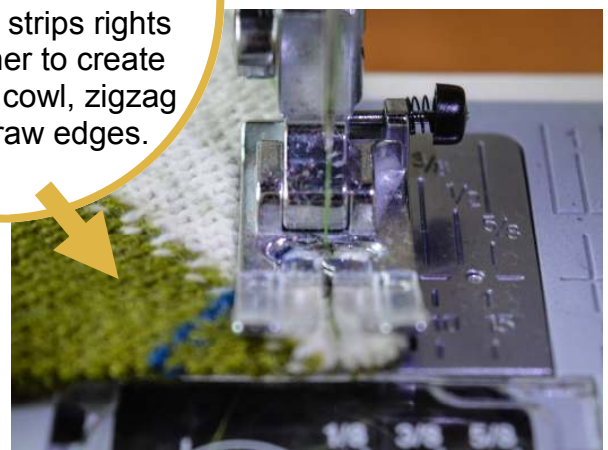
Upcycle a hat and cowl

An old sweater can quickly and easily be transformed into a hat and matching cowl.



To make the cowl cut two strips of sweater from the front, the width of the desired cowl.

Sew the two strips rights sides together to create your circular cowl, zigzag the inside raw edges.



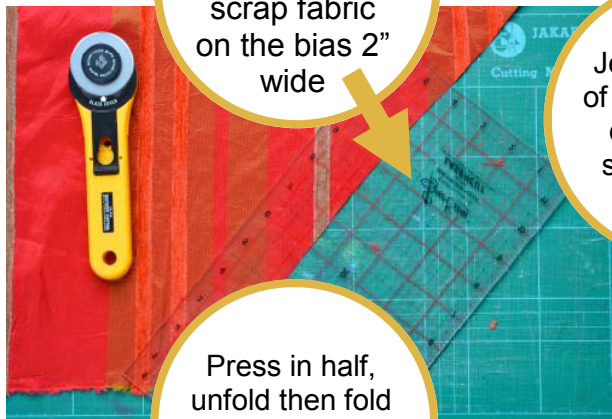
THRIFTY THURSDAY

Binding the cowl



Finish the cowl with fun vibrant bias binding.

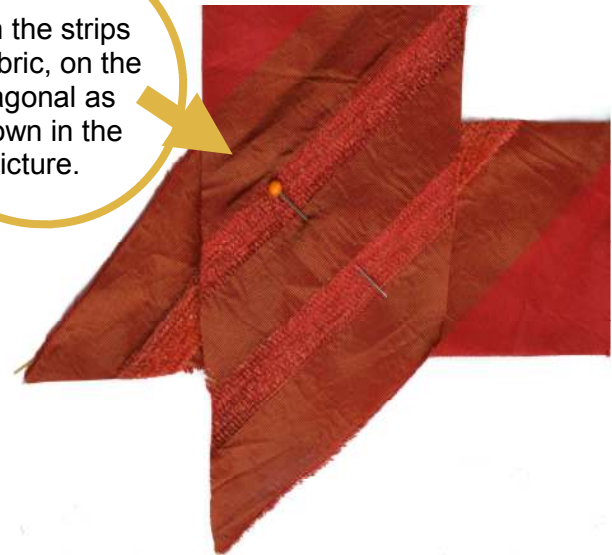
you can create your own by cutting scrap fabric on the bias 2" wide



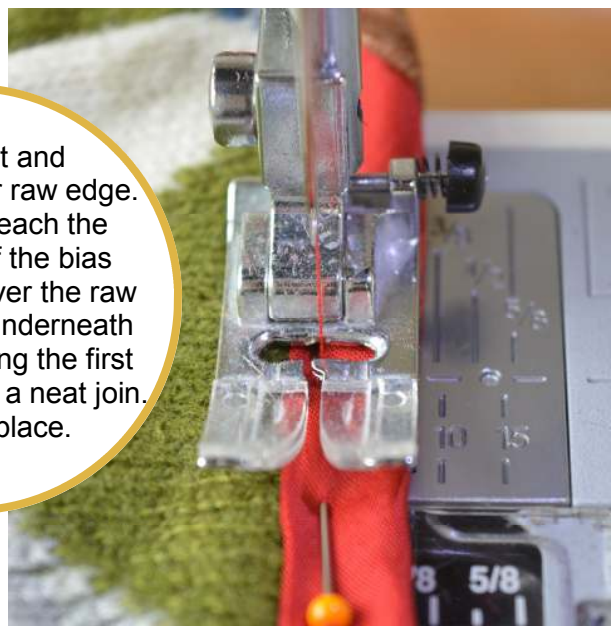
Press in half, unfold then fold the raw edges into your original pressed line



Join the strips of fabric, on the diagonal as shown in the picture.



Open out and pin round your raw edge. When you reach the beginning of the bias binding, pin over the raw edge so it is underneath and overlapping the first piece to create a neat join. Stitch in place.



THRIFTY THURSDAY

Upcycled hat instructions



If you have enjoyed this upcycle and would like more ideas, tips and tutorials, please visit vickymyerscreations.co.uk

FEEL GOOD FRIDAY

A really important way to take care during the winter is to look after ourselves. Many people find the cold weather can mean that they stay inside more, see fewer people or their normal social activities are curtailed because of the weather.

This may mean that you feel 'down' more and may experience low moods as these are strongly affected by a lack of regular fresh air and sunlight. Below are some ideas for positive self care during the winter:

Go for a walk

Consider these 5 Benefits of a winter Walk:

If you can meet up with friends or go on an organised walk with others that's even better:

- Walking allows us to safely release the anxiety chemical adrenaline
- Walking in the fresh air will promote better sleep
- Walking in the daytime will allow vitamin D to increase your vitality
- Walking with others promotes good mental wellbeing
- Walking might be a good time to listen to an audio book or podcast/music

Take a proper break

Try meditation. Sign up for one of the free apps or just spend some time watching the clouds. The idea is to give your mind a rest.

There are a few other strategies that help you get a proper break:

- Say no to something
- Watch your favourite film, with a hot chocolate.
- Get away from screens and turn your phone off.

Read a good book...

Some suggestions for good Winter reads from the Readers and Writers Facebook Group:

The Snow Child by Eowyn Ivery

Wolf Winter by Cecilia Ekback

The Chronicles of Narnia by CS Lewis

A Year of Marvellous Ways by Sarah Winman

The Wolf Wilder by Katherine Rundell

Trading Darkness by Elizabeth Hofmann

Practise gratitude

Gratitude has a whole heap of benefits including a more resilient immune system and better sleep.

Write down or think of 5 things you are grateful for - a good exercise is to complete this every night just before bed to set your brain on a positive path for the night.

If you have a notebook or memo pad you could make this a daily habit.

These don't need to be very deep and meaningful (although of course that's fine!), but could just be simple things like being grateful to be back in bed; grateful for TV or grateful for toast.

FEEL GOOD FRIDAY

What do you enjoy?

Write down a list of things you enjoy doing (a free list is perfect, but not essential!) - and pin it up somewhere you can easily find it.

For example, go for a short walk, phone a friend, make a card, a hobby, reading a book, listening to a favourite piece of music... When you feel unsure of what to do, you have a list of ideas all ready to inspire you.

Keep in touch with friends

Take time to contact a friend who always makes you laugh, or someone you have been meaning to contact for a while.

Book in for some maintenance

Book an appointment that's good for you, self care is about being kind to ourselves and that may mean physical care, if you need to check in with the optician, dentist or physio book it and go.

Moving forward, remember to book in appointments in advance, and also to blank out a regular amount of 'me time'. This could be an hour, a day or a whole weekend but taking care of ourselves allows us to be much better at taking care of others, so it's an important part self care.

Think ahead

Plan for the Spring, having things to look forward is very important, these can be concrete plans you know are going to happen, or just vague ideas and goals.

Try to think of 3 things you would like to do in the Spring.

Enjoy music

It's possible that outside is quieter as everyone is indoors and most people have their windows shut, you may be able to enjoy that peace as it is, or take the opportunity to listen to music.

Our brains make strong links between music and our emotions, so you may want to sing along loudly, cry a bit or dance - whatever takes your fancy do it, and enjoy the chemical re-balancing that music can support.

Complete a task

The longer nights might be the perfect time to read that book, finish that craft project, write an email, phone a friend or just catch up on some sleep. The sense of achievement when we complete things can be very empowering, as long as you remember to allow yourself a little moment of celebration before you move on to the next thing!

Make sure you don't keep a massive 'to do' list, as these can become distressing. Instead think of the 5 most pressing things you need to do, and think of 'need' in the most holistic way you can - or sleep will never get a look in.

Start a Journal

You probably have a notebook and pen hanging around the place, and there are proven benefits to mental health from creative or personal writing. You can keep a basic diary, or a more feelings based journal - whatever you are comfortable with. If you are stuck for ideas, you can create a jar of 'starters'

We have a list of great journal ideas you can use on the next pages.

FEEL GOOD FRIDAY

Journaling Ideas

<p>"If your daily life seems poor, do not blame it; tell yourself that you are not poet enough to call forth its riches." —Rilke</p>	<p>"I have always imagined that Paradise will be some kind of library." —Jorge Luis Borges</p>	<p>"Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one." —Jane Howard</p>
<p>"Art is when you hear a knocking from your soul and you answer." Star Richés</p>	<p>The most fun I've ever had . .</p>	<p>The most surprised I've ever been . . .</p>
<p>Leaf through a couple of magazines and cut out any images that catch your attention. Use each one as a prompt.</p>	<p>Look through your photographs and choose a few to write about.</p>	<p>Buy art books that are at a discount and cut them up for images.</p>
<p>Dear Future Me . . .</p>	<p>Places you've enjoyed visiting.</p>	<p>Dear Past Me . . .</p>
<p>Things you've done that you previously thought you could never do.</p>	<p>The people you most admire.</p>	<p>Your favourite books.</p>
<p>Your favourite movies.</p>	<p>Your favourite songs.</p>	<p>Three celebrity crushes.</p>
<p>Three favourite book characters.</p>	<p>Three favourite things to wear.</p>	<p>Three pet peeves.</p>
<p>What's the funniest thing that happened to you this week?</p>	<p>Write a fan letter to your favourite actor/actress.</p>	<p>Write about your first dance.</p>

FEEL GOOD FRIDAY

Journalling Ideas

10 Activities	10 Restaurants	10 People
10 Foods	10 Games	6 Drinks/Beverages
4 Desserts	10 Paintings	10 Web Sites
10 Writers	10 Famous lines from books/movies	What was your favourite toy?
If you could meet any fictional character, who would it be?	If you could live anywhere you wanted, where would you live?	If you could have dinner with anyone currently alive, who would it be?
What book did you read over and over again as a child?	Who made you feel good this week?	What did you do this week that moved you closer to reaching your goals?
Is there anything you did this week that you wish you'd done differently?	What did you most enjoy doing this week?	What did you learn this week?
Write about your first crush.	Write about your first job.	What would you do if you knew you could not fail?
What would you do if money were no object?	What would you ask for if a genie granted you three wishes?	What grand adventure do you wish you could go on?
If you could become an expert in any subject or activity, what would it be?	What would your perfect day be like?	Choose your own adventure.

FEEL GOOD FRIDAY

Doodling page

doodle
for fun

FEEL GOOD FRIDAY

start a
journal

FEEL GOOD

have a
long
bath

FEEL GOOD FRIDAY

go for a
walk

FEEL

call a
friend

FEEL GOOD FRI

finish a
task

FEEL GOOD FRIDAY

do
something
you love

FEEL GOOD FRIDAY

have a
proper
break

FEEL GOOD FRIDAY

practice
gratitude

FEEL GOOD

learn
something
new

FEEL GOOD FRIDAY

make
your
own
shampoo

FEEL GOOD FRIDAY

listen to
music

FRIDAY

FEEL GOOD FRIDAY

Store cupboard beauty

You will probably have lots of lovely ingredients to make your own products in your food and cleaning cupboards, and once you start to make your own lovely lotions and potions and save money, know what is in them and smell your favourite smell you will never go back to store bought!

Make your own talc:

1 cup of cornflour with 15 drops of essential oil of your choice, This makes a soft powder to use after the shower or bath, and reduces the risks associated with store bought talcum powder.

Make your own lip balm:

You will need beeswax pellets and coconut oil. Add a small amount of each to a suitable container and microwave in 30 second bursts until they are melted. Stir thoroughly (adding a drop of essential oil for fragrance if you wish). Use a pipette or syringe to add the liquid to a suitable small container and allow to set.

Make your own shampoo:

You will need liquid Castille soap, coconut milk, olive oil for dry hair. Add equal amounts of soap and milk to an old shampoo bottle, with ½ teaspoon of olive oil if required. Shake to mix and off you go! If you wish to add an essential oil for fragrance then go ahead.

Make your own face mask/scrub:

Just use a natural yogurt for a gentle and cooling face mask, add a teaspoon of brown sugar for a little exfoliation.

Make your own bath oil:

This could be as simple as some olive oil mixed with your favourite essential oil, less is more with all of these ideas. Herbal tea bags can also make a beautifully fragrant bath...

Some basic ingredients

(go organic as much as possible):

- Olive Oil - best base and moisturiser
- Epsom Salts - for bath salts and bombs
- Brown Sugar - for gentle exfoliation
- Yogurt - great anti-inflammatory and natural exfoliator
- Tea Tree Oil - antiseptic and antibacterial
- Honey - antibacterial
- Coconut Oil - foaming agent
- Aloe Vera - antiseptic and astringent, best if you have a plant you can pick bits off.
- Lavender - for lovely smells and relaxation
- Essential Oils - to add for your pleasure
- Cornflour - softener
- Avocado—packed with anti-aging oxidants and all these: vitamin B, C, E and K, riboflavin, niacin, folate, pantothenic acid, magnesium, potassium, lutein, beta-carotene and omega-3 fatty acids



REWARDING WEEKENDS

How can I reward myself this weekend?

Take time for yourself to do nothing

Phone or Skype a friend

Take a flask of coffee out and meet someone

Have a long bath

Read a book

Take a nap

Watch a film

Listen to music

Go to a free museum or art gallery (avoid the gift shop!)

Find some wildlife to watch

Take your imagination on a cloud journey and build castles with it

Learn something new and random: YouTube is good for instructional videos

Take time to doodle for no reason

Use up something you have been saving for a special occasion

Wear something you feel great in for no reason

Try some adult colouring-in sheets, you can just use a pencil or pen

Stay in bed, or at least a pj day

Take a trip to the library and find an interesting non-fiction book

Winning at Winter

week **1**

MAKE DO MONDAY

THROW IT TUESDAY

WASTE FREE WEDNESDAY

THRIFTY THURSDAY

FEEL GOOD FRIDAY

week **2**

MAKE DO MONDAY

THROW IT TUESDAY

WASTE FREE WEDNESDAY

THRIFTY THURSDAY

FEEL GOOD FRIDAY

week **3**

MAKE DO MONDAY

THROW IT TUESDAY

WASTE FREE WEDNESDAY

THRIFTY THURSDAY

FEEL GOOD FRIDAY

week **4**

MAKE DO MONDAY

THROW IT TUESDAY

WASTE FREE WEDNESDAY

THRIFTY THURSDAY

FEEL GOOD FRIDAY

MAKE DO MONDAY

THROW IT TUESDAY

Choose which actions you want to try out, cut them out and stick them to the blank calendar. You can write your own too if you like.

**try
cleaning
with
bicarb**

MAKE DO MONDAY

**find a
free
alternative**

MAKE DO MONDAY

**watch
an old
film**

MAKE DO MONDAY

**take a
thermos
flask for
coffee**

MAKE DO MONDAY

**use up
food in
the
fridge**

MAKE DO MONDAY

**try
home
made
polish**

MAKE DO MONDAY

**take a
packed
lunch**

MAKE DO MONDAY

**mend
something**

MAKE DO MONDAY

**read an
old
magazine**

MAKE DO MONDAY

**make
furniture
wipes**

MAKE DO MONDAY

**use
vinegar
in your
wash**

MAKE DO MONDAY

MAKE DO MONDAY

**declutter
bad
feelings**

THROW IT TUESDAY

**declutter
something
sticky**

THROW IT TUESDAY

**delete
unwanted
emails**

THROW IT TUESDAY

**give
away a
hat**

THROW IT TUESDAY

**sort
emails
into
folders**

THROW IT TUESDAY

**ditch
something
useless**

THROW IT TUESDAY

**rehome
some
clutter**

THROW IT TUESDAY

**ditch
something
obsolete**

THROW IT TUESDAY

**declutter
something
ugly**

THROW IT TUESDAY

**declutter
something
uncomfy**

THROW IT TUESDAY

**declutter
something
smelly**

THROW IT TUESDAY

THROW IT TUESDAY

WASTE FREE WEDNESDAY

audit what you have
WASTE FREE WEDNESDAY

shop for loose veg
WASTE FREE WEDNESDAY

use a hanky
WASTE FREE WEDNESDAY

take your own container
WASTE FREE WEDNESDAY

choose paper packaging
WASTE FREE WEDNESDAY

stay for coffee in a real mug
WASTE FREE WEDNESDAY

put up a no junk mail sign
WASTE FREE WEDNESDAY

make your own biccies
WASTE FREE WEDNESDAY

make a meal from leftovers
WASTE FREE WEDNESDAY

eat seasonal veg
WASTE FREE WEDNESDAY

buy loose tea instead of bags
WASTE FREE WEDNESDAY

WASTE FREE WEDNESDAY

THRIFTY THURSDAY

do some batch cooking
THRIFTY THURSDAY

upcycle winter clothes
THRIFTY THURSDAY

swap with friends
THRIFTY THURSDAY

have a buy nothing day
THRIFTY THURSDAY

block a draughty gap
THRIFTY THURSDAY

plan to regift your clutter
THRIFTY THURSDAY

share books you have read
THRIFTY THURSDAY

hold a pudding night
THRIFTY THURSDAY

hunt for loose change
THRIFTY THURSDAY

give home made presents
THRIFTY THURSDAY

have a candle lit evening
THRIFTY THURSDAY

THRIFTY THURSDAY

FEEL GOOD FRIDAY

go for a
walk

FEEL GOOD FRIDAY

make
your
own
shampoo

FEEL GOOD FRIDAY

call a
friend

FEEL GOOD FRIDAY

have a
long
bath

FEEL GOOD FRIDAY

do
something
you love

FEEL GOOD FRIDAY

learn
something
new

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have a
proper
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start a
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FEEL GOOD FRIDAY

listen to
music

FEEL GOOD FRIDAY

practice
gratitude

FEEL GOOD FRIDAY

doodle
for fun

FEEL GOOD FRIDAY

FEEL GOOD FRIDAY

Things to
look forward
to

