



MERRY CHRISTMAS AND HAPPY NEW YEAR!



Southern FSU is excited to be a collection point for any practices wishing to donate toys for Mission Christmas. An email has been sent to you and the Practice Managers with drop-off details.

🎁 Armagh & Dungannon and Craigavon GP Federations - THANK YOU for your kind donations, which were collected at the General Practice Pharmacist (GPP) meeting on Tues 26 Nov. 🍊

🎁 Newry & District GP Federation - the date has been extended to allow you all some more time. Please give your presents to either your Practice Manager by Mon 2 Dec or the GPP in your surgery by Tues 10 Dec so they can bring them to their meetings to be collected.

Together, let's brighten Christmas morning for as many children as possible. Thank you! 🎄👶



We hope you all enjoy celebrating with your teams during your Christmas meals this December.

On behalf of the Southern Federation Boards, we want to thank you for your hard work and dedication. Wishing everyone a Merry Christmas and a Happy New Year!

“And the Grinch, with his Grinch-feet ice cold in the SNOW, stood puzzling and puzzling, HOW COULD IT BE SO?
It came without ribbons.
It came without TAGS.
It came without PACKAGES, boxes or BAGS.
And he puzzled and puzzled till his puzzler was SORE.
Then the Grinch thought of something he hadn't before.
What if CHRISTMAS, he thought, doesn't come from a store.
What if CHRISTMAS, perhaps, means a little bit more.”

Merry Christmas

Check out the Action for Happiness website for the **DO GOOD DECEMBER** calendar

| 2024 | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | | |
|------|----------------------------------------------------------------|--------|----------------------------------------------------------------------|-----------|---------------------------------------------------------------|--------|--------------------------------------------------------------------------------|----|----------------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------------------------------------------|
| 1 | Spread kindness and show the love that's ready with you. | 2 | Offer to help someone you can't be with (a friend or family member). | 3 | Support a charity, cause or really care about (the moment). | 4 | Give a gift to someone who is facing difficulties (a friend or family member). | 5 | Write a positive message for someone who is facing difficulties (a friend or family member). | | |
| 6 | Do something 'light' for a friend or family member. | 7 | Listen, unconditionally, to someone without judging them. | 8 | Buy an extra item for a local food bank. | 9 | Be generous. Feed someone with food, love or kindness today. | 10 | Give love. Many often need people you don't think of helping. | | |
| 11 | Say hello to your neighbors and to people on their day. | 12 | Look for something positive to say to everyone you speak to. | 13 | Ask for help and let someone else discover the joy of giving. | 14 | Connect with someone who is feeling isolated. | 15 | Help others. The giving goes both ways. You don't have to be a hero. | | |
| 16 | Congratulate someone for an achievement that may go unnoticed. | 17 | Choose to give or receive the gift of forgiveness. | 18 | Bring joy to others. Share something which made you laugh. | 19 | Travel everyone with kindness something which made you laugh. | 20 | Get outdoors. Pick up litter or do something kind for nature. | 21 | Send a message to someone who is far away. It's not just for the phone. But let them know you're there and have a chat. |
| 22 | Use all digital devices and social media to people. | 23 | Let someone know how much you appreciate them and why. | 24 | Run some new ideas of kindness to do in 2025. | 25 | Be kind to the planet. But let them know you're there and have a chat. | 26 | Be kind to the planet. But let them know you're there and have a chat. | | |

SOCIALS NEWS!

Have you subscribed to the Southern FSU YouTube channel? Keep up to date with new videos being launched each month!



www.youtube.com/@SouthernFSU



Have you joined the members area of the Southern FSU website, and do you follow us on socials? It's a great way to get up to date on what's happening, and we would love to see your thumbs up! What other content would YOU like to see on our social platforms? Feel free to email your suggestions to linda.murphy@southernfsu.co.uk