

# Welcome to our Christmas newsletter



This mini-newsletter is to give you some top tips for over Christmas and to say we will be back to doing big newsletters in 2018.

You will get sent the New Year copy, with a membership form.

You will need to fill in the form to say if you want to get our newsletters in future.

**Happy Christmas to all our members, volunteers and friends**

## Being safe with your money



Christmas can be a time when it is tricky to manage your money.

It can be easy to spend a little too much.

This can mean you spend more than you have and go into **debt**.



We are running a project about **loan sharks**.

A **loan shark** is someone who offers to lend you money but makes you pay lots of extra money back.

Loan Sharks are breaking the law.

# Spotting a Loan Shark



The loan is very expensive.

You have to pay back lots more money than you borrowed.



The Loan Shark will only want to deal in cash.

They will not give you a receipt for your payments.



They will not give you any paperwork about your loan.

They might say not to tell anyone.



Give me my money back now

They might be frightening when they tell you to pay the money back.

## What should you do?



No  
I don't want it

If someone offers to lend you money **say no**. Then go and talk to someone you know well and you trust.



0300

555

2222

If you think the person offering a loan is a **Loan Shark** then you need to report it.

You can ring the **Stop Loan Sharks** team who will help you.

**STOP LOAN SHARKS**  
Intervention . Support . Education

Thank you to the **Stop Loan Sharks** team who have funded our project to teach people with learning disabilities about this.

# Being Healthy at Christmas



Eating and drinking healthily can be hard at Christmas with all the treats around.

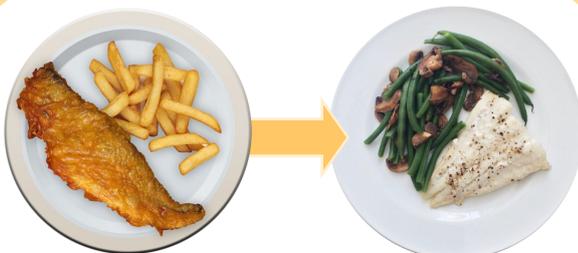
The Trainers from our **Diabetes** project have these top tips to help you make better choices about what you eat and drink.



Try baking potato wedges at home



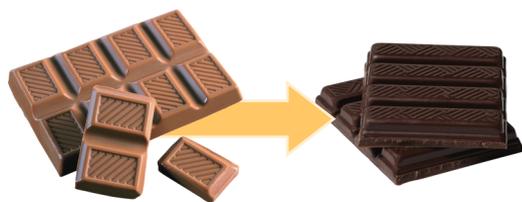
Try to avoid lots of sugary fizzy drinks and pick more natural ones



Try having your fish steamed with some vegetables instead of going to the chip shop



Try choosing a non-alcoholic beer or a shandy for a drink



Dark chocolate is a better choice if you fancy chocolate

**“We hope you have a healthy and fun time this Christmas using our tips to help you”**

**From the Diabetes Trainers**

# Christmas and New Year office times

## The Norwich office



Closes 1pm on  
Friday 22 December



Re-opens at 9am on  
Wednesday 3 January



## The Cromer office



Closes 3.30pm on  
Friday 15 December



Re-opens at 10am on  
Friday 12 January



# Christmas Party



**Opening Doors**



You can bring a supporter

Drop in to **38a Bull Close** and stay as long as you want. Anytime from 11.00am - 3.00pm