

**From:** Care for the Family mail@cff.org.uk  
**Subject:** Family - December 2022  
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**To:** Dear Friend holyname@rcaolp.co.uk



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Hello,

Many of us look forward to the festive season with nothing but joy and unbridled excitement. But we know for others, Christmas also brings with it a fair bit of expectation and pressure.

One of our favourite sayings is, 'life doesn't have to be perfect to be wonderful'. And it can be a great thing to keep in mind if we feel the pressure of this festive season getting on top of us. Lasting memories are rarely made in the perfection, they're more likely to happen in those messy moments of family life – that time the turkey was burnt, the year Granny brought those itchy Christmas jumpers, when Dad's frustration got the better of

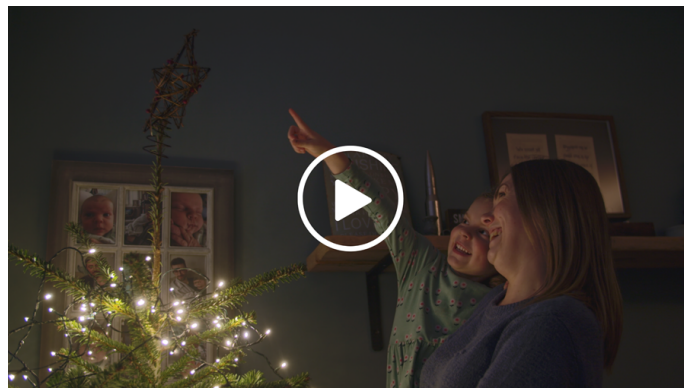
him over a game of Monopoly!

We know, this year in particular, Christmas will be harder for many. Maybe finances are tight, relationships are strained or perhaps you're feeling the loss of a loved one. So, in the month of December we'll be posting content on our social media channels, that we hope will help you navigate this season – zero guilt, no judgement.

Whatever stage of family life you find yourself in, we hope you're able to take the pressure off with those you love.

Merry Christmas,

The Care for the Family team



### **Christmas under pressure**

We've put together this video to kick off our Advent campaign. We know Christmas can be a wonderful time of year, but it can also be extremely difficult and highly pressured. We hope it will encourage you to take

the pressure off yourself in whatever way you can. Feel free to share it with family and friends.

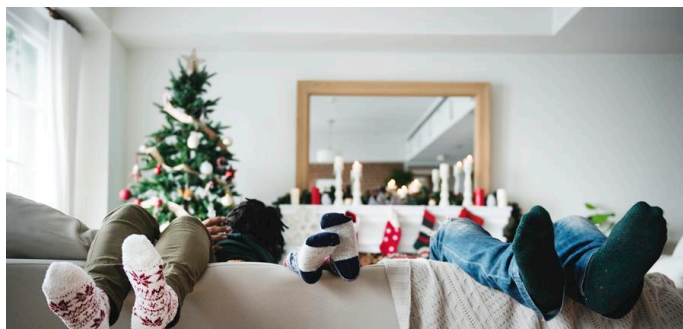
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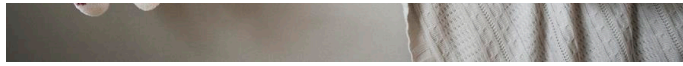


### **Advice for Christmas: Navigating grief**

The Christmas season can bring up a mixture of emotions, especially for those who'll have someone missing around the tree this year. If you're grieving the loss of a loved one, here are some words of encouragement from those who are walking that grief journey themselves.

[Read more](#)





## Space to pause at Christmas

For many of us, the preparations and festivities simply add to our already busy lives. Here Katharine Hill, our UK Director, encourages us to take a step back, to jump off the treadmill and to create a space to pause at Christmas.

[Read more](#)



## Spread the love!

Our popular event for couples, *Date Night in a Box*, will be back on your screens next year with a brand new episode. And we're giving you the chance to spread the love, and treat that special someone or the couple of your choice, to this date night with a difference. Buy a gift voucher, and, as well as posting the mystery box straight to them in time for the first event in 2023, we'll also send you a digital save the date to print out and put under the tree, so they know to look forward to their date night.

[Find out more](#)



### **A message from Rob Parsons**

Here, Rob Parsons, our Founder and Chairman, shares how he discovered the power of a simple children's story and how it made him think of our work in Care for the Family. If you would be able to support our work with a donation, we'd be extremely grateful.

[Watch now](#)

[Give now](#)

### **Find out more about**

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None of our work would be possible without people like you. If you'd be able to **partner with us** we'd be extremely grateful. Every donation, no matter how small, helps transform family life.

**Donate**

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