

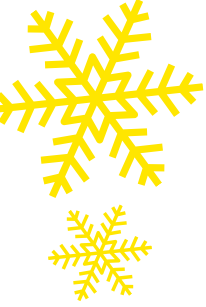


GDUK CHRISTMAS NIGHT IN

18 DECEMBER 2020



GENETIC DISORDERS UK
EDUCATE. INSPIRE. EMPOWER.



WELCOME TO THE GDUK CHRISTMAS NIGHT IN

**WE ARE SO HAPPY THAT YOU HAVE DECIDED TO JOIN
OUR BIG NIGHT IN!**

**IT HAS BEEN A REALLY TOUGH YEAR FOR THE GENETIC
CONDITION COMMUNITY. WE HAVE BEEN AMAZED BY
YOUR RESILIENCE AND STRENGTH.
SO TONIGHT IS ALL ABOUT US COMING TOGETHER AND
HAVING FUN.**

**POP ON YOUR CHRISTMAS PJ'S, DECORATE YOUR
LIVING ROOM, MAKE A HOT CHOCOLATE, PUT ON A
CHRISTMAS FILM AND PLAY OUR BINGO.**

**MERRY CHRISTMAS TO YOU ALL
FROM YOUR FRIENDS AT GDUK**



**DON'T FORGET TO TAG US IN
YOUR PICTURES ON SOCIAL
MEDIA USING #GDUKCNI**



GET READY FOR A MAGICAL NIGHT.....

BEFORE YOU GET READY FOR YOUR GDUK
CHRISTMAS NIGHT IN, PLEASE WATCH THIS
VIDEO FOR A TOUCH OF MAGIC.....



WWW.YOUTUBE.COM/WATCH?V=_FAZA8PHYTY

THEO THE MAGICIAN IS AN INTERACTIVE FUN
MAGICIAN FOR BOTH CHILDREN AND ADULTS. HE HAS
BEEN PERFORMING FOR OVER 25 YEARS AND IS A
MEMBER OF THE PRESTIGIOUS
MAGIC CIRCLE AND EQUITY.
THEO IS NOW PERFORMING INTERACTIVE FUN ZOOM
FAMILY CHRISTMAS PARTIES.
TO CONTACT THEO CALL HIM DIRECT ON
07711 724 129 OR EMAIL THEO@MAGICTHEO.COM OR
GO TO WWW.MAGICHTHEO.COM

THEO THE MAGICIAN

* VOTED ONE OF THE UK'S FAVOURITE PARTY ENTERTAINERS BY NETNUM'S *



Highly Commended 2013

FOLD THIS EAR BACK

the BUNNY-COPTER



www.magictheo.com

CUT OUT ROUND THE OUTLINE... FOLD THE EARS AND HAT PANELS AS INDICATED... FIX A FEW PAPER CLIPS TO THE BOTTOM OF THE HAT FOR WEIGHT... THROW HIGH IN THE AIR AND SEE HIM SPIRAL DOWN!

THEO IS DBS

CHECKED AND A MEMBER OF:
"THE MAGIC CIRCLE," "EQUITY,"
THE SURREY SOCIETY OF
MAGICIANS AND THE
INTERNATIONAL BROTHERHOOD
OF MAGICIANS



Look Up My Facebook Page "Theo The Magician" & leave a comment

FOLD THIS EAR FORWARD

FOLD THIS PANEL BACK

"SURREY CHAMPION"
CORPORATE EVENTS
BANQUETS / WEDDINGS
HARRY POTTER SHOWS
MAGIC WORKSHOPS
PLATE SPINNING
BALLOON MODELLING

FOLD THIS PANEL BACK



Designed by All Ben's

07711 724129

web: www.magictheo.com email: theo@magictheo.com

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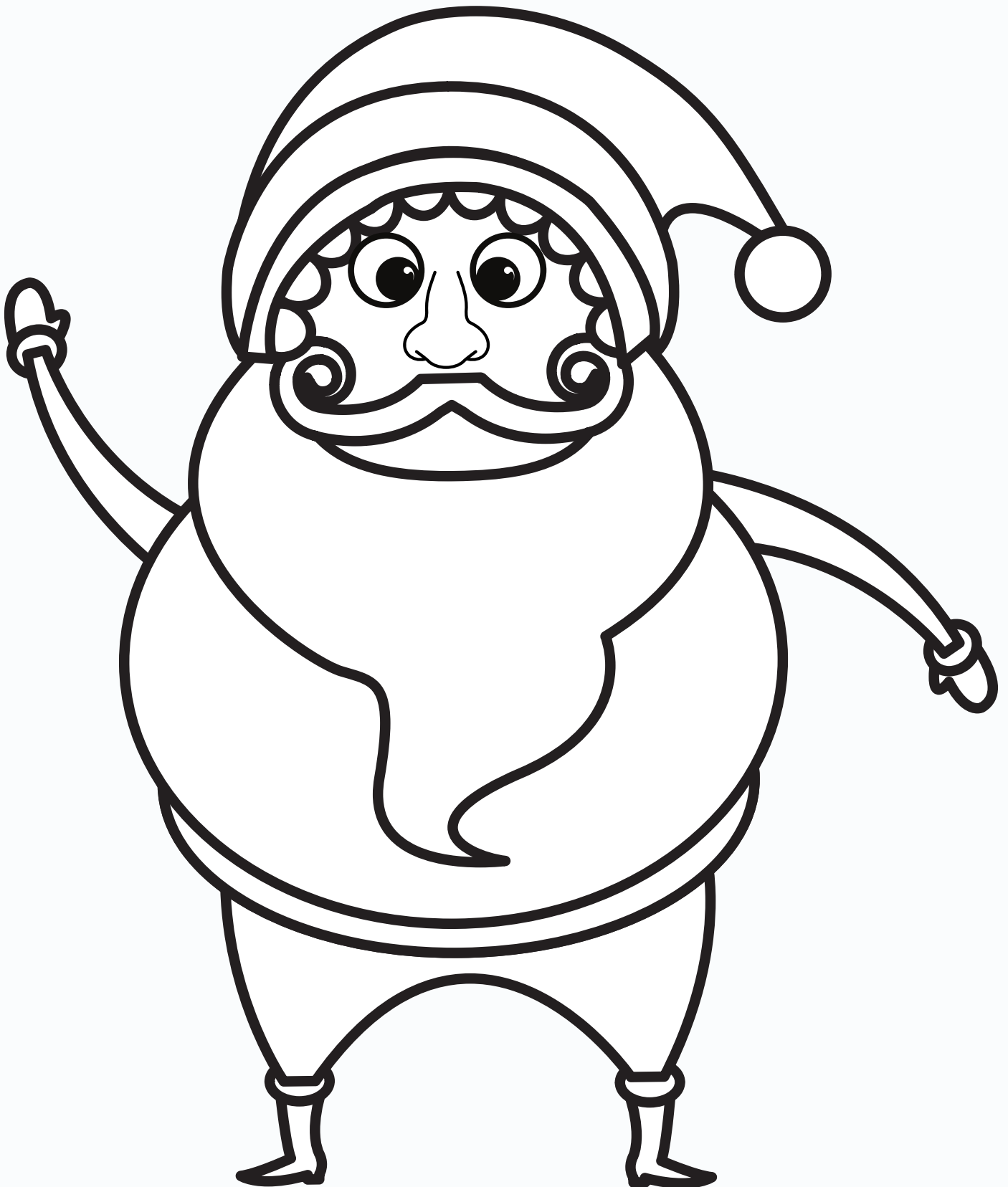
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GET SANTA INTO HIS PJ'S

BEFORE YOU GET COSY INTO YOUR PJ'S,
CAN YOU HELP SANTA BY COLOURING IN HIS
CHRISTMAS PJS?

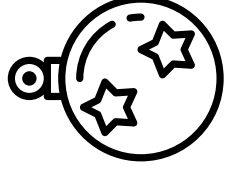
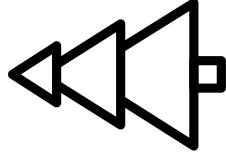
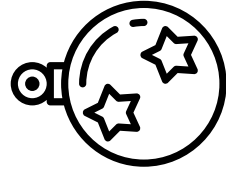
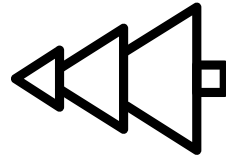


MAKE YOUR OWN #GDUKCNI PAPERCHAIN DECORATION

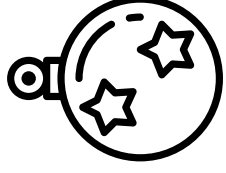
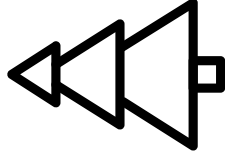
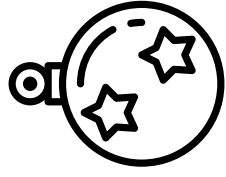
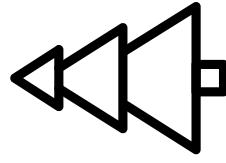


1. PRINT OFF THE NEXT PAGE, COLOUR IN AND CUT ALONG THE LINES . THE MORE COPIES THAT YOU PRINT OFF, THE LONGER YOUR PAPERCHAIN WILL BE.
2. MAKE THE FIRST "LINK." ALL YOU NEED TO DO IS TAPE, GLUE, OR STAPLE THE FAR ENDS OF ONE PAPER STRIP TOGETHER INTO A RING. TRY TO MATCH UP THE SIDES EVENLY. TAPE AND STAPLES WILL MAKE FOR A QUICK PROCESS, BUT GLUE WILL TAKE MUCH LONGER BECAUSE IT NEEDS TO DRY.
3. ADD A SECOND LINK. ONCE YOU HAVE ONE STURDY RING, THREAD ANOTHER STRIP OF PAPER THROUGH THE CENTER OF THE LOOP. NOW, JOIN THE ENDS OF THIS SECOND STRIP TOGETHER WITH TAPE, STAPLES, ETC. THE WIDE, FLAT EDGES OF THE TWO LINKS SHOULD LINE UP, BUT THE LOOPS THEMSELVES SHOULD SIT AT A ROUGH 90 DEGREE ANGLE – LIKE A CHAIN.
4. KEEP ADDING LINKS. CONTINUE IN THE SAME PATTERN UNTIL YOUR CHAIN IS AS LONG AS YOU WANT IT.
5. HANG YOUR PAPER CHAIN FROM THE WALLS OR CEILING..

GDUK CHRISTMAS NIGHT IN



GDUK CHRISTMAS NIGHT IN



THE ULTIMATE HOT CHOCOLATE



INGREDIENTS

- ONE CAN CONDENSED MILK
- 6 CUPS LOW FAT MILK
- 2 CUPS CHOCOLATE CHIPS
- WHIPPED CREAM

METHOD

1. IN A LARGE BOWL MIX THE CONDENSED MILK AND LOW-FAT MILK. WHISK TOGETHER.
2. STIR IN THE CHOCOLATE CHIPS.
3. PUT INTO A SAUCEPAN. STIR CONSTANTLY ON A LOW HEAT UNTIL IT NEARLY REACHES BOILING POINT. THIS SHOULD TAKE 15-20 MINUTES.
4. SERVE AND TOP WITH WHIPPED CREAM :)



FOR ULTIMATE MARSHMALLOWS, MELT SOME CHOCOLATE IN THE MICROWAVE, POP SOME MARSHMALLOWS ON SKEWERS, DIP IN THE CHOCOLATE AND ROLL IN SPRINKLES.

CHRISTMAS MOVIE BINGO

CHOOSE YOUR FAVOURITE CHRISTMAS FILM AND TICK OFF WHEN YOU SEE ANY OF THE THINGS BELOW. LET US KNOW HOW QUICKLY YOU GOT THEM ALL AND DON'T FORGET TO SHOUT "BINGO."



HAVE A GREAT GDUK CHRISTMAS NIGHT IN!

**WE WOULD LOVE TO SEE YOUR PICTURES AND
HEAR ABOUT HOW YOUR NIGHT WENT.
TAG US ON SOCIAL MEDIA USING #GDUKCNI
OR EMAIL**

EMMA.BRACEGIRDLE@GENETICDISORDERSUK.ORG



@GENETICDISORDERSUK



@GENETICDISORDERSUK



@GENETICDISUK



OUR GENETIC COUNSELLOR LED HELPLINE SERVICE IS FOR PEOPLE WITH A GENETIC DISORDER, THEIR RELATIVES, PROFESSIONALS AND ANYONE WHO NEEDS TO KNOW MORE ABOUT GENETIC DISORDERS AND HOW TO COPE WITH THE DIFFICULTIES THEY CAN PRESENT.

**OUR HELPLINE TELEPHONE ANSWERING SERVICE (UK): 0800 987 8985
EMAIL: HELPLINE@GENETICDISORDERSUK.ORG**

WHEN LEAVING US A VOICE MESSAGE OR SENDING AN EMAIL PLEASE ENSURE YOU INCLUDE YOUR NAME, TELEPHONE NUMBER, NAME OF THE CONDITION YOU ARE ENQUIRING ABOUT AND A BRIEF OUTLINE OF YOUR MAIN QUESTION OR CONCERN. THIS WILL ENABLE OUR TEAM TO MORE EFFECTIVELY RESPOND TO YOUR ENQUIRY.

**PLEASE NOTE THAT OVER THE FESTIVE SEASON THE HELPLINE WILL BE CLOSED FROM FRIDAY 18TH DECEMBER, OPENING AGAIN ON MONDAY 4TH JANUARY.
VOICE MESSAGES AND EMAILS CAN BE LEFT DURING THIS PERIOD AND WILL BE RESPONDED TO AS SOON AS THE SERVICE HAS RE-OPENED.**