



Angelic News

Feature Article

The 12 steps to a stressless Christmas

Christmas and the New Year are probably the most stressful and hectic times in your home – and it is very easy to be caught up in the fever of getting everything completed. However, with a little planning and a little help you can take the stress of the holidays. Read more [here](#).

Whats New

Budgeting for Christmas

For many of us, the Christmas aftermath includes massive credit card bills that can take months to clear. Christmas doesn't have to be a financial headache if you can make some cash before and after Christmas. Read more [here](#).

Novotel's 'Angels to the Rescue' is heaven for busy parents

Busy parents everywhere know how difficult it can be to find time to themselves, so the Novotel Sydney on Darling Harbour has devised an Angels to the Rescue package that includes overnight accommodation for two adults and 2 children, four hours of babysitting by DIAL-AN-ANGEL and a whole basket of goodies.

The package means you can enjoy family time away together and then mum and dad can slip off for a few hours to enjoy a romantic meal in peace, knowing the children are safe upstairs in the room. There's even a free drinks voucher for mum and dad to ensure they are truly relaxed before dinner. What a great Christmas gift for someone you love! Book



December 2008



Welcome

Christmas is typically one of the most stressful events of the year. The expense of buying gifts, the pressure of last minute shopping and the heightened expectations of family togetherness can all combine to undermine our best intentions. In this newsletter we have come up with some practical

[here](#).

Australian Giving Week

Australian Giving Week 2008 took place around the country from 1-7 December. The aim of this annual event was to focus attention on the many ways that individuals, families, businesses, and groups can make a difference to the community in the lead-up to Christmas. It's not too late to give just visit [Australian Giving Week](#).

Pre-book those babysitters now for Christmas and New Year!

Just a reminder to get in early if you need babysitters over the festive season or for New Year. We also provide emergency and fill-in child carers should you need help over the school holidays. Don't miss out and [book one now!](#)

Sanitarium Weet-Bix Kids TRY-athlon 2009

Thousands of Aussie kids will discover just how fun an active lifestyle can be when they join their mates for the exciting 2009 Sanitarium Weet-Bix Kids TRY-athlon. If you are aged between seven and 15 you can be part of the action! Around 15,000 kids will swim, ride and run their way around spectacular courses at seven cities and major regional locations across the country from February to April. Registration is closing soon and places are limited, so for more information go to www.weetbix.com.au

Delightful Destinations - Family Mini Breaks

Something self-contained, child friendly and not too far to drive? Online websites today are increasingly easy to use, search and browse, so you can find just the place to book accommodation Australia-wide - at your own convenience, 24 hours a day. And you will be surprised at the last minute deals you can pick up for this summer holidays. Read more [here](#) from TakeABreak.

Fit & Well – Party health tips

Summer often brings with it more invitations to work parties, family get togethers and barbecues. Here are some pointers on how to stay fit not fat:

- Try to be moderate - it may be the season to be jolly, but too much food and alcohol is harmful, and

suggestions that can help you reduce your 'Christmas stress'.

As I sat down to write this newsletter I realised how fast the year had gone and how dramatically things had changed since we all celebrated the commencement of 2008. In the face of all this turmoil and change I am proud to say that DIAL-AN-ANGEL has steered a steady course. This is due to our wonderful staff, our dedicated Angels, and most importantly our loyal clients. Thank you so much for making us your in-home provider of choice and we look forward to exceeding your expectations in 2009!

On behalf of DIAL-AN-ANGEL I would like to wish you and your loved ones a safe and Merry Christmas. May peace, love, joy, and prosperity bless your home and family this holiday season.

Until next year, travel safely!

drink driving is a real danger and illegal. If you can't (or don't want to) step off the social merry-go-round, at least try to eat and drink in moderation.

- Get enough sleep - plan for as many early nights as you can.
- Keep moving - keeping up your regular exercise routine can give you the fitness and stamina to make it through the demands of the festive season.
- If you are watching your waistline but enjoy a glass of alcohol at parties, your diet resolve may weaken. Be aware that you may end up eating more unhealthy food as a result.
- Before a social gathering, eat something to line your stomach. Have a healthy snack such as multigrain toast, or yoghurt and fruit. Then you won't get ravenous later and devour the party buffet when you're out.
- If people drop in unexpectedly at your place, have a food plan ready to go. Instead of opening a bag of salty chips, opt for a bowl of unsalted mixed nuts. Store some in the pantry. Or try a salsa, guacamole, tzatziki or hummus dip teamed with finely sliced sour dough bread, which has a low GI. Lightly drizzle the bread in extra-virgin olive oil and heat it in the oven until crisp. Read more [here](#) from Performance Body Works.

Top Tips

According to a recent study by Roy Morgan Research, around 60 per cent of Australians dislike Christmas shopping, just 20 per cent plan their shopping expeditions, and the majority of us (nearly 75 per cent) often come home without a single purchase for our efforts. Stress reduction strategies for successful Christmas shopping include:

- Make a list of all the gifts you wish to buy before you go shopping. If you wait for inspiration to strike, you could be wandering aimlessly around the shopping centre for hours.
- Buy a few extras, such as chocolates, just in case you forget somebody or you have unexpected guests bearing gifts.
- Buy your gifts by mail catalogue or over the Internet. Some companies will also gift-wrap and post your presents for a small additional fee. Why not consider a DIAL-AN-ANGEL Gift Voucher?
- If you have a large circle of extended family or friends to buy gifts for, it can be very costly. You might be able to reduce the stress and cost of Christmas for everyone if you suggest a change in the way your family and friends give presents. For

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Limited

example, you could suggest that your group buy presents only for the children, have a Kris Kringle, or set a limit on the cost of presents. Read more great tips [here](#).

Give a Gift to a Friend

Help your friends and business colleagues take care of their home and family. Anyone can subscribe to Angelic News. Subscribe by clicking [here](#)

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