

MAKE THIS YEAR EXTRA SPECIAL  
WITH MY HAPPY JOURNAL'S  
*Magical gift guide*



UNIQUE GIFTS-HAND MADE DECORATIONS-SWEET TREATS







# *Christmas ideas made with love*

Hello and welcome,

Come away in. It's so nice to see you. Have a seat, perhaps over there, yes there, the cosy comfy chair with the extra plump cushions and Christmas blanket. The chair beside the real fire, the chair saved just for you.

Can I offer you a hot drink? We have yummy hot chocolate with lashings of cream and mini marshmallows, delicious tea, or maybe a glass of fizz instead? You deserve a little break, a chance to put your feet up. Give yourself five minutes to think about what the ideal Christmas means to you this year. Today, I invite you to take a moment and daydream a little about what Christmas 2020 could be for you.

Is it finding a wonderful and thoughtful gift? The perfect meal to share with those you cherish? Is it, perhaps, giving to a charity you admire? Simply hugging the people closest to you just that little bit tighter this year? Or maybe taking a moment to celebrate those who unfortunately cannot be with you this Christmas? It may even be a little bit of everything and more.

After the most topsy-turvy year and the uncertainty surrounding Christmas, we will all probably have to go with the flow more than usual. This may be the best Christmas ever if we choose to look at not what we are missing, but what we can create. Some of the more usual Christmas traditions may need to be reinvented slightly; people are already sending more cards than usual and are having long phone calls with loved ones. There seems to be a gentleness and an appreciation of what Christmas could be this year. There are opportunities to rethink what it means to us and what we chose to focus on. There is magic all around us, especially at this time of year. What if ... this year we saw Christmas as if anew? What if we looked at Christmas as if we were seeing the magic as seen by the children? What if we made things, drew things, bought handmade and unique? What if it was about the daily joys and time spent together without the pressures that Christmas sometime brings?

Our Christmas ideas magazine that you are reading now has been created by a group of makers, artisans, and small businesses after I posted on social media looking for local Christmas makers to feature in the My Happy Journal Christmas photoshoot. I was eager to showcase items made with love rather than using big store items in my photographs. I'm sure you agree when you have had a chance to look through this that the selection of products is phenomenal and unlike the traditional high street items. I hope you enjoy your wee five minutes of Christmas daydreaming and I hope this festive season is truly magical.

Sending warm hugs and Christmas magic.

Kirsty xxx

[www.MyHappyJournal.com](http://www.MyHappyJournal.com)



# *Happy Memories Jar*



Happy memories jar:

- You will need a large jar, for example a cookie jar, an old coffee jar, or extra large jam jar.
- Clean the jar and if you wish, label or decorate the outside.
- Every time you have a happy moment, write about it and add the piece of paper to the jar.
- At the end of the year, or perhaps on your birthday, re-read all the memories and celebrate your uniqueness.
- This can be a solo activity or it can be a fun family memory jar.





## Christmas 2020 Ideas guide



I am so excited to share My Happy Journal's Christmas ideas and gift guide with you.

Inside you will find yummy sweet treats, decadent decorations handmade with love, fabulous and unique gift ideas for the special people in your life, and some great fun activities ideas to try over the festive period!

This stunning range of products you are about to see are by mega talented makers, all of whom I would recommend. I have bought from each small business and whole heartedly recommend them all. I do hope you love them as much as I do.

This Christmas, I invite you to shop local. It's true that every time you purchase from a small business, we do a little happy dance to celebrate!

I hope you have a fabulous Christmas.

Love Kirsty xxx

Let's be friends:



@MyHappy\_Journal



@MyHappyJournal



@MyHappyJournal



@MyHappyJournal



[www.MyHappyJournal.com](http://www.MyHappyJournal.com)



[Hello@MyHappyJournal.com](mailto:Hello@MyHappyJournal.com)





# *Festive Colouring*



Why not print out our Christmas house and colour it in!

We are using this as our advent calendar on social media this year - follow us for advent ideas throughout December.





# My Happy Journal



The PERFECT gift.

This Christmas give them a gift that will last forever: a positive growth mindset.

Help your child discover mindfulness, gratitude and positivity - encourage creativity while building resilience and long term happiness.

Our mission is to help children celebrate everyday joys!

My Happy Journal is a creative positive mindset journal for children 5-12, designed to encourage communication and a positive mindset while having fun times away from screens.

Celebrate and capture their daily joys while gaining an insight into their day.

My Happy Journal contains 90 undated entries, fun facts, positive affirmations, and it's jam-packed with fun activity ideas.

\*IMAGINE \* CREATE \*  
EXPLORE\*

[www.myhappyjournal.com](http://www.myhappyjournal.com)







# 6 Top Tips for photographing Christmas - yet still being present

- 1** How do we safeguard against turning into That Person? The one who experiences occasions only through the lens of a smartphone and judges it by the likes given on Facebook? Or the person who's so busy taking pictures, you're not really involved?

Find out here how to walk that line of capturing Christmas in photographs but still being fully there in the moment to enjoy it! Beforehand, have a good think about:

- What are you actually going to DO with these pictures?
- Will they be a fleeting presence in a Facebook feed, or will you love looking back over them in the future?
- Have you ever gone back to have a really good look at old photos like this?
- If so, which images really matter to you now?
- Is something quite unique taking place, such as a get-together of people who rarely see each other? Are you in an unusual, special, location?
- Is this your only chance to photograph certain people together?
- Will people close to you who can't be there really value seeing the photos you take?

- 2** Decide what you DO need to capture - who's involved and at what times of day everything's happening.

a) Then **IDENTIFY VISUAL HIGHLIGHTS**, such as:

- Children's first look at the Santa stockings
- Unwrapping a significant present
- Kids and the dog jumping with excitement
- Dad opening a present from your youngest
- Big sister giving wee brother a hug
- Your youngest's "boak face" when tasting a sprout (just us??)





b) **PEOPLE** - concentrate on showing relationships between people rather than mere “things”, as these are the moments you’ll find meaningful in years to come. Assess/predict this by glancing through your old photos. What’s worthless and what’s valuable?



c) **Details and scene-setting** - photograph the “establishing shots” in advance. Take a few minutes for wide shots of the whole room with the Christmas table laden before everyone sits down and don’t forget to take a quick picture of all the Santa stockings before the kids demolish them!

### 3 **Evaluate on the spot as the day goes on whether a moment is really worth getting your phone and photographing it. Ask yourself:**

- Is this just a pretty fluff image or does it add to the story of the evening?
- Sparkly lights shining off a beautifully wrapped present may look lovely, but is it really worth preserving?
- Will this mean anything to you in a year’s time?
- If your eye is captured instead by the light shining off your daughter’s hair, will you be glad you took the picture of her and her dad deep in conversation? (Hint: probably.)
- Does what you see through the camera on your phone screen add to the who, what, when, where, or why of the day? To the story?

4 You could **put a limit on the number of shots you’ll take** then put your phone AWAY.

5 Or you could **decide the time period you’ll photograph in** - morning? Afternoon? Then put your phone AWAY.

6 Don’t forget to **get in the frame yourself!** Women, particularly mums, are the *world’s worst* at this. No matter what you’re doing, hand your phone to someone else to get a few shots of you doing it.

After all, you’re part of the story too, aren’t you? Don’t leave yourself out.

7 **Bonus tip: Don’t “post and party”!** Just don’t! If it’s reactions on social media you’re after, your photo will be just as popular if it’s posted later on when you’re crashed out on the couch and the kids are in bed. Or even on Boxing Day ...







# Donna Green Brand Photography



Simply AMAZING!

Donna not only takes unique and wonderful photographs of her clients, but she genuinely cares for each brand - and businesswoman - she works with.

Through detailed client discussions and in-depth brand investigation, Donna gets to know her clients on a deeper level in order to capture the true essence of your business.

I have had the pleasure of working with Donna for over 18 months and her attention to detail, beautiful photographs, and real desire to get my business photography to reflect my brand vision continues to fill me with gratitude.

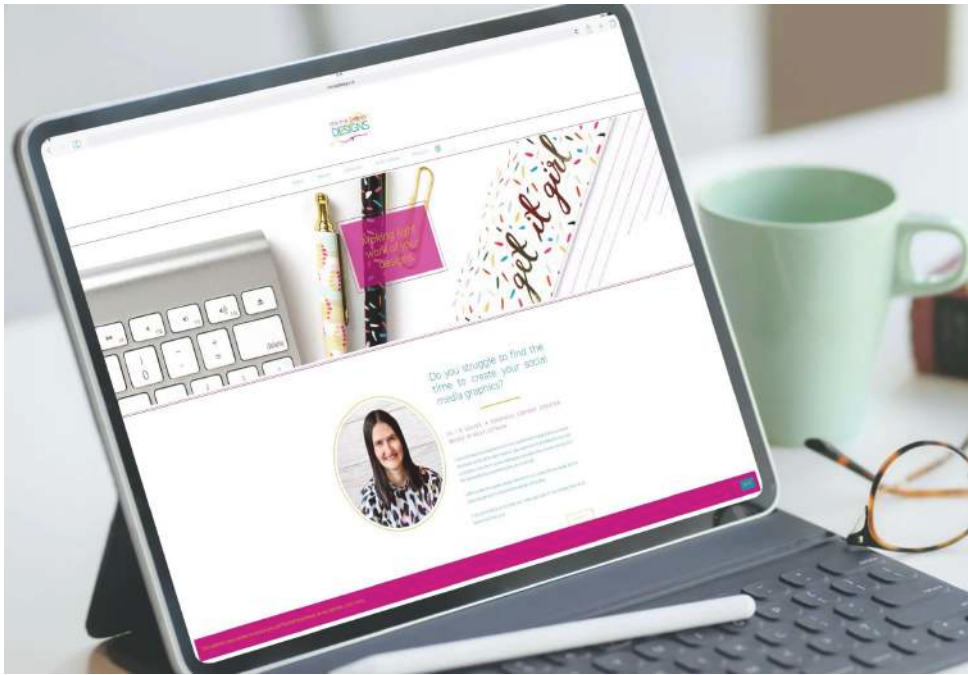
If you have a business and want your photographs to be a real representation of your unique brand, get in touch with her now!

I promise, you will end up feeling just as excited about working with Donna as I do.

[www.donnagreenphotography.co.uk](http://www.donnagreenphotography.co.uk)







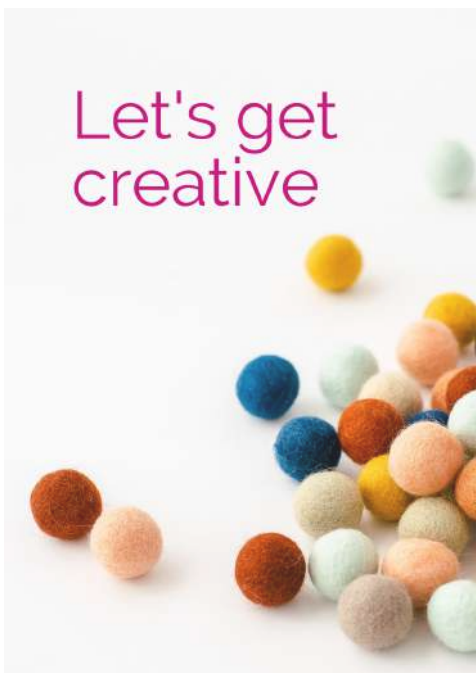
*Marcie James Designs*




The Ultimate Graphics fairy!

If you have a business or are thinking of starting a business, you **NEED** Louise on your team!

Louise has years of experience working with some of the largest social media accounts in the UK.



Until recently, she's been the  unseen magical power ensuring consistent and inspiring content for accounts which have phenomenal engagement and a huge following. Her ability to transform and elevate your business brand is truly a Superpower.

Now working under her own banner at last, Louise has a magic wand that never runs out of creative ideas and a deep desire to help your business shine and even better ... **STAND OUT!** For all the right reasons!



Louise is too shy and modest to shout about her wonderful talents and fantastic commitment to her clients that I feel a duty to tell you about. She is super talented, so, so lovely to work with and cares deeply about taking the stress out of graphic content creation.

[www.marciejdesigns.uk](http://www.marciejdesigns.uk)



# Cracker making

## You will need:

- A4 pieces of patterned paper, wallpaper, or plain paper to decorate
- Cardboard tubes (e.g. toilet roll or kitchen roll holders)
- Washi tape (or paints to decorate if using plain crackers)
- Optional: Cracker snaps
- Ribbon or string to tie
- Craft knife
- Scissors
- Glue
- Fillings – tissue paper hats, toys, games, jokes

## To make:

1. Decorate the outside of your cracker, then set aside until it's dry. Alternatively, you can use patterned paper.
2. Make sure your A4 piece of paper is positioned face down on a table so that the longest sides are at the top and bottom. Position your cardboard tube in the centre of the paper, lengthwise, cutting to shape if necessary.
3. At each end of the tube, score your paper softly with a pair of scissors, making sure not to cut through the paper. Or, cut small diamond shapes out (templates can be found online). This will make it easier to create your cracker ends.
4. Wrap your paper around the cardboard tube, overlapping the edges slightly and gluing in place to create one wide tube. The cardboard tube will give your cracker extra structure so it won't fall apart.
5. Carefully twist one side of your cracker around the ends of the cardboard tube, secure it with festive ribbon and feed your cracker snap through.
6. Gently add your cracker fillings, being careful not to overfill, and secure the other side of your cracker with a ribbon.





*The season for sparkle*





*Whyte Craft*

I do believe in Fairies, I do, I do.

Every home needs at least one fairy door and Erin has so many beautiful and magical options there is something for even the most selective of fairy guest! Exquisite hand made bespoke felt wreaths and garlands to brighten up your door and send smiles to the world. The smiles continue indoors as well with her cloud and raindrop felt wall hangings. Add a smile to your Christmas list today!

[www.whytecraft.co.uk](http://www.whytecraft.co.uk)



photographs of individual items supplied by Whyte Craft





*Little Felt Factory*



Phenomenal attention to detail.

I want to buy all of Jay's creations. Each one is super cute, so detailed and the type of product that will become an heirloom item.

All items can be personalised as required and Jay sells the most amazing kits so you can make these magical garlands at home.

[www.facebook.com/littlefeltfactory](http://www.facebook.com/littlefeltfactory)



photographs of individual items supplied by Little Felt Factory





# CalEli Gifts

Why not gift special tree decorations this year? Or start a new tradition with a bespoke Christmas mantle ornament especially for your friends and family? CalEli has a wonderful range of bespoke handmade decorations and gifts to wow and delight your whole family. I love that each item can be tailored with any name and family dynamic. The range of products on offer make thoughtful and magical gifts. A lovely way to be together even if we can't physically be together.

[www.caleligifts.com](http://www.caleligifts.com)



photographs other than top right all supplied by CalEli Gifts





Can to Candle 



## BEST CANDLES EVER!

They smell absolutely divine, they burn fully, and Can to Candle are an environmentally conscious company.

Quite simply, the Can to Candle range are the best candles I have ever bought! And I do mean EVER!

I have also had the pleasure of attending two workshops which were fabulous - I absolutely recommend going if you get a chance. And vouchers for the workshops make great gifts.

If you are looking for the smell of Christmas, I particularly recommend Strudel & Spice, Fireside, Winter and the Advent calendar candle.

Treat yourself and someone you love today. Trust me, they are fantastic.



[www.cantocandle.com](http://www.cantocandle.com)





DATE:

DEAR SANTA,

How are you? Are the reindeer looking forward to their big flight?

I am very excited about Christmas and will be leaving some goodies out for you and the reindeer for when you visit on Christmas eve.

Rather than just a normal Christmas present ideas list, I would like to tell you a little bit about my year and share some of my experiences from the last 12 months.

My name is .....

I am ..... years and ..... months old.

My favourite parts of the year were .....

.....

.....

I have read some great books and my favourites were .....

.....

I have tried lots of new things this year and have really enjoyed .....

.....

The subject I enjoy most at school is .....

My current favourite food is .....

This year I have visited .....

and my favourite part was .....



Discover more happy adventures at [www.myhappyjournal.com](http://www.myhappyjournal.com)



MYHAPPYJOURNAL



MYHAPPY\_JOURNAL



Santa keepsake letter.

Print this out for your small person.

Ask them to complete it. Pretend to post to Santa. (Keep it for their memory box!)

Download and print Santa's reply from [www.MyHappyJournal.com](http://www.MyHappyJournal.com). Look in the FREE download section





My closest friends are called .....

The best adventure I had this year was .....

.....

I am looking forward to Christmas this year because .....

.....

My favourite Christmas movie is .....

In our house it is a Christmas tradition to .....

The most exciting part of Christmas is .....

.....

I will be spending Christmas day with .....

I have tried my best this year and would be very grateful for a Christmas present.

Top of my Christmas list would be something from the list below

1) .....

2) .....

3) .....

I promise to go to bed on Christmas Eve at ..... and will try very hard to go straight to sleep so you have plenty of time to deliver gifts.



Yours faithfully, .....



Discover more happy adventures at [www.myhappyjournal.com](http://www.myhappyjournal.com)



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**Santa keepsake letter.**

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# Treasured Keepsakes



Personalisation HEAVEN!

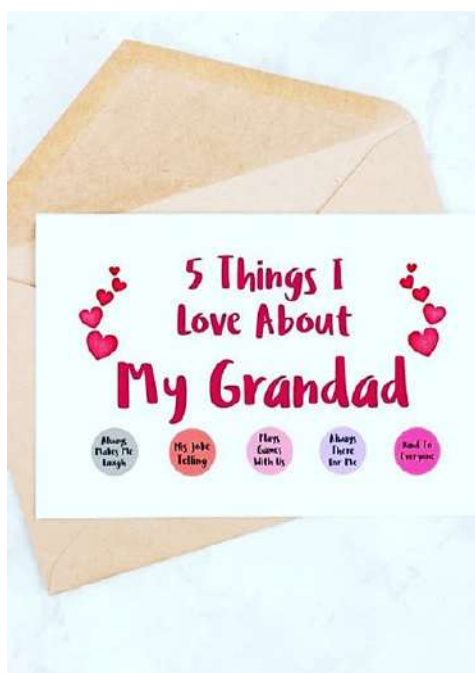
Treasured Keepsakes was borne for a deep love of making personalised gifts for friends and family for special occasions.

The business was formed with a desire to create moments of happiness and give gifts of love for other people! There is something so beautiful about receiving a personalised gift, knowing the gift giver has gone that extra special mile to make you feel happy and loved.

Making gifts with love is Gemm's true calling.

When you get a chance, have a look at her 'On the nice list' jumpers! They are absolutely gorgeous!

[www.treasuredkeepsakes.co.uk](http://www.treasuredkeepsakes.co.uk)







*MK Cards*

The Customer can pick ANYTHING!

Maili has been creative her whole life - pre-children she enjoyed cross-stitch and making handmade cards but wanted to explore other creative options. Her love of handmade and bespoke lead her to one-of-a-kind candles designs. Her motto is "You are the customer, you can choose whatever your heart desires!" The current range of candles is amazing but as she points out.... You can have anything you wish on YOUR candle. Get in touch today and discuss your truly unique candle for your loved one this year.

[www.mailis-cards-candles-stationery.square.site](http://www.mailis-cards-candles-stationery.square.site)



photographs supplied by MK Cards





## Quirky Gifts Emporium

The BEST Christmas PJ's EVER!

I ordered sets for my children and the photos and they are soooo soft and the colours are fabulous, definitely better than any supermarket or high street PJ's.

The personalised Santa sacks are gorgeous with heaps of room for lots of goodies. There isn't enough space on this page to show you the huge range of fantastic products on offer from the Quirky Gifts Emporium, so you defiantly need to peruse the website for more ideas.

[www.quirkygiftsemporium.co.uk](http://www.quirkygiftsemporium.co.uk)







*Juellie Accessories*

Even more gorgeous in real life!

I was absolutely delighted when I discovered the wonderful range of products by Juellie Accessories. It's interior decoration wonderland.

With a huge range of unique and beautifully made home accessories, there is something for all tastes and budgets. I recommend the bedspreads and bespoke curtains! I recently decided to enhance the master bedroom with the most stunning curtains made to order and a quilt to rival the poshest hotel! And all within a very tight budget.

[www.juellieaccessories.com](http://www.juellieaccessories.com)



photographs supplied by Juellie Accessories









# *Festive activity ideas*

## **December 2020 – My Happy Journal's Could Do ideas list.**

(Please note, many of these will require adult supervision/assistance.)

- Decorate your Christmas tree.
- Sing carols.
- Design the most Christmassy jumper.
- Make a gingerbread house or decorate a pre-made one.
- Draw your own Christmas cards.
- Count all the Christmas trees you can spot on a night-time drive or bus ride.
- Read "The Night before Christmas".
- Build a snowman (if it's snowing).
- Watch your favourite Christmas film.
- Make paper chains and paper snowflakes.
- Wrap up warmly and go for a walk on a cold day while pretending to be a dragon.
- Visit, call, or Skype someone you haven't seen in a while.
- Make someone a handmade gift.
- Tell someone you care about how special they are to you.
- Write a list of the things you have enjoyed during 2020.
- Create a Christmas quiz for Christmas Day. (Or download ours - it's free!) For more details visit [www.MyHappyJournal.com](http://www.MyHappyJournal.com) and look at Download section.
- Make fat balls for the birds.
- Make your own gift tags from old cards and unique Christmas paper using brown paper and potato prints.
- Have a family winter adventure.
- Make your own snow globe.
- Make your own Christmas tree ornament with air-dry clay and paint or card and dried pasta - anything you can find that you like!
- Do something nice for someone.
- Wear a Christmas hat for the day.
- Track Santa's progress on Christmas Eve with [www.noradsanta.org](http://www.noradsanta.org).
- Dance around the house to your favourite Christmas soundtrack.
- Decorate Christmas biscuits.
- Take some family photographs or silly Christmas selfies.
- Play a board game.
- Write and post hand written Thank you letters to anyone who gives you a Christmas gift.

For more fun festive ideas visit [www.MyHappyJournal.com](http://www.MyHappyJournal.com)









## Yellow Door Studio



Renae is unbelievably talented.

If I'm honest, I am pretty speechless about Renae and Yellow Door Studio: her imagination, the intricate details, the obvious love that has gone in to each and every unique creation ... It's breathtaking. The photographs do not do this brand justice. Her creations are a work of art and future heirlooms.

[www.etsy.com/uk/shop/YellowDoorStudio29](http://www.etsy.com/uk/shop/YellowDoorStudio29)



photographs supplied by Yellow Door Studio





*LB With Love*

Christmas list - SORTED!

Even Father Christmas buys his gifts from LB with love!  
Lindsay has created the most amazing range of products which truly does have something for everybody on your list this year.

Gorgeous home accessories, festive decorations, fabulous fashion, stunning jewelry and so much more ...  
It's a veritable one stop shop for all your gift needs this year.

[www.lbwithlovegifts.com](http://www.lbwithlovegifts.com)



photographs other than top right supplied by LB With Love







S BELT CLUB





*Botanical Backdrops* 



A minimalist's dream

A stunning twist on festive wreaths.

Natalie has designed a beautiful alternative to a traditional wreath with her minimalist timeless classics.

Bespoke handmade to your own specifications, with twinkly lights and faux foliage these wreaths will last a lifetime.



[www.facebook.com/Botanical-Backdrops](https://www.facebook.com/Botanical-Backdrops)



photographs of individual items supplied by Botanical Backdrops





## *Little Memory Shop*

Susan started her wonderful new business venture this year during COVID lockdown!

Her products are magical. I had never seen anything like this before I meet her and her joy and passion for creating environmentally friendly forever decorations is inspiring.

Little Memory Shop turns your photographs of special people, places, and events into beautiful and unique pieces of art. They create truly personal home decorations, wonderful memory art, and gorgeous gifts for all occasions.

[www.little-memory.shop](http://www.little-memory.shop)



*photographs of individual items supplied by Little Memory Shop*



# Finnish Gingerbread Cookies

## Ingredients

150 ml golden syrup  
50 ml treacle  
170g caster sugar  
4 teaspoons ground cinnamon  
2 teaspoons ground ginger  
2 teaspoons ground cloves  
250 g unsalted butter

2 eggs

850g sieved plain flour  
2 tsp baking soda (Bicarbonate of Soda)



## Method

Add all ingredients listed above to a pan and heat gently. (Add butter last). Stir thoroughly. It will take a little bit of time for all the ingredients to melt and mix. Leave the yummy mixture to cool. Mix the baking soda into the sieved flour. Hand mix eggs into the cooled wet mixture. Add the flour in sections into the wet mixture. Once mixture is a smooth consistency, knead to form dough. Not recommend for anyone who has just had their nails done! Ask the small people to do this part if you have beautiful nails and don't want your festive fingers to get full of mixture! It's also better to remove rings with stones in them as the mixture is really sticky. Chill the mixture overnight in cool place or fridge.

Next day  
Pre heat oven to 200 degrees C (180 fan oven)  
Roll out dough on to floured surface.  
Use cookie cutters or cut out desired shapes by hand.  
Place on baking tray. Cook for approximately 7-10 minutes.

If you are making the biscuits to hang on the tree, add holes for ribbon using a skewer prior to baking in the oven. If you are making stained glass window style biscuits, add the fruit drop just before baking.

This recipe is great for large batch cooking or for a gingerbread house. If you prefer a smaller batch, I suggest you half the ingredient quantities.

For more fun festive ideas visit [www.MyHappyJournal.com](http://www.MyHappyJournal.com)





STRONG

Mini Belts

KIDS BELT CLUB

KIDS BELT CLUB

MY HAPPY JOURNAL

CREATE

Handmade & easy to use  
Fits through belt loops & fastens at back

www.kidsbeltclub.com



*Fibre Makes*

FIBREmakes

The PERFECT gift for the Fashionista in your life!

The ultimate Handmade with Love gift this Christmas.

Gill designs and makes each one of her creations by hand using sustainable recycled cotton cord as well as more unusual materials such as paracord.

The craftwomanship and attention to detail are inspiring. The variety of colours is absolutely gorgeous, making it very difficult to pick just one favourite.

Treat yourself and someone you love this year with a wonderful bespoke creation by FibreMakes.

**[www.fibremakes.co.uk](http://www.fibremakes.co.uk)**



photographs of individual items supplied by Fibre Makes





## Rabbit & Crocodile

Decorations with their own little personalities.

Fiona creates the most gorgeous handmade decorations, cards and felt cloud and raindrop mobiles.

Her business had been designed around having time to care for her young family whilst giving her the opportunity to create beautiful and unique products.

The love and playfulness in each product would bring a smile to even the most Bah Humbug of faces.

[www.etsy.com/uk/shop/RabbitandCrocodile](http://www.etsy.com/uk/shop/RabbitandCrocodile)







# Kids Belt Club



The ONLY children's belts that are truly Adventure proof!

Originally designed for her own children after Suzy struggled to find belts which suited her family life, these belts are easy to attach and easy to use when a quick trip to the bathroom is needed and there is no time to faff about with traditional belts.

They are perfect for children whose clothes just don't quite fit at the waist. Designed to grow with your child, they are a brilliant idea and a great product. Take the stress out of clothes shopping and get your Kids Belt Club belts today.

[www.kidsbeltclub.com](http://www.kidsbeltclub.com)



BRITISH VOGUE



photographs of soft play and individual items supplied by Kids Belt Club





Wee Blue Coo

With so much choice, you might run out of wall space!  
I LOVE Wee Blue Coo's images. There have so many to choose from, with styles and options to fit all budgets and tastes.

They have an internal designer and collaborate with a variety of artists; this ensures they are regularly adding to their wonderful product ranges and keeps their offering fresh. Each item is professionally printed in house to order; they don't hold stock thus creating no unnecessary waste. In 2021 they will be opening their books to new artists as well as launching a new gift range.

[www.weebluecoo.com](http://www.weebluecoo.com)



photographs of prints and cards supplied by Wee Blue Coo



# *Festive Colouring*







*Naughty but nice*







*Mint Fig*

That Gingerbread house! all the children wanted to do was eat it!

Mint Fig is a delicatessen and small gift shop in Musselburgh. They offer locally sourced food products, cheese, charcuterie and home baked cakes, flans, and quiches. They also offer a bespoke catering service for cakes, desserts, drinks nibbles and cheese boards and will happily cater for any events big or small using the goods that they source and preparing them to the highest standard to take the stress out of your entertaining. A must for ANY event.

[www.mintfig.com](http://www.mintfig.com)



photographs of goods other than gingerbread house all supplied by Mint Fig





*Litty's Larder* 



The TASTE of Christmas

I wish I could convey the magical Christmas smells via a photograph.

There are Christmas treats and then there are Litty's Larder's Christmas treats!

Whatever you buy this season as a sweet treat you owe it to yourself to have a Christmas treat box from Litty's Larder.

Liz makes everything from scratch, in a sustainable way. Using a mix of seasonal, local, foraged, ethical and naturally grown ingredients. Naturally flavoured, and coloured, using a selection of fruits, vegetables, edible flowers, foraged and other natural ingredients, as fresh, powdered or extracts thereof.

**[www.littyslarder.com](http://www.littyslarder.com)**



*photographs of cakes, tables, and lollies supplied by Litty's Larder*





# Outdoor Adventures

DONNA GREEN



*It's a Magical  
Time of the Year*







# The Starlight Experience

A work of Art

I had no idea how fabulous balloon installations could be!  
No matter what the event they strive to go beyond the ordinary.

With Mirror Photo Booths, Rustic Donut Walls, Flower Wall, Pimp Your Prosecco Carts, Vintage Candy Carts, Giant Retro Cabochon Light-up Letters (plus a load more unique and interesting ideas) Christmas celebrations, baby shower, birthday parties etc. In fact, if you want your special event to shine brighter then it's time to call in The Starlight Experience. They know that every event is unique.

[www.thestarlightexperience.co.uk](http://www.thestarlightexperience.co.uk)



photographs other than top right supplied by Starlight Experience





*Lulikids*

The most adorable hats and accessories EVER!!!!

Monika is on a mission to fill kids' minds with as much fantasy and imaginative play as possible, striving to be zero-waste and to use sustainable, some recycled and some natural, fabrics in her creations.

She makes everything herself, even the tags! The buttons are vintage, carefully selected or taken from a collection she started with her grandma. The wrapping is reused too to prevent pollution of our planet. In a nutshell, Monika wants to be as ethical as possible.

[www.etsy.com/uk/shop/Lulikids](https://www.etsy.com/uk/shop/Lulikids)



photographs other than top right supplied by Lulikids





Absolutely joyous!

If you are thinking of holding an event, and if you want the event to be the most magical event possible ... Then you need Lesley and Hen Do Events.

Lesley is Ms Party!

Her commitment to creating the ultimate experience for both you and your guests, her attention to detail, her visible love for what she creates and her phenomenal customer service truly sets her head and shoulders above all other events companies.

What ever you can imagine party-wise, Lesley and Hen do Events can make it happen.

[www.facebook.com/hendo.events](https://www.facebook.com/hendo.events)







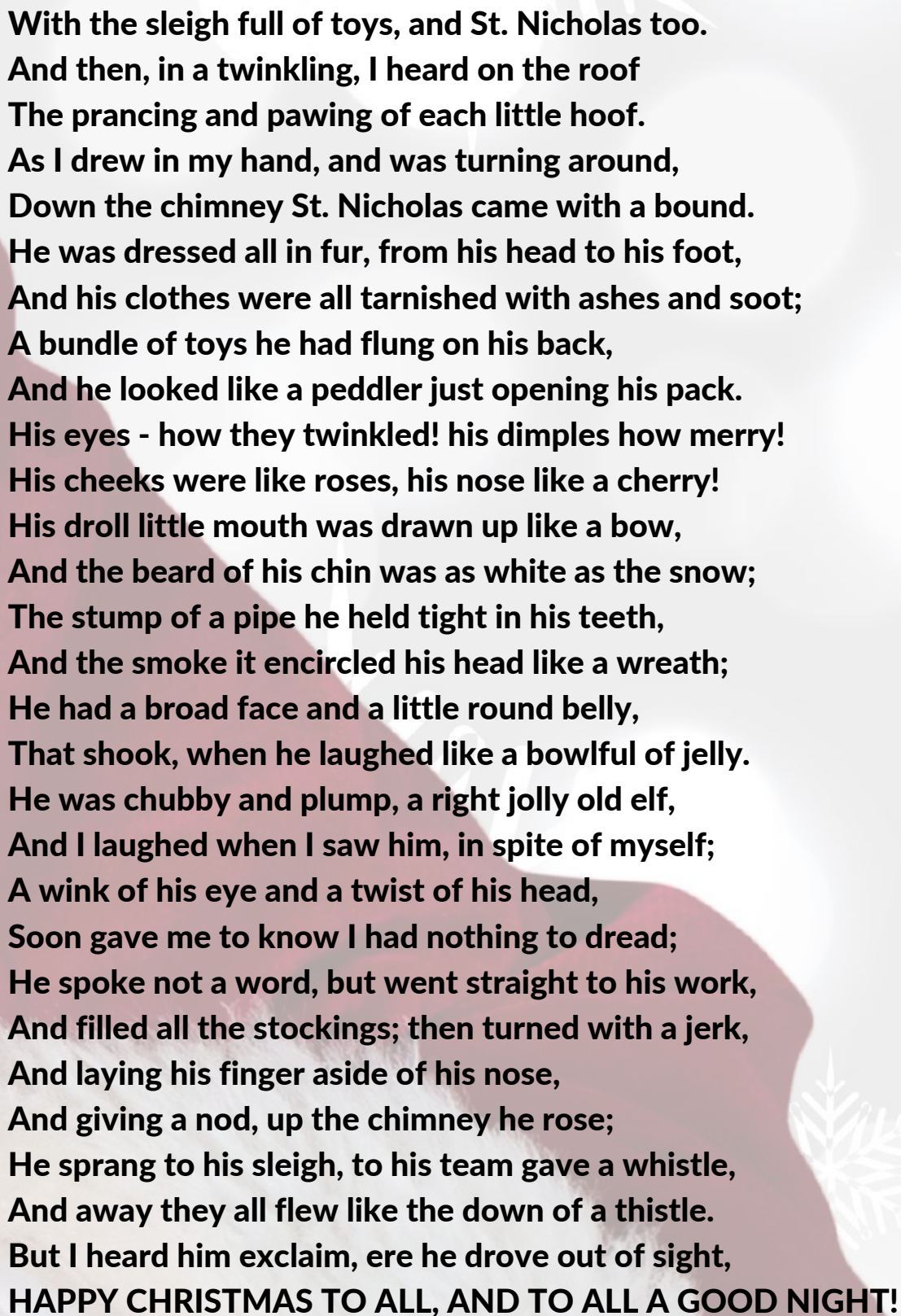
# *A Visit from St. Nicholas*

## *Bedtime poem*

BY CLEMENT CLARKE MOORE

**Twas the night before Christmas, when all through the house,  
Not a creature was stirring, not even a mouse;  
The stockings were hung by the chimney with care,  
In hopes that St. Nicholas soon would be there;  
The children were nestled all snug in their beds,  
While visions of sugar-plums danced in their heads;  
And mamma in her 'kerchief, and I in my cap,  
Had just settled down for a long winter's nap,  
When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,  
Tore open the shutters and threw up the sash.  
The moon on the breast of the new-fallen snow  
Gave the lustre of mid-day to objects below,  
When, what to my wondering eyes should appear,  
But a miniature sleigh, and eight tiny reindeer,  
With a little old driver, so lively and quick,  
I knew in a moment it must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and called them by name;  
"Now, DASHER! now, DANCER! now, PRANCER and VIXEN!  
On, COMET! on CUPID! on, DONNER and BLITZEN!  
To the top of the porch! to the top of the wall!  
Now dash away! dash away! dash away all!"  
As dry leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky,  
So up to the house-top the coursers they flew,**





**With the sleigh full of toys, and St. Nicholas too.  
And then, in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.  
As I drew in my hand, and was turning around,  
Down the chimney St. Nicholas came with a bound.  
He was dressed all in fur, from his head to his foot,  
And his clothes were all tarnished with ashes and soot;  
A bundle of toys he had flung on his back,  
And he looked like a peddler just opening his pack.  
His eyes - how they twinkled! his dimples how merry!  
His cheeks were like roses, his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
And the beard of his chin was as white as the snow;  
The stump of a pipe he held tight in his teeth,  
And the smoke it encircled his head like a wreath;  
He had a broad face and a little round belly,  
That shook, when he laughed like a bowlful of jelly.  
He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself;  
A wink of his eye and a twist of his head,  
Soon gave me to know I had nothing to dread;  
He spoke not a word, but went straight to his work,  
And filled all the stockings; then turned with a jerk,  
And laying his finger aside of his nose,  
And giving a nod, up the chimney he rose;  
He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, ere he drove out of sight,  
**HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD NIGHT!****



# *Make 2nds Count*

Founded in 2018 by the wonderful Lisa Fleming, a secondary breast cancer patient and daily inspiration.

**Make 2nds Count** is a patient and family focused charity based in Edinburgh dedicated to giving hope to women and men living with secondary breast cancer. Make 2nds Count strive to do this by raising awareness and funding medical research that will contribute to advancing an increased quality of life for patients. The community programme supports patients and families affected by this incurable disease also known as metastatic breast cancer.

It's a wonderful charity that helps so many people. I feel honoured to know Lisa.

[www.make2ndscount.co.uk](http://www.make2ndscount.co.uk)



Giving **hope** to those affected  
by secondary breast cancer  
RESEARCH. SUPPORT. EDUCATION.

**Make 2nds Count is a patient and family focused charity dedicated to giving hope to women and men living with secondary breast cancer.**

We strive to do this by raising awareness and funding medical research that will contribute to advancing an increased quality of life for patients. Our community programme supports patients and families affected by this incurable disease also known as metastatic breast cancer.

**This year as part of our Christmas Campaign "Make Christmas Count" we are launching our Christmas Tree of Hope.**

To add some sparkle to 2020 we are selling Christmas 'Baubles of Hope' to adorn our tree and have put together some great options so that everyone can get involved!

For every bauble purchased a virtual bauble with your own message of remembrance or hope, will be visible for all to see, no matter where they are in the world on our virtual tree.

We are lucky enough to be working with the fabulous team at McLarens on the Corner where we have a glorious real tree and each bauble will be created and added the Christmas tree.

**Buy Your Bauble at [www.make2ndscount.co.uk/donate](http://www.make2ndscount.co.uk/donate)**

**Thank you for helping us to Make Christmas Count!**







This year Christmas doesn't need to cost the Earth!

MyTot is a fantastic new app designed to help our pockets and the environment. Easy to download, understand and engage with, MyTot will revolutionise shopping for children's items. The range and choice of unused, nearly new, and unique items makes this platform a real go-to shop when looking for things for your child.

If, like me, you have a cupboard or attic full of practically brand new children's items, why not upload them and help them find a new home and help your bank balance!

[www.mytot.co](http://www.mytot.co)

# Hi, we're myTOT!

A parent-powered marketplace where you can buy and sell quality second hand, unused and unique children's goods.

We know things may be a little tougher this year, and we are here to help you find quality children's goods at affordable prices!



**It's so good, Santa is using My TOT for the Christmas gifts this year.**





# Stockists

If you prefer to physically visit our stockists to see My Happy Journal and much more in person, these are our very favourite local shops!



## Olive Deli & Post

46 Bridge Road, Colinton,  
Edinburgh EH13 0LQ



## Treehouse Childrenswear

10-12 Hamilton Pl, Stockbridge,  
Edinburgh EH3 5AU



## An Independent Zebra

88-92 Raeburn Pl, Stockbridge,  
Edinburgh EH4 1HH



## Kids Stop

36 Morningside Rd,  
Edinburgh EH10 4DA







# Stockists

If you prefer to physically visit our stockists to see My Happy Journal and much more in person, these are our very favourite local shops!



## Sunshine No 1

1043 Cathcart Rd, Mount Florida,  
Glasgow G42 9AF



## Honey Pot Creative Cafe

1 Longcraig Rd,  
South Queensferry EH30 9TD



## Coastal Kids

40 High St,  
North Berwick EH39 4HQ





# Website Directory

## SHOPPING GUIDE

### **My Happy Journal**

[www.myhappyjournal.com](http://www.myhappyjournal.com)

### **Donna Green Photography**

[www.donnagreenphotography.co.uk](http://www.donnagreenphotography.co.uk)

### **Marcie James Designs**

[www.marciejdesigns.uk](http://www.marciejdesigns.uk)

### **Whyte Crafts**

[www.whytecraft.co.uk](http://www.whytecraft.co.uk)

### **Little Felt Factory**

[www.instagram.com/littlefeltfactory](http://www.instagram.com/littlefeltfactory)

### **CalEli Gifts**

[www.caleligifts.com](http://www.caleligifts.com)

### **Can to Candle**

[www.cantocandle.com](http://www.cantocandle.com)

### **Treasured Keepsakes**

[www.treasuredkeepsakes.co.uk](http://www.treasuredkeepsakes.co.uk)

### **MK Cards**

[www.mailis-cards-candles-stationery.square.site](http://www.mailis-cards-candles-stationery.square.site)

### **Quirky Gifts Emporium**

[www.quirkygiftsemporium.co.uk](http://www.quirkygiftsemporium.co.uk)

### **Juellie Gifts**

[www.etsy.com/uk/shop/JuellieGifts](http://www.etsy.com/uk/shop/JuellieGifts)

### **The Yellow Door Studio**

[www.etsy.com/uk/shop/YellowDoorStudio29](http://www.etsy.com/uk/shop/YellowDoorStudio29)

### **LB With Love**

[www.lbwithlovegifts.com](http://www.lbwithlovegifts.com)

### **Natalie Lees Modern Wreaths**

[www.facebook.com/Botanical-Backdrops](http://www.facebook.com/Botanical-Backdrops)

### **Little Memory Shop**

[www.little-memory.shop](http://www.little-memory.shop)

### **Rabbit & Crocodile**

[www.etsy.com/uk/shop/RabbitandCrocodile](http://www.etsy.com/uk/shop/RabbitandCrocodile)

### **Fibremakes**

[www.fibremakes.co.uk](http://www.fibremakes.co.uk)

### **Wee Blue Coo**

[www.weebluecoo.com](http://www.weebluecoo.com)

### **Kids Belt Club**

[www.kidsbeltclub.com](http://www.kidsbeltclub.com)

### **Mint Fig**

[www.mintfig.com](http://www.mintfig.com)

### **Litty's Larder**

[www.littyslarder.com](http://www.littyslarder.com)

### **The Starlight Experience**

[www.thestarlightexperience.co.uk](http://www.thestarlightexperience.co.uk)

### **Hen Do Events**

[www.facebook.com/hendo.events](http://www.facebook.com/hendo.events)

### **Lulikids**

[www.etsy.com/shop/LuLicolourburst](http://www.etsy.com/shop/LuLicolourburst)

### **Make 2nds Counts**

[www.make2ndscount.co.uk](http://www.make2ndscount.co.uk)

### **My Tot**

[www.mytot.co](http://www.mytot.co)





## MY HAPPY JOURNAL WOULD LIKE TO THANK THE FOLLOWING PEOPLE FOR BEING INVOLVED

Jay Miles / Kerrylyn Bell / Lynne Munro / Erin Whyte / Maili Konczak / Krissy Smith / Monique Juellie / Lindsay Blakemore / Gillian Wilson / Natalie Lees / Renae Bell / Susan Elliott / Gemma Calder / Fiona Forrester / Suzy Gallagher / Jen Lubbers / Liz Bingham / Monika Kaminska / Lesley Henderson / Louise Wood / Mhairri Duxbury

Also a huge thank you must go to Donna from [Donna Green Photography](#) for product images and Louise from [Marcie James Designs](#) for her help in designing and putting together this gift guide.

Contact - [hello@myhappyjournal.com](mailto:hello@myhappyjournal.com)

[WWW.MYHAPPYJOURNAL.COM](http://WWW.MYHAPPYJOURNAL.COM)



A festive Christmas scene featuring a decorated tree, colorful ornaments, and a gift box. The background is filled with a variety of large, shiny Christmas ornaments in shades of red, orange, gold, blue, and purple. To the right, a green Christmas tree is adorned with warm white lights, gold and silver ornaments, and a red tinsel ball. In the center, a yellow and blue book titled "MY HAPPY JOURNAL" with a space-themed illustration is placed on top of a white gift box wrapped in white paper with a gold star and a teal peacock ribbon. Another gift box with a pink ribbon is visible in the lower right.

*Wishing you the Happiest  
of Christmases*

DONNA  
GREEN  
PHOTOGRAPHY

Contact: [hello@myhappyjournal.com](mailto:hello@myhappyjournal.com)

[WWW.MYHAPPYJOURNAL.COM](http://WWW.MYHAPPYJOURNAL.COM)