

# THE ULTIMATE HOLIDAY GUIDE

ENERGISING BUSY PARENTS  
THIS FESTIVE SEASON.

SuperCamps



  
**TRUESTART**

FEEL GOOD COFFEE

# SuperCamps

SuperCamps is a leading kids camp provider, running fun and engaging clubs for kids aged 4-12 during the school holidays. Parents can feel assured when sending their kids to camp as SuperCamps is Ofsted-Registered and all staff are DBS checked (as well as super passionate!). The camps run every school holiday & we have venues across the country for parents to find local, convenient childcare.



TrueStart Coffee is a family-run, independent business that creates coffee to make you feel good. As a certified B Corp and Carbon Negative company we're on a mission to make the planet happier & healthier; one cup of positive energy at a time!

**SO WHY HAVE WE JOINED FORCES?**





## **WE'VE PARTNERED BECAUSE WE WANT TO ENERGISE BUSY PARENTS!**



We both understand that family life can be a bit overwhelming at times and we want to help as much as possible – whether that's through providing superb childcare or delicious energising coffee.



At both companies we care strongly about our customers and want to make life easier, better and more fun for them.

You might've seen a competition we ran earlier in the year to help parents in the run up to the October half-term..well now we're heading strongly and quickly into the winter holidays and we want to support you as best we can.

We've put together The Ultimate Holiday Guide packed full with ways to make the holidays that bit easier.

Whether that's ways to keep the kids entertained to delicious show-stopping dessert and cocktail recipes.

Plus don't forget to bag your exclusive discounts from both brands!



**ENJOY!**



# ABOUT US

At SuperCamps, we'll keep your kids entertained and busy for the first week of the Christmas holidays. We're running our Winter camps from the 18th - 22nd of December. Our theme of the week is North v South Pole and the days will be filled with theme-focused activities and fun. For a limited time we're offering 15% off our winter camps so be sure to book in advance get the best price.

**15% OFF DISCOUNT**

Use code

**XMAS15**

at checkout

03/12 - 10/12



## WHERE YOU'LL FIND US AT CHRISTMAS

Abingdon

Bath

Bournemouth

Canterbury

East Horsley

Hammersmith

Hertford

Middlesex

Newbury

Oxford

Putney

Reading

Rickmansworth

Winchester



# WIN A CHRISTMAS HAMPER



## BOOK A WINTER CAMP BY DECEMBER 17TH TO BE ENTERED

Secure your child's spot at any Christmas camp by December 17th, and you'll automatically enter a prize draw for a chance to win one of five fantastic hampers, perfect for spreading holiday joy! If you've already booked, you're already in the running. Join us at our Christmas camps for festive fun!



# KEEPING THE KIDS ENTERTAINED

We know it gets super busy during the holidays and it can be hard to find things to keep the kids occupied on those cold days.

So why not cosy up with a magical Christmas film?

Elf

Polar Express

Home Alone

How the Grinch Stole Christmas!



The Muppet Christmas Carol

Arthur Christmas

Nativity

The Nightmare Before Christmas



# BOOKS

## FOR 4-6 YEAR OLDS

- Where the Wild Things Are by Maurice Sendak - The story of Max, a young boy who becomes the king of the Wild Things.
- The Giving Tree by Shel Silverstein - About a tree that gives everything it has to a boy.



## FOR 7-10 YEAR OLDS

- The Chronicles of Narnia series by CS. Lewis - Follow the adventures of a group of children who travel to the magical land of Narnia.
- Ramona Quimby, Age 8 by Beverly Cleary - Discover the life of a spunky and energetic 8-year-old girl, who is always getting into trouble

## FOR 10-12 YEAR OLDS

- Percy Jackson and the Olympians series by Rick Riordan - The escapades of a 12-year-old boy who discovers that he is the son of the Greek god Poseidon.
- Artemis Fowl series by Eoin Colfer - Tales of a young criminal mastermind who sets out to capture a fairy.





## FUN FOR THE WHOLE FAMILY

What better way to spend some quality time together than having fun playing some entertaining games? Some of our favourites are listed below.

Hungry,  
Hungry  
Hippos  
(4+)

Dobble  
(6+)

Happy Salmon  
(6+)

Poetry For  
Neanderthals  
(7+)

Herd  
Mentality  
(10+)



# HANPRINT REINDEER

SuperCamps

CRAFTS FOR  
4-7 YEAR OLDS



## MATERIALS

Brown construction paper  
Red construction paper  
Black construction paper  
Googly eyes  
Red pom poms  
Glue  
Scissors

## INSTRUCTIONS

1. Trace your child's hand on brown construction paper and cut it out.
2. Cut out a red triangle for the reindeer's nose.
3. Cut out two black circles for the reindeer's eyes.
4. Glue the googly eyes to the handprint.
5. Glue the red triangle nose to the handprint.
6. Glue the red pom poms to the handprint for the reindeer's antlers.
7. Glue the handprint to a piece of construction paper or cardstock.
8. Write a message on the paper or cardstock, such as "Merry Christmas" or "Happy Holidays."



# SCRAPBOOK

SuperCamps

CRAFTS FOR  
8+



## MATERIALS

A scrapbook album

Paper (different colours, patterns, and textures)

Scissors

Glue

Markers, crayons, or coloured pencils

Photos, drawings or other things to stick in the album

Other embellishments (stickers, ribbon, buttons, etc.)

## INSTRUCTIONS

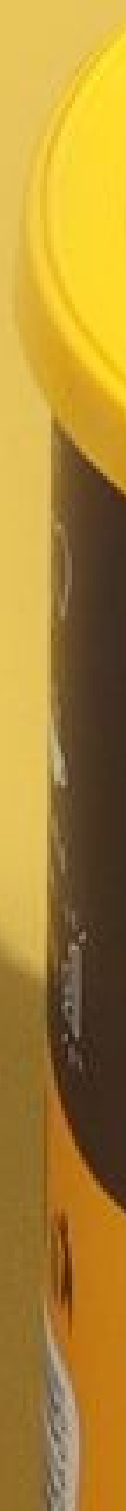
1. Choose a scrapbook album. There are many different types of scrapbook albums available, so choose one that is the right size and style for your child.
2. Gather your materials. Make sure you have a variety of paper, glue, and other embellishments to choose from.
3. Think about what you want to include in your scrapbook. This could be photos, drawings or stories.
4. Start decorating your scrapbook pages. You can use glue to attach paper, photos, and other embellishments. You can also use markers, crayons, or coloured pencils to draw or write on the pages.
5. Be creative and have fun! There are no rules when it comes to scrapbooking.





# TRUESTART

FEEL GOOD COFFEE





# ABOUT US

TrueStart Coffee is a family-run, independent business that creates coffee to make you feel good.

As a certified B Corp and Carbon Negative company we're on a mission to make the planet happier & healthier; one cup of positive energy at a time!



All the coffee in TrueStart's range is specialty grade & rich in antioxidants so you're guaranteed a delicious, healthy cup of coffee. , infact our coffee comes from where our founder, Helena, used to live in Colombia.



# BUNDLES ADULTS



## HOT COFFEE BUNDLE

Treat yourself or someone else to a delicious Hot Coffee bundle.

The perfect gift for any coffee lover, this bundle comes with coffee three ways - all you could ever need!

## FRESH COFFEE BUNDLE

Fancy the Fresh stuff? Then this Beans / Ground Bundle is for you!

Choose whether you want Beans or Ground and receive three bags of exceptional specialty grade coffee.





# HAMPERS ADULTS



## LUXURY HAMPER

Want something for your team to celebrate the end of the year?

Then look no further than our Luxury Hamper, available in three sizes to cater for any office size or family size.

Each product in your hamper is lovingly and carefully sourced to ensure guilt-free indulgence, by supporting ethical and responsible brands that are using business as a force for good.



# EASY ENTERTAINING

## ADULTS



## TAKE THE HASSLE OUT OF "WHO WANTS COFFEE?"

Picture this. You've just finished the most mouth-watering Christmas lunch, pudding and all. It's time for coffee. Yet after slaving away for hours to create that perfect roast, the thought of crafting multiple show-stopping coffees leaves you cold.

Not anymore!

We have four coffees in our Instant Coffee range to suit everyone in the family. Make delicious coffee in an instant with our specialty grade Instant Coffee - top rated by coffee lovers.



# SPEAKING OF PUDDING



## SAY HELLO TO TRUE COFFEE ICE CREAM

TrueStart has teamed up with fellow B Corp and local, family run business Marshfield Farm to create “True Coffee”

A creamy coffee ice cream made with Marshfield’s fresh farm milk and TrueStart Coffee’s arabica beans.

If you want to round off your Christmas meal with a sweet treat then head over to Marshfield Farm’s website and, if you’re in range, order it on their DeliverMOO Service in time for Christmas!



# DAIRY FREE TIRAMISU



## INGREDIENTS

- 42 x Vegan sponge fingers
- 4 pots x The Coconut Collaborative Double Cream (~920ml total)
- 8 pots x The Coconut Collaborative Choc Pots
- 2 x tbsp icing sugar, sifted
- 2 x tsp vanilla bean paste
- 2 x tbsp coffee liqueur
- 2 x tsp TruStart Barista Grade Instant Coffee + 100ml water
- 2 x tbsp cocoa powder

## INSTRUCTIONS

Line the base of a 11 x 6-inch dish with half of the sponge fingers.

Whisk together the double cream, vanilla extract and icing sugar. Put the bowl in the fridge.

Mix 2 tsp TrueStart Coffee with cold water and 2 tbsp coffee liqueur.

Using a pastry brush, brush the prepared sponge fingers with half of the coffee mixture, soaking them sufficiently.

Then, spread half of the choc pots over the top of the sponge fingers using the back of a spoon so you have an even layer and it's spread right to the edges.

Remove the whipped cream from the fridge and spread one-third on top.

Repeat the process, using up the rest of your sponge fingers, the remaining coffee mixture and choc pots and then finishing with the remaining two-thirds of the whipped cream.

Refrigerate for 1 hour. Once refrigerated, use a small sieve to dust the top generously with cocoa powder. Then cut into squares and serve straight away.



# TRUESTART-INI<sup>!</sup> TIME

MAKE THIS  
AT HOME



## INGREDIENTS

- 1/2 x Choco Fudge Brownie Cold Brew Can
- 1 x Shot of Vodka
- 1 x Shot of Kahlua
- Some ice

## INSTRUCTIONS

Combine all the ingredients into your cocktail shaker.  
Add ice - the colder the better.  
Shake, shake, shake until it's looking suitably frothy.  
Pour your TrueStart-ini into a cold glass, serve & enjoy!



# HAZELNUT CHRISTMAS LATTE



## INGREDIENTS

1 x shot of espresso (or 1/2 cup of strong brewed Instant Coffee)

1 x cup of milk (or non-dairy milk)

1 x tablespoon of Sweetbird Sugar-Free Hazelnut syrup

1/4 x teaspoon of ground cinnamon

Whipped cream (optional)

Crushed hazelnuts for garnish (optional)

Find your coffee & Sweetbird syrup on [truestartcoffee.com](http://truestartcoffee.com)

## INSTRUCTIONS

1. Prepare a shot of espresso using your coffee machine. If you don't have a coffee machine, you can use 1/2 cup of strong brewed Instant Coffee.

2. In a saucepan or using a milk frother, heat the milk until it's hot but not boiling or as frothy as you like it.

3. Add the hazelnut syrup to your mug of espresso / coffee.

5. Pour the hot milk over the espresso or coffee in the mug, stirring gently to mix the flavors. If you frothed the milk, spoon the froth on top.

6. Sprinkle the ground cinnamon on top of the latte. This adds a warm, festive flavour and then top with a gingerbread man for extra points.

Got toppings? Indulge even more and top your Christmas Hazelnut Latte with whipped cream then sprinkle crushed hazelnuts on top for added crunch and flavor.



# HAPPY HOLIDAYS



**HERE'S YOUR EXCLUSIVE  
CHRISTMAS DISCOUNT..**

**SUPER50**

**ENTER AT CHECKOUT FOR 50% OFF YOUR  
COFFEE & SYRUP ORDERS ON  
[TRUESTARTCOFFEE.COM](https://www.truestartcoffee.com) UNTIL JAN 1ST.**