

Home Working Care Package



CRS

The Recruitment Solution

Package
#6

Welcome to another Home Working Care Package from CRS. This week we're serving up a feast for the senses, with activities to keep you and your colleagues well in body, mind and spirit...

Treat your Tastebuds



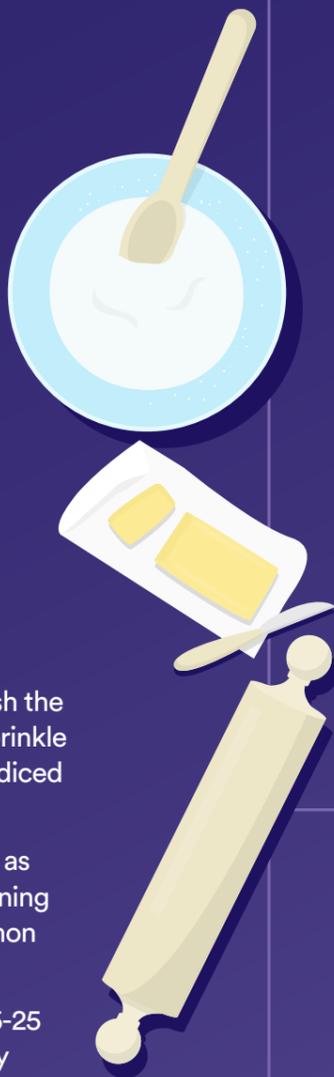
Cranberry, brie and cinnamon puff pastry swirls

Ingredients

- 1 sheet frozen puff pastry, thawed
- 3 tablespoons salted butter, melted
- 6 ounces Brie cheese, rind mostly removed and finely diced
- 3/4 cup dried cranberries
- 2-4 tablespoons cinnamon sugar, using more or less to taste

Method

- Preheat oven to 375°F. Line a baking sheet with parchment paper.
- Unroll the puff pastry on a clean work surface. Brush the pastry with 1 tablespoon melted butter and then sprinkle with 1-2 tablespoons cinnamon sugar. Sprinkle the diced brie and cranberries evenly over the pastry.
- Starting at the long end, roll the pastry up as tightly as possible (like a cinnamon roll). Brush with the remaining melted butter and then sprinkle the roll with cinnamon sugar to coat. Using a sharp knife, cut into 16 swirls.
- Place on the prepared baking sheet and bake for 15-25 minutes or until the cheese is bubbly and the pastry golden, these are a little messy. Allow to sit on the pan for about two minutes, then serve whilst warm.



Exercise your Grey Matter



Try our true or false quiz with friends or family on Zoom, Houseparty or Facetime. Check the CRS LinkedIn page to find the

1. Prince Harry is taller than Prince William
2. The star sign Aquarius is represented by a tiger
3. Meryl Streep has won two Academy Awards
4. M&M stands for Mars and Moordale
5. Gin is typically included in a Long Island Iced Tea
6. There are two parts of the body that can't heal themselves
7. Monaco is the smallest country in the world
8. The river Seine in Paris is longer than the river Thames in London
9. ASOS stands for As Seen On Screen
10. Waterloo has the greatest number of tube platforms in London



Listen Out



That's Life Podcast
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Spectator Life's best satirists sit down with comedians and commentators to poke fun at the news. This is the perfect podcast for those who don't like taking life, or politics, too seriously.



Take Your Time



Choose one daily task to do mindfully

There are probably many different tasks you do every single day on autopilot. This exercise allows you to cultivate letting go of distractions, being present, and focusing on your senses so you can actually experience the activity. You could:

Walk mindfully by listening to all the different sounds you can hear in your environment, or feeling the ground underneath your feet as you walk, or looking out for objects you've never noticed before

Drink your morning cup of tea or coffee mindfully by putting your phone down and paying attention to the flavour, aroma, temperature and textures of your cup

