



Welcome

This pack has been put together by a team of staff at Age UK Wakefield District as part of our organisation's response to the Coronavirus pandemic. The aim was to provide resources for the older people we work with, that are tried and tested.

We wanted to create something that would be really practical and useful. And as best we could we wanted to connect with you and to communicate that we are here to support you.

The pack, as well as containing some excellent tips and techniques for managing anxiety, also contains details of how we can support you in the coming weeks, helping you to feel more connected and supported.



Emma Kirkby-Geddes
Director of Services, Positive Ageing and Research

Time for Tea funded by



With thanks to Live Well Wakefield for supporting this Well-Being pack through the Wakefield Coronavirus VCS resilience fund.



Here to help...

The Wraparound Service

This is a new service managed by Age UK Wakefield District staff. Staff will listen to your needs, giving you the time to express your fears and concerns during this period of isolation. The team will also provide support with the transition to life after lockdown.

The service specifically aims to help older people who:

- Live alone and are unable to get out of the house.
- Feel they have no one who can support them emotionally through the situation.
- Would welcome a regular telephone call to help support their well-being.

Connecting Care

Our team continues to work across the district in partnership with Social Care, Mid Yorkshire Hospitals NHS Trust, Wakefield District Housing and Carers Wakefield & District. We are here to provide practical support on many health and social care issues.

If you would like more information around the Wraparound Service, Connecting Care or Volunteering please do contact us on our main number:



01977 552114

Ways to get involved...

Volunteering Opportunities

Our Befriending Service is currently operating as a telephone service and we are always looking for new volunteers. You don't need experience or formal qualifications, all you need is the willingness to offer friendship, companionship and a listening ear to someone who is isolated in their home. Other volunteering opportunities exist in our Community Shopping Service. Your role would involve having a friendly chat whilst taking shopping orders by phone.

Training and support is given for all volunteer roles.

If you would like to find out more about any of these opportunities, please call our main number and leave your details for our volunteering team to get in touch.

The Big Knit 2020/2021 Campaign - if you enjoy knitting or crocheting, we are looking for people to make the little hats for the Innocent Drinks campaign. Each hat knitted means a 25p donation from Innocent Drinks to Age UK to support our work. There are lots of patterns to choose from and it is easy and fun to take part. If you'd like a pattern posting to you, please call the main number and leave your details.

www.ageukwd.org.uk