



Winter Wellbeing Newsletter 2021



A SNOWY WAR HORSE

With the change in the weather and the nights drawing in, we thought some lovely, local, wintery images might be just the thing to bring a smile and some happy memories to you.

Any advice or suggestion to return to normal life activities within this newsletter, should be taken in accordance with the guidelines set out by the government.

Time For Tea gatherings have now resumed!
If you'd like to be contacted with dates for our events, please get in touch on 01977 552114 and ask for the Time For Tea team.

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**Your opinions
matter to us
Please return
the feedback
form on the
back page**

Welcome

Welcome to our 6th Wellbeing Newsletter of this decade which, to say the least didn't get off to a very good start!

We have lived through lockdowns, masks, working from home, staying at home and self-isolation which is unprecedented in our recent history. It has taken its toll on us and we will all remember this as a challenging time but, once again we have responded positively as a Nation.

Like our response to most things, it has been mainly resolute and followed with the attitude of helping each other as well as ourselves to come through this time as best as we can.

We have all been affected in many ways by the global pandemic, either through loss, illness or just the dreadful feeling of isolation and loneliness that so many of us have felt. It has changed people's lives forever but it cannot keep down our resolve to do what we can to get on with our lives.

Some would call it the Dunkirk spirit, for those too young to remember that, they still pitched in to help where they could. These past two years and anecdotal evidence says we have become more aware of our neighbours and are more likely to speak to people in the street. Have you experienced that?



We stepped up and got "the job", both of them, and now we are having a booster to protect us even further.

We all thought 2021 was going to be better but, we hit a few bumps in the road, some bigger than others. As we move in to yet another year let's all hope that the road is smoother and we get used to the changes that a post pandemic year brings us.

Our colleagues have worked so hard throughout the pandemic to help and support as best we can and , we are still here for you going in to yet another new year.

Our wish for you this festive season is that you have all you need to make yours as happy as possible and that you remain healthy in to the new year of 2022.

Festive greetings from all at
Age UK Wakefield District



We'd like to say welcome to anyone receiving this newsletter for the first time. It's really important that we get feedback from new and regular readers so we can make each edition better than the last! Please complete and return the freepost feedback form on the back page.

We are here for advice, help and support if you need it.

Contact us via our Single Point of Contact number 01977 552114.

Brenda Wardle - Time for Tea Manager

Life Balance



In a world where life seems to slow down and pick up speed repeatedly, do you ever find yourself reconsidering some of the more positive social effects of the pandemic? The weeks of quieter roads, people showing each other more kindness, the lifted pressures of FOMO (Fear of missing out) and the possibilities of a less hurried, simpler life?

In the 1950s when, you may argue, life was less hurried, the American Psychologist George Miller said the limit of any brain is seven. Go beyond seven things to remember or deal with at any given time and you could start to feel the familiar rising panic of too much to do and not enough time to do it in! One solution to this could be to consciously limit the daily tasks you undertake. Make yourself a simplified schedule allowing time to process, respond and manage the issues of each day. Allow yourself to focus fully on each thing you do and learn to mentally categorize things as 'essential' or 'optional' as this can help you decide what your maximum seven tasks will be.

By limiting your choices you may find that your thought process is sharper, you are more confident in your decisions and you feel more in control which in turn means less anxiety. Every day make one of your tasks your time to 'reset' by doing something you enjoy, whatever that may be. Learn to embrace the possibility that less really may be more. Think of all the people who are there to support us, who have stepped up and worked even harder to bring us through this difficult time, and will do so again if needed. And remember; we are not computers, we are human beings and we all need the 3 Rs: Routine, Rhythm and Reward to make our life the best it can be.

Routine
Rhythm
Reward



Move

With support from Sport England, we have been able to start two new Walking Football groups in our district. These are open to men and women over the age of 50 of all abilities.

West End Terriers - Hemsworth

Playing on a Saturday morning, this group now has regular members but is also very welcoming to new people. There is lots of laughter and fun both on and off the pitch!

This group has attracted a number of women and with just a few more players, there will be enough for a second team - maybe that could be you!

"Everyone should give it a go, it's changed everything. I'm fitter, I get out more and I've made new friends, we meet up for walks or even just a coffee and chat. I love it"



4

What is the difference between Walking Football and regular Football?



Apart from walking rather than running, the game also has slightly different rules to keep it fair and easier to join in. The three touch rule means that a player can only kick the ball three times before it needs to be passed to another player or a goal taken, this way, no one player can hog the ball!

If a player does run, the referee will pass the ball over to the other team, it can be quite hard to not speed up if the ball is heading your way!



A few words from the players....

What do you like about Walking Football?

"I was unsure at first, I was pretty unfit and I didn't know if I'd be able to keep up. But I come every week when I can, it's so friendly and so much fun as well as great exercise. I feel fitter and happier - well after a rest and a big glass of water I do!"

"Don't be worried like I was, just give it a go, you'll get a warm welcome and have fun, there's nothing to lose".

Move

A1 Football Factory

Our Pontefract group has recently relocated to the A1 Football Factory and has got off to a flying start. The second week had 12 players turn up, with a couple of spectators who, after watching the game, decided they'd give it a go next time.



At the moment, the group is all male but they are keen for women to join as well as any men over 50 years who might want to give it a try.

Play is for an hour, 10mins at a time with chance for a substitution and a rest for anyone who needs it at the end of each 10min play and a break in the middle.

Refreshments are provided free of charge along with a post game snack up in the bar, giving chance for a chat and a drink as you cool down.



The group meet on a Thursday at 11am and there is no charge to join in!



A1 Football Factory
Skinner Lane
Pontefract
WF8 1HG
01977 525545

With Free parking, free sessions and free refreshments, there's really no reason to not come along and give it a go!

"It's a good thing, this group, since other sports centres got closed, I've been less active. Now, we car share to get here and I've met other people who live locally, it's so handy"



Think

Winter Quiz

- 1) Santa Claus is also known as Saint who?
- 2) Who sang the song "I'm dreaming of a white Christmas" back in 1953?
- 3) Reindeers have antlers, True or False?
- 4) Which reindeer has a shiny nose?
- 5) In the song Jingle Bells, how many horses pulled the sleigh?
- 6) Which famous snowman features in a Christmas Song?
- 7) Who helps Santa make toys at the North Pole?
- 8) What happens if you get caught standing under the mistletoe?
- 9) What type of tree does the partridge sit in on the first day of Christmas?
- 10) What colour Christmas did Elvis Presley sing about?
- 11) How many reindeer pull Santa's sleigh?
- 12) What coin can be found in a Christmas Pudding?



Word Search



WINTER
BLANKET
BOOTS
CHESTNUTS
FIREPLACE
FLURRIES
FROSTY
ICILES
MINCEPIES
BAUBLE
STOCKING
SNOWBALL
SNUGGLE



S	A	U	R	S	I	C	B	S	M	F	C
N	T	S	N	B	O	O	T	S	B	L	H
U	I	O	I	S	A	R	W	I	L	U	E
G	I	M	C	H	E	U	I	A	A	R	S
G	S	I	I	K	A	U	B	G	N	R	T
L	Z	N	C	W	I	W	B	L	K	I	N
E	W	C	L	I	O	N	E	H	E	E	U
T	O	E	E	N	N	S	G	R	T	S	T
N	B	P	S	T	I	I	U	N	T	I	S
I	F	I	R	E	P	L	A	C	E	T	R
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C	H	R	I	S	T	M	A	S	I	F	O

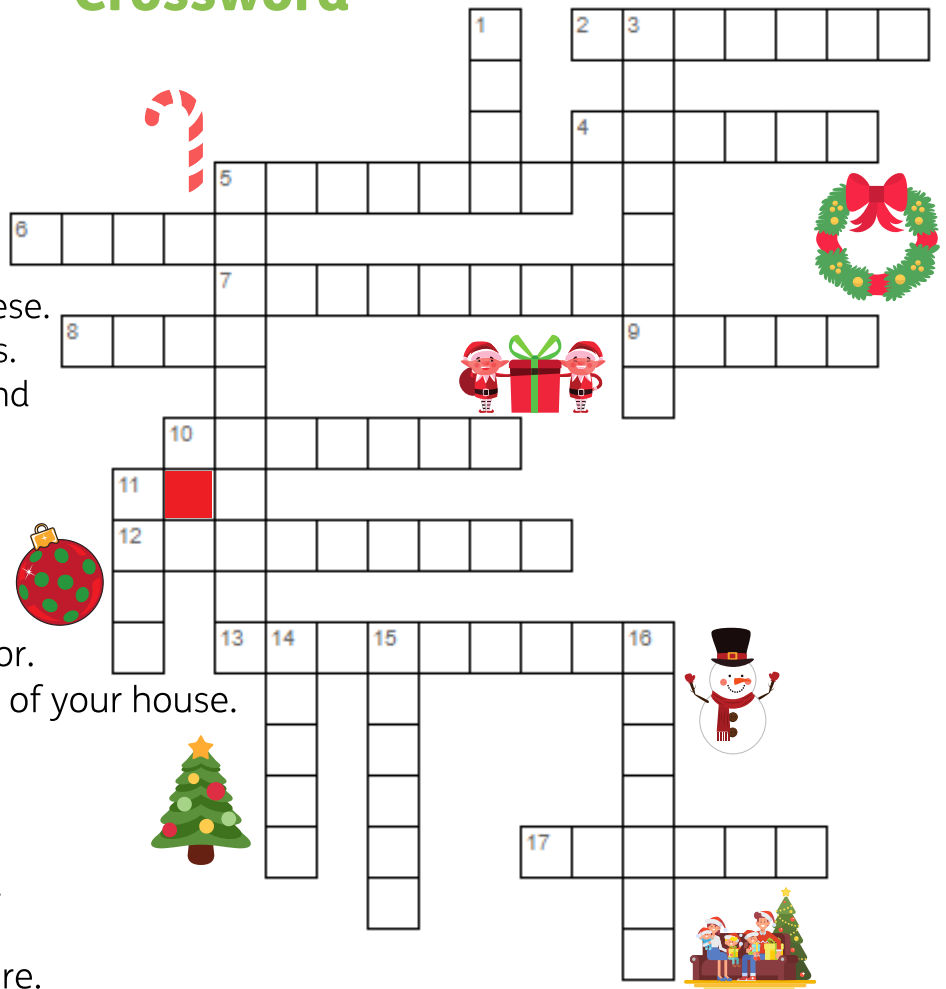
Crossword

Down

- 1) You'd better be this!
- 3) They pull Santa's sleigh.
- 5) These are red and white.
- 11) You play with these.
- 14) You find presents under these.
- 15) You sing these at Christmas.
- 16) They're made with snow and spelled with snow!

Across

- 2) You hang these on your door.
- 4) These decorate the outside of your house.
- 5) Tasty holiday treats.
- 6) He wears red clothes.
- 7) It's at the top of the world.
- 8) You ride down a hill on this.
- 9) They work for Santa.
- 10) Icy decorations from nature.
- 12) You decorate trees with these.
- 13) Hang these by the chimney with care.
- 17) The most important part of a holiday.



Try this medium Sudoku

Each of the nine squares will have all the numbers between 1-9

Each row, horizontal and vertical can have 1-9 used only once

1	4		8		3			
							9	1
	6				2		7	
			2	6	8	7	3	
3		4	9					
		8						
		5			6		8	
	1					9	2	
			1					7

5 ways to Wellbeing

Darker nights and shorter days can often make us feel down and less interested in going outside but it is important to look after our personal wellbeing to help us get through the winter months

Connect

- with everyone around you. With family, friends, neighbours and colleagues. Invest time in developing these cornerstones of life.



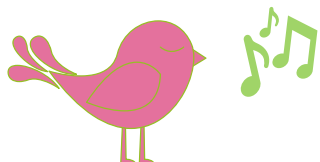
Be Active

- go for a walk or run. Step outside. Cycle. Play a game, garden, dance. Exercising makes you feel good. Discover a physical activity that suits your mobility and level of fitness.



Take Notice

- be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment. Enjoy what you eat. Be aware of the world around you.



Keep Learning

- try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument. Learn to cook something new. Set a challenge you will enjoy achieving.



Give

- Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out as well as in. Seeing yourself and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Your action plan

Can I do anything about this?



Questions

1. Is this important to me and why? Is this issue impacting on my general health and/or wellbeing?
2. Is it essential that I act on this? Can I say NO?
3. Does this really have to be done now? Am I placing too much stress on myself?
4. Is this my responsibility alone? Can I ask for help?

Options

1. **DROP IT**
It's OK to let this go. No amount of worry can change this.
2. **Acknowledge and accept.**
If you can't drop it, allow yourself time and space to process it.
3. **Think. Who can help?**
If you can identify someone, reach out.
4. **Consider.** If you can't change the outcome, what can you do that would make a difference?

What can I do?

.....

.....

.....

Recipes

Planning meals for one person that are both healthy and affordable can seem like a huge task. However, there are some handy tips that can help you to make your weekly meals more affordable:

- Try buying a combination of frozen, fresh and canned fruit and vegetables to get the best value for money

Tinned fish, beans, pulses, eggs and vegetarian alternatives can be a cheaper way to get a good source of protein

Plan ahead and write a shopping list

Choose fruit and vegetables which are in season

Make batches of your favourite meals and stock up the freezer to save time later in the week

If you can, buy meat in bulk and freeze in portions. Separating larger portions of mince - for example, into two plastic containers - can save pounds over the year

Slow Cooker Coconut and Mango Porridge

Enjoy this warming, healthy meal throughout the winter



Ingredients

- 100g rolled oats
- 400ml tin coconut milk
- clear honey, to sweeten (optional)
- chunks of frozen mango (or fruit of your choice)

Method

Before you go to bed, put the oats in the slow cooker and cover with the coconut milk. Fill the coconut tin with water and add that to the slow cooker. Cook on low for 6-7 hours, until the oats are soft and creamy.

At the end of the cooking time, give the oats a good stir and add honey to sweeten if you like. Keep the oats warm while you prepare the mango.

Serve the porridge with the fruit, any juices from the pan and the drizzle if liked.

Slow Cooker Chicken Casserole

This easy to cook dish provides a healthy and tasty dinner option and can be adjusted to serve more people as required.



Ingredients

- 600g skinless, boneless chicken thigh fillets
- 2 tbsp extra virgin olive oil
- 1 tbsp smoked sweet paprika
- 2 red onions, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp plain flour
- 2 chicken stock cubes, made up to 600ml
- 70g tomato purée
- 2 x 400g tins butterbeans, rinsed and drained



Method

Set your slow cooker to medium. Coat the chicken in 1 tbsp olive oil. Season with salt and pepper and then set aside.

Heat the remaining oil in a large frying pan on a medium, add the onions and cook for 3-4 mins or until soft. Add the garlic and flour, cook for 1 min, then remove from the pan and set aside.

Heat the same frying pan used to cook the onions on a medium-high heat. Add the chicken to the pan and brown on each side for 1 min or until golden.

Add the chicken and onions to the slow cooker. Pour over the stock and tomato puree. Stir well to combine, cover with the lid and cook for 2.5-3 hrs or until the chicken is very tender.

Add the butter beans, cover and cook for 15 mins.
Divide the casserole into bowls. Serve with crusty bread to dip

Poems

The Hunt For The Northern Lights

Snowy white fox of the Arctic,
was it your brush-like tail
that sprayed snow, like crystal sparks,
adorning the dark sky with a shimmering veil?
Are you the Northern Lights?



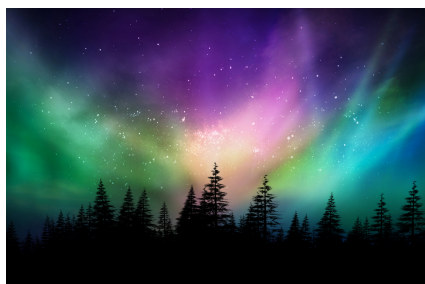
Flourishing forest fungi,
was it your luminescent glow
that ignited fires across the frozen North,
covering the woodland floor, so very long ago?
Are you the Northern Lights?

Plentiful waters of Lapland
was it the light falling into your seas,
that reflected back off the fishes shiny, wet
scales
into the streams of the sky? If so please,
Are you the Northern lights?

Or was it the solar winds that, colliding with
earth's gasses,
started to glow, creating streamers in their
masses?
A magnificent array of colours. Reds, greens,
violets, blues,
A mystical curtain of bright celestial hues.
Constantly in motion.
A beautiful blaze of auroral displays
Around Heaven's swirling ocean.

AURORA BOREALIS !
Trailing bands of luminous plasma,
Spellbinding, magical sights.
A plethora of colourful waves from the sun.
Was He the creator of the wonderful
Northern Lights?

Lesley Elaine Greenwood



An English Winter's Day

On those cold and frosty winter's mornings when
the grass crunches beneath your feet,
and you're wrapped up in layers, hats and
scarves, as is everyone else you meet

When each time you exhale a breath of steam
quickly disappears into the chilled air,
and any part of you that is open or exposed is
numbed and quickly covered, or beware

Often every outside surface is dusted with
winter's cold makeup white,
and Jack Frost at your nose your ears and
fingertips tries to take a bite.

Icicles form to look just like the teeth of some
long since past prehistoric beast.
Winter's grip in some places on this our Earth
holds on; we hope never ever to cease.

The winter sun is low in the sky and its weak rays
have little warmth, if any.
God's creatures brave the cold in search of food,
but really not that many.

Snug in their winter's long sleep, others see
neither day nor night.
The world outside of which they knew now
blanketed cold and white.

Eventually when the night draws in and there are
no clouds and the sky is clear,
and the only light is from the moon, its silvery
glow throughout the heavens appear.

The temperature drops until the very air you
breathe chills your lungs with every gasp,
and even the tiniest sound seems to be
magnified and its echo all around is cast.

And when the morning light again returns as the
sun is again risen from its slumber,
the beauty of our treasured land we once more
behold, with eyes of awe and wo

Paul L. Kennedy

Feeling Crafty

Homemade festive decorations

As we all try to do our part for the environment, it's worth thinking twice at this time of year about spending money on more decorations which are often made of materials such as plastic and glitter.

Thinking back to how we used to decorate our homes and trees, we can make traditional ornaments, cheaply, environmentally friendly and most importantly..... with lots of fun!



These simple but beautiful decorations are made by slicing a large orange and drying out the juices in a low oven or even on your radiators which will also make your house smell very festive!

You can hang slices on a piece of string to hang on your tree, by placing them in front of fairy lights, you can see the colours shine through.

Or with a few twigs, off costs from a tree and a ribbon, you can make them into a beautiful hanging decoration for your front door or around your home.



We'd love you see your creations, please email a photo or tag us on social media with your crafting achievements

Silver Sunday

Celebrating Older Persons Day 2021

3rd October

On Sunday 3rd October we were joined by over 30 organisations from across the district to celebrate Older Persons Day in The Ridings Shopping Centre.

The day started at 10am with stalls, activities and entertainment on each of the three levels in the shopping centre.

The centre was filled with the beautiful sound of 1940's singer Karen Clegg as she performed throughout the day. Bringing people together as they joined in with the favourite songs from yester years.

The Mayor of Wakefield came, greeted and chatted with people as she looked around the stalls of different organisations.



Rhubarb Radio presented a live broadcast from the event, sharing the good cheer across the waves.



Former Great British Bake Off Contestant Karen Wright, who writes for the Wakefield Express, came and sampled some of our volunteers' baking and gave it the thumbs up!



The Wakefield Street Kitchen served up a treat with "pay what you feel" options of Sweet Potato curry, Chilli and Chips or Hotdogs whilst Ruby Lou's restaurant offered a smaller portion Sunday Dinner for those with lighter appetites.

After a walk around the information stalls and craft fayre, many people headed down to The Yard on the ground floor for a gentle Tea Dance.

As the events drew towards a close, the DJ played a few more recent numbers and filled the dance floor with people who wanted a boogie, ending with a Conga line snaking around the venue!

Much fun was had by all.

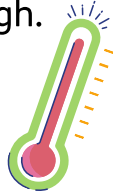


We had a fantastic day and look forward to being able to be out and about in our community more over the next few months.

Winter Warmer

What you can do in your home

Make sure your home is warm enough. Try to heat your home to a steady 18-21oc comfortable temperature throughout the day.



Draught proof your windows and doors. Sealing the unwanted gaps around your doors and windows will help keep the heat in, and will cut down on cold draughts throughout your home.

Set your heating to come on just before you get up and switch off just before you go to bed. If it's very cold, set it to stay on a bit longer rather than turning the thermostat up.

Close the curtains when it's getting dark. Tuck them behind the radiators and shut the doors to rooms you use most to keep the heat in.

It's a good idea to keep our bedroom window closed at night when the weather is at its coldest.

Use a thicker duvet during the winter to stay warmer without having to turn the heating up.



What you can do to stay warm

Have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly help keep energy levels up during winter. Have a hot drink before bed and keeping one in a flask by your bedside can also help to warm you up if you are chilly.



Stay warm with a hot water bottle or electric blanket – but don't use both at the same time.

If you struggle to stay warm in bed try wearing bed socks and thermal underwear.



If sitting down wear a shawl or blankets to provide extra warmth.

Wear plenty of layers is the best way to keep warm in winter. If you are heading out wear a hat as most heat is lost through your head.



Pop a scarf on too and even pull it up over your mouth to help warm up the air you are breathing.

Try and keep active which will generate heat to keep your body, hands and feet warm. Try to wiggle your fingers and toes to stimulate the blood flow.

Put your feet up on a stool when sitting down as hot air rises.

If you are struggling with your energy bills this winter, get in touch for a review 01977 552114

Local Beauty

These wonderful photographs have been kindly donated by a local photographer - Michael Hirst



Valley Gardens - Pontefract



Boating Pond - Pontefract Racecourse



The War Horse By Night - Featherstone



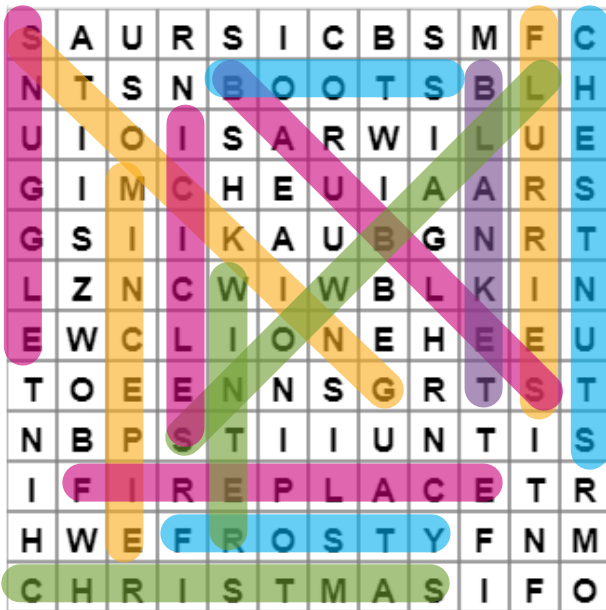
Deer - Lotherton Hall



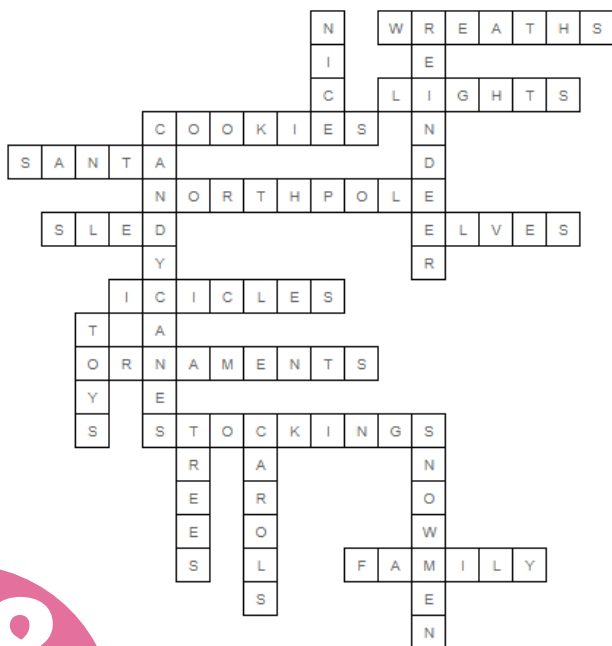
Snowy Tree - Valley Gardens, Pontefract



Solutions to Think



1	4	7	8	9	3	6	5	2
8	3	2	6	5	7	4	9	1
5	6	9	4	1	2	3	7	8
9	5	1	2	6	8	7	3	4
3	2	4	9	7	1	8	6	5
6	7	8	3	4	5	2	1	9
4	9	5	7	2	6	1	8	3
7	1	3	5	8	4	9	2	6
2	8	6	1	3	9	5	4	7



Useful Contact Numbers

Age UK Wakefield District
01977 552114

Samaritans
116 123

Turning Point Talking Therapies
01924 234860

The Silverline
0800 470 80 90

24 Hour Mental Health Support Line
NHS Every Mind Matters
0800 183 0558
www.nhs.uk/oneyou/every-mind-matters

Quiz Answers

- 1) Nicholas
- 2) Bing Cosby
- 3) True
- 4) Rudolph
- 5) One
- 6) Frosty
- 7) The Elves
- 8) You get Kissed
- 9) Pear Tree
- 10) Blue
- 11) 9
- 12) Sixpence

How many snowmen did you spot in this newsletter?



Contributors:

Time for Tea & Wraparound team
Brenda Wardle
Amanda Kennedy
Kay Morgan
Deborah Hunter

Michael Hirst Photography

Age UK Wakefield District,
7 Bank Street, T 01977 552114
Castleford, www.ageukwd.org.uk
WF10 1JD

Registered Charity No:1096511
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Freepost RTJX –SYCL-CLHL
Age UK Wakefield District
7 Bank Street
Castleford
WF10 1JD

Fold

Fold

Fold so freepost address is facing out then tape or seal edges
to protect your personal details

Wellbeing Feedback Winter Edition



1. Which pages or topics did you most enjoy in this Newsletter?

.....
.....
.....

2. On a scale of 1-10 with 1 being low and 10 being high, how much have you enjoyed this copy of the Wellbeing magazine?

.....

3. Which areas (if any) do you think you may need support with over the next 6 months?

- 1 Health and Wellbeing
- 2 Connecting with others
- 3 Activities and events
- 4 Home visits.

-This helps us to tailor our services to those you need most.

4. We need your permission to store and keep your details to get in touch if you are not already using our services.

Do you give that permission? **Yes**

No

Your Contact details

Name

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Address

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Phone

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Email

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