



# Summer Wellbeing Newsletter 2022



If you'd like to be contacted with dates for our  
Time For Tea events,  
please get in touch on 01977 552114

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

# Welcome

Welcome to our latest edition of our Newsletter our 7th! And we hope you enjoy it as much as we enjoy making it for you.

We really appreciate your feedback to help us make sure we are keeping it relevant to you.

Our “theme” this time is Working Together, something that has become even more important since the Pandemic we have all lived through. Together Everyone Achieves More = TEAM

"There is immense power when a group of people with similar interests gets together to work toward the same goals." – quote from Idowu Koyenikan

You can find many quotes and slogans about this, they are all true but it is not easy. We all have our own agenda's and our own priorities and they do not always match with others.

If Covid 19 has taught us anything, it is that we cannot be all things to all people, there are too many who need help since the pandemic. Problems are varied and wide ranging and some are not things we can support you with ourselves but we work with many another organisations that possibly can.

Working with our partners enables us to share resources and make sure that everyone is supported in the best way possible.

Does that mean we cannot help you so you should ring someone else? Absolutely not! Our collaboration with other services means we are stronger and can be more proactive in developing our services and concentrating on what we are good at whilst sharing expertise from our partners.

You will see in the Newsletter that we have highlighted some of those partners who we work closely with in the Time for Tea Team. We are so lucky that our partners see the benefit of our groups and events and enjoy coming along to meet with you.

We have also highlighted some of the support out there for people needing help with food in these toughest of times. We can support you to access the right help for you, these services are free and available for everyone in the community. We are a team and don't forget...

## Together Everyone Achieves More

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



# Self Care

Our compassionate instincts as human beings often mean that we put the safety and wellbeing of others first. In many relationships, that of partner, parent, friend or carer, it is all too easy to see our role as support for the other person to be of greater importance than our duty to ourselves.

The analogy often used is that of being on an aeroplane, where the safety instructions clearly tell us to put on our own oxygen mask before trying to help anyone else. Self-care is not selfish. It is essential if we are to be as well as possible, allowing us to retain a level of independence and control in our own life and then, and only then, be able to provide meaningful help to those we care about.

Everyone deserves the benefits of self-care in whatever form it takes. It can be anything that helps you to feel calmed, rested and recharged. For each of us it will be different, and you will find what works for you.

Looking after yourself day to day can easily fall by the wayside if you are feeling under par yourself or spending long hours caring for someone else. Personal care such as eating good, nutritional meals, keeping yourself and your environment clean and tidy and allowing yourself relaxation and breathing space can seem unimportant when faced with life's more complex difficulties, but it is a way of reducing stress, regaining control and having a

more balanced approach to life. It can improve mood, decision making and problem solving which in turn helps with self-esteem and motivation. Take time to recharge your batteries and you will reap the benefits with increased energy and greater resilience to cope with life's ups and downs.

**If you feel that things are getting on top of you and you would like to talk things through in confidence with one of our Wraparound team and get help with exploring solutions then please get in touch on 01977 552114.**

**S** Soothes you  
**E** Re-Energises you  
**L** Lifts you up  
**F** Feeds your soul

**C** Care and compassion  
**A** Acknowledges your importance  
**R** Helps you rest  
**E** Empowers you to cope

Try running through a mental check list of where the gaps are in your own self-care and attempt to come up with one solution for each category.

Make time for yourself part of your daily routine.

- Physical self- care
- Emotional self- care
- Spiritual self- care
- Mental self-care
- Social self- care
- Practical self- care

# Move

Keeping fit and mobile can be more difficult in later life but it's still so important. Below are some suggestions of gentle exercises which you can try if it feels comfortable and safe to do so

## Resistance Bands

Resistance bands are stretchy strips of rubber that add gentle resistance to exercise.

This form of exercise is practical and can be done in any location, seated or standing.

These exercises are ideal for strengthening your core, which improves posture, mobility, and balance



## Arm Stretching

Holding a resistance tightly between your hands whilst you sit or stand, gently move your hands further apart and feel the tension in the band. Relax your hands back together and repeat 10 times (more as you gain strength)



## Leg Stretches

You can sit in a chair or if possible, on the floor. Place the band around your foot between the toes and heel. Hold the ends of the bands so the band is stretched tightly. Bend your knee and slowly push your leg back to straight. If this feels too easy, hold the bands to make them shorter which will increase the resistance



Bands are different colours depending on the resistance, the easiest is tan, then yellow and red

# Mind

## Mindfulness

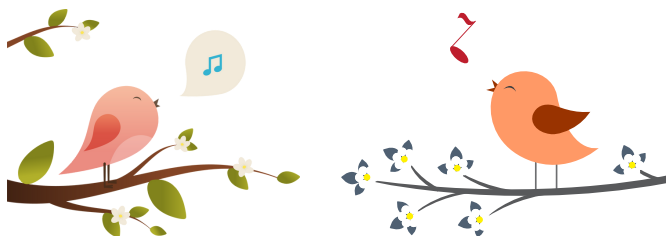
You may have heard the term Mindfulness being used, but do you really know what it means? Looking after ourselves and being mindful of our emotions can sometimes seem not as important as caring for others or simply getting through each day. However, with a few small changes, we hope you can practise a few mindfulness exercises and soon notice a difference to your emotional wellbeing

### A Mindful Minute

Take a minute to concentrate on the here and now, stop what you are doing, find somewhere comfortable to sit and turn off the TV or radio

What can you hear?  
What can you see?  
What can you smell?  
What can you feel?  
What can you taste?

By just thinking about what is happening in that minute, you can let yourself forget all the other worries these troubling times bring and relax, give yourself a break



## 5 Useful Exercises

### Hand Exercise

Grasp your hands tightly together for 5-10 seconds then slowly release the pressure. Think about how your hands feel and concentrate on that feeling for as long as possible

### Mental Focus Exercise

Stare at an object and try to remain focused on that item for as long as possible. If your mind starts to wander, bring it back to the item. The longer you remain focused, the more your mindfulness will increase

### Musical Exercise

Listen to a favourite song, concentrate on how it makes you feel. What emotions does it stir up? What memories does that piece of music have for you? How do they make you feel? Allow the emotions to connect with you

### Attention Exercise

Do something you've never done before, this might be a jigsaw puzzle, following a recipe or a crossword puzzle. Whatever it is, give it your full, undivided attention

### Sensory Awareness Exercise

When in a safe environment, stop for a moment, take in your surroundings and become aware of your senses. How do you feel? Can you relax? Are you anxious?

# Think

## Summer Quiz

- 1) According to the UK Met Office on what day does Summer officially begin?
- 2) Which Irish poet wrote "The Last Rose of Summer" in 1805?
- 3) In the film "Summer Holiday" what vehicle did Cliff Richard and the Shadows travel to Greece?
- 4) The first Olympics of the modern era were held in Athens in the summer of which year?
- 5) Selling over 30 million copies and spending seven weeks as the UK number one single, what was the title of Mungo Jerry's 1970 debut single?
- 6) Similar to Hibernation, what name is given to the state of animal dormancy that takes places in the summer?
- 7) Who did Jamie Summers turn into to?
- 8) What year in the 1960s was referred to as "The Summer of Love"?
- 9) Which TV soap opera is set in Summer Bay?
- 10) What forms the filling in a Summer Pudding?
- 11) In Shakespeare's "A Midsummer's Night Dream", who was the King of the Fairies?
- 12) Where is the Pope's summer palace?

## Word Search



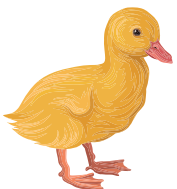
D	U	C	K	L	I	N	G	R	T	R	Y	U	T
T	G	P	I	C	N	I	C	N	D	G	C	G	B
I	X	N	P	W	H	O	K	G	C	L	C	I	Q
H	Y	W	A	W	U	U	B	D	S	U	T	M	I
S	N	J	R	L	W	S	P	F	A	O	L	Y	T
U	U	W	K	D	D	A	F	F	O	D	I	L	S
V	B	M	A	Q	F	S	A	J	N	P	K	N	H
J	K	I	M	L	B	U	S	Y	V	W	C	O	K
O	C	T	G	E	K	N	I	G	X	E	G	A	J
Y	V	U	B	K	R	S	V	B	W	Y	O	G	B
F	A	L	W	C	M	H	M	L	A	M	B	R	U
U	P	I	K	F	Q	I	H	C	T	Q	E	Q	W
L	C	P	H	E	E	N	F	W	L	E	L	I	U
Q	Q	S	R	M	I	E	X	L	B	R	Z	E	Z



Summer  
Park  
Walk



Duckling  
Daffodils  
Tulips  
Picnic



Joyful  
Lamb  
Duckling



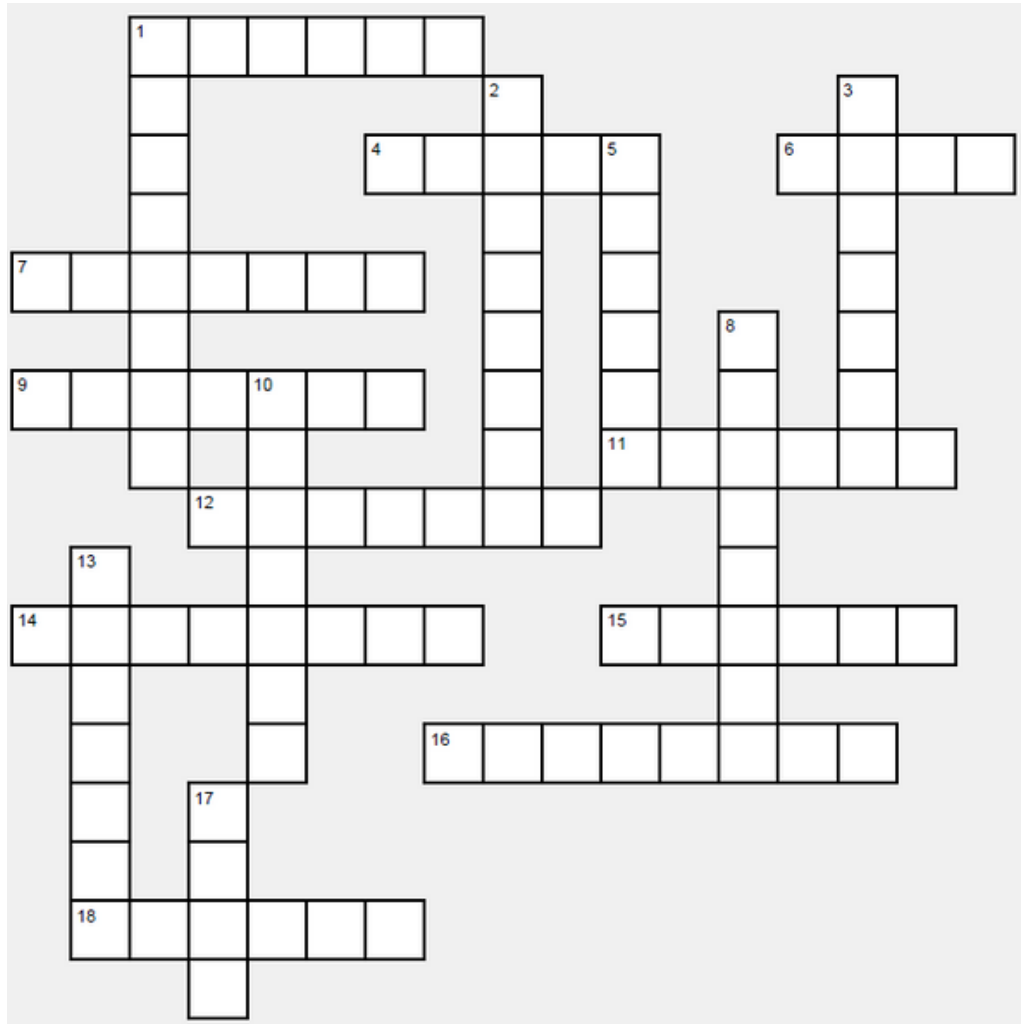
## Crossword

### Down

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

### Across

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda \_\_\_\_\_



# Platinum Jubilee

How many words can you make from the letters in platinum jubilee?  
Here's a couple to get you started...



Plant, tube

.....

.....

.....

.....

# Working with our partners

## Carers Wakefield

Carers Wakefield support unpaid carers whose lives have changed because they are looking after relatives or friends who, because of disability, illness or the effects of old age cannot manage at home without help.

We try to help by giving you time to talk, face to face, in confidence at your own pace. We will give you information about the support that is available and help you through 'the system'. Carers Wakefield run regular groups, arrange outings and run workshops that can help you in your caring role. We also provide information about Equipment, Benefits, Breaks for Carers and much more.

'They are a lifeline for carers. Someone for them, a point of contact.'

'It was a great comfort to know that we had support when we needed it most.'

Caring can be rewarding and satisfying, but it can also be tiring and stressful, so please contact Carers Wakefield & District:

Carers Wakefield & District  
25 King Street, Wakefield WF1 2SR  
Tel: (01924) 305544  
E-mail: [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk)  
Website: [www.carerswakefield.org.uk](http://www.carerswakefield.org.uk)



Helping Carers Care

## ALZHEIMERS Society

We attend Time for Tea sessions with our partners Age UK Wakefield District to provide support and reassurance to those who may be worried about memory loss.

People can still live well with dementia, although there is no cure for dementia yet, scientists and researchers are working hard to find one.

There are medicines for some types of dementia that can ease symptoms for a while, or slow down their progression, in some people.

Other non-drug approaches that can help with symptoms of dementia include:

- cognitive stimulation, which might involve doing word puzzles or discussing current affairs
- life story work, sharing memories and experiences with a carer or nurse to create a 'life story book'
- keeping as active as possible – physically, mentally and socially – which can boost memory and self esteem, and help avoid depression.

The more we understand about it, the more we can do to help people with dementia stay independent and live the life they want for as long as possible. Alzheimer's Society is here for anyone affected by dementia, you are not alone. We provide expert information and support to anyone affected by dementia.

Our Singing for the Brain groups are developing across the district.

You can find us at ...  
Wakefield, Horbury,  
Castleford, Pontefract  
and Hemsworth.

**0333 150 3456**





## Turning Point

**THINGS ON YOUR MIND?**

Are you feeling anxious, low or stressed?  
Turning Point Talking Therapies are here to help.

**FIND OUT MORE OR REFER BY:**  
TEL: 01924 234860  
WEB: [talking.turning-point.co.uk](http://talking.turning-point.co.uk)  
EMAIL: [wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)  
Access assessment and treatments 7 days a week

NHS Wakefield  
Clinical Commissioning Group

**TURNING POINT**  
Inspired by possibility

"Our advisors attend Time for Tea events across the district to offer support and advice to the attendees. It is a great way to connect with people."  
Turning Point



## Your local Singing for the Brain group venues and dates

Area	Venue address	When
Wakefield	St Peter and Pauls Catholic Church, St George's Walk, Standbridge Lane, Wakefield WF2 7NR	Third Thursday of every month  From 1.30pm to 3.30pm
Castleford	Trinity Methodist Church, Powell St, Castleford WF10 1EL	Fourth Thursday of every month  From 1.30pm to 3.30pm
Hemsworth	Sacred Heart and St Josephs Church, Market St, Hemsworth, Pontefract WF9 4LB	First Thursday of every month  From 1.30pm to 3.30pm
Horbury	The Cluntergate Centre, Cluntergate, Horbury, Wakefield WF4 5DA	First Tuesday of every month  From 1.30pm to 3.30pm
Pontefract	Thornycroft Centre, Halfpenny Lane, Pontefract, West Yorkshire WF8 4AY	Second Tuesday of every month  From 1.30pm to 3.30pm

Registered charity no. 296645. A company limited by guarantee and registered in England no. 2115499. Alzheimer's Society operates in England, Wales and Northern Ireland.



**healthwatch**  
Wakefield

Healthwatch Wakefield is your health and social care champion.

We make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care.

We can give you free, confidential information, advice and support on health and care issues and services.

**If you need help or you've got something to share, we'd like to hear from you.**

You can also rate health and social care services on our website Feedback Centre.

**01924 787379**  
**[www.healthwatchwakefield.co.uk](http://www.healthwatchwakefield.co.uk)**  
**[enquiries@healthwatchwakefield.co.uk](mailto:enquiries@healthwatchwakefield.co.uk)**  
**Find us on social media**

Charity No. 1166797  
Registered in England and Wales  
Registered Company No. 09907848

# Time for Tea Events

## Tesco at Hemsworth



Kindly hosted by Tesco's, this event takes place on the 1st Monday of every month

I wouldn't be here if it wasn't for Age UK help. Always someone to talk to if I am feeling a bit low

## Morrisons at Knottingley



Kindly hosted by Morrisons, this event takes place on the last Wednesday of every month

Everyone needs someone to talk to. I think it is a lovely idea to meet up after my shopping.

## The Community Shop at Knottingley



Kindly hosted by The Community Shop this event takes place on the 2nd Tuesday of every month

Meeting up with other men who have lost their wives and they know what I am going through. All the staff are lovely and make us feel welcome.

Great to laugh again after such a sad time. Before this, I wouldn't see anyone for days on end.

## The Ridings Centre in central Wakefield



Kindly supported by Morrisons in The Ridings Shopping Centre this event takes place on the 4th Thursday of every month

Carly is the Community Champion at Morrisons and helps us welcome everyone who pops into our monthly event

## Morrisons at Dewsbury Road



Kindly hosted by Morrisons at Dewsbury Road this event takes place on the 3rd Thursday of every month

We are joined by Morrisons' Community Champion - Bev and by the lovely Betty who recently turned 100 years young!



## The Ridings Shopping Centre, Cuppa Club



Kindly hosted by The Ridings Shopping Centre this event takes place on the 2nd Thursday of every month

The team at The Ridings make sure everyone has a great time, including this 98 year old mother and her two sons who "bumped" into each other at our last event!



# Platinum Jubilee

I'm looking forward to a reet good bash  
It's been a while since we had some fun  
After two harsh years, it's about time  
To bake cakes and join friends in the sun

The Queen's been great  
Always steady and true  
We celebrate her service  
So put up them flags, red white and blue

A party is just what we need  
Eat, drink and be merry  
Bakewells and trifles  
Beer, wine and a sherry!

We'll all come together  
See neighbours, meet friends  
For our extra-long weekend  
Of course, on the weather it depends

There'll be music and laughter  
Bunting and flags  
Dancing and drinking  
Just the one for me, but who's keeping tabs!

And when it's all over  
We return to our home  
Think back to the Queen  
Still sat on her throne



Queen Elizabeth II was born at 2.40am on 21 April 1926

She was crowned Queen on 2 June 1953

At her coronation she was just 27 years old

She is the longest reigning monarch ever in Britain

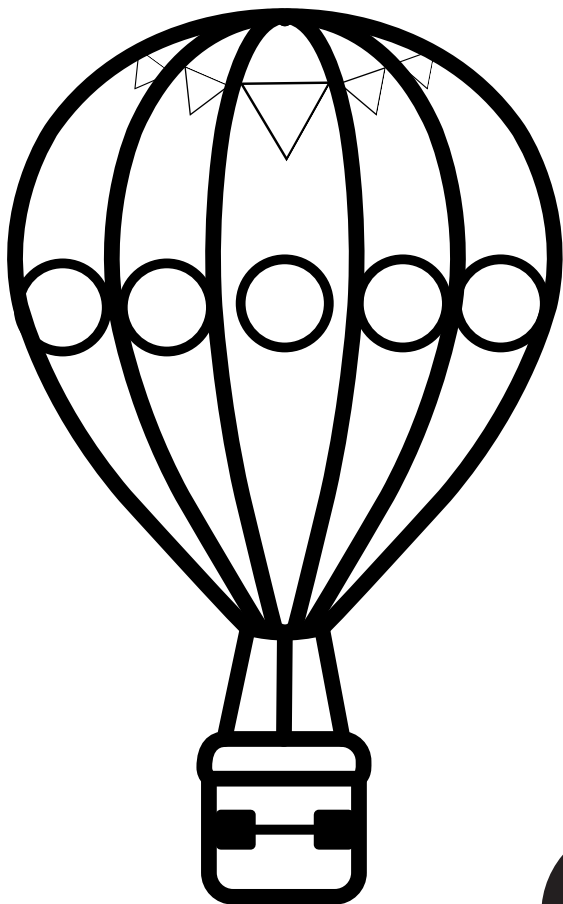
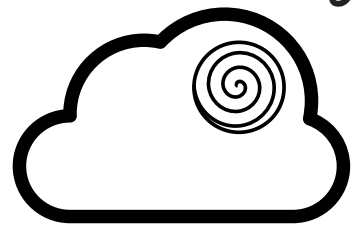
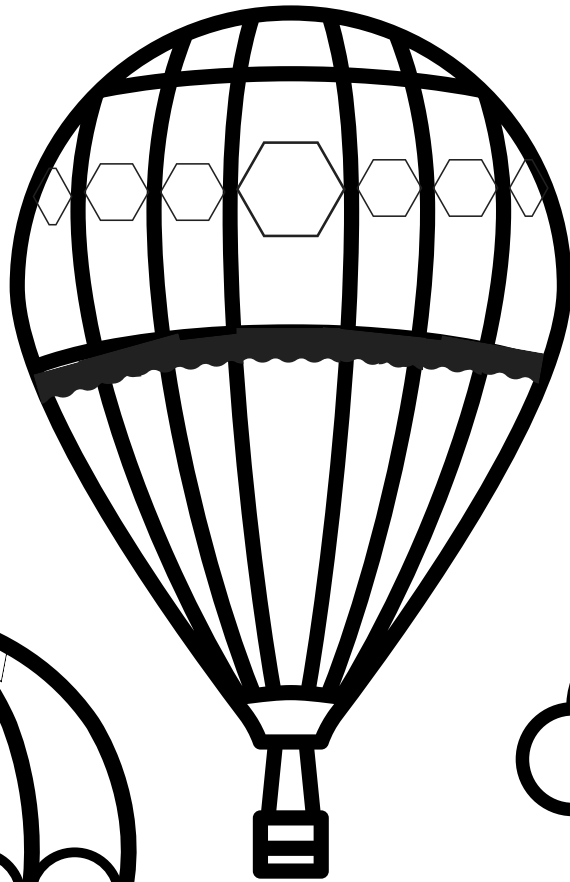
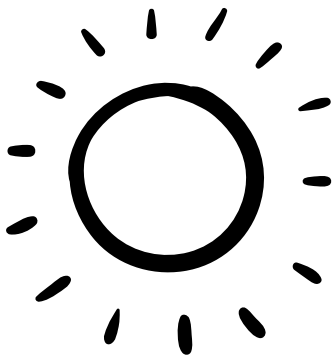
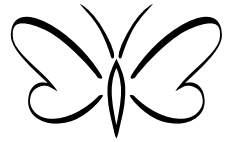
As Queen, she has been served by 14 UK Prime Ministers

She's the only person in the UK allowed to drive without a licence

*God Save the Queen*



# Feeling Arty



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

# Recipes

**Planning meals for one person or smaller appetites 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

## Summer couscous salad

Couscous is a quick, cheap and easy way to add volume and texture to a salad or light meal, you can make this without chicken if you prefer a vegetarian option

### Ingredients

- 250g couscous
- 250ml vegetable stock , boiling
- 1-2 tbsp vegetable or olive oil
- 300g courgette, sliced on the slant
- 300g small tomatoes , halved
- 250g cooked chicken breast



Dress with a drizzle of olive oil and a squeeze of lime

### Method

Add couscous into a bowl, pour the boiling stock over and mix well with a fork. Cover with a plate and leave for 4 minutes. Fluff up the couscous with a fork.

Heat 1 tbsp oil in a large frying pan and fry the courgette slices over a high heat for 2-3 minutes until dark golden brown. Lift out on to kitchen paper. Now put the tomatoes cut-side down into the pan, and cook for another couple of minutes until tinged brown on the underside. Top the couscous with the courgettes and then the tomatoes.

Plate your portion of couscous topped with cooked chicken, courgettes and tomatoes. Drizzle with olive oil and lime, enjoy whilst it's nice and warm or . refrigerate for later and have as a cold salad

## Summer fruit drizzle cake

Perfect for a summers day in the garden, this cake can be enjoyed hot or cold

### Ingredients

- 2 large eggs
- 2 tsp vanilla extract
- 175g fruit , stoned and diced weight (this can be defrosted frozen fruit or tinned fruit for ease and cost savings)
- 140g granulated sugar
- 1-2 tbsp citrus juice - lemon, lime or orange
- 175g very soft butter , plus extra for greasing
- 175g golden caster sugar
- 250g self-raising flour

### Method

Heat oven to 180C/160C fan/gas 4. Grease a 900g/2lb loaf tin and line the base and ends with a long strip of baking parchment. Put the softened butter, caster sugar, flour, eggs and vanilla extract into a mixing bowl and beat with an electric hand mixer for 5 mins until pale and creamy – the mixture will be very thick.

Spread one-third of the cake mix into the tin, then scatter over a handful of the fruit. Carefully dot and spread another third of the cake mix on top, and scatter with another 50g fruit. Finally dot the rest of the cake mix over and gently spread with the back of a spoon. Bake for 1 hr, until an inserted skewer comes out clean.

Poke the cake all over with a skewer or knife. Put remaining fruit into a bowl with the granulated sugar. Stir in 1 tbsp of the citrus juice first with a fork, mashing a little of the fruit as you go. If it's a bit dry, add a splash more juice and spoon over the cake. Leave in the tin until the cake is cool and the topping is set and crisp

Serve with a dollop of fresh cream or simply enjoy with a nice cup of tea



# Food Banks

## FOOD BANKS, FOOD PANTRY, STREET KITCHENS

- What are they and are they for me?
- Do I have to show any ID?
- I am on my own, can I still get help?
- Do they share my details with anyone?
- Where does the food come from?

Food banks and community kitchens are something that has become a part of daily life for many in these times of hardship. The help is there for anyone in need but still so many people are unsure of what to do, how to access it and where the nearest places are. Why are they all different? What do all the names mean? Where does the food come from? Is it safe to eat?

Food waste has been a problem for so long and having worked in the retail industry I have seen with my own eyes, food that has been spoiled and wasted when it comes to its use by date or sell by date.

Confused?

**Use by** is something you should NOT eat after the date and are often chilled and dairy products, meat and fish.

**Sell by** are often long life products which have a date on them after which they may not be at their best. In practise, those things that are tinned, dried or pickled are generally all right to eat even after the date.

**You must use your own judgement on these items and we would recommend not eating if you are in any doubt.**

After a long campaign from Green groups and a realisation that we waste so much food whilst some are going hungry, organisations like Fare Share got together to find out what they could do to solve both problems. Connect both the supplier and the end user to make sure as little as possible goes in to landfill. Since those early days we have gone so much further with supermarkets, wholesalers and producers connected in with local community groups to re distribute the food they cannot sell.

Our food safety standards are so high that food often has to be discarded due to mistakes on the packaging.

Something as simple as the wrong weight can mean the food, which is perfectly good cannot be sold in the normal way. There is nothing wrong with that food, it is perfectly safe and could make a meal for those in need. This is now widely recognised and suppliers are making efforts to make this food available to organisations to distribute free rather than going in to landfill.





## Food Banks

Need a referral from an agency (Age UK can do this for you) and a food parcel is made up including 3 days food nutritionally balanced, some toiletries and cleaning products if required. You can have three visits in a six-month period and your contact details are kept on file. This type of Food Bank is offered by organisations such as Trussell Trust.

## Food Pantry

This is becoming more popular and several community hubs are moving to this model. All are welcome, you do not need a referral and you can go as many times as you need. Everyone is asked to register which costs £5 and then you pay £5 per shop that contains up to £35 worth of shopping that you choose from the food available. The small charge allows these groups to cover basic costs and still provides a huge saving to people in need.

## KOOL. Pantry

During the research I came across a fantastic group in South Kirkby who operate a small shop, the ethos of it is in the name.

KEEP OUT OF LANDFILL.= KOOL

Fresh and tinned foods available when open, lots of fruit and vegetables, all depending on donations. Just bring a bag and take what you need, no questions just kind people wanting to make a difference.

## Street Kitchens

These groups provide free cooked food out on the street/ in the community for people to come and collect, they may also have toiletries and warm clothes available. It is on a first come first served basis and all food is in takeaway containers. It is aimed primarily at homeless people but no one is turned away.

## Wakefield Street Kitchen

has grown over the last couple of years and now does so much more than the kitchen. It acts as a collection point for suppliers to deliver large amounts of food and then redistributes across the districts to smaller groups.

## Pontefract Community Kitchen

is a charity run by three trustees and wonderful volunteers. They serve a hot meal every Thursday evening and a full English breakfast every Sunday morning. Food is donated by local supermarkets and cafes plus generous donations from the public.

"We never judge, never turn anyone away and are always there if someone needs a chat"

## Unity in the Community



There are now 39 Food Banks operating in some form or another in the Wakefield District. All are there to help you whatever way they can. Some are still operating a delivery service and we can support you to access these sources of help if you need them.

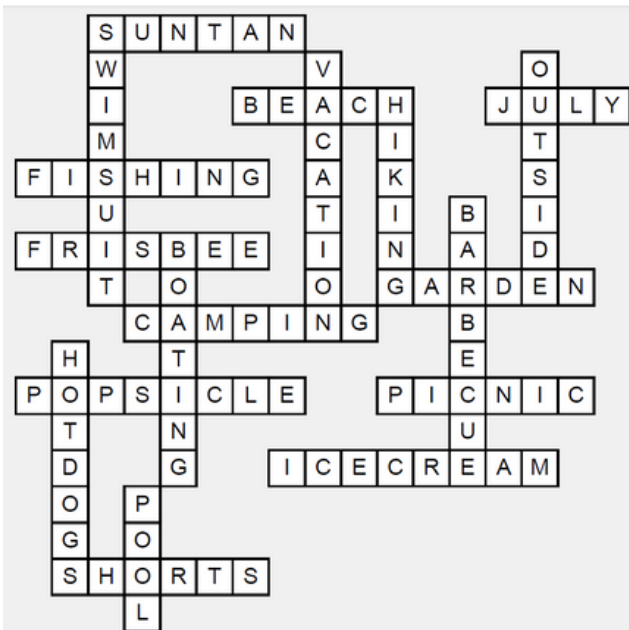
Food banks are being accessed by more people, no matter your circumstance there is help out there for you if you need it.

Please contact us if you need more help finding support where you live.

**01977 552114**



# Solutions to Think



## Contributors:

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

## 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](http://www.nhs.uk/oneyou/every-mind-matters)

How many swans did you spot in this newsletter?



## Quiz Answers

- 1) 1st June
- 2) Thomas Moore
- 3) London Bus
- 4) 1896
- 5) "In The Summertime"
- 6) Estivation
- 7) The Bionic Woman
- 8) 1967
- 9) Home and Away
- 10) Fresh Fruit [Usually summer berries]
- 11) Oberon
- 12) Castel Gandolfo

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

Registered Charity No:1096511  
 Registered in England and Wales

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

Please return your feedback form as your opinion really matters to us.  
By letting us know your thoughts, we can continue to develop and  
deliver quality services and support across the district. **Thank You**

# 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**

.....

**Address**

.....

.....

.....

**Phone**

.....

**Email**

.....

