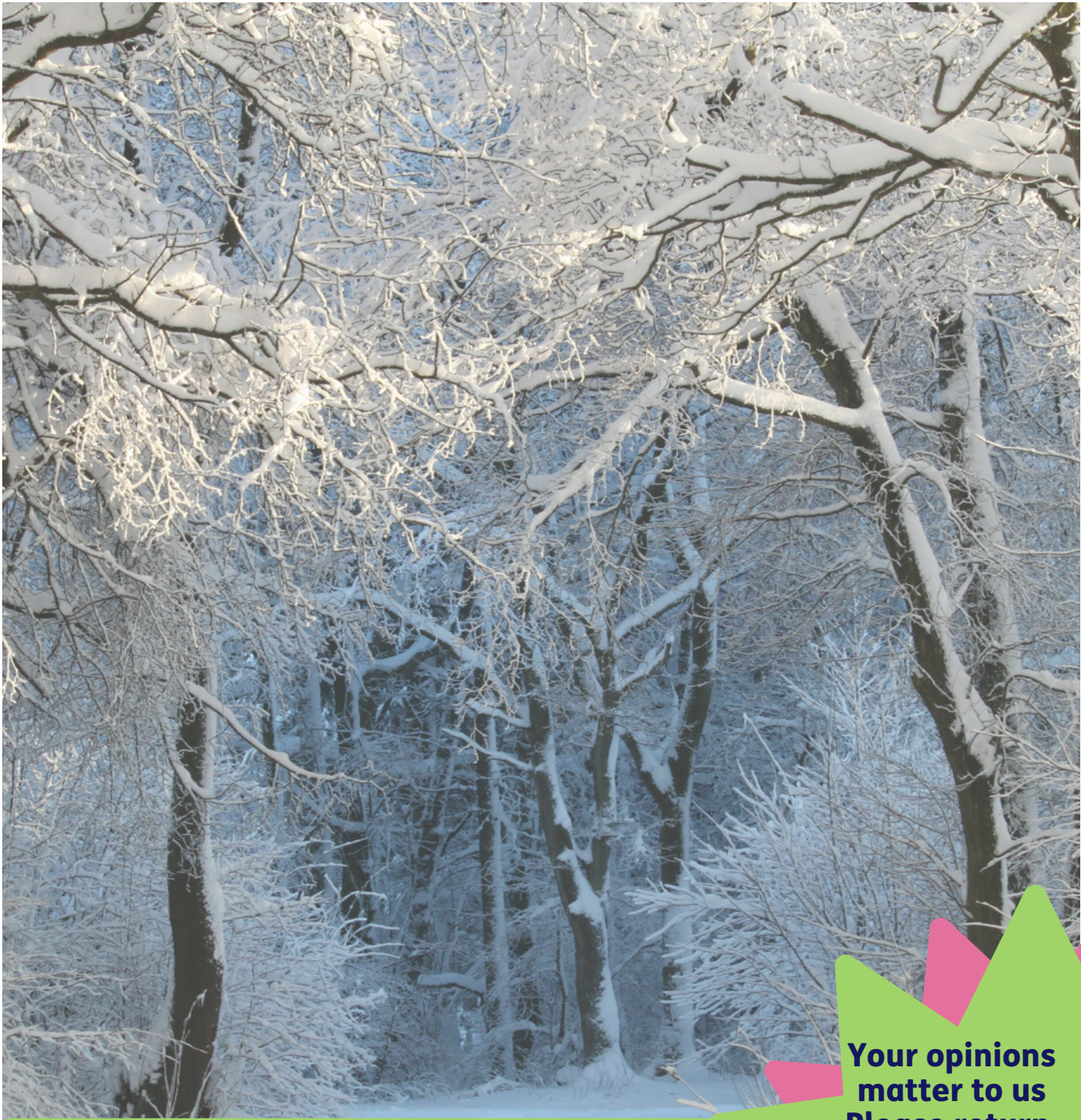




Winter Wellbeing Newsletter 2022



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 form on the back page to be in with the chance to win!**

Welcome

Welcome to our 8th edition of our Wellbeing Newsletter and what a turbulent time we have lived through since our last edition.

The loss of Queen Elizabeth II, a great example to us all, a lady who's sense of duty knew no bounds, and whose Platinum Jubilee we celebrated this summer.

Our financial difficulties continue with the energy crisis and rising inflation causing concern to us all and the news seems so negative at this time.

We want to reassure you that we, alongside many of our organisational partners, are here to support you.

In this edition, we have addressed some of the issues that may be of concern and hope you find something to give you some piece of mind.

Of all generations, you, our readers know how to get through tough times, but we need you to know that asking for help is ok. Before things become difficult for you, there is support and we will do our utmost to guide you to the help to make life easier and pleasant. It is not a case of making do with what you have, if that is not allowing you to live a positive, fulfilling life. Help is out there so please access it, let people help you when you need it.

Our events continue to thrive, with more Time for Tea events and our new 'Spoons Socials, held within Wetherspoon outlets in Pontefract and Castleford. Many other providers are opening after a long Covid break in response to a request for Warm Spaces so please keep looking for events close to home. Our Libraries have certainly stepped up, providing hot drinks, puzzles and board games as well as their usual offer. Many lunch clubs are opening across the district to offer hot meals at a reasonable charge where you can socialize at the same time.

We have a current list so, if in doubt give us a call and we can help you find somewhere to go to keep warm and meet people.

Looking forward to 2023 and the new Carolian era we are entering into we plan to celebrate the Coronation of King Charles 3rd in a similar fashion to the way we celebrated the Platinum Jubilee, Watch this space!

Moving into a New Year, we hope 2023 will be more positive and we look forward to the Spring and good weather once again. If you remember our last bulletin where we used working together as a theme, this very much applies to our situation at the moment so I do not hesitate to say again,

Together Everyone Achieves More
TEAM

Self Care

Self-care means looking after yourself physically, mentally and practically.

With the cost-of-living rising, we could all do with some extra money in our pockets and help keeping the cost of our energy bills down.

This section provides information that can help you feel more in control of your finances.

Can I get help paying my energy bills?

If you're worried you won't be able to afford the energy you need this winter, you might be entitled to financial support.

Warm Home Discount

This is a one-off payment to help with the cost of energy over winter. It's usually added as credit to your electricity bill. This winter (2022-23), it's rising from £140 to £150. It's likely you're entitled to this if you or your partner receive the Guarantee Credit part of Pension Credit.



Winter Fuel Payment

You could be entitled to an annual one-off payment of £100-£300 depending on how old you are, who you live with and any benefits you receive. This year (2022-23), eligible households will get an extra £300 top-up to help with the cost of living.

If you're over State Pension age - which is currently 66 years old - and receive the State Pension then you should be paid automatically. Payments are usually made between November and December.

Boosting your income

People often assume they're not entitled to government help, but you might be surprised. Make sure you're getting the money you should be.



What is Pension Credit?

Pension Credit is extra money to help you cover your costs if you're over State Pension age and living on a low income. You might be able to get it even if you have other income, savings or assets.

What is Attendance Allowance?

Attendance Allowance is a benefit that you might be able to claim if you need help with care or have an illness or disability.

There are two different amounts, depending on how much help you need. The money you receive isn't means-tested - so your savings or income won't affect your claim.

How can I check if I'm eligible for financial support?

That's where we can help, we know the process of claiming benefits and support is complicated so our dedicated Connecting Care team can give you a call to arrange a home visit. They will give you the time and help you need to see if your income could be increased through the above or other benefits.

Please get in touch on...



01977 552114

3

Move

Keeping fit and mobile can be more difficult in winter but it can help to keep you warm along with keeping fit and boosting mood

Benefits of walking

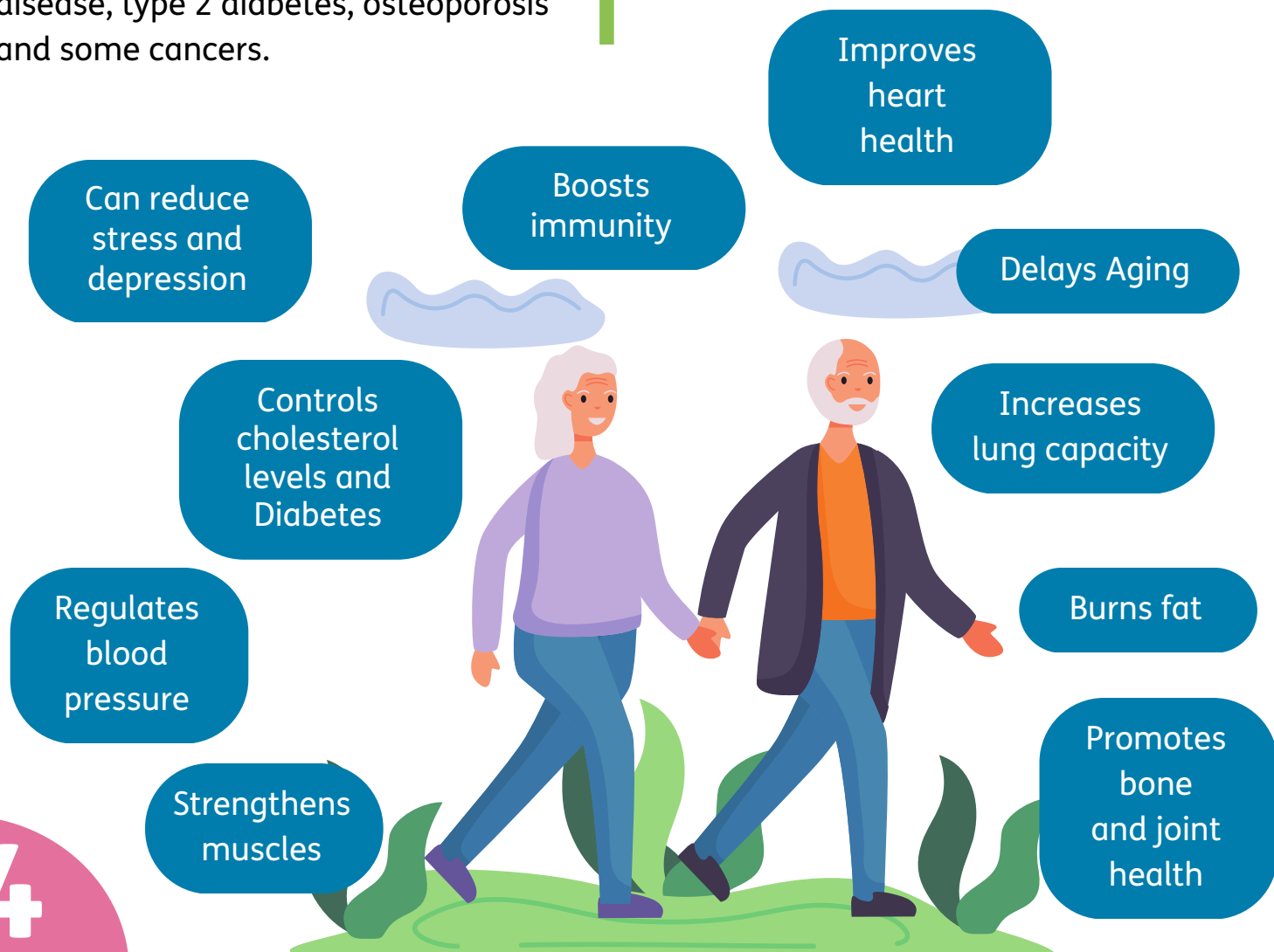
Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

There are lots of local beauty spots to walk and discover nature, here are some of our favourites

- Anglers Country Park
- Frickley Country Park
- Pugneys Country Park
- Southern Washlands Nature Reserve

More routes and useful information can be found on the Wakefield Council Website

www.wakefield.gov.uk/sport-health-and-leisure/sport-and-activities/walking



Trim Trail

The Ridings Shopping Centre have an exciting new option for exercising!

The trim trail is an indoor trail around the centre with a route and various exercises along the way.

The grand opening is due to happen late December so why not pop in and have a go!

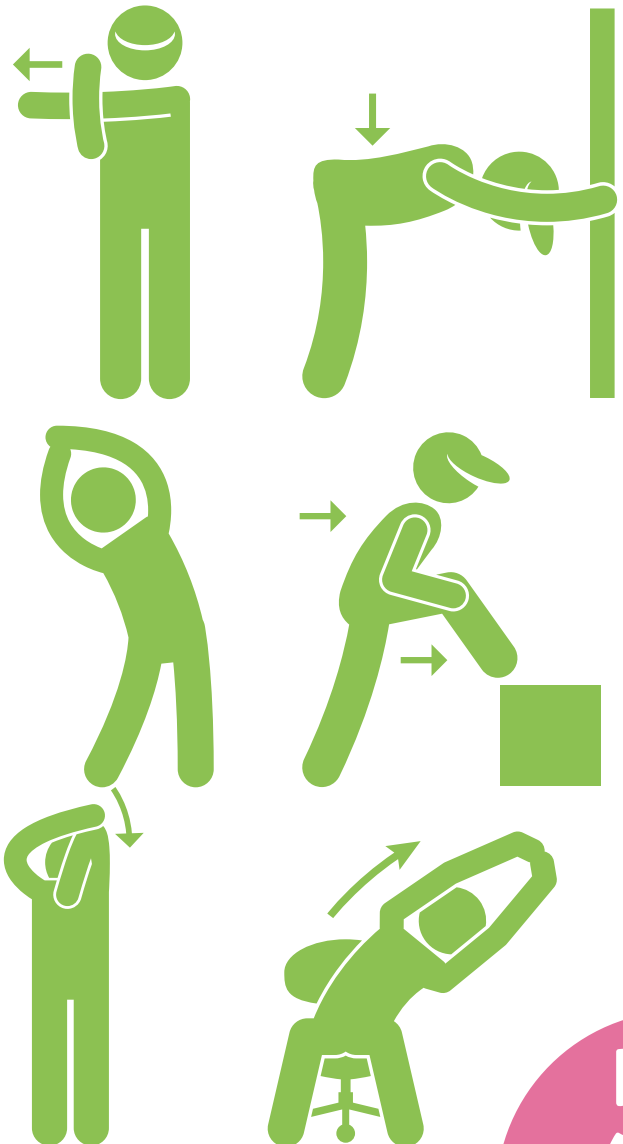
There will be floor stickers showing the route and exercises, areas to stop and stretch and suggestions on how to improve balance and coordination.



Stretching

Whether you plan to start exercising or you'd just like to feel a little more supple, starting your day with some gentle stretching is a great idea. Warming your muscles with movement will improve blood flow and keep you warm.

Be sure you are comfortable and in a stable position when stretching and never overreach or push yourself too far.



Think

Winter Quiz

- 1) Name the three British mammals that hibernate through winter?
- 2) What do we call the longest day of the year in England?
- 3) Red squirrels make mushroom jerky to prepare for the winter. True or false?
- 4) Has Great Britain ever hosted the Winter Olympics?
- 5) Which of the following is NOT a winter flower?
 - a) Primrose Everlast
 - b) Poinsettia
 - c) Santa's Pansy
- 6) Approximately what time does the sun set on New Year's Eve in England?
- 7) How much money can a police officer fine a driver for driving a car with snow on the roof in the United Kingdom?
- 8) Which of the following is the name of a play by William Shakespeare?
 - a) The Winter's Night
 - b) The Winter's Dream
 - c) The Winter's Tale
- 9) Which common winter products can be lethal to pets?
- 10) In which fictional world, created by CS Lewis, is it always winter but never Christmas?

Word Search



HAT

CRISP

BOOTS



SOUP

WALKS



WINTER

GLOVES

SCARF



LEAVES

AUTUMN

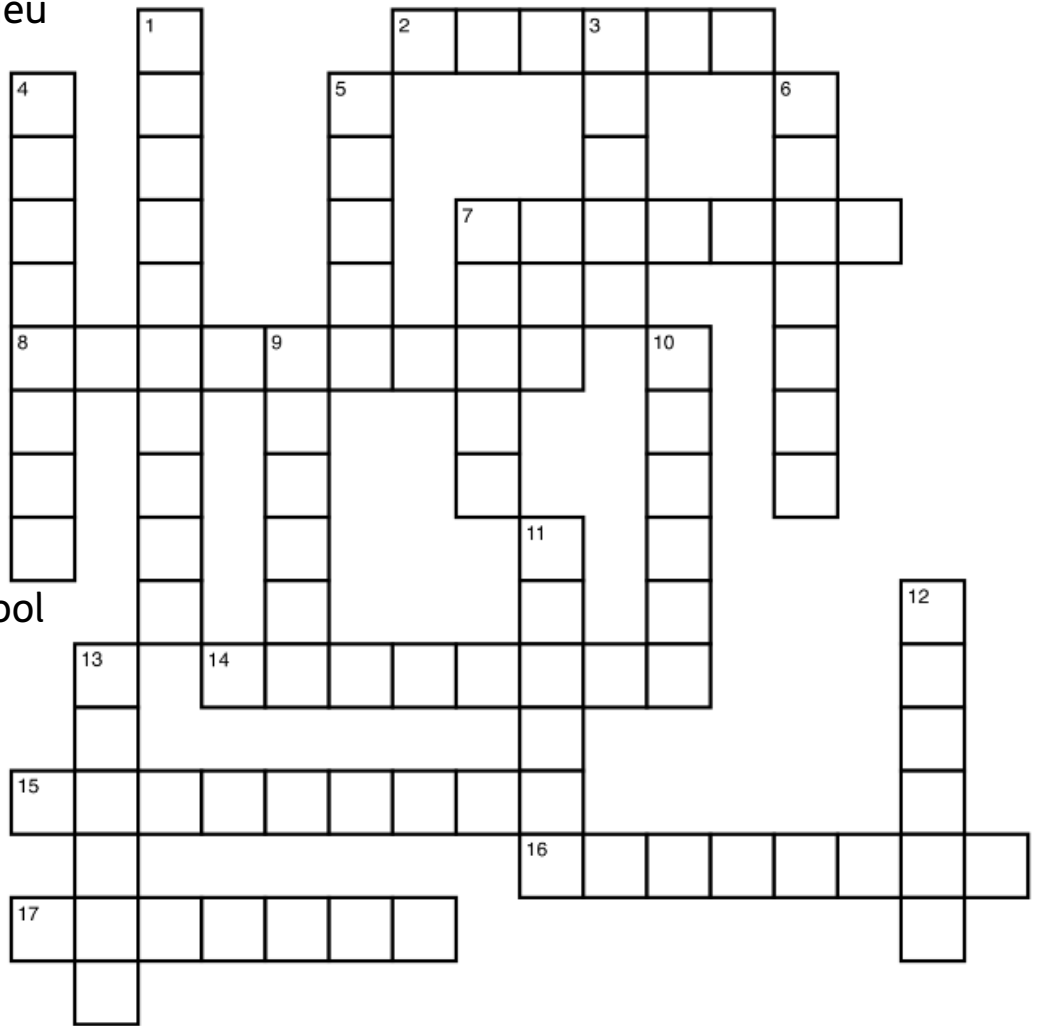


X	T	L	A	Y	U	R	T	R	G
N	O	Y	N	R	L	W	Z	U	G
T	L	N	U	Z	L	A	R	R	D
C	A	E	L	T	L	O	R	B	
L	S	C	A	R	F	K	S	U	O
M	G	L	O	V	E	S	O	L	O
R	W	I	N	T	E	R	U	O	T
W	U	T	C	R	I	S	P	T	S
V	A	U	T	U	M	N	C	F	L
H	X	S	O	S	S	U	L	L	V

Crossword

Down

- 1) White Rabbit's milieu
- 3) Hot Chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool



Across

- 2) Frozen spike
- 7) Winter Sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph & teammates
- 17) Winter ___ Games

Snowflakes

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

Snake, now

.....

.....

.....

.....

Looking after your mental health as the darker nights draw near



As Winter draws near, bringing dark nights and cold weather, we've been thinking about mental health.

It's a well-known fact that changes to the weather and darker nights can affect your mood, this time of year can be difficult for many, especially those already struggling with mental health.

Scientific evidence has proven the 'Winter Blues' are not just a myth, with reports showing that the lack of light during the dark winter months contributes to a disorder entitled 'Seasonal Affective Disorder or SAD'.

To help you try to regain some calm and ease the anxiety we all feel, we've found eight top tips for mind and body:

1. Look after your mind – if you feel tired, irritable, anxious, less interested in things, or have trouble eating or sleeping you may be suffering from depression. It's important you get professional help as soon as you can; many doctors are now doing telephone appointments, so they'll be able to have a chat even if you don't feel up to a visit to the surgery.

2. Eat yourself happy – winter and being indoors can be a time for craving carbs and sugary foods, but it's important to maintain a healthy diet and make sure you get your five a day through seasonal fruit and vegetables.



3. Get active - exercise releases good endorphins, helping us to feel relaxed and boost our mood.

Try going for a walk outdoors during daylight, even if it means getting well wrapped up.

4. Help someone else - it's no secret that helping other people often makes us feel better. Could you volunteer to help someone else and maybe make a new friend through our befriending service?

5. Get more light - the winter blues can be caused by lack of light. To combat this, sit outside when you can, or by a window.

6. Keep Warm - Advice from the NHS tells us being cold may make you feel more depressed, so staying warm may reduce the winter blues.' Keep warm with hot drinks, hot food and warm clothes and shoes. A hot water bottle and blanket over your knees can help

7. Talk, Talk, Talk! - talking about your feelings or just having a general chat can improve your mood and make it easier to deal with the tough times; if you can't visit family or friends in person you could pick up the phone, or use facetime, What's app or Zoom for a video call. If you'd like help getting online, why not try our free digital support which includes free equipment loan and internet connection.

8. Share – It's important to share how you feel. Lots of people are feeling anxious during these unprecedented times, never feel like you're the only one.

Evening photographs taken by local photographers



Silver Sunday



Mayor of Wakefield David Jones
Brenda Wardle Time for Tea Manager
Paula Bee Age UK Wakefield District CEO
Peter Box Age UK Wakefield District Chair of Trustees
Sandra Pickin
Mrs Annette Jones

"I've really enjoyed today, it was great to talk with so many people who can help"



Tracey Shaw our Volunteer manager all set up to showcase the amazing volunteer roles we have available

"I had no idea there was so much support available and right on my doorstep!"



Having a sing and a dance with some fantastic entertainment from a choir, Singing for the Brain and



"I've had a sing and a dance! I can't remember the last time I danced, it was wonderful"

'Spoons Social

Building on the success of our Time for Tea events in shopping centres and supermarkets, we have launched two new get togethers in...Pubs!

Wetherspoons have kindly welcomed us into their Pontefract and Castleford pubs to host 'Spoons Social offering a warm drink and a friendly chat.

We play traditional Pub games like dominoes and cards whilst having a laugh and building friendships.



All welcome, no need to book, just pop along and say hello!

wetherspoon



The Broken Bridge, Pontefract

Every second Monday of the month
2pm-4pm

- 12th December
- 9th January
- 13th February
- 13th March



The Glassblower, Castleford

Every third Monday of the month
10am-2pm

- 19th December
- 16th January
- 20th February
- 20th March



Zendoodles

What is Zendoodles?

It's a pattern made by repeating marks and shapes. You can let your imagination run wild. Take some of the patterns inspired by nature around you. It is a great exercise to stay present and focused in the moment. Which is very positive for our mental wellbeing. It can give you chance to let your brain calm a little and rest.

By just concentrating on your doodling, you can forget about concerns and worries and enjoy the task at hand. This is a type of mindfulness and is a great indoor activity for a gloomy day.

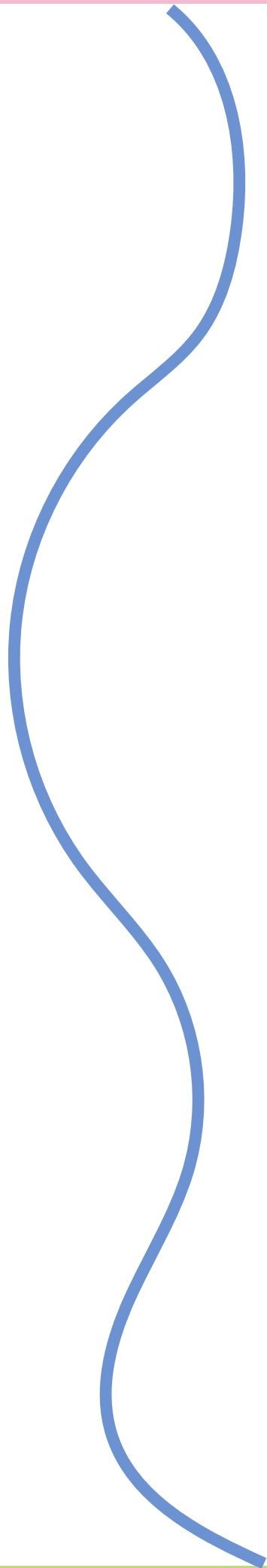
Let your pen or pencil roam over the blank page opposite then shade in between the lines, use dots, zigzags, lines, whatever takes your fancy!

If you're feeling more creative, try using colouring pencils of different colours to make a bright and colourful effect.

Use the page opposite to have a go, we've done the first line for you. Experiment with colour, shades and patterns. It doesn't have to look perfect or even stay in the lines, just have fun!

Tip : Smaller shapes are easier to colour





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

Air Fryers

Have you seen the adverts or heard people talking about air fryers and wondered what all the fuss is about? Well, me too! I thought they couldn't possibly be worth the cost but I borrowed one from a friend and yes, you guessed it, I thought it was great! Air fryers cook food very quickly and with little or no oil making them not only a healthy option but also much more cost effective than putting on an oven.

What can I cook in an air fryer?

The list is too long to mention but almost anything is the answer, sausages, chicken, baked potatoes, hot sandwiches, burgers, fish and so much more. Many supermarkets are adding air fryer cooking instructions to the packaging of food to make it even easier.

Is it complicated to use an air fryer?

No, it's very easy, you just follow the instructions depending on what you are cooking. Many things take just a few minutes to cook, for example, Fish Fingers take just 7 mins!

When the cooker timer finishes, it switches off so it's safer than a pan which might boil over or boil dry.

Once the air fryer has cooled down, you just wash the basket and filter or pop them in the dishwasher.



Did you know that using a slow cooker is a cost effective and safer way to cook hot food to help keep you healthy and warm through the winter months? It's also great for batch cooking so you cook once but have enough food for two or three meals which can be frozen, for when you next fancy it!

Sausage Casserole

Perfect warming food for the winter months

Ingredients

- 2 tbsp vegetable or sunflower oil
- 1 medium onion, thinly sliced
- 12 chipolata sausages
- 3–4 medium carrots, peeled and diced
- 600g/1lb 5oz medium potatoes, peeled and cut into 3–4cm/1½in chunks
- 400g tin chopped tomatoes
- 200ml/7fl oz hot chicken or vegetable stock, made with 1 stock cube
- 3 tbsp tomato purée
- 1 tsp dried mixed herbs
- salt and freshly ground black pepper



Method

- Heat 1 tablespoon of the oil in a large non-stick frying pan and fry the onion over a high heat for 3–4 minutes, until lightly browned, stirring often. Add to the slow cooker.
- Use remaining oil to the frying pan and fry the sausages over a medium-high heat for 4–5 minutes, or until browned on all sides.
- While the sausages are frying, add the carrots, potatoes and chopped tomatoes to the slow cooker.
- Mix the hot stock with the tomato purée and herbs. Pour into the slow cooker and season with salt and pepper; stir well. Place the sausages on the tomato and vegetable mixture without stirring in – this will help them retain their colour and texture.
- Cover the slow cooker with its lid and cook on high for 5–6 hours, or low for 7–9 hours



Warm Spaces

Warm Spaces are places in your local community where people can gather for free in a warm, safe, welcoming place.

Everyone has a right to be warm, so expect a warm welcome from the staff and volunteers when you visit.

With the rising cost of living and energy prices, many people are finding themselves choosing between eating and heating. We have gathered the below information from Wakefield Council and some of our local partners, so you know where support is available.

This list is likely to grow over the next few months so please give us a call for updates if you need a little help this winter.

Havercroft and Ryhill Community Learning Centre,

Mulberry Place, WF4 2BD
Tuesday 9am – 4pm

Rainbow Hub,

26 Duke of York Avenue, Portobello, WF2 7BY

Tuesday 5pm to 7pm
Saturday 11am – 3pm

St Swithuns Community Centre,

Eastmoor, WF1 4RR
Monday – Wednesday 3.30 – 7pm

Balne Lane Community Centre,

Wakefield, WF2 ODP
Wednesday 9am – 1pm

St George's Community centre,

Lupset, WF2 8AA
Monday, Wednesday and Fridays 9am – 6:30pm
Tuesday and Thursdays 9am – 5pm

The Ridings Centre,

Wakefield, WF1 1DS
- Peter Jones (upper mall)
- Crafting4Good (upper mall)
- The Hive (Management Suite)
- Make Space (Middle mall)
- Rainbow playrooms (upper mall)
Monday 9:30am – 12:30pm & 3pm – 6pm
Thursday 9:30am – 12:30pm & 3pm – 6pm

Leeds Gate, Heath Common Caravan Park, Wakefield, WF1 5DB

Mon 10.30am - 2.30pm Wed 1pm-3pm
Thurs 11am -2pm

Ferrybridge Community Centre,

The Square, WF11 8PQ
Monday, Tuesday, Thursday, Friday 9am- 12pm

Trinity Methodist Church,

Powell Street, Castleford, WF10 1EL
Monday 7.30pm - 9pm

Pontefract Community Kitchen

Thursday 12 - 7pm
Sunday 9.30 - 11.30am

Millennium Hall,

Barnsley Road, South Elmsall, WF9 2BJ
Thursdays - 4.30pm - 6pm

Remember, all these spaces are free to visit and will offer you a warm welcome



Libraries

Wakefield Libraries offer a host of free activities along with being Warm Spaces.

It's worth popping into your nearest library and asking what they have got coming up, from flower arranging, book talks, crafting events to small screen cinema showings, there's so much to see and do at libraries.

Food and Hot Drinks available. Dominoes, cards, Jigsaws, magazines and puzzle books available as well as events, local history resources and more.

Stanley Library,

Lake Lock Road, Stanley, Wakefield,
WF3 4HU
01924 303 130

Wakefield Library,

Wakefield One, Burton Street, Wakefield,
WF1 2EB
01924 305 376

Sandal Library,

Sparable Lane off Barnsley Road, Sandal,
Wakefield, WF1 5LJ
01924 303 355

Horbury Library,

Westfield Road, Horbury, WF4 6HP
01924 303 060

Airedale Library,

The Square WF10 3JJ
01977 724040

Castleford Forum Library and Museum

Carlton St, Castleford, WF10 1BB
01977 722085

Pontefract Library

Shoemarket, Pontefract, WF8 1BD
01977 727 692

South Elmsall Library,

Barnsley Road, South Elmsall, WF9 2AA
01977 723 220

Hemsworth Library, Market Street,

Market Street
Hemsworth, WF9 4JY
01977 722 270

Normanton Library,

Market Street,
Normanton, WF6 2AR
01924 302 525

Featherstone Library,

Victoria Street off Station Lane,
Featherstone, WF7 5BB
01977 722 745



Solutions to Think

Crossword Page 7

- | | |
|--------------|--------------|
| Down | Across |
| 1 Wonderland | 2 Icicle |
| 3 Cocoa | 7 Snowman |
| 4 Overcoat | 8 Christmas |
| 5 Frost | 14 Sledding |
| 6 Skating | 15 Fireplace |
| 7 Scarf | 16 Reindeer |
| 9 Shovel | 17 Olympic |
| 10 Skiing | |
| 11 Shiver | |
| 12 Hockey | |
| 13 Chilly | |

Quiz Page 6

- 1) Bats, hedgehogs and dormice
- 2) Winter solstice
- 3) True
- 4) No
- 5) Santa's Pansy
- 6) 4pm
- 7) £60
- 8) C. The Winter's Tale
- 9) Anti-freeze and rock salt
- 10) Narnia

How many snowflakes did you spot in this newsletter?



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

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

Contributors:

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The National Lottery Community Fund

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

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

**One returned feedback form will be randomly
selected to win a gift hamper!**



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

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Phone

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Email

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