



As Chief Executive of Age UK Wakefield District it is a privilege to be able to introduce this latest wellbeing newsletter to you. The heart of the Time for Tea programme has always been about connecting people. I hope that in receiving this you are able to feel that you are part of something that is linking people together in these very challenging times.

As well as having tips to help you get through the next weeks, and activities to brighten your days, this newsletter also holds within it details of our organisation, and other key places to go for support should you need it.

It seems to me that these last months have shown us all that even the strongest of us need the presence and help of others to get through these difficult times.

Every year our organisation depends on some wonderful people, staff and volunteers, to meet the needs of those who call on us. Their generous hearts and kindness have written these pages. Please do not hesitate to get in touch if you need some additional support, we are here to help.

With very best wishes  
Paula Bee

---

**Time For Tea, our open social events, will not resume before spring but we are eager to return as soon as possible. If you'd like to be contacted when our events are back up and running, please get in touch on 01977 552114 and ask for the Time For Tea team.**

---

## Contents

2-3	Move	12-14	Getting through this together
4-5	Nourish	15	Bird Watching
6-7	Think	16-17	Feeling Better
8-9	Enjoy	18-19	Befriending Service
10-11	Calm	20	Puzzle solutions



# Move

**We all know moving more is good for us. But knowing the level of activity that's right for you, especially if you've just had a fall, an operation, or are living with a long-term health condition, can be difficult.**

Being more active doesn't mean you have to work up a sweat. It's just about moving more each day in whatever way works for you. This page carries activities that could help.

## **Regular standing**

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.



## **Standing without help**

Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.

Sit on a chair without arm rests, with your arms across your chest.

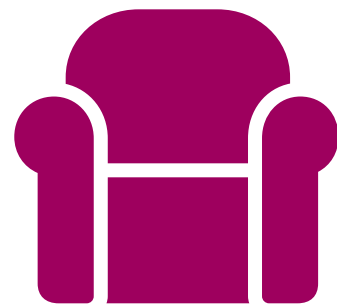
Lean forward.

Put your weight on your feet while leaning forward.

Stand up by straightening your knees. Sit down again.

Repeat this as many times as you feel able.

Try to do this exercise 3 to 5 times a day.



# Move

## Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple

While sitting or lying, bring your toes towards your shin and then point them toward the floor.

Repeat for both feet.

Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.

Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.

Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.

Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).



## Walking between rooms

Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day.

If you'd rather not rush, see if you can walk between rooms more frequently over a number of days.



Did you know we can help arrange for grab handles and walking aids to make it easier to get around?

**01977 552114**

# Nourish

Could 2021 be the right time to try new foods and look at ways to get a bit fitter and healthier? What are the best foods to help keep us healthy?

## Fruit and Vegetables:

Aim to eat at least 5 portions of different coloured fruit and vegetables per day. These can be fresh, frozen, canned, dried or juiced.

### Ideas!

- An apple
- 2 satsumas
- A banana
- A heaped tablespoon of vegetables
- Bowl of salad
- 150ml fruit juice
- 30g dried fruit



### Tip

Frozen fruit and vegetables can retain more nutrients because they are frozen soon after being picked! You can just take what you need from the freezer when you need and this means there's less waste.

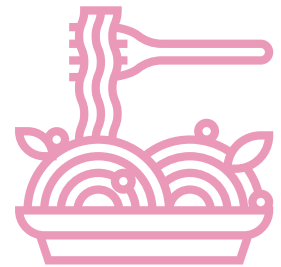


## Carbohydrates:

Base your meals around starchy carbohydrate foods. These foods give us energy and are a good source of B vitamins, minerals and fibre.

### Ideas!

- Potatoes
- Bread
- Rice
- Pasta
- Wholegrain cereals
- Oats



### Tip

Carbohydrates are a good source of fibre and aids digestions. Carbohydrates should make up just over a third of the food you eat.



# Nourish

## Proteins:

You don't need to eat red meat everyday. Why not try substitutes as a way to get your daily intake of protein?

### Ideas!

- Chicken & Turkey
- Eggs
- Beans & Lentils
- Quorn & Tofu
- Fish



### Tip!

Try to eat fish twice a week, one portion of oily fish such as sardines or salmon gives you vitamin D, this promotes healthy teeth, bones and supports your immune system.

## Dairy:

These foods contain protein and vitamins and are a good source of calcium. The fat content of dairy can vary a lot so try to choose low fat, low sugar options.

### Ideas!

- Semi-Skimmed milk
- Low Fat cottage cheese
- Natural yoghurt
- Cheese



### Tip!

Unsweetened, calcium-fortified dairy alternatives like soya milk can make a good substitute to dairy products

## Oils & Spreads:

We all need some fats in our diet but only in a small portion. Try choose unsaturated fats and Omega 3.

### Ideas!

- Olive oil
- Rapeseed oil
- Nuts & Seeds
- Oily fish such as pilchards
- Avocado



### Tip!

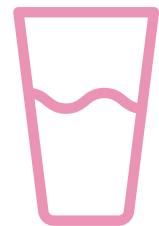
Swap your lard and saturated oil used for cooking to unsaturated ones such as sunflower oil.

## Fluids:

Fluids are just as important as the food groups. They keep us hydrated which helps our digestion.

### Ideas!

- Water
- Milk
- Tea
- Coffee
- Sugar free Juice



### Tips!

You can get fluid through eating some foods with higher water contents such as broth soups, melon, celery, and tomatoes.



# Think

## Sudoku - Medium

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

## Sudoku - Hard

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

## Word Search

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

Tomato

Pepper

Kiwi

Pear

Cucumber

Banana

Apple

Mango

Radish

Coconut

Mushroom

Raspberries

Runner Beans

Watermelon

Blueberries

Brussel Sprouts

Cauliflower

Strawberries

Beetroot

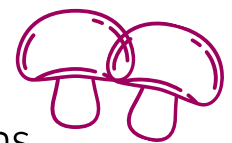
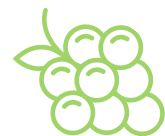
Grapes

Orange

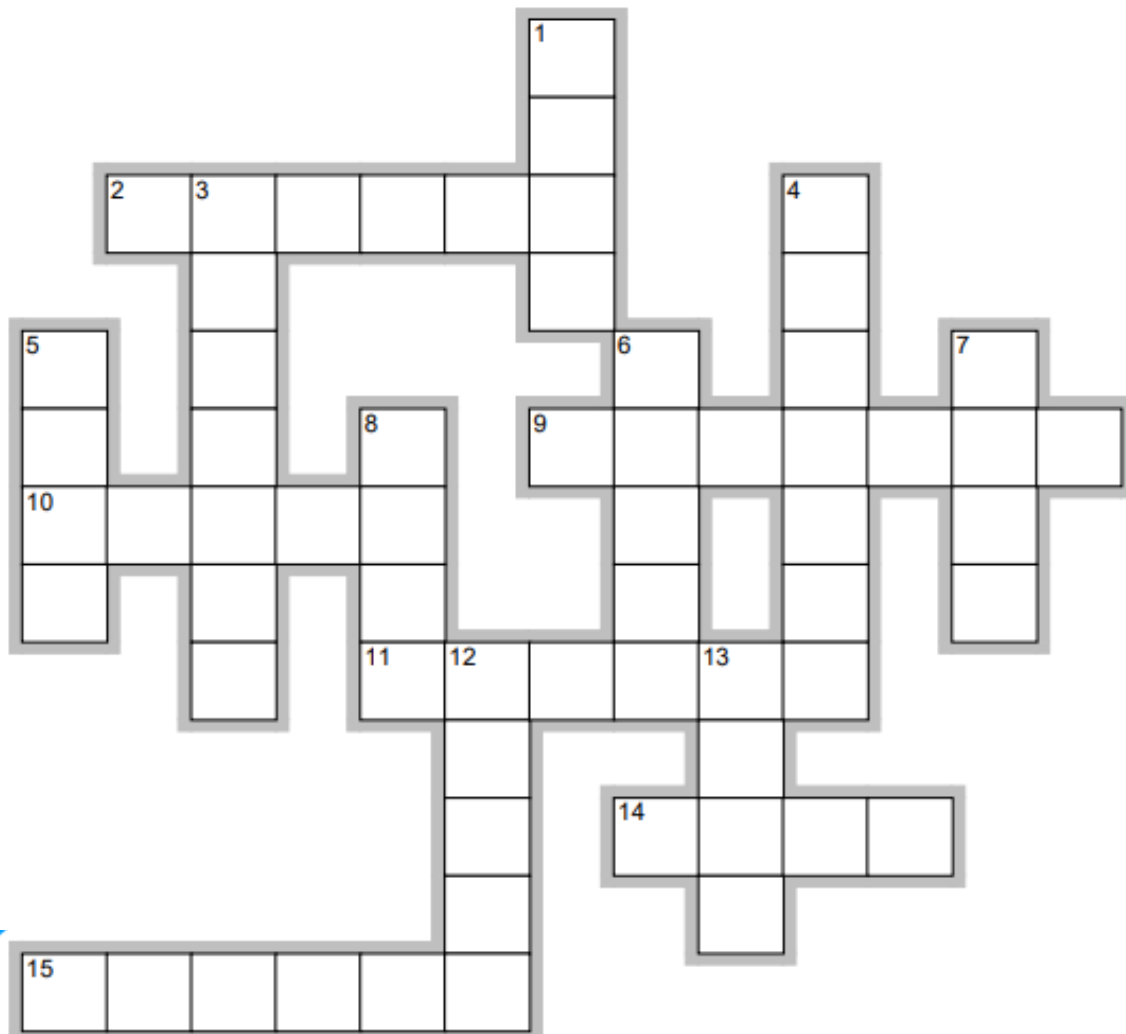
Peas

Onion

Kale



# Crossword



## Across

- 2) The Nobel Peace Prize was won by \_\_\_ Teresa in 1979.  
 9) The controversial war in \_\_\_\_\_ raged from 1959 until about 1975.  
 10) Steve Jobs and Steve Wozniak launched \_\_\_\_\_ Computers in 1976.  
 11) Arthur Ashe, a renowned \_\_\_\_\_ player, won Wimbledon in 1975.  
 14) John \_\_\_ II became the Pope of the Roman Catholic Church in 1978.  
 15) The \_\_\_ Show, featuring Kermit the Frog and Miss Piggy, premiered 1976.

## Down

- 1) Gerald \_\_\_ became the first unelected U.S. President in 1974.  
 3) The \_\_\_\_\_ Games in Munich, Germany, were disrupted by terrorists in 1972.  
 4) This popular British singing group broke up in 1970.  
 5) The first "\_\_\_ Wars" movie, directed by George Lucas, was released in 1977.  
 6) This President resigned in 1974 amid scandal.  
 7) This TV show about an Army field hospital first aired in 1972 \_ \_ \_ \_  
 8) Students staged protests at \_\_\_ State University in Ohio.  
 12) The Aswan High Dam on the Nile river opened in this country in 1970.  
 13) 52 Americans were taken hostage in Tehran, the capital of \_\_\_\_\_, in 1979

# Enjoy

## How many words can you make from these words?

# Happy New Year

pear

[illegible]

## QUIZ OF THE YEAR

- 1) Which drama series aired in April and based on the play Quiz, charts the story of a contestant accused of cheating?
- 2) In October, which southern hemisphere politician won a second term in a landslide victory?
- 3) Liz Carr left one of the BBC's premier dramas after eight years playing which character?
- 4) Which aging war veteran has been awarded a knighthood in recognition of his fundraising efforts for the NHS this year?
- 5) Which artist had the first No1 of the year with 'River' a cover of a Joni Mitchell hit?
- 6) In the latest remake of the film Rebecca, released in October 2020, who has taken on the role of Mrs de Winter previously played by Joan Fontaine in 1940?
- 7) Keir Starmer became the Leader of the Opposition when he won the Labour Leadership contest in April, but which is his parliamentary constituency?
- 8) Which drama series starring Jodie Comer aired its 3rd series in April this year?
- 9) In May, which country was the first to legalise same-sex marriage in Central America a) Costa Rica b) Panama c) Nicaragua
- 10) The fourth part of which crime series, charting raids on Spanish financial institutions and known as 'La Casa de Papel' in its original Spanish, was shown in the UK in April?



# Knitting & Crochet

## Stripe Hat

Beginner pattern by Juliet Bernard

Yarn DK

Needles 4mm

### Hat

Cast on 31 Sts in one colour

Knit two rows (garter st)

Change to other colour and begin with a knit row, continue in st st as follows

2 rows white, 2 rows blue, 2 rows white, 2 rows blue,

2 rows white, 2 rows blue

Continue in blue

Next row k2tog to last st, k1 (16sts)

Next row purl

Next row k2tog to end (8sts)

Cut the yarn leaving approx 10cm length.

Thread this through a sewing needle and bring through stitches and pull up to tighten

Use a sewing needle to join side seams.

Make and secure pompom



## Simple Crochet Hat

Crochet hook 3.5mm

### Hat

Using the magic loop technique make 6dcs into the ring.

Join with a ss

Round 1: ch1 make 2dc in each dc from the previous round.

Join with ss (12sts)

Round 2: \*1 dc, 2dc in next dc, repeat from \* to end of the round.

Join with ss (18sts)

Round 3: ch1n\*1 dc in next 2 dcs, 2dc in next dc, repeat from \* to the end of round.

Join with ss (24sts)

Round 4: ch1 1 dc, in each dc to the end of the round. Join with ss

Repeat round 4, 4 more times.

Fasten off and sew in ends

Make and secure pompom



**Innocent Drinks generously donates 25p to Age UK Wakefield District for every hat we send to them. Please post your finished hats to us or call for a bulk collection! 01977 552114**

# Calm

## Mindfulness

Mindfulness meditation is becoming increasingly popular with more and more people using it to relax or cope with stress, but what actually is it and can it really help improve your quality of life?

### What is mindfulness?

Mindfulness is a popular type of meditation. It is a way to increase your awareness of the present moment, using techniques like breathing and yoga. It can help us be more aware of our thoughts so that we are better able to manage them and not become overwhelmed.

### What are the benefits of meditation?

The Mental Health Foundation supports mindfulness as a tool to help you live your life, improve general wellbeing and treat depression. Evidence shows that it can help with a number of problems, such as recurrent depression, anxiety disorders, addictive behaviour, chronic pain and many more mental and physical problems.



### Who can meditate?

Dr Danny Penman, an expert on mindfulness meditation says 'Mindfulness was originally a Buddhist practice developed about 2000 years ago. All religions practice some form of meditation. It was certainly very common in Christianity until the late middle ages. Judaism, and Islam all practice meditation, but you don't have to be religious to practice it at all. Nowadays, it's an entirely secular practice. It's like yoga - it has roots in religion, but you don't need to be religious to practice them. There're plenty of atheists who go to yoga or practice mindfulness.'



### Listen to what John has to say...

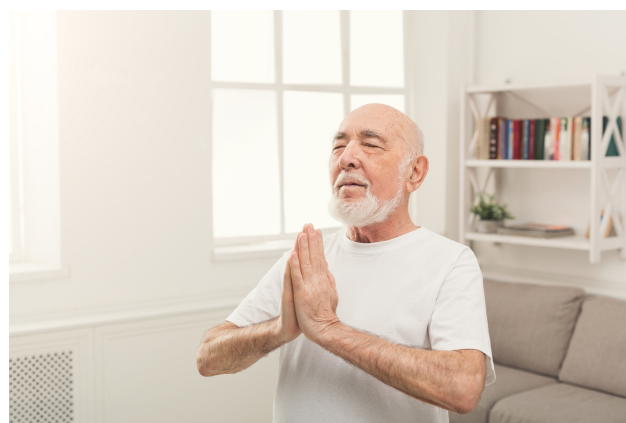
A 53 year old who has meditated regularly for 21 years, initially found meditation difficult: 'When I started I couldn't believe how chaotic my mind was! But with regular practice, initially just a few minutes a day, after a week or 2, I was already seeing some results and the meditation gradually became easier.'



## Try it yourself

1. If your condition allows it, sit erect but relaxed in a straight-backed chair with your feet on the floor. If you cannot sit, then lie on a mat or blanket on the floor or on your bed. Allow your arms and hands to be as relaxed as possible.
2. Gently close your eyes and focus your awareness on the breath as it flows into and out of your body. Feel the sensations the air makes as it flows in through your mouth or nose, down your throat and into your lungs. Feel the expansion and subsiding of your chest and belly as you breathe. Focus your awareness on where the sensations are strongest. Stay in contact with each in-breath and each out-breath. Observe it without trying to alter it in any way or expecting anything special to happen.
3. When your mind wanders, gently shepherd it back to the breath. Try not to criticise yourself. Minds wander. It's what they do. The act of realising that your mind has wandered – and encouraging it to return to focus on the breath – is central to the practice of mindfulness.
4. Your mind will eventually become calm – or it may not. If it becomes calm, then this may only be short-lived. Your mind may become filled with thoughts or powerful emotions such as fear, anger, stress or love.

5. Gently return your awareness back to the sensations of the breath again and again. After a few minutes, or longer if you prefer, gently open your eyes and take in your surroundings.



### For more advice and support

[www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/](http://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/)

[www.franticworld.com](http://www.franticworld.com)

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

[www.mind.org.uk](http://www.mind.org.uk)

[www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/mindfulness/](http://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/mindfulness/)



# Getting through this together

## Confidence – the first step in regaining it together!

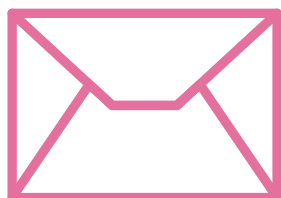
In recent months we have all had to make significant changes to the way we live, think and interact with others. For many people this will have led to a loss of confidence.

Many of us may have found that we have lost touch with friends and family during the past few months. Regular visits and meetings have not been possible and for some of us it feels as if we have retreated into permanent isolation. It is easy to reach a point where it might feel awkward to make that call or send that letter. You might be thinking:

**How can I break the ice? What can I talk about?**

**Will the other person welcome my contact?**

Please feel encouraged to take that first step whether it be a telephone call, social media, or by good old fashioned letter – who doesn't love a card or note dropping unexpectedly onto the doormat?



It can be useful to prepare in advance, make a few notes to remind yourself what you want to say if there is a lull in the conversation: start listening to the local news (the positive bits) so you can comment on what has been happening, what is the story line lately in your favourite soap?, how is your sports team doing?, how are your extended family?... the list goes on, but the most important part of any contact is where you say...

**'Hello, I've been thinking about you recently, how are you?'**

Together you can plan your next contact and how and where you can meet up when life begins to return to something like 'normal'. Coffee and cake in town, a walk in the park or a visit to family or friends.

The first step is to reach out now and send your warmth and good wishes the way of someone who may need it.

**Kay Morgan**



# 2020 Through a Child's Eyes!

**You know how lockdown made you feel and what you missed the most, but have you heard from the younger generation?**

**Here's some quotes from the children of Larks Hill Primary School in Pontefract and their experiences through 2020 ...**

## **What was the best thing about lockdown?**

No uniform!

Playing in my paddling pool

Being able to go in the garden after my home schooling

That I could snuggle and cuddle and watch movies a lot

Spending more time with my family at home

Home schooling PE - I got to ride my bike!

Sleeping in



## **What was the worst thing about lockdown?**

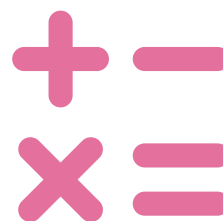
Home schooling, I HATED when my Mum tried to teach me maths!

Not seeing my Grandma and Grandad

Being cooped up with the same people

Not seeing my friends

Not going to school



## **What did you miss the most in lockdown?**

My grandparents

Archie

Playing football with friends

Family and friends



## **What are you looking forward to in 2021?**

My SAT exams and going to High School

Seeing family

Going together to people's houses

Getting back to normal

Playing with my friends

A fresh, New Year

Hugging and kissing





# Keeping a diary

**Have you ever considered writing a diary or journal?**

**Think about writing about what is important to you.**

Sometimes it helps to write down your feelings. You could write a short sentence every day about how you have been feeling. It may help you to recognise over a period of time what your triggers are. This could be about what makes you happy, what sets you up for the day, what has helped you get through a difficult day. Over time these patterns may emerge and help you to get through the next day, week, month and through Spring.

This could be the first move to help you make positive changes. It may be useful to think about a couple of goals that you might want to achieve.



How can you help to shape what you do in 2021?

- Set a goal to go for a short walk each day, this can get longer as the weather and your mobility improves
- Stick to a good bedtime routine to make sure you are getting enough sleep but still rising and starting each day around the same time
- Eat well with a varied diet and plenty of fluids
- Keep in contact with loved ones, neighbours and local communities
- Make lists of things you want to do, this helps to set a goal and acts as a reminder
- Keep track of things you need to do such as pay bills, get the car serviced and sending birthday cards so you can prepare ahead of time and reduce stress
- Don't be afraid to ask for help, it's not too much trouble, it's not an inconvenience, it's what we are here for!



# Bird Watch 2021

## Take a moment to appreciate nature

Every year the RSPB ask us to find a comfortable spot, look out of our window and count how many birds we see in an hour.



You can count how many birds you see and if you can identify them, make a note of the varieties. Even if you don't see any birds, it's important to log this so the RSPB can track the changing world.

## Instructions

### Pick a time

You can choose any hour between 29 and 31 January. So whether you're an early bird or a night owl, you can still take part.

### Tell us what you see

Count the birds that land in your garden or park, or on your balcony. Ignore any birds that are still in flight. To avoid double-counting, just record the highest number of each bird species you see at any one time – not a running total.

## Submit your results

**Online:** You can submit your results online at [rspb.org.uk/birdwatch](https://rspb.org.uk/birdwatch) from 29 January until 15 February.

**By post:** If you'd rather send your results by post, please use the printout included, or phone us for posted copy. Please post your results to FREEPOST, RSPB BIG GARDEN BIRDWATCH before 15 February.

Every count is important so, if you don't see anything, please still submit your result. Finding out which birds don't visit your area is as important as understanding those which do!



[rspb.org.uk/birdwatch](https://rspb.org.uk/birdwatch)



# Smiling and Laughing

Research has shown that there are a number of health benefits contributed to smiling and laughing. In addition to improved health, when you smile and laugh, a number of physiological changes occur in your body, mostly without you being consciously aware of it happening.

## Benefits of Smiling and Laughing

**Endorphins** are released when you smile. These are triggered by the movements of the muscles in your face, which is interpreted by your brain, which in turn releases these chemicals.

Endorphins are responsible for making us feel happy, and they also help lower stress levels. Faking a smile or laugh works as well as the real thing—the brain doesn't differentiate between real or fake as it interprets the positioning of the facial muscles in the same way. The more we stimulate our brain to release this chemical the more often we feel happier and relaxed.

**Endorphins make us feel happier and less stressed.**

They also act as the body's natural pain killers. For sufferers of chronic pain, laughing and smiling can be very effective in pain management.

**Laughing** expands the lungs, stretches the muscles in the body and stimulates homeostasis. This exercises the body, replenishing the cells from a lungful of oxygen and gaining all the benefits of exercising the body.

A good laugh can be an effective way to release emotions. A good laugh can help you release emotions, especially those emotions that you might bottle up inside. Everything looks that little bit better after a good laugh and life can be seen from a more positive perspective. Smiling and laughing have positive social implications as well. Smiling makes you appear more approachable. Interaction with others is easier and more enjoyable when smiles and laughs are shared.



## How to Smile and Laugh More Often

**Smile and laugh** regularly, your brain does not know the difference between a fake or real smile, and by doing so more often you will feel better, and become more likely to smile and laugh more spontaneously.

**Watch funny films and TV.** This is an excellent way to inject some instant humour into your life.

**Speak with** friends and family that make you feel happy. Surrounding yourself with happy, fun-loving, optimistic people will bring out your happy side.

# Singing for the brain

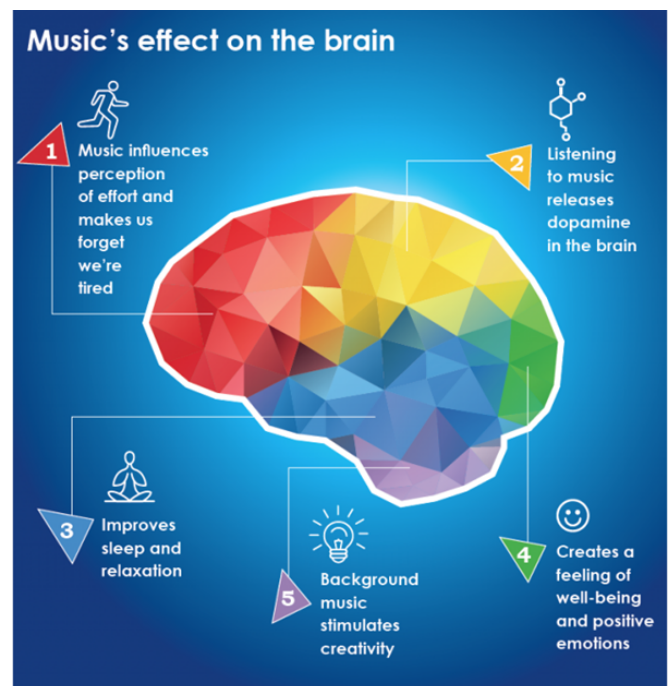


Do you enjoy singing? If your answer is yes I have some good news for you. When you sing, endorphins (feel-good chemicals) are released in your brain. This brings about positive psychological effects. If you suffer from depression or are temporarily down in the dumps after a bad day, singing will help lift you from your dark place into the light.

Whether you're a shower singer, professional diva or take part in a choir, all types of singing will bring benefits to your brain.

**Here are 6 more reasons singing is downright good for you:**

- 1. Boosts your immune system.**
- 2. Releases stress.**
- 3. Benefits your heart.**
- 4. Increases your energy.**
- 5. Improves your memory.**
- 6. Fosters clear thinking through correct breathing.**



## Useful Contact Numbers

<b>Age UK Wakefield District</b>	<b>01977 552114</b>
<b>Samaritans</b>	<b>116 123</b>
<b>Turning Point Talking Therapies</b>	<b>01924 234860</b>
<b>The Silverline</b>	<b>0800 470 80 90</b>
<b>24 Hour Mental Health Support Line</b>	
<b>NHS Every Mind Matters</b>	<b>0800 183 0558</b>
<a href="http://www.nhs.uk/oneyou/every-mind-matters">www.nhs.uk/oneyou/every-mind-matters</a>	

# Befriending Service

Our Befriending service has been a highly valued, key service in our organisation for over 25 years.



## The service is supported by:

Tracey Shaw, Volunteering & Befriending Services Manager

Justin Steers, Befriending Coordinator

Kim Hartley, Volunteering Administrator

We tackle isolation and loneliness amongst older people across the Wakefield District successfully, by providing weekly one to one Home Visits (currently weekly telephone calls) to our service users.

We rely on our team of around 120 dedicated Befriending Volunteers, who we carefully selected, trained and matched with our service users. Our Volunteer Befrienders provide weekly home visits (currently phone calls during the pandemic) of around one hour, offering conversation and companionship, sharing interests and hobbies.



We monitor and review all of our Befriending relationships by carrying out a telephone call to both the client and the volunteer after the initial introduction, and again after a further four weeks, to check that the relationship has got off to a successful start. We then carry out three monthly review calls with the service user and six monthly review calls with the Volunteer Befriender, and this will continue

until; the Befriending relationship ends, the client exits the service, or the Befriender leaves the role.

Studies show that by introducing a Befriender to an isolated, lonely older person we can:

- Lower rates of depression
- Improve social skills
- Reduce social isolation
- Improve self-management
- Improve self-esteem and confidence
- Reduce vulnerability or risk of abuse
- Build a sense of purpose
- Improve mental health
- Reduce the burden on other services which people use inappropriately as they seek social contact.

Here's what some of our service users had to say...

## What was life like before we introduced you to your befriender?

"I had been on my own since 1966, I get used to my own company, but sometimes you think to yourself I have gone days or weeks without speaking to another person"

"I was very lonely, I lost my husband at the beginning of the year, I was very, very low, the lowest part of my life. I am still low but not where I was then."

## In what ways would you say you have benefited from having a befriender?

"Someone new to talk to, my Befriender is easy to talk to I look forward to him visiting each Wednesday, we always have so much to chat about and he is a lovely man."

"It's company for me, I enjoy her visits I wish I could have more visits as I don't see anyone."



## Facts!

Our Volunteer Befrienders range from the youngest being 18 years old and our oldest befriender being 94 years. Our volunteers each bring different skills, qualities and experiences to the role.

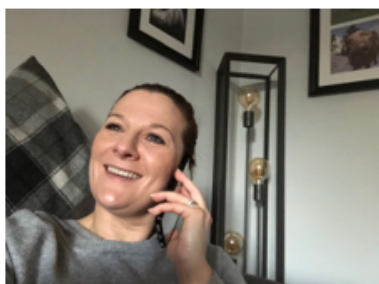
Currently our longest running befriending relationship is seven years, and our second longest running, following closely behind is six years.

Surprisingly the majority of our Befrienders work full time, and the most popular area that we recruit Befrienders is WF4.

Our Befrienders report that they personally benefit from carrying out this role, increasing their own social contact, learning new skills, feeling like they are making a difference and giving back to their community.



### **During Lockdown some of our staff starting telephone befriending in their own time**



### **We recently asked a number of our Befrienders:**

*In what ways have you personally benefited from being a Volunteer Befriender?*

"I have met people who have become friends from different backgrounds – client's and other volunteers".

"It gets me out of the house and increases my social interaction".

"The lovely feedback that I receive and meeting lots of lovely people that I would never have met".

"I feel more positive as I am giving back to my community".

"Combats my loneliness and my clients loneliness too".

"It just feels amazing to know you have impacted on someone's day".



### **Would like to know more about receiving a befriender call?**

If you feel that you would benefit from our service, and being matched with one of our Volunteer Befrienders, it couldn't be easier, just call 01977 552114 – and say that you have read this feature in the newsletter, and we will arrange for someone to contact you to discuss the next steps.



### **Would like to know more about becoming a volunteer befriender?**

As our Befriending service continues to grow, we are always on the look out to recruit new Volunteer Befrienders

If you have a spare hour a week, and you would like to become a Volunteer Befriender with our organisation, please call 01977 552114 and ask to speak to the volunteering team.

# Solutions to Think

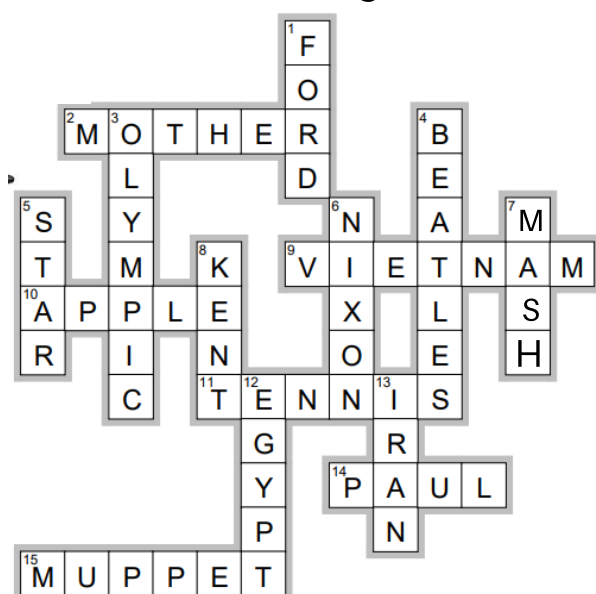
## Sudoku - Hard

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

## Sudoku - Medium

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

## Crossword Page 7



## Answers

- 1) Quiz - Charles Ingram
- 2) Jacinda Ardern
- 3) Clarissa (Mullery) - Silent Witness
- 4) Captain Sir Thomas Moore
- 5) Ellie Goulding
- 6) Lily James
- 7) Holborn and St Pancras
- 8) Killing Eve
- 9) a) Costa Rica
- 10) Money Heist

How many Snowdrops did you spot in this newsletter?

## Contributors:

Time for Tea & Wraparound team

Brenda Wardle

Amanda Kennedy

Sarah Ginn

Kay Morgan

Tracey Shaw

Deborah Hunter

**With thanks to  
National Health  
Service England  
for supporting this  
Well-Being pack.**



Age UK Wakefield District, 7 Bank Street, Castleford, WF10 1JD

T 01977 552114

[www.ageukwd.org.uk](http://www.ageukwd.org.uk)

Registered Charity No:1096511

Company Limited by Guarantee No:4512958

Registered in England and Wales