



Spring Wellbeing Newsletter 2023



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

Spring has a firm grip on us now, despite a few rainy days. Daffodils fill the hedgerows, trees are heavy with blossom and birds are busy nesting, my favourite season of the year! Despite the weather being relatively kind to us it has been a long hard winter for many. Fear around the cost of living and fuel prices has been hard for us all.

With that in mind, Time for Tea has collaborated with agencies across the district to bring our "Time for Tea-Benefits Campaign" to some of our events until June. Keep an eye out for the leaflets and posters that will soon be in circulation. We will have information at all of our events and will be able to refer people for more specific support if required.

Our new venue at Junction 32 will start in April and we are pleased to say we will also be holding a special event in partnership with them in July. Lookout for more details soon!

Finally, make the most of the lighter nights, go for a walk, ride a bike or just sit outside and listen to the bird song, whatever makes you smile.

We have handed out our first hamper of goodies for returning the feedback (photo in this edition) so please continue to send us your feedback, it is very important to us and helps shape our future editions.



The Team

Brenda

Programme Manager for Time for Tea

"The last three years were nothing if not challenging, but, with the help of The National Lottery Community Fund, we hope the next three years will bring more events, more attendees and lots more smiles and laughter.

We have so many exciting things planned so keep an eye on our Website and social media for all the updates. Looking forward to seeing you at an event near you soon."



New to the Team....

"Hi, my name is Bev, I'm married to Tony, I have 2 grown up daughters & I am Nanna to these 4 little beauties. I have worked in the care sector all my life, starting off as a nurse, then a foster carer, in a children's home & now for Age UK Wakefield District. I love my garden & can be found pottering about in it when it's not chucking it down, I have 2 cats that live with us, they allow us to feed & look after them but we are obviously just their slaves! I also love spending time with the grand kids & often kidnap them for a Nanna day or a sleep over party.

I am really excited about my new role & looking forward to meeting everyone, I love a cuppa & a natter so I hope you'll all bear with me while I get to know you & try to remember all your names."

Bev



Amanda

Senior Community Caseworker

After working for the NHS for 24 years I took the leap and joined Age UK Wakefield District and what a great decision that was! I have the pleasure of working in a fantastic team and supporting wonderful people in our community. Every day is different and I enjoy travelling Wakefield district to deliver Time for Tea events and visit people in their homes. As anyone who knows me will say, I always have a smile on my face and I love chatting and helping anyone in need.

Vanda

I have worked for Age UK Wakefield District for 18 years. I've had many roles but now love my job in the Time for Tea team. It is a wonderful project where older residents of the district can come along and we work our magic to make strangers into friends.



Move More

Each year we ask people to support our I May Move fundraiser, get fitter, move more and raise money. If you or someone you know would like to get involved, just give us a call to find out more 01977 552114

I May Walk...

Benefits of walking

Walking at any speed is a way to improve your fitness, burn calories, and reduce the health risks of inactivity. Walking a dog, walking in the park, or simply walking around your local streets at a comfortable pace keeps you active and healthy.

You get even more benefits for health, fitness and weight loss by walking at a brisk pace that puts you into the moderate-intensity exercise zone.

Experts recommend a brisk walk for 30 minutes per day, five or more days per week to reduce health risks.

- Explore your environment on foot. Notice what is going on around you and you'll find you never really walk the same way twice. There are always new things to see.
- Find pleasant places to walk. Look for walking paths, greenways, and pedestrian streets to enjoy.
- Bring along your family and friends. Walking together is a great way to connect with others.

I May Swim...

Benefits of swimming

Swimming is a great all-round form of physical activity. It's ideal if you want to be more active and stay healthy, whatever your age or fitness level. As well as improving physical health, swimming can also boost your mood and reduce stress levels to improve your mental wellbeing.

Exercising in water means reduced strain on your joints when compared to other exercises which makes it popular with older people and those with mobility issues.

I May Cycle...

Benefits of cycling

Cycling is a low impact aerobic exercise which can be done at your own pace or in a group.

Wakefield Council offer bike loan at the below locations

- Anglers Country Park
- Pugneys Country Park
- Thornes Park Stadium
- Aspire@ The Park (Pontefract)

Junior bikes £3.00 for an hour

Adult bikes £5.00 for an hour

A £20 deposit is required.

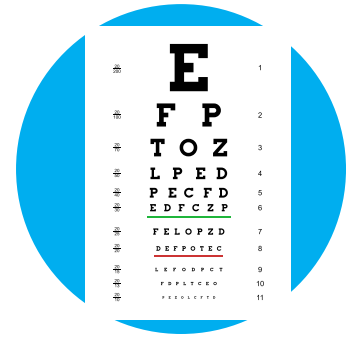
www.wakefield.gov.uk/sport-health-and-leisure/sport-and-activities/cycling/bike-hire

Electric bikes are also a popular option for people who would like to get out but worry about fitness levels.

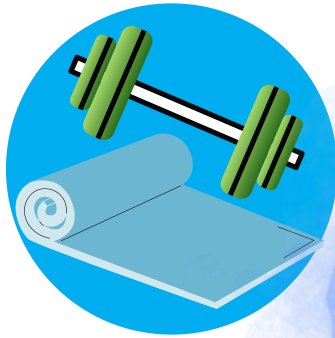
Healthy Ageing



Eat healthfully



**Great regular
eye & dental
checks**



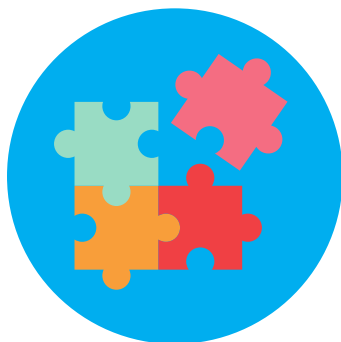
**Be physically
active**



**attend
routine
screenings**



Drink water



Stay mentally active

Keep socially connected



Think

Quiz

1. Which fictional sleuth was played on TV for 25 years by David Suchet?
2. Brie and Camembert are types of which food?
3. Complete the title of the hit romantic comedy – ‘When Harry Met ...’?
4. What type of creature lives in an apiary?
5. In London, what can be found at Spitalfields, Portobello Road and Camden?
6. Which British artist is famous for his spot paintings?
7. A rugby union team is made up of how many players?
8. Which British patron saint is celebrated annually on 1st of March?
9. What colour flag is awarded to a beach that meets high standards for cleanliness, safety and water quality?
1. Pantomimes traditionally take place at what time of the year?

Word Search



Meadow

Spring

Pansy



Daffodils

Lambs

Sunshine



Easter

Blossom

Walks



Flowers

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

Crossword

Down

- 1) Flower which you can make in to chains
- 4) We plant these to grow fruit and vegetables
- 5) A spring month
- 6) Yellow spring flowers
- 8) Plants start to..... in spring
- 9) Baby birds are called



Across

- 2) Baby sheep born in spring
- 3) Birds build these to lay eggs in
- 7) You might see this in ponds in spring
- 10) Pink and white flowers that grow on trees

Springtime

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

prime, sing

New Time for Tea Event Function at the Junction!

With the new season of Spring upon us, there's lots of new and exciting things happening with Time for Tea!

We're delighted to announce a new venue for our popular Time to Tea events at Junction 32 shopping outlet.

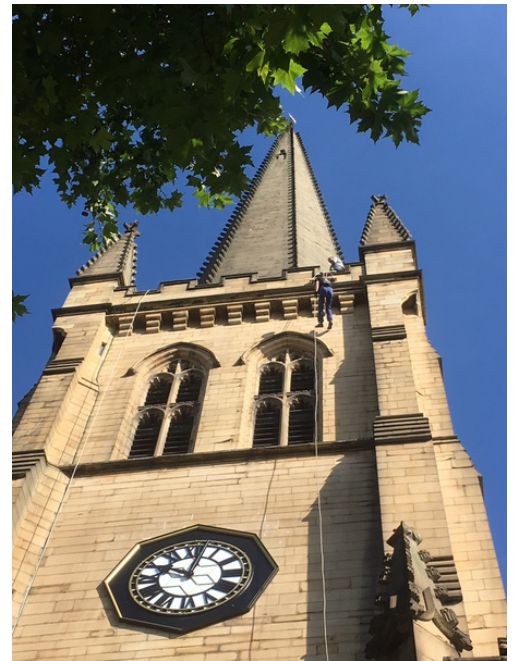
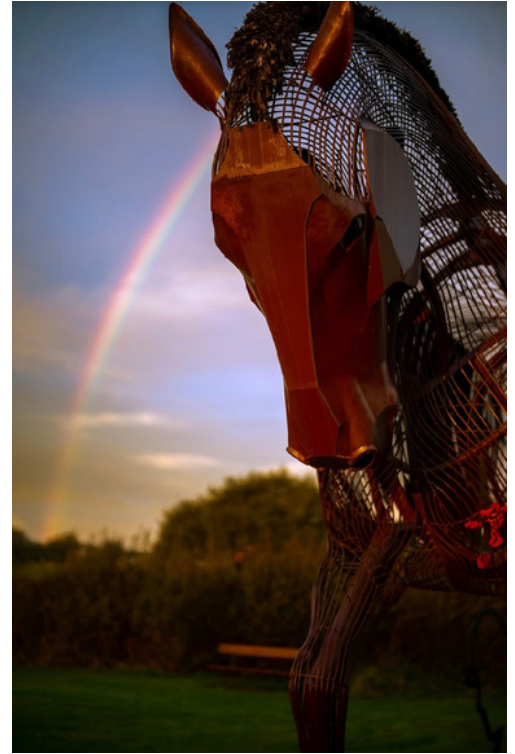
Starting in April, we will be hosting Time for Tea at Tilly's Kitchen and Coffee Lounge from 2pm to 4pm on the Second Tuesday of the month

9th May 2023
13th June 2023
11th July 2023
8th August 2023
12th September 2023
10th October 2023
14th November 2023
12th December 2023

If you fancy coming along, just turn up, there's no need to book and you'll be guaranteed a warm welcome



Evening photographs taken by local photographers



Film Preview

In March we were invited to a preview of the new film - Allelujah. Pontefract Library rolled out the red carpet and the folks from Channel 4 came along to capture our thoughts on the film. Allelujah tells the story of days gone by in a Geriatric ward in a Wakefield hospital. Starring Dame Judy Dench, Jennifer Saunders and Bally Gil to name a few, the film shows the care of older patients on a ward which is soon to be closed.



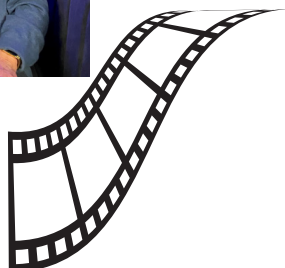
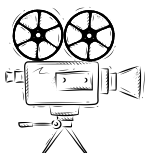
Here are some comments from the viewers, they thought about how the film made them feel and how life for them compares with that of the characters in the film.

"The best thing you can give someone who's suffering with dementia is time"

"I found it very sad"

"I enjoyed the film, it makes you stop and think doesn't it?"

"I feel very proud of the NHS but there's not enough funding"





Coronation Party



4th May
10am - 1pm



To celebrate the Coronation of King Charles III we will be hosting an indoor Street Party with The Ridings Shopping Centre on Thursday 4th May.

If you'd like to come along and join in the festivities, there's no need to book, but places will be limited.

The Coronation party will be held in the middle mall between 10am to 1pm.

Light refreshments will be provided by Wakefield Street Kitchen and there will be entertainment from talented Buskers and Karen Wright of Great British Bake Off notoriety will be demonstrating her cooking and baking skills in the main entertainment space.

The Ridings Centre team will be decorating along with our friends at Ryhill Junior and Infant school who are hand making special crowns and bunting.

There will be organisations attending for the Time for Tea Benefit Roadshow and of course the full Time for Tea team on hand.

Music, fun and laughter available for all who attend



Mindfulness Breathing

What is mindfulness breathing?

We all breathe without thinking about it, taking a breath in and out on average 22,000 times a day!

However, it's not very often that we take a deep breath, right to the bottom of our lungs and back out again.

Mindfulness breathing involves taking a deep breath in, holding it then slowly releasing it.

The key is to really concentrate on each breath, find somewhere comfortable and quiet to sit, and allow yourself 5-10 mins a day to practice.

Focus on your breath, allow your neck and shoulders to relax and be aware of each breath entering and leaving your body

Take the time to notice your thoughts and feelings, without trying to change them.

If you start to feel dizzy or uncomfortable you should stop immediately.

To help you get started, slowly trace your finger along the below image

Breathe in

Breathe out



7 Things Mindful People do differently

1
2
3
4
5
6
7

Start each day with curiosity

Savor moments, smell the roses

Forgive their mistakes big or small

Make peace with imperfection

Practice compassion and nature connections

Accept - and appreciate - that things come and go

Embrace vulnerability by trusting others -
and themselves

Recipes

We've pulled together a couple of quick cook recipes which save time whilst still including healthy vegetables and nutrients.



Have you seen the pouches of rice in the supermarket and wondered what the difference is? Well the main answer is time. The pouch takes 2 minutes in the microwave and always makes perfectly fluffy rice.

You'll find each supermarket makes their own version which will be cheaper than the brands shown but work just the same.

Fried Rice

From start to finish in 10 mins!

Ingredients

- 2 tbsp vegetable or sunflower oil
- 1 pack of microwave rice
- 1 serving of frozen mixed vegetable
- optional egg

Method

- Heat 1 tablespoon of the oil in a large non-stick frying pan and scramble the egg if using over a high heat, add frozen vegetables and cook until soft.
- Cook the microwave rice as per pack instructions then add to the frying pan and stir in the vegetables.
- Season with a sprinkling of salt or soy sauce for flavour

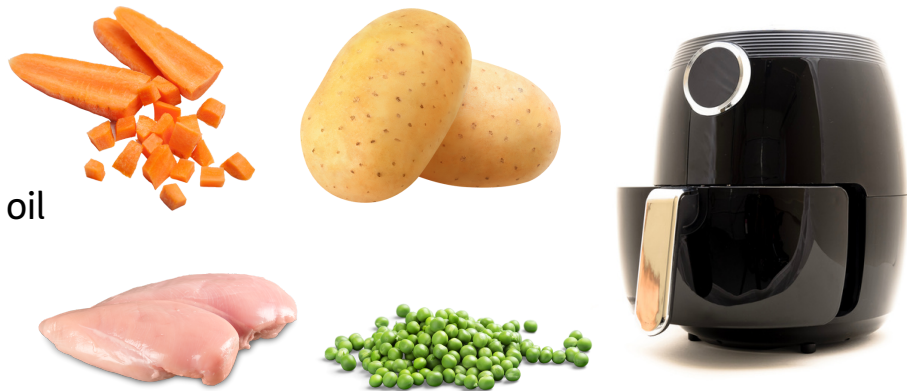
You can also add cooked meat or prawns if you'd prefer.

Air Fryers

The invention of air fryers has really changed the world of cooking for one or cooking smaller portions. You no longer need to put on a full sized oven, wait for it to heat up then cook things for hours to achieve a delicious crispy finish.

Ingredients

2 potatoes
3 tbs olive or vegetable oil
2 small chicken breast
2 carrots
100g frozen peas
Gravy to serve



Recipe

Soak the potatoes in water for 30 mins, then drain and rinse. Heat the air fryer for 2 mins (or as per air fryer instructions). Dry the potatoes, drizzle over 1 tsp of the oil and season with salt and pepper, then put into the air fryer basket, in one layer if possible. Cook for 10 mins at 190C

Coat the chicken in another 1 tsp oil and season with salt and black pepper. Once the potatoes have been in for 10 mins, move them to the sides and lay the chicken in the centre of the basket. Cook for 10 mins

Coat the carrots in the remaining oil. After the chicken has cooked for 10 mins, remove it from the basket and add the carrots, mixed in with the potatoes, then move both to the sides and put the chicken back into the centre. Cook for 10-15 mins, still at 190C. At this point, the chicken should be cooked – check by inserting a knife into the thickest part and checking the juices run clear. Remove the chicken and rest under foil.

Cook carrots and potatoes for a further 10 mins

Place peas in a Pyrex jug or microwave bowl and microwave for two mins.

Air fryers are also great for cooking things like frozen fish, chips, chicken etc which you can supplement with some boiled or steamed vegetables for a tasty meal.

Lots of frozen foods now have air frying instructions on the back, take a look next time you're out shopping.

5 Ways to Wellbeing -Get involved

Did you know that getting involved can help boost your mood and improve your mental health?

You may not be aware of all the different ways you can get involved in Volunteering with us, if you fancy a change this Spring or maybe you are looking to use different skills or gain new experiences, get in touch and talk to us about any of these opportunities, and don't forget to tell your friends, family members, work colleagues, or even the clients you support, about all the ways they too can help out and get involved. Give a little time and make a big difference!

Home Visit Befrienders

Home Visit Befrienders offer companionship and friendship to an isolated older person living in their own home, by providing regular weekly visits, simply sitting, having a cuppa, sharing stories and conversation and building a friendship – for this role we ask volunteers to commit to visiting once a week for around an hour per visit. Home Visit Befrienders must be aged 18 or over.

Telephone Befrienders

Telephone Befrienders offer friendship and conversation by telephoning an isolated older person living alone. Telephone befrienders spend around 30 - 60 minutes chatting with their client and building a friendship up over the phone. Sometimes Telephone Befrienders have two or three different clients to call. Telephone Befrienders must be aged 18 or over.

Tech Buddys

Assisting and supporting older people to access the internet via a new device, Tablet or Smart Phone, connecting people to their families by email, video calls or social media, alleviating isolation and loneliness. Tech Buddy's spend a number of weeks visiting a client in their home to teach and support them in building digital skills. Volunteers in this role must be aged 18 or over.

Feedback Volunteers

Volunteers with administration experience can offer their skills in a "work from home" environment. We have a number of roles to fill for people who have experience talking on the telephone, working with a computer database system, and who have office and administration skills. Training is offered to ensure you are comfortable and confident in role. Volunteers in this role must be aged 18 or over.

Time for Tea Volunteers

Time for Tea is an exciting way that older, lonely and isolated people can gather together for a period of time and enjoy some company with an opportunity to be informed about our services. Could you provide a warm and welcome smile to someone joining our Time for Tea events for the first time? Sit and have a chat over a cup of tea, socialise with participants and help serve refreshments? Time for Tea events are held monthly at Supermarkets and even some Wetherspoon's venues, across the Wakefield District and twice per month in The Ridings Shopping Centre Wakefield. Volunteers in this role must be aged 16 or over. 18 or over to participate in Wetherspoons Time for Tea events.

Retail Assistants

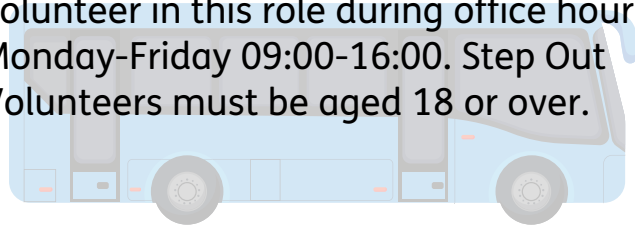
Volunteers can assist in our shops in Horbury, South Elmsall or Wakefield - greeting and serving customers, preparing goods for sale, assisting with shop displays and handling cash transactions on the till. Retail Assistant volunteers must be aged 16 or over. Our shops are open Monday, Tuesday, Thursday, Friday and Saturday.

Reading Friends in School

We are primarily seeking volunteers aged 50+ to become Reading Friends in school, encouraging primary school children who need support with reading and who are often not aware of the interests and pleasures they can derive from books. We are working with numerous schools across the district to encourage intergenerational practice.

Step Out Volunteers

Step out volunteers provide encouragement and support to older people that have lost their confidence in doing day to day activities through lockdown. A Step Out Volunteer would be matched with a client for a 6-8 week period and would help build confidence in such tasks as taking a bus, accompanying to the shops/supermarket, accompanying to a local group or simply getting out for a walk. There is a small element of paperwork in this role in the form of writing up a brief report after each visit. Volunteers must be available to volunteer in this role during office hours Monday-Friday 09:00-16:00. Step Out Volunteers must be aged 18 or over.



MCST Volunteers

Volunteers supporting the Maintaining Cognitive Stimulation Therapy (MCST) programme help people with mild to moderate dementia to take part in meaningful and stimulating activities. These groups help to improve cognition, independence and wellbeing. Volunteers can help by setting up a venue and clearing down afterwards, making everyone feel welcome and amongst friends and listening to clients and carers and using surveys to gather feedback. MCST volunteers must be aged over 18 or over.



Solutions to Think

Crossword Page 7

Down	Across
1 daisy	2 lamb
4 seeds	3 nests
5 March	7 frogspawn
6 daffodils	10 blossom
8 grow	
9 chicks	

Quiz Page 6

1. Hercule Poirot
2. Cheese
3. Sally
4. Bee
5. Markets
6. Damien Hirst
7. 15
8. St. David
9. Blue
10. Christmas



Contributors:

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

Michael Hirst Photography
Sebastian Hunter Photography

Many Thanks to all our contributors,
supporters and funders -
The National Lottery Community Fund



18



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

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

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 Spring 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

.....

