



Spring Wellbeing Newsletter



QUEEN FOR THE DAY AT MAY DAY CELEBRATIONS IN ALVERTHORPE 1904

With so much change ahead of us, we thought we'd take a little time to look back at our local community through the years. We hope you'll be able to spot some familiar scenes and reminisce about fond memories of years gone by with family and friends once lockdown guidelines allow.

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

Time For Tea, our open social events, will resume as soon as possible, we are eager to return and meet you in person. 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.

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Welcome

We have all felt the impact of Lockdown, especially this one over the winter period with bad weather and dark afternoons.

Fortunately, alongside the roadmap out of Lockdown we are coming into the warmer weather.

New beginnings, new life and longer days to enjoy and a reason to step outside and perhaps see other people again, within guidelines.

We are a long way down the road of Vaccinations, hopefully by mid to late April most of us will have received both vaccinations. It has been over a year since the first Lockdown was imposed, a long time to stay at home, some of us shielding and relying on others to do so much for us.

Spring is a time of new growth, new life and pops of colour with Crocus and Snowdrops, Daffodils and Tulips, buds on the trees and the blossom of the trees coming in to show they are warming up and coming back to life. We too dress in brighter colours and less layers as the temperature goes up. Even the light touch of Sun on our face and the breeze coming in through the window can lift our mood and make us hopeful again.



We will never get 2020 back again, it has been for many, a hugely sad year. Some of us have lost family and friends and they will be sadly missed and always be in our hearts. Last spring was filled with world news and worry, let's make the most of this one within current guidelines.

A simple way to feel better is to smile, it is scientifically proven to improve our mood and make us feel better with the release of endorphins in to the brain.



Our challenge to you this spring is to find something to make you smile! It may be plant coming in to bud, being out in your garden or seeing a friend go past the window. It could be your carer coming in to see you, your family calling you on Zoom or face time, give them a smile, a great big one and see how we can share that feeling.

It has been a time of great sadness but, all it takes is one smile, even a little wobbly one will start a new epidemic, of smiles!

We are always 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

Smiling

Smiling

The act of smiling boosts your immune system because you're more relaxed, with less cortisol and more happy neurochemicals. One study even found that smiling helps your body produce white blood cells to fight illness. Even a fake smile has benefits.



Smiling is contagious

Does faking a smile sound hard to you? No worries. Just be with someone who smiles. A Swedish study found that it's difficult to keep a long face when you look at people who are smiling at you. Smiling is just contagious! Seeing people smile stimulates our mirror neurones and triggers a smile. 'You smile, I smile' is actually a scientific fact!

Smiling is good for you!

Smiling also brings health benefits, like reducing anxiety, as well as lowering your blood pressure and heart rate. The happiness level that a smile can bring to our brains is estimated as equivalent to that of having 2,000 bars of chocolate! So, we do not need to eat lots of chocolate to be happy. A single smile will do the trick!



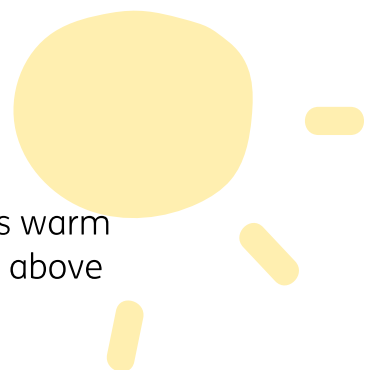
Bring me sunshine

Bring me sunshine
In your smile
Bring me laughter
All the while
In this world where we live
There should be more happiness
So much joy you can give
To each brand new bright tomorrow

Make me happy
Through the years
Never bring me
Any tears
Let your arms be as warm
As the sun from up above
Bring me fun
Bring me sunshine
Bring me Love

Bring me sunshine
In your smile
Bring me laughter
All the while
In this world where we live
There should be more happiness
So much joy you can give
To each brand new bright tomorrow

Make me happy
Through the years
Never bring me
Any tears
Let your arms be as warm
As the sun from up above
Bring me fun
Bring me sunshine
Bring me Love, sweet love
Bring me fun
Bring me sunshine
Bring me Love
Hey!



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. As we approach the new season and some warmer weather, simple exercise can be carried out near a sunny window, in an open doorway or in your garden or outside space.

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 short distances

Walk from one room to another and back if you're steady on your feet, when you feel strong enough, spend some time outside walking around your garden or along your street.

Being outside means you get much needed fresh air and vitamin D from any sunshine. Taking a stroll near to your home may help build your confidence to return to normal life and see other people. Sharing a smile and a simple hello can make the world of difference to not only our well-being but those around us.



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

01977 552114

Think

Spring Quiz

- 1) In Britain Easter eggs are traditionally delivered by the Easter Bunny, but in Switzerland they are left by which bird?
a) Eagle b) Blackbird c) Cuckoo d) Magpie
- 2) True or False? On the first day of Spring the hours of daylight and darkness are equal.
- 3) Which of the following ingredients is NOT traditionally in a Hot Cross bun?
a) Ginger b) Saffron c) Coriander d) Nutmeg
- 4) How long does it take for an egg to form before it is laid?
a) 3 hours b) 12 hours c) 26 hours d) 3 days
- 5) The stigmas from which spring flower are used to make one of the most expensive cooking ingredients? a) Daffodil b) Tulip c) Crocus d) Apple Blossom
- 6) Eggs have been a symbol of life and rebirth for centuries. The act of giving eggs as a gift dates back to which civilisation?
a) Romans b) Egyptians c) Persians d) All of the above

Word Search

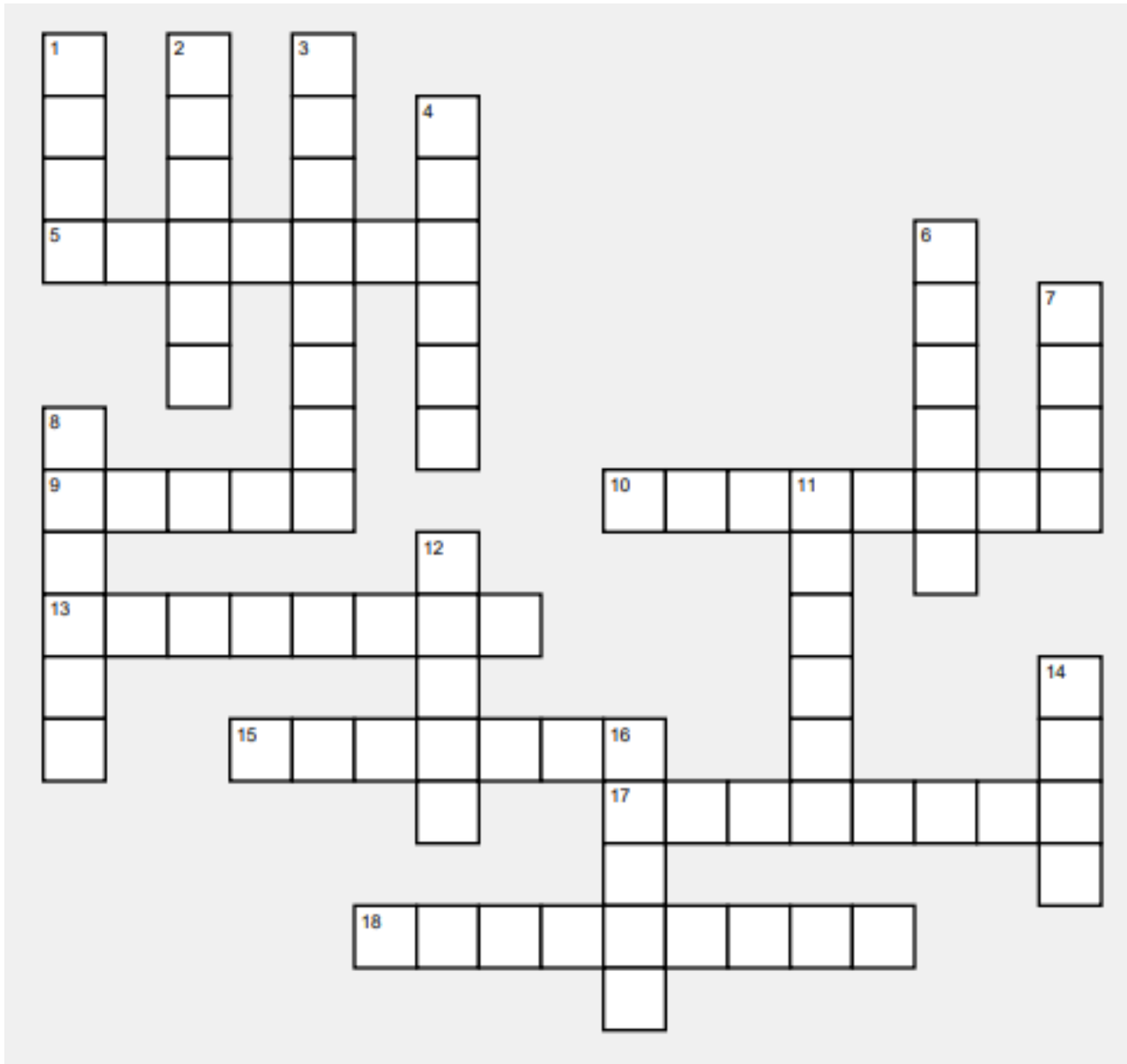
New Life
Umbrella
Maypole
March
Smile
Bonnet
Happiness
Jumping
Crocus
Friends
Showers
Cleaning
Daffodil
Ribbons
Renewing
Celebration
Dancing

April
Chick
Tulips
Buds
Eggs
Bunny
Sun



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

Crossword



Across

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel
- 18) Monarch, Red admiral e.g.



Down

- 1) Sport with tees
- 2) Fledgling plant
- 3) American's pastime
- 4) ___ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

Returning to normal

After such a long period of being 'locked away' from society, it is understandable that we may feel a loss of confidence or a hesitance in meeting other people again. Some people are naturally confident in social situations, but others may always have felt reserved or even shy. 'Small talk' is what we often rely on to get a conversation started and keep the momentum going, but over the past year there has been little opportunity to practice this skill. It is called 'small talk' because it focuses on the small details of life rather than the bigger picture and like any skill it needs to be practised. Here are a few simple tricks to help you get back on the right track.

Improve your reference base

Each week try find something current, of interest to you. It could be a fact from the news, world events, sport, fashion or recent films or books. Whatever catches your attention has the potential to engage others.

Start a conversation using what you have learned

Something non-controversial is usually best. The weather is said to be an obsession with people in this country but it is an easy place to start. Once the conversation has begun you may find it naturally progresses.

Ask questions

Ask the other person what they think. A conversation is a two way process not a speech. You could ask what they think of a storyline in a TV series, what sports team they support or even where they grew up. You may find you have a lot in common and even our differences can lead to friendly banter.

Reveal something of yourself

Beyond basic facts conversation is about sharing something of yourself. Be aware that some subjects may not be appropriate. Watch the person's response carefully and listen to your instincts. Be prepared to move the subject on if it looks like it may cause upset.

Deal with awkward silences

One of the concerns that many people have is what to do when the conversation dries up. It can be useful to have one or two things 'up your sleeve' to restart the chat if this happens. Local news and events are useful and interesting pieces of information you could share.

Remember names

When you are introduced to someone you may struggle to hear or remember their name. It is perfectly acceptable to say 'Would you say your name again?' or 'How do you spell your name?' or even 'That's a nice name' You could always repeat their name as you are speaking to them for example: 'It's lovely to meet you Shirley' this will reinforce it in your mind.

Develop your listening skills

If you have a short listening span, small talk might feel like hard work. To develop your listening skills, spend one minute each day listening to the sounds around you. How many sounds can you hear? Which are close and which are far away? Are the sounds harsh or soft? Can you recognise what the sound is made by?

Learning to analyse what you hear, will help you listen for longer and engage in conversation with more confidence.



Getting Back Out There

As spring arrives we are further along the Roadmap which will lead us out of lockdown.

There is no doubt it has been a tough year for everyone but, for some being in lockdown has led to a lack of confidence and getting back out after such a long time at home can seem daunting. We have put a list of things together that might wet your appetite for Post Lockdown adventures, using the time we have left in lockdown to plan ahead, make a To Do list, and above all look forward.

This list is our ideas of what we might do but, I am sure you have your own priorities too:

- **A family meal around a crowded table, everyone talking and laughing**
- **Hugging someone you have missed for as long as you want to.**
- **Travelling, either to faraway places or just the local beauty spot you couldn't visit in lockdown.**
- **Going to the pub for a proper pint, sitting and enjoying the atmosphere. Perhaps doing a real pub quiz**
- **Going to watch your team play in person, singing along with the other fans.**
- **Eating a big bag of Popcorn at the cinema while watching a great film.**
- **Treat yourself to a massage.**
- **Finding bargains when all the charity shops open again. Everyone has had a clear out so the shops will be full of great things.**

With all the excitement and happiness, we should also be cautious about our safety. Post lockdown, the spread of Covid-19 will become low but not completely zero. It's important for you to follow social-distancing practices along with maintenance of hand hygiene in your everyday life, avoid crowded indoor places like shops where you can. If everyone does their bit, we can all return to our new normal as soon as possible.

Finally, we all want to say thank you to all the key workers who have kept going throughout this pandemic so our lives could be tolerable.



Recipes

We have made it through the Winter and its warming Stews and steamed puddings, now as we get in to Spring it's time for fresh, seasonal fruit and vegetables.



Some of the lovely fruits and vegetables in season right now, Apples, Rhubarb, Asparagus, Cauliflower, Purple Sprouting Broccoli, Carrots, Savoy Cabbage, Sprouts, Lettuce, Radish.



As we already know it is better for us (and the planet) to eat food grown locally, fresher and tastier and in most cases cheaper when it's in season. Your local Fruit and Veg shop is a good place to visit when you can get back out to the shops.

Rhubarb crumble

This rhubarb crumble is an irresistible childhood favourite. You can also add other fruit to make this less tart like Apples, Strawberries or even ginger add a zesty twist.

Ingredients

- 365g diced rhubarb
- 200g caster sugar
- 3 tablespoons plain flour
- 200g light brown soft sugar
- 80g oats
- 200g plain flour



Method

Prep: 15min › Cook: 40min › Ready in: 55min

Preheat oven to 190 C / Gas mark 5.

Lightly grease a 22x33cm (9x13 in) baking dish

In a large mixing bowl combine rhubarb, caster sugar and 3 tablespoons flour. Stir well and spread evenly into baking dish. Set aside.

In a large mixing bowl combine brown sugar, oats and 200g flour. Stir well then rub in butter or margarine until mixture is crumbly. Sprinkle mixture over rhubarb layer.

Bake in preheated oven for 40 minutes.

Serve hot or cold.



Spring Vegetable Soup

This deliciously nutritious veg soup recipe captures the freshness and flavour of spring seasonal veg in a scrumptious bowl of goodness which definitely counts towards your 5-a-day and serves four people. Enjoy with warm crusty bread for a lovely light meal.

Prep:15min Cook:20min Serves: 4 people

Ingredients

- 1 litre hot vegetable or chicken stock
- 1 small onion, peeled and finely chopped
- 100g Chantenay or baby carrots, trimmed and halved lengthways
- 1 stick celery, finely sliced
- 4 baby leeks, trimmed and chopped
- 2 cloves garlic, peeled and finely sliced
- 250g baby new potatoes, quartered
- 100g fresh or frozen peas
- 3-4 heads baby Pak choi or spring greens



Method

Bring the stock to the boil in a large pan. Add the onion, carrots, celery, leeks and garlic. Return to the boil, then add the potatoes. Simmer for 12-15 minutes, until just tender.

Add the peas, then put the Pak choi on top, so it's just below the level of the stock, and simmer for another 5 minutes.

Spoon into warm bowls and enjoy with some fresh crusty bread.



Poems

A new season

Pink buds appear on twigs
Green shoots poke their way through
They feel the warmth of the sun
And grow beneath its yellow rays

White Lambs are born
Leaping in the long green grass
Mothers stay close
Watching, caring, protecting

Red tulips, yellow daffodils
Purple Crocus's, splashes of colour
Gardens grow, beds alive
New life surrounds

Nature's fresh start
A chance for something new
Looking to the future
A brave step full of possibility



If you'd like to send in your poetry,
for us to read and maybe feature in
the next newsletter, please post it to

Time for Tea
Age UK Wakefield District
7 Bank Street
Castleford
WF10 1JD

I Wandered Lonely as a Cloud

I wandered lonely as a cloud
That floats on high o'er vales and
hills, When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly
dance.

The waves beside them danced; but
they Out-did the sparkling waves in
glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little
thought What wealth the show to
me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils

By William Wordsworth

Feeling Crafty

Intermediate Patterns by Juliet Bernard

You will need some green, cream and pink 4 ply yarn and 36 black beads.

Knitting 1. Cast on 36 stitches in green. 2. Work 2 rows of K1 P1 rib. 3. Change to stocking stitch beginning with a knit row. 4. Work 1 row in green, 2 rows in cream or light pink and 5 rows in a darker pink. 5. Sew on the beads evenly across your hat. 6. Row 18 – P2 tog across all stitches (18 stitches). 7. Row 19 – K2 tog across all stitches (9 stitches). 8. Row 20 – P2 tog 4 times, K1(5 stitches). 9. Fasten off by threading yarn through 5st and drawing tight. 10. Make a bobble in cream. 11. Sew your juicy watermelon up at the side and attach your bobble to the top. 12. Show it off a bit, then get it in the post.



Did you know, the kind folks at Innocent Drinks kindly donate 25p to Age UK Wakefield District for every hat we post to them! Send your finished mini bobble hats to us at...

**7 Bank Street
Castleford
WF10 1JD**

Or get in touch for a large (100+) collection and help us fundraise through The Big Knit

Yarn: Green and brown DK with some red and black for embroidery

Needles: 4mm Hat

Cast on 31 sts in green

Beginning with a knit row continue in st st for 14 rows

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

Next row: purl

Next row: k2tog to end (8sts)

Change to brown Next row: p2tog 4 times then work an icord for 6 rows.

Next row: K2tog twice. (2sts)

Next row: k2tog and fasten off

Leaf

CO 3 st in green

Row 1: kfb k1 kfb (5sts)

Row 2: purl

Row 3: k2 m1, k1, m1, k2 (7sts)

Row 4: purl Row 5: knit Row 6: purl

Row 7: k1, ssk, k1, k2tog, k1 (5sts)

Row 8: purl Row 9: ssk, k1, k2tog (3sts)

Making up

Use a sewing needle to join side seams and sew in the ends. Attach the leaf to the stalk. Embroider eyes and mouth in black and apple cheeks in red.



Digital Inclusion

Have you ever dreamed of making a video call with family or friends but didn't know where to start?

Does the thought of spending money on equipment that you might not use put you off?

Do you need a helping hand to get started using a mobile phone or tablet?

Have you got the equipment but feel unsure how to use social media or online shopping?

This is all about Digital Inclusion and we are here to help you!

How can we help?

We are looking for around 30 older people to take part in our pilot scheme, where we can provide a free loaned tablet, all set up and ready to go and some guidance on how to use it. You will be amazed how much difference digital inclusion can make to your life. People are surprised at how easy it is to see a loved one as they speak to them, search a world of information, buy just about anything and enjoy clever games and puzzles on a screen.

We won't hurry you or push you, everything is done at your pace. We'll give all the tips on keeping safe and secure from the very start of your experience 'online.'

If you want help with your own equipment or to loan a tablet, please just give us a call on 01977 552114 and ask for someone from the Digital Inclusion team to call you back. Or include this information when you complete and return the feedback form on the back page.



What is it all about?

Whether we like it or not, many services are now moving 'online'. Companies save time and money this way, which means items may be cheaper for you and things can be done or delivered more quickly.

Being out of this loop creates many problems and can make you feel left out. Living through the COVID pandemic without being able to access services and information you need may cause distress.

Many older people have become cut off from friends and family and because human beings need company, this brings terrible loneliness.

Add to this the awful feeling of being out of control, unable to get your own basic supplies or manage your own finances, and you can start to see just how miserable it can be to be 'digitally excluded.'

Our aim is to tackle this exclusion as part of what we do and make sure our clients enjoy all the benefits of the digital world.



Digital Inclusion

So why might people hesitate?

It can look a bit scary but we can make sure you are in charge and know just how to spot anything that does not look right. We will make sure you feel comfortable and progress only when you feel it's right for you.

Some people may be happy to just use online jigsaw puzzles or play chess and that's fine. Once comfortable with this, they can always move on to searching for information using a 'browser' or writing emails to companies and friends, when they want to.



One big deterrent is the perceived cost of buying the equipment and then paying for a data source each month, and you do need both to be online. We can loan you a tablet and provide the data, both free of charge, to let you decide if you like being online, at no cost to you. If you discover it is worth buying your own there are much cheaper options available now than there were a few years ago. Data packages have also tumbled in price and can be set up on a direct debit, just like so many other services we pay for.

The internet opens up a fabulous world for you, just waiting to be discovered from the comfort of your armchair.

We will guide you and support you on this amazing journey and, if it isn't for you, then at least you know for sure. Make that call! Complete the feedback form!

01977 552114



A bit of 'Online' language to get you started

Google



Google is the most popular search engine on the internet and allows you to find websites and answers to questions. You can type in some relevant words and up pops a list of results. It's even become a verb - to 'google' something means to look up information online.

Apps (applications)



An App is a type of computer program that you can get for your computer, tablet, or mobile phone. There are hundreds of apps available that do lots of different things, from playing games and puzzles, to allowing you to access your bank account. You download apps from the internet and many are free.

Icon



An icon is an image or symbol on a screen that represents a function on your phone, tablet or computer. You usually 'tap' on an icon to open an app.

Tablet



A tablet is a handheld device with a touchscreen which can connect to the internet and be used as a portable computer.

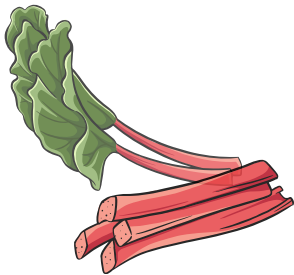
Data



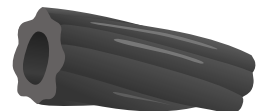
Data is the flow of information to and from the internet and the device. It can be messages, pictures, movies, or music and you buy a service, normally monthly, that allows this exchange to take place.

Looking Back

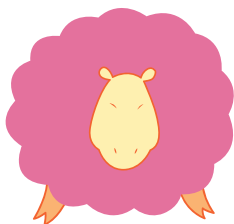
We are all looking forward to getting back out to our favourite places, do you recognise any of these local spots?



Normanton
Market Place



Beastfair Pontefract



Chantry Bridge

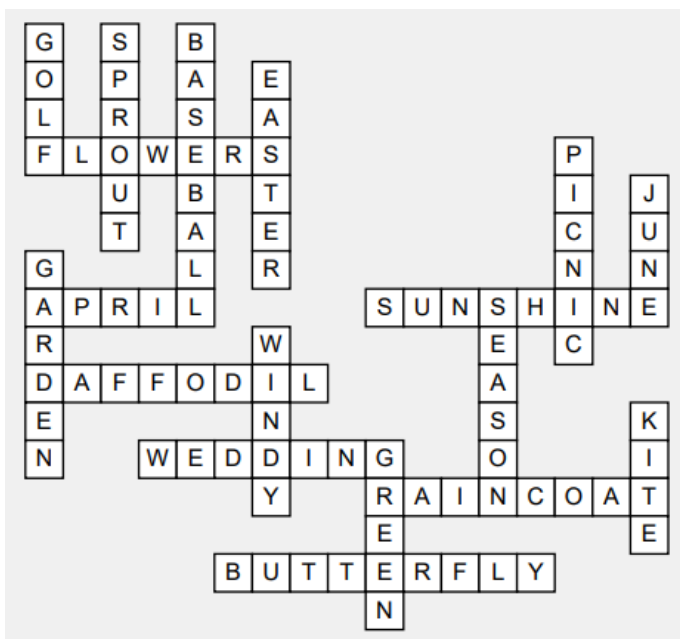




Once we are able to sit and chat with our loved ones, passing on tales from our yesteryears with the younger generations is a great way reconnect, sharing stories and describing how local landmarks have changed.



Solutions to Think



Quiz Answers

- 1) Cuckoo
- 2) True
- 3) Coriander
- 4) 26 hours
- 5) Crocus
- 6) All

How many lambs 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

We would like to thank the Coronavirus Community Support Fund, the Wakefield District Mental Health Alliance and the Charities Aid Foundation for their support with our Digital Inclusion Project



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Castleford
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Fold

Fold

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

Wellbeing Feedback

Spring Edition



1. Would you like more information about any of the topics in this Newsletter or the services we have available?

☐ **Yes**

☐ **No**

2. If so, would you like us to contact you?

☐ **Yes**

☐ **No**

3. 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

.....

