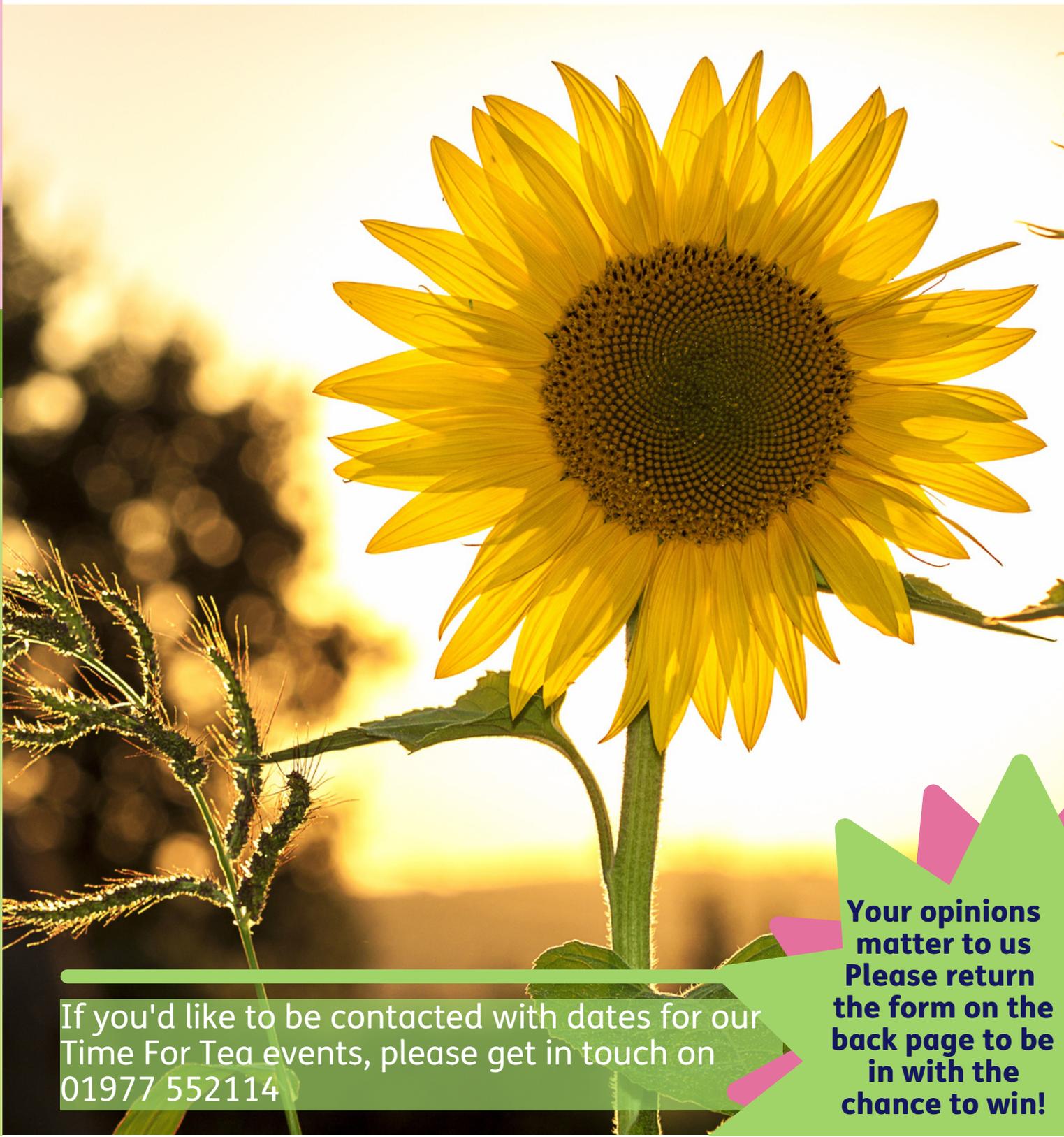




## Summer Wellbeing Newsletter 2023



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

Welcome to our summer newsletter although you may be forgiven for doubting the season through the wettest July for years. Nothing less than we expected after the rain on St Swithens day (15th July)

This, the 10th edition will continue in much the same way, offering you some tips on coping with the hot weather that will be coming along soon and some new recipes for you to try out. Of course our ever popular Quiz and puzzle page can be found on page 6&7.

We were so disappointed that our latest Community Day at Junction 32 was weather affected but the support from other local organisations and charities made it worth the effort. Please see some photographs on Page 9

We were much luckier on our visit to Pontefract Park for Armed Forces Day where we met lots of people who were looking for support, someone to talk to about their concerns and events that they could attend to help alleviate the sense of loneliness and isolation. We were joined by the Citizens Advice Bureau and Wakefield Council Money Smart team who supported attendees with wider advice.

We continue to look for ways to make sure we are offering the services and support that is needed and we are pleased to say we will be working closely with partners and local organisations in Knottingley and Ferrybridge to consolidate our current offers.

We currently have three new events held in the district. We are looking to increase the impact these can have and identify gaps where either we or other local groups can offer wider support.

Look out for a leaflet coming through your door soon!

Please complete our feedback forms and send them to us so we can include your ideas in the next edition where possible

Brenda - Time for Tea manager



# Armed Forces Day

17th June 2023

We celebrated Armed Forces Day in Pontefract Race Course with lots of wonderful people and a dash of sunshine.

There was something for everyone with entertainment from cheerleaders, brass bands, dancers and military cadets.

Our stall was beautifully decorated with bright balloons donated by Adeloons of Knottingley and in a great location near the entertainment space and next to the Citizens Advice Bureau.

We spoke to lots of people and handed out leaflets full of advice. It's great to be out in the community and letting people know about all the things we can help with.



# 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 isn't about working up a sweat. It's just about moving more each day in whatever way works for you. Below are some 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

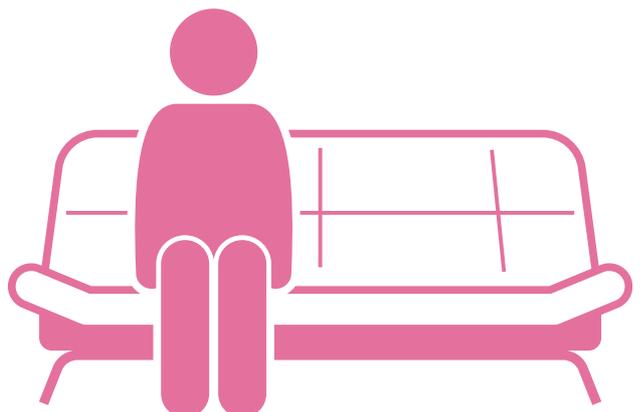
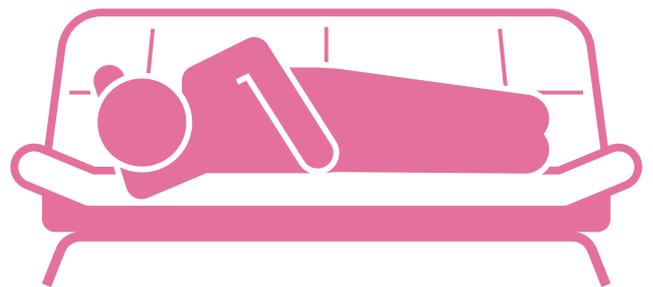
Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.

- 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.

## 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.



**When you find exercise difficult or aren't sure how to be more active, walking is a great activity. A daily walk, even if it's just a 15-minute stroll to the shops, is really good for you.**

## A little every day

Don't feel that you have to take long walks every day. It's better to make walking a part of your everyday routine. If your pace makes you feel a bit out of breath, but you can still hold a conversation, that's ideal. But if that's not manageable for you right now, any kind of activity is better than nothing!

To fit in a little extra walking every day, you could try:

- walking to the shops instead of driving
- using the stairs instead of the lift or escalator
- when driving, parking at the far end of the car park so you have further to walk
- planning a town or country walk at the weekend
- joining a walking group. It's fun to walk with other people and you might even make some new friends.

## If someone wants to get active but isn't sure how to

There's no specific type of exercise people need to do as they get older, but activities that work your cardiovascular system are the best. This includes things like:

- Walking
- Zumba
- Swimming
- Dancing
- Yoga.



Our bodies were made to move. It's a myth that getting older means an end to being active.

We are always being told being active is the secret ingredient to health and happiness, and it can help us reduce the risk of everything from cancer to heart disease. But for some of us just walking up the stairs can be hard.

However, you are feeling right now, and whatever you are dealing with, we can help you get moving more so you feel better for longer.

Being more active isn't about working up a sweat. It's just about moving more each day in whatever way works for you.



# Think

## Quiz

- When is the official first day of summer?  
A) May 26 B) June 21 C) July 4 D) June 24
- What is the oldest beach in America?  
A) Virginia Beach B) Miami Beach C) Revere Beach D) Old Orchard Beach
- What was the first ice cream flavour?  
A) Cherry B) Peanut Butter C) Vanilla D) Strawberry
- What year was the first beach ball invented?  
A) 1938 B) 1921 C) 1932 D) 1942
- What is the top selling summer item?  
A) Sunscreen B) Shorts C) Sunglasses D) Swimsuits
- The English word summer came from which of these words?  
A) Sumeraz B) Simern C) Zimer D) Saturn
- Summer solstice occurs on which 2 days in the northern hemisphere?  
A) June 20-21st B) July 14-15th C) July 20-21st D) August 4-5th
- What are the 3 summer zodiac signs?  
A) Gemini,Cancer,Leo B) Scorpio,Sagitarius, Libra C) Cancer,Leo,Virgo  
D) Capricorn,Leo,Cancer
- Which 3 fresh fruits outsell all others in summer?  
A) Grapes,Blueberries,Peaches B) Peaches,Watermelon,Tomatoes  
C) Tomatoes,Watermelon,Lemons D) Blackberries,Blueberries,Coconuts
- Which summer activity claims the least injuries each years?  
A) Swimming B) Volleyball C) Fishing D) Skinny Dipping



Summer

Sun



Icecream

water



flowers

walks

salad



heatwave

picnic

relax

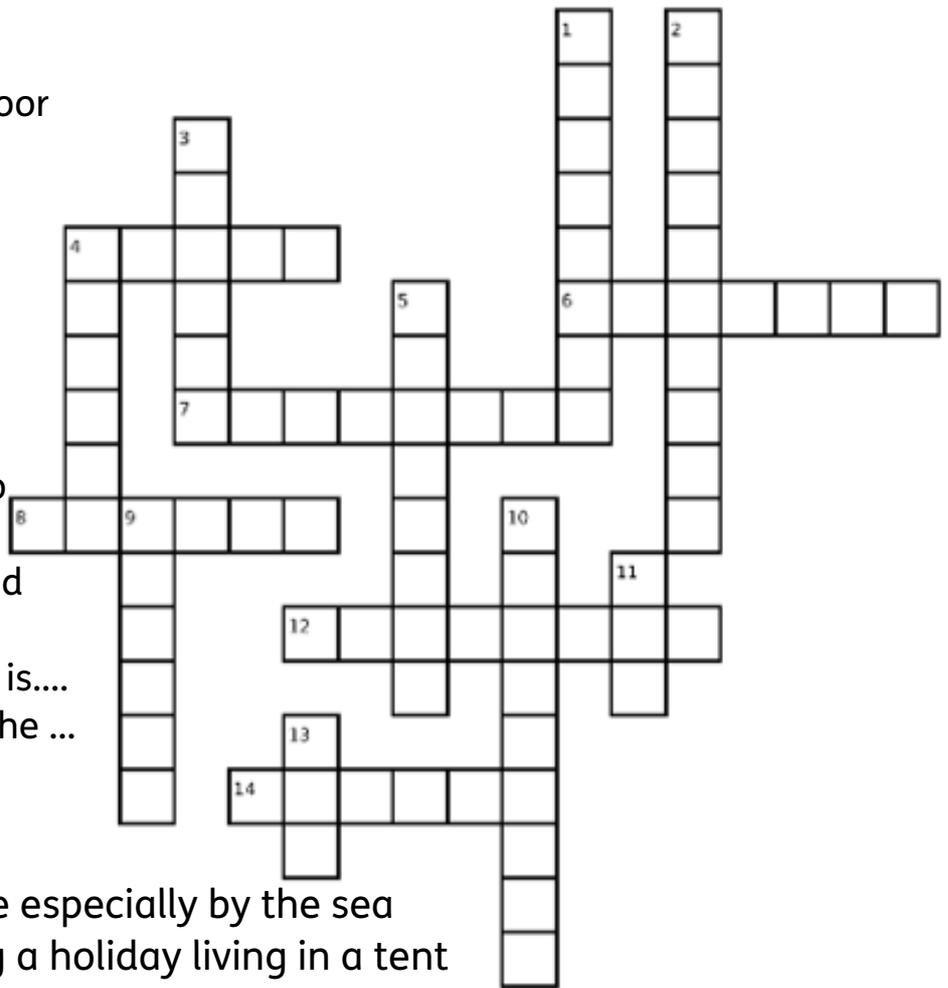


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J	C	S	L	W	A	T	E	R	G
N	R	U	A	O	T	L	S	S	E
W	E	M	W	L	W	X	K	I	U
U	A	M	N	Q	A	E	E	S	S
E	M	E	E	L	V	D	R	R	E
V	R	R	E	R	E	U	R	S	C
L	R	R	E	K	U	F	R	S	R

# Crossword

## Down

- 1) Food cooked out of the door on a grill
- 2) A big red and green fruit
- 3) Go from one place to another, typically over a distance of some length
- 4) A two-piece swimming costume for women
- 5) We put.....on our skin to prevent sunburn
- 9) Let's build a ..... with sand
- 10) From caterpillar to.....
- 11) In summer the weather is....
- 13) Let's have some fun in the ...



## Across

- 4) A pebbly or sandy shore especially by the sea
- 6) The activity of spending a holiday living in a tent
- 7) Beverage made of lemon
- 8) An occasion when a packed meal is eaten
- 12) Take a holiday
- 14) The warmest season of the year



# Sunflower



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

row, new

.....

.....

.....

.....

# Function at the Junction

Saturday 22nd July dawned on a very wet and not very warm morning as we set off for the Function in the Junction event at Junction 32 Retail Park.

We had luckily set up our gazebo the night before, just outside Tilly's café. We shared the space with the Alzheimer's Society & SSAFA Armed Forces were right next door.

Now it was time for the fun bit! Filling one of our wheelchair friendly Hospital transport cars with balloons ready for the Guess the number of balloons in the car competition to win a fabulous Movie night hamper.

The final winner guessed 160, his was the nearest to the actual 157 total balloons in the car.

The event was well supported by lots of partner organisations, including Fire & Rescue service, Yorkshire Air ambulance, MHA, armed forces vehicles from 15th 18th Hussars, Victim Support & many others. Wakefield Libraries and Museums were represented with some fascinating artifacts for people to see and handle.

There were also activities like face painting & hair braids for the younger ones.

We were delighted to welcome the Mayoral party and local councillors who came along and were very interested to hear how we all collaborated to make the event a success.

A lot of time talking to everyone brought many of the suggestions on how to improve the level of service to the people of Wakefield, The next council meeting should be interesting as they feed back all the information to their fellow councillors.

The shopping centre was quiet on such a poor weather day but we were surprised at how many people stopped by to chat. Lots of Age UK Wakefield District balloons and information leaflets were handed out.

Of course, the bowl of sweets proved to be a great reason for people to visit our stand!

A big Thank you for Junction 32 for hosting the event and for all the hard work that went in to getting things ready.





# Healthy Feet

Your feet have been constant fellow travellers throughout your life, but they may be showing signs of strain. Healthy feet are essential for comfort and safe walking and the good news is that there are lots of things you can do to look after them.

Painful and uncomfortable feet aren't a natural part of growing old or something to put up with.

## Wash your feet often

Wash your feet daily to help prevent any infections. If you leave dirt on the skin, it can become irritated and infected. Dry them well, especially between the toes to help prevent Athlete's foot.

If you have some hard skin, try apply moisturising foot cream (not body lotion).

## Toenails

It can get harder to cut toenails as you get older, but keeping them short will help keep you mobile. When cutting your nails, trim them straight across, never at an angle or down the edge as this may cause an ingrown nail. You may need help with this from your chiropodist or a toenail cutting service.

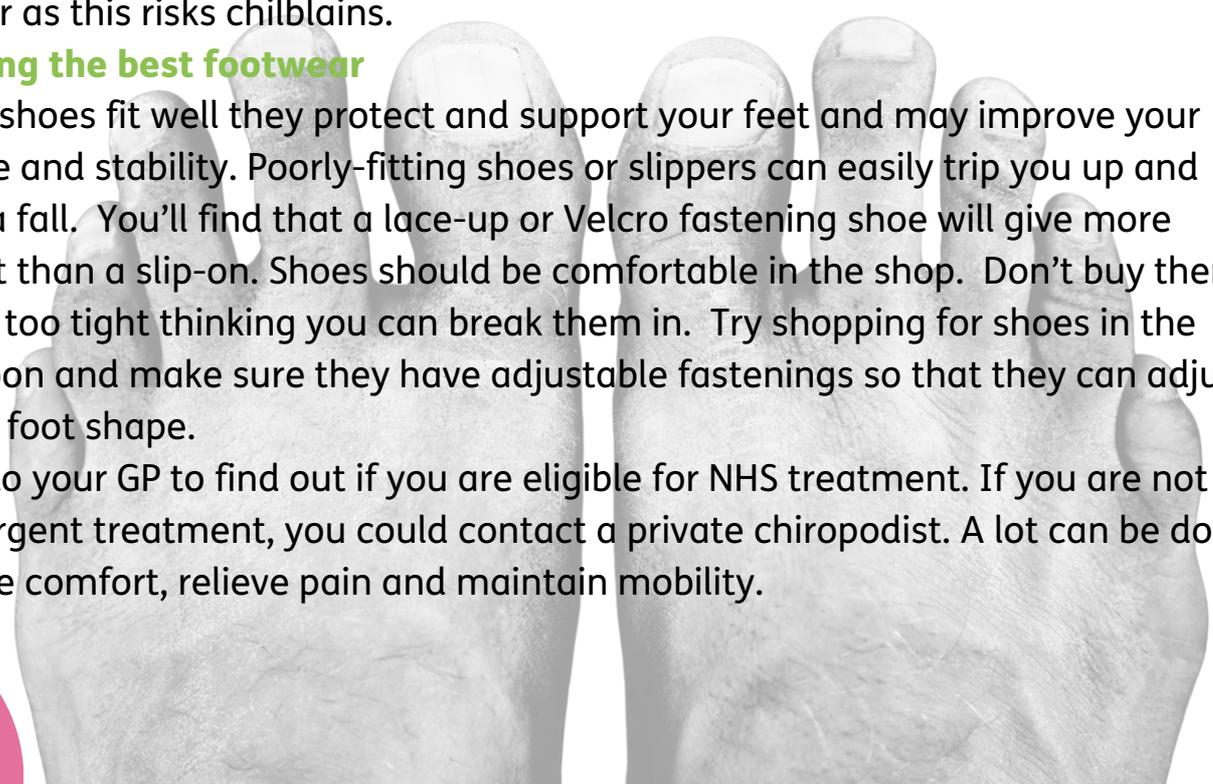
## Keeping warm

Warm stockings or socks can help. Avoid anything too tight which can restrict your circulation or cramp your toes. Wearing fleece-lined boots or shoes or even an extra pair of socks will keep you warm but make sure your shoes aren't too tight as a result. Bed socks are also a good idea when the weather is particularly cold. If your feet are cold, don't try and warm them up by putting them close to a fire or on a hot radiator as this risks chilblains.

## Choosing the best footwear

If your shoes fit well they protect and support your feet and may improve your balance and stability. Poorly-fitting shoes or slippers can easily trip you up and cause a fall. You'll find that a lace-up or Velcro fastening shoe will give more support than a slip-on. Shoes should be comfortable in the shop. Don't buy them if they're too tight thinking you can break them in. Try shopping for shoes in the afternoon and make sure they have adjustable fastenings so that they can adjust to your foot shape.

Speak to your GP to find out if you are eligible for NHS treatment. If you are not or need urgent treatment, you could contact a private chiropodist. A lot can be done to improve comfort, relieve pain and maintain mobility.



# Keeping cool in the summer

High temperatures and humidity can present a risk to our health especially as we get older. Here are some helpful tips on how to stay safe during hot weather



Stay out of the sun during the hottest part of the day 11am-3pm



Drink water throughout the day, staying hydrated is vitally important



Wear lightweight cotton clothing. Thin clothing in light colours and nature fibres is best



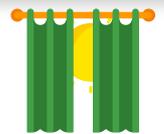
Wear suncream, making sure to get full coverage and don't forget the top of your head



If you are heading outside, allow plenty of time for rests in the shade and take a bottle of water with you



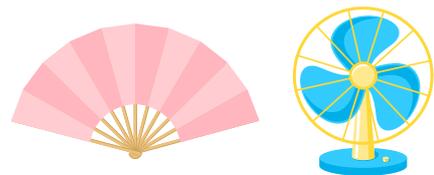
Keep curtains and blinds closed during the day. Open the windows for fresh air in the evening



Cool off with a damp towel and splashes of water



Either an electric or handheld fan can help you feel cooler



Drink water and eat light meals to prevent dehydration



# Recipes

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

## Cheats easy cook Pizza

From start to finish in 10 mins!

### Ingredients

- Flat breads (you can buy in packets in supermarkets)
- Tomato puree
- Grated cheese



### Method

- Under the grill, warm as many flatbreads as required, lightly toasting both sides for around 3mins each side.
- Carefully remove grill pan and place on heatproof surface.
- Spread tomato puree over the flatbread as desired then sprinkle over grated cheese of choice.

### Toppings

- Add as many toppings as you like, you can choose healthy veg to include your five a day favorites. Here's some ideas...
- Sliced mozzarella
- Sliced Tomatoes
- Roasted veg such as peppers, aubergine, onions, courgettes
- Sweetcorn
- Olives
- Ham
- Cooked meats



Place back under the grill until cheese has melted and toppings look crispy

## Dessert

This easy, no bake recipe for Strawberry cheesecake is a lovely treat for a summer's day

### Ingredients

#### Base

350g custard cream biscuits

150g unsalted butter

#### Cheesecake

300ml double cream

500g cream cheese (room temp)

120g Icing sugar

1 tsp Vanilla extract

Strawberries to decorate

### Recipe

To make the base, butter and line a 23cm loose-bottomed tin with baking parchment. Put the custard cream biscuits in a plastic food bag and crush to crumbs using a rolling pin or blitz in a food processor. Transfer the crumbs to a bowl, then pour over the melted butter. Mix thoroughly until the crumbs are completely coated. Tip them into the tin and press firmly down into the base using the back of a large spoon or spatula to create an even layer. Chill in the fridge for at least 1 hr to set firmly.

For the cheesecake, pour the double cream into a bowl and whisk with an electric mixer until it's just starting to thicken to soft peaks. Place the soft cheese, icing sugar and the vanilla extract in a separate bowl, then beat for 2 mins with an electric mixer until smooth and starting to thicken, it will get thin and then start to thicken again. Tip in the double cream and fold it into the soft cheese mix. Spoon onto the biscuit base, starting from the edges and working inwards. Smooth the top of the cheesecake and leave to set in the fridge overnight.

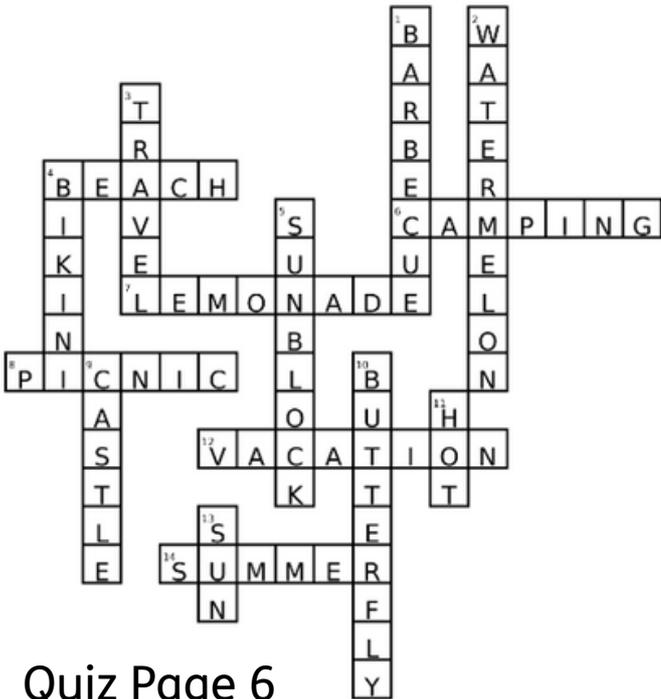
Slice the strawberries and decorate the top of the cheesecake as desired.

Remove from the fridge half an hour before serving, slice and enjoy!



# Solutions to Think

## Crossword Page 7



## Quiz Page 6

1. 21st June
2. Revere beach
3. Strawberry
4. 1938
5. Sunglasses
6. Zimer (originally Zomer)
7. June 21st
8. Cancer, Leo & Virgo
9. Watermelon, tomato & peaches
10. Swimming



### Contributors:

Time for Tea & Wraparound team  
 Brenda Wardle  
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Many Thanks to all our contributors,  
 supporters and funders -  
 The National Lottery Community Fund



## Useful Contact Numbers



**Age UK Wakefield District**  
**01977 552114**

**Samaritans**  
**116 123**

**Turning Point Talking Therapies**  
**01924 234860**

**The Silverline**  
**0800 470 80 90**

**24 Hour Mental Health Support Line**  
**NHS Every Mind Matters**  
**0800 183 0558**

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



**Age UK Wakefield District,**  
**7 Bank Street,**

**Castleford, T 01977 552114**  
**WF10 1JD www.ageukwd.org.uk**

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**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 Summer 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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