



Summer Wellbeing Newsletter



A SUMMERS DAY AT THE BRIDLINGTON SPA

With the change in the weather and some sun at long last, we thought some lovely images of local beaches might be just the thing to bring a smile and some happy memories to you.

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 gatherings have now resumed!

If you'd like to be contacted with dates for our events, please get in touch on 01977 552114 and ask for the Time For Tea team.

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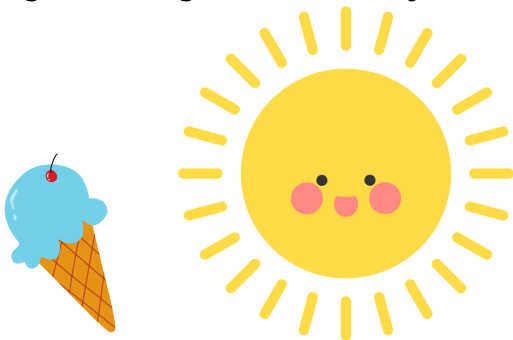


Welcome

Well, things haven't gone quite as we hoped with the roadmap and whilst we are all a little disappointed I am sure you will agree it is better to be cautious.

Despite the setback we are continuing with our plans to open up events in the community, following all current Government Guidelines to make sure we keep everyone safe. Starting small, we hope to build on these events as soon as we can so, there might not be anything near you yet but we will let you know our plans as soon as they are confirmed. Watch this space (or call us on 01977 552114) for further details.

As you will see in this, our 5th newsletter edition, we have listened to your feedback about the photographs and making the recipes for smaller meals or some that can be cooked in advance and frozen. We continue with the puzzle section being the most popular and we hope to switch it around a bit more to keep it interesting. We also have advice on dealing with the heat, always assuming we will get more this year!



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Our main topic is around helping you get back out there after such a long time of staying at home or shielding. We know from the calls we take, and talking to our clients how hard a task this can be for some people. We hope our advice helps but we also have a new Volunteer led Service called Step Out (page 14) which will support you with your first few weeks of venturing out. Whether to the shops, a local park or journeying on public transport for the first time.

You might even want to venture out to one of our Time for Tea events, and the Step out Volunteer could accompany you?

We are so looking forward to seeing you back out in the community or, in your homes if you can't get out. I know my colleagues and Volunteers have missed the personal connection with you and be assured we will be there in person as soon as we can safely do so.

Enjoy this summer, stay safe, but most importantly enjoy what nature has to offer us at every opportunity be it through a window , in your garden or in the wider world.



We'd like to say welcome to anyone receiving this newsletter for the first time and ask everyone to please complete and return the freepost feedback form on the back page.

We are 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

Positive ways to manage change

During recent world events we have often heard the use of the words change and transition. But what do they mean?

Change – refers to the external situation. What is happening around you?

Transition – refers to your emotional response and reorganisation. How will the changes affect your day-to-day life?

It doesn't really matter whether the change is of your choosing or out of your control, it will always have its challenges. Sometimes these challenges can be worrying or even frightening. Here are a few suggestions of how to manage the path through change with confidence and courage.

When I feel confused I will.....

Remember it's OK not to have all the answers. Think: 'Who can help?' If you can identify someone, reach out.

When I feel stuck I will.....

Take the smallest step to start the movement forward. Break down tasks so they feel more manageable. One step at a time, one day at a time. Try not to feel pressured or hurried.

When I know what I want but don't know how, I will.....

Remember that I have faced change in the past and found solutions. I am capable of coping. I have shown that I have the strength and courage to face this.

When I doubt myself I will.....

Take comfort in knowing that there isn't only one right way, there can be several good options to try.

If I feel that this isn't my responsibility I will.....

Allow myself the time and space to process this and let it go. Protecting yourself isn't an act of selfishness, it's essential to your personal wellbeing.

When making decisions it might be useful to ask yourself these questions:

***If I take this option, what are the benefits?**

***If I don't take this path, what will I lose?**

***How will I feel if I don't do this?**

***If a friend was facing this choice, what would I advise them to do?**

You may find that you're braver than you know and wiser than you feel.....



Move

The past year may have contributed to a reduction in your mobility. Staying home to stay safe has lead many people to lose the confidence to get out and about now restrictions have eased.

Strength

Regaining strength at a pace which suits you doesn't have to be a complicated process. Starting simply by setting small, achievable goals can help to give you focus and a short term plan. Chair based exercises are a great place to start and can be carried out near a sunny window, in an open doorway or in your garden or outside space.

Confidence

If you feel nervous about leaving the house or returning to a group, our Step Out team may be just what you need to provide the support and encouragement to get you back on track. From a walk in the park to finding and helping you travel to a new exercise class, our team can work with you, at your pace to build confidence and mobility.



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Stability

Taking time to build stability will provide a new sense of freedom when you are ready to exercise outside. Try starting with simple exercises you can do at home

Chair based exercise

Slowly raising and lowering your arms and legs, stopping if it feels uncomfortable and returning to exercise the next day.

Standing

With something sturdy to hold onto, standing and taking small steps on the spot can help build muscle strength to help with stability.

Walking

Moving from room to room, with a walking aid if required, is a good place to start. Walking in the garden or along the street when you feel able will also provide fresh air and sunlight. Once you feel ready to go on a longer walk, why not ask someone else to join you and have a natter at the same time?

Next Stage?

If you'd like to try something new, or return to a former type of exercise, why not ask us about our walking football teams for over 50's or for details on how to join your nearest Parkrun

Move

Walking Football

We have the pleasure of working with three Walking Football groups across the district. The Wakefield Wanderers in central Wakefield, West End Terriers in Hemsworth and an indoor team at Pontefract Squash & Leisure club.

Walking football has all the physical benefits you'd expect from the slower paced version of football, but it has so much more to offer. Looking after our mental health has never been more important. Being isolated throughout lockdown has left many people feeling lonely and depressed, getting back out and involved in a team activity is a great way to build strength, confidence and meet new people.



Parkrun

Did you know that you don't have to run to join in at a Parkrun event? Many people walk the 5k (Just over 3 miles) each week whilst others mix a little bit of jogging with walking. It's not a race and there's no pressure to go faster.

Parkrun is completely free but you do need to sign up (we can help you with this) so that you can get your barcode. This is scanned each week so you can keep track of your times and improvements.

We are lucky to have four courses in our District;
Wakefield Thornes Park
Pontefract Race Course
Frickley Park
Nostell Priory



Each event starts at 9am on a Saturday morning, there's no booking, just turn up with your barcode and follow the crowd! Everyone is friendly and there's a group chat for any new people each week.

Parkrun had to stop during lockdown but is hoping to get started again on Saturday 24th July

There's also plenty of volunteering opportunities at Parkrun, suitable for any age!

Think

Summer Quiz

- 1) Which British seaside attraction is 158 metres tall?
- 2) At 1.34 miles, where is the longest pleasure pier in the UK?
- 3) What was the name of the ITV holiday show fronted by Judith Chalmers which ran from 1994 to 2003?
- 4) When does summer officially start?
- 5) The month of July is named after which famous historical person?
- 6) Who was credited with saving 77 lives during seven summers working as a lifeguard at Lowell Park, Illinois, starting in 1926?
- 7) What term is often given to a period of dry hot weather that occurs in the autumn?
- 8) Which singer famously sung about going on a "Summer Holiday"?
- 9) Billy Butlin opened his first holiday camp in Skegness, where was the second?
- 10) What year in the 1960s was referred to as "The Summer of Love"?

Word Search



BEACH
BUTTERFLY
SPADE



PARK
BUCKET
WAVES
GARDEN



SAND
SPLASH
JULY
PICNIC
ICECREAM



SUNSHINE
FLOWERS
AUGUST
LOLLY
LADYBIRD

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

Crossword

Down

- 1) Tall plant with yellow sun shaped flowers
- 2) Land bordering an ocean
- 5) Journey, voyage or excursion
- 6) Outdoor space with temporary shelters
- 7) Short trip away from home
- 10) Activity of propelling one's body through the water
- 11) Month with Independence Day holiday
- 13) Container to carry camp gear
- 15) Flashes in the sky
- 16) Cultivation of flowers and plants
- 17) Degree of warmth

Across

- 2 Open shoe with sole and straps
- 3 Sixth month
- 4 Hot summer month
- 8 Release from effort or strain
- 9 In the open air
- 12 Informal outdoor meal
- 14 Unrestrained movement or action for fun
- 17 Day on which business activity is suspended
- 18 Open boat with pointed ends that is paddled
- 19 Activity of using a water craft for pleasure
- 20 Humid and steamy

Try this medium Sudoku

Each of the nine squares will have all the numbers between 1-9

Each row, horizontal and vertical can have 1-9 used only once

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

Keeping Cool and Hydrated

As the warmer weather finally reaches us here in Wakefield, it's important to manage your temperature and keep your fluids topped up with plenty to drink

Tips on how to keep cool

- Wearing lightweight, light coloured cotton clothing keeps you cooler
- Use a cool flannel or splash of water on the back of your neck
- You can place a cold flannel across your forehead, behind your knees and in the fold of your arms
- Place your feet in a bowl of cold water – enjoy a paddle!
- Take cool baths and showers
- Keep windows closed when the room is cooler than it is outside. Open windows at night when the temperature outside has dropped



Tips on how to keep hydrated

- Keep thirst at bay – feeling thirsty is a sign you are already dehydrated!
- Drink cool water based drinks throughout the day. Avoid excess alcohol, caffeine and hot drinks
- Keep hydrated by drinking little and often throughout the day
- Fruit, vegetables and salads contain a lot of water, so can be cooling, refreshing and hydrating
- Frozen fruit and vegetables are often a cheaper option and stay fresh because there is less waste. Try a handful of frozen grapes as a snack
- Always carry a drink with you when out and about. An insulated flask will keep drinks cold for longer



Sun Protection

As we age many changes happen to the skin. It can become drier, produces less collagen and it also becomes more sensitive. As our immune system weakens over time, our skin finds it harder to repair sun damage. Wearing sunscreen can protect us from harmful rays and prevent skin cancer and premature aging

Tips for sun protection

Use a sunscreen with SPF 30 (sun protection factor) or higher with four or five stars (UVA & UVB)

Apply sunscreen generously remembering to cover every exposed area. Include your face, ears, hands, bald thinning patches on your head and along your hair parting line.

Putting your feet up in the garden? Don't forget to apply sunscreen to the soles of your feet.

Reapply sunscreen every 2 hours, more if you are in water or sweating more.

Don't just rely on sunscreen to protect your skin. Try to avoid spending time in the sun between 11-3 when the sun's rays are at their strongest.

Try and wear protective clothing, wide brimmed hats and sunglasses.

Stay in the shade when you can.



7 Health Benefits of Sunlight

Improves your sleep

Because your body starts producing melatonin when it's dark, you usually start to feel sleepy two hours after the sun sets.

Reduces stress

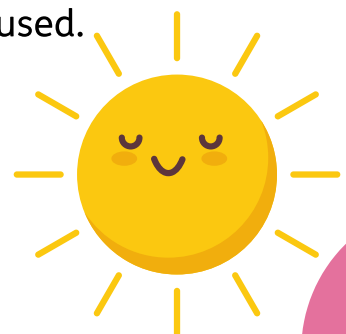
Melatonin also lowers stress reactivity and because you're often doing something active when you're outside (walking, gardening, etc.), that extra exercise also helps to lower stress.

Maintains strong bones

One of the best ways to get vitamin D is by being outside. About 15 minutes in the sun a day is adequate if you're fair skinned. Vitamin D helps your body maintain calcium to prevent brittle, thin, or misshapen bones and can strengthen the immune system.

Fights off depression

Sunshine boosts your body's level of serotonin, which is a chemical that improves your mood and helps you stay calm and focused.



Recipes

Planning meals for one person that are both healthy and affordable can seem like a huge task, especially when a lot of recipes are designed for families, couples or parties. However, there are some handy tips that can help you to make your weekly meals more affordable:

- Try buying a combination of frozen, fresh and canned fruit and vegetables to get the best value for money
- Tinned fish, beans, pulses, eggs and vegetarian alternatives can be a cheaper way to get a good source of protein
- Plan ahead and write a shopping list
- Choose fruit and vegetables which are in season
- Make batches of your favourite meals and stock up the freezer to save time later in the week
- If you can, buy meat in bulk and freeze in portions. Separating larger portions of mince - for example, into two plastic containers - can save pounds over the year

Tropical fruits with banana dip recipe

Enjoy fruit cut into chunks and served with a simple banana dip for a fun way to get more in your everyday meals.

Ingredients

- 1 fresh mango, peeled, pitted and sliced
- 1 fresh papaya, peeled, deseeded and sliced
- 200g pineapple pieces in natural juice, drained
- 100g strawberries, halved and stalks removed
- 1 banana
- 4 tbsp low-fat natural yoghurt



Method

Arrange the mango, papaya, pineapple and strawberries onto a serving plate

Slice the banana into a bowl and mash with a fork. Add the yoghurt and stir well to mix. Serve, dipping the pieces of fruit into the banana mixture.

(Make the banana dip shortly before serving so it doesn't go brown)

Simple Fish Dish

This easy to cook dish provides a healthy and tasty dinner option and can be adjusted to serve more people as required.

Ingredients

- 1 medium egg
- 100 g potatoes
- ½ a lemon
- 5 ripe cherry tomatoes
- 1 handful of black olives (optional)
- 1 x 120 g firm white fish fillet, such as sea bass, haddock, halibut, skin off, pin-boned
- Olive oil
- 1 splash of white wine(optional)



Method

- 1) Make a bag for your fish by tearing off a 35cm x 45cm strip of tin foil and folding it in half across the middle. Fold three of the sides up like an envelope, sealing the edges by brushing them with a little beaten egg before folding. Leave one side open.
- 2) Roughly chop or slice the potatoes, then cook in a pan of boiling salted water for 6 minutes. Drain and leave to cool slightly.
- 3) Finely slice the lemon, halve the cherry tomatoes, then squash the olives and remove the stones.
- 4) Place the lemon, tomatoes and olives into a large bowl with the cooled potatoes and fish. Drizzle lightly with oil, and season with sea salt and black pepper, then toss gently to coat.
- 5) Carefully transfer everything to the foil bag and loosely fold up the open side and pop the bag in the fridge until needed.
- 6) When you're ready to cook, preheat the oven to 200°C/400°F/gas 6.
- 7) Unravel the loose side of the bag, pour in the wine, then reseal and place on a baking tray.
- 8) Cook for 18 to 20 minutes, or until the fish and potatoes are cooked through.
- 9) To serve, place the bag on a serving plate and gently pierce to release the steam.

Poems

Summer's Splendor By The Sea

Summer's splendor by the sea,
a gentle, blue serenity.

Caressing rays of golden sun,
blushing, bronzing all who come.

Enticed by its romantic lure,
lovers stroll the sandy shore.

Hushing rhythm of the waves
and salty, misty ocean sprays.

Sea birds echo call of cries,
pierce the deep blue azure skies.

Dolphins dancing on their way
across the sea out to the bay.

A glistening, shiny, sun-soaked day.
All young and old alike at play,

building castles by the sea,
jumping waves and spirits free.

No place on earth as perfect to be
as summer's splendor by the sea!

Patricia L. Cisco

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



What does summer mean to you?

Throwing open the windows
Warm air breezes in
Curtains pulled back
In celebration of the day

Hot sand beneath feet
Pushing up between toes
Cold waves rushing forwards
Joys of a jump and splash

Flowers bursting into life
Colours, vibrant, call to bees
Grass inching, demanding attention
Sweet notes satisfying senses

A saunter in your step
The rushing pace melts away
A stroll without purpose
A walk with beams on your face

Garden gatherings come together
Smells, tempting appetites
A clink of glasses, pouring glugs
A chorus of chatter, laughter

Butterflies and birds
Return to our shores
Summertime in England
The joys surround us



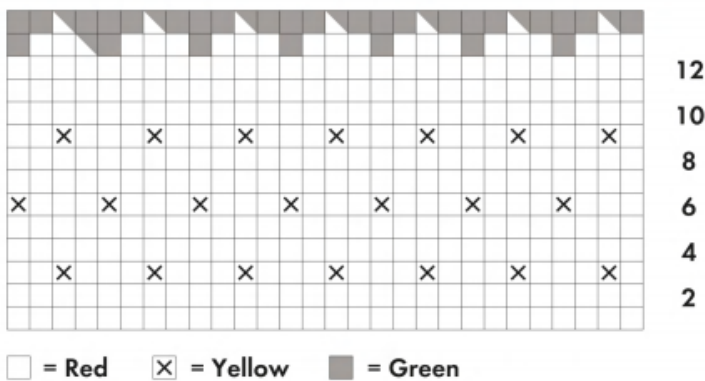
Feeling Crafty

Advanced Pattern by Juliet Bernard

You will need red and yellow double knit yarn and some green for the stalk and leaves.

Knitting 1. Using the red double knitting yarn, cast on 28 stitches.

K2 rows. Then, starting with a knit row and working in stocking stitch throughout (Knit 1 row, Purl 1 row, repeat) do the 12 rows as shown below.



For the next row, using green, K2 together across all stitches (14st), then for the next row P2 together to end (7 st), followed by the next row which is K1, K2 together three times (4st)

Transfer the 4 stitches from the right to the left needle, pulling the yarn tight and knitting them again. Repeat six times. This is an I-cord and will be the strawberry stalk.

To finish, K2 together twice then pass the first stitch over the second. Fasten off by pulling the yard through the last stitch.

Sew your juicy strawberry up at the side and thread yarn down the strawberry stalk

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

Step Out

Have you lost your confidence to get out and about?

Are you struggling to get to do the things you enjoy?

Is the thought of joining a new activity worrying you?

Then Step Out can help!

Step Out is a free service, offering one to one support for people aged over 60, to regain confidence and independence to access their local community and activities.

We can offer...

- A range of support tailored to suit your needs and concerns around becoming more socially active.
- Help to build confidence by talking through your worries and anxieties.
- We can initially accompany you to activities as you build connections and confidence.
- Support to set and achieve your personal goals at a pace which suits you.

As well as our Step Out support workers Kim and Julie, we are also recruiting volunteers to support the team. Because we have seen an increase in people who are worried about getting back into their usual routines after the Covid pandemic, volunteers will help us support more people across the District and reach people much quicker.

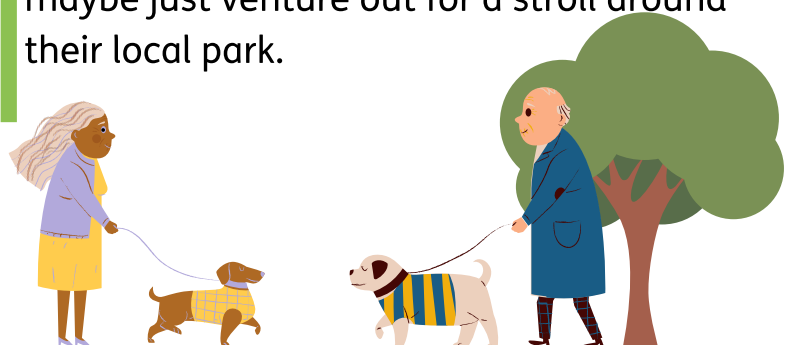
What support is available?

We hope over the next few months that local groups will begin to reopen. Here are some of the things Step Out could support you to access:

Day centres
Coffee Mornings
Exercise classes
Lunch clubs
Knit and Natter groups
Art classes
Educational courses
Health walks



However, we know that a group setting isn't for everyone and so the team also provide support to people wanting to regain their confidence to use public transport, access local amenities, or maybe just venture out for a stroll around their local park.



Step Out has enabled *Stella to get out and about following lockdown. Having spent the last year at home, Stella was worried to return to public places on her own so contacted Age UK Wakefield District to see how we could help. Our Step Out worker Julie, has been able to help build Stella's confidence and accompany her on public transport to visit these Wakefield sights.

*name has been changed to protect privacy



Being "online" can help you feel connected to the outside world. Keeping in touch with friends and family, using social media, booking and checking appointments and shopping online are just some of the benefits of being digitally connected. If you'd like support to get online, give us a call about our free computer tablet loan.

Meet the team...

Julie has been with Age UK Wakefield District for 15 years and works as a Step Out coordinator.

"I find this role very rewarding, working with people who may have lost confidence to do the things they once enjoyed, or find themselves isolated and not sure where to start to get their lives back. Seeing the once confident, lively happier person emerge again is just the best job satisfaction ever!



In my spare time I love to walk and enjoy Zumba Pilates and swimming, I also spend lots of time with my two small Grandchildren - they sure do keep me on my toes!"



Kim has been with Age UK Wakefield District for seven years and works as a Step Out coordinator.

"I love my job, it is so lovely and rewarding to see how a person has progressed with your support and what a difference it has made to their life. I also love all of their characters, quirks and life stories and feel privileged to be included in a little part of their life.

My hobbies and interests are cooking, watching Crime dramas and A Place in the Sun, listening to music, holidays & short breaks and eating out with maybe a glass of vino or two. Despite having arthritis in my knees I try to keep fit and active by walking 10-20km per day. Like everyone else I cannot wait for life to return to some sort of normal."

Looking Back

We may not have our own coast in Wakefield but you may remember some wonderful days at the beach, do you recognise any of these seaside shots?

Bridlington



Blackpool



Skegness

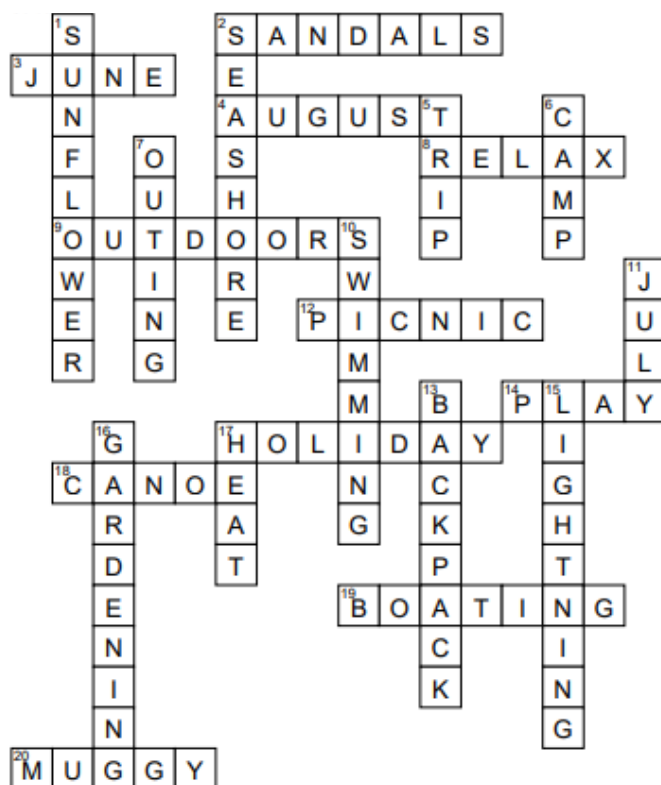




**Do you recognise this water fountain
and the spots it's been located over
the years?**



Solutions to Think



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

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

Quiz Answers

- 1) Blackpool
- 2) Southend
- 3) Wish you were here
- 4) 21st June
- 5) Julius Caesar
- 6) Ronald Reagan
- 7) Indian Summer
- 8) Cliff Richard
- 9) Clacton
- 10) 1967

How many
ice creams did
you spot in this
newsletter?



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Registered Charity No:1096511
Registered in England and Wales

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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 Summer Edition



1. Which pages or topics did you most enjoy in this Newsletter?

.....

.....

.....

2. 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.

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**

Your Contact details ☐ **No**

Name

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Address

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Phone

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Email

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