



# TIME FOR TEA



**Editor: Brenda Wardle**  
Time for Tea Manager

**Emma Kirkby-Geddes**  
Director of Services  
Positive ageing & Research



Welcome to our Newsletter, What a Year! Our second Time for Tea Newsletter will be focusing on the upcoming Seasonal Celebrations, sometimes a challenging time for many of us, even more so this year. This edition will continue to offer ideas and advice to fill your time during these short winter days.

We took notice of your feedback and made some changes, we hope you like them? Because of the special time of year, we had so many ideas for the Enjoy section we decided to extend it. We all hope you like the activities.

We wish you all the best for the season and the New Year and hope it will be a better one for us all.

The festive season is often the time that we focus on connection with friends and family but given the on-going Coronavirus pandemic, this will be difficult for many of us this year.

This pack has been carefully and thoughtfully created and contains tips and advice as well as activities which we hope are both useful and entertaining. But over and above this, it is our way to connect with you at this time. We feel it is more important than ever to reach out in whatever way we can and let you know we are here.

We wish you the very best at this unsettled time and hope for you that you find some joy in the festive season now upon us.

---

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

---

## Contents

2	Breathe	10-11	Calm
3	Move	12	Getting through this together
4	Nourish	13	Befriending
5	Keeping Warm in Winter	14	Seasonal Affective Disorder
6-7	Think	15	Mindfulness
8	Enjoy	16-19	Hospital Transport Support Service
9	12 Days of Christmas	20	Puzzle solutions

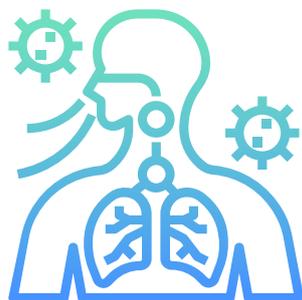


# Just Breathe

## Breathing to reduce anxiety

This can be used whenever you feel yourself becoming stressed or anxious. Sit or lie down in a comfortable position, your eyes can be open or closed.

- Put one hand on your tummy just below your ribs, and the other hand on the top of your chest.
- Take a deep breath in through your nose and allow your tummy to push your hand out. Your chest should not move.
- Breathe out through pursed lips. Feel the hand on your tummy go in and use it to help push the breath out of your lungs.
- Do this for up to ten breaths, at whatever speed feels comfortable for you. Slow and easy is best.
- Perhaps start with three or four breaths and work up to ten.
- Build into your daily routine. The more you practise, the easier it will become.
- Focussing on your breathing and counting each breath in and out will help you to take slower and deeper breaths which will in turn induce a feeling of calmness.



## Breathing to encourage natural sleep

This technique will help you to relax into sleep.

- Lie in a comfortable position, where you feel safe and warm.
- To prepare, engage in a few rounds of gentle muscle tensing and releasing.
- Inhale as you tense all the muscles of your body: squeeze your hands into fists, tighten the muscles of your legs and arms and screw up the muscles of your face.
- Exhale through the mouth as you release the tension and feel your muscles relax.
- It can help to mentally name the parts of your body as they relax: My face has relaxed; shoulders relax; arms relax.....
- Repeat a few times until you feel all the stress in your muscles has gone.
- Keeping space between the bottom and top teeth, place the tip of your tongue on the roof of your mouth behind the top teeth.
- Breathe 3-4-5 as follows: Breathe in through the nose to a count of 3. hold the breath for a count of 4
- Breathe out through the mouth for a count of 5.
- Repeat the final steps until you feel yourself drifting off into sleep.



# Move

We all know moving more is good for us but getting going can sometimes seem too hard. 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 so ask your GP for some tips.

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

## Wall Push Ups

To maintain upper body strength and bone mineral density

1. Stand at arm's length in front of a wall which is safe
2. Lean forward slightly and put your palms flat on the wall at shoulder height
3. If you are just starting out have your feet closer to the wall
4. If you want more of a challenge have your feet further back from the wall
5. Keep your feet planted as you slowly bring your body towards the wall, aiming to keep your body straight
6. Gently push yourself back so that your arms are straight again
7. Aim for 5-10 slow repetitions
8. Perform this 2-5 times, take a break for 40-60 seconds before repeating again.

## Sitting, Singing, Dancing, Clapping

Even small movements can be good for you, clapping as you sing a favourite song can be a great way to warm up and get the blood flowing.

"If you're happy and you know it...."



When you are sitting for a length of time, maybe watching television, you could try gently raising your arms above your head, if this feels too easy you could try holding tins of soup or small water bottles in each hand. Start off doing this five times a day and increase a little each day



If all else fails, why not try lifting a glass of your favourite drink and raise a cheer to Christmas, repeat as required!



# Nourish

## Mince Pie Brownies

A tasty way to use up left over mince pies if you've had your fill over Christmas!

### Ingredients:

- 185g unsalted butter, cubed
- 185g dark chocolate, chopped
- 85g plain flour
- 40g cocoa powder
- 3 large eggs
- 275g golden caster sugar
- 6 mince pies
- Icing sugar for dusting

### Method:

Preheat oven to 180 and lightly grease a shallow baking tray

Gently Melt butter and chocolate in a bowl.

Sieve flour and cocoa into a medium bowl. In a separate bowl, whisk eggs and sugar until thick and creamy.

Pour melted chocolate mixture into the egg mixture, folding carefully in with a spatula.

Be gentle so you don't knock out the air. Then add the flour and cocoa.

The mixture will look dry and dusty and then turn fudgy. Don't overmix!

Spoon half of the mix into the tin and then scatter over large pieces of broken up mince pie. Add the rest of the brownie mixture on top.

Put in the oven for 25 minutes. If the centre is still very wobbly, put back in the oven for 5-10 minutes until the top has a shiny look



## Bubble N Squeak Cakes.

An old favourite you may not have made for a while

### Ingredients:

- 1 small knob of butter
- 225g (8oz) shredded savoy cabbage
- 400g (14oz) mashed potato (or about 500g (1lb 2oz) raw potatoes, boiled and mashed)
- 75g (3oz) chopped ham
- 25g (1oz) grated Cheddar cheese
- 1tbsp. wholegrain mustard
- Splash of milk
- Splash of vegetable oil

### Method:

1.Heat a small knob of butter in a large non-stick frying pan over a medium heat and fry shredded savoy cabbage for 5min or until just wilted.

2.Put into a large bowl and stir in mashed potato, chopped ham, grated cheese, 1tbsp wholegrain mustard and a splash of milk.

3. Season well, then divide the mixture equally into eight and shape each portion into a flattened patty. Return the pan with a thin layer of vegetable oil to a medium heat. Fry the patties for 8-10min, turning once, or until golden and piping hot. Serve immediately with your favourite chutney.



# Keeping Warm this Winter

## Household Tips

1. Draw your curtains in the evenings to minimise heat loss through windows
2. Tuck long curtains behind radiators so that heat isn't trapped, making sure no fabric falls on top, blocking the heat
3. Keep radiators and heaters clear so heat can circulate - don't put furniture in front of them or dry washing on them
4. If there are rooms you don't use, turn off the radiators in them and close the doors. Keep your home at a stable, comfortable temperature
5. Use your heating controls, such as thermostats and timers, to heat your home without wasting energy

## Keep Moving

Do you enjoy knitting or crocheting? We have some wonderful patterns ranging from beginners to advanced for mini bobble hats. We collect in the hats and send them to Innocent Smoothies who kindly donate 25p to our charity for every mini hat they receive. It's a great way to keep active and support the charity too! Patterns can be found on our website or we can post some out to you, just get in touch!



## Clothing Tips

1. Wear layers of clothes including a tighter fitted base layer such as a thermal vest
2. Keep your feet warm with thick socks and well fitting slippers. Did you know that boot style slippers which cover your ankles, help to keep you even warmer?
3. Wearing a soft hat indoors can help to keep you warm if you are sitting still for long periods of time



## Heating Costs

If you have concerns over the cost of heating your home, there may be help and benefits available to you. Our staff can talk you through the options and help you complete applications to make sure you are receiving the correct benefits.

**01977 552114**

# Think

1. What is traditionally hidden inside a Christmas pudding?
2. What is the name of the character in Charles Dickens' 'A Christmas Carol' who gets visited by the ghosts of Christmas past, present and future?
3. What is 'Happy Christmas' in Spanish?
4. How many days are there on a traditional advent calendar?
5. In the song 'The 12 Days of Christmas' how many gold rings does the singer's true love give him?
6. What is the last day of Christmas called?
7. Which plant, beginning with P is associated with Christmas?
8. Which unusual ingredient did Victorian cooks use in mince pies?
9. If you're born on Christmas Day, what's your star sign?
10. What's the fun name for the sausages wrapped in bacon traditionally eaten with the Christmas dinner?

## Christmas Word Search

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

## Sudoku

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

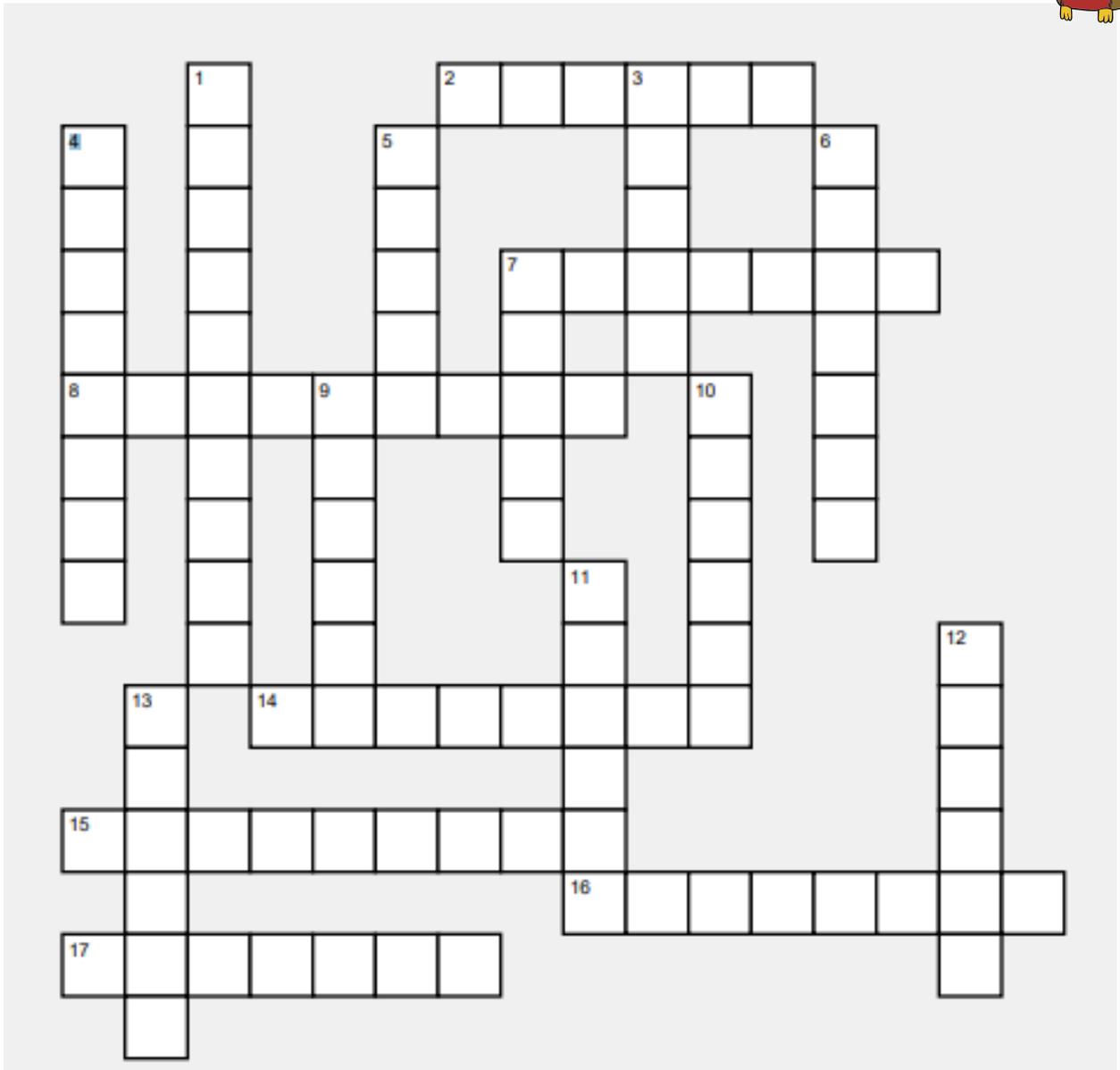


Blitzen Comet Dasher  
 Baubles Dancer Turkey Mistletoe  
 Carols Ivy Vixen Rudolph  
 Robins Elves Yulelog Celebrations  
 Prancer Donner Nativity Midnightmass



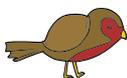
TIME FOR TEA

# Christmas Crossword



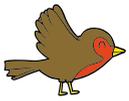
## Across

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter \_\_\_ Games



## Down

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool



# Enjoy

How many words can you make from the word

## Christmas

maths

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

### Do

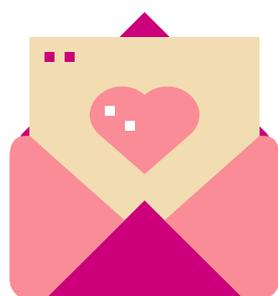
Pick up the phone, or put pen to paper, and contact a friend or family member you haven't spoken to in a while.

### Think

How did you find this challenge? What did it make you think about, or reflect on?

### Share

Send your thoughts to a friend in a letter, or send them to us, we are always happy to hear from our new friends. See our address details on back page and please keep yourself safe.



### Do

Wakefield libraries are fantastic places! Find out about Doorstep Book Delivery (01977 302241) or visiting your local library (01924 302235)

### Think

What kind of books transport you to somewhere else when you are stuck at home? What books do you already have at home in your own mini library?

### Share

by discussing your favourite books with friends on the phone or post your favourite titles when it is safe to do so. You could even try reading a poem out loud from memory.

# The Twelve Days of Christmas

If you were to receive all of the gifts in this popular Christmas song, you would have a grand total of 364 presents jostling for space under the tree!

12 Partridges in a pear tree  
22 Turtle Doves  
30 French hens  
36 Calling birds  
40 Gold rings  
42 Geese a-laying  
42 Swans a swimming  
40 Maids a-milking  
36 Ladies dancing  
30 Lords a-leaping  
22 Pipers piping  
12 Drummers drumming  
At an estimated cost of over £132,000



*On the 12th Day of Christmas  
My true love gave to me...*

12 Drummers Drumming  
11 Pipers Piping  
10 Lords a Leaping  
**9 Ladies Dancing**  
8 Maids a Milking  
7 Swans a Swimming  
6 Geese a Laying  
5 Golden Rings  
4 Calling Birds  
3 French Hens  
2 Turtle Doves  
*and a Partridge in  
a pear tree*

We'd like you join us and other readers as we sing this song at 11am each day during the twelve days of Christmas.

Together but apart, we can feel the festive spirit of a good sing song and know that others, across the district are joining in too.

# Calm

## Winter Garden

In winter the birds that visit your garden need extra nourishment to keep them warm on long cold nights. Feed the birds in your garden with these homemade fat and seed balls.

### Fat ball recipe:

Making fat balls is extremely easy, all you need is solid vegetable oil, beef suet or lard, plus bird seed mix, at a ratio of 1:2. Use a fat that is solid when unrefrigerated to avoid it melting and making a mess.

One part solid vegetable oil, beef suet or lard.

Two parts bird seed mix

### Fat ball method:

1. Mix one part suet/ lard to two parts seed in a saucepan and gently heat, stirring until the fat becomes soft.
2. When cool, use an ice cream scoop, or mould with your hands, into balls. If you want them to hang from a tree thread some string through them.
3. Space apart in a plastic container or on a tray and place in the freezer to set firm.
4. Once the fat balls are solid, put in the garden, on a bird feeder or in a fat-ball feeder.



### Ever wondered why a Blackbird acts like it does?

Blackbirds feed mainly on the ground. They run and pause, run and pause, run and pause. Each time they stop, they scan the ground for prey. If they see a worm, they search more thoroughly before moving on. This is because worms tend to live in small groups, so if a blackbird has found one another won't be far away.

As well as feeding on lawns, blackbirds love fallen leaves. They toss leaves away to find small edible creatures underneath. They will even do the same with snow! But how do they know to dig under that particular bit of snow or to look under a certain leaf? They listen, with very sensitive ears!



### Why do Sparrows like to eat bread?

House sparrows mainly eat plants, whatever the time of year. Sparrows have chunky, seed-eater's beaks, and they will tackle all manner of seeds and grain. They either separate the seed from its husk with their beak or they pull the seed apart to get to the good bit - the starch that the seed would have used when it was time to grow. We use this same starch to make flour for bread. This is why many birds are happy to eat scraps of bread from your bird table.

## The Lakes I love

Velvet slopes of grassy green  
Scree-edged summits beckoning  
Shifting light from sun and clouds  
Form a changing tapestry

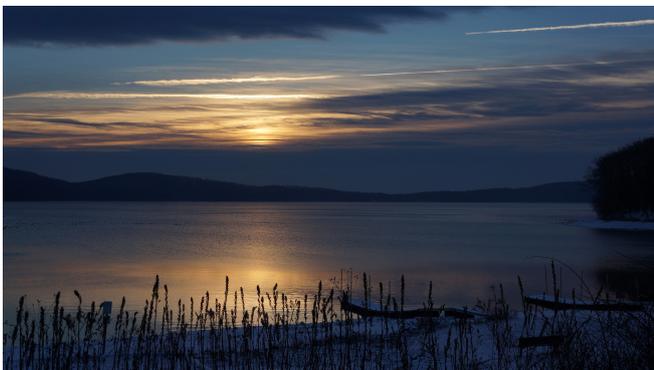
Soft breezes carry sweet perfume  
Of woodland, moss and earth  
Caressing soul with peace and rest  
Found - nowhere else

Mirror lakes reflect the calm  
And lie like jewels in the sun  
Strewn there to bring surprise and joy  
To the unsuspecting traveller

Curling log-fire smoke ascends  
From green slate cottages in the vale  
The bleat of sheep, the call of crow  
The morning birdsong row

Winter crisp the frost-filled air  
Bites hands and feet, and welcome are  
The cosy tearooms near and far  
with sustenance for all.

Submitted by reader, Margaret Farrant



## Lockdown

Sitting at my window  
Gazing out, as life goes by,  
Time being stolen,  
When there's much left to spare.

We never could have known,  
This year would be silent,  
With no visits, hugs nor cheer  
Just waiting, for a change.

Winter's coming now,  
Showing it's chilling snap,  
Dark nights with short days  
Making alone, more alone.

Staying strong is what I'll do,  
I've made it through much worse,  
Chin up, heart strong,  
I'm made of tougher things.

So I'll wait for spring,  
For flowers, birds and light,  
I'll live once more with  
Friends and laughter in my life.

Let's get through this together  
Even though we sit apart  
Let's speak and plan  
Our dreams of what's to come.

Anonymous



If you'd like you share your work with us, please send a poem to  
Time For Tea, Age UK Wakefield District, 7 Bank Street, WF10 1JD

# Getting through this together

The festive season, which can be a time of joy, can sometimes also be a time when we feel at our most lonely

We hope the following will be useful to support you if you experience loneliness. Don't be fooled by the simplistic or common sense nature of these tips... they are drawn from the very latest evidence about what works to alleviate feelings of loneliness from the Campaign to End Loneliness:

## Make time to reflect:

As odd as it sounds taking time to tune in and think about the triggers that lead you to feel lonely, has been shown to help shift difficult feelings.

It seems the process of 'looking' at our thoughts in this way helps to change how we feel. Writing down your thoughts can be helpful too in giving you a sense of control, which can also support you to feel better.

It's not just being with people that helps us to feel less lonely. Research has shown that **connection to nature** can help us to feel better. Go outdoors if you can; even looking out of a window to watch the clouds or the birds will help.

**Distraction** from your thoughts is another strategy that you can use; use the puzzles in this newsletter and do invest time and energy in hobbies and interests that you find fulfilling; having daily goals and a sense of purpose has been proven to shift lonely feelings.

## Talking about how you are feeling will also help.

Sadly we can feel ashamed of feeling lonely and this can stop us from reaching out for support. If you think of loneliness as being like thirst or hunger - that is a need that we humans have, it will help you to reach out and connect with others.

Our Wraparound Service has a team of people ready to hear from you.

Sometimes just having the space to be listened to is enough to shift negative feelings and help you to feel better.

Please call us if you would like support with your situation or help with accessing other relevant services.

**Age UK  
Wakefield District  
01977 552114**

Alternatively you may wish to contact any of the following:

**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)

## Upward spiral out of loneliness using psychological techniques

Campaign to  
**EndLoneliness**

CONNECTIONS IN OLDER AGE

5 More positive thoughts and feelings leading to changes in behaviour related to engagement with people or place.

3 Knowing that these patterns can be changed. Challenging negative automatic thoughts and feelings by practicing psychological techniques that help to re-frame them.

1 Awareness that thoughts and feelings related to loneliness influence behaviour.

6 Increased activity and engagement reducing loneliness severity.

4 Experiencing a shift in thoughts and feelings and a belief of positive change.

2 Recognising that unchallenged negative thoughts and feelings have led to patterns of behaviour that have become hard to shift.



## Befriending

If you would like to know more about our Befriending Service, and to find out how you could receive a weekly phone call from one of our friendly Volunteer Befrienders, please call 01977 552114 and ask to speak to a member of our Befriending Team.

**"I enjoyed speaking each week with my befriender Christine, so much, I decided to become a Volunteer Befriender too, so that I could make someone smile like Christine makes me smile"**

If you have an hour a week to spare to become a Volunteer Befriender and provide a weekly friendship call, then get in touch on the number above and ask to speak with a member of our Volunteering team.

# Seasonal Affective Disorder

## SAD

SAD is sometimes known as ‘Winter Depression’. It is believed to be caused by the reduced level of natural light at this time of year, leading to changes in the hormones that affect your mood, appetite and sleep.

The symptoms of Seasonal Affective Disorder (SAD) are similar to those of normal depression, but they occur at specific times of the year, usually starting in autumn or winter, and improving in spring when the days start lengthening and light levels are higher. The severity of SAD varies from person to person. Some people may just notice a slight change in mood, whereas others may be significantly affected and may benefit from the support of their G.P. Signs of depression can include:

- A persistent low mood
- A loss of interest or pleasure in normal activities
- Increased irritability
- Feelings of guilt, despair or worthlessness
- Low self esteem
- Tearfulness
- Feeling stressed or anxious
- Not wanting contact from people



If you suffer from SAD you may also experience:

- A lack of energy, feeling sleepy during the day
- Sleeping for longer than normal and finding it difficult to get up in the morning
- Being less active than is normal for you
- Difficulty in concentrating, losing focus
- An increased appetite. Some people crave carbohydrates, leading to possible weight gain.

These symptoms may make life more difficult for some people, particularly when added to current anxieties and concerns about health and wellbeing during isolation.

If you believe you may have SAD and are finding it difficult to cope, speak to your G.P. who will be able to make an assessment and offer support and treatments which could help to improve your situation.

These treatments will be tailored to suit individual needs, depending on the nature and severity of symptoms, and may include:

- Talking therapies
- Antidepressants
- Light therapy or a combination of treatments to get the best results.

# Mindfulness

You may have heard the term Mindfulness being used, but do you really know what it means? Looking after ourselves and being mindful of our emotions can sometimes seem not as important as caring for others or simply getting through each day. However, with a few small changes, we hope you can practise a few mindfulness exercises and soon notice a difference to your emotional wellbeing

## A Mindful Minute

Take a minute to concentrate on the here and now, stop what you are doing, find somewhere comfortable to sit and turn off the TV or radio.

What can you hear?  
What can you see?  
What can you smell?  
What can you feel?  
What can you taste?



By just thinking about what is happening in that minute, you can let yourself forget all the other worries these troubling times bring and relax, give yourself a break!



## 5 Useful Exercises

### Hand Exercise

Grasp your hands tightly together for 5-10 seconds then slowly release the pressure. Think about how your hands feel and concentrate on that feeling for as long as possible

### Mental Focus Exercise

Stare at an object and try to remain focused on that item for as long as possible. If your mind starts to wander, bring it back to the item. The longer you remain focused, the more your mindfulness will increase

### Musical Exercise

Listen to a favourite song, concentrate on how it makes you feel. What emotions does it stir up? What memories does that piece of music have for you? How do they make you feel? Allow the emotions to connect with you

### Attention Exercise

Do something you've never done before, this might be a jigsaw puzzle, following a recipe or a crossword puzzle. Whatever it is, give it your full, undivided attention

### Sensory Awareness Exercise

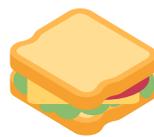
When in a safe environment, stop for a moment, take in your surroundings and become aware of your senses. How do you feel? Are you anxious? Can you relax?

# Hospital Transport Support Service

Coming home from hospital can be a difficult adjustment.  
We are here to help you, your carers and your family  
through this transition

This is a free service offered to those being discharged from hospital, provided that you are medically fit and have been identified as eligible by an NHS staff member, we can offer the following support;

- Transportation for you and your belongings directly home from the Ward
- Have a trained, Age UK Wakefield District Transport Support Worker escort you throughout the journey until you are safe, secure and comfortable in your home
- Provide any support required for unexpected emergency issues such as faulty locks, heating not working etc
- Offer to make a hot drink or simple meal, to help you settle in
- Carry out a shop to ensure you have the essentials to last at least 48 hours
- Link in with other temporary/ongoing support that could make life easier, especially whilst transitioning from your stay in hospital to life at home
- Provide information on our other services and leave you with a well-being pack



With thanks to NHS England, extra support is available during the pandemic, over the phone or as a home visit. From a little companionship, support with shopping, or help around the house... anything we can do to help maintain your independence and reduce anxieties in these difficult times.

A referral is required, please request this from the Hospital Nursing Staff who will check your eligibility

The Hospital Transport Support Service is a CQC registered service operating seven days a week, 365 days a year with a dedicated 0800 number for incoming referrals

Over the years we've received countless compliments and praise from not only clients but also hospital staff members, the social work teams and care home staff...

**"You do such an amazing job"**

**"These extended boundaries are so helpful"**

**"You're so quick to respond, it's like I call, put the phone down, and the next minute, you're there!"**

**"Nothing is ever too much trouble for you guys"**

**"What time does the service finish? (23:00) That's fantastic, it's great to have transport available so late into the evening"**

**"I always ask for Age UK Hospital to Home, it's a great service with such friendly and caring staff, they'll even come in and make you a cup of tea"**

(from a client)



**Our colleague, Sameeah has a little helper, look out for Bear if you get taken home by our Hospital Transport Support Service**



# A day in the life of Hospital Transport Support Service

**\*Names have been changed to protect identities**



It's 7am and a cold morning, it's raining, typical English weather.

I collect the keys and phones, ready for the daily car and equipment checks and let admin know I've arrived for my shift. I get my first referral for the day from Pinderfields A&E. Admin have taken all the details and sent them by email, they then call me to make sure I have the job and give me any other relevant information.



It's a lovely gentleman who had a fall in the night. Having been seen by the wonderful staff in A&E and given the all clear, he is considered fit for discharge but still unsteady on his feet, they asked for our wheelchair adapted vehicle as they thought this was the safest way to get him home.



I put on my personal protective equipment, unload the wheelchair from the back of the car and head to A&E. I speak to the Ward-Clerk, she shows me to the patient and I introduce myself to \*Arthur and ask how he's doing before I start going through my checks and confirm he is fit to go.



Whilst going to the car we start talking about the events that led to him going to A&E and he said that he's been falling out of bed a lot lately and is becoming more unsteady on his feet. He likes being independent but recognises he needs some support. I assure him that I'll get him home and we'll have a good chat about what we, as an organisation can do to help him.

We talk in the car about \*Arthur's life, how he used to be in the army and travelled all around the world, spending time in Singapore, Germany and India. He grew up in London and came to Yorkshire when he retired from the forces. He really liked the area and worked in Wakefield for nearly 30 years but he took early retirement to care for his wife who passed away some time ago after a long battle with dementia. He talked fondly of her and said he would visit her every day in the care home when he couldn't care for her full time anymore.



We arrive at \*Arthur's bungalow in one of our wheelchair adapted vehicles and he joked how he'd given the neighbours something to talk about.

Once inside \*Arthur's property I make sure he's comfortable in his chair and offer to make him a cup of tea and some toast which he really appreciated.



We talk about options of help I mentioned how I could refer him for a fall's assessment with My Therapy and that our Connecting Care Team can come see him to carry out a general assessment to see what they can offer him in terms of equipment and help like shopping, social support, domestic support etc...

He said he was starting to realise that he's not doing as well as he used to do on his own anymore and said he was happy to accept some help. I could see that his needs weren't urgent and he promised he would take it easy whilst waiting for a visit from our team.



He finished his cup of tea and toast and wanted to go for a lay down, I asked him if he needed any more help, but he replied he'd be fine. We exchanged our goodbyes and I left him with some leaflets so he would have our number and could call us if he needed any more help.



Soon after cleaning down the vehicle and sending through my paperwork I get a call to remind me about a collection for a lady for her treatment over at Dewsbury hospital.

\*Edna is ready when I arrive, she walks with crutches as she can't walk very far.

Sometimes, her legs don't move with her, she is always telling her legs to keep up with her! It takes her a couple of minutes to get into the car, but when she is comfortably strapped in, I complete my paperwork and send it to our admin team to let them know we are on our way.



We arrive at the hospital and I go and get a porter chair and we go up to the ward. I assist her into her chair where she will receive her treatment and tell her I'll see her again soon. I head back to Pinderfields hospital and get some lunch on the way. I arrive back and check in with the other transport support worker we talk about our day and how busy it got for a few hours in the afternoon where four jobs came in within 45 minutes! After my break, I take advantage of a quiet time and check in with all the wards we attend to let them know that we are still working through everything. I ask if they know if anyone will be going home later on that day. One of the wards asks me some questions about what our cars are like in terms of size and if we're able to take some equipment home with a patient later and could we do a shop for the patient. They seemed impressed when I said it was all part of the service we offered.



It has come around to my finishing time, time flies! I call admin to let them know that I have passed on the keys and phone to the person taking over from me.

My day is over and I go home for a well-earned rest!



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

**Referrals to use our Hospital Transport Support Service come from hospital staff, so ask your Doctor or Nurse next time you need some help getting home from hospital**



# Solutions to Think

## Word Search Page 6



1. A Coin
2. Ebenezer Scrooge
3. Feliz Navidad
4. 24
5. Five
6. Twelfth Night
7. Poinsetta
8. Minced Meat
9. Capricorn
10. Pigs in Blankets

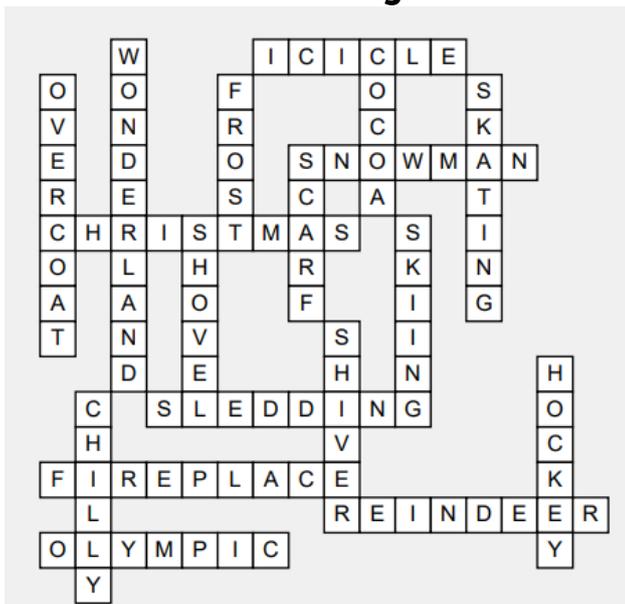
## Sudoku Page 6

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

How many cheeky Robins did you spot in this newsletter?



## Crossword Page 7



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



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

T 01977 552114

Registered Charity No:1096511  
 Registered in England and Wales

[www.ageuk.org.uk/wakefielddistrict](http://www.ageuk.org.uk/wakefielddistrict)  
 Company Limited by Guarantee No:4512958