



Winter 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 to help
ensure we cover
the right things in
your newsletter**

Welcome

Welcome to the latest edition of our Wellbeing Newsletter.

With the changing of the seasons in what has been a very mixed “summer” coming in with a vengeance with the recent storms and rainfall we have concentrated this edition around the longer darker nights and poor weather we expect in the autumn / winter season. Packed with tips on how to keep warm, eat well and indeed some ideas on home entertainment there is something for everyone in this edition. We are always here for support and advice so if any of the topics interest you, please get in touch if you need any help accessing the activities and advice.

Silver Sunday

1st October 2023

Silver Sunday celebrates International Older Persons day on the first Sunday of October each year.

Our annual event in The Ridings Shopping Centre was a huge success with hundreds of people coming along for a chat, a cuppa and even a dance!

There was information from organisations on how to live well, solve problems and meet new people. Knowing where to get the help you need can be the first step to finding it.

We had entertainment from Wakylele, a 25 piece ukelele band, wonderful singing from the Singing for the Brain choir and then a singing duo who had everyone up on their feet.

We are already brimming with ideas on next year’s event and trying to find a venue over the East side of the area to enable us to bring the fun to other parts of the district. Watch this space!

Brenda - Time for Tea manager



We know the winter months can make it harder to get out and meet other people. We'd love to see you at our Time for Tea events so here's a list of the upcoming dates, hope to see you soon!

Morrisons Knottingley
2024

31st January
24th February

Community Store Knottingley
12th December
2024

9th January
13th February

The Broken Bridge Pontefract
11th December
2024

8th January
12th February

The Glassblower Castleford
18th December
2024

15th January
19th February

Tesco Hemsworth
4th December
2024

5th February



Morrisons Dewsbury Road
19th December
2024

16th January
20th February

The Ridings Centre Wakefield
2024
25th January
22nd February

The Ridings Centre Wakefield Cuppa Club
14th December
2024

11th January
8th February

Tillys Kitchen & Coffee lounge
Junction 32
12th December
2024

9th January
13th February

All of our Time for Tea events are free to attend, there's no need to book, just turn up and find a chair. Our fantastic team will give you a warm welcome, a warm drink and be on hand to answer any questions you might have.

You can find all the upcoming dates and more information on our website or give us a call if you have any questions
01977 552114

www.ageuk.org.uk/wakefielddistrict/activities-and-events/time-for-tea/



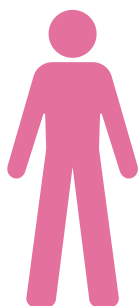
Move

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 in winter can not only improve your health, but also keep you warm. Even small movements can make a difference, here's some ideas...

Regular standing

In the winter it can be more difficult to get out and about and we can often find ourselves sitting for long periods of time. Try to get up once an hour, walk to another room, make a warm drink or have something warm to eat



Stretching

Stretching everyday helps to warm up muscles and keep you supple. Stretching arms above your head opens up your chest and allows for a deep breath.



If you can bend your arm behind your head, this stretches the under side of your arm and opens your shoulder.

Foot and leg stretches

Feet and leg stretches can be done in a standing or seated position.

Gently rotating your ankles and pointing your toes helps your circulation, stretches your muscles and can warm you up.



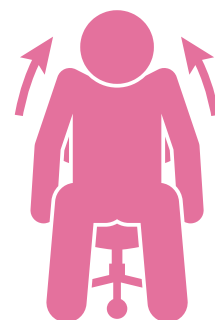
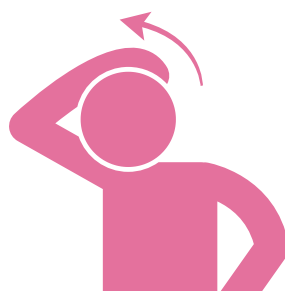
Count ten rotations one way and then do the other way. Point your toes down, then bring them up towards the ceiling so your ankle is at 90 degrees

Even wiggling your toes can help to warm you up and improve your circulation. Try to wiggle your toes as you watch television.



Neck stretches

Gently moving your head to one side and then the other, forwards then backwards can relax your neck and shoulders, especially if you spend a lot of time sitting or hunched forwards. Shoulder lifts and shoulder rotations can also help to relieve stress, take deep breathes as you do them.



Trying something new

If you wanted to try something new, there are plenty of opportunities at local sports centres, community centres and parks. If you're worried about going alone, you could try asking a friend or family member to go with you the first time or Age UK Wakefield District might be able to match a Step Out volunteer to support you for a while.

Wakefield Council Aspire

Wakefield council have a number of facilities across the district, they often a range of exercise options to suit all ages and abilities.

Pontefract

Aspire in the Park 01977 722188

Wakefield Centre

Sun Lane Leisure 01924 306001

Fetherstone

Featherstone Sports Complex
01977722700

Minsthorpe

Minsthorpe Leisure 01977 722301

Normanton

Normanaton Leisure 01924 302475

Wakefield

Thornes Park Stadium 01924 302385

NHS advice

The NHS has lots of advice about exercising in later life, you can find this on their website or speak to your GP surgery for tips and advice.

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Adults aged 65 and over should:

- aim to be physically active every day, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.

Wakefield Council NHS

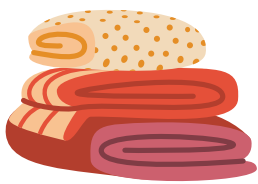


Using the camera on your phone, hold the camera over this QR code and a yellow box will appear, press this and it will open the webpage.

Think

Quiz

1. What is autumn known as in North America?
2. Which English Romantic poet composed "To Autumn" after a walk near Winchester one autumnal evening?
3. Bonfire Night takes place every November but in which year did Guy Fawkes try to blow up Parliament?
4. What are hedgehogs' spines or quills made from?
5. With around 400 players participating, what are the WCC, which are held annually on the second Sunday in October in Northamptonshire?
6. In Australia, Autumn begins in which month?
7. The Oktoberfest is held annually in which German city?
8. SAD is sometimes known as Autumnal depression, what do the initials in SAD stand for?



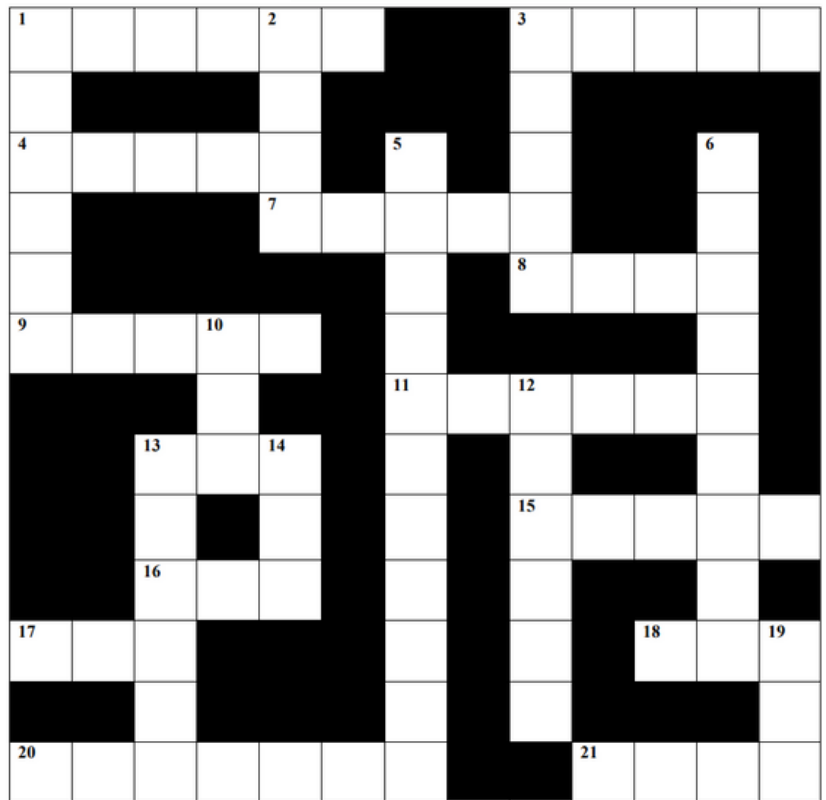
leaves
cosy
chilly
frosty
fireplace
snow
winter
blanket
wellies
wonderland

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

Crossword

Down

1. Eaten daily these keep the doctor away (6)
2. A light fog (4)
3. Jack F_____ (5)
5. Armistice Day is also known as _____ Day (11)
6. We let these off on 5th November (9)
10. A flightless bird from Australia (3)
12. Can be pages of a book or parts of a tree (6)
13. Leaves go this colour in autumn. (6)
14. A tree found in churchyards (3)
19. You wear this on your head (3)



Across

1. Winter, spring, summer. The missing season (6)
3. The brightest part of a candle (5)
4. Greengages and damson are types of this fruit (5)
7. Leaves fall from these in autumn (5)
8. To go sightseeing, often on a coach (4)
9. Black, bitter hedgerow fruit used to make gin (5)
11. Season of mists and _____ fruitfulness (6)
13. A penny for the ____ (3)
15. A seed of the oak tree, a squirrel would like it. (5)
16. The opposite of high (3)
17. The colour of poppies (3)
18. The name of a tree and what is left after a fire (3)
20. You light one on the 5th November (7)
21. A horse can pull one of these (4)

Snowflake

How many words can you make from the letters in snowflake?

Here's a couple to get you started...

low, wake

.....

.....

.....

Ways to improve your quality of life

Physical Health

- **Exercise Regularly:** such as walking, swimming, or yoga.
- **Balanced Diet:** Eat a nutritious and balanced diet. Include plenty of fruits, vegetables, whole grains, and lean proteins in your meals.
- **Regular Check-ups:** Schedule regular medical check-ups to monitor and manage any health conditions.
- **Medication Management:** Take prescribed medications as directed and keep track of any side effects or changes in health.
- **Adequate Sleep:** Ensure you get enough sleep, as it is crucial for overall health and wellbeing

Emotional Wellbeing

- **Emotional Support:** Seek emotional support from loved ones, friends, or support groups. Don't hesitate to talk about your feelings and concerns. Our Time for Tea sessions are the perfect place to talk with our team and meet like minded local people.
- **Acceptance and Gratitude:** Accept the changes that come with aging and focus on the positive aspects of life. Gratitude can significantly improve overall happiness.
- **Purpose:** Stay engaged in activities that give you a sense of purpose and fulfillment, such as volunteering or mentoring others. Ask about our volunteering options, find your perfect role. Be The Difference

Mental Health

- **Brain Exercises:** Engage in activities that challenge your brain, such as puzzles, games, reading, or learning new skills.
- **Social Interaction:** Stay socially active by spending time with friends, family, or participating in community events. Social connections are vital for mental health. You can find details of our Time for Tea sessions later in this newsletter
- **Meditation and Relaxation:** Practice relaxation techniques like meditation, yoga, or deep breathing to reduce stress and promote emotional well-being.
- **Continuous Learning:** Pursue hobbies or interests that stimulate your mind, such as painting, writing, or learning a musical instrument.

Safety & Accessibility

- **Home Modifications:** Modify your home to make it safe and accessible. This might include installing handrails, ramps, or anti-slip mats. If you'd like help or advice about this, give our teams a call on 01977 552114
- **Regular Vision and Hearing Checks:** Poor vision and hearing can lead to accidents. Regular check-ups can help maintain these senses
- **We can loan equipment** such as wheelchairs, walkers and walking sticks on a short term basis. This is a free service depending on equipment availability.

Money Matters

- **Budgeting:** Plan to spend more on heating in the winter and build up tinned food reserves in case the weather gets bad and you can't go shopping.
- **Estate Planning:** Prepare a will and have someone you trust as your power of attorney for both medical and financial matters. Having a funeral plan can help your family with costs and ensure your wishes are respected.
- **Benefits Review:** We can visit your home and help you make sure you are receiving all the benefits you are entitled to. Every year we help people claim money they didn't know was there for them.

Preventive Healthcare

- **Vaccinations and Screenings:** Stay up-to-date with vaccinations and recommended screenings to catch and address health issues early. Flu and Covid booster vaccinations are now available at many pharmacies, GP surgeries and vaccination centres
- Boots The Ridings Wakefield city centre
- Tieve Tara Castleford
- Church View Health Centre South Kirkby
- Cohens Chemist Smawthorne Lane
- Cohens Chemist Station Lane Featherstone
- Cohens Chemist Pontefract
- Exel Chemist Normanton
- Hill Top Pharmacy Knottingley
- Medichem Stuart Road Surgery Pontefract
- Pontefract Squash Club
- Queen Elizabeth House Vaccination Wakefield
- Sandal Rugby Club Wakefield
- Sharlston Pharmacy
- The Pharmacy Group Tieve Tara
- The Pharmacy Group (Trinity) Wakefield
- Well Riverside Pharmacy Castleford
- Well Pharmacy Horbury
- Well Pharmacy Ossett

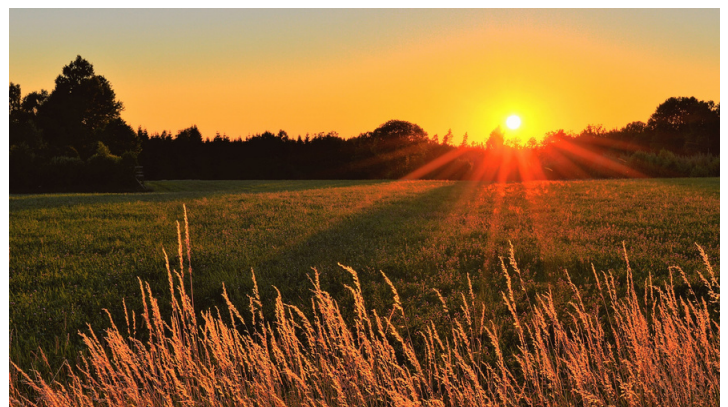
Technology

- **Stay Tech-Savvy:** Embrace technology to stay connected with family and friends, and to access various services, information, and entertainment options. We offer free equipment loan with support to get you started with getting online. Call us on 01977 552114 and ask about Digital Inclusion.
- If you have a smart phone, are are free apps you can get so you can make video calls. Instead of just hearing a friends voice, you could see them too!

Cultivate a Positive Attitude

- **Optimism:** Although it's easier said than done, if you can cultivate a positive outlook on life, optimism can lead to better coping skills and a higher quality of life.

Remember that everyone is different, so it's essential to tailor these suggestions to individual needs and preferences. Consulting healthcare professionals and specialists can provide personalized advice for specific health concerns.



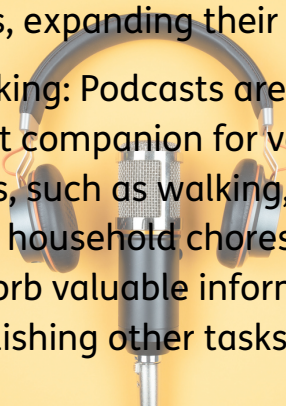
Home Entertainment

With the cost of living crisis, cold winter months and dark evenings, we are more likely to be at home. According to Ofcom, adults in the UK spend around a third of their waking time watching television. With many houses now having streaming channels such as Sky TV and Netflix there's no shortage of programmes to watch but we are going to look at some alternatives to the old goggle box.

Podcasts

Podcasts have become increasingly popular in recent years, and for good reason. They offer a wide range of benefits for both creators and listeners. Here are some of the key advantages of podcasts:

- **Convenience:** Podcasts can be listened to on-demand, allowing listeners to choose when and where to tune in.
- **Education and Learning:** Podcasts cover a vast array of topics, from science and history to self-help and new languages. Listeners can find educational content tailored to their interests, expanding their knowledge.
- **Multitasking:** Podcasts are an excellent companion for various activities, such as walking, exercising, or doing household chores. Listeners can absorb valuable information while accomplishing other tasks.



- **Diverse Perspectives:** Podcasts often feature diverse voices and perspectives, including those from marginalized communities. This diversity fosters understanding and empathy among listeners.
- **Entertainment:** Many podcasts are designed for entertainment, including storytelling, comedy, and fiction. They provide an immersive experience for listeners, similar to audiobooks and radio shows.
- **Community Building:** Podcasts with dedicated fan bases create a sense of community among listeners. Online discussions, social media groups, and live events related to podcasts allow fans to connect and engage with like-minded individuals.
- **Free Access:** The majority of podcasts are available for free, making high-quality content accessible to a broad audience without financial barriers.
- **Spotify** – Spotify is home to not only music but a selection of some of the world's best podcasts too, you'll find almost any podcast about any topic on here.
- **Apple's Podcast** – Apple have their very own podcast app that offers a selection of amazing podcasts at the touch of a button.
- **Google Podcasts** – If you don't use an iPhone, the easiest way to listen to a podcast is via the Google Podcasts App

On demand Radio

On-demand radio, often referred to as podcasting or streaming, offers several benefits to listeners and content creators alike. Along with flexibility, convenience and diversity like podcasts, here are some of the key advantages of on-demand radio:

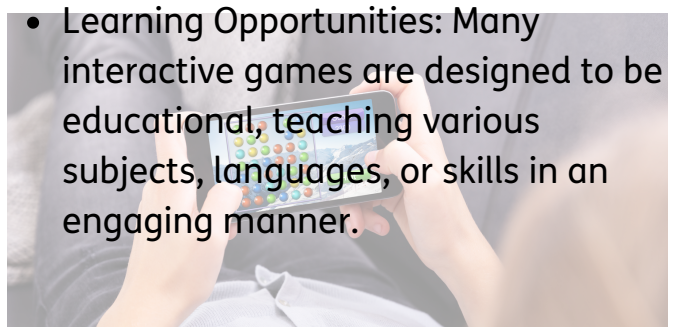
- **Accessibility:** On-demand radio is accessible to anyone with an internet connection and a compatible device. This inclusivity ensures that people from various backgrounds and locations can access content easily.
- **Customization:** Listeners have the freedom to create their playlists or subscribe to specific shows they are interested in. This customization tailors the listening experience to individual preferences.
- **Offline Listening:** Most on-demand radio platforms allow users to download episodes for offline listening. This feature is particularly useful for people who might not always have a reliable internet connection. You could visit somewhere with free WiFi such as a library, download what interests you and listen later without internet access
- **Pause, Rewind, and Replay:** On-demand radio allows listeners to pause, rewind, and replay content, enabling better understanding and retention of the material.

BBC SOUNDS

Interactive games

Interactive games offer a wide range of benefits, encompassing various aspects of physical, mental, and social well-being. Here are some of the key benefits of interactive games:

- **Improved Coordination:** Interactive games may require hand-eye coordination, enhancing motor skills.
- **Physical Exercise:** Some interactive games involve physical movements, promoting exercise and reducing the risk of obesity and related health issues.
- **Cognitive Development:** Interactive games can enhance cognitive skills such as problem-solving, critical thinking, and strategic planning.
- **Memory Improvement:** Games often require players to remember rules, patterns, and strategies, which can improve memory skills.
- **Increased Concentration:** Enhance ability to focus for extended periods.
- **Stress Relief:** Engaging in interactive games can act as a stress reliever, providing an escape from real-life pressures.
- **Boost in Confidence:** Mastering challenges in games can boost self-confidence and a sense of accomplishment.
- **Learning Opportunities:** Many interactive games are designed to be educational, teaching various subjects, languages, or skills in an engaging manner.



New things on the market, to help keep the cold out

As winter approaches, it might be time to invest in some items to help keep the cold at bay. Here are some of the newer things on the market which might be just what you need.

Oodie



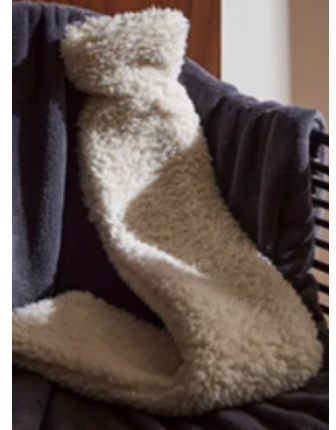
You may have heard people talking about Oodies, they are longer than average snuggly jumper with a hood and pockets. Oodies come in many sizes and colours and are suitable for men, women and children. Oodies are oversized so you can wear them over your normal clothes or bedclothes in the evening. The hood can help keep your head warm and pockets are handy for keeping your phone safe, or hands warm if you're sitting. Unlike a blanket which can fall off, your oodie keeps you warm even if you're walking around at home.

You can expect to pay somewhere between £15-£40 for an Oodie depending on thickness and design

Shaped hot water bottles are similar to traditional hot water bottles but are designed to fit certain parts of your body.



Neck hot water bottle



Extra long hot water bottle



Hot water bottle belt

Microwave heating packs are similar to hot water bottles but rely on being preheated in the microwave and don't need water.

Neck warmer



Multipurpose warmer

Hand warmer



Weighted blankets are good for keeping on the bed if you like to feel well tucked in at night. They come in different weights depending on your personal preference. These blankets are good for warmth and are also linked to helping your emotional wellbeing and better sleep.



Having a portable temperature gauge in your home can help you recognise when a room temperature drops too low.



18-20°C



20-22°C



Traditional warmers

A good pair of slippers is an old favourite when it comes to keeping our feet warm. Slippers should be replaced each year to help prevent trips and falls. Always buy slippers with a heel and good, sturdy sole. Many slippers are fleece lined to help keep your feet extra cosy.



Brushed cotton bedding can help keep you cosy at night. You might be more familiar with these sheets being called flanelette sheets.



Thermal curtains can help keep the warm in during winter months and the sun out in the summer. If you have a radiator under a window, tuck curtains behind radiators so heat doesn't go straight to the cold window panes.



Healthy Hands

You use your hands to do so many things: tie your shoes, open jars, drive, and use your phone, to name just a few. It's hard to do much of anything without them, but as you get older, they can get weaker and less flexible. Some hand problems can even be signs of certain health conditions. Know what to look out for so you keep them in good shape.

Grip Strength

You can lose this naturally as you age, especially after 65, and that can make it harder to do everyday tasks. If your grip gets weaker over time, it's probably caused by brittle bones, arthritis, or muscle loss. If it happens suddenly, it might be a sign of a more serious problem, like diabetes, heart disease, or high blood pressure.

An occupational or physical therapist can test the strength in your hands and help you regain or keep it. You also can do many exercises at home. For example, you might squeeze something like a tennis ball as hard as you can for 3 to 5 seconds, then rest briefly -- do that 10 times with each hand. Start with once a day or once every other day, depending on how your hands feel.

Your Skin

We've all seen the "liver spots" -- or "age spots" -- that can show up after years in the sun. As your skin ages and wrinkles, it's harder to keep moisture in, and that can lead to dry, itchy skin. Veins become more obvious with age because you lose soft tissue. This is especially true in your hands. Frequent hand washing and the use of Ant bacterial Hand Gel can have a drying effect on your skin so it is important to keep your hands moisturised so keep hand cream close to your sinks and by your chair. Protect your hands against the sun's rays with broad-spectrum sunscreen rated 30 SPF or higher. Wear cotton-lined gloves when you garden or clean, and choose a mild soap or cleanser that doesn't strip your hands of their natural oils.

To keep your fingernails looking their best:

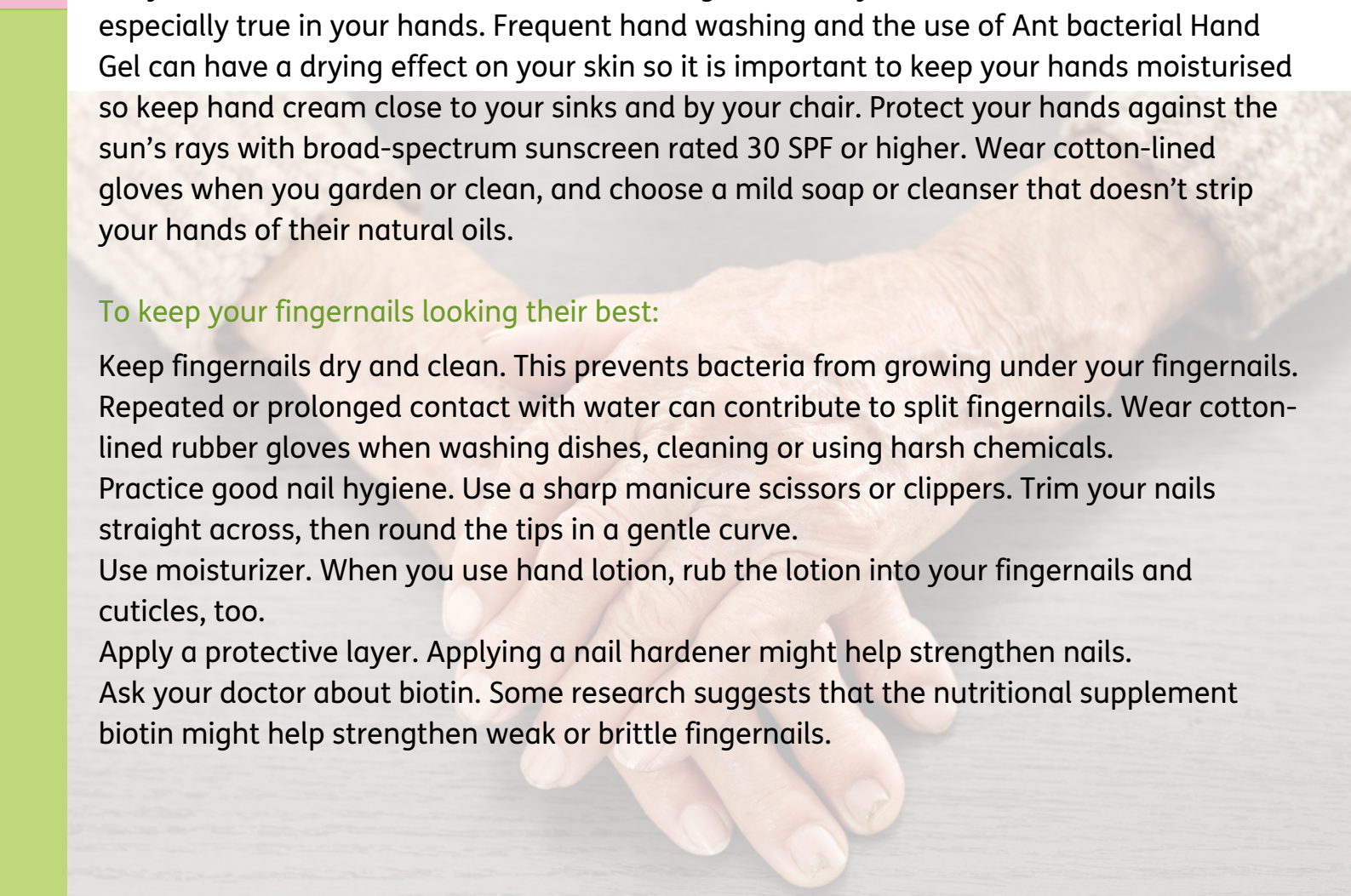
Keep fingernails dry and clean. This prevents bacteria from growing under your fingernails. Repeated or prolonged contact with water can contribute to split fingernails. Wear cotton-lined rubber gloves when washing dishes, cleaning or using harsh chemicals.

Practice good nail hygiene. Use a sharp manicure scissors or clippers. Trim your nails straight across, then round the tips in a gentle curve.

Use moisturizer. When you use hand lotion, rub the lotion into your fingernails and cuticles, too.

Apply a protective layer. Applying a nail hardener might help strengthen nails.

Ask your doctor about biotin. Some research suggests that the nutritional supplement biotin might help strengthen weak or brittle fingernails.



Keeping warm in the winter

Winter can bring a lot of beauty and joy but the reduction of temperature and daylight can be challenging for many.



Try to take a walk in the morning when the sunlight is strongest.



Keep hydrated and increase your body temperature with warm drinks



Wear layers of clothing, a thermal vest can be the best base layer.



A hot water bottle or microwavable heat pack are great for days when you're sitting and to warm your bed at night



Make sure you have sensible and safe footwear. Slippers should be well fitted (not slip on's). Outdoor shoes should have good grip soles and if possible, be waterproof.



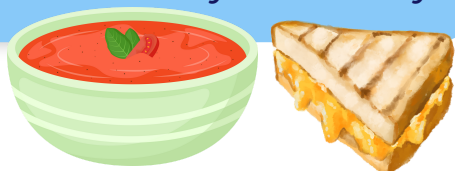
Keep curtains and blinds closed in the evening, especially if you have your heating on.



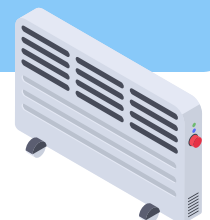
Blankets are perfect for adding another layer to your bedding and covering your lap whilst sitting



Eat warming foods, getting up to prepare food increases your mobility



A small electric heater might be a more cost effective way to heat the room you are in rather than your whole house. Your living room should be around 22 degrees and your bedroom around 18-20 degrees.



Recipes

We've pulled together a couple of warming recipes to help you stay healthy and warm in the winter.

Butternut squash soup

Ingredients

- 2 fresh butternut squash cubed or a bag of frozen butternut squash
- Vegetable stock (this can be a stock cube made up to 1 pint)
- Salt and pepper
- Garlic powder, onion powder
- 150ml double cream
- Parmesan cheese, to taste and add some texture

Method

- Simply cook cubed butternut squash in some chicken broth and spices. Use either frozen diced squash or fresh pre-cut butternut squash cubes, available at many supermarkets. This means that this recipe is SUPER easy!
- Blend the soup in a blender or food processor.
- Add the dairy ingredients - double cream and a tablespoon on grated parmesan cheese per bowl of soup. Those add wonderful flavor and creaminess

This will make plenty of soup which can be shared with others or frozen in batches so you can defrost another day and heat thoroughly in the microwave or in a saucepan. This



Dessert

This easy slow cooker recipe for chocolate orange fudge has been recommended by one of our team. It's so simple, the only problem will be not eating it all in one go!

Ingredients

One 397g tin condensed milk (This is the usual sized tin so no need to measure)
450g Terry's Chocolate Orange (3 chocolate oranges so no need to measure)

You can add more chocolate oranges or melted white chocolate or sprinkle to decorate, whatever you fancy!

Recipe

Break the chocolate oranges up into pieces and add to the slow cooker bowl with the sweetened condensed milk.

Turn the slow cooker on to high and leave to cook for 40 minutes with the lid off, stirring every ten minutes. (You must keep stirring or the bottom will burn)

When melted, thick and well combined, pour the fudge mixture into a tin lined with parchment paper or silicone baking tray.

Top with decoration of your choice or leave smooth and put in the fridge to set – preferably overnight.

Remove from the fridge half an hour before serving, slice and enjoy! This makes a lovely gift and lasts in the fridge in an airtight container for around three weeks.



It's time to have your say!

We are looking to engage with people like yourselves to get your opinions on our latest projects. We always strive to make sure we are doing what you would like us to do, what makes the most difference to you and to do that we need to hear your ideas.

Centre for Positive Ageing

What is that I hear you say? Well, still in its early stages of development, we want to hear what would have made your life easier as you aged, advice around what to expect your retirement to be like, how you could maintain health levels, some ideas on how you can remain active in your community through Volunteering, not just for us but for any organisations. Use the skills you have learned to help others, younger generations, those less fortunate and in these times those from other countries who turn to us for help and support. Giving back is a powerful Feeling /emotion and can make the giver feel as good as those receiving the help.

What skills would you like to learn? What hobbies would you like to take up? What would make ageing in Wakefield a more positive experience?



Oral Histories

Our new project from Wakefield's "Our Year" event is to capture the spoken histories of people across the district, which will form a "Virtual Memory Wall" for residents to enjoy and learn from in the future. Concentrating on the Castleford area initially, it is something we hope to be able to open up to the whole district.

If you feel you might be interested in either, of the above projects do get in touch. 01977 552114
admin@ageukwd.org.uk



THE HOUSE OF HAZARDS

Bathroom

Make sure you have everything you need within easy reach before taking a bath or shower.

Use non-slip mats in the bath and on shower floors.

Handrails by the toilet, bath and other places in the house will make getting around easier.

Medicines

If you regularly take medicines it is important to get them reviewed every 12 months.

If your medicines make you feel dizzy make sure you tell your GP or nurse.

Strength and Balance

Regular physical activity can improve your strength and balance. If you are new to physical activity speak to your GP first.

Eyesight

Make sure you have your eyes checked at least every two years. If you have diabetes or glaucoma you should have your eyes checked every year.

Poor lighting

Good lighting is very important, particularly on the stairs where you should use a bright light bulb. If you need to go to the toilet at night, turn on a light so you can see where you are going or buy a plug-in nightlight.

Pets

Some pets can get under your feet – think about giving them a brightly coloured collar to make them more visible.

Loose fitting rugs

Use non-slip mats under rugs and in the kitchen. Try to avoid having loose rugs and mats altogether.

Electric flexes

Keep the floor clear of trailing flexes, fraying carpet edges and clutter. Consider getting a mobile or cordless phone.

Reaching and stooping

Have items used on a regular basis within easy reach in the kitchen so you do not need to stretch or stoop to get them.

Spillages

Always mop up spills immediately. If you forget the spill is there, you might slip on it.

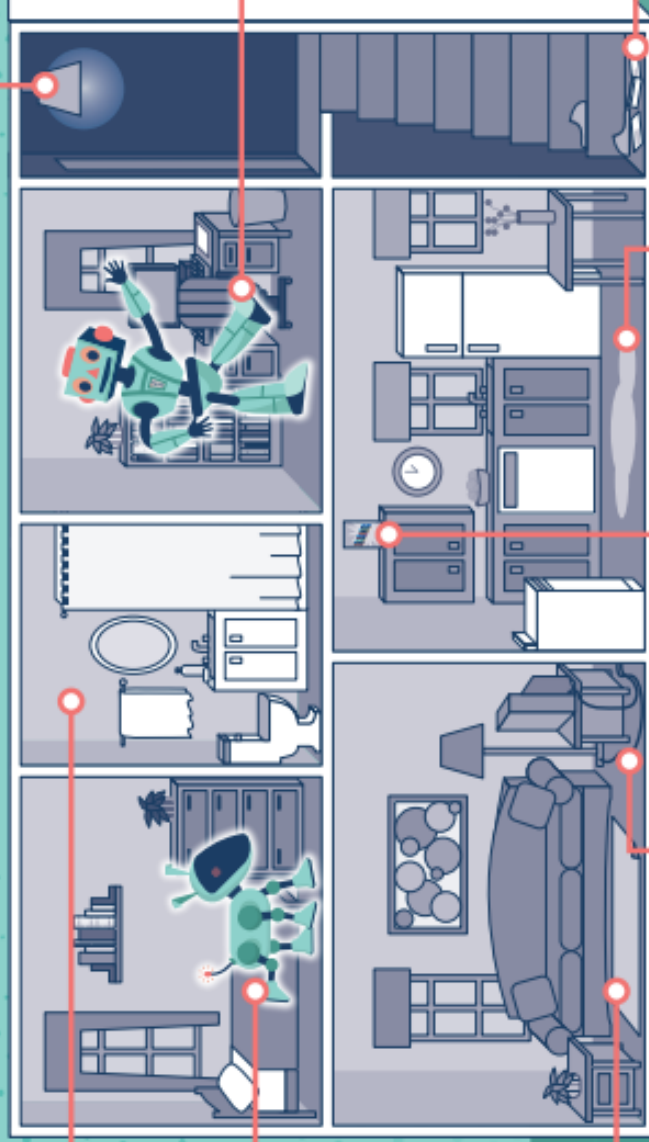
Clutter on stairs

Make sure there is room to walk safely up and down stairs and round the house without obstacles or clutter getting in your way.

Footwear and foot care

If you have foot problems that affect your balance you may benefit from specialist assessment.

Speak to your GP for more information. Wear flat shoes with a fastening and a broad heel that have a man-made sole. Avoid walking in socks or lights on slippery floors.



STAYING STEADY IN THE HOME

A guide and check list that helps you to stay steady in your home.

vakefieldcouncil



We hope this Wellbeing Newsletter has raised your spirits, given you some new ideas, made you think and move and above all made you smile.

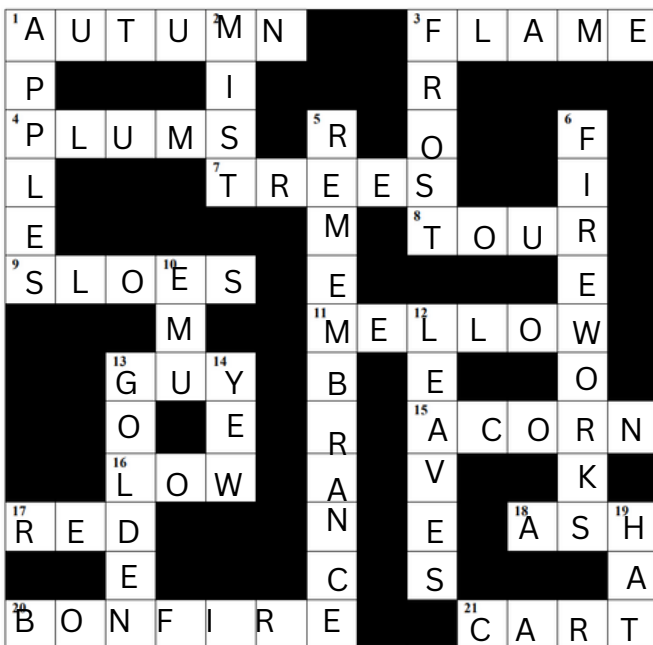
All at Age UK Wakefield District send you the warmest of greetings for the festive season, however you may celebrate.

Stay safe, keep warm and reach out if we can help you.

Solutions to Think



Crossword



1. Fall
2. John Keats
3. 1605
4. Keratin
5. World Conker Championships
6. March
7. Munich
8. Seasonal affective disorder

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



Contributors:

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

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Age UK Wakefield District,
7 Bank Street,
Castleford, T 01977 552114
WF10 1JD www.ageukwd.org.uk

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