



# Wellbeing Newsletter

## Edition 14



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

# Welcome

Welcome to the fourteenth edition of our Wellbeing Newsletter filled with lots of good news and information to shine a light in the darker days of Winter.

We know that in these uncertain times around fluctuating fuel costs and the loss of the Winter Fuel Allowance, it will be troubling many of you as the nights draw in and the temperature drops. You will find lots of information and some advice on how to keep warm and look after yourself this winter and we are always on hand to help and reassure you through our Single Point of Contact telephone number and through our many events and activities across the district. No matter what is troubling you please reach out and we will help you or, direct you to someone who can if it is beyond our experience.

We are very fortunate to work with partner organisations who are all experts in their field and our connection and collaboration makes sure we can help in some way.

As you'll see in photographs throughout the newsletter, we are supported by other Voluntary and Community groups who are ready to help, Wakefield Community Crafters have been busy all year knitting and crocheting lovely warm blankets for your lap or your shoulders, shawls, hats and other lovely bright items.

You'll also find details about our Silver Sunday events which were enjoyed by many who came over the weekend. Lots of laughter, smiles, dancing and singing and lovely food enjoyed by all over the two days. Wakefield Cathedral joined us in this celebration of Older Life and hosted music and craft activities topped off with a fabulous Afternoon Tea.

We owe our thanks to Wakefield Council and it's support through Our Year for making it such a great success, without their funding it would have been difficult to offer as much as we did. Local organisations came out in force, offering advice, support and a few fun games along the way. Wakefield's Lord Mayor, Darren Byford spoke to so many people, tried lots of food and drink and took part in some of the activities. Thank you all for your support.

We're looking forward to 2025 with the opportunities a New Year brings. We will be focusing on getting everyone moving, just a little bit, and leading up to our "I May Move" events in the Spring. Check out our MOVE page for details and links to activities across the district. It's never too late to make a move!

Thanks again to all our followers, partners, colleagues and volunteers that make what we do at Age UK Wakefield District possible. If you would like to be involved in any of the things we do to make life a little better for your community please get in touch. Warmest regards for this festive season

Brenda Wardle  
Time for Tea Programme Manager



# Time for Tea Trip

## Llandudno

Our latest trip away saw us visit the beautiful Welsh resort of Llandudno and venture off into Snowdonia National Park for a half-day excursion.

Blessed with dry weather and some spells of sunshine everyone enjoyed the trip. Whilst some people walked to the end of the pier, others ventured up to the cable car and the rest relaxed in a national pub chain with the Palladium theater as its home.

Our trips offer the freedom to do as you please and then get together for meals and entertainment in the evening.

These photographs show some of the scenes of laughter and enjoyment, however they can't fully show the feelings of togetherness every one of us felt in the company of such lovely people. Time to talk and relax in each other's company, finding stories similar to our own, making new friends and feeling supported and safe.

Such a good time was had we are thinking our next trip might be to Scotland in June 2025 open to all our Time for Tea attendees





# Move

## Making the most of daylight

We all know that getting out for a walk is good for our physical health but in the winter it's especially important to get outside and absorb the natural light during the day.

In the winter our Vitamin D levels can drop so it might be worth speaking to your doctor about Vitamin D supplements which can be found in supermarkets and health shops. The natural light given off by the sun, even on a cloudy day helps to lift mood.

To get started, why not commit to walking ten minutes every morning. By doing this first thing, it means you won't spend the day putting it off until later. You get your exercise in early and boost energy levels for the rest of the day.

If you like to be social, walking in the morning can be a great time to meet new people, especially dog walkers who are often out and may welcome a friendly hello or chat.



## Seated Zumba

This year we met with Sara Walker from Good Vibe Tribe UK who offers seated Zumba classes across the district.

Full of positive energy and enthusiasm, Sara is the perfect person to get you motivated whilst understanding individual limitations and abilities.

Seated exercise is a great way of staying active, getting fitter and stronger. It's suitable for all abilities and ages.

Sara offers weekly classes in

- Crigglestone on Mondays 10.45am
- Wrenthorpe Fridays 10.30am

(more classes coming soon).

Classes are fun, uplifting & friendly and suitable for EVERY BODY. Please contact Sara for more information on 07740196915 or you can look up on 'Good Vibe Tribe Fitness Wakefield' on Facebook, you will find some short clips to follow at home.





## Getting fit at your pace

You may have heard of couch to 5K, this is a free, supportive exercise mission to help you get off the couch and onto a fitness path at your pace.

### Here's some info about couch to 5K

We understand that it can feel daunting for people to start an exercise programme or class, especially if they haven't been active for a while (or ever). Couch to Fitness is a free and flexible at-home online exercise programme for beginners. Users follow along to short workout videos over a 9-week period (or at their own pace). It is designed to help beginners start small and build up their activity gradually. Couch to Fitness is free. Forever.

#### Q. Is it suitable for people with long term health conditions?

The programme is designed for complete beginners to build up their fitness gradually at a pace they feel comfortable with. It contains suggested modifications for many of the exercises, however it is not entirely a chair based programme nor related to a specific condition.

#### Q. How has it been designed to engage ethnically diverse communities?

The programme format, content, instruction style and branding was developed in response to research conducted in early 2020 with ethnically diverse groups about home fitness programmes and using Our Parks expertise in engaging these audiences in physical activity.

#### Q. Is there a link with the classes Our Parks deliver in local parks?

We actively support Couch to Fitness users to find and take part in local park based activities as a progression after completing the programme. We are always looking to expand our park based classes, in particular in areas with high concentrations of Couch to Fitness users.

#### Q. Can you promote other local activity opportunities in our region to Couch to Fitness users?

We are always looking for suitable ways to help our users take the next step to be active. With the Insights and Growth service we can promote your local activity campaigns to Couch to Fitness users in your area.



**KEEP going**

"When I looked into it and I found out it was genuinely free, and that you have the badges to work towards each week, I knew I'd found something that would really work for me."

**COMPLETED**

- Helen  
Couch to Fitness  
Member for 2+ years

# Think

## Quiz

- 1) President John F. Kennedy was assassinated as he rode in a motorcade through which American city?
- 2) Who is best known for the catchphrase "Boom! Boom!"?
- 3) Elvis Presley's only documented visit to Britain was a brief stopover in which country?
- 4) The Beatles walked across a zebra crossing on which London road at 11:35am on 8th August 1969?
- 5) On 1 September 1969, Colonel Gaddafi took power in which country?
- 6) Which British fashion designer is credited with inventing the miniskirt?
- 7) Who had a number-one hit with "Anyone Who Had a Heart"?
- 8) Who on the 1969 Apollo 11 mission became the second person to walk on the Moon?
- 9) Which motel ran by Meg Richardson opened in November 1964?
- 10) Which actresses' last film was The Misfits in 1961?



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FROSTY  
JUMPER  
FOREST  
WINTER  
READING  
WELLBEING  
HOBBIES  
WOODLANDS  
SCARF  
COOL

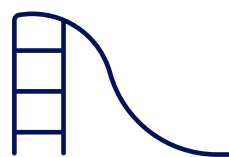
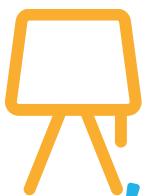
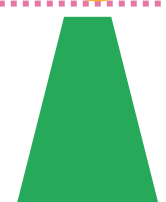
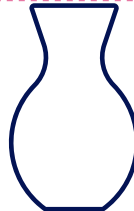
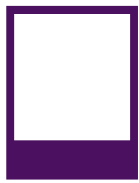


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# Abstract Advent

Try this doodling activity and let your imagination run wild. You don't have to be good at art, it doesn't need to be a finished picture as long as you've had fun. Each day in December (or month) take an image from the below grid, copy it onto a piece of paper and turn it into something else. We've given you an example at the bottom to get you started - enjoy!



# OUR YEAR

Wakefield District 2024

## Silver Sunday 2024



SILVER SUNDAY  
CELEBRATING OLDER PEOPLE

### Silver Sunday, a celebration of older life!

More than just a day, a whole weekend of fun and activities.

This year, along with Wakefield Cathedral and support of the "Our Year" team, we made our annual event a huge success. Music, song and dance, information, advice and support from all the organisations present with a lovely helping of afternoon tea, free food tasters and fantastic entertainment. A great day, enjoyed by all who came.

Saturday at Wakefield Cathedral saw a great turn out for the Wakeleyele band and the Three Flat Caps who entertained as we enjoyed a fabulous Afternoon Tea. The beautiful Cathedral was dressed for Harvest Festival and helped to set an autumnal mood. Some of the visitors had not been to the Cathedral and all said they would like to see more events like this one, bringing people together in such a lovely space. Jess and her team worked hard to keep everyone fed and happy and we also had some lovely Autumn crafts to make.





We really appreciate all the organisations who attended and shared their knowledge and expertise, those who provided entertainment, food and fun and laughter. As our fourth event, we are lucky to have some great supporters who attend every year and enjoy the opportunity to highlight the work that we do, week on week, in the district.

Finding new groups and activities like the Bridge Club, U3A or Nordic Walking. Finding help to quit smoking, knowing your blood pressure numbers and finding seated exercise classes to help with your “I May Move” journey.

Learning about new cultures and traditions, trying some flavorful foods and that Ukrainian Honey Cake!! Talking to health services and Housing associations, finding out about care in the community and getting up to date information from Police and Fire services, above all having a great time

I know that the Mayor, Darren Byford had a fantastic time meeting you all and taking part in some activities and enjoying the entertainment. He was amazed by how many people attended and the fantastic atmosphere on the day.

We hope you enjoyed it as much as we did and we would very much appreciate any feedback or suggestions for next year’s event, already in the planning stages. Without the support of the Wakefield Council Adult Wellbeing team and the “Our Year” project we wouldn’t have been able to deliver such a wonderful weekend of events. We are extremely grateful to them for all their support.

Here’s hoping that 2025 will allow us to build on this success and deliver a bigger, better event.



# Winter Ready

As the summer warmth has left us, we face months of colder weather and darker nights. Here's some suggestions on how to prepare for the winter months.

## Tips, to ensure you're prepared for a power cut

Bookmark northern power grid power cut map on your mobile phone – it's the easiest way to report a fault: simply enter the postcode of where you are and press 'report a power cut'

[www.northernpowergrid.com/power-cuts-map](http://www.northernpowergrid.com/power-cuts-map)

Add '105' into your phone contact list – it's a quick call to talk to Northern Power during a power cut



## Practical things

- Have a torch, with spare batteries in case it's dark – avoid candles
- Have some warm clothing and blankets to hand – it's important to stay warm
- A fully charged power bank – so you can recharge your mobile phone and keep in touch
- A battery radio keeps you in touch with local news and weather. It's also a bit of company
- Tinned food which can be heated on a gas hob or eaten cold



## After a power cut?

Don't forget to reset your clocks and timers, especially the boiler

## Winter warmth

Keeping warm in the winter months can be challenging. With the news that the winter fuel allowance has been reduced, many are worried about how cold this year is going to be.

We have been able to help many people who thought they were not entitled to Pension Credit to claim, some who had previously been turned down. Even if the Pension Credit award is only an increase of a couple of pounds, being entitled to Pension Credit means you can also claim Winter Fuel Allowance, Free TV licence and other benefits. If in doubt, give us a call and our experts can help you take a closer look at what you could be claiming. 01977 552114

## Warm Spaces

We have twelve libraries across our district that are warm welcoming spaces. Everyone is welcome to read, relax, connect and learn.

Between 11am and 3pm, council libraries are available as a warm welcome space.

At your local library you will find:

- a warm and welcoming space
- free internet and computer access
- thousands of books to choose from
- free events and activities
- learning opportunities and local history resources
- friendly and helpful staff





A message from Northern Power Grid about support through the cold, winter months...

Have you heard about our free Priority Services Membership?

If you, or someone you know may need a bit of extra help in a power cut, Northern Powergrid have a free Priority Services Membership Scheme.

By telling us a little bit about your circumstances we can help you or someone you care for plan in case the lights go out, and if they do provide extra support and help

Already a member? Great, please ensure we have your up-to-date details

Why should you join?

If we know who needs more support, and a power cut happens, we proactively get in touch and let them know what is happening, and when the power should be back on.

We make sure we keep in touch and check in to understand if there's any extra help needed.

There is a free phone number 0800 169 2996 which gets you straight through to a dedicated team who are there to listen and support you

**For those in most need we can provide:**

- A portable generator or battery pack which can keep equipment running if they are medically dependent
- We've got relationships with home oxygen suppliers so could get back up oxygen delivered if needed
- In addition to our own Customer Services Responder Team, our partner the British Red Cross, can help provide welfare visits and reassurance
- We also have a Just Eat account which we can use to help organise free hot meals for you

Whilst we can't guarantee to be able to provide exactly what you need; we'll do all we can to help.

**Who can join?**

Anyone who:

- Is medically dependent on electrically powered equipment
- Is of pensionable age or have children 5 years or under
- Has hearing or visual impairment
- Has a serious illness, or limited mobility or suffers with a mental health condition
- Has additional communication needs

**How do I join?**

- Call 0800 169 2996 – free phone direct to our dedicated membership team
- Fill in the form online by going to our website:
- [www.northernpowergrid.com/care](http://www.northernpowergrid.com/care)

Even a proud Northerner may need a bit of extra help from time to time

# Recipes

Cooking once and freezing portions for later is a great way to eat healthily, save money and time. You can even cook two different dishes such as fish pie and lasagna in the same oven at the same time to save how many times you need to put the oven on.

## Ingredients

- 500g/1lb 2oz swede, peeled & chopped
- 500g/1lb 2oz potatoes, peeled & chopped
- 250g/9oz low-fat soft cheese with garlic and herbs
- 150ml/5fl oz Parsley sauce mix (such as Bisto or Schwartz)
- 400g/14oz frozen fish pie mix, defrosted
- 200g/7oz frozen peas
- salt and freshly ground black pepper



## Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Put the swede and potatoes in a saucepan and bring to the boil. Cook for 15–20 minutes until tender, drain and mash. Season and set aside.
3. Meanwhile, make the parsley sauce mix as per packet instructions.
4. Stir the fish and peas into the cheese mixture and place in a medium ovenproof pie dish.
5. Spoon the mash over the fish mixture and bake for 25–30 minutes, or until lightly browned. Garnish with chopped herbs, if desired, and serve immediately.





When you fancy something sweet to warm you up, this dessert can be just the thing!

## Christmas Mince Pie Bread Pudding Dessert

### Ingredients

- 120g/2ozany bread - 4 slices
- 4 large eggs, whisked
- 3 tablespoons of brown granulated sweetener
- 4 tablespoons of mincemeat or 4 leftover mince pies
- low calorie spray
- 5g of icing sugar for dusting
- A sprinkling of Cinnamon



### Recipe

1. Preheat oven to 160c fan, 180c, 350f (gas mark 4)
2. Whisk the eggs and brown granulated sweetener together in a bowl
3. Slice each slice of bread into 4 slices (so you should have 16 mini triangles)
4. Add the bread to the egg mix and mix to coat every slice
5. Spray an oven proof dish with spray oil
6. Layer the soaked bread triangle in the oven proof dish, so each little triangle slightly overlaps the other.
7. Spray over the top with spray oil
8. Place in the oven for 10 mins
9. Remove and then scatter with mincemeat or crumbled mince pies
10. Sprinkle with cinnamon
11. Place back in the oven for approx 20-30 mins until lightly golden.
12. Allow to cool slightly and then dust with the icing sugar.
13. Slice and serve, with Ice cream, yoghurt or custard.

# On your doorstep!

**Pontefract is a busy market town with a rich history and lots going on!**

Our friends at Pontefract Civic Society have pulled together this information to share with you...

We are Pontefract Civic Society  
Established in 1969, Pontefract Civic Society is a registered charity promoting and supporting the well-being of Pontefract in all its aspects.

We share the belief that the places in which we live and work can be greatly improved by the commitment and determination of its citizens.

By promoting civic pride and facilitating community engagement, we hope to improve our public spaces, celebrate our rich historic past and promote Pontefract as a place to live, visit and work.

## **Pontefract Castle**

From its construction in 1070 to its demise following the Civil Wars, the once-fearsome fortress of Pontefract Castle dominated Yorkshire and beyond, bearing witness to some of England's most momentous historical events earning itself the name of the Key to the North!

Today, the castle is a place of family-friendly adventure, wide open spaces to explore and play, with fascinating ruins to investigate. Ignite your imagination as you explore the pathways and take in some of the imposing stonework. Climb to the top of the keep and see the surrounding Yorkshire countryside.

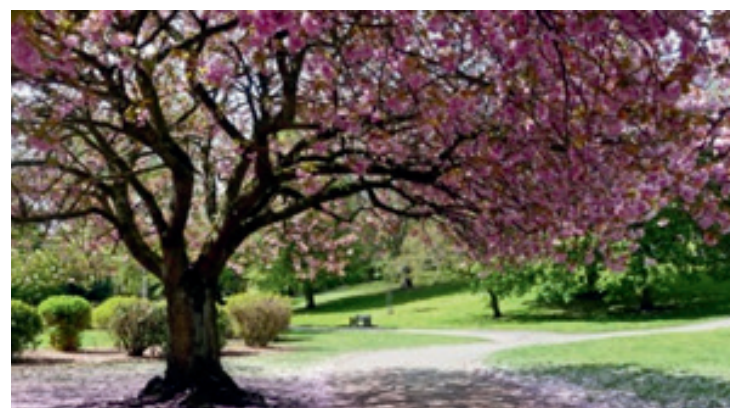


## **Friarwood Valley Gardens**

An oasis of calm in the bustling streets of Pontefract, the gardens were laid out as a public park in the mid-20th century to offer a place of beauty and exercise, on a site originally associated with the town's medieval monastery.

There was a friary on the site of the present gardens until the dissolution of the monasteries in the mid-16th century. After this the site was used as a cemetery until orchards were planted in the 18th century. The area was laid out as private gardens towards the end of the 19th century. The area was developed as a public space in 1950 at the time that an adjacent road was widened.

Well worth a visit at any time of the year, in Spring time the blossom is a sight to behold.





## Liquorice

Liquorice was introduced to Pontefract as a medicinal plant in the Middle Ages. It was probably brought by crusaders retiring from the Middle East to Pontefract Castle or by monks travelling to the town's monasteries. This road links Dunhill's, founded in 1760, and now Haribo, to the former liquorice works of Robinson and Wordsworth founded in 1877.

Each year the town comes together to celebrate this wonderful plant with a weekend of fun called the Liquorice Festival. Many flock to the area to join in with games, lots of free entertainment and to sample foods made with liquorice, including a favourite - liquorice icecream!!



## Pontefract Race Course

Fun for all the family, Pontefract Race Course not only offers the location for racing horses but fitness, play and entertainment. Horse Racing happens throughout the year with the exception of the coldest, winter months. This sport of kings brings lots of tourism to the town and offers special days such as Lady's day and Family day.

The playground was refurbished last year and is a great place for children to burn off some energy and have fun.

Dog walking is a popular pass time people enjoy within the race course park. You can walk, run, jog around the race track although the path is not even so unfortunately it's not suitable for wheelchair users.

Each weekend Pontefract Parkrun attracts over four hundred people who come along to complete the 5K course on Saturday morning or the 2K course for children on Sundays. This is a free activity and has a range of benefits to both the participants and the volunteers.



We hope this Wellbeing Newsletter has raised your spirits, given you some new ideas, made you think, move and above all made you smile.  
Stay safe, keep cool and reach out if we can help you.

## Solutions to Think



### Quiz

- 1.Dallas 1 2.Basil Brush
- 3.Scotland 4. Abbey Road
- 5.Libya 6.Mary Quant 7.Cilla Black
- 8.Buzz Aldrin 9. Crossroads Motel 10. Marilyn Monroe

## Useful Contact Numbers

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

**Samaritans**  
**116 123**

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

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

**24 Hour Mental Health Support Line**  
**NHS Every Mind Matters**  
**0800 183 0558**  
[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)



### 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**

Registered Charity No:1096511  
Registered in England and Wales



# HOME TIME

We can assist in your journey from hospital and make sure you have everything you need.  
We offer help with...

	Blue badge and bus pass applications,	✓
	Mobility equipment, grab rails and ramps,	✓
	Benefit checks	✓
	And so much more...	✓

If you live in Wakefield District and could use a little support we're here for you.

Wakefield District  
**ageUK**

01977 552 114  
[itoc@ageukwd.org.uk](mailto:itoc@ageukwd.org.uk)

SCAN ME 