

PASSION for SUPPORT

Delivering care in Calderdale

NEWSLETTER 

☀️ Summer 2026 ☀️

**Welcome to the Summer 2026 Passion for Support newsletter.
We hope you'll find the information interesting and informative.**

If you don't wish to receive our email newsletter, please let us know.

Recent Calderdale events



*Sir Tom Jones performing at
The Piece Hall (25th July 2026)*



*Hebden Bridge Vintage Weekend
(1st & 2nd August 2026)*



*Halifax Agricultural Show
(8th August 2026)*

If there are events that you, or someone you know, would like to attend, but need support to do so, our friendly carers are happy to accompany you. Examples include going to an event, like those pictured, attending an appointment at the doctors or hospital, visiting a garden centre, having lunch in town or joining a family gathering. Our carers are discrete (they don't wear uniform so people won't know they're a carer) and can give you as much or as little support as you need to ensure you get the most out of the occasion.



*Low water at Baitings Reservoir
Photo credit: Brian Thomas, Facebook*

Long, hot summer

Summer 2026 in Calderdale is proving to be hot and dry. According to the Met Office, 2025 was officially the warmest summer on record for the UK and it looks like 2026 will beat that record.

The low water level at Baitings Reservoir has revealed the old packhorse bridge (dating from 1313) which was covered when the dam was built and the area flooded in the mid-1950s.

Tips for keeping cool

[The Royal Meteorological Society](#) have some great tips for keeping cool. Some sound a bit unlikely, but it's worth giving them a try if it keeps you comfortable in the heat.

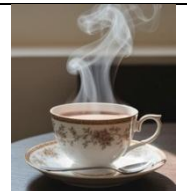


Keep windows and curtains closed

It might feel natural to open every window when it's hot, but if it's hotter outside than in, you're just letting warm air in. Keep windows and curtains closed during the day, and open them again when the temperature drops.

Hot drinks can cool you down

Drinking something hot helps your body cool off by making you sweat more. As your sweat evaporates, it takes heat with it.

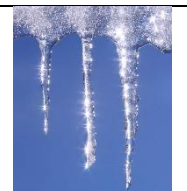


Sleep naked

Going to bed in your birthday suit can help if your room is cool. But if it's hot and humid, light cotton pyjamas are often better. They absorb sweat, allowing it to evaporate and cool you down more efficiently.

Freeze your pillow (or PJs)

Stick your pillowcase, pyjamas or even a hot water bottle filled with cold water in the freezer 20 minutes before bed. This offers an instant cooling hit that can help you get to sleep faster.



Cool your pulse points

Running cold water over your wrists, neck or ankles can help reduce your body temperature slightly. It's not a cure-all, but it's quick, easy and refreshing.

Fan + damp cloth = DIY air conditioning

Place a damp towel or bowl of ice in front of a fan. As the air blows through or over, it creates a cooling effect similar to air conditioning.



Eat spicy food

Believe it or not, spicy food can cool you down. Capsaicin (the compound in chilli peppers) increases sweating which evaporates and lowers your body temperature. There's a reason why many hot countries have hot food!

Dress light and loose

Stick to light-coloured, loose-fitting clothes made of breathable materials like cotton or linen.



Switch off electronics

Electronics give off heat, especially chargers, TVs and laptops so turn off any unnecessary devices.

Keep hydrated

Drink plenty of water, not just when you're thirsty. If you're sweating a lot, consider adding a pinch of salt to replace lost electrolytes. Also cut back on caffeine and alcohol, as they can dehydrate you



Symptoms of HEAT EXHAUSTION

- Tiredness
- Dizziness
- Headache
- Feeling sick (nausea) or being sick (vomiting)
- Excessive sweating and skin becoming pale and clammy
- Cramps in the arms, legs and stomach
- A high temperature
- Being very thirsty
- Feeling irritable

What to do? If someone is showing signs of heat exhaustion they need to be cooled down and given fluids.

Symptoms of HEAT STROKE

- A very high temperature
- Hot skin without sweating
- Fast breathing and a fast heartbeat
- Confusion and restlessness
- Seizure (fit)
- Loss of consciousness

What to do? Heatstroke is a medical emergency. Seek immediate medical help if someone has the symptoms of heatstroke.

Events in and around Calderdale



If you're looking for things to do in Calderdale, a great place to start is the Calderdale Forum 50 Plus website. You'll find dozens of 50-friendly groups, clubs, classes, events and activities across Calderdale that should appeal to a broad range of interests. The website is:
<https://calderdaleforum50plus.com/>

Here are a few examples of upcoming events:

25th to 29th August - The Good Life at Halifax Playhouse

Based on the TV series Halifax Thespians perform an amateur production of "The Good Life".

4th to 6th September - Norland Scarecrow Festival

Raising money for the village and local charities, local home and business owners create scarecrows and create a trail of around 80 of them. As well as ingenious, witty and beautifully made scarecrows, there's music, food, ice creams and lots more for you to enjoy.

5th & 6th September - Sowerby Bridge Rushbearing Festival

The only one of its kind in Yorkshire, the sixteen foot high, decorated and thatched rushcart procession takes in seven towns and villages, churches and local hostelrys along the way.

6th September - The Brighthouse & Rastrick Band at Victoria Theatre

Passion For Support are here to help

Are you feeling lonely? Do you feel isolated? Would you like some company?
Do you need some extra help around the house? Would you like help with your shopping? Do you struggle going out socially?

Then good news...Passion For Support has availability for new Customers

We provide:

- Companionship
- Meal preparations & cooking
- Personal Care – dressing/undressing, bathing, grooming, using the toilet, help with getting up & going to bed
- Assistance with medications
- Household and domestic tasks – light cleaning, washing & ironing, shopping
 - Transporting & supporting customers to attend appointments
- Leisure activities – accompanying and supporting customers at events and social functions
 - Outings to visit family & friends or just to get out of the house
- Respite care/sitting service for evening's, weekends and Bank Holidays and more...

We would be happy to discuss your support requirements so please give us a call on

01422 374097

Or drop us an email at

info@passionforsupport.com

Our Staff

Welcome!

We'd like to **welcome Beth to Passion For Support**. She's been with us for a few months now so some of you many already know her. She's doing brilliantly and having her onboard has helped ensure we have plenty of capacity to cover customer visits.



Long Service

We'd like to offer a very big **THANK YOU** to two members of Passion For Support staff who have been with us for a number of years. As a token of our appreciation, each recently received a beautiful bouquet of flowers. We couldn't do what we do without their support and dedication to our customers and to Passion For Support and we very much appreciate all that they do.



Dee, joined us in November 2015.

Lesley, joined us in August 2020.



We appreciate each and every staff member, and we know you do too. If you'd like us to pay a small reward to **thank a member of staff for a job well done**, please contact the office to let us know.

Staff Bonus

If any member of our current staff team **recommend a friend**, who gets offered a position in our team, who then goes on to complete 6 months' probation, they will get a monetary gift in recognition of their commitment to Passion for Support.

Get Quizical

Pick a number, any number, although hopefully the correct one...

The answers to the questions below are all numbers. Good luck!



	Question	Your answer
a.	How many letters are there in the Greek alphabet?	
b.	In which year did the first episode of Coronation Street air?	
c.	What is the next prime number after 7?	
d.	How many stars are on the United States flag?	
e.	What number does the Roman numeral X represent?	
f.	In what year did Queen Elizabeth II become queen?	
g.	How many buns are in a baker's dozen?	
h.	How many yards are in a chain?	
i.	In which year did 14 year old Nadia Comaneci receive a perfect 10 score in Olympic gymnastics?	
j.	How many players are on a cricket team?	
k.	How many months have 31 days?	
l.	What number is represented by the bingo call 'key to the door'?	
m.	In which year did the Battle of Hastings take place?	
n.	How many geese are laying in the 12 days of Christmas song?	
o.	A couple celebrating their crystal wedding anniversary have been married how many years?	
p.	What is James Bond's code name?	
q.	How many sheets in a ream?	
r.	How many people have walked on the moon?	
s.	In what year was the United Nations founded?	
t.	How many bones are there in the adult body?	

Answers:

**a) 24 b) 1960 c) 11 d) 50 e) 10 f) 1952 g) 13 h) 22 i) 1976 j) 11
k) 7 l) 21 m) 1066 n) 6 o) 15 p) 007 q) 500 r) 12 s) 1945 t) 206**



Recipe

Spanish Omelette



This recipe serves 2 people and takes around 50 minutes to prepare, including cooking time. The omelette can be eaten hot or cold. And you might wish to add other ingredients to it also such as garlic, peas or ham. You can eat it for breakfast, lunch or dinner, on its own or served with vegetables.

- ½ tablespoon olive oil, or more if needed
- 1 large potatoes, peeled and thinly sliced
- salt and pepper to taste
- ⅛ teaspoon smoked paprika, or to taste
- ½ sweet Spanish onion, thinly sliced
- 3 large eggs
- ½ teaspoon olive oil
- ½ bunch fresh parsley or chives, coarsely chopped
- ½ tablespoon olive oil

STEP 1: Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C).

STEP 2: Heat 1 tablespoon olive oil in an oven-proof skillet over medium heat until it shimmers. Place potatoes into hot oil and season with salt and pepper. Sprinkle with smoked paprika. Pan-fry potatoes, stirring and tossing occasionally, until they start to soften, about 8 minutes.

STEP 3: Add onion and cook, stirring occasionally, until potatoes and onion are lightly browned and onion is translucent, about 10 more minutes. Remove the skillet from heat and allow to cool for about 5 minutes.

STEP 4: Beat eggs with 1 teaspoon olive oil in a large bowl. Stir in parsley, then add potato-onion mixture until lightly combined.

STEP 5: Heat 1 tablespoon olive oil in the same skillet over medium heat until it shimmers. Gently spoon egg-potato mixture into hot oil. Reduce heat to medium-low and shake the skillet a few times to help release omelette from the bottom of the skillet. Slide the skillet into the preheated oven.

STEP 6: Bake in the preheated oven until omelette is puffed and the top is golden brown, about 5 minutes. A toothpick inserted into the center of omelette should come out clean; cut into pie-shaped pieces to serve.



Some Passion for Support Staff Facts & Figures

The average age of our staff is 50.46 years.

Our longest serving member of staff has been with us for 17 years & 3 months.

On average, our staff have worked for us for 7.5 years.

Our youngest member of staff is 29 years old.

Our oldest staff member is 68 years old.

Health Advice and where to get it

TOGETHER WE CAN CHOOSE WELL

West Yorkshire Health and Care Partnership

Self Care	Pharmacy	NHS 111
Many minor issues like coughs, grazes and sore throats can be treated at home.	Medical advice and treatments for things like colds, tummy troubles, rashes, aches and pains.	Visit 111.nhs.uk or call 111 if you need medical help quickly, 24 hours a day, 365 days a year.
Mental health	GP practices	A&E
Don't wait until you are in crisis. There's a wide range of support and resources available for everyone, including a 24/7 free phone line. Visit togetherwe-can.com/mental-health	GP practices offers same day and pre bookable appointments Monday to Friday, 8am - 8pm.	A&E is for emergencies, serious injuries and life-threatening situations. Like heart attacks, 24 hours a day.

<https://www.locatepharmacy.co.uk/location-search/calderdale>

[Find a GP - NHS](#)

[Find urgent and emergency care services - NHS](#)

[Pennine GP Alliance - Primary Care Networks - Ensuring viable GP services remain at the heart of local communities, providing sustainable and high quality, patient-focused healthcare](#)

Always dial 999 in a life-threatening emergency.

Helpline numbers

Age UK have a free advice

Advice Line: 0800 678 1602

Open 8am-7pm, 365 days a year.

Age UK - The Silver Line

Phone 0800 4 70 80 90

A free confidential helpline providing information, friendship and advice to older people, open 24 hours every day of the year.

<https://www.ageuk.org.uk/services/silverline/>

Parkinson's

Call 0808 800 0303

A free, confidential service providing support to anyone affected by Parkinson's. Trained advisers, including specialist Parkinson's nurses, provide information and advice about all aspects of living with Parkinson's

Opening times: Monday to Friday: 9am to 6pm and Saturday: 10am to 2pm

Dementia UK

Helpline 0800 888 6678

Specialist dementia nursing charity for the whole family. Admiral Nurses provide free support and advice to anyone affected by dementia.

Gateway to Care

Phone: 01422 393000 Monday to Friday

Emergency Duty Team: 01422 288000

One number to call for all your social care needs and some health concerns.

Open Monday to Thursday from 8.45am to 5pm, Friday from 8.45am to 4.30pm

The Samaritans

Ring them on 116 123 - 24 hours a day, 365 days a year

A listening ear if you need to talk to someone. Whatever you're going through, a Samaritan will face it with you.

Website: www.samaritans.org

CRUSE Bereavement Care

Helpline: 0808 808 1677

Offers support, advice and information when someone dies.

Open 9.30am to 5pm Mondays to Friday, until 8pm on Tuesday, Wednesday and Thursday.

Citizen's Advice Bureau Calderdale:

Telephone: 0300 330 9048

Provide advice and support to Calderdale residents on a wide range of issues, including financial, debt and benefits advice.

Open 9.30 till 13.00 Monday to Friday.

Overgate Hospice Hub

Call on: 01422 379151

Drop in hubs for adults living with a progressive, life-limiting illness. You can attend alone or with a carer, family member or friend, to gain support, advice, education, and signposting as well as socialising with others in similar situations and join in with diversional therapies such as crafts, activities and music, in a safe and understanding environment.

Personal Assistant Recruitment

We are still working to recruit Personal Assistants to the vacancies we have available. We have recently contacted the national careers service and Calderdale college to enquire about new recruits. We hope to have some traction with this very soon. If you know of anyone interested in a paid care role, whether or not they have qualifications or experience, please pass on our details.

Monday to Friday 9.30am until 4.00pm

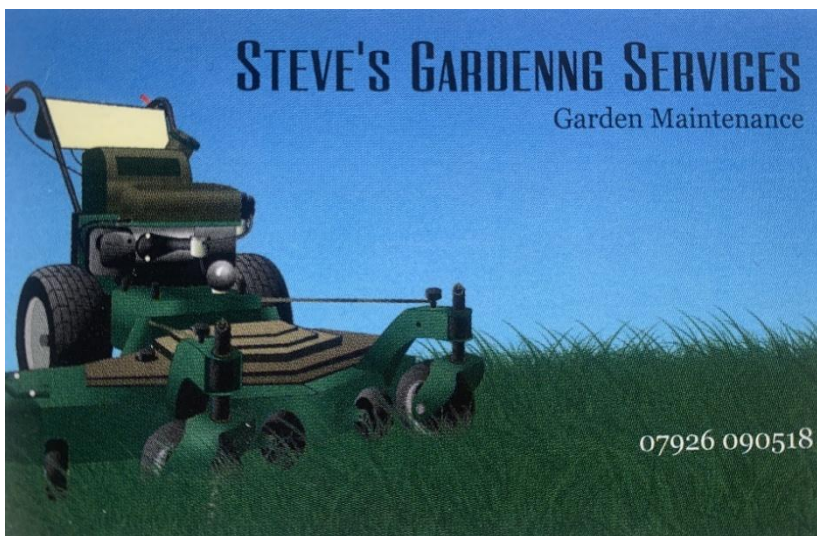
Contact us in the office on
01422 374097

For **urgent matters** that must be dealt with
outside office hours our On Call number is
07377 376945

You can contact us by **email** at
info@passionforsupport.com

Our office is at: Brian Royd Business Centre, Saddleworth Road, Greetland, Halifax, HX4 8NF
Our **Care Quality Commission** (CQC) provider ID is: 1-101657235

**If you would like to leave us a review or give us feedback, Please contact the office between
09.30 and 16.00 Monday to Friday.**



**Is your garden looking a little
bedraggled? Do you need help to
get it back into shape?**

- To keep your Lawns and Hedges tidy?
- General weeding and pruning?

Contact **Steve** your local friendly
gardener on **07926 090518**