

PASSION for SUPPORT

Delivering care in Calderdale

NEWSLETTER 

Spring 2025

**Welcome to the Spring 2025 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 scroll to the bottom of the page and select the unsubscribe option.



**Spring Photos from
around Calderdale
@visitcalderdale.com**



Spring facts

- Every Spring, about 1800 bird species fly home after migrating away during the winter
- There are over a dozen different national holidays during spring
- The Great sphinx was built to point directly at the sun on the spring equinox
- Studies show that babies born on the spring are more likely to be night owls and optimistic
- When spring comes around the weather is unpredictable
- Spring is when animals come out of hibernation
- Spring is the season when lots of lambs and animals are born
- Children grow faster in the spring than during other times of the year
- Every year, allergies constitute over 17 million outpatient appointments
- Spring cleaning has been around for centuries
- Flowers communicate with other species in spring
- Some frogs can freeze in the winter and thaw out in the spring
- Some animals' fur changes colour in spring
- The northern lights "dance" more in the spring

Activity Information in and around Calderdale

Spring 2025

Different Days out and activities around Calderdale are accessible here

[Leisure and culture | Calderdale Council](#)

[Upcoming Events | Visit Calderdale](#)

[Calderdale Forum 50 Plus – The online newspaper for older people and their families in Calderdale](#)

Health Advice and where to get it

TOGETHER WE CAN CHOOSE WELL

West Yorkshire Health and Care Partnership  

- Self Care** 
Many minor issues like coughs, grazes and sore throats can be treated at home.
- Pharmacy** 
Medical advice and treatments for things like colds, tummy troubles, rashes, aches and pains.
- NHS 111** 
Visit 111.nhs.uk or call 111 if you need medical help quickly, 24 hours a day, 365 days a year.
- Mental health** 
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** 
GP practices offers same day and pre bookable appointments Monday to Friday, 8am - 8pm.
- A&E** 
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.

Key Dates in Spring

March 2025

1st March
St David's Day

4th March
Shrove Tuesday

5th March
Ash Wednesday

6th March
World Book Day

8th March
International
Women's Day

17th March
St Patrick's Day

20th March
First Day of Spring

30th March
Mothers

31st March
British Summer Time
Begins

April 2025

1st April
April Fools Day

18th April
Good Friday

20th April
Easter Sunday

21st April
Easter Monday and
National Tea Day

22nd April
Earth Day

23rd April
St George's Day

28th April
Pay it Forward Day

May 2025

1st May
May Day

4th May
Star Wars Day

5th May
Early May Bank Holiday

11th May World Fairtrade
Day

17th World Baking Day

26th May
Spring Bank Holiday

29th May
National Biscuit Day

Other special days in Spring are:

9th March = World Barbie Day, **19th March** =
World Sleep Day, **21st March** = Red Nose Day,
28th March – Wear a Hat Day, **9th April** – Unicorn
Day, **11th April** – National Pet Day, **25th April** –
World Penguin Day, **3rd May** – World Laughter
Day, **20th May** – World Bee Day, **23rd May** –
World Turtle Day

Helpline numbers

Age UK have a free advice –

Age UK Advice Line: 0800 678 1602

Lines are open 8am-7pm, 365 days a year.

Age UK - The Silver Line Phone 0800 4 70 80 90 It is 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

Our helpline is a free confidential service providing support to anyone affected by Parkinson's. Our trained advisers, including specialist Parkinson's nurses, can 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

Specialist dementia nursing charity that is here for the whole family. Our nurses, nurses as Admiral Nurses, provide free, life changing support and advice to anyone affected by dementia

Dementia helpline is 0800 888 6678

[Home - Dementia UK](#)

Gateway to Care

Gateway to Care provides one number to call for all your social care needs and some health concerns, phone: (01422) 393000

We are open Monday to Thursday from 8.45am to 5pm, Friday from 8.45am to 4.30pm. Please note: We are closed on Saturday and Sunday and public holidays.

Do you have social care needs causing risk or concern outside the hours noted above? Please contact the [Emergency Duty Team](#) on: (01422) 288000

The Samaritans

Offer a listening ear if you need to talk to someone Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

You can ring them on 116 123 or visit www.samaritans.org

CRUSE Bereavement Care

Offers support, advice and information to children, young people and adults when someone dies. Its helpline 0808 808 1677 is open from 9.30am to 5pm Mondays to Friday, with extended opening hours till 8pm on Tuesday, Wednesday and Thursday evenings.

Citizen's Advice Bureau Calderdale:

Working in our local community for over 70 years providing advice and support to Calderdale residents on a wide range of issues, including financial, debt and benefits advice. Telephone 0300 330 9048 is open 9.30 till 13.00 Monday to Friday.

Overgate Hospice Hub

Are you an adult living with a progressive life-limiting illness? Drop in to your local Overgate Hub!

Those living with a progressive, life-limiting illness are invited to attend the Overgate HUBs with their carer, family member or friend, to gain support, advice, education, and signposting from our dedicated team, as well as the chance to socialise with others in similar situations and join in with diversional therapies such as crafts, activities and music, in a safe and understanding environment.

If you feel you can benefit from attending your local Overgate Hub, you are welcome to drop in to the next session, or call us on 01422 379151 if you would like more information

Salmon and Broccoli pasta



Ingredients

- 150g/5½oz dried **pasta**, any kind
- 150g/5½oz **broccoli**, cut into small florets
- 1 tbsp **olive oil**
- 4 **spring onions**, trimmed and sliced or ½ small onion, very finely sliced
- 2 skinless **salmon** fillets (around 120g/4½oz each), cut into roughly 3cm/1¼in chunks
- good pinch **dried chilli** flakes (optional)
- 100ml/3½fl oz **double cream**
- ½ small **lemon**, finely grated zest only
- salt and freshly ground **black pepper**

Method

- Half fill a large pan with salted water and bring to the boil. Add the pasta and cook for 7–12 minutes, or according to the packet instructions until just tender, stirring occasionally. Three minutes before the end of the pasta cooking time, add the broccoli to the water and cook with the pasta for 3 minutes.
- Meanwhile, heat the oil in a medium non-stick frying pan and cook the spring onions, or sliced onion, for 1–3 minutes, or until softened, stirring regularly.
- Add the salmon pieces and chilli, if using, and cook for about a minute, turning the salmon 3–4 times. Add the cream and a ladleful of the pasta cooking water (around 100ml/3½fl oz). Season generously with salt and pepper.
- Bring to a gentle simmer and cook the salmon for 3–4 minutes, turning occasionally (add an extra splash of water if the sauce thickens too much.) Drain the pasta and broccoli and return to the pan. Add the creamy salmon sauce and lemon zest and toss together lightly.

If cooking is something that customers enjoy but don't feel safe to do it alone, we can help. Anyone who would like to include a simple cooking session with customers during their visits please speak to us.

BETTER LIVES HUBS

The Better Lives Hubs are bringing face to face social care support into your community. They are a first point of contact, providing help and advice

Drop in with any questions about care and support from a range of professionals including social care advisors, care co-ordinators, social workers, nurses and occupational therapists.

They can offer advice, guidance and support on a range of issues to support your wellbeing and independence. Whether it be about making new friends, managing safely at home, carrying out daily living tasks, or if you are generally worried about something, they will try to help or recommend and connect you with someone who can.

No appointment is necessary, you can drop in during the opening times. You may have a short wait to be seen.

Better Lives Hubs - Times and Venues

Brighouse

Last Friday of every month 10.00am – 3.00pm
At lower Valley Primary Care Network (PCN) Building
16a Church Lane, Brighouse HD6 1AT

Halifax

Wednesday 10.00am – 4.00pm
At Age UK at the Woolshops in central Halifax
(between the Piece Hall and Marks and Spencer's)

Elland

1st and 3rd Tuesday of every month 10.00am to 4.00pm
At Elland Community Hub, Huddersfield Road, Elland, HX5 9DL

Illingworth

Thursday mornings 9.30am – 11.30am
Illingworth Family Hub, Occupation Lane, Illingworth HX2 9RL

Mixenden

Every other Thursday 1.30pm – 3.00pm (Drop in but
appointments may also be available on request)
Holy Nativity Church, 8 Sunny Bank Road, Halifax HX2 8RX

Name: _____ Date: _____

- APRIL
- BLOSSOM
- BREEZE
- BUD
- BULBS
- BUNNY
- BUTTERFLY
- CHICK
- DAFFODIL
- EASTER
- EGGS
- GRASS
- GREEN
- HATCH
- JUNE
- MARCH
- MAY
- NEST
- PUDDLE
- RAINBOW
- ROBIN
- SEASON
- SHOWERS
- SUNSHINE
- THAW
- TULIP
- UMBRELLA



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



Spring Spotlight



Each Newsletter we are going to be having a SPOTLIGHT section.

This newsletter is focused on

Phone and Purse Thefts - Tips & Support

West Yorkshire Police are highlighting a recent spike in thefts of purses, wallets and phones, usually stolen in distraction style thefts. Police are encouraging people to take simple steps to avoid becoming a victim.

Anyone who becomes a victim faces the expense and inconvenience of replacing the stolen items along with the heartache of losing treasured photos, videos and other items.

You can guard against becoming a victim of theft by:

- Always securing zips and fastenings on bags and pockets.
- Never leaving bags, mobile phones, coats and other valuables unattended.
- Avoiding advertising your valuables to would-be thieves.

You can also protect your mobile phone by:

- Downloading a tracking app.
- Insuring it and recording the IMEI number.
- Saving all your contacts, in and address book or on a computer.

If you do become a victim of such a theft here's a short checklist of things to do:

- Contact your Bank and cancel/block your cards immediately.
 - Track your phone via tracking apps.
- Consider blocking the phone via other devices.

West Yorkshire Police Contact us

Could you [click before you call](#)?

In an emergency dial **999**. In a non-emergency dial **101**

Get advice on [which number to call](#)

Get in touch online via our [Live Chat system](#)

[Get a Crime Update](#) to check the status of an previously reported crime

[Deaf / hard of hearing](#) contact information

Are you Lonely?

Do you feel isolated?

Would you like some company?

Do you need some extra help around the house?

Would you like some help getting your shopping?

Do you struggle going out socially?

Then good news

We have 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**

“Being a relatively small team there is continuity of staff we know well who have built up a trust and awareness of all his needs which is extremely important as he has profound hearing problems and communication can be difficult.” Mrs T
(Halifax)

“My PA is very nice; they are really friendly and spent time talking to me and getting to know me. They let me do things at my own pace and help me do the things I can't do for myself.”
Mr H (Brighouse)

Staff Recognition

We recognise staff who have gone above and beyond, or for whom we've received some positive feedback, by paying them a small 'reward' in their salary.



We appreciate each and every one of them, 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.

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.

Staff Bonus

If any member of our current staff team recommends 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.

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.**

Take Care!