

PASSION for SUPPORT

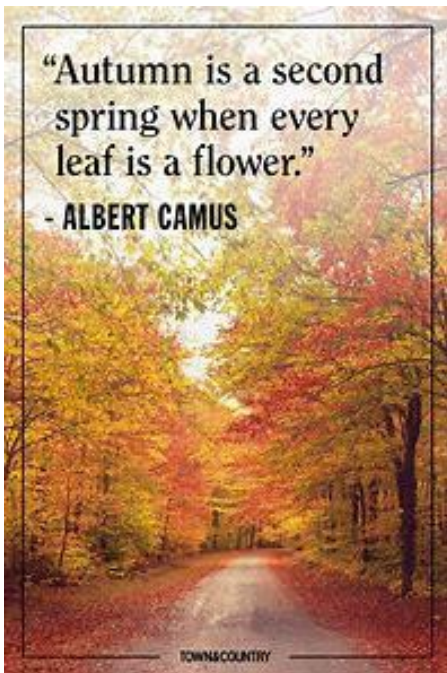
Delivering care in Calderdale

NEWSLETTER 

Autumn 2024

**Welcome to the Autumn 2024 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.



Summertime facts

1. The **Harvest moon** happens around the Autumn Equinox. Its bright moonlight helped farmers harvest crops before there was electricity.
2. **Scarecrows** have been used for thousands of years to protect crops.
3. **Monarch butterflies** will migrate from the United States to Mexico in the Autumn
4. **Autumn** can bring the first frost. This is when water in the air settles across the ground and freezes.
5. **Owls** hoot louder in the autumn while searching for a place to nest during the winter.
6. **Leaves** are green because of the chemical chlorophyll. Leaves get less sun in autumn and stop making chlorophyll.
7. **Autumn** begins when the centre of the sun crosses Earth's equator. As Earth continues its path around the sun, days become shorter and nights become longer, with the change most noticeable for those at higher latitudes.
8. **According to superstition**, catching leaves in autumn brings good luck. Every leaf means a lucky month next year.
9. **Did you know** that not all of the world experiences autumn at the same time. In Australia, New Zealand and South Africa the months of September, October and November are actually Spring.

A guide to the COVID-19 Autumn programme

A dose of the COVID-19 vaccine will be offered this autumn to people aged 65 and over, residents in care homes for older people, anyone aged 6 months and over in a clinical risk group, and health and social care staff. Appointments will be available from the National Booking Service shortly.

Eligibility

A dose will also be offered to:

- frontline health and social care staff
- those who care for vulnerable individuals
- families of individuals with weakened immune systems

The autumn programme is targeted at those at high risk of the complications of COVID-19 infection, who may have not been vaccinated for a few months.

As the number of COVID-19 infections may increase over the winter, this dose should help to reduce your risk of being admitted to hospital with COVID-19 or Flu. The vaccine may also provide some protection against mild COVID-19 infection, but such protection does not last for long.

Timing of the autumn programme

You should be offered an appointment between September and December, with those at highest risk being called in first. You should have your vaccine at least 3 months after your last dose of vaccine.

If you are eligible for a flu vaccine, you may be able to have them at the same time – if not please go ahead anyway, you can catch up with the other vaccine later.



Keep warm and get help with heating



Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the [Gas Safe Register website](#).

Make sure your home is fire safe. For fire safety advice specific to you and your home, [visit the online home fire safety check website to complete a safety check for your home](#).

Make sure you're getting all the help that you're entitled to. There may be grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

Find out more about [ways to save energy in your home from GOV.UK](#), or call the government helpline on 0800 444 202.

You can also [find out more from GOV.UK about benefits and financial support if you're on a low income](#).

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

Get advice if you feel unwell

If you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell. You can get help and advice from:

- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you are not sure what to do
-

The sooner you get advice, the sooner you're likely to get better.

In an emergency, go to A&E immediately or call 999.

Activity Information in and around Calderdale

Autumn 2024



Different Days out and activities around Calderdale are accessible here

[Leisure and culture | Calderdale Council](#)

[Upcoming Events | Visit Calderdale](#)

[What's On - Square Chapel Arts Centre](#)

[Upcoming Events | Visit Calderdale](#)

[Events | Calderdale Council](#)

[Active Calderdale](#)



**Elland's new adult
support drop-in hub
is now
OPEN**



A new drop-in service for anyone wanting advice or support around Adult Social Care is opening in the new Elland Community Hub (formerly the Cartwheel Club). The Hub on Huddersfield Road, opposite the Bankfield Surgery will be open on the 1st and 3rd Tuesdays of the month from 10am to 4pm.

Elland Community Hub, Huddersfield Road HX5 9DL

Tel: 01422 898571

Email: info@elland-hub.org.uk

New Website Helps Emergency Services Find People With Dementia Who Have Gone Missing

Are you a family member or caregiver to a person living with dementia?

There is now a new website that helps Emergency Services find people with dementia who have gone missing. You could help the emergency services to locate them in the event they go missing by creating a profile on a new website specifically designed to support the police.

The website, known as **[Safe and Found Online](https://safeandfoundonline.co.uk)**,

allows users to create a profile which stores information such as photographs, medication required, known locations and mobile numbers, and is immediately accessible by control room screens and police officer's devices, allowing searches to begin quickly.

To find out more, visit **<https://safeandfoundonline.co.uk>**

Meals on Wheels

Park Care Meals is a family run Yorkshire based "Meals on Wheels" service that has been established since 1995. They deliver 7 days a week, 365 days a year to households across Calderdale. **[Find out more click here](#)**

Community Care Alarm Service

If you are worried about a fall at home, Calderdale Council, in partnership with Progress Lifeline, offer 2 types of community alarms which offers direct access to a Contact Centre from your home. **[Find out more click here](#)**

Calderdale Stroke Support Group

Key activities they have planned in Autumn include:-

- Monday 09 September: Meet at the Maurice Jagger Centre from 2 – 4pm for the CSSG Olympics.
- Wednesday 25 September: Wellbeing Walk in Shibden Park. Meet at 10.30 at the Mereside Cafe
- Monday 14 October: Meet at the Maurice Jagger Centre from 2–4 pm. Live Well, Live Happy,
- Wednesday 30 October: Wellbeing Walk in Shibden Park. Meet at 10.30 at the Mereside Café
- Monday 11 November: Meet at the Maurice Jagger Centre from 2- 4 pm. Speaker to be announced later
- Wednesday 27 November: Wellbeing Walk in Shibden Park. Meet at 10.30 at the Mereside Café
- Monday 09 December: Christmas Party time

Click here to access the [Calderdale Stroke Support Group Newsletter](#)

Key Dates in Autumn

September 2024

Read a Book Day – 6th Sept

End of the Paralympics –
8th Sept

Professional Care
Workers Week – 16th Sept

World Gratitude Day – 20th
Sept

World Alzheimer's Day –
21st Sept

Autumn Equinox – 22nd
Sept

National Day of Arts in
Care Homes – 24th Sept

World Heart Day – 29th
Sept

October 2024

Black History Month
Breast Cancer Awareness
Month

National Poetry Day – 3rd Oct

Grandparents Day – 6th Oct

World Smile Day – 7th Oct

The Big Draw – 8th Oct

National Curry Week – 10th Oct

Humphrey's Pyjama Week –
11th Oct

World Arthritis Day – 12th Oct

National Baking Week -15th Oct

World Menopause Day – 18th
Oct

International Chef's Day – 20th
Oct

Classic Movie night – 24th Oct

National Sleep in day – 30th
Oct

Halloween – 31st Oct

November 2024

Diwali – 1st Nov

World Jellyfish Day – 3rd Nov

Guy Fawkes Night – 5th Nov

National Saxophone Day – 6th
Nov

Remembrance Sunday – 10th
Nov

Remembrance Day – 11th Nov

Odd Socks Day – 12th Nov

World Hello Day 21st Nov

Doctor Who Day – 23rd Nov

National tree week - 23rd Nov

St Andrews Day – 30th Nov

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 also have a 24-hour helpline (Silverline) –

Age UK Advice Line: 0800 678 1602

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

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

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.

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

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

Chicken, leek and ham pie



Make this pleasing pie whenever you're serving a crowd. Topped with puff pastry, it's filled with chicken, ham and leeks in a silky-smooth sauce

Ingredients

- 1 tbs vegetable oil
- 600g chicken thigh fillets, roughly chopped
- 60g butter
- 2 leeks (about 400g), trimmed and sliced
- 2 garlic cloves, finely chopped or grated
- 125ml white wine
- 60g plain flour, plus extra for dusting
- 400ml chicken stock
- 250ml milk
- 2 bay leaves
- few thyme sprigs
- 180g ham (either thick sliced or leftover cooked ham), roughly chopped
- 500g pack puff pastry
- 1 egg, beaten

Directions

- **STEP 1**
Heat the oil in a large frying pan or saucepan over a medium heat and fry the chicken until browned all over (it doesn't need to be cooked through at this point), about 6-8 mins. Remove to a plate, leaving the oil in the pan.
- **STEP 2**
Tip the butter into the pan and fry the leeks for 8-10 mins on a medium-low heat until softened but not golden. Stir in the garlic and cook for 1 min more. Pour in the white wine and cook for a few minutes so the alcohol evaporates, and the liquid reduces a little.
- **STEP 3**
Sprinkle over the flour and stir until a thick paste has formed and no dry flour remains. Gradually pour in the stock, stirring well between each addition until combined, about 5 mins. Pour in the milk, then bring to a simmer and cook for 1 min, stirring all the time to prevent lumps forming. Stir in the bay leaves, thyme, browned chicken and ham. Season with lots of freshly ground black pepper and a pinch of salt (the stock and ham will add salt, so season to taste). Pour into a large pie dish (ours was 30 x 20cm). *Will keep for two days in the fridge, or in the freezer for three months. Leave to cool completely first, then defrost thoroughly in a fridge overnight before continuing with step 4.*
- **STEP 4**
Heat the oven to 200C/180C fan/gas 6. Lightly dust the worktop with flour, then roll out the puff pastry to 1/2cm thick. Cut a disc of pastry big enough to cover the pie dish with a little overhang. Lightly brush the rim of the pie dish with some of the egg, then lay the pastry over the filling and the rim of the dish. Crimp the edges and use any pastry offcuts to decorate the pie, if you like, using the egg to help them stick. Glaze the whole pastry top with more egg, then bake for 45 mins-1 hr until golden and the filling is piping hot. *The pie can be chilled before glazing for up to two days, or freeze, covered, for up to three months (you will need to freeze in a freezable ovenproof dish). Can be cooked from frozen, for 1 hr- 1 hr 30 mins until piping hot all the way through.*

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 just speak to us.



Dr James Pickett, Head of Research at Alzheimer’s Society, said:

‘This research, much like research we’ve seen in the past, suggests that regularly enjoying word and number puzzles has a positive impact on thinking skills.

Older adults who regularly take part in word and number puzzles have sharper brains, according to the largest online study to date. The more regularly adults aged 50 and over played puzzles such as crosswords and Sudoku, the better their brain function, according to research in more than 19,000 participants, led by the University of Exeter and King's College London.

Here are some websites that you can download and print off new wordsearches....

[Free Printable Word Search Puzzle Games \(puzzles-to-print.com\)](http://puzzles-to-print.com)

[Word Search Puzzles \(thewordsearch.com\)](http://thewordsearch.com)

[26 Free Printable Word Search Puzzles | Reader's Digest](#)

[Word Search Puzzles - Seek The Words](#)

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.

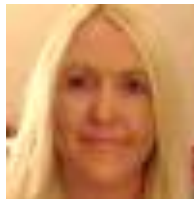


We appreciate each and every one of them, and we know you do too. If you'd like us to pay a small reward to thank a member of staff for a job well done, please contact the office to let us know.

Moving on.....



Megan one of our fantastic Personal Assistants has now said her final goodbyes to us. Having moved to Leeds during 23/24 Megan needed to reduce her working hours with us (travelling on the M62 is a nightmare!) and due to this she got a new job working within the NHS. Megan continued to work for us right until the beginning of September and decided to leave us due to her new promising career in the NHS. Megan called in last week to say her goodbyes and said how much she's going to miss everyone. She also wanted to thank us for all the support and friendship we have given her over the last 3 years. Megan wishes us all well and may pop in, next time she's passing. We wish Megan all the luck in the world.



Caroline is one of our longest serving Personal Assistants, she joined us back in 2012. It has been a pleasure to work with Caroline over the years and many of our staff and customers are going to miss her. Unfortunately, Caroline is having to step away from Passion for Support due to ongoing health issues, she had hoped they would be resolved so she could return to work but this is not the case at the moment. Caroline has said that if her health improves and she's able to return then she will most definitely be giving us a call. We wish Caroline a speedy recovery and all the best for the future.

We hope that you join us all in wishing them both the very best XX

Hi Digital – free online resource to help you improve your digital skills

Getting online can be daunting, especially if you're not familiar with digital technology. But it's good to know there are resources designed to make this process easier, like Hi Digital.

[Hi Digital](#) is a collaboration between the Vodafone Foundation and the older person's organisation, Independent Age, which provides helpful courses aimed at building digital confidence and skills. It is user-friendly and can help make every day online tasks easier and more enjoyable.

If you or someone you know could benefit from this, give Hi Digital a try. It's a great way to build confidence online and make the most of digital technology

— as seen on Calderdale 50+ Forum

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

Referrals

If you know of anyone looking for care, please let us know and we can get in touch to answer any queries they may have and organise a visit.



Passion for Support is a **domiciliary home care company** based in Greetland, Halifax. Established in January 2009, we provide private home care to adults throughout Calderdale. Our visits last a minimum of 1 hour as we don't believe we can add value to the lives of our customers in less time than this. You can find out more about us on our website: <https://passionforsupport.com/> or telephone the office for information.

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!