

PASSION for SUPPORT

Delivering care in Calderdale



NEWSLETTER 

Autumn 2025

**Welcome to the Autumn 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.



Autumn Photos



Autumn facts

- **Autumn Equinox** marks the start of fall. This is when day and night are almost equal in length, a balance that occurs twice a year, heralding a shift in seasons.
- Trees prepare for winter during autumn by **shedding their leaves**. This natural process is not just for show; it helps trees conserve water and energy during the colder, harsher months
- **Pumpkins**, a staple of autumn, are not just for decoration. These versatile gourds are rich in vitamins and have been a food source for thousands of years
- **Oktoberfest** in Germany, starting in late September and running through the first weekend in October, is famed for its beer, food, and festivities.
- **Morning fog** is more common in autumn. Cooler nights followed by warm days allow fog to form, creating ethereal landscapes that seem straight out of a fairy tale
- **Aurora Borealis**, or the Northern Lights, are more visible in autumn due to increased solar wind activity, making it a great time for sky-gazing in the northern hemisphere.
- The decrease in daylight can help reset your internal clock, leading to better sleep patterns and overall health
- **Apples** become crisper and sweeter in autumn, making it the perfect time for apple picking and enjoying fresh cider
- Despite the common belief that cold weather brings colds, viruses that cause the common cold and flu are actually more stable and stay airborne longer in cold, dry air, which is why these illnesses become more prevalent in autumn and winter
- Pumpkin Spice does not contain any pumpkin at all!
- Not everyone has autumn at the same time. When we have autumn, Australia and South America have spring

Essential Heating Tips for Older People in Autumn

Ensure that you check the heating is safe and efficient

Central Heating – NHS Guidance states that rooms that are in regular use for example bedrooms and living rooms should be heated to at least 18degrees in colder months. After months of not being used, it's important to check the homes central heating system is working before your loved one really needs it. You can do this by

- 1) Turning the thermostat to 30 degrees
- 2) Turning up the radiators up to 4 or 5 and leave them on for 30 mins
- 3) Check that the boiler has come on and your radiators are warming up.

If there is any issue seek out the support of a certified gas engineer.

Electric Heaters - There are four main types of electric heater – fan heaters, oil heaters, halogen heaters and convector heaters. They're usually used to heat up small areas i.e. single rooms, very quickly. All electric heaters should be used with care and never be left unattended or running overnight while you or your loved ones asleep. If there's an electric heater in the home, electricians recommend making everyone aware of the following –

- Always place them on a flat surface, away from furniture or combustible materials
- Never dry clothes on or near an electric heater
- Never leave them on overnight
- Never buy a second-hand heater as it may be faulty
- Regularly check the heater for scorch marks or melted areas. Discontinue using it as the first sign of damage
- Sit at least 1 metre away from a heater
- Never attempt to repair a heater

Electric blankets - Old and faulty electric blankets alone account for over 5000 fires a year. People over 65 are more likely to have an electric blanket over 10 years old – electricians recommend replacing an electric blanket at least every 10 years. If you or your loved one owns an electric blanket, the UK Fire Service has the following advice –

- Store the blanket correctly – avoid folding it as this can damage the wiring
- Don't get it wet. If it does get wet don't use it
- Disconnect the blanket from power before going to bed
- Regularly check for damage and discontinuing using it if you see any of the following –
- Fraying fabric
- Scorch marks
- Exposed elements
- Creasing or folding
- Damp patches
- Tie tapes damaged or missing
- Worn flex
- Loose connections.

You should arrange for a qualified electrician to safety test an electric blanket for you at least every three years. If heaters or electric blankets have an old BEAB safety mark this means they are over 10 years old and will need replacing.

Activity Information in and around Calderdale

Autumn 2025

Different Days out and activities around Calderdale are accessible here

[Whats on | Visit Calderdale](#)

[Hebden Bridge Web - What's On and local events](#)

[Calderdale, United Kingdom Events, Calendar & Tickets | Eventbrite](#)

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

Key Dates in Autumn

October 2025

1st
World Vegetarian Day

5th
World Smile Day

7th
Grandparents Day

10th
World Porridge Day

15th
National Grouch Day

18th
World Singing Day

21st
Trafalgar Day

26th
British Summer Time Ends

29th
National Cat Day

31st
Halloween

November 2025

4th
Roast Dinner Day

5th
Guy Fawkes Night

7th
National Hug a Bear Day

9th
Remembrance Sunday

11th
Odd Socks Day

13th
World Kindness Day

17th
Homemade Bread Day

21st
National Gingerbread Day

23rd
Doctor Who Day

28th
Buy Nothing Day

December 2025

1st
Advent Begins

4th
International Cheetah Day

10th
Human Rights Day

11th
Christmas Jumper Day

13th
National Hot Chocolate Day

21st
National Robin Day

22nd
Winter Solstice

24th/ 25th
Christmas Eve / Christmas Day

31st
New Years Eve



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.
HALIFAX BRANCH

Autumn Fayre

Saturday 8th November 2025

14.00 to 16.00

Elim Church

Hall Street

Halifax

HX1 5AY

There is always some entertainment, usually a singer or instrumentalist occasionally we have a speaker, and following them a choice of refreshments is available, we also always have plenty of stalls for you to visit and the raffle is completed.

Christmas Markets at the Piece Hall

A Christmas Market over six weekends showcasing some of the region's favourite independent food and drink producers, artisan makers and pop-up street food. Featuring a wide range of unique stalls with everything from homeware to jewellery, gifts and delicious food to take home.

The Christmas Market takes place on the following dates:

Friday 14 – Sunday 16 November

Friday 21 – Sunday 23 November

Friday 28 – Sunday 30 November

Friday 5 – Sunday 7 December

Friday 12 – Sunday 14 December

Friday 19 – Sunday 21 December

Market Opening Times:

Fridays: 10am – 7pm

Saturdays: 10am – 7pm

Sundays: 10am – 4pm

Brighthouse Christmas Market 2025

Get festive and ready for Christmas with the popular Brighthouse Christmas Market on Saturday 29th and Sunday 30th November.

With stalls featuring gift ideas and inspiration, lots of food and drink to enjoy, plus all the shops and businesses will be decorated and ready to welcome Christmas shoppers. Pop-up stalls will be across the town centre; Santa Claus will be visiting plus much more for your family to enjoy!

This event runs from 29th Nov 2025 to 30th Nov 2025 - All 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!

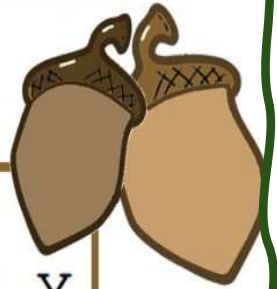
Those living with a progressive, life-limiting illness are invited to attend the Overgate HUBs with their carer, family member or friend, to gain support, advice, education, and signposting from our dedicated team, as well as the chance to socialise with others in similar situations and join in with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

Autumn



WORD SEARCH



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



SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF

Dementia Myths

There are many myths about Dementia and below are just a few of them that we can now put an end.

Myth 1: Dementia only affects older people

While age is a risk factor, dementia isn't a normal part of aging. It can affect younger people too, with thousands in the UK being diagnosed before 65.

Myth 2: Dementia is just about memory loss

Dementia can impact thinking, communication, emotions and behaviour – not just memory. It's a complex condition with many symptoms that can show differently with every individual.

Myth 3: People with dementia can't live fulfilling lives

Absolutely FALSE! With the right care and support, people living with dementia can enjoy meaningful relationships, activities and independence for many years.

Myth 4: Nothing can be done after Dementia Diagnosis

While there's currently no cure, early diagnosis and the right care can make a big difference to a person's quality of life

Root Vegetable Soup



You can use any hard, starchy root vegetables you like for this simple root vegetable soup. Carrots, parsnips, sweet potatoes, squash and celeriac all work well. Serve with warm crusty bread.

Ingredients

- 2 tbsp **oil** (any type)
- 2 **onions**, roughly chopped
- 800g/1lb 12oz **root vegetables**, any kind (see tip below), peeled and cut into roughly 2cm/¾in chunks
- 2 **garlic** cloves, thinly sliced
- 2 chicken or **vegetable stock** cubes
- ground **black pepper**
- freshly chopped **parsley**, to serve (optional)

Method

- Heat the oil in a large non-stick saucepan and gently fry the onions for 6–8 minutes, or until softened and beginning to brown, stirring regularly.
- Add the vegetable chunks and cook for 5 minutes more, stirring occasionally. Stir in the garlic and cook for a few seconds more.
- Crumble over the stock cubes, add 1 litre/1¾ pints water and bring to the boil. Reduce the heat to a simmer, cover the pan loosely with a lid and cook for about 20 minutes or until the vegetables are very soft, stirring occasionally. Some will soften more quickly than others. Remove the pan from the heat.
- Blitz the soup with a stick blender until very smooth and season with plenty of ground black pepper. Add a splash of just-boiled water if the soup is a little thick.
- Ladle into bowls, top with freshly chopped parsley, if using, and serve with the bread.
- pepper to taste and serve. (If taking for a packed lunch, put into a lidded container and keep cool.)

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.



For elderly individuals, autumn is a time to embrace the season while ensuring their well-being. Here are some practical tips to help seniors enjoy the autumn season safely and healthily:

- **Stay Warm:** Ensure the home is adequately heated, especially bedrooms and living rooms, to maintain a comfortable temperature. Regularly check the heating system and use certified gas engineers for repairs.
- **Outdoor Activities:** Despite the cooler temperatures, seniors can still enjoy outdoor activities like nature walks, birdwatching, and light gardening. Dress appropriately to stay warm and safe.
- **Indoor Exercise:** Maintain an indoor exercise routine to preserve mobility, strength, and balance. Activities such as chair yoga, indoor walking, and light resistance training can be beneficial.
- **Seasonal Foods:** Incorporate seasonal produce into meals to support the immune system and overall health. Encourage consumption of nutritious foods during this time.
- **Fun Activities:** Engage in creative and stimulating activities like baking, crafting, and playing games to keep seniors socially and mentally engaged.

By following these advice, elderly individuals can enjoy the beauty of autumn while maintaining their physical and mental health.



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!**