

## Spring Newsletter 2022



Welcome to Spring 2022, it's a more positive time of year with lighter nights, warmer weather & flowers blooming. The country is recovering slowly after the last 2 years of uncertainty and loss, we have turned a corner thanks to the help of the vaccines.

Across England, the NHS has set up new services that will assess patients at the highest-risk from COVID where appropriate, offer them treatment, either with a new antibody infusion or a course of antiviral tablets. These treatments aim to reduce their chance of needing hospital care. Treatments involve intravenous infusion of a neutralising monoclonal antibodies (nMABs) or an oral antiviral treatments, which are given to high-risk patients, including those with compromised immune system

### NHS begins Spring booster Campaign

The NHS in Calderdale started to offer Spring booster vaccines from 28 March as the Covid-19 vaccination programme moves to the next phase. The extra booster is being offered to people aged 75 and over, care home residents. And people with weakened immune systems, in line with the latest advice from the Joint Committee on Immunisations & Vaccinations (JCVI).

Passion for Support has continued to give amazing support to our customers. During the last 2 years with covid, it has been quite remarkable for us with constant government rule changes causing confusion and frustration

We will still be asking staff to do regular LFT tests. We will always keep up to date with any changes, our aim is to keep everyone safe whilst receiving your care.

We would like to thank all our staff for their continuous hard work and commitment to the customers and Passion for Support.

## Ukraine Stay Safe!

The biggest operation is being organised by Halifax Ukrainian Club and Halifax-based waste recycling firm The Leo Group, who pledged to continue sending lorries with supplies to help people fleeing the Russian invasion for as long as they are needed. The things mostly needed are - for ladies' and children's clothing, toothbrushes and toothpaste, nappies, wet wipes, blankets, sleeping bags and toiletries. Among those who have donated to the collection is Yorkshire Soap Company, who have made 4,000 soap bars.

Other charities are also contributing Focus4Hope who have a charity shop in Brighouse.

There are several drop off places Tesco supermarket Brighouse, some shops in the Piece hall and Dean clough..



The Maurice Jagger Centre are Celebrating their 40th Anniversary this year, they have put together some events to Celebrate.

Spring Fair	Saturday 18th June 10am-4pm
Film Show	Saturday 13th August 2pm -5pm
Afternoon Tea & entertainment	Saturday 1st October 2pm-4pm

Contact details 01422 364691

Email [info@mauricejaggercentre.org](mailto:info@mauricejaggercentre.org)

Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Their team will give you information that is reliable and up to date and help you to access the advice you need.

- Do you know what benefits to claim and how to claim them?
- Worried that you can't afford to retire?
- Anxious about a planned hospital stay and how to cope when you leave?

#### Need advice on choosing the right care home?

More than 70 local Age UKs operate handyperson services across much of the country. These services offer older people extra help with small practical jobs to make their lives easier and safer around the home.

A handyperson is usually a charged-for service and the cost will vary dependent on the work being undertaken. Exact handyperson services differ from place to place, but these are the sorts of jobs they can usually help with:

- **Small repairs** - putting up curtain rails, shelves and pictures
- **Safety measures** - fitting smoke alarms, carbon monoxide detector and grab rails.
- **Home security** - door and window locks, door chains and door Viewers.
- **Energy efficiency checks** - installing draught excluders, radiator heat reflectors and energy efficient lightbulbs.

#### Age UK Advice Line:

0800 678 1602

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

#### Age UK Calderdale & Kirklees

[www.ageuk.org.uk/calderdaleandkirklees/enquiries@ageukck.org.uk](http://www.ageuk.org.uk/calderdaleandkirklees/enquiries@ageukck.org.uk)

More services from Age UK Calderdale & Kirklees can be found in the following sections: Loneliness Specialist Services 01422 252 040

#### Handyman services

To Book Contact 01422

252040 & 01484 535994.



## GROUPS AT HEALTHY MINDS



Orange Box Young People's Centre, 1 Blackledge, Halifax. HX1 1AF

Every 3rd Tuesday of the month. At The Orange Box, Halifax. A peer-support group for people living with long term pain, offering a chance to give and receive support from others who have similar experience. [nicola@healthymindscalderdale.co.uk](mailto:nicola@healthymindscalderdale.co.uk) or call our main line: 01422 345154



Southgate Methodist Church,

2nd & 4th Tuesday of the month. This in-person anxiety and depression peer support group is a safe, confidential and relaxed space where people can talk openly about their issues and feelings, listen to others and receive support from group members. You can join the group by contacting Jimon: [jim@healthymindscal](mailto:jim@healthymindscal)



Southgate Methodist Church, Langdale street Elland HX5 0JL

Every Thursday 2-4pm  
In this workshop You will focus on creating a personal "tool box" to support positive mental health, help us to manage the challenges we face and strengthen our "bounce-back" ability. [Jim@healthymindscalderdale.co.uk](mailto:Jim@healthymindscalderdale.co.uk) or call/text: 07541690131 Or call our main line: 01422 345154

To find out more about other groups contact Healthy Minds on

01422 345154 [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)

[info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)

When caring for someone with Alzheimer's or dementia, there may be times when they yell, scream, or cry.

They might yell "Help! Help!" at the top of their lungs or cry inconsolably for long periods of time. This can be disturbing and upsetting for both of you.

It can also be frustrating because the person with dementia can't explain what's causing their distress, they can't or won't stop the behaviour, and you don't know how to help.

We explain some common causes of screaming and crying in dementia and share 6 things you can do to immediately calm the situation.

What causes screaming and crying in dementia ? Screaming, yelling, and crying in dementia can be caused by a variety of reasons, including:

- Fear, Physical pain or discomfort , boredom, feeling sadness or loss,
- Feeling overwhelmed, frustrated, overtired, or agitated.
- Hallucinations, delusions, or delirium, sun downing symptoms, loud & busy environment , depression,

Typically, the distress or agitation that causes this behaviour improves with non-drug methods, medication, or a combination of both.

### Stay calm

1. Take a deep breath and stay as calm as possible. If you get upset, that unintentionally causes your older adult to get more upset because their body is subconsciously matching yours.

### Identifying the cause

A crying or yelling episode could be triggered by something like pain, fear, frustration, or boredom. Take a moment to think about what happened just before it started and jot down your observations. By taking notes and keeping a dementia journal can give you the information you need to find patterns and identify triggers.

3. Observe and listen for clues

Listen carefully to anything they might be saying to try to understand why they're so upset. For example, someone might say "Help! Help! I'm trapped!" or "No no" that could tell you that someone really wants to go outside or needs a change of scenery. Or something might be happening that's making them feel scared or uncomfortable.

4. Take care of physical needs

Sometimes, screaming or crying is the only way the dementia brain knows how to ask for help. If it seems like there could be a physical cause for their distress, take care of it right away. That could mean giving them a pain reliever.

5. Calming techniques

Reducing your older adult's agitation gives you a chance to solve the problem or distract and redirect to a pleasant activity. If you've been able to identify a clue to what's causing the problem, use that to calm the situation – take care of pain or a physical need, go outside for some fresh air, find an enjoyable Activity. etc

6. Distract and redirect with comforting activities

Since logic and reasoning don't work with someone who has dementia, try distracting and redirecting instead. That's when you look for a moment when you can introduce a distraction and then gradually transition into an enjoyable Activity.

## ALZHEIMERS SOCIETY

### DO YOU LIKE TO BAKE?

Bake for dementia is happening during the 25th April - 1st May, when people across the UK will be baking a difference! Whatever you bake, support people affected by dementia. Sign up today and receive your free fundraising kit!

For more information on how to join in the event you can check the Alzheimer's Society website, where you can download the resources including invites, bunting, posters you need even recipes ideas etc.

You can also contact Bake for dementia HQ on 0300 22 2 5770 or Email [bakefordementia@alzheimers.org.uk](mailto:bakefordementia@alzheimers.org.uk) otherwise you can contact the local group who will be able to help.

### Arden Road Social club. Big Band Tea Dance.

A Big Band Tea Dance event as been

organized on Saturday 14th May

at 2pm– 4.30pm

Host by Staying Well organization

Everyone is welcome -

To book a free place please contact the staying well team on 01422 392767 or email [stayingwellproject@calderdale.gov.uk](mailto:stayingwellproject@calderdale.gov.uk).

## BIG EVENTS HAPPENING IN CALDERDALE

**BRIGHOUSE 1940'S WEEKEND IS BACK ON THIS YEAR, WHICH IS GOOD NEWS, AFTER IT BEEN POSPONED PREVIOUSLY. The dates of the event will be 4th & 5th June 2022**



### SQUARE CHAPEL HALIFAX

**Box Office: 0343 208 6016**

### CSI Crime Scene Improvisation

Following multiple five-star sell-out runs at the Edinburgh Fringe, 'CSI: Crime Scene Improvisation' returns with the rip-roaring crime comedy made up entirely on the spot. A fully-improvised, witty and absurd murder mystery where the audience creates the crime. No one knows who the killer is, not even the cast!

"Quick thinking & fast paced. A spectacular must see" (Bunbury Magazine)

"A novel idea, executed superbly" (The Wee Review)

Stage Times Doors – 7pm

Show Starts – 7:30pm Finish 8:30pm

### Paloma Faith

Double platinum and BRIT award-winning artist Paloma Faith is coming to The Piece Hall this summer.

Paloma will play The Piece Hall's iconic open-air courtyard on Saturday July 2nd 2022 via [ticketmaster.co.uk](https://www.ticketmaster.co.uk) 6.00 pm -11.00 pm.

### TOM JONES

Music legend Sir Tom Jones – whose iconic hits span seven decades – is bringing his sensational live show to The Piece Hall next summer.

Fresh from the success of his 2021 chart-topping album *Surrounded By Time*, Sir Tom is delighted to confirm he will be headlining in **Halifax Piece Hall on Sunday 10th July 2022**

With a career that's seen him sell more than 100 million records, Tom Jones has won countless accolades including a BRIT Award for Outstanding Contribution to Music and a Silver Clef Award for Lifetime Achievement.

## QUEENS PLATINUM JUBILEE EVENTS



Elland Silver Band will be hosting 2 events to celebrate the Queens Platinum Jubilee contact details 01484 717126



Garden Party

Barkisland Cricket

On 5th June at 15.00pm

Queens Platinum Jubilee concert

at Halifax Minister

On 4th June 2022 at 7.30pm



The Queens Jubilee Garden party

Clay house Park, Greetland

3rd Jun 2022

1pm—5pm



**PASSION  
for  
SUPPORT**  
Delivering care in Calderdale

**Office Number****01422 374097**

Monday to Friday 9.30am – 4pm

**Out of Hours****07377 376945**For **URGENT** matters only

**Brian Royd Business  
Centre  
Saddleworth Road  
Greenland  
Halifax  
HX4 8NF**  
Facebook page :  
Passion for support LTD  
[www.passionforsupport.com](http://www.passionforsupport.com)

**Tel: 01422 374097**

## Memory Lane Café Sowerby Bridge

Crafts	Advice
Support	Games
Conversation	Music
Activities	Information



**St. Paul's Methodist Church  
Tower Hill  
Sowerby Bridge  
HX6 2EQ**  
Every 2nd & 4th Saturday  
except Dec (1st and 3rd Sat)  
£2 including refreshments

2022  
Jan 8 and 22  
Feb 12 and 26  
Mar 12 and 26  
Apr 9 and 23  
May 14 and 28  
Jun 11 and 25  
Jul 9 and 23  
Aug 13 and 27  
Sep 10 and 24  
Oct 8 and 22  
Nov 12 and 26  
Dec 3 and 17

For more information call June on:  
01422 706373  
07920 549131  
[june@memorylanecafe.org](mailto:june@memorylanecafe.org)  
[www.memorylanecafe.org](http://www.memorylanecafe.org)

**Quality 4  
Health +  
Wellbeing**

Memory Lane Cafe Calderdale - Registered Charity No 1178595

## Memory Lane Café Halifax

Crafts	Advice
Support	Games
Conversation	Music
Activities	Information



**Boothtown Methodist Church  
Boothtown Road  
Halifax HX3 6LP  
(Use side entrance in  
Beverley Place)**  
Every 1st & 3rd Wednesday  
£2 including refreshments

2022  
Jan 5 and 19  
Feb 2 and 16  
Mar 2 and 16  
Apr 6 and 20  
May 4 and 18  
Jun 1 and 15  
Jul 6 and 20  
Aug 3 and 17  
Sep 7 and 21  
Oct 5 and 19  
Nov 2 and 16  
Dec 7 and 21

For more information call June on:  
01422 706373  
07920 549131  
[june@memorylanecafe.org](mailto:june@memorylanecafe.org)  
[www.memorylanecafe.org](http://www.memorylanecafe.org)

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Health +  
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Memory Lane Cafe Calderdale - Registered Charity No 1178595