

NEWSLETTER 

## November 2023

Welcome to the November 2023 Passion for Support newsletter.  
We hope you'll find the information interesting and informative.



### Autumn has set in!

It seems to have been a while coming but autumn has finally set in and we're well on the way to winter now.

Although we have cooler weather, it's beautiful this time of year when the leaves take on their autumn colours.

Autumn jobs to do: Get your boiler serviced, have the chimney swept, check your electric blanket wiring is safe.

### What's on?

The Calderdale Council website has a very good What's On section which includes art, writing, music, film, talks and lectures, local history, walks, markets and more. There are plenty of options to keep you occupied throughout the colder months. Examples include:

What's on?	Date	Where & Contact
Leeds Fine Artists Exhibition	4 <sup>th</sup> November to 2 <sup>nd</sup> January	Dean Clough, D Mill 01422 250250
Creative Writing Workshops	6-week series	Get in touch for details of current workshops. 07724 620842 Email: <a href="mailto:gaiaholmes@hotmail.co.uk">gaiaholmes@hotmail.co.uk</a>
Halifax Antiquarian Society Various topics covered.	Fortnightly	01422 348863 Email: <a href="mailto:halifaxantiquarian@gmail.com">halifaxantiquarian@gmail.com</a> <a href="https://www.halifaxhistory.org.uk/events/">https://www.halifaxhistory.org.uk/events/</a>
Halifax Film Society Films in a variety of languages.	Fortnightly	Neil McDonald (07506 565182) Email: <a href="mailto:halifaxfilmsoc@gmail.com">halifaxfilmsoc@gmail.com</a> Website: <a href="http://www.halifaxfilm.org.uk">www.halifaxfilm.org.uk</a>

You can find all of the listings here: <https://www.calderdale.gov.uk/v2/residents/leisure-and-culture/whatson>

## Seasonal Affective Disorder (SAD)

Despite how beautiful autumn may look, some people struggle to enjoy it due to Seasonal Affective Disorder, commonly known as SAD.

### Symptoms

- 🍂 Persistent low mood.
- 🍂 Loss of pleasure or interest in normal everyday activities.
- 🍂 Irritability.
- 🍂 Feelings of despair, guilt and worthlessness.
- 🍂 Feeling lethargic and sleepy during the day.
- 🍂 Sleeping longer than normal and finding it hard to get up in the morning.
- 🍂 Craving carbohydrates and gaining weight.
- 🍂 Difficulty concentrating.

### Causes

The exact cause is not fully understood. It's often linked to reduced exposure to sunlight during the shorter autumn and winter days. The main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly, which may affect the:

- 🍂 Production of melatonin – higher than normal levels of this hormone that makes you feel sleepy.
- 🍂 Production of serotonin – lower levels of this hormone that affects your mood, appetite, sleep and has links to feelings of depression.
- 🍂 Circadian rhythm – the body's internal clock is affected by lower light levels.
- 🍂 Some cases appear to run in families.

### Treatments

- 🍂 Get as much natural sunlight as possible.
- 🍂 Exercise regularly.
- 🍂 Manage your stress levels.
- 🍂 Use a light therapy lamp to simulate exposure to sunlight.
- 🍂 Talking therapies, such as cognitive behavioural therapy (CBT) or counselling may help.
- 🍂 Antidepressant medicine which your GP can prescribe.

You should contact your GP if you think you may be affected by SAD (and perhaps have been for many years and not done anything about it). Or you can find information on the NHS website: <https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/>.

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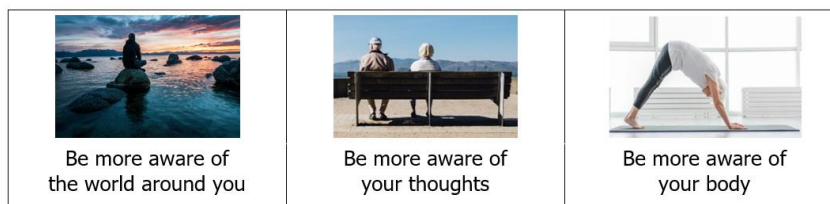
## Mindfulness

Perhaps you've heard of mindfulness but are not sure what it means. Consciously or unconsciously, you may already be a practitioner of mindfulness.

**Mindfulness is about living in the present moment**, appreciating the here and now, and not dwelling too much on the past or future. This can help us to feel calmer, reduce stress or anxiety, sleep better and might help us cope better with difficult situations. Mindful living means paying attention to the present, appreciating what is happening and enjoying the simple things in life.

While we have some control over the present, we cannot go back and change things that have already happened. We also have less control over future events than we might think. This means we

may spend a lot of energy worrying when it could be more beneficial to focus on and enjoy what is happening right now.



## Worries about getting older

People face many challenges as they age, both physical and mental. Whether or not you are old now, or you look out for someone who is elderly, being able to identify these worries will help you deal with them or help you to help others deal with them. These are common worries faced by older people, you're not alone.

A caring company, like Passion for Support, can provide the support needed to help alleviate these worries.

Common worries older people have include:

- \* Being lonely
- \* Feeling unsafe
- \* Loss of dignity
- \* Poor health
- \* Memory loss
- \* Loss of independence
- \* Reduced Finances

***"You can't help getting older, but you don't have to get old."***

– George Burns

### Why consider home care?

- You stay **in your own** home surrounded by the things you know and love.
- **You decide** what you do and don't want help with, and a care plan is written which reflects your wishes.
- You can keep to your same, **familiar, routines**.
- Your loved ones will know someone is looking out for you to **ensure you're safe and sound**.
- You don't feel you're a burden to family and friends just because **you need some support**.
- Your **family and friends can enjoy visits** with you, without spending time helping with domestic matters.
- **Your carer can** take you to, and accompany you at, social events, shopping and appointments.

## Reducing Junk & Nuisance Telephone Calls



I don't know about you, but we seem to be inundated with junk / nuisance telephone calls, in the office, at home, on our mobile phones.

Although not always 100% effective, to reduce the number of such calls you receive it is worthwhile registering your telephone number with the **Telephone Preference Service (TPS)**.

Legitimate businesses refer to this listing and know that you do not want to be contacted and it is a legal requirement that businesses do not contact you after 28 days of your registration.

You can register residential, business or mobile telephone numbers with the TPS.

For residential or business numbers you can do this online: <https://www.tpsonline.org.uk/register>

For mobile numbers: Text "TPS" and your email address to 85095 from your mobile phone (there is no charge).

If you don't have access to do this online, please ask your Personal Assistant or telephone the Passion for Support office (01422 374097) and we can do this for you very quickly and easily.

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## Telephone landlines set to go digital

The UK's current telephone network is set to be switched off in 2025 and telephone services will instead be delivered digitally via a broadband system called VoIP (Voice over Internet Protocol). If you don't have broadband, it will need to be installed for you to be able to continue to use your home telephone. Your telephone provider should contact you to let you know the arrangements.

- \* You will still be able to have a landline telephone.
- \* Your handset should remain the same (unless it's very old).
- \* Your phone number will stay the same.

However, the switch won't only affect landline phones, it may also affect systems such as:

- \* Security alarms.
- \* CCTV.
- \* Door-entry systems.
- \* Telecare or Careline services.
- \* Personal alarms.

To avoid disruption, you should contact the company that provides these services to you to check they will be compatible or if they'll need upgrading. You should also let your telephone line supplier know, especially if you use telecare or careline services.

For those without a broadband connection at home, your supplier will install one. If you only want to use it so you can use your landline your supplier should not charge you extra.

If you already have broadband the switch should be fairly straightforward; your phone will be plugged into your router or a new socket, which in some cases will need an adaptor supplied by your provider.

The current network, which dates back to the 19th century, is becoming harder and more expensive to maintain, so it needs to be replaced. Switching to digital brings the phone network in line with other advances in the digital world.





## Talking to someone about Memory Loss

You may notice someone close to you being more forgetful or perhaps not being quite themselves. Often one of the first things that comes to mind is whether they might be developing Alzheimer's and it can be incredibly difficult to approach this subject with someone.

**Dr Tim Beanland, the head of knowledge at the Alzheimer's Society says:** "As we get older, we're all prone to becoming

more forgetful, taking longer to remember certain things, getting distracted more easily or struggling to perform several tasks at once." *"These are common signs of getting older, but there is still a very sharp distinction between normal ageing and dementia."*

**Symptoms** of dementia gradually get worse over time and can appear as memory loss, confusion, needing help with everyday tasks, problems with language and understanding, or changes in behaviour. Symptoms typically occur in people aged 65 and over, they can occasionally appear as early as twenty years sooner."

Although it may be difficult to know how to **begin a discussion** about possible dementia symptoms, here are some suggestions from Dr Beanland.

**Be open**, ask questions like:

'How are you feeling lately, physically and emotionally?'

'Do you have any health worries you'd like to talk about?'

"People experiencing dementia symptoms may find it difficult, or take a bit longer, to find the words they wish to say," notes Beanland. "So, allowing them extra time, or giving them gentle prompts, can help them find the words they're looking for, without highlighting they've forgotten something."

**Do your research**, Dementia or Alzheimer's may not be the only answer.

Other conditions cause similar symptoms, such as thyroid problems or urinary tract infections.

Encourage the person with symptoms to **see their GP to get a correct diagnosis**. Once you know what it is you're dealing with, you can access appropriate treatment or support.

It's important to remember when approaching someone who may be experiencing dementia symptoms to do so gently, calmly and in a reassuring and supportive manner.

The **Alzheimer's Society** have a useful **checklist for possible dementia symptoms** on their website: <https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/symptoms-checklist>

The checklist can be completed on the website or can be printed. If you're not able to access the website, please ask your PA, or the Passion for Support office to print a copy for you.

Locally, the **Calderdale Dementia Hub** can provide information and advice to anyone diagnosed with dementia or their family, friends and carers. You can contact them on 01422 399 833 or [cdh@commlinks.org.uk](mailto:cdh@commlinks.org.uk).

Information taken from an article in the Independent, 1<sup>st</sup> September 2023:

<https://www.independent.co.uk/life-style/health-and-families/alzheimers-symptoms-memory-loss-advice-b2403168.html>



## Tips for dressing if you have limited mobility

Getting dressed is an important daily routine for most people. It makes you feel comfortable and confident and ensures you're dressed appropriately to undertake the tasks ahead. Old age and specific illness can make everyday tasks more difficult to perform, and dressing may be one of them. Whether you find dressing yourself a chore, or you're responsible for dressing someone else, the tips below might help to make the task less onerous.

- Take your time.
- Ensure your room is warm enough and light enough.
- If you're on medication, dress when your medication is working well, even if it means leaving it a bit later than you'd ideally like.
- Do a few stretching exercises to warm up your muscles.
- Lay out the clothes you're going to put on so you have everything you need to hand.
- If one arm or leg has more stiffness, put this limb into the sleeve or pant leg first.
- Sit down when dressing, ideally on a firm, supportive chair rather than the soft edge of a bed and/or use a footstool.
- Consider devices like long handled shoehorns to put on shoes and socks.
- Consider adaptive clothing tools such as a button hook, dressing stick, zipper pulls or sock aid helper.
- Consider clothing with an elastic waist, Velcro or similar that simplifies what you need to do.



## Rewarding our Staff



We recognise staff who have gone above and beyond, or for whom we're received some positive feedback, by paying them a small 'reward' in their salary. Our most recent '**thank you**' rewards have gone to: **Megan, Bev, Sapna, Lynsey and Katie.**

In addition, we pay a long-service reward to staff once they have been with us for 5 and then 10 years. Our recent long-suffering reward has been awarded to **Bev** for achieving **10 years' service.**

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. Statistics compiled by Skills for Care show we're not alone in struggling to recruit care staff. In 2022/2023, **9.9% of social care jobs were vacant** (down from 10.6% in 2021/22).

Some of this improvement is due to changes to Government policy made in December 2021 which saw a large increase in the number of **care workers coming to the UK from abroad**, from 20,000 in 2021/22 to 70,000 in 2022/23. There is however still severe difficulty in recruiting staff from the UK itself.

If you know of anyone interested in a paid care role, whether or not they have qualifications or experience, please pass on our details.

<p><b>WE'RE RECRUITING</b></p> <p>We have full &amp; part time work available for female <b>Home Care Personal Assistants</b> to work with adults in their own home.</p> <p>Work is available immediately for qualified carers or we'll fund training for those without care qualifications.</p> <p><b>Get in touch:</b> 01422 374097 info@passionforsupport.com</p>	<p><b>PASSION for SUPPORT</b> delivering care in Calderdale</p> <p><b>We'll guarantee to interview you if you:</b></p> <ul style="list-style-type: none"><li>Live in Calderdale.</li><li>Drive and have your own car.</li><li>Have availability to work some evenings &amp; alternative weekends.</li></ul> <p><b>Contract of employment:</b> 100-hour per month contracts <i>may</i> be available &amp; will be discussed in interview.</p>
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**THANK YOU** very much for your continued support and custom.  
It is very much appreciated.



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.

**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

Age UK Advice Line	0800 678602
Age UK's free advice line is a confidential service for older people, their families, friends, carers and professionals. They will give you information that is reliable and up to date and help you to access the advice you need. You can also arrange a free weekly friendship call from one of their volunteers.	
Alzheimer's Society	0333 150 3456
If you are affected by dementia or worried about a diagnosis, trained staff are ready to give you the support you need.	
Gateway to Care	01422 313000
Your first point of contact for adult social care in Calderdale. They offer practical information and advice to help you to live independently at home.	
Macmillan Cancer Support	0808 808 000
Offer confidential support to people living with cancer and their loved ones. Macmillan have specialist cancer nurses who can help you to understand your diagnosis and treatment options and provide support throughout your cancer experience.	
Marie Curie	0800 090 2309
Offer help and support to people living with a terminal illness diagnosis or those that care for them, how to get support from a Marie Curie nurse and bereavement support.	
The Silver Line	0800 4708090
A free, confidential service for older people. They provide friendship, <u>conversation</u> and support 24 hours a day, 7 days a week.	