

PASSION  
for  
SUPPORT  
Delivering care in Calderdale

NEWSLETTER 

Spring 2026

**Welcome to the Spring 2026 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**

- **Plants start growing rapidly in spring.**  
Longer daylight hours trigger photosynthesis, helping plants thrive after the winter pause
- **Tulips were once more valuable than gold.**  
In the 1600s, the Netherlands experienced the "Tulip Mania," which caused prices to soar—one bulb could cost as much as a house!
- **Tulips, daffodils, and hyacinths bloom only in spring.**  
These bulbs stay underground all winter and bloom when the soil warms up.
- **Ducklings follow mothers in lines**  
This behaviour protects them from threats and keeps them safe traveling to water.
- **The air feels fresher.**  
Trees and plants begin producing more oxygen during the day, making spring air feel especially clean and crisp.
- **Scent perception improves in spring.**  
Higher temperatures and humidity levels make aromas more detectable and pleasant.
- **People smile more frequently in spring.**  
More sunlight naturally increases serotonin, a chemical that improves mood.



**Donald's  
100<sup>th</sup>  
Milestone**



**It's been our pleasure looking after Donald since 2020 and we want to wish him a fabulous 100<sup>th</sup> Birthday.....**

Donald Leach was born April 11<sup>th</sup> 1926. He grew up within a small family and has lived in Holywell Green since he was a small boy. He trained as a painter and decorator. On his 18<sup>th</sup> birthday in 1944, he received a wage rise and asked his mum if he could keep some of it. He was met with the reply that he could keep all of it as his call up papers were on the side. He joined the Army and following training in Northumberland; he travelled through the Netherlands and crossed the Rhine into Essen when the war ended in 1945. After a week's leave, he then travelled via Toulon to Alexandria in Egypt up through Port Said and into Palestine where he remained in Haifa until he was demobbed in 1948.

After the war Donald went back to painting and decorating. He married his wife Jeanne in 1951 and had two children, Jennifer born in 1952 and Jayne in 1963. Donald remained a painter and decorator running his own business until he retired in his late 70's. He is a huge sport fan being a football referee, keen darts player and keen golfer where he is a past Rabbits Captain of Halifax Bradley Hall Golf Club. He supports Liverpool FC.

He has been a dedicated family man who has been hugely protective and supportive of his two children throughout their own careers. He has two grandchildren and one great granddaughter. Jeanne sadly passed away in 1999 and Jennifer in 2023.

On his 100<sup>th</sup> birthday April 11<sup>th</sup> 2026, Donald had a small family gathering at The Fleece at Ripponden and was honoured by his old Army Regimental Association – The Prince of Wales's Own (West and East Yorkshire) Regimental Association where he was presented with a cake and a salver with the Regiment's emblem thanking him for his service.

Donald continues to live independently in Holywell Green which would not be possible without the excellent care and support provided by the Passion for Support team.



# Activity Information in and around Calderdale

## Spring 2026

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](#)

[Halifax Events 2026: Festivals, Concerts & What's On](#)

[Showing results for "Halifax, UK" | Parkinson's local support finder](#)

## 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](https://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](https://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

## May 2026

1<sup>st</sup>

May Day

4<sup>th</sup>

Star Wars Day

13<sup>th</sup>

World Cocktail Day

17<sup>th</sup>

World Baking Day

20<sup>th</sup>

World Bee Day

25<sup>th</sup>

Spring Bank Holiday

30<sup>th</sup>

World Multiple  
Sclerosis Day

## June 2026

2<sup>nd</sup>

Leave the office Early Day

4<sup>th</sup>

National Cheese Day

8<sup>th</sup>

National Best Friends Day

16<sup>th</sup>

National Fudge Day

21<sup>st</sup>

Father's Day

26<sup>th</sup>

Take your Dog to Work Day

## July 2026

1<sup>st</sup>

International Joke Day

7<sup>th</sup>

World Chocolate Day

15<sup>th</sup>

National Give Something

Away Day

19<sup>th</sup>

National Ice Cream Day

26<sup>th</sup>

Parent's Day

30<sup>th</sup>

International Friendship  
Day

## Other special days in Spring are:

**3<sup>rd</sup> May** – World Laughter Day, **23<sup>rd</sup> May**-Turtle Day, **25<sup>th</sup> May** -Towel Day

**3<sup>rd</sup> June** – World Bike Day, **18<sup>th</sup> June** - International Picnic Day, **22<sup>nd</sup> June** - National Rainforest Day,

**2<sup>nd</sup> July** – World UFO Day, **4<sup>th</sup> July** – National Sidewalk Egg Frying Day, **29<sup>th</sup> July** – National Lipstick 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](http://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

# Spring Chicken Pot Pie



## Ingredients

- 4-6 skinless, boneless chicken thighs
- 1 tbsp olive oil
- 100g smoked bacon lardons
- 2 leeks Sliced
- 3 tbsp plain flour
- 100ml white wine (or extra stock)
- 200ml chicken stock
- 200g crème fraîche
- 100g frozen or fresh podded peas
- 1½ tbsp Dijon mustard
- small bunch of tarragon chopped
- 1 egg beaten
- 320g sheet puff pastry

## Method

- Season the chicken thighs with some salt and pepper. Heat the oil in a heavy-based saucepan and fry the chicken for 3-4 mins on each side until lightly golden, then transfer to a plate. Add the bacon to the pan and fry for 5 mins until golden. Tip in the leeks and fry for another 5 mins.
- Sprinkle the flour over the leeks and bacon and stir until combined. Add the wine, if using, and bubble for a few minutes, then add the stock and stir well. Slice the chicken and return it to the pan – don't worry if it's not fully cooked through at this point, it will finish cooking in the oven.
- Stir in the crème fraîche, peas, 1 tbsp mustard and the tarragon, and bubble for a few minutes until thick and saucy. Add a splash more stock or water if it seems too thick. Remove the pie filling from the heat. Whisk the remaining ½ tbsp mustard with the egg in a bowl.
- Heat the oven to 200C/180C fan/gas 6. Spoon the filling into a pie dish with a lip and use some of the egg mix to brush the sides of the dish. Unroll the pastry over the top of the pie and crimp the edges against the sides of the dish, then cut away any excess with a knife. Will keep frozen, well covered, for up to three months.
- Brush the remaining egg glaze over the pie and make a small steam hole in the middle. Bake for 40 mins until golden and puffed. Serve with buttered new potatoes and steamed greens or carrots, if you like.

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.



# ANIMAL WORD SCRAMBLE



1. earbve \_\_\_\_\_
2. uagrco \_\_\_\_\_
3. lwaurs \_\_\_\_\_
4. utrlte \_\_\_\_\_
5. lgroali \_\_\_\_\_
6. occriolde \_\_\_\_\_
7. luffboa \_\_\_\_\_
8. grite \_\_\_\_\_
9. osmopus \_\_\_\_\_
10. oirocsrnhe \_\_\_\_\_
11. lrtoalgai \_\_\_\_\_
12. penheatl \_\_\_\_\_
13. macle \_\_\_\_\_
14. lworvenie \_\_\_\_\_
15. yoctoe \_\_\_\_\_
16. riefgaf \_\_\_\_\_
17. myoekn \_\_\_\_\_
18. nkaoaogr \_\_\_\_\_
19. nccoaro \_\_\_\_\_
20. daaakrvr \_\_\_\_\_

Answers:

1.Beaver 2.Cougar 3.Walrus 4.Turtle 5.Gorilla 6.Crocodile 7.Buffalo 8.Tiger 9.Opossum 10.Rhinoceros 11.Alligator  
12.Elephant 13.Camel 14.Wolverine 15.Coyote 16.Giraffe 17.Monkey 18.Kangaroo 19.Raccoon 20.Aardvark



# Spring Spotlight



As spring arrives it is the perfect time to spring clean your home and Garden. A time to shake off the dust and clear the clutter.

**Pace Yourself** – Cleaning one drawer at a time still gets the job done!

When it comes to **heavy lifting** during spring cleaning, don't hesitate to ask for help from family, friends, or professionals.

By **donating** household items, you no longer need, you reduce clutter and support local charities like Goodwill, Salvation Army, or churches.

Have you checked your **medicine cabinet** lately? It's important to keep it organized and safe. Start by inspecting for **expired medications** and unused prescriptions and dispose of them properly by taking them to your local pharmacy.



## Prepare for the weather, and pick the right time

Keep a hat and sunscreen handy in summer, and warm layers for cooler days. Avoid very hot or cold days as this may make your symptoms worse. Early morning or late afternoon often works best in warm weather.

Always check the weather forecast before heading out.

## Spread out your activities

On days you plan to garden, consider keeping the rest of your day free. Give yourself some time to recover the next day too, if you need it.

## What are the benefits of gardening for Parkinson's?

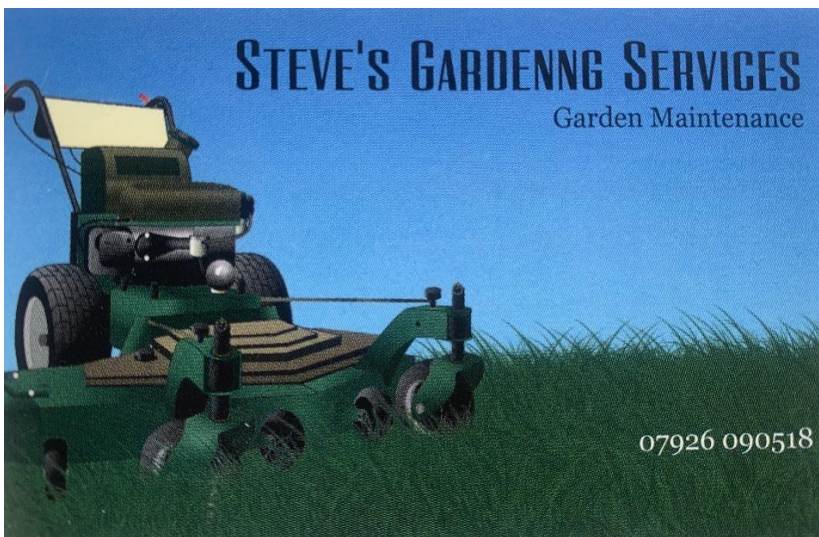
As well as being a hobby, gardening can help you stay fit and active. It's a form of exercise that uses different parts of your body, gets you out of the house and stimulates your mind.

### Physical health and fitness

- Actions like digging, planting or pruning can help ease muscle stiffness and keep you flexible.
- Tasks that involve bending, reaching or lifting objects support your core strength (the muscles in your mid-section, like abdominals, back, hips and pelvis).
- Being active in the garden can help with balance and coordination, which may reduce your risk of falls.
- It helps keep your hands supple and strong. Tasks like sowing seeds or handling small tools can help with hand coordination and dexterity.
- Being active is good for your heart, lungs and bone health.

### Mental health and wellbeing

- Gardening can help boost your mood and make you feel less stressed. It helps you focus on the 'here and now', offering a break from the stresses and worries that can come with the condition.
- Taking care of plants and seeing them grow can give you a sense of accomplishment and purpose. This is especially helpful if you experience apathy or low mood, which can be common symptoms of Parkinson's.
- Spending time in the fresh air and sunlight can boost your energy levels and help improve sleep problems.
- Planning and organising what to plant and when helps keep your mind active.
- Sunlight also helps your body make vitamin D, which can improve your mood and make you feel better overall.
- You can make gardening a social activity. It's perfect to do with your partner, family member or just a like-minded neighbour or friend.



### Looking for help ?

- To keep your Lawns and Hedges tidy
- General weeding and pruning

Contact **Steve** your local friendly gardener on

**07926 090518**

**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](mailto:info@passionforsupport.com)**

Passion for support has given me my life back. My carers always know what to do with little instructions. This is the best person-centred care I have ever had (PM Brighouse)

“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)

## Sorry to see you go .....



Many of you know Charlene, she has been our Office administrator for the last two years and has spoken to, helped, chatted, advised many of you, countless times over that period, and it is with great sadness that Charlene is moving onto fresh pastures. We hope that you will join us by wishing her well in her new job and let her know how much we are going to miss her around the office and her cheery voice on the end of the phone. Good Luck Charlene xxx



We appreciate each and every staff member, 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!**