

PASSION for SUPPORT

Delivering care in Calderdale

NEWSLETTER 

Summer 2024

**Welcome to the Summer 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. **Northern Hemisphere** experiences most daylight during summer solstice

2. **The Eiffel Tower can grow in summer Heat** expansion can make the tower grow up to 6 inches. This is a result of the expansion of iron in the heat. The phenomenon illustrates the effects of temperature on structures. It's a fascinating example of thermal expansion in action.

3. **The Midnight Sun is a natural phenomenon in summer.** It occurs in the Arctic and Antarctic Circles. During this period, the sun remains visible at midnight. This is due to the tilt of the Earth's axis. Places like Norway and Alaska experience continuous daylight

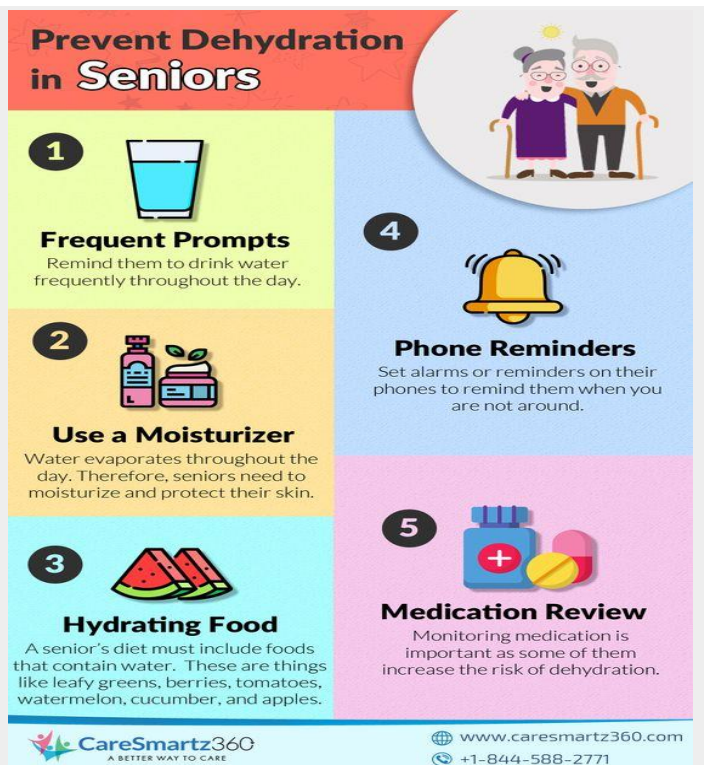
4. **The Ice cream cone** was popularised at 1904 World's Fair in summer

5. **Snow in June.** On 2 June 1975, snow showers forced the abandonment of several cricket matches across the country. The coldest temperature ever recorded in summer in the UK is -5.6 °C recorded on 9 June 1955 in Dalwhinnie.

6. The **Warmest** ever summer in the UK was in 2018 when daytime temperatures averaged 15.76°C, narrowly exceeding the previous record of 15.75°C in 2006

7. Six of the **UK's ten wettest** years in a series going back to 1862 have occurred since 1998: in order of wettest 2000, 2020, 2012, 1998, 2008 and 2014

Signs and Symptoms of Dehydration during the summer



To test for dehydration in the elderly, take the skin on the forearm or forehead between your index finger and thumb and squeeze gently. The skin should return to the normal position quickly.

You can try it on yourself to get an idea of how fast the skin should return to normal. If the skin takes a long period of time to return to normal or remains in the pinched position, the elder is most likely dehydrated. If you are worried, consult a physician.

Activity Information in and around Calderdale

Summer 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](#)

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/>

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

When 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

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.

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

Three Ingredient Strawberry Palmier Tarte Tatin



Think of this dessert like an elevated strawberry jam tart. As impressive as it looks, it's made with just three ingredients. Enjoy with vanilla ice cream.

Ingredients

- 500g ripe strawberries, hulled and halved
- 75g golden caster sugar
- 320g ready-rolled puff pastry
- vanilla or clotted cream ice cream, to serve

Directions

Step 1 Toss the strawberries with 2 tbsp of the sugar in a large bowl and set aside to macerate for about 1 hr.

Step 2 Unravel the pastry on its baking parchment, sprinkle over 2 tbsp of the sugar, roll it back up again (without the parchment), then stand it upright and squash it down into a rough disc. Roll the pastry disc out into a circle that will fit your pan (we used a 30cm ovenproof frying pan).

Step 3 Heat the oven to 220C/200C fan/gas 8. Drain the berries, reserving the juices. Scatter the rest of the sugar into the ovenproof frying pan and drizzle in the reserved juices. Put the pan over a high heat and melt the sugar until it starts to caramelize. Turn off the heat and arrange the strawberries in the pan in a single layer, rounded side down.

Step 4 Drape the pastry over the strawberries, then tuck in at the edge. Bake in the oven for 30 mins until the pastry has puffed up and turned deep golden. Carefully invert the hot pan onto a serving plate. Serve the tarte tatin hot with good vanilla or clotted cream ice cream.

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.



SUMMER

WORD SEARCH



Search for the twelve Summer themed words below.



- | | | |
|------------|------------|------------|
| BARBECUE | LEMONADE | SUNSCREEN |
| BEACH | POOL | SWIMMING |
| FLIP FLOPS | SUMMER | VACATION |
| ICE CREAM | SUNGLASSES | WATERMELON |

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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. Our most recent 'thank you' rewards have gone to



Daniela,



Michelle



and Pauline.

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.

Staff Training Update



Jo Ward - Team Leader has just completed the Moving and Handling, Train the Trainer Course. This course featured training on How to risk assess using E.L.I.T.E safe principles, How to choose and use the correct equipment safely, Practical skills - Chair moves, slings, slide sheets and hoisting, Condemned and dangerous moves, PUWER, LOLER and the Manual Handling Regulations Operations (1992). Jo can now train and assess all our Care Givers and Personal Assistants on Safe Moving and Handling techniques.



Lussy Chikumbirike – Team Leader is ready and raring to go on the Medication Administration, Train the Trainer Course. This will enable Lussy to be able to train and assess our Care Givers and Personal Assistants on Safe Administration of Medication. The course covers Medication, Routes, Formulation, Types, Absorption, MDT, Roles and Responsibilities, Levels of support, Boundaries and agreed ways of working, Order, Receive, Store, Record, Transfer, Dispose, Risk assessments, Person Centred Care, Review, Covert, Consent, Refuse, Infection Control and Techniques.

Sad News



Tammy our Administrator has sadly left us due to family circumstances but she sent us this lovely message..

Hi all, I just wanted to say a huge thank you to you all for making me feel so welcome into the Passion for Support family. After working for the same company for the past 23 years I was very nervous to be starting again somewhere new, but you all made me feel so welcome right from day one. I've really enjoyed my time here and had some great laughs. I'll miss Julie's laugh (and the odd expletive lol!), Alan's hilarious stories about just about anything and EVERYTHING!, Jo's measuring skills, Lussy's lovely nature and determination to keep that 'kitchen' closed, Tanya's patience teaching me the ropes and gorgeous Ralf coming to my side each morning for a stoke. You are a great team and I will miss you all. Thank you and goodbye x Tammy x

We hope you join us in wishing her the very best for the Future xx

New Passion for Support family member



Please welcome Charlene to our team as our new Administrator..... She has some big boots to fill but she is up for the challenge! Here is a little info about her...I lived in Slaithwaite, just over the hill, for the last 21 years. I live with my husband and 15 year old daughter. I have a daughter who's 21 and currently studying at university in Liverpool. I also have 2 Grandchildren who live in Pellon, who love coming to Nanna's house as much as possible. I've worked in the care industry for the last 7 years, firstly being a carer and providing high quality care in the community and then I expanded my role into being the Care Co-ordinator. I love caring for people in their homes and making a positive difference to their lives on a daily basis. I have lots of experience in working in an office environment and have been told that I have a fabulous telephone voice (apparently, I sound very posh). I am a very organised person and I really enjoy having TO DO list. When I saw the Administrator Role for Passion For Support advertised I knew straight away this job would be perfect as it brings together both aspects of Care and Administration that I've been looking for. Passion for Support have a great work ethic which is very refreshing and exciting. I enjoy spending time with my family and friends, which can include going to the pictures, or the pub, or to bingo. I enjoy playing and colouring in with my Grandkids and can often be found on the floor surrounded by pens and colouring books. I enjoy reading a large range of books and I've taught myself how to knit scarfs on a loom (my friend calls it cheating as she can knit with needles). I have a bit of a thing going on with scarves' as I own over 90 and they are now starting to take over the spare room, much to my family's disappointment. I am joining the Adult Ten Pin Bowling league in September which will be interesting. I am looking forward to meeting everyone and working with you all in the future.

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!