

PASSION for SUPPORT

Delivering care in Calderdale

NEWSLETTER

Summer 2025

**Welcome to the Summer 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.



Summer

Photos



Summer facts

- The Eiffel Tower can grow in the summer
- Scientists argue that summer babies are significantly more likely to suffer from mood swings than babies born in other seasons
- The Wettest summer on record was the summer of 1912, where 384mm rain fell
- More thunderstorms occur during the summer than any other time of the year and they are most likely to occur in the southeast of England
- The sunniest summer on record was 1976, where there was 669 hours of bright sunshine
- On 2nd June 1975 snow forced several cricket matches to be cancelled in the UK
- The coldest temperature ever recorded during a UK summer is -5.6c on the 9th June 1955
- The First Modern Olympics took place in 1896, in the city of Athens in Greece
- An eleven year old child invented Popsicles/ice lollies in 1905
- July is national Blueberry month
- There's enough water in an Olympic size pool to take 9400 baths
- In 1816, the planet didn't experience a summer
- Every summer solstice, over 37000 people gather at stone henge for on the most ancient summer solstice celebrations



Department
of Health &
Social Care

The digital landline is coming.

Are you (and your telecare devices) ready?

You may be aware that communication providers are retiring the analogue landline network and replacing it with a digital landline network. The digital phone switchover means that some traditional analogue devices, such as telecare units that are currently connected to the analogue landline network, may fail to work effectively. Upwards of 2 million people in the UK use telecare, the most common example being personal alarm pendants or buttons. Telecare services play an important preventative role across health and social care, helping individuals live independently in their home for longer and reducing the likelihood and need for hospitalisation or more formal care

Don't worry, your landline is here to stay. Your phone number won't change, and most handsets work fine with the new system.

Your phone company will contact you in advance when your service is changing. Tell them about your telecare devices so they can support you.

How will contacting the landline provider help?

The landline provider will update their records so that they know that this person has a telecare device. This means they will take extra steps to help make sure the telecare device continues to work during the switchover.

Are all kinds of telecare alarms impacted by the switchover?

There are lots of different types of telecare alarms. Analogue telecare devices rely on the old analogue lines but regardless of the type of alarm, the telecare user should call the landline provider, even if they think their device is already digital.

I'm not very good with technology and I don't know about telecare, is that a problem?

No, you do not need to fix anything or check equipment. The most important thing is to encourage those you care for (or their friends/family) to call the landline provider if you think they use a telecare alarm.

Be aware of scams

Some criminals have used the switchover as an opportunity to scam, for example tricking people into providing their personal information, passwords or bank details. If you think someone has been a victim of a scam or fraud relating to telecare, report this as a safeguarding concern and advise them to contact their bank and also Action Fraud by calling 0300 123 2040.

Activity Information in and around Calderdale

Summer 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 Summer

July 2025

1st July
International Joke Day

6th July
Thank you day

7th July
World Chocolate Day

7th to 14th July
National Transplant Week

15th July
St Swithin's Day

20th July
World Ice Cream Day

25th July
National Wine and Cheese Day

August 2025

1st August
Yorkshire Day

7th August
Cycle to work day

13th August
National Prosecco Day

14th August
Falklands Day

17th August
Cupcake Day

19th August
National Potato Day

26th August
National Dog Day

September 2025

6th Sept
World Beard Day

8th Sept
International Literacy Day

13th Sept
Roald Dahl Day

19th Sept
International Talk like a Pirate Day

21st sept
International Day of Peace

21st Sept
World Alzheimers Days

22nd Sept
Autumn Equinox

FUN in the SUN



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

Word list:

BEACH
HAMMOCK
ICECREAM
LEMONADE
PARK

PICNIC
POOL
POPSICLE
RELAX
SAND

SANDALS
SEASHELLS
SUNGLASSES
SWIMSUIT
VACATION



SunCatcherStudio.com





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

Ham picnic pasta



This quick ham picnic pasta is equally delicious warm or cold. Try it in lunchboxes or for casual dinners, as well as picnics of course.

Ingredients

- 250g/9oz dried **pasta** shape of your choice
- 6 tbsp **mayonnaise**
- 1 tbsp runny **honey**
- 1 tsp English **mustard**
- 1 tsp dried chilli flakes (or 2 tsp **Cayenne pepper**)
- 100g/3½oz cooked **gammon** or ham
- 1 **pepper** (any colour), deseeded and sliced into short strips
- 6 **spring onions**, thinly sliced

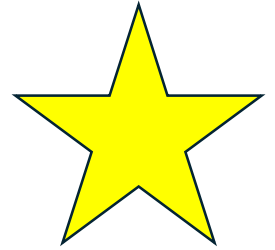
Method

- Cook the pasta according to packet instructions in boiling salted water. When cooked, drain thoroughly and set aside. (If using in packed lunches rinse the pasta in a sieve under cold running water until cold.)
- In a large bowl, mix the mayonnaise, honey, mustard and dried chilli flakes together. Add the cooked pasta, ham, pepper and spring onions and toss well together. Season with salt and pepper to taste and serve. (If taking for a packed lunch, put into a lidded container and keep cool.)

If you are wanting a change or do not like Ham, you could add different meat to the dish for example chicken or beef, or if you did not want to use meat at all you could add in mushrooms, peppers or any meat free replacement like Quorn to make an equally yummy meal.

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.



Summer Spotlight

Summer safety tips for the elderly

Who's more at risk in hot weather?

Older people aged 65 years and over – It becomes more difficult to stay hydrated as we get older, and certain chronic medical conditions common in later life, such as heart problems, diabetes, and kidney disease can impact the body's normal responses to heat.

People with dementia – Dementia can disrupt the body's internal systems that regulate or perceive temperature. Someone with dementia may also forget to drink enough in hot weather.

Get plenty of fluids

- Drink plenty of water-based drinks throughout the day. You may have heard the myth that a hot drink like a cup of tea can actually cool you down on a hot day, however caffeine can dehydrate you more, so it may be best to avoid tea and coffee.
- If you're supporting someone who is less able to get up and fetch a drink whenever they want, leave cups of water in easy reach.
- If someone is living with dementia it may help to use a brightly coloured cup and leave it at eye level to draw their attention. A cup that's not too heavy and easy to hold may be beneficial too.
- If the person you're looking after forgets to drink, remind them by having a drink together, making sure having a drink with meals becomes part of their regular routine.
- Incorporate high-water content foods into mealtimes such as soup, melon and ice cream. Special sweets called Jelly drops can also help a person stay hydrated. These fruit flavoured treats are sugar free and made of 95% water with added electrolytes & vitamins.

Choose the right clothing

- The fit and fabric you choose is likely to be more important than the colour. Loose fitting clothing is best, while fabrics with texture – such as seersucker or the fabric used in polo shirts can help lift the surface area of your clothes off of your skin. Lightweight, breathable fabric like uncoated cotton and linen are good choices as they allow air to circulate and sweat to evaporate. Wearing a wide-brimmed hat can help protect your head, face and ears

Keep the home cool

- Most homes in the UK aren't built for extreme heat, and few have air conditioning. To beat the heat, close windows, blinds and curtains during the day, and open them again in the cooler evenings. If bedrooms get too hot, you may wish to set up a temporary bed in a cooler part of the house to aid restful sleep. Electronics can generate a lot of heat, so turning off unnecessary lights and appliances may help too

Understand your medication

- If you're on medication that impacts your fluid intake or makes you need to use the loo more, get advice from your GP on how best to manage this in hot weather.
- Some medications can make your skin more sensitive to the sun; we'll look at how best to manage this later on.
- Make sure you have enough medication to last you overextended periods of hot weather; this will save you a trip to the GP or pharmacist.
- Most medicines should be kept below 25°C, in a cool, dry place, outside of direct sunlight. In a heatwave take a few moments to ensure medicines aren't left out next to windows or in rooms that get especially hot.

Be vigilant about food safety

- Warm weather can increase the risk of harmful bacteria on food if it's not stored or prepared correctly. Make sure you're cleaning kitchen surfaces regularly throughout the day and wash hands for at least 20 seconds before touching food. Check fridges and freezers are set to the right temperature and never defrost foods on a kitchen counter – keep them in the fridge.
- If you're having a picnic or barbecue, avoid leaving food out for more than a couple of hours in hot temperatures – it can help to have a cooler box with ice packs to hand if you're planning on being outside for a while. If food has been in a hot car, for example if you've just been to the supermarket, refrigerate it within an hour to prevent it spoiling

Be skin safe

- The link between sun exposure and skin cancer is well-reported, and protecting the skin is just as important in later life. Always choose a sunscreen with a sun protection factor (SPF) of at least 30, and at least 4-star UVA protection. Apply even if you're only popping out for a short time, or sitting by a sunny window, and reapply regularly – every 2 hours if you're sweating or swimming.
- Older skin can be more fragile and sensitive. Moisturising every day with a gentle, unscented moisturiser can help soothe and prevent dry skin

Always check the weather

- Heatwaves often come on suddenly. In the summer months a day may start off cooler, but temperatures can rise significantly by midday. This is why it's important to check the weather regularly so you can plan ahead. Schedule outdoor activities or trips out for the early morning or evening, and avoid being outside between 11am and 3pm

Find ways to keep cool

- A bath or shower in cool water (not cold water) can help regulate your temperature and may help calm a person with dementia down if they're becoming agitated by the heat. A cold washcloth can be a refreshing way to cool your face, and placing a frozen water bottle in front of a fan can act as a DIY air conditioner

Understand the warning signs that something's not right

- Heat exhaustion and heat stroke can be serious, so it's important to understand the early signs which can be..
- feeling tired, feeling dizzy, headache, feeling nauseous or being sick, excessive sweating, pale or clammy skin, heat rash or a change in colour (this may be harder to spot on brown or black skin), a high temperature, being excessively thirsty, feeling weak
- The NHS recommends moving to a cool place, removing all unnecessary clothing like a jacket or socks, rehydrating with cool water and cooling the skin if you notice any of these symptoms. If you're worried about these symptoms or they don't get better after 30 minutes, it's crucial to seek medical help by calling 111, or 999.

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!