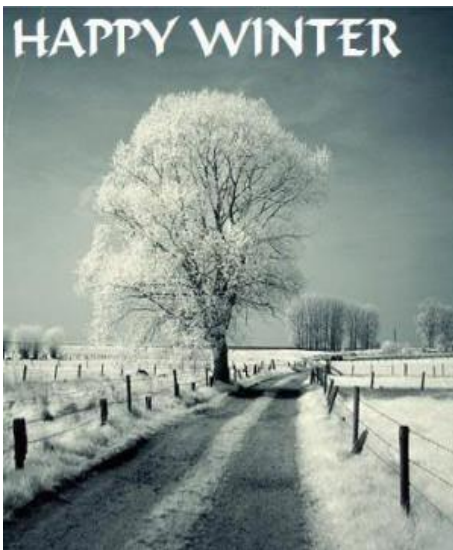


PASSION
for
SUPPORT
Delivering care in Calderdale

NEWSLETTER 

Winter 2024

Welcome to the Winter 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.



Winter facts

- Red squirrels make mushroom jerky to prepare for winter.
- People born during winter months are less irritable.
- Thundersnow is a rare weather phenomenon.
- Snow can be yellow, orange, green, and purple.
- There's pink watermelon snow that has a sweet smell and taste.
- Snow rollers are self-forming snowballs.
- The North Pole is warmer than the South Pole.
- In winter, the Earth is closest to the sun.
- Winter on Uranus lasts for 21 years.
- Some cities use beet juice, beer waste, and pickle brine on icy winter roads instead of salt
- In Finland, you can stay in glass igloos during winter to watch the Northern Lights
- There's an annual International Hair Freezing Contest in Canada every February

Activity Information in and around Calderdale

Winter 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](#)

[Events | Calderdale Council](#)

Better Lives Hubs

Drop-In Social Support & Advice

The Better Lives Hubs are a drop-in service, from Calderdale Council, bringing face-to-face social care support into the community. These drop-ins are open to people over 18. Simply turn up and ask any questions about care and support. No appointment is needed.

Currently, there are 3 hubs:

Halifax

Wednesday 10am – 4pm at Age UK at the 4-6 Square, The Woolshops, Halifax HX1 1RJ

Elland

1st and 3rd Tuesday of every month 10:00 – 4:00 at Elland Community Hub, Huddersfield Rd, Elland HX5 9DL

Brighouse

Last Friday of every month 10am – 3pm at Lower Valley Primary Care Network (PCN), 16a Church Lane, Brighouse, HD6 1AT

Calderdale Winter Advice

Always dial 999 in a life-threatening emergency.

Public safety non-emergency police

- Visit westyorkshire.police.co.uk or dial **101**

Health and wellbeing

- Minor injuries or urgent medical care when your GP practice or community pharmacy is closed, visit 111.nhs.uk or dial **111**
- For details about local services visit togetherwe-can.com

Safeguarding concerns

Multi Agency Screening Team (children) 01422 393336, Gateway to Care (adults) 01422 393000, out of hours Emergency Duty Team 01422 288000

For local updates during an emergency

- Visit www.calderdale.gov.uk and search emergencies
 - @Calderdale on X (Twitter)
 - Calderdale Council on Facebook

Utilities

- Power Cuts: call 105 to report or visit northernpowergrid.com
- Water supply: visit yorkshirewater.com metoffice.gov.uk

Weather

- Weather warnings visit met office metoffice.gov.uk
- Flooding visit eyeoncalderdale.com or call 0345 988 1188
- Report flooding: rivers - 0345 988 1188; surface water - 01422 288002 (01422 288000 out of hours) or visit calderdalecouncil.custhelp.com
- Highways winter service, gritting and reporting a blocked gully: Calderdale.gov.uk

Roads and transport

- Traffic Alerts: theaa.com

Public Transport disruption

- Visit: wymetro.com

If you need urgent help and don't have internet access call 01422 392890 or 01422 288000 (Out of Hours)



Think Pharmacy First



Pharmacists are trained healthcare professionals. They can easily help with minor illnesses such as coughs, colds, sore throat, itchy eye, earache, and tummy trouble. With no appointment needed, local pharmacy teams offer a fast and convenient service. If needed, they can speak to you in the privacy of a consultation room. Most pharmacies can also offer prescription medicine for some conditions, without you needing to see a GP or make an appointment.

This is called Pharmacy First.

Conditions they can offer prescription medicine for are:

- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
 - earache (aged 1 to 17 years)
- sore throat (aged 5 years and over)
- sinusitis (aged 12 years and over)
- urinary tract infections (UTIs) (aged 16 to 64 years)
 - shingles (aged 18 years and over)

If you are not within these age ranges, a pharmacist can still offer advice and support decisions about self-care treatment with over-the-counter medicines, but you may need to see a GP for treatment.

There are over 40 community pharmacies in Calderdale, and most are open evenings and weekends. So, don't wait for minor health concerns to get worse – think pharmacy first and get seen by your local pharmacy team.

For more information, visit www.nhs.uk/thinkpharmacyfirst

Key Dates in Winter

December 2024

Sunday 1st
World AIDS Day

Friday 6th
St. Nicholas Day

Saturday 14th
National Biscuits and
Gravy Day

Saturday 21st
Winter Solstice

Wednesday 25th
Christmas Day

Tuesday 31st
New Year's Eve

January 2025

Wednesday 1st
New Year's Day

Saturday 4th
World Braille Day

Saturday 18th
National Thesaurus Day

Thursday 23rd
National Pie Day

Friday 24th
National Fun at
Work Day

Saturday 25th
Burns Night

Monday 27th
National Chocolate Cake
Day

Friday 31st
National Hot Chocolate
Day

February 2025

Sunday 2nd
British Yorkshire Pudding
Day

Monday 10th
Teddy Day

Friday 14th
Valentine's Day

Monday 17th
Random Acts of Kindness
Day

Saturday 22nd
National Walking the Dog
Day

Thursday 27th
National Chili Day 2024

Friday 28th
First Day of Ramadan

New scam alert: Winter fuel allowance

Look out for a new scam. It's a text message targeting elderly and vulnerable people encouraging them to apply for the winter fuel allowance. It reads along these lines: 'Due to the approaching cold weather, in order to ensure that you spend the winter safely, the town hall/government etc. resolves to issue you the 2024 winter allowance'. The text goes on to give deadlines and stating if you fail to complete you will lose the opportunity. The message includes a link which **you should not click.**

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

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

Quick broccoli & Cheddar soup



Ingredients

- 1 tbsp butter, or vegetable oil
- 1 bunch salad onions, thinly sliced
- 2 large Potatoes peeled and diced
- 500ml vegetable stock made with 1½ stock cubes
- 500g frozen Broccoli Florets
- 450ml British Free Range Semi-Skimmed Milk
- 100g Extra Mature Cheddar, grated
- 4 tbsp Single Cream (optional)
- 1 Crusty Roll or Baguette, to serve

Method

- Heat the butter or oil in a large saucepan, add the salad onions with a pinch of salt and cook gently for 3 minutes until starting to soften. Add the potatoes and vegetable stock and season well. Bring to the boil then simmer gently, uncovered, for 5 minutes.
- Add the broccoli florets and milk. Return to a simmer, then cook gently for 5-7 minutes, until the broccoli and potatoes are tender.
- Blitz the soup in a blender or using a stick blender until smooth. Return to the pan, scatter in the cheese, then heat gently until melted. Check the seasoning.
- Ladle into bowls. Add a swirl of cream, if using, and serve with the bread.

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.

FREE PRINTABLE WINTER WORD SEARCH

Winter Word Search

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

BLIZZARD
BOOTS
COAT
COCOA
COLD
DECEMBER
EARMUFFS
FEBRUARY

FIREPLACE
FROSTY
HAT
ICE
ICICLES
JANUARY
MARCH
MITTENS

PLOW
SCARF
SHOVEL
SKIING
SLEDDING
SNOW
SWEATER
WINTER





Winter Spotlight



Each Newsletter we are going to be having a SPOTLIGHT section which will highlight some of the local services that you can access for help and support. This newsletter is focused on



At Staying Well, we support people in Calderdale to be healthier and happier by, helping people to access local groups, services and link people together with our telephone befriending service. We also support people to start up groups in their community.

Improving Health and Happiness

We support adults in Calderdale to access local services and groups, giving them the opportunity to access the support they need and groups to make friends and feel a part of their community.

If you are feeling a little isolated and want something to do our [Staying Well Workers](#) can meet with you to listen and understand your needs. Together we'll create a plan to suit you. We will take into account any worries or difficulties you may have and help you to manage or overcome these. Our support varies for each person and may include helping you to attend an activity or signposting to appropriate services.

Telephone Befriending

Our telephone befriending service started up in covid, so people could chat to another person over the phone on a regular basis. Both the clients and volunteers enjoyed and benefited so much we have continued the service.

We match clients with volunteers together. A client and volunteer typically speak on the phone once a week for 30 – 60 minutes.

We are always on the lookout for telephone befriending volunteers. If you'd like to join and become one of our volunteers we would love to hear from you.

Encouraging and supporting new community groups and activities

We understand that local communities are enriched by having a wide variety of local groups and activities that people can access something they love on their doorstep and feel part of their community.

From coffee mornings to walking groups to Tai Chi, we can support setting up any group in Calderdale whether at the embryonic stage or a well-established group.

No matter how small or big your idea, or how far along the process you are, we're here to help you bring it to life or grow and develop your plans. We'll listen and help you explore funding opportunities, community resources and anything else you might need along the way.

So, if you are feeling a little isolated and want something to do, would like to become a telephone befriending volunteer or discover how we can support you to develop an idea for a community group or activity we'd love to hear from you

Contact us via www.stayingwellhub.com or 01422 392767 or stayingwellproject@nhpltd.org.uk

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**

“Being a relatively small team there is continuity of staff we know well who have built up a trust and awareness of all his needs which is extremely important as he has profound hearing problems and communication can be difficult.” Mrs T
(Halifax)

“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)

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.

Christmas and New Year office opening hours

The Office will close at 4pm on Monday 23rd December and reopen at 9.30am Thursday 2nd January 2025. For non-emergencies please ring 01422 374097 and leave a voice message and we will get back to you as soon as we can. In an emergency, please ring 07377376945

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!