



Happy New Year!

Welcome to the Winter 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.



Winter facts

- People tend to sleep longer in winter due to the increased melatonin production triggered by longer periods of darkness
- Seasonal Affective Disorder (SAD) affects millions of people during winter months due to reduced sunlight exposure
- Wood frogs can survive being frozen solid in winter, with their hearts stopping completely before thawing in spring
- The Southern hemisphere experiences summer during January. However, January and February are the coldest months in the Northern hemisphere
- Eating 12 grapes at midnight on New Years Eve is a Spanish tradition believed to bring good luck - one grape per chime to ensure a year filled with prosperity and abundance
- January is National Soup month in the USA
- According to Welsh folklore, if the first butterfly you see in the year is in February, then you will have good luck for the rest of the year.

Passion for Support News

Passion for Support supported Voluntary & Community Group before Christmas with the NHS Winter Pressure Campaign by helping them distribute their Winter care packages. These Care packages contained a NHS App branded bag, fleece blanket, thermal hat, gloves, scarf, soup, mini first aid kit, keyring torch, a directory of local support, a sweet treat and other useful information. These packs were gratefully received by some of our customers, and we were thankful that we were able to assist VAC with this project.



We look forward to supporting you again this year!

Do you use Calderdale Council Day care services?

These day care services are provided at Higgins Close (Halifax) Lower Edge (Brighouse) and Royds Square (Hebden Bridge) Calderdale council are asking you to share your experiences of using these services (and your ideas) so that they can be improved.

There are two ways of getting in touch

Online Teams Meeting on Tuesday 10th February from 10.30am to 12.00pm – please email June@memorylanecafe.org if you would like to take part and she will send you the link to join the meeting

Or

Talk with a person from Adults Services Team – Please call Hayley on 07511166551 to arrange.

Parkinsons Events in and around Halifax

Halifax Singing Group

Weekly every Monday from 11.00 till 12.30

£5.00 per session including refreshments

Elland Golf Club, Hammerstones Leach Lane, Elland, HX5 0TA

To book a place please Contact Eileen Kenny 01422 373 566 or lillybelly@hotmail.com

Halifax Parkinsons Uk Dance Class

Weekly every Thursday from 10.30 till 11.30

£5.00 per session

Halifax Elim Pentecostal Church, Hall Street, Halifax, HX1 5AY

To book a place please Contact Ian Barraclough 07967419880 or ianbarraclough@icloud.com

Halifax Parkinsons Group Meeting

Monthly on the second Saturday

No Cost

Halifax Elim Pentecostal Church, Hall Street, Halifax, HX1 5AY

To book a place please Contact Ian Barraclough 07967419880 or ianbarraclough@icloud.com

Parkinsons Speech Therapy Halifax

Monthly on the first Thursday from 12.00 till 13.00

Monthly on the third Thursday from 12.00 till 13.00

£5.00 per session – We ask you to commit to a course of dates

Halifax Elim Pentecostal Church, Hall Street, Halifax, HX1 5AY

To book a place please contact Jo Caldicott on 07876383683 or jocaldicott@aol.com

Halifax Games Hour

Monthly on the second Thursday from 11.30 till 12.30

Monthly on the fourth Thursday from 11.30 till 12.30

Cost Voluntary Donation

Halifax Elim Pentecostal Church, Hall Street, Halifax, HX1 5AY

To book a place please Contact Ian Barraclough 07967419880 or ianbarraclough@icloud.com

Halifax Parkinson's Café

Monthly on the last Wednesday from 14.00 till 16.00

No Cost

Shibden Park Café, Old Godley Lane, Halifax, HX3 6XG

Contact Sue Crawshaw 01274 883113 or suecrawshaw@btconnect.com for more details

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: call 0913 766 5999 or visit yorkshirewater.com metoffice.gov.uk

Weather

- Weather warnings visit 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)**

Key Dates Coming up

January 2026

- 19th Jan
National Popcorn Day
- 21st Jan
National Hugging Day
- 25th Jan
National Opposite Day
- 27th Jan
National Chocolate Cake Day
- 1st – 31st
National Blood Donor Month
National Hobby Month
Braille Literacy Month

February 2026

- 1st Feb
National Sickie Day
- 2nd Feb
National Hedgehog Day
- 5th Feb
World Nutella day
- 8th Feb
National Kite Flying day
- 10th Feb
National Umbrella Day
- 14th Feb
Valentines' day
- 16th Feb
Pancake day
- 18th Feb
National Drink wine day
- 19th Feb
National Caregivers Day
- 23rd Feb
National Dog Biscuit Day
- 27th Feb
National Strawberry Day
- 1st – 28th
National Bird feeding month
National Library Lovers month
National Embroidery Month

For more information, please visit

[Home - NHS Blood Donation](#)

[RNIB | Homepage of the Royal National Institute of Blind People](#)

[Sense | For disabled people](#)

<https://www.ukaaf.org/> - Making every document accessible

[National Bird Feeding Month](#)

[Libraries | Calderdale Council](#)

[The Guild - Embroiderers' Guild](#)

Activity Information in and around Calderdale

Winter 2026



Different Days out and activities around Calderdale are accessible here

[Events | Calderdale Council](#)

[Calderdale Event Calendar – Calderdale Forum 50 Plus](#)

[What's on at Victoria Theatre, Halifax](#)

[Whats on | Visit Calderdale](#)

[Hebden Bridge Picture House](#)

[What's on | Calderdale Museums](#)

[What's on - Calderdale Industrial Museum](#)

[Welcome To The Playhouse](#)

[Visit Calderdale | Tourism Information for Calderdale](#)

Carers Count is running a range of physical activity sessions for carers over the next few months. **Carers will need to book on and register with Carers Count if they are not already:**

February 26th Thursday - Dance fit / Pilates

Mixenden Activity centre 14.00 to 15.00

Come along and try dance, aerobics and Pilates. A mixed level session of fun and fitness for all.

March 18th Wednesday - Line Dancing 12.30 to 13.30

Found street community centre

Sowerby bridge

Join us for an hour long lesson and learn how to Line dance with our professional instructor Lucinder.

April 30th Thursday

Brighouse Canal walk 11.00 to 13.00

Meet at Bethal Street Car park

Brighouse

May 28th Thursday 11.00 to 13.00 - Shibden park, walk and picnic

Meet in front of the coffee shop.

Join us for a gentle walk in Shibden park followed with a light picnic lunch.

June 30th Tuesday - Tenpin bowling 11.30 to 12.30

Electric Bowl Halifax

Join us for a social gathering and try your hand at bowling

For more information please contact [Carers Count Calderdale | Calderdale Council](#)



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 and easy Corned Beef Hash



Ingredients

- 1x 340g can Princes Corned Beef (diced into 1cm cubes)
- 2 tbsp olive oil, plus more to fry eggs
- 2 medium onions, finely chopped (approx 300g)
- 2 cloves garlic, finely chopped (approx 15g)
- 800g potatoes, peeled and diced into 3cm
- 300g cabbage, thinly sliced
- 1 tsp thyme leaves
- 200g carrots, thinly sliced
- 25g small bunch fresh parsley, roughly chopped
- 4 eggs

Method

- Bring a pan of salted water to the boil and add the potato and carrot, cooking for 15 minutes until just tender. Drain well and spread out on a tray lined with a tea towel to cool.
- Cook the onion in 2 tbsp of the olive oil for 5-10 minutes until soft in a large frying pan.
- Add the garlic and cook for 1 minute, then add the thyme, ½ the parsley, the potatoes, corned beef, cabbage and carrots.
- Taste and add salt and a generous amount of black pepper to taste, stirring well.
- Turn the oven low to keep the hash warm while frying eggs
- Pat the mixture down in the pan and let brown for about 8-10 minutes
- Invert onto a plate then slide back into the pan and brown the other side for 5-8 minutes
- Fry the eggs in olive oil to your liking, adding a grind of pepper
- Slide onto a large plate and place in the low oven
- Plate the hash topped the remaining parsley and with an egg on top.

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.

Do you want a Home Care Company who treasure you or your loved ones ?

Do you or your loved one struggle completing normal day to day activities?



Do you or your loved one want a friendly face that they can chat to when they feel lonely?



Do you or your loved one want to get out and about and not feel trapped in the house all day?



Do you or your loved one need a bit of extra help around the house in order for them to continue to live in their own home?

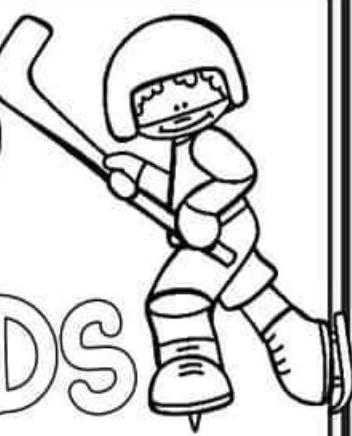
If the answer to any of these questions is YES
then give us a ring on
01422 374097
to discuss how we can help
you or your loved one

PASSION
for
SUPPORT
Delivering care in Calderdale

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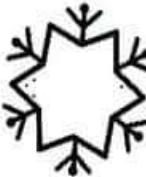
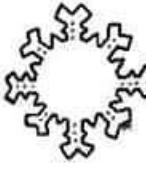
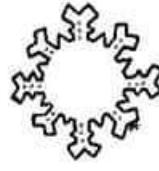
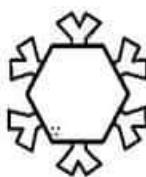
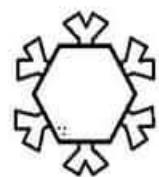
We can provide:

- Companionship,
- Meal preparation and cooking,
- Personal care including assisting with washing, bathing, showering, dressing, undressing, grooming, using the bathroom,
- Helping to get up, helping to go to bed,
- Assisting with medication,
- Daily household and domestic tasks – Light cleaning, washing, ironing
- Sit in Services for daytime, evening and weekends
- Help with shopping trips, leisure activities, social functions
- Transporting and supporting customers to attend appointments



WINTER WORDS

FALHAUHQTBFPNDZLLHUXBHPLWCOLDL
LMNEVERGREENSWDNLSSQVZYKHZaubc
DJYUSUHVMTPZEZLBEAFURHERJUOZF
NUOGKZWUHRFVPULOCGHIDMOTFHPQSZ
QWKWPDZZHTNHFXLNAVXBBLACKICEBS
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MCOATNUFARCTICXJBTWJGRSHXLUEBO
NIONFQTUKLHHCPUOUGFGBHOGHLHAIWX
UEJMZDYREJTZQKHHHHKIXZOZHYMORM
LBPROOINYHMMQTFNUDKRVPYCEJKADA
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SNOWFLAKESDRHEATHKCFJSXOSSPOER
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DFHMERROTNAWIIMEEGSKEEUNDUZAFT
AEJXLKNYFMMRWEDFSECBLNXRKRYT
UGNSLXZMMCQOCNIPPYRCTSITQNXWN
V



ARCTIC
BLACK ICE
BLEAK
COAT
COLD
COOKIES
DECEMBER

EVERGREEN
FEBRUARY
FROSTY
FROZEN
FURNACE
GLOVES
HEAT

HOCKEY
HOT COCOA
ICICLE
JANUARY
LONG JOHNS
MELT
MITTENS

NIPPY
POLAR
SKATE
SNOWFLAKE
SNOWMAN
WINTERY
WOOL

Dementia Spotlight

Dementia is an umbrella term for a range of progressive conditions that affect the brain.

Each type of dementia stops a person's brain cells (neurones) working properly in specific areas, affecting their ability to remember, think and speak.

Doctors typically use the word "dementia" to describe common symptoms – such as memory loss, confusion, and problems with speech and understanding – that get worse over time.

Dementia can affect a person at any age but it's more common in people over the age of 65.

There are many different types, subtypes and causes of dementia. The most common are Alzheimer's disease, vascular dementia, Lewy body dementia, frontotemporal dementia and mixed dementia.

There are currently around one million people in the UK with a diagnosis of dementia – and almost all of us will know someone living with the condition. Our dementia specialist Admiral Nurses explain the facts you need to know.

Dementia is a progressive illness that gets gradually worse over time, and as yet, there is no cure or treatment that slows this progression down. This may happen quickly or slowly, depending on factors including the type of dementia, the person age, their general health and their lifestyle. It can be helpful to think of Dementia progressing in three stages, Early, Middle and Late stages. More information about these stages is available at [Stages of dementia - Dementia UK](#)



Dementia website address is [Home - Dementia UK](#)

Dementia Helpline

Call the help desk free on 0800 888 6678

Opening hours are

Monday to Friday 9am to 9pm

Saturday, Sunday and bank holidays 9am to 5pm
(closed 25th December)

Email helpline@dementiauk.org

Or you can fill in a form on the website

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.

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.

Customer Questionnaires

We always send out a yearly questionnaire to all our customers and their families. This helps us get a picture of how we are doing overall, any ideas or suggestions for improvements to our service etc.

These are a vital part of our monitoring system. Unfortunately, we have not received any responses to our latest questionnaire (we think you have all been super busy with Christmas etc) so I will be resending them alongside the Newsletter. If you can complete them and send them back, we would really appreciate it. Thank you

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!