



Summer Wellbeing Newsletter 2024



If you'd like to be contacted with dates for our Time For Tea events, please get in touch on 01977 552114

Welcome

I always read my past introduction to see what I wrote last time, having read that one I think I filled you full of false hope telling you spring was just around the corner. It has been a difficult start to the year with the weather proving to be very unseasonal, we cannot say unpredictable as it has stayed the same for most of the spring, wet and grey.

Summer holidays are now upon us so let's hope for a better time.

We have been very busy as you can see from the Newsletter and there is so much more that we can't squeeze in.

Our team have been busy getting people moving, asking questions about childhood memories in Castleford and surrounding areas, starting two new venues for Time for Tea, (which has unfortunately meant we had to lose Dunelm as a venue due to the size of the café) but, we are just up the road in Sainsbury, Ings Road. Our other new venue is in Castleford Market Event space the first Friday of the Month starting on 2nd August. It would be lovely to see you at any of our events and there is always a warm welcome, and chocolate biscuits!

Our on your doorstep this time is focussed on Newmillerdam Country Park in Wakefield, a lovely place to go for a nice stroll or join in with a walking group. If that is too energetic maybe a short walk and just sit on the bench and listen to the birdsong. Have a cuppa in the Boathouse Café or a lovely pub meal at one of the local pubs nearby.

We are delighted that we will be sharing our Stories from Castleford exhibition at Nostell Priory for the whole of August, come along and have a listen any day but staff will be on hand to talk to you on a Wednesday and a Friday through the month and Bank Holiday Weekend as well. We will be in the Orangery alongside Nostell Herbal Histories so, come along and see us. We are pleased to say that some of our contributors will be there too.

Last, but not least please Save the Dates for our Silver Sunday events the first weekend in October. We are joining forces with Wakefield Cathedral to make it a whole weekend affair so go along to the Cathedral on Saturday for a pamper and afternoon tea and then come along to the Ridings on Sunday to meet all our partners and have a bit of dance with our musical entertainment.

Have a great summer and we hope to see you soon.

Time for Tea Team.

Time for Tea Trip

Liverpool

Earlier this year we enjoyed our first ever Time for Tea trip with a group of regular attendees, staff and volunteers.

We would have liked the weather to be a little kinder but as you can see from these photos, we had plenty of fun, laughs and the odd bit of sunshine.

We traveled by coach, which was surprisingly comfortable and checked into our hotel for the next two nights.

For those of you have either never been to Liverpool, or it's been a long time since you visited, I can say it's an amazing city and well worth the trip. There's so much to see and do, with the rich history of music at the very centre.

Our next trip is to Skipton & Grassington on 8th Sept followed by the Turkey & Tinsel trip to Llandudno on 8th November



Move

Olympic Inspiration

In this year of the Olympics, Euro Football and the regulars of Wimbledon and Silverstone, there's so much sport to choose to watch you might forget to get moving yourself!

Whilst we know that elite athletes put hours of dedicated practice towards honing their craft, to keep fit and active takes a lot less time and can be a lot more fun!

Whatever your fitness level now, a few changes can make a huge difference. In this newsletter you'll find details of local walking groups, running sessions and smaller challenges you can complete at home.

Start small

If you don't feel up to exercising outside just yet, here are some chair based exercises to get you started.

With your feet flat on the ground, sit up straight and raise your arms to a 90 degree angle (or as close as you can) and slowly rotate your arms in circles inwards ten times then outwards ten times.



from this position you can also make turns at the waist from one side to the other. This can help tone your waist and increase mobility, just make sure you have a clear area around you so you don't knock anything over. Once you have completed these exercises, relax your arms onto your lap and turn your attention to your legs. Slowly raise one leg at a time to make sure you keep your balance. Gently rotate the ankle of the raised leg ten times then switch to the other leg. These exercises not only increase muscle usage but can also improve circulation and help to keep you warm on colder days. These exercises should not cause pain, if completing these exercises hurts, stop and only continue if you feel comfortable to.

For anyone on social media, there's a fantastic seated exercise coach on Instagram, just search for [goodvibetribeuk](#) and you will find Sara and her videos which you can follow or why not join her in person for seated Zumba at Wrenthorpe Village hall on Fridays at 10.30am, you're sure of a warm welcome and a fun exercise class.



Walking Groups

We all know that getting out and walking is a great form of exercise but it can be hard to find the motivation and confidence to go alone. The good news is that there are plenty of local walking groups and they are free to join. Here are a few to consider...

Walking Fit Pontefract - Evening Walk

Asda car park Halfpenny Lane WF8 4BW
(2 hours free)
Mondays 18:30

Walking & Running Fit SESKU

Frickley Country Park Curlew View WF9 2LE
Tuesdays 18:30

Walking Fit - Ossett

Ventnor Way (Banks Yard) Car Park WF5 8NT
Wednesdays 18:30

Walking Fit Pontefract

Huggamug Cafe (Grandstand buildings)
Cost: FREE
Fridays 09:30

For more information take a look at the below website which shares the details of walking and running groups
<https://groups.runtogether.co.uk/RunningFitWestYorkshire/Runs>

Or you can look up

Walking & Running Fit SESKU

on Facebook



Running Groups

If you feel ready to step it up a gear there are supportive running groups for every level. Whether it's your first jog or you want to return to running, you'll find a great group of people to get moving with. Here's a few...

Monday Motivators - Ossett

Ventnor Way (Banks Yard) Car Park WF5 8NT
Mondays 19:00

Wakey Wednesdays

Thornes Park - Denby Dale Rd entrance
WF2 8DY
Wednesdays 18:30

Wednesday Warriors

Station Road (opposite Jubbs Terrace),
Ossett
Wednesdays 18:30

Running Fit Beginners - Upton

Co-op car park Waggon Lane WF9 1JT
Thursdays 18:30

Running For Beginners - Pontefract

Pontefract Park car park WF8 4RA
Thursdays 18:30

Sunday Superstars - Ossett

Gawthorpe Academy WF5 9QP
Sundays 08:30

And of course there's always Parkrun on every Saturday morning at Pontefract, Thornes Park, Frickley Park and Nostell Priory.

You can join us at Pontefract Parkrun on 21st September as staff and volunteers either complete the 5K or volunteer for the morning. Find out more by calling on 01977 552114

Think

Quiz

- 1 What was the name of the first artificial satellite to orbit the Earth?
- 2 Who did actress Nancy Davis marry in a small ceremony at the Little Brown Church in Los Angeles in 1951?
- 3 Which state became the last state to join the United States?
- 4 What did Churchill say had descended across the continent: "From Stettin in the Baltic, to Trieste in the Adriatic"?
- 5 Sir Edmund Hillary became the first man to climb Mount Everest. In which country was he born and raised?
- 6 Which product would you associate with the company Pilkington?
- 7 The most common cause of rickets is a deficiency of which vitamin?
- 8 What is the name of the popular gas burner used in school labs?
- 9 How many wings does a honey bee have?
- 10 Which out of the following animals is the fastest: A horse, lion, hyena or elephant?



Beach
Outdoors
Garden
Park
Deckchair
Icecream
Milkshake
Olympics
Sport

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

Upcoming Events

Alongside all our regular Time for Tea events, you can find our team out and about at events across the district. All the information about Time for Tea and upcoming events can be found on our website Activities and Events page <https://www.ageuk.org.uk/wakefielddistrict/activities-and-events/>

But here's some of the fantastic things we've got coming up soon...

A celebration of the spoken history of Castleford

This August, our oral histories project will be on display at the beautiful Nostell Priory National Trust property. Sitting alongside the Herbal Histories project which has been collected by the team at Nostell Priory to demonstrate how the use of herbs and natural ingredients has changed over the years.

To listen to the stories we captured from the people of Castleford about their childhoods, working and socialising in Castleford, you can visit Nostell Priory Stables (parking charges apply unless a National Trust Member). There will be voice recordings, photographs and objects from the past to invoke memories and hopefully bring a smile to your face.

Our team will be there on alternate Wednesdays and Fridays



Pontefract ParkRun

Saturday 21st September

What could be better than enjoying the beautiful outdoors whilst getting involved with your local community?

ParkRun is a fitness event which happens every Saturday but on the 21st September, Age UK Wakefield District will be at Pontefract Racecourse to lead on the many volunteering roles and hopefully encourage new people to give ParkRun a try!

The course is 5K and you can choose to run, jog or walk the course or donate your time in one of the vital volunteering roles.

If you can cheer on people completing the course, if you can point runners in the right direction, if you can operate a stop watch or use a scanning tool to clock the people as they cross the welcomed finish line (very simple and training given) you can volunteer!

The feeling of being something special is what makes being a ParkRun volunteer so rewarding. You can volunteer with your dog, with children and even with a chair! Just get in touch with us so we can help get you the right fit 01977 552114



Silver Sunday The Ridings Centre

Saturday 5th Oct & Sunday 6th Oct

Each year we celebrate Silver Sunday and this year will be bigger and better than ever as Age UK have taken over the Silver Sunday up and down the country!

This year the event will be a whole weekend with activities in the spectacular Wakefield Cathedral on Saturday 5th October including a Harvest Festival service, followed by a day of festivities in The Ridings Shopping Centre on Sunday 6th October.

Our team will be there along with over 30 local organisations all ready to talk you through the services available in our district and the support on offer to you and family members who may need a little extra help.

There will be live music, entertainers, exhibitions and a whole lot of fun for all the family.

We'd love to see you there to celebrate this special day for older people



Quick Glance dates

Oral History Display

Nostell Priory throughout August but staff in attendance...

16th Aug, 24th Aug, 26th Aug

Time for Tea Events

Tesco Hemsworth 2nd Sept

10-12 noon

The Broken Bridge Pontefract 9th Sept

2-4pm

Community Shop Knottingley 10th Sept

10.30-12.30

Tillys Cafe Junction 32 10th Sept

2-4pm

The Ridings Shopping Centre 12th Sept

10-12 noon

The Glassblower Castleford 16th Sept

10-12 noon

Morrisons Dewsbury Road 17th Sept

10-12 noon

The Blue Bell Hemsworth 23rd Sept

10-12 noon

Sainsburys Cafe Ings Road 24th Sept

3-5pm

Morrisons Knottingley 25th Sept

10-12 noon

The Ridings Shopping Centre 26th Sept

10-12 noon

Pontefract ParkRun

Pontefract Racecourse 21st Sept

Volunteering and exercise opportunity
(call us on 01977 552114 to arrange)

Saturday 5th Oct & Sunday 6th Oct

Silver Sunday Wakefield Cathedral & The Ridings Centre

Green Tea

Green tea, a source of antioxidants and caffeine, has several possible benefits. Research has found that the health benefits of green tea may include alleviating anxiety and stress, enhancing memory, and reducing high blood pressure and cholesterol.

Alleviates Anxiety and Stress

Tea contains an amino acid called L-theanine, which can alleviate anxiety and stress, helping you relax. Green tea has one of the highest concentrations of L-theanine compared to black, oolong, and white tea

Helps Protect Against Cognitive Decline

Some evidence suggests that drinking green tea helps protect against certain neurodegenerative diseases, like Alzheimer's and Parkinson's. Green tea has a high concentration of antioxidants, which may protect against cell damage that raises the risk of chronic illnesses.

Helps Support Bone Health

Drinking green tea may help support living a healthy, long life. Green tea is a source of polyphenols, or plant compounds that act as antioxidants.

- Decreasing inflammation
- Minimizing cell damage caused by harmful substances.
- Reducing signs of aging

May Manage and Prevent Type 2 Diabetes

Green tea may manage and prevent type 2 diabetes. Some evidence suggests that the antioxidants in green tea may reduce insulin resistance.

Lowers Cholesterol

A review suggested that drinking green tea helps to lower LDL and total cholesterol

May Enhance Memory

Research has found that the L-theanine content in green tea may improve memory.

Might Support Weight Loss

Some evidence suggests that green tea may help you lose weight. Green tea is a source of catechins, an antioxidant that helps break down fat. Catechins may increase your metabolic rate, which helps you burn more calories, such as while exercising.

Reduces Blood Pressure

Green tea may protect heart health by lowering blood pressure. Research has found that drinking green tea reduces blood pressure significantly, particularly in people with a high risk of heart disease.

For more information about the many benefits of green tea, take a look at the below website or speak to your GP

Source:
www.health.com/nutrition/benefits-green-tea



Hot Weather Welfare

High temperatures and humidity can present a risk to our health especially as we get older. Here are some helpful tips on how to stay safe during hot weather

Stay out of the sun during the hottest part of the day 11am-3pm



Drink water throughout the day, staying hydrated is vitally important



Wear lightweight cotton clothing. Thin clothing in light colours and nature fibres is best



Wear suncream, making sure to get full coverage and don't forget the top of your head



If you are heading outside, allow plenty of time for rests in the shade and take a bottle of water with you



Keep curtains and blinds closed during the day. Open the windows for fresh air in the evening



Drink water and eat light meals to prevent dehydration



Most medication should be kept below 25°C – so it might be best to keep it in the fridge when it's really hot.



Recipes

Jacket potatoes are a healthy and cheap meal and can be livened up with lots of different toppings. This recipe gives a choice of toppings. Cooking them in the microwave speeds up the process considerably, but loses the crunchy jacket. If you have an airfryer, you can finish the potato off with a little oil to get the crispy skin.

Ingredients

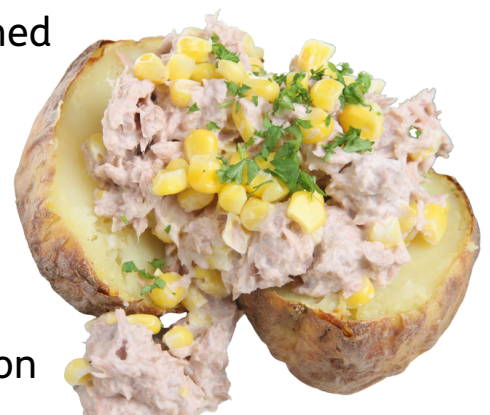
- 1 medium baking potato (about 180g/6oz)

For the tuna and sweetcorn filling

- 1 x 80g/2¾oz can tuna (in spring water), drained
- ½ x 198g/7oz can sweetcorn, drained
- 1 tbsp reduced-fat mayonnaise
- black pepper

For the salmon and peas filling

- 50g/1¾oz frozen peas
- 1 x 80g/2¾oz can skinless and boneless salmon
- 1 tbsp mayonnaise



Method

1. Wash the potato and prick with a sharp knife several times on all sides and place on a microwave-safe plate. Place in the microwave and cook on full power for 4 minutes.
2. Remove the plate using oven gloves and turn the potato over. Dry the potato and the plate and put back into the microwave. Heat on full power for a further 4 minutes.
3. Remove the plate and leave the potato to stand for 1 minute, as it will continue to cook. Check that the potato is soft by pushing a sharp knife into the centre. Return to the microwave for another 30 seconds if it is still hard in any part.
4. To make the tuna and sweetcorn filling, mix all of the ingredients together in a bowl.
5. To make the salmon and pea filling, put the peas into a mixing bowl and pour over boiling water. Leave for five minutes until they float. Drain and return the peas to the dry bowl. Stir in the salmon and mayonnaise.
6. Split the jacket potato in half, roughly mash the middle with a fork, and spoon over your topping.

Top tip, wrap the potato in a damp sheet of kitchen roll whilst in the microwave.

When you absolutely need a cake within minutes, you need a microwave mug cake!

Dessert

Ingredients

- 75g/3oz dark chocolate, melted, plus extra to serve
- 50g/1¾oz unsalted butter, melted, plus extra for greasing
- 2 free-range eggs, beaten
- 50g/1¾oz caster sugar
- 50g/1¾oz plain flour
- ½ tsp baking powder
- 50g/1¾oz pitted cherries from a can, chopped, 2 tbsp juice reserved

Recipe

1. Place the chocolate, butter, eggs and sugar into a bowl and mix together well.
2. Add the flour, baking powder, cherries and cherry juice and fold together until smooth.
3. Grease two mugs with butter, then spoon the mixture into each until three-quarters full. Cover each with cling film, place in the microwave and cook on full power for 2 minutes. Remove the cling film and cook for a further 30 seconds, or until risen and cooked through.
4. To serve, top with the reserved cherries and drizzle with the melted chocolate.
5. Enjoy!



On your doorstep!

Newmillerdam Country Park is a beautiful country park on the edge of Wakefield with a loop walk around the water plus plenty of off-road tracks through the woodland.

Newmillerdam is 3.5 miles south of Wakefield city centre. Featuring a variety of different habitats as well as coniferous and broadleaf trees, it's an ideal destination for wildlife-spotters, walkers, cyclists, families and anyone looking to enjoy the scenery and serenity of this special place.

Take a stroll along the circular lakeside route beneath the woodland. This wide, flat path is very accessible, making it a great choice for wheelchair users, booster scooters and pushchairs.

The lake, covering an area of 30 acres, is an important breeding site for the great crested grebe, other water birds, including mute swan, mallard and coot, can be seen throughout the year. Bats feed here during the warmer months, with tiny pipistrelle, larger noctule and Daubenton's bats able to be seen.

The Newmillerdam Arboretum, located at the top of the hill at the far side of the lake, is a fantastic place for nature lovers. With more than 100 species of tree, the area is also home to a wide range of ground-based woodland plants and flowers, including selfheal, ragged robin and spear thistle.

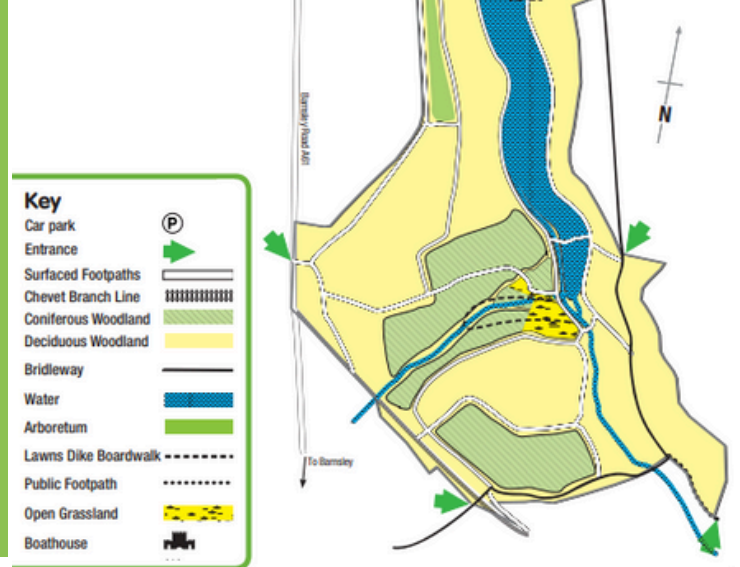
Little explorers will love Newmillerdam's Gnome Roam. Follow this simple walking trail to help Tony the gnome find his friends and the bear that has scared them all away – find the gnome sculptures as you walk around the park, using signs and clues to complete activities and challenges as you go.

After your walk, why not stop for a little treat at the Boathouse café? Situated in the historic Georgian Boathouse, the café offers barista coffee, locally-sourced produce, tempting cakes – and even some of your favourite tipples.

The Boathouse itself was built in the 1820s by the estate's then-owners, the Pilkington family. It was originally used as a venue for entertaining friends and family, with the men shooting wildfowl from punts launched from the Boathouse, with the ladies joining them for a picnic lunch.

There are also dog friendly pubs just a short walk from the entrance to the park serving food and drinks along with a couple of restaurants for evening meals with a new location of the popular Capri restaurant coming soon!

cont...



cont...

The size and layout of the park means it's perfect for taking a short, relaxed trip, or for longer rambles – and if you really want to extend your walk, you can explore nearby Seckar Woods, too.

Please note: Newmillerdam Country Park has a pay and display car park onsite (postcode: WF2 6QQ).

Facilities

- Disabled Access
- On-Site Parking
- Pets Accepted
- Child Friendly

If you'd like a bit of guidance on your walk, or company, take a look at the details of the Nordic walking group. You're sure of a warm welcome and enjoyable exercise but

Nordic Walking Group

Friday Afternoons

Meeting at Main car park opposite Fox and Hounds Pub [WF2 6QQ] Come along to our FREE friendly groups for an enjoyable session to improve your health and fitness: Nordic walking poles are provided and the walks are suitable for all ages and abilities - all you need is sensible footwear and outdoor clothing. Walks follow various routes and last approximately 1 hour. Children over the age of 8 years are allowed on the Nordic walks and must be accompanied by a responsible adult and supervised at all times. Please note: Children's poles are not supplied at present

Start time: 1pm

End time: 2pm

Free: Yes

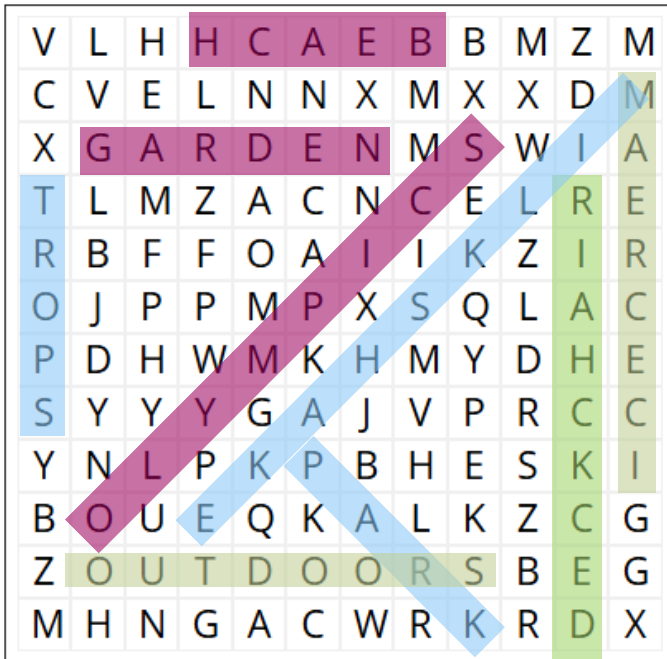
Location: Wakefield

Aspire Membership: No



We hope this Wellbeing Newsletter has raised your spirits, given you some new ideas, made you think, move and above all made you smile.
Stay safe, keep cool and reach out if we can help you.

Solutions to Think



Quiz

- 1.Sputnik 1
- 2.Ronald Reagan
- 3.Hawaii
4. An iron curtain
- 5.New Zealand
- 6.Glass
- 7.Vitamin D
- 8.Bunsen Burner
9. Four
10. Lion



HOME TIME

We can assist in your journey from hospital and make sure you have everything you need. We offer help with...

	Blue badge and bus pass applications,	<input checked="" type="checkbox"/>
	Mobility equipment, grab rails and ramps,	<input checked="" type="checkbox"/>
	Benefit checks	<input checked="" type="checkbox"/>
	And so much more...	<input checked="" type="checkbox"/>

If you live in Wakefield District and could use a little support we're here for you.



Wakefield District
ageUK

01977 552 114

itoc@ageukwd.org.uk

SCAN ME







Useful Contact Numbers

Age UK Wakefield District
01977 552114

Samaritans
116 123

Turning Point Talking Therapies
01924 234860

The Silverline
0800 470 80 90

24 Hour Mental Health Support Line
NHS Every Mind Matters
0800 183 0558

www.nhs.uk/oneyou/every-mind-matters



Contributors:

Time for Tea & Wraparound team
Brenda Wardle
Amanda Kennedy
Deborah Hunter

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Age UK Wakefield District,
7 Bank Street,
Castleford, T 01977 552114
WF10 1JD www.ageukwd.org.uk

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