



HELPING HANDS

A Newsletter for Local People

Issue 59

Winter 2010

WARM UP YOUR HOME THIS WINTER FOR FREE

Did you know that a poorly insulated home loses around 35% of its heat through the walls and 25% through the roof?

The most effective way to warm up your home and beat fuel price rises is to install loft and cavity wall insulation to make homes more energy efficient.

The recommended indoor temperatures are 21°C in the main living area, and 18°C in the rest of the house. At temperatures below these levels, health problems can occur - for example, between 9-12°C blood pressure and the risk of heart disease can increase.

Protect yourself against the cold this winter and warm up your home by contacting the Council's **Energy Savers Scheme**. The scheme offers you the chance to have cavity wall and loft insulation work done free of charge. It has already been running for nearly four years - and over 1000 households in the district have already benefited.

If you meet all of the criteria below you may be eligible:

- You are the home owner or the property is privately rented, and you live in the Wakefield district
- The property is in council tax band A, B or C
- One of the householders in the property is 60 or over, or receives free/reduced cost prescriptions

If you do not meet the criteria, the Council could still be able to help with a discount instead.

All work carried out is subject to availability. The insulation work is carried out by professional local installers to the highest standards and comes with a guarantee.

To apply, simply call freephone **0800 043 7310**. Lines are open from Monday - Friday, 9am - 5pm and outside of hours you can leave a message. Alternatively, email your address and phone number to eat@wakefield.gov.uk and someone will call you back.

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New carer support and activity groups

Carers Wakefield & District has recently launched some new groups:

In **Ackworth**, a carers group now meets at College Lane Surgery on the third Friday of each month between 1.30pm - 3pm. At **South Elmsall**, the first Thursday Club meets at the Social Centre on Westfield Lane between 1pm - 3pm. Weekly information and advice drop-in sessions are also held at **Hemsworth Library**, every Friday between 10am - 12.30pm.

At the **Carers Wakefield office** in King Street, a new Knit and Natter group has been launched. This takes place on the third Thursday of every month at 10.30am.

These add to the long established groups in **Wakefield** - one on the last Thursday of each month, 10.30am to 12noon, and the weekly coffee morning on Tuesday mornings (both at King Street). The **Pontefract** carers group is held at Baileygate Court Sheltered Housing Complex on the second Tuesday of the month, between 10.30am - 12noon; and the **Walking** group meets on the third Wednesday of each month, starting at 11am at locations around the district.

Carers Wakefield & District are also looking at launching a Men's Carers Group. Although they are not directly involved, they are aware of many other groups that take place - most of which appear in their support groups booklet.

If you would like to know more about any of these groups, or about Carers Wakefield & District, call 01924 305544, email info@carerswakefield.org.uk, or visit www.carerswakefield.org.uk



Are you Staying Steady this winter?

NHS Wakefield District is planning three Staying Steady campaigns this year to find out the main causes of falls. As part of the winter campaign, a leaflet called 'Staying Steady this Winter' has been produced to complement the

Staying Steady booklet. It has top tips for winter and a handy checklist to prepare for extreme weather. For more information and a copy of the leaflet and/or booklet, contact the Patient Advice & Liaison Service (PALS) on 0845 602 4832.



If you're unwell, Choose Well!

Look out for the Choose Well campaign which was launched across West Yorkshire last month. The campaign aims to steer you to the right NHS services this winter, taking pressure away from A&E at a busy time of the year.

The 'Choose Well' message will appear in adverts and press across the region over the next few months, to highlight all the NHS services available to you if you feel unwell.

The campaign promotes the benefits of self-care, pharmacies, NHS Direct, walk-in centres, minor injury units and the West Yorkshire Urgent Care Service as alternatives to going to your local GP or A&E department. If you're unwell this winter, make sure you choose well!



Thank you to all knitters!

Age Concern would like to thank all knitters who took part in The Big Knit 2010 to knit hats and raise money for charity. A total of 7,200 hats were received, raising £1,800 - a fantastic response. All money raised will be used on improving services for older people across the district.



Prime Timers: Keep fit sessions for over 50s

Prime Timers - the Council's programme of activities for over 50s is run at selected leisure facilities in the district.

Leading a healthy lifestyle is the best way to maintain a healthy heart, body and mind. The 'Prime Timers' activities provide over 50s with an opportunity to maintain this balance in sociable and friendly sessions at most Council pools and leisure centres.

Activities include over 50s keep fit, badminton, boccia, pilates, table tennis, water-based muscle mobility activities and swimming. Refreshments will be available and you can have a break between activities to catch your breath or catch up with friends.

All sessions are run by Health and Wellbeing Activators who will also be on hand to offer advice throughout the sessions. Each site offers different activities as part of the Prime Timers Programme. Please contact one of the Active Lifestyles Activators on 01924 307811 for more information about sites and activities on offer, or visit www.wakefield.gov.uk/primetimers



Carol Concerts

Age Concern Wakefield District has organised a number of Carol Concerts over the winter period at local supermarkets. Come along and enjoy local school children singing carols, with all money raised being donated to Age Concern Wakefield District.

Thank you to the schools who have agreed to participate and make the concerts a success.

AGE Wakefield District
Concern

Friday, 3 December 2010 at Asda (Glasshoughton)	9.30am - 10.30am	Ackton Pastures Primary School
	10.30am - 11.30am	Half Acres J&I School
	1.15pm - 2.00pm	Smawthorne Henry Moore School
	2.00pm - 2.45pm	Redhill Junior School
Wednesday, 8 December 2010 at Tesco (Pontefract)	9.30am - 10.30am	St Joseph's RC J&I School, Pontefract
	1.45pm - 2.45pm	Larkshill J&I School
Monday, 13 December 2010 at Morrisons (The Ridings)	9.30am - 10.30am	Pinders Primary (J&I) School
	10.30am - 11.00am	Lawfield Primary
	12.45pm - 1.45pm	St Johns CE (VA) J&I School
	1.45pm - 2.45pm	Greenhill J&I School

If you would like more information please contact **Mandy Mason, Admin Assistant, Age Concern Wakefield District** on 01977 552114.

Social Contact Scheme reaches 1000th client

The Social Contact Scheme is a short term service to help older people remain as independent as possible.

The scheme, which has been running since April 2006, has just taken its 1000th referral. It is managed by Age Concern Wakefield District, and funded by Wakefield Council.

There are three main parts to the service:

1. Supporting you when you are discharged from hospital - by being the family or friend that isn't available, helping you to get home safely and settle in, doing a bit of shopping, making a cup of tea, and ensuring you are safe and have everything you need.

2. Helping you regain confidence to become as independent as possible, going shopping again, joining in social activities or pointing you in the right direction for any further help.
3. Helping you to choose sheltered housing or a residential home, if it has become difficult for you to continue living in your current home. They will support you

during what can be a worrying and upsetting change to your life.

The service covers the whole of the district, and is supported by four part time staff and one volunteer who are experienced, patient, and dedicated to helping people.

**Social Contact Scheme:
01977 664860**



Charles Duffield, the scheme's 1,000th client, was full of thanks for the help he received.

Photo courtesy of Wakefield Express.

Do you have a pre-pay meter? **Top up safe!**

If you have a pre-pay electricity meter, only buy credit from official outlets such as the Post Office, PayPoint or Payzone, or you'll end up paying twice.

If anyone offers you energy top-ups on the doorstep, they are trying to involve you in criminal activity.

Don't be fooled. Energy companies can identify homes using electricity... but not paying for it.

It is estimated that 85,000 households may have already been affected by a scam. The scam involves doorstep calling, where householders are offered



£50 worth of electricity for a cash payment of £25. As the credit is illegal, the customer is hit twice; paying £25 to the doorstep seller but still owing the energy supplier for the £50 of electricity usage.

Further information can be found at www.top-upsafe.com. Any customers who have concerns should contact their energy supplier or Consumer Direct on 0845 04 05 06. Crimestoppers is also involved, and can be contacted anonymously on 0800 555 111 to report the selling of illegal electricity top-ups.

For sale

'Action 3' wheelchair with 20" wide seat

Extra safety features.

Hardly used. RRP £600, will accept £300 ono.

**Contact: Mrs Northern,
01924 200102.**

Power pack stroller for manual wheelchair

Including battery, charger, fittings, keys and case. Fits onto a manual wheelchair. Used once. £500.

Contact: Ms Sayles, 07787 306189

What a difference a volunteer makes!

**Jan Young, Befriending Development Worker
- Age Concern Wakefield District**

The Befriending Volunteers at Age Concern Wakefield District are among the most wonderful people in the world. They come in all shapes and sizes, and from many different backgrounds. A number of the volunteers work full-time in demanding jobs, but still find the time to visit someone after work or at the weekend.

As the Befriending Development Worker at Age Concern Wakefield District, it never ceases to amaze me how much someone spending one hour a week with an elderly person can improve that person's life.

One example of this is an elderly gentleman who is virtually blind. He had lost his wife six months before we met him and was very low. When his volunteer first started

visiting, all he could talk about was how much he missed his wife. But after a while he started to change; he agreed to go out to social groups – something he would not consider before. He started enjoying life again and now goes on coach trips, has made new friends and is cheerful – very different from the person he was a year ago. I truly believe that this is greatly due to his Befriending Volunteer giving him the chance to work through his grieving process, something he couldn't do on his own.

There are so many skills that our volunteers bring to the service. Some are able to be the eyes of a blind person. Others might help people to enjoy living in the present and recapture old memories.



Another will help those learning to talk again following a stroke, and who need a companion to help with everyday tasks.

It is a sad fact of our times that so many elderly people live socially isolated lives. One hour a week doesn't seem much, but it is one of the most precious gifts someone can give. We just don't have enough volunteers for all the elderly people who are waiting. So if you, or someone you know, feel able to give an hour a week to volunteer, we would be delighted to hear from you.

**Tel: 01977 552114 or
email: admin@acwd.org.uk**

New Community Legal Advice Service for the district

Wakefield's new Community Legal Advice Service opened on 1 October 2010, bringing together a wide range of advice services under one roof. The new service provides a full range of general advice and information, plus specialist advice in debt, welfare benefits, housing, employment, community care and family law.

Switalskis Solicitors is working in partnership with the Citizen's Advice Bureau (CAB) to deliver the new service from CAB's offices in King Street, Wakefield and advice clinics at locations in Pontefract, Hemsworth and Castleford.

Opening times are:

Pontefract, Wednesday and Friday, 10am - 1pm

Wakefield, Monday to Friday, 9am - 5pm, late night opening every Tuesday until 8pm, first Saturday morning of every month 9am - 1pm

Please telephone the advice line for an appointment on 0844 499 4138.

This service is available Monday - Friday, 10am - 5pm.

If the line is engaged or you ring out of hours, they provide a menu of pre-recorded information on many common areas of advice as an additional service. It also gives you up to date details of the opening hours for each of their offices.

Appointments

You must first speak to an advisor on the telephone advice line. If the advisor cannot deal fully with your enquiry at that session or you are requested to provide documents, you will be offered an appointment.

Address: Wakefield District CAB District Office,
27 King Street, Wakefield West Yorkshire WF1 2SR

Email: districtoffice@wakefielddistrictcab.co.uk

Signs and symptoms of cancer not taken seriously

People living across the district are not taking the signs and symptoms of cancer seriously enough, according to a report from NHS Wakefield District.

A survey was carried out across the district earlier this year, aiming to understand local awareness of the causes and symptoms of cancer. It also asked people how long they would wait before seeking medical advice and what factors would delay them in doing so.

Overall, awareness of cancer symptoms locally was generally low, with only 23% of responders being able to name any, apart from lumps, swelling, bleeding or pain. People were less likely to see changes to skin, bowel or bladder habits as potential signs of cancer.

The key findings:

- women are more likely to mention a lump than men
- people are aware of the link between smoking and cancer but do not connect things like sunburn to skin cancer

- not many people are aware that living an active life, eating five fruit and vegetables a day, and keeping to a healthy weight would reduce their risk of cancer
- only 24% of respondents were aware of the bowel cancer screening programme for the over 60s
- when asked what would delay them in seeking medical help, 42% of respondents said that wasting the doctor's time, and fear about what might be found would put them off asking for an appointment
- the presence of cancer in people we know personally is a powerful driver of increased awareness
- 98% of women correctly mentioned breast cancer as one of the top three most common cancers but few knew of the high risk of lung and bowel cancer

- 36% of male responders thought that prostate cancer was the most common cancer in men when it is actually the second most common next to skin cancer.

Dr Anita Roy, Consultant in Public Health at NHS Wakefield District, said: "Cancer treatments are improving survival rates and the earlier people are diagnosed the better. The survey shows that more understanding is needed so that people go to their GP as early as possible. The sooner a cancer is diagnosed and treated the better the outcome is likely to be."

If you are concerned about changes in your bowel, bladder habits, changes to skin or any signs and symptoms that you have not sought advice for, you should not be afraid of making an appointment with your doctor. It is important that the cause of any symptoms is identified sooner rather than later.

Helping vulnerable people into work

A project to get more people with learning disabilities and mental health problems employed in the public sector has taken one step closer now Wakefield Council has agreed to sign up to the **Mindful Employer Charter**. The Council hopes to help 40 people with learning disabilities or mental health problems into work through the Homes and Jobs for Vulnerable Adults Programme Exemplar Employer Project.

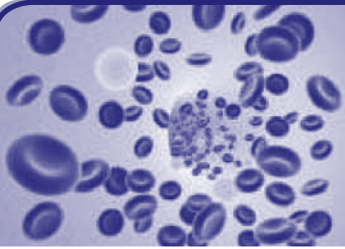
More than 30 private businesses in Wakefield have signed up to the Mindful Employer Charter alongside public sector organisations. It is a voluntary scheme which aims to make employers more aware of mental ill health. It also encourages workers with mental health issues to be open so employers and employees can work together to address this at an early stage.

Off sick and want to get back to work?

Fit for Work is a new service available to anyone in the district who is currently off sick from work and would like some help and support to return. They can also help if you're at risk of going off sick.

The service work with you, and signpost you to services which will help you address your health problems so you can eventually return to work.

To find out more, please call 0800 023 4665 or email info@a4efitforwork.co.uk.



Vascular services review

NHS Wakefield District is asking the public, patients and carers their thoughts on the proposals about how specialist vascular services should be organised in the region. The consultation runs until 28 January 2011.

Vascular services cover:

- planned treatment for conditions where there is not enough blood reaching an organ or parts of the body such as the arms, legs or head. This may be caused by a partial or total blockage
- planned treatment for aneurysms - a fluid-filled bulge in an artery that can weaken it
- treatment for other types of abnormal blood vessels
- support for other medical treatments such as kidney dialysis or chemotherapy.

Vascular services also include emergency treatment, such as:

- life threatening emergencies, such as when a large artery bursts
- where there is a critical lack of blood to a limb
- when the lack of a blood supply can be limb threatening

- injuries from road traffic accidents.

The consultation is being organised by 14 primary care trusts who work together to plan services for the whole of the Yorkshire and Humber region.

How to give your views

Your views are very important, and any comments you wish to make on the proposals are welcome. You can do this by completing a feedback form online at www.wakefielddistrict.nhs.uk/YourZone/vascularservicesreview. If you would like a paper copy, please contact Claire Clayton, Communications and Engagement Team at NHS Barnsley on 01226 433681 or email claire.clayton@barnsleypct.nhs.uk

Responses to this consultation will be used to shape recommendations and decisions about how the proposals will go forward.

Christmas Yule Log Recipe

3 medium eggs
75g (3oz) light brown sugar
75g (3oz) plain flour
2 tsp Cinnamon Ground
1 tbs warm water

Filling:

225g (8oz) butter
450g (1lb) icing sugar
2 tbs cocoa powder
2 tbs milk
A little icing sugar for dusting

1. Pre-heat the oven to 190°C, 375°F, Gas Mark 5.
2. Grease and line a 18 x 28cm (7 x 11") swiss roll tin with greaseproof paper. Whisk eggs and sugar together until light and creamy and a spoonful of mixture, when lifted with the whisk, leaves a trail.
3. Sift flour and Cinnamon together and gently fold into the whisked mixture. Carefully fold into the prepared tin. Cook for 15-20 minutes until well risen and firm to touch.
4. While still hot, turn the cake onto a sheet of greaseproof paper. Place another sheet of greaseproof paper over the cake and roll the cake up tightly.
5. Leave the cake rolled in the paper until completely cold.
6. Meanwhile to make the filling, cream butter, sifted icing sugar and cocoa powder together. Add milk and mix well. Carefully un-roll the cake and remove the paper. Spread a thin covering of the filling over the inside of the cake and re-roll.
7. Spread a very thin layer of filling onto the cake sides and pipe remaining filling to completely cover cake to form a log effect or simply spread all the remaining filling over the cake and fork over to form a pattern. Dust with icing sugar, decorate as desired with holly, robins etc and carefully transfer to a serving plate.
8. The cake with filling may be stored in an airtight container for up to three days or in a freezer for up to two months. Alternatively the cake and filling can be frozen separately.

Mailing List

For any changes to the mailing list, (names coming off or going on), please contact DIAL at the address below as they are the only organisation that deals with the mailing list.

The views expressed in this newsletter are those of the individual contributors and should not be assumed to represent those of the agencies listed below. The editor is not responsible for claims made in any advertisements printed in this newsletter. All readers are advised to check with the advertisers before replying to them.

DIAL (Disabled Information and Advice Line)

Highfield House Resource Centre, Love Lane,
Castleford WF10 5RT

Email: advice@dialwakefield.co.uk

Tel: **01977 723933**

Minicom: **01977 724081**

Fax: **01977 724081**

Carers Wakefield and District

25 King Street, Wakefield WF1 2SR

Email: info@carerswakefield.org.uk

Website: www.carerswakefield.org.uk

Tel: **01924 305544**

Wakefield Council Communication & Information Team

Family Services, Room 217, County Hall,
Wakefield WF1 2QL

Email: dlunn@wakefield.gov.uk

Website: www.wakefield.gov.uk

Tel: **01924 305941**

Fax: **01924 305851**

NHS Wakefield District

White Rose House, West Parade, Wakefield WF1 1LT

Email: elizabeth.gordon@wdpct.nhs.uk

Tel: **01924 317651**

Age Concern Wakefield District

7 Bank Street, Castleford WF10 1JD

Telephone Main Office: **01977 552114**

Fax: **01977 518549**

Email: admin@acwd.org.uk



We are on the web - find this and other information at www.wakefield.gov.uk

Quiz

Win a £10 Boots Voucher

If you would like the chance of winning the above prize, simply complete the answer slip and send it to:
Andrea Aisbett, Room 217, County Hall,
Wakefield WF1 2QL.

Closing date is 28 January 2011.

Congratulations to D Thompson of Wakefield, the winner of the Autumn 2010 quiz.

Christmas Quiz questions

1. What Christmas Ballet is the most famous of all?
2. Where was Mommy kissing Santa Claus?
3. What is Scrooge's first name?
4. Which of these is not a reindeer? Dancer, Comet, Roger, Dasher.
5. What kind of Christmas is Bing Crosby dreaming of?
6. Finish this song line, "All I want for Christmas is my...?"
7. Which Christmas Carol does the following line come from, "Bearing gifts we traverse afar"
8. When was the Queen's Christmas speech first televised?
9. What is St Stephens day also known as?
10. What was Joseph's job?

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Name

Address

Tel No.