



# Staying active

Did you know moving your body each day can be a big help for improving your wellbeing and quality of life?

Regular activity has lots of benefits, including supporting muscle strength, joint flexibility and balance. All essential for staying mobile, and reducing the risk of falls or injury.

Activity also helps with doing everyday tasks, such as walking, dressing, cooking and getting up from a chair.

Other benefits include boosting your mood, reducing stress, and supporting brain function.

## How to get started?

You don't need a gym membership.

Gentle activities like walking, stretching or light strength exercises can help manage conditions such as arthritis, heart disease and type 2 diabetes.

Start small. Short walks, regular stretches, gardening, household tasks or chair-based movements all count.

Community exercises sessions can be a great way to move more and connect with others. Or, if you prefer, do movement at home, **see page 2**.

Chair based exercise groups take place at:

- **Pontefract Library** - Monday 10am-11am & 11am-12pm
- **Wakefield Library** - Monday 1:30pm-2:30pm

- **Horbury Library** - Monday 2pm-3pm
- **Sandal Library** - Tuesday 3pm-4pm
- **South Elmsall Library** - Tuesday 2pm-3pm
- **Wakefield Exchange** - Wednesday 10am-11am
- **Featherstone Library** - Wednesday 12pm-1pm
- **Normanton Town Hall** - Thursday 10am-11am
- **Castleford Library** - Friday 10:30am-11:30am & 11:30am-12:30pm
- **Stanley Library** - Friday 1pm-2pm.

Other activities to try include walking groups. Visit [www.wakefield.gov.uk/walkinggroups](http://www.wakefield.gov.uk/walkinggroups)



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# Taking care of your health

## Home exercise programmes

If you want to be more active at home, there's an app that can help.

We Are Undefeatable offers free activity ideas and exercises that can be done at home, and at a pace that feels right.

The app is free to download and use from Google Play or the App Store (search We Are Undefeatable) and offers:

- exercises developed by trained physiotherapists
- on demand workouts tailored to individual needs
- optional live virtual group classes, led by a host
- virtual coffee mornings after some classes for those who would like to chat with others.



Other home-based exercise options include:

- Aspire at Home [www.wakefield.gov.uk/aspiredemand](http://www.wakefield.gov.uk/aspiredemand)
- Carers Active Hub [www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/](http://www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/)



## Vaccine to help protect against serious lung infection

Older people in West Yorkshire can now get protection against a virus which can cause serious lung infections such as bronchitis and pneumonia.

All adults aged 75 and over, and people living in a care home for older adults, are eligible for the NHS Respiratory Syncytial Virus (RSV) vaccine.

RSV is a common virus that infects the lungs. While symptoms

are mild for many people, the virus can be severe in older adults, causing pneumonia, bronchitis and flare-ups of existing lung disease and other long-term conditions. This can make it difficult to breathe and leave some older people requiring hospital treatment.

Eligible people in West Yorkshire can book an appointment through their GP practice. People living in care homes should speak to care home staff about vaccination.

If you are newly eligible or are still yet to come forwards – don't

delay and book your free NHS vaccination in with your GP.

Find out more about RSV vaccinations at [www.nhs.uk/vaccinations/rsv-vaccine](http://www.nhs.uk/vaccinations/rsv-vaccine)



## Local health services can support you and those you care for

When you feel unwell or need health advice, it's important to know where to turn.

Local services can support you with non emergency health concerns quickly and safely. They can help you get the care you need while avoiding unnecessary trips to A&E.

What's available:

### King Street Walk-In Centre - open daily from 10am-10pm

The Walk-In Centre on King Street in Wakefield has same-day, face-to-face care for minor illnesses and injuries. No appointment needed.

It's open from 10am–10pm every day of the year at 47 King St, Wakefield WF1 2SN

### GP Care Wakefield – for evening, weekend and bank holiday appointments

When your GP practice is closed, GP Care Wakefield offers evening, weekend and bank holiday appointments for people registered with a Wakefield doctor.

To access GP Care Wakefield, call your usual GP practice. If it's closed, your call will automatically be put through. Opening hours:

- Monday to Friday: 5pm – 9.30pm
- Saturday: 9am – 5pm
- Sunday: 9am – 1pm
- Bank holidays: 9am – 3pm.

### NHS Pharmacy First – local advice and support

People with a range of common conditions can also get advice and treatment from their local pharmacy through the NHS Pharmacy First service – without needing a GP appointment.

If you're unsure call or visit NHS 111 online.



## Supported self-management workshops

Are you living with a long-term health condition, or supporting someone who is?

Live Well Wakefield offers peer led, inclusive self-management workshops. These sessions provide practical techniques to help people feel more in control, and more connected, supporting a happier and healthier life.

Live Well Wakefield Self-Management workshops include:

- Self-confidence and Me
- Thriving minds: Your path to improved mental wellbeing

- Coping with chronic pain
- Managing fatigue with health conditions
- Neurodiversity and Me.

Workshops are available to adults (aged 18+) who live in the Wakefield district or are registered with a Wakefield district GP. You can refer yourself or through a professional (with consent).

For further details, dates and locations, visit [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk) or call **01924 255363**.

If you have already attended a workshop, you can join refresher sessions. Monthly 30-minute sessions are available through the contact details above.

# Stay safe in hot weather

Many of us enjoy warm weather. But when temperatures rise it's important to take care of ourselves and others. Here's advice from the NHS.

## Coping in hot weather:

- keep out of the heat if you can
- stay in the shade between 11am and 3pm
- wear sunscreen, a hat and light clothes
- avoid exercise or activity that makes you hotter
- have cold food and drinks
- have a cool shower or put cool water on your skin or clothes.



## If you or someone else have signs of heatstroke, including:

- still feeling unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids
- a very high temperature
- hot skin that's not sweating and might look red (this can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath

- confusion and lack of coordination
- a seizure or fit
- loss of consciousness.

Call 999. Put the person in the recovery position if they lose consciousness while you're waiting for help.

Visit [www.nhs.uk/tests-and-treatments/first-aid/recovery-position/](http://www.nhs.uk/tests-and-treatments/first-aid/recovery-position/)

Find out more at [www.nhs.uk/conditions/heat-exhaustion-heatstroke/](http://www.nhs.uk/conditions/heat-exhaustion-heatstroke/)

## Your local health and social care champion

If you've recently had a GP appointment, been in hospital, or used any health or care service, Healthwatch Wakefield wants to hear from you.

If you've had a good or bad experience, they can use your feedback to improve services for everyone.

Get in touch on **01924 787379**. They also use the BSL Online Interpreting Service, SignLive.

Email [enquiries@healthwatchwakefield.co.uk](mailto:enquiries@healthwatchwakefield.co.uk)

Visit [www.healthwatchwakefield.co.uk](http://www.healthwatchwakefield.co.uk)



# Social prescribing

Concerns such as finances, housing, and isolation can affect people's wellbeing.

Social prescribing support at Live Well Wakefield helps people, including adult carers, identify non-medical issues that may be impacting their wellbeing, and how to take steps to address them.

## A social prescriber will:

- listen to what matters
- help identify and prioritise support
- work with the person to create a personalised action plan

- connect people to local services, groups, and activities
- help access support or make referrals on the person's behalf.

Social prescribing support is available to adults (aged 18+) who live in the Wakefield district or are registered with a Wakefield district GP.

Find out more at **01924 255363** or complete a secure online referral form at [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)



## Bereavement support

If you are coping with a loss, support from others who understand can help.

Age UK Wakefield's Bereavement Peer Support Group offers a safe and welcoming space.

The group meets at Airedale Library, from 1:30pm – 3pm on the first Tuesday of every month.

Sessions are free to attend, and no referral is required.

For further information email: [Bereavement@ageukwd.org.uk](mailto:Bereavement@ageukwd.org.uk)

## Digital inclusion - getting started

Going online is a great way to connect with family, friends and services.

Unpaid carers can get help to learn basic skills with free support from Carers Wakefield and District.

If you're struggling with using your phone or laptop/computer, they can help with email, online shopping, calls, appointment and applications.

Free, easy one-to-one or group sessions and home visits are available.

Contact Karen J Slater on **07818 514551** or email [karens@carerswakefield.org.uk](mailto:karens@carerswakefield.org.uk)

# New Crisis and Resilience Fund

The Crisis and Resilience Fund is provided by the government to support people who are in financial difficulty.

It is intended to help people cope with a sudden, unexpected expense or loss of income, and help build longer term financial resilience. This funding has replaced the Household Support Fund, which ended on 31 March 2026.

In Wakefield, the fund can provide support to residents facing a sudden financial crisis, including:

- emergency financial assistance
- household goods and household bills
- support to remain safe in their home
- budgeting and debt advice, benefits support, and help to secure employment or develop skills
- access to digital inclusion support
- wellbeing support.

The fund includes specific Housing Support, which replaces Discretionary Housing Payments. This can help with:

- shortfalls between housing support and actual rent
- rent in advance
- deposits or bonds
- removal or relocation costs, including support with downsizing.

You need to be a Wakefield resident with limited accessible funds, including no savings or assets to cover the need.

Find out if you're eligible at [www.wakefield.gov.uk/cost-of-living-support/crisis-and-resilience-fund](http://www.wakefield.gov.uk/cost-of-living-support/crisis-and-resilience-fund)

## Wheelchair loan and buying

Mobility aids can make it easier to get around.

Easily accessible wheelchairs and wheeled walking frames are available to buy or loan for a small fee, at Age UK Wakefield District.

For details call **01977 552475**.



# Direct payments drop in sessions

Do you or a family member need care at home and want to find out more about direct payments?

The Penderels Trust team in Wakefield are holding regular drop-in sessions in the libraries across the district to talk about your care and support needs and direct payments. No appointment needed.

### Sessions are from 10am to 12pm at:

- Pontefract Library first Wednesday of every month
- Wakefield Library second Wednesday of every month
- Castleford Library fourth Thursday of every month
- South Elmsall Library fourth Wednesday of every month
- Featherstone Library first Thursday of every month
- Normanton Library second Thursday of every month
- Hemsworth Library third Thursday of every month.

For more information call **01924 898136** or email [wakefield@penderelstrust.org.uk](mailto:wakefield@penderelstrust.org.uk)



## Home support to stay independent

Age UK Wakefield District provide a range of paid care and support services.

Trained staff can help you to remain as independent as possible in your own home.

The care team make time for you, with flexible visits to carry out the tasks needed. They get to know you and your routine to provide the best possible service for you.

Contact **01977 664861** for more information about pricing.



## Could you help others?

Consider becoming a volunteer at Live Well Wakefield.

You don't need to be an expert. Experiences, insight, and willingness to support others are what matters.

Find out more [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk). Call for an informal chat on **01924 255363**.



# Useful contacts

## DIAL Wakefield

### (Disabled Information and Advice Line)

City Limits, Thornhill Street, Wakefield, WF1 1NL

Tel: 01977 723 933

Email: [advice@dialwakefield.co.uk](mailto:advice@dialwakefield.co.uk)

Website: [www.dialwakefield.co.uk](http://www.dialwakefield.co.uk)

## Carers Wakefield and District

25 King Street, Wakefield, WF1 2SR

Tel: 01924 305 544

Email: [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk)

Website: [www.carerswakefield.org.uk](http://www.carerswakefield.org.uk)

## Wakefield Council Social Care Direct

Wakefield One, Burton Street, Wakefield, WF1 2EB

Tel: 0345 8504 504

Email: [social\\_care\\_direct@wakefield.gov.uk](mailto:social_care_direct@wakefield.gov.uk)

Website: [www.wakefield.gov.uk](http://www.wakefield.gov.uk)

## Age UK Wakefield District

7 Bank Street, Castleford, WF10 1JD

Tel: 01977 552114

Email: [admin@ageukwd.org.uk](mailto:admin@ageukwd.org.uk)

Website: [www.ageukwd.org.uk](http://www.ageukwd.org.uk)

## Alzheimer's Society Wakefield & Five Towns

Tel: 01924 373 264

National support line: 0333 150 3456

Email: [wakefield@alzheimers.org.uk](mailto:wakefield@alzheimers.org.uk)

## The Caring Kind Project - support for carers and communities

The Caring Kind Project brings together organisations that care about improving life for people who need support, and for the carers who support them. By working in partnership, the project helps share knowledge, develop better services and strengthen support within local communities.

The focus is on kindness, understanding and practical help, recognising the important role that carers play and the difference that good support can make to everyday life.



People who would like to find out more about the Caring Kind Project and the organisations involved can visit <https://www.thecaringkindproject.org.uk/partners>

If going online isn't right for you, support and advice are also available through local services and community organisations including Carers Wakefield and District who you can phone on **01924 305544**.

## We need your views

We're taking a closer look at Helping Hands to understand if people look out for it, use it, and find it helpful. And whether it's the right way to share this information.

Your answers will help us decide what to do next.



Share your views in our short survey: [www.surveymonkey.com/r/FG892NF](http://www.surveymonkey.com/r/FG892NF)

Or scan the QR code.