



Wellbeing Offer

What does Low Level Wellbeing mean?

To meet the challenges of the future, it is vital that the care and support system intervenes early to support individuals, helps people retain or regain their skills and confidence, and prevents need or delays deterioration wherever possible.

The care and support system must work actively to promote wellbeing and independence and should not just wait to respond when people reach a crisis point.

For a self-care and strengths-based approach to care and support to work effectively, practitioners must be aware of what people are able to do with resources available to them, either by using their own skills or by using what's around them in their relationships or communities.

By knowing what's available in the community and by working collaboratively with people, will help the individual to deal with challenges in life in general and in meeting their needs and achieving their desired outcomes.

Access & Information

Access Bus/Travel

Access Bus is a dial-a-ride bus service providing door-to-door local transport, seven days a week between 9am and 5pm. It is of particular benefit to people who are unable to use standard bus services, as the driver assists passengers from door-to-door, including boarding and alighting. The buses are fully accessible, fitted with seatbelts and the most up-to-date wheelchair restraints. Most trips are for shopping purposes, such as to the local supermarket or shopping centre, but we also provide a limited number of journeys for social purposes, to locations such as local community centres, places of worship and visits to family and friends. www.wymetro.com/plan-a-journey/accessible-travel/accessbus/

Who is eligible?

Anyone of any age can register for Access Bus.

How do I register?

You can download/print an application form ([pdf - opens in new window](#)) to send, or telephone 0113 348 1903, Monday to Friday between 7.30am and 4pm.

Adults Education - Learning for life and for work.

Joining Adult Ed and taking a course is a great way of learning and developing new skills, picking up a new hobby or interest, improving your confidence and also making new friends. Many of the courses are free and they can offer financial help with fees, travel, equipment or childcare. They also offer a wide range of assistance throughout your journey if you are new to doing this.

To find out what's on -

www.wakefield.gov.uk/jobs-and-learning/adult-education

Age UK Wakefield

See Quick Reference guide for services offered.

If you need to know more about what other services are available to older people in the community, please contact Age UK Wakefield on: Tel 01977 522114 – Bank St office

Waterton hub email ageukcentral@ageukwd.org.uk

Bullenshaw email ageuksoutheast@ageukwd.org.uk

Alcohol and Drug Advice and Services

There are a number of local organisations working across Wakefield to offer support, advice and treatment.

www.wakefield.gov.uk/health-care-and-advice/public-health/alcohol-and-drugs

Autism Directory

Links to local and national information and advice websites and resources.

www.wakefield.gov.uk/Documents/health-care-advice/autism-directory.pdf

Carers Wakefield & District

See Quick Reference guide for services offered.

If you need to know more about what other services are available to carers in the community, please contact Carers Wakefield & District on 01924 305444.

Free Carers resource: Carer Digital Resource – www.carersdigital.org - register using code DGTL7298 includes jointly app.

Cinnamon Trust

The only specialist national charity for people in their last years and their much loved, much needed companion animals. A network of 15,000 volunteers “hold hands” with owners to provide vital loving care for their pets. We keep them together - for example, we’ll walk a dog every day for a housebound owner, we’ll foster pets when owners need hospital care, we’ll fetch the cat food, or even clean out the bird cage, etc.

When staying at home is no longer an option, our Pet Friendly Care Home Register lists care homes and retirement housing happy to accept residents with pets, and providing previous arrangements have been made with us we will take on life time care of a bereaved pet.

More information: www.cinnamon.org.uk/home.php

Citizens Advice

Citizens Advice aim to provide the advice people need for the problems they face and improve the policies and practices that affect people's lives.

They provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities. They value diversity, promote equality and challenge discrimination.

Find your local Citizens Advice office here <https://www.citizensadvice.org.uk/about-us/how-we-provide-advice/advice/search-for-your-local-citizens-advice/>

Connect to Support Wakefield

Connect to Support is a website for people who want support in the Wakefield district. You can find lots of information about the services available including local groups and activities people can get involved with. You can also find information and advice about a range of health and social care subjects. The website is available at

<https://www.connecttosupport.org/s4s/WhereILive/Council?pageld=340>

Connecting Care

The Connecting Care website provides information about council, health and voluntary sector services. The site has been specifically designed to look for information from Facebook, Meetup and many other sources on the web.

You can access information regarding:

- Information, Advice and Services: hospitals, GP's and health services, learning and education, local support groups and advice, money and legal advice, services, training and employment
- Health and Wellbeing: carers wellbeing, local respite care, personal care, recreational activities, sexual health and wellbeing
- Independent Living: finding support, housing support, local social groups, tackling isolation
- Support: Carers and homecare, local support groups, mental health support and your health

<https://www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/older-people/closer-to-home>

Events and Culture Wakefield

Wakefield has a host of cultural opportunities to visit and explore ranging from museums, castles, art galleries aswell as holding a number of festivals through the year. Most of these are free to visit but you may have to pay for parking. Toilets and cafes available at some sites. For more information: www.wakefield.gov.uk/events-and-culture

Experience Wakefield

You can find out about transport and bus routes, journey planner, what's on, shop mobility and lots of other things to do across the Wakefield District.

www.experiencewakefield.co.uk/travel-transport.aspx

Hospices

There are two hospices in the district.

The Prince of Wales Hospice provides care and support for patients with long term illness, life-limiting illnesses and support for their families. For more information regarding services provided for:

- Day therapy
- Dementia friendly
- Families and carers
- Getting referred
- Incare
- Lymphedema clinic
- Therapy services

Go to <https://www.pwh.org.uk/our-care/for-patients> or telephone 01977 708868

Wakefield Hospice is a registered charity, is committed to providing the highest level of symptom management and care for people who have advanced active, progressive and long term or life threatening illness. The Hospice endorses a holistic approach in promoting quality of life for patients as well as in the continuing support that is offered to families and carers throughout the period of illness and into bereavement. For more information regarding services provided for:

- In patients
- Day therapy
- Bereavement
- Education

Go to <https://www.wakefieldhospice.org/Contact-Us> or telephone 01924 331400

Libraries and Local History Wakefield

Your local library can offer more than books. They have film and music libraries to enjoy including free e-books and magazines and free computers available to use. They have reading sessions for all ages, run various classes, craft and chat sessions, Chess Tuesdays, job clubs, readers groups and many others. They also have a dementia friendly libraries at Sandal and Normanton library. They also run mobile libraries for people unable to get out and about and have services and facilities to help library users with a disability or impairment. They can also help you with finding out history of where you live or your family tree.

www.wakefield.gov.uk/libraries-and-local-history

Independent Age

Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering regular friendly contact and a strong campaigning voice, Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility.

A charity founded over 150 years ago, we're independent so you can be. To access more information the website link is below:

<https://www.independentage.org/>

Live Well Wakefield

Live Well Advisors listen to what people might be finding difficult in their life and together will work through the options that may be available to help them. This could be anything from housing options, advice around maximising income, support around the health and social care system, accessing healthcare services to supporting people who need access to specialised services – such as mental health and substance/alcohol misuse and providing opportunities to people of all ages, including those who may feel isolated by society or want to embrace a new challenge.

The service is provided by the South West Yorkshire Partnership NHS Foundation Trust and you can contact them by phoning 01924 255363 or access the website:

<http://www.livewellwakefield.nhs.uk/>

NHS Choices

Helping you take control of your health and wellbeing including medication, health needs and living, NHS Services www.nhs.uk/

Nova Wakefield District

Is the support agency for voluntary and community groups in Wakefield district. Nova works alongside a number of expert organisations in Wakefield district to deliver support to their members and other voluntary organisations.

For a list of up to date Community Anchors (organisations running community facilities in the Wakefield district) contact 01924 367418 or access Nova's website <https://www.nova-wd.org.uk/>

Riverside

The preventing Rough Sleeping Model is an outreach and support service for people rough sleeping in the Wakefield District.

Call 01924 385722 (24 hours) or 07989 384172 or email

<mailto:RC%26S.Wakefield@riverside.org.uk>

Sports and Leisure Wakefield

Everyone should have the opportunity to participate in sport and physical activity, whatever their ability. Wakefield Sports and Leisure provides a wide variety of high quality sports, activities and facilities for Wakefield residents and anyone who visits the city for all ages and abilities. Some of the facilities include gym, swimming pools, keep fit classes, golf, running tracks, badminton and football. Charges may apply.

To find out more: www.wakefield.gov.uk/sport-and-leisure

For disability sport and fitness: <https://www.wakefield.gov.uk/sport-health-and-leisure/sport-and-activities/disability-sport-and-fitness>

Or contact: Sport and Active Lifestyles, Wakefield One, PO Box 700, Burton Street, Wakefield WF1 2EB email sal@wakefield.gov.uk Tel no 01924 307820

To find out your nearest activity or sport club: www.yorkshiresport.org/get-active/

There are also a number of free parks and countryside walks, cycle routes and places to visit and to watch wildlife. www.wakefield.gov.uk/sport-and-leisure/parks-and-countryside

To find out about accessible venues: www.opencountry.org.uk/countryside-access-directories/ search Wakefield.

The Silver Line

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week. The helpline number is 0800 4 70 80 90. It offers telephone and letter friendship schemes where they match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area.

Volunteering

Volunteering can offer opportunities to meet new people, learn new skills and have fun.

Find out about opportunities for volunteering

www.wakefield.gov.uk/community/volunteering

Wakefield Home Energy Grants and Schemes

Staying warm can help people to remain well and living independent. For information about the home energy grants and schemes on offer contact: Home Energy Team, Strategic Housing, Wakefield Council, Wakefield One, PO Box 700, Burton Street, Wakefield, WF1 2EB. Email eat@wakefield.gov.uk Telephone: 0344 902 0222

www.wakefield.gov.uk/housing/energy/help-with-home-energy-improvements

WDH

See Quick Reference guide for services offered.

If you need to know more about what other services are available to WDH tenants in the community, please contact OneCALL a 24 hour Customer Contact Centre on 0345 8 507 507 or e-mail onecall@wdh.co.uk

To understand housing choices see: <https://www.wakefield.gov.uk/housing/housing-in-the-wakefield-district/our-priorities/about-housing-options>