



We Are Wakefield Newsletter

November 2022

YOUR FORTNIGHTLY
NEWS AND OFFERS
FROM THE
WAW COMMUNITY

Contact us on our new email address
newsletter@wearewakefield.co.uk



Winter Wellness Have a healthy winter

wakefieldcouncil



I am sure you have all been feeling the temperature drop over the last few weeks. For me, these signs that winter is coming have prompted my bi-annual wardrobe swap. The summer dresses are stored away in boxes and the woolly jumpers and thick tights are back out.

I am also keen to look after my health and over the next couple of weeks, I will be talking about some top tips for keeping well this winter. Keeping warm at home is important. If your home is too cold, you are more likely to get colds and flu, but for some people, a cold home can lead to heart attacks, stroke, pneumonia, depression, or low moods.

After cold weather, we see a rise in the number of people needing to go to hospital and unfortunately, illnesses caused by living in a cold home can be very serious.

Many people ask me what temperature their house should be to keep warm and well. In general, it is agreed that for most people who are healthy and active, 18 degrees Celsius is fine. But some people's bodies can't cope with the cold, and this means they are more at risk of becoming ill, for example:

- *People over the age of 65*
- *Young children and babies*
- *People with long term health conditions such as heart, lung or kidney disease, diabetes, and arthritis*
- *People with a disability or people who find it hard to move around their home*

For these people **20 degrees Celsius** is ideal.

For many of us in or district the cold weather has brought real worry about the cost of energy bills and keeping our homes warm. The Healthy Housing Scheme at Wakefield Council helps residents with problems such as cold, damp, and draughty homes, high fuel bills, broken or poor heating systems or problems with repairs in privately rented housing.

The scheme can offer debt and financial help, repairs, insulation, and even new heating systems for people who are eligible.

If you or someone you know is struggling with any of these issues, you can apply for assistance at www.wakefield.gov.uk/housing/healthy-housing.

You can also visit our Winter Wellness pages for lots of other top tips about keeping well this winter. www.wakefieldcouncil.com/winter-wellness

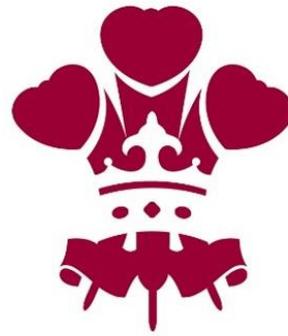
Before I go, a little plea from me.

Please look out for your friends and neighbours. Some people might be struggling in silence, too embarrassed to ask for help. We are all in this together and a quick call, or a dropping in for a chat, could make so much difference to someone.

Until next time, keep warm and well.

Amanda

20%
discount



THE
PRINCE
OF
WALES
HOSPICE

The Prince of Wales Hospice are offering all **We Are Wakefield** members a 20% discount on a **Club 5** membership.

Normally **£250** (+VAT), with the discount will be **£200** (+VAT)

Club 5 is the networking group created by **The Prince of Wales Hospice**. We are currently going through a period of improvement with the club to ensure members get the best from it. We currently have a group of 28 businesses and are looking to grow this throughout 2023.

We are more than happy to invite people as our guest to their first meeting so they can get a feel for it.

If anyone is interested in joining or would like more information, please contact

Adrian Greenwood, Fundraising Manager, at
agreenwood@pwh.org.uk



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0113 511 8983

McManus Consulting would like to wish Everyone a *Happy Christmas* and a fab *New Year!*

McManus Consulting are offering WAW members **10% discount on all services**, contact Sue or James on 0113 511 8983 or email enquiries@mcmanusconsulting.co.uk for a non-obligatory chat.



**local
Vocals**
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**Christmas
NUMBER
ONES**

Saturday 10 December 2022
3pm start
Christ Church South Ossett
Tickets £7 adults/£3 children



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www.wearewakefield.co.uk



Members Only Christmas Networking Event

Friday 2nd December 2022

3.00 - 5.30pm

The Quarry Restaurant & Bar, Horbury WF4 5NF



*Don't forget to wear your
Christmas Jumper..... you just
might win the prize for the best one!*

**“Join us for an afternoon of
Christmas bubbles, nibbles &
networking.
There'll be a special
performance from
'Nearly Bubl e'
to get us in the festive spirit and
some other special guests along
the way!”**



The
'Award
Winning'
Hive



The Hive Wakefield was crowned 'New Business of the Year' at the recent 2022 We Are Wakefield Business Awards!

Their mission is to create a warm and welcoming and creative environment where guests and visitors can replace the home office with an affordable and flexible dedicated desk or office space.

Times are changing and the way that people work is changing too. Coworking, hot-desking and virtual office requirements are increasing in demand as people look for more flexible working solutions.

Whether you're looking for a regular place to work, or prefer an ad hoc working arrangement, at the Hive Wakefield just a few mins from M1/M62 networks, are an ideal space for creativity and growth whether you're looking for yourself or a small team.

Over the last year, they have implemented so many exciting changes taking their coworking and meeting room facilities to the next level. With the addition of two private offices making that six in total, a modern upgrade to the communal kitchen/dining space, the introduction of virtual office services all this has contributed to welcoming lots of new coworking members through our revolving doors. They

have even collaborated with a local desserts parlour to give their members complimentary sweet treats.

Camille Johnson, Director says...

"The Hive coworking/meeting room/private office space is for the young start-ups, talented entrepreneurs, and international go-getters. It's lovely and friendly, with plenty of car parking, great creative decor, and a place where people who usually work from home can come and enjoy at an affordable daily rate. The abundance of activity that goes on is remarkable. I'm so proud of its early success and grateful for our residents - it wouldn't be possible without their support".

We can't wait to see what the future holds for The Hive Wakefield, as they are always looking for ways to make working as productive and comfortable as possible for their co-workers and meeting room visitors, so improvements are constant inc. superfast Wi-Fi, free parking, and refreshments all day.

For more information call 01924 201711 email enquiries@thehivewakefield.co.uk or visit our website www.thehivewakefield.co.uk



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07871 264 610 or **07507 786 590**
to arrange your **FREE** consultation.

The Future is Coming ... and It's GREEN!

Are you ready for a NET ZERO 2030?

Wakefield College and **Wakefield Council**
commissioned 'Think' to research the impacts on
Skills
Jobs
Businesses
Education
Future Job Market

Join us to hear about the findings and how
Business & Education can work hand in hand
to Meet the challenges & Grasp the Opportunities

Friday 2 December @ 9am – 11am
Castleford College, Thunderhead Ridge. WF10 4UA

To register or for further details, please email Debbie:
d.lee@wakefield.ac.uk



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2022/23

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AND WINTER WONDERLAND

3 December | 11-4pm

at Motorpoint Castleford

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