



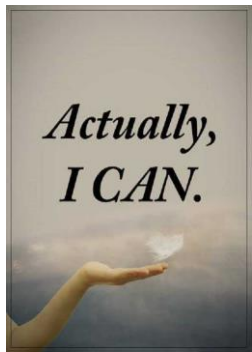
THE SUPPORTER NEWSLETTER



South West
Yorkshire Partnership
NHS Foundation Trust

Wakefield and 5 Towns Recovery
College – contact information:-

12 June 2020



This week's positive quote

Hello everyone
Can you believe this is our 10th edition of the Newsletter? Thank you for all the positive comments we have received and we hope you continue to find the information useful and interesting. We are still working on new online courses so keep an eye on our website. Best wishes to you all. **Janette and Lindsey** Recovery College

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Carers Week

Supporting a family member, partner, or friend who is elderly/infirm, has a learning disability, mental or physical health condition or problems with alcohol or substance misuse can become a difficult role. People don't always recognise themselves as being unpaid carers.

This week is Carers Week and Wakefield and District Carers Service is just one of the organisations that is still very much open for business by offering remote information, advice and support for unpaid carers, by telephone and by offering some virtual groups. The service is still open to support unpaid carers at this difficult time.

Wakefield & District Carers Service can offer the following support:

- Listen and talk things over to help you make decisions and choices
- Give advice and information about services/support available for you and/or the person you care for
- Provide you with benefits guidance and support
- Support you at meetings that are relevant to your caring role
- Support with thinking about the future and contingency planning
- Support you in the community, and when the person you care for is in hospital or a care home
- Advise you about our carer support groups (we have a group for working carers too!)
- Inform you about the benefits of registering as a carer with your GP
- We have a grant available for carers to take a break, help fund a hobby or even a treat. Read about our criteria here
- Send you our quarterly newsletters to keep you up to date with things that are relevant to you as a carer.

Please contact them if you feel that you need their support.

Telephone: 01924 305544

Website: www.carerswakefield.org.uk

DiABETES UK
KNOW DIABETES. FIGHT DIABETES. Diabetes Week 2020

Diabetes is a serious condition that effects thousands of people. There are 2 types of diabetes, Type 1 and Type 2 . Diabetes UK offer lots of support and information around what is diabetes, prevention, what to eat, the latest news, as well as a Learning Zone and much more:

Check out their website:-

<https://www.diabetes.org.uk/> Tel: 0345 123 2399



<https://swyft.orchacoh.co.uk>

This really informative website offers thousands of apps to choose from to give you support with your own health and wellbeing, or to help you support someone else with theirs.

South West Yorkshire Foundation Trust have partnered with ORCHA to offer you a selection of the best and most trusted apps to use. Most of the apps are free, please check before downloading.

Exercise – Like many of us, have you been comfort eating these past 11 weeks and putting on the unwanted pounds? Have a look at this exercise link to kick start your weight loss plan



https://www.youtube.com/watch?time_continue=113&v=8Xbp9wsQMpg&feature=emb_logo

Useful helplines

If you're feeling a bit lonely, please don't suffer in silence. There are loads of volunteers and services you can contact to have a chat to.

Esther Rantzen's helpline, The Silver Line 0800 470 8090

Age UK 0800 055 6112

Friends of the Elderly 0300 332 1110

If you need practical help or someone to talk things through with, ring the free Red Cross support line 0808 1963651 (10-6pm daily)

Alcoholics Anonymous 0800 917 7650

Anxiety UK 03444 775 774

Support for the bereaved <https://www.thegoodgrieftrust.org/>

The Samaritans (24/7) tel. 116 123 email Jo@samaritans.org



New Courses



As you know over the past few weeks the college staff have been working behind the scenes to produce online courses and also to offer some face to face courses later in the year. We are pleased that we are now able to offer the following courses/workshops :-

ONLINE workshop Overcoming Anxiety 25 June 20 or 9 July 20 or 23 July 20 (11.00-12.15pm)

ONLINE course An introduction to Mindfulness 16 July 20 – 2weeks (2.00-3.15pm)

Couch to 5K 17 August 20 – 8 weeks (10-11.00am) Fieldhead Hospital, Wakefield

Quiet the Mind 18 August 20 – 3 weeks (1.00-3.30pm) Baghill House, Pontefract

Pottery for beginners 8 September 20 – 3 weeks (1.30-3.30pm) Baghill House, Pontefract

Feeling positive, busting stress 11 September 20 (10-12.00pm) Drury Lane, Wakefield

Fire safety at home 7 October 20 (10-12.00pm) Fieldhead Hospital, Wakefield

Freedom from Fibromyalgia – 2 November 3 weeks (1.00-3pm) Baghill House, Pontefract



How to enrol

To book on these courses go to our website www.wakefieldrecoverycollege.co.uk and complete the enrolment form

If you have been a student with us before you can ring us on 01924 316946 or email us at wakefieldrecoverycollege@swyt.nhs.uk to book your place

Due to the government guidelines around COVID-19 all courses are subject to change

Volunteers' week



Last week was Volunteers' Week. We went out and about hand delivering cards , chocolate brownies and sweets to our lovely volunteers. We didn't choose the best of the weather though, as it was absolutely bouncing it down with rain one minute, hailstoneing the next and sunshing the next, but it all added to the fun and it was great to be able to catch up with our volunteers, social distancing of course and standing outside regardless of the weather! Here are a few of the thanks you's we have received that we would like to share

Thank you for my card and piece of cake, that was really kind of you all. I was feeling a bit low that day so it was perfect timing. I ate it straight away and felt much better 😊 Gorgeous!

Just wanted to say thanks for the card it was much appreciated! Hope you and the team are doing well.

Just wanted to say thank you for the card. Hope all is well with you. I'll be glad to get back to some normality and get my hair cut lol.

Thank you for the lovely surprise, really appreciated, best eat the brownie before the kitten gets to it first, best wishes.

Thank so much for the card and bag of sweets, especially as they are gluten free.

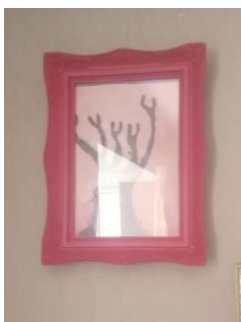
Wellbeing tips from Halima and how she is using her creative skills during the lockdown



Halima has found making sock puppets useful. By naming them, creating stories, sometimes videoing them, has helped her tap into her creativity. She has decided to call her puppets Daniel and Rebecca. The stories she has created so far are:-

Rebecca has got a tattoo and ear piercing,
Daniel has got a new job,
Daniel and Rebecca have a getting to know each other chat.
Rebecca chats about her feelings. (She does that a lot and finds it therapeutic expressing her feelings.)

Halima has also been rereading Enid Blyton and Roald Dahl books which has brought back good memories of her dad reading them to her. She has also been making mug cakes, enough for one person. There's loads of recipes on the internet. She has an Avon strawberry scrub which smells lovely and helps lift her spirits, or she sprays herself with a nice perfume or lights a candle. Why not give it a try....and spoil yourself.



Halima loves trees and the sunset and created this watercolour painting to reflect her vision – very calming and relaxing

Crafts for those boring days stuck at home

https://www.youtube.com/watch?v=XU2i3_QoRNA

CHANGE

Change is part of the cosmic universe
Intangible
We all have to put up with it
We have no control over it
It is part of our lives
We cannot get hold of it or alter it.
It is there built into the fabric of time
Do not try to halt its progress
To try to stop it will only cause sorrow
Simply embrace it with your heart
Move with it
Enjoy the new perspective.

Ryder 2020

Your Uplifting Playlist

Students, staff and volunteers at the Wakefield Recovery College have compiled a list of songs that help to make them feel uplifted and help to get them in a good mood.

Below you will find a very eclectic and varied mix of all sorts of different songs, artists and genres of music. Using your music collections at home, music streaming services (like Spotify) or by visiting a video based website (like YouTube), pick a few songs (or all if you have the time!), listen and lift your spirits!

☺ Enjoy ☺



Part 2



22	Hooked on a feeling	Blue Swede
23	Ex's and oh's	Elle King
24	Desire	Years and Years
25	Sweet lovin'	Sigala
26	September	Earth, Wind & Fire
27	You make my dreams	Daryl Hall & John Oates
28	Right round	Flo Rida
29	Levels	Avicii
30	Summer of '69	Bryan Adams
31	Here comes the sun	The Beatles
32	Walking on sunshine	Katrina & The Waves
33	Underdog	Alicia Keys
34	Don't be so hard on yourself	Jess Glynne
35	Dance Monkey	Tones & I
36	It's raining men	The Weather Girls
37	Firework	Katy Perry
38	Sunshine on Leith	The Proclaimers
39	I bet my life	Imagine Dragons
40	Paradise	George Ezra
41	Get happy	Judy Garland
42	I will wait	Mumford & Sons
43	Shut up & dance	Walk The Moon
44	New shoes	Paolo Nutini
45	Sax	Fleur East
46	Livin' on a prayer	Bon Jovi
47	Can't stop the feeling	Justin Timberlake



NEWS

Adam Stokes: Our Unsung Hero

Community Foundation Wakefield's 'Unsung Heroes Awards', where our very own Adam Stokes was due to be given an award for his hard work helping us to ensure access for all in our community, were recently postponed due to Covid-19. We were really touched to get this message from Harry Gratton, who presented the awards last year:

"Last year's Unsung Heroes' event was the most emotional uplifting awards ceremony I have EVER been involved in. By the end of the evening I was a jibbering wreck. I was moved by the presence of love and respect in the room. I cannot wait to do it again. A year is a long time but believe me it will be worth it. Please though get Kleenex to sponsor the night! If only for me. Stay safe and support your local heroes".

Well done Adam, we look forward to seeing the trophy next year!

Wakefield Recovery College would also like to say well done to Adam and to thank him for his volunteering work with the college.

Healthy Eating Quiz answers from last week

1. True – 1 glass fruit juice classes as 1 portion
2. False – you need to eat a wide variety of fruit and veg
3. False – they can be made up of dried, frozen or tinned
4. True – They are a rich source of fibre
5. False – skimmed milk contains less fat but the same amount of calcium
6. False
7. True – red meat is a rich source of iron
8. True – oily fish contains omega 3
9. True – excess salt could cause high blood pressure
10. True – It is recommended we should drink 6-8 pints of water per day
11. True – these are counted as physical activity
12. True – sunlight is a good source of vitamin D

'National Garden Scheme' are offering virtual garden visits, tips and stories
<https://www.ngs.org.uk/virtual-garden-visits>

The RSPB have a great guide to identify birdsong
<https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/>

Open Country have some great outdoor blogs
<http://www.opencountry.org.uk/blog/>

See Alan Titchmarsh's own garden
at www.ngs.org.uk



ONLINE READING

BBC Reviews E.M Forster's novella 'The Machine Stops' written in 1909 but a gob-smackingly accurate description of lockdown in 2020. The book is available to read free from this link

<https://www.bbc.co.uk/news/entertainment-arts-52821993>

Keep a look out!

What is Cuckooing?

Cuckooing is when a drug dealer or a gang takes over a vulnerable adult's address for criminal purposes, usually as a site to supply, store or produce drugs from. Gangs will exploit an individual's vulnerabilities in order to make a profit and avoid police detection. The following individuals are sometimes targeted:

- Those who suffer from drug and/or alcohol addiction
- Those who are struggling financially
- The elderly
- People with mental health issues
- Individuals with learning disabilities

A gang member may begin by befriending the vulnerable adult using charm and manipulation. The gang members may threaten the vulnerable adult verbally or physically if they try to put a stop to their criminal activity. They will also discourage family/friends and support workers from visiting the vulnerable adult's address.

If you know of someone who is a victim, there are a variety of ways you can get in contact with us:

- Inform a local Police Officer
- Attend your nearest Police Station
- Report online via the 'report it' page on the West Yorkshire Police website or speak to a Police colleague via the online chat

West Yorkshire Trading Standards – Scams Alerts

West Yorkshire Trading Standards Service newsletters and resources are now available to download via their website: <https://www.wyjs.org.uk/trading-standards/covid-19-resources/>
Easy read resources are also available upon request.

Test your knowledge with this weeks fun quiz (answers next week)

1. Henry the VIII introduced what tax in England in 1535?
2. The average person does what 13 times per day?
3. Coprastastophobia is a fear of what?
4. Which bird is nicknamed the laughing Jackass?
5. True or False? You can sneeze in your sleep?
6. Do goldfish really have a memory of 3 seconds?
7. In which country is it illegal to catch mice?
8. In which human organ would you find the hypothalamus?
9. What is the term used for a baby ferret?
10. What type of animal is a Kob?
11. How many hearts does an Octopus have?
12. Which is longer a mile or a kilometre?

Lifting Lockdown helpful guide

Samantha, one of our service user's has written an easy to follow self help guide and activity booklet to support people in rejoining communities and society after lockdown.

This excellent guide is easy to understand and has lots of helpful hints and tips for people to work through at their own pace.

Have a look at it on our website www.wakefieldrecoverycollege.co.uk or click on the link below.

<https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2020/04/Lifting-lockdown-booklet.pdf>

If you would like a paper copy of the guide please get in touch with us.

Take time out for yourself

5 minute quick anxiety reduction meditation

https://www.youtube.com/watch?time_continue=1&v=MR57rug8NsM

Wild Animals are liberated during Coronavirus

<https://www.youtube.com/watch?v=OP3XclQXrFQ>

Laurel & Hardy demonstrate what it's like at the end of every video conferencing call

<https://www.youtube.com/watch?v=wIVu7Y5m5JQ>

Resources from Mind to manage your wellbeing during the coronavirus pandemic. Take some time to look after yourself.

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

**Have a lovely week everyone!
We'll be back next week with
more news, support and stories.**

If you've got a story or piece of information you'd like to share with your fellow readers and be included in a future edition of The Supporter, please get in touch with the team at Wakefieldrecoverycollege@swyt.nhs.uk or on 10924 316946.