



THE SUPPORTER

NEWSLETTER

19 June 2020



South West
Yorkshire Partnership
NHS Foundation Trust

Wakefield and 5 Towns Recovery
College – contact information:-

- 01924 316946
- wakefieldrecoverycollege@swyt.nhs.uk
- @W5TRC
- facebook.com/wakefieldrecovery

Hello again everyone. We've been working hard with partners across the district this week to offer some live question and answer sessions. Why not check out the Uniting Wakefield Facebook page to view one of these sessions.

<https://www.facebook.com/groups/1138665036326193/>

How are you doing? We'd love to hear how you're coping and what new things you might have been able to get out and do as some of the lockdown restrictions are eased. Hopefully see you soon! Janette, Lindsey & Hannah.

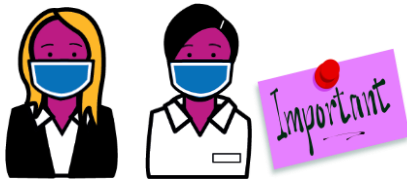


Campaign to
EndLoneliness

CONNECTIONS IN OLDER AGE

CHARITY OF THE WEEK
campaigntoendloneliness.org

Would you believe there are 9 million lonely people in the UK and 4 million of them are older people. Many of these people feel that constant loneliness is the hardest to overcome. They lack the friendship and support we all need. Campaign to End Loneliness charity has been experts in the field of loneliness and connection since 2011. It shares research, evidence and knowledge with thousands of other organisations and the public to make a difference to older people's lives. The Campaign to End Loneliness believe that people of all ages need connections that matters. Their website offers tips, guides and lots of useful information and support.



Mandated wearing of face masks for staff and face coverings for visitors

Just to remind you that all visitors, students and outpatients are required to wear face coverings within health and care centres. It will be mandatory for all NHS staff to wear face masks in all public areas and areas where social distancing measures cannot be enforced. If you have an appointment or you are visiting a health or care centre for any reason, please bring a scarf or face covering with you, but if you do forget a face mask will be provided for you on arrival.

When visiting our buildings

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Wear a face covering

Wear a face covering in our buildings at all times



Keep your distance

Keep a minimum of 2 metres distance between you and the nearest person to you

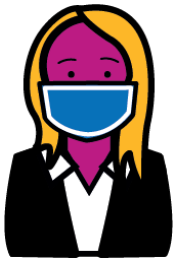


Wash your hands

Wash your hands with soap and water and use hand sanitiser regularly



Putting on a face mask



Clean hands with soap and water or alcohol gel prior to taking a mask out of the box.

It is important that you take regular breaks (recommended every two hours) from wearing a mask to relieve the pressure and reduce moisture build-up.

Avoid touching mask whilst wearing and do not wear around the neck or leave on a desk.

Mask must be removed to eat and drink and a new mask used.

Taking off a face mask



Untie or break bottom ties, followed by top ties or elastic, and remove by handling the ties only. Lean forward slightly to discard into waste bin.

- Household waste bin in non-clinical areas
- Clinical areas without infections into the Tiger stream
- Infectious area into orange waste

DO NOT reuse once removed.

Clean hands with soap and water or alcohol gel.

COVID-19 future travel survey

Our colleagues at the West Yorkshire Combined Authority (WYCA) are keen to understand how COVID-19 is affecting the region's feelings about public transport and how the public might travel in the future.

WYCA are running a survey to help them understand and plan for changes to how people travel on public transport as the lockdown is eased. It will help make sure that the transport network and other services they provide across the region continue to meet the needs of residents and visitors.

The survey is open to everyone who lives in, works in and visits West Yorkshire, so please take the time to share your views. You can access the survey here <https://wh.snapsurveys.com/s.asp?k=159169250815>



Learning Disability Week 2020

The theme of this year's Learning Disability Week is
'The Importance of Friendships during Lockdown'

With this in mind and the unusual times we are all experiencing the Wakefield Adult Community Learning Disability Team felt we needed to work differently to keep connected with our service users/families/carers and help others connect too. Therefore we have set up our Facebook page <https://www.facebook.com/pg/WakefieldLD/>. The page highlights the work we are currently doing; Easy read resources, videos from the team, exercise videos, Makaton signs of the day and opportunities for engagement such as posting pictures related to the national days, Occupational Therapy activities and relaxation techniques from our own Psychologist Nik or from Nirmala who works for South West Yorkshire Partnership Trust Pastoral care. Drop by and have a look what we're up to.



Article by Claire Copley – Advanced Nurse Practitioner
Learning Disability Team

Time out for yourself

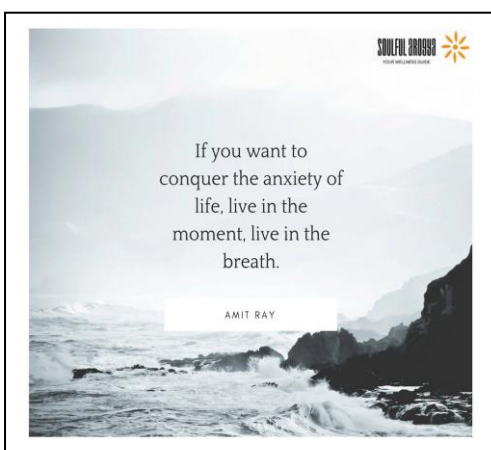
10 Minute guided meditation to ease anxiety worry

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

Inspirational short stories

<https://wealthygorilla.com/10-most-inspirational-short-stories/>

We cannot endorse or be held responsible for any content within the links provided. These are provided to you in good faith to support and promote wellbeing as a learner and /or volunteer of the Recovery College.



One of our dedicated volunteers Halima is always looking for ways to keep herself busy whilst spending a lot of time on her own. She is so enthusiastic in wanting to help others by becoming involved with lots of our craft and poetry activities for our students. During these past few weeks Halima has strived to keep positive and here are a few of her wellbeing tips that have helped her on the way

Tips on well being

I enjoy listening to music. Sometimes I go for my morning walk, find an empty field and sing away at the top of my voice.

Or pop on music and dance away to my hearts content.

Changing my bedding might sound like a chore but the feeling of getting into a freshly made bed is lovely.

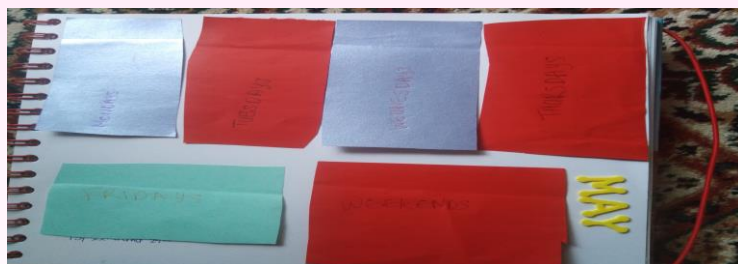
Putting on my favourite outfit makes me feel good and confident.

Indulging in a hot chocolate, if the weather is cooler.
Or ice cream, if weather is warm.

I enjoy Scrapbooking so I can concentrate on the good things that are happening and it's a good way of keeping track of the date and date

Watching comedy. I love Big Bang Theory, Fraiser or Friday Night Dinner. Enjoy the endorphins rush of good giggles or a belly aching laugh.

For May, I decided to do doors and behind doors I wrote down good things that have happened. (See picture below).



If you are feeling a bit bored, give a tip a go

WE WANT YOU

ANIMALS DO THE FUNNIEST THINGS

We are on the look out for pictures and stories of pets that do the funniest things.

Do you have a cat that enjoys a bath or a dog that sings to music?
Do you have a really unusual pet?

Send us your story and pictures and we will make them famous by featuring them in our Newsletters.

You never know they may receive a prize for the best funniest pet!

(to be judged by the college team in September – winner to be notified)

Send in your pictures/stories to
wakefieldrecoverycollege@swyt.nhs.uk

Why not take a virtual tour of both the iconic art and amazing architecture of the Guggenheim Museum in New York? A recently designated UNESCO World Heritage Site <https://www.guggenheim.org/at-large>

Fun Quiz (answers from last week)

1. Beard tax
2. Laughs
3. Constipation
4. Kookaburra
5. False
6. No
7. Ohio
8. Brain
9. Kit
10. Antelope
11. 3
12. A mile



Mindfulness for children & young people

Bubbles and Flashlights is offering Mindfulness sessions by zoom for children and for young people

<https://mailchi.mp/a30a44913f16/free-fun-virtual-youth-mindfulness-services-4348234>



To celebrate Mental Health Awareness Week 2020, the Wakefield CAMHS Primary Intervention Team have worked hard to create a Children's Newspaper, '**The Kindness Times**'. Children and young people across the district were invited to submit their stories, artistic creations, poems and films that were all about this year's theme, Kindness.

Wow! What an overwhelming response there was to this challenge. We heard stories of children who were helping neighbours, delivering flower pots, saving wildlife, baking treats for people and spreading kindness to loved ones with letters, postcards and hug tokens. Some children have even been working hard to collect special things to share with key workers, elderly people and members of their local community who needed a helping hand.

Let's not forget all the wonderful rainbow creations that have adorned windows, doors, telephone boxes and bus stops to brighten peoples' day during these challenging times.

The newspaper has been a real labour of love and has been distributed back to schools in the district so they can continue the conversation



The Daily Smile - is a series of daily singing activities for under 7's that can be enjoyed at home and in a nursery or school setting. There are now 25 short musical activities that can be enjoyed by children and there are many more to come - with plans to include activities for older children. The Daily Smile is a series of musical activities building skills for children and helping their emotional well-being. Each day we will be publishing a short activity (between about 5 and 8 minutes long) on our YouTube channel The Daily Smile. Our aim is to encourage young children and their parents to join in these simple, fun and engaging videos, helping them build necessary skills for life. Children will also learn the difference between a high and a low, loud and quiet, singing and a spoken voice. These are quite often misunderstood by young children. Musical concepts - pitch, pulse, dynamics, rhythm and musical rest, whilst building plenty of language skills and including movement. Activities follow a holistic philosophy originating from Hungary allowing children to develop their imagination and creativity, giving them opportunities to gain confidence in sharing their ideas. There is no need for any additional musical instruments which makes these activities accessible to everyone! <https://www.youtube.com/watch?v=IEIriNeC8OI>



Crafting 4 Good

We have lots of **FREE** printables, card making kits, colouring pages, calendar, diary, craft kits etc. People need access to a printer, paper or card depending on what the download is, scissors and glue. We hope this will introduce more people to "instant creativity" while supporting us to support others. <https://www.crafting4good.org/>



Narrative Experiences Online

Welcome to the NEON Trials!

NEON has collected many different mental health [recovery stories](#) from around the world.

We want to understand if having access to real-life stories like this is helpful for people.

Please get involved in our trials, which are currently looking for participants.

What does taking part involve?

You will:

- have online access to a large collection of real-life [recovery stories](#), either immediately or after a year
- provide feedback about the stories.
- complete some questionnaires about yourself and your wellbeing (receiving £20 each time if you're found eligible for our largest trial)
- Everything is done online, and can be done from your own home.

Are you eligible?

You can take part if you are 18+, live in England and have experienced any form of mental health problem OR care for someone who has experienced mental health problems.

To find out more visit <https://recoverystories.uk/>

Are you a Harry Potter fan?

Have a laugh at this hilarious sketch of 2 people pressing buttons on their washer to make the Harry Potter theme music!

<https://www.facebook.com/ClassicFM/videos/3006599266126213/>



Check out some of our FREE courses – available to book now!

ONLINE – Overcoming anxiety workshop (with tips on Covid-19 specific anxiety)
3 dates – 25 June, 9 July, 23 July all 11.00am-12.15pm

ONLINE – An introduction to mindfulness course
Starting 16 July for 2 weeks – 2.00pm-3.15pm

Couch to 5K – 17 August – 10.00am – 11.00am, Fieldhead Hospital Sports Hall

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

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

Freedom from Fibromyalgia 2 November – 3 weeks – 1.00pm-3.00pm, Baghill House, Pontefract

To enrol go to www.wakefieldrecoverycollege.co.uk

If you have been a student with the college before please ring us on 01924 316946 or let us know your choice of course/s by emailing us at wakefieldrecoverycollege@swyt.nhs.uk

More courses available on our website

**FREE ONLINE courses offered by The Exchange Recovery College, Barnsley
in partnership with WEA**

Course	Date	Time	Code
Writing for Health	22 June – 6 weeks	9.30am-11.00am	C3678004
Art for Wellbeing (Cohort 1)	23 June – 6 weeks	9.30am-11.00am	C3677993
Art for Wellbeing	25 June – 6 weeks	9.30am-11.00am	C367794
Making sugarcraft animals	26 June – 6 weeks	2.15pm-3.45pm	C3677995

To enrol go to the website: www.wea.org.uk
or ring
0300 303 3464 quoting the course code

For enquiries please ring The Exchange Recovery College 01226 730433



Have a look at the Resources section on our website

We know how difficult it can be to feel isolated at home, so we have put together some of our courses that you can learn from the comfort of your own home

Crafts
 Improving your sleep
 Stroke awareness
 Understanding and managing depression
 Learn more about IBS
 Guided audio relaxation
 Make your own hanging basket
 Baking buns and scones
 Feeling positive, busting stress
 Infection prevention in the home
 Cross stitch for beginners
 Domestic abuse information slides

Lots more information included and we are adding more courses as fast as we can for you

www.wakefieldrecoverycollege.co.uk



**LOOK OUT FOR OUR SHORT LIVE POETRY AND CRAFT VIDEOS ON
OUR FACEBOOK PAGE** facebook.com/wakefieldrecoverycollege

Time out

Today we mingle with the crowd
 Heads masked and bowed
 Have we really missed all those
 shopping trips?
 To buy that unwanted pair of jeans with
 rips
 To queue up in the rain
 Because from shopping we have had
 to refrain
 Have we not learned a lesson sent?
 To avoid those credit cards well spent
 Do we need any more?
 Than food from the store
 Having kept two metres apart
 To now add to that shopping cart
 With arrows lines and tape on the floor
 Can we find our way back to the door?
 Or will we be forever lost
 In a bargain basement cutting cost
 With no returns and no touch
 No thank you very much
 So now out and free to roam
 We'll soon find we wish we'd stayed at
 home
 Ryder 2020



COOKERY QUIZ



- Which of these is not a type of mushroom?
Lion's mane or Tiger's tail?
- What is a spoot?
Kitchen equipment or a clam?
- Roughly how much does a medium egg weigh
in it's shell?
23-33g or 53-63g
- How is steak tartare cooked?
- What types of beans are used to make baked
beans?
- Which country has the highest use of olive oil?
- Pumpernickel is what type of food?
- Ageirocophobia is a fear of what?
- What type of fruit are amalle, may duke & morella?
- What is the most expensive spice in the world?