

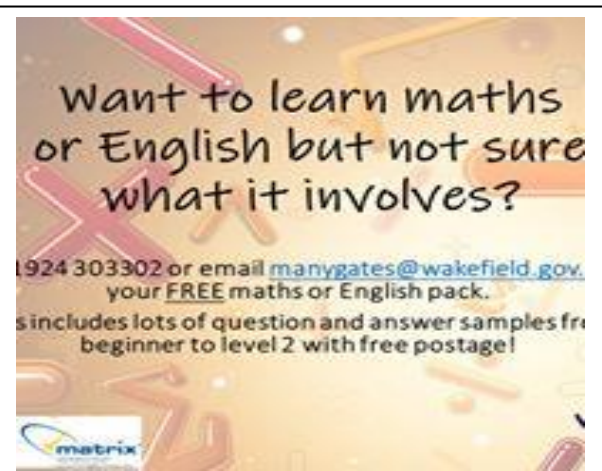
THE SUPPORTER
NEWSLETTER

26 June 2020

Wakefield and 5 Towns Recovery
College – contact information:-

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

FREE LEARNING PACKS AVAILABLE!!



It's never too late to learn. Wakefield Manygates College are offering FREE Maths and English packs to adults over the age of 18.

To get your pack posted out to you just give them a call on: 01924 316946 or Email: manygates@wakefield.gov.uk

With the announcement this week from the Government that some of the lockdown rules are going to be eased in July, we just wanted to take this time to remind people that Covid-19 is still here and we do still need to be mindful when we're out and about that we still adhere to current Government guidelines. If we all do this, we'll be able to see each other soon in the flesh (rather than always online!). We're still here if you need us - simply give us a call.

FRIENDS

In times of difficulties:
Friends are there
Always for us
Ready
Reliable
Uncomplaining
Listening
Available at short notice
At the end of a phone or on the net
This is a time to value:
Their support
And contribution
In difficult circumstances:
This is the time to appreciate and applaud them
Thank them for just being there.

RYDER 2020

Live Poetry Performances

Tune in to listen and watch poetry different styles that are uplifting/and or empowering. Only available on Facebook. Live via the Wakefield and Five Towns Recovery College Facebook page:

www.facebook.com/wakefieldrecoverycollege
every Thursday morning at 10.00am



Wakefield Manygates College FREE Distance Learning pack! You will need to provide your own materials for this one Call 01924 303302 or Email: manygates@wakefield.gov.uk



These past few weeks of uncertainty and lockdown have given lots of us time to reflect on our lives and how we want to move forward after lockdown. Some of you may have been furloughed from your job or not in work and want to look for another job or even have a change of career. Some of you may want to learn a new skill, or take up volunteering.

Step Up is a free new service which covers the whole of the Wakefield District. They provide advice to help residents find work, improve their skills or make a career change, or find support to learn and develop. They have HUBS in Airedale, Knottingley, Kingsley, Pontefract, Lupset & Eastmoor, Wakefield.

The service offers dedicated support to people based on their own personal circumstances for example if you are employed and looking for a career change, you are un-employed, or you are finding your current job difficult because of health problems or other reasons. They offer learning opportunities if you want to improve your skills or you have retired and want to take up a volunteering role.

During the COVID-19 outbreak they are offering a telephone service, or you can email them with any questions.

Check out their website for more information <https://www.wakefield.gov.uk/jobs-and-learning/step-up>

Email: stepup@wakefield.gov.uk



Tel: 01924 303334

Pomfretian is a monthly community magazine, delivered free to households across Pontefract and available to pick up from convenient town centre locations. Locally based, they are passionate about supporting the local area and focus on providing value for their readers through quality editorial content which is relevant to Pontefract people.



The college is featured in the April 2020 edition and again in the upcoming July 2020 edition – read more about us!

<https://pomfretian.co.uk/magazine>

THE
HEPWORTH
WAKEFIELD

Art Social Youth Programme

At the Hepworth Gallery in Wakefield they offer young people living in the Wakefield District an opportunity to develop their employability and life skills through an integrated youth programme. This programme runs weekly art based drop in workshops for young people between the age of 16-25 years who are not in education, employment or training. They work closely with outside agencies such as St George's Community Centre, Job Centre and The Prince's Trust.

Having a purpose and learning helped me realise I could be reliable

If you think you could benefit from joining their Art Social programme, or know someone who might please get in touch with their Youth Coordinator, Sarah for more information – learning@hepworthwakefield.org

Halima's weekly Wellbeing Tips

Halima has been busy this week crafting away and keeping her self busy by making an easy and fun door hanger. She says it makes her smile everytime she sees it and helps brighten up her home, even if it's only a door hanger. What a great idea, you could even sit down with the kids and make these.



Doing exercise is a great way of starting the day, a brisk walk sets her up for the day and gives Halima thinking space before the start of her day. Did you know that walking may be the best form of physical exercise as we get older and it's free! <https://www.nhs.uk/live-well/exercise/walking-for-health>
Why not join our Couch to 5K course starting on 17 August 20 at Fieldhead Hospital Sport Hall? To enrol: www.wakefieldrecoverycollege.co.uk

Self care, even if it just taking time out to have a cuppa. Try a drink of herbal tea, like camomile or peppermint for change.

Plan something in your day that you enjoy doing, develop a routine. Everyday at 6pm Halima sits down and watches The Simpsons.

Engaging with nature. Halima feels very lucky that from the comfort of her sofa she can see trees and if she opens the windows or door she can hear birds twittering. The simple things in life can be so rewarding. Have a look at our new course 'Wild about walking' starting on 13 November 20 – where you can join a 2 mile open country walk in Newmillerdam, learning how to identify birds, survey trees and find fungi. To enrol: www.wakefieldrecoverycollege.co.uk



30 Fun Things To Do At Home

<https://www.lifehack.org/articles/lifestyle/30-fun-things-home.html>

30 Classic comic moment on UK TV

https://www.huffingtonpost.co.uk/entry/funny-tv-moments-hilarious-daytime-live-fail_uk_5e87006ec5b6d302366e0ef8

Watch Shakespeare's Midsummer Nights Dream from The Globe Theatre

https://www.youtube.com/watch?v=_cAwaNRIEF8

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.

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	<p>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</p>				

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Last week's Cookery Quiz answers

- | | | | |
|----------------|-------------|-----------|------------------------------|
| 1. Tigers tail | 2. Clam | 3. 53-63g | 4. It isn't cooked, it's raw |
| 5. Haricot | 6. Greece | 7. Bread | 8. Fear of cooking |
| 9. Cherry | 10. Saffron | | |



Keep a look out on our Facebook page for
our online short craft idea videos

facebook.com/wakefieldrecoverycollege

Volunteering at the Recovery College

Volunteering is essential to the Recovery College. Without the commitment of our dedicated volunteers as part of our team and the contributions they offer we would not be able to co-produce our courses. Our volunteers do not replace paid staff, they complement the work they do, meaning we can do more for our students. As well as bringing a mix of skill and experience volunteers can help us to improve the quality of learning by being an extra friendly face to help improve the experience of recovery for people who use our college, families and carers.

We are looking for volunteers who have interests in topics such as craft, history, photography, floristry, diabetes, knitting, calligraphy or indeed any life skills or knowledge that may be of interest to our students. Would you like to volunteer to meet and greet our students or be a buddy to someone who is very anxious – if so please get in touch with us and we can give you more information about the volunteer process Tel: 01924 316946 or email wakefieldrecoverycollege@swyt.nhs.uk



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 😊

48	Ain't no mountain high enough	Marvin Gaye & Tammi Terrell
49	All star	Smash Mouth
50	Wings	Little Mix
51	Home	Edward Sharpe & The Magnetic Zeros
52	Kings and Queens	Ava Max
53	Rain down love	Freemasons
54	Sweet disposition	The Temper Trap
55	Castle on the hill	Ed Sheeran
56	You got the love	Candi Staton
57	Best day of my life	American Authors
58	Walk me home	Pink
59	I'll be there	Jess Glynne
60	Mr Blue Sky	ELO
61	Fight song	Rachel Platten
62	Hey brother	Avicii
63	Just got paid	Sigala & Ella Eyre
64	Centuries	Fall Out Boy
65	You get what you give	New Radicals
66	Bohemian Rhapsody	Queen
67	Don't upset the rhythm	The Noisettes
68	Dynamite	Tao Cruz
69	Something kinda oooh	Girls Aloud
70	There's nothing holdin' me back	Shawn Mendes
71	I'm a believer	The Monkees
72	Blinding lights	The Weekend
73	Safety dance	Men Without Hats
74	Make me smile	Steve Harley & Cockney Rebel
75	Circus	Britney Spears
76	Pure shores	All Saints



GOOD NEWS ABOUT OUR COURSES!



We are pleased to announce that we now have a number of face to face courses loaded on our booking system that you can enrol on. Courses taking place are subject to government COVID-19 guidelines and may be changed or cancelled at short notice. All our courses/workshops are offered on a first come first served basis, so it's best to book early if you want to guarantee a place.

Over the last couple of weeks current students may have received emails or texts from us confirming new dates/times for courses/workshops that they had previously been due to attend, and unfortunately we had to cancel due to the virus outbreak. Please help us by letting us know asap if you are unable to attend any of these courses/workshops so we can offer your place to another student and also keep a note of the number of students due to attend for social distancing reasons. It's been a bit of a task so far but we are getting there, thank you to all our facilitators, volunteers and our students for all your continued patience and understanding.

Here is a selection of some of our courses/workshops which are available to book now!

Taking place at Drury Lane Health & Wellbeing Centre, Wakefield

Coping with Pain 7 September
Feeling positive, busting stress 11 September
Improving your sleep 16 September
Coping with life using relaxation 7 October
Dementia awareness 22 October
Creative writing (4 weeks) 5 November
Learn more about irritable bowel syndrome (IBS) 23 November
Body Image 26 November

Taking place in the Wakefield area

Couch to 5K (8 weeks) 17 August Fieldhead Hospital Sports Hall, Wakefield
Fire safety in the home 7 October – Fieldhead Hospital – Training Unit
Arthritis and You 15 October – Wakefield County Hall
Transgender awareness 15 October – Wakefield County Hall
Medication and me 16 October – Wakefield Town Hall
Wild about walking 13 November – Thornes Park, Wakefield
Coercive control 16 November – Wakefield Town Hall
Dyslexia awareness – 26 November
Understand and managing self harm 30 November – Wakefield Town Hall

Taking place at Baghill House Health & Wellbeing Centre, Pontefract

Quiet the Mind (3 weeks) 18 August
Pottery for beginners – 8 September and 17 November
Managing panic attacks 12 October
Autism awareness 6 November
Coping with pain 9 November
Feeling positive, busting stress 19 November
Eating disorders 24 November
Coping with life using relaxation 7 December

ONLINE VISUAL & INTERACTIVE COURSES

Overcoming anxiety workshop (with tips on COVID-19 specific anxiety)
9 or 23 July – 11.00am – 12.15pm

An introduction to mindfulness course (2weeks)
Starting 16 July – 2.00pm – 3.15pm

Understanding hearing voices
22 July – 2.00pm – 3:30pm



Useful helplines

Veterans

Mental illness is common and can affect anyone, including serving and ex-members of the armed forces and their families. Although it's completely normal to experience anxiety or depression after traumatic events, this can be tough to deal with.

Furthermore, the culture of the armed forces can make seeking help for a mental health problem appear difficult. Some people may not experience some of these symptoms until a few years after leaving the armed forces.

They may also delay seeking help for a number of reasons, such as thinking that they can cope, fear of criticism, or feeling that NHS therapists won't understand. There is lots of help available for veterans and their families – visit this web page for more information

<https://www.nhs.uk/using-the-nhs/military-healthcare/nhs-mental-health-services-for-veterans/>

Check in and Chat

The CiaC project is a telephone service run by trained listening volunteers who ring and have a 20-30 minute chat with the person referred and make sure they're ok, signpost them if extra help is needed and book in another call if requested. The service is for people/clients who feel vulnerable, isolated and/or feeling very low, who may benefit from a phone call from someone who will listen, empathise and give support. You can directly refer yourself for a chat by completing a referral form or via the Councils Contact Centre 0345 8 506 506, choose option 3.

Referral Form: <https://ciac.identify.digital>

Unmasked App We recognise that Covid-19 is having a negative impact on people's mental health. Our FREE app, available on IOS and android, provides peer-to-peer support, can be done anonymously,

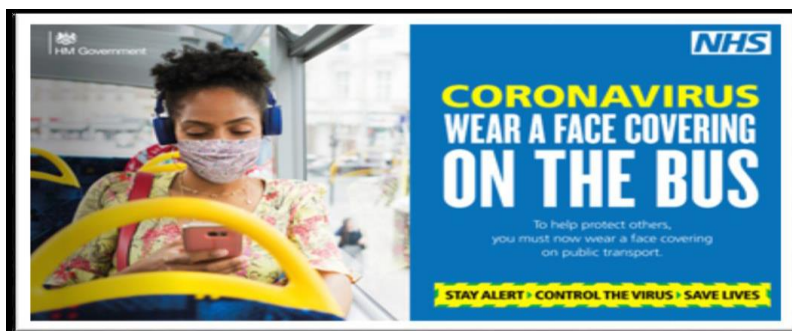
and most importantly means you can access support from the safety of your own home.



Daily Mental
Wellbeing Checklist



<https://flourishinmind.co.uk/wp-content/uploads/2020/04/Daily-Mental-Wellbeing-Checklist.pdf>



sing  breathe
At home!

- Do you suffer from a long term lung condition?
- Would you like to learn ways to control your breathlessness?
- Would you like to meet similar people from the comfort of your own home?

Join sessions online or by phone
Every Friday 11.00 – 12.00pm



Contact Jackie on
07734 308840 or
jhcraig@gmail.com

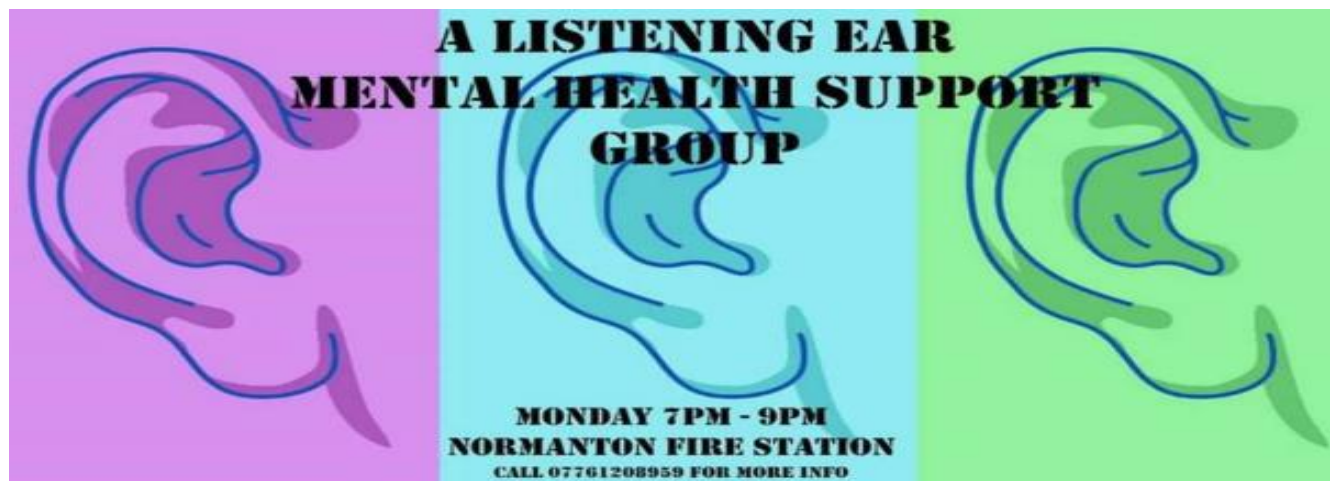
Wakefield & District
Bereavement Support Service
Provided by THE PRINCE OF WALES HOSPICE



We can help you come to terms with the loss of a loved one.

Find out more:
www.pwh.org.uk/bereavement
01977 781452

Commissioned by the Wakefield Clinical Commissioning Group



A Listening Ear Mental Health Support Group

Our Facebook page is a closed page. Anyone wanting support, wanting to talk or plucking up the courage to talk about mental health is welcome to send a friends request. Don't suffer in silence

<https://www.facebook.com/groups/858969787836768/>

As we know these last few months have been a challenge for all of us, paying bills, the high cost of food being a major challenge for some. If you find yourself worrying and struggling over money, don't, there is help out there to support you to deal with your finances



How we help you

- 1 You can get free, confidential and expert debt advice online or over the phone
- 2 We'll recommend the best debt solutions for your individual circumstances
- 3 We'll support you while you deal with your debt problems, for as long as you need our help
- 4 We also campaign on your behalf to reduce the risk of problem debt and the harm it causes

You can get free, impartial debt advice over the phone. Call us for FREE on [0800 138 1111](tel:08001381111) (Monday-Friday, 8am-8pm, Saturday 8am-4pm)

<https://www.stepchange.org/contact-us.aspx>

christians
against
poverty

If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear and provide a real solution to your debts. Since we started helping people out of debt in 1996, we've helped thousands in situations like yours through our professional service offered by 296 CAP Debt Centres.

Wakefield This CAP Debt Centre is run in partnership with St. Helen's Church
Contact their FREE helpline 0800 328 0006 Open Mon-Thurs 9.30am-5.00pm Fri 9.30am-3.30pm



Spectrum People continue to offer Social Prescribing to the community. We realise and understand the impact the current situation has on those we support and the wider community. Anyone can refer themselves or anyone they know who is facing particularly challenging circumstances for social prescribing, check-ins and appointments by phone.

You can contact us in the following ways, please note that due to home working it may take us longer to respond to enquiries. Mobile: 07720 899 781 Email: Spectrumpeople@spectrum-cic.nhs.uk

QUIZ

1. Whose novel *Nineteen Eighty Four* was published in June 1949?
2. Which is the largest organ of the body?
3. Where are the carpal bones in the human body?
4. True or False? The Salamander is an amphibian?
5. How many legs does a scorpion have?
6. What type of animal is a Russian Blue?
7. Can you identify this famous cricketer from his nickname - BIG BIRD?
8. Which 2 actresses are the lead in the TV series 'Killing Eve'?
9. What is the opening song in the musical 'Cabaret'?
10. Jersey Boys show tells the story of which 60's rock and roll band?

1970'S TV WORD SEARCH PUZZLE



- | | | | |
|-------------------|-----------------|------------------|----------------|
| ALL IN THE FAMILY | CHARLIES ANGELS | HAPPY DAYS | ROCKFORD FILES |
| BARNEY MILLER | EMERGENCY | HOGANS HEROES | THE JEFFERSONS |
| BIONIC WOMAN | FANTASY ISLAND | LAND OF THE LOST | THE ODD COUPLE |
| BONANZA | GOOD TIMES | NIGHT GALLERY | THE WALTONS |
| BRADY BUNCH | GUNSMOKE | POLICE WOMAN | THREES COMPANY |