



THE SUPPORTER NEWSLETTER



Wakefield and 5 Towns Recovery
College – contact information:-

3 July 2020

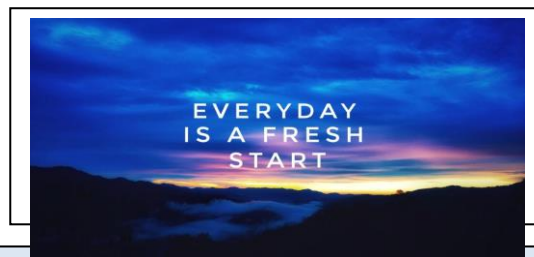
01924 316946

wakefieldrecoverycollege@wswt.nhs.uk

@W5TRC

facebook.com/wakefieldrecovery

This coming week we'll see some changes where we live, such as some further leisure facilities opening (pubs, restaurants, etc.). But with the first local lockdown coming in to force in Leicester, we wanted to remind everyone that Covid-19 hasn't "gone away" and that we all still need to be safe and cautious when out and about. Make sure you continue to look after yourselves and each other. And don't forget to visit our website and our resources section on our webpage to book on to one of our exciting new online only courses! We'd love to see your faces again, even if it is only via video link for now ☺ Hope to see you soon. Lindsey ☺



Halima's Wellbeing Tips

Taking pleasure in your favourite food. I love the simplicity of a cheese sandwich cradled between crusty bread. I focus on the taste and textures.

Being creative e.g. Craft project, writing poetry, cooking and baking. Even reading can be creative because you are using your imagination.

Discover or rediscover one of your passions.
Try to include one of your passions in your day or week. It gives you time to focus on you and your passions.

Start your day with something that makes you feel good because you are starting the day with the positive thought, you are worth it. It could be something as simple as having a cup of tea.

Be nice to yourself. It is easy to be harsh on ourselves or negative towards ourselves. When was the last time you thought about your accomplishments and said to yourself I am proud of you?



<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>



All this week we have been adding short mindfulness practice clips and 'Thoughts of the Day' on our Facebook page

[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)

Check them out!



T-rex paddle

Can you believe what we DINO-SAW?

These 2 T-Rexs have been spotted paddle boarding!

<https://www.facebook.com/pointswest/videos/1390007141184046/>

https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/5-tips-to-reduce-stress-in-nature?utm_campaign=&utm_medium=&utm_source=&utm_content=&utm_term=

7 ways to reduce your stress by enjoying nature | **British Heart Foundation**

Easy ways to reduce your stress while reaping the health benefits of getting out into nature
www.bhf.org.uk



Wakefield Adult Education Service Distance Learning Courses for Employment



For those without IT equipment or means to engage in learning online we can make contact via Skype, WhatsApp or telephone tutorials to enable learners to complete learning and gain qualifications.

With access to regular contact from their tutor, learners will receive guidance and feedback to aid understanding and complete portfolio workbooks to achieve their qualification.

Distance learning courses include:

- Award in Personal Development for Employment Level 1 – units include self-assessment of skills, CV completion, application form completion, preparation for interview – assessed via workbook completion
- Award in Customer Service Level 1 – assessed via workbook completion
- Access Award in Business Skills Level 1 – final end computer based assessment
- Award in ITQ for IT Users Level 1 – must have access to laptop and Microsoft Office package

Contact either Tracy Roberts at troberts@wakefield.gov.uk 07789 923515 or Sue Chapman at schapman@wakefield.gov.uk 07500 816991.



Future Learn FREE Psychological First Aid Course

Psychological First Aid training to help people with different needs cope with the emotional impact of Covid-19 <https://www.futurelearn.com/courses/psychological-first-aid-covid-19>

QUIZ OF THE WEEK – last week's answers

- | | | | |
|-------------------------------|---------|----------------|---------|
| 1. George Orwell | 2. Skin | 3. The wrist | 4. True |
| 5. 8 | 6. Cat | 7. Joel Garner | |
| 8. Jodie Corner and Sandra Oh | | 9. Willkommen | |
| 10. The 4 Seasons | | | |

Smash and corn beef

Caring for an elderly relative can be like spinning a load of plates all at one time, trying to work, look after your home, do all the shopping, feed the family and numerous other jobs. As well as the practical roles in creeps the psychological feelings which can sometimes play on your mind at times, such as feeling guilty, questioning yourself if you are doing the right thing, worrying and then what about the physical signs you tend to ignore – you are tired out, stressed and not taking care of yourself properly... I've been a full-time carer for my elderly parents for a long time and even more since my Dad passed away 4 years ago.

Caring isn't any easy role, but over the past few weeks whilst social isolation has been the name of the game, I have realised that lockdown has given me more time to sit, chat and laugh more with my mother, reminiscing with her of days when she was in her younger years.

Like the time she used to get up at 4am and scrub the outside steps and black the fire grate before she set off on her bike to work at Hillaby's sweet factory to make Pontefract cakes and then ride home like the clappers at dinner time to make my Grandads dinner ready for when he got home from the pit. My Grandma, her mother, was ill with her 'nerves' as they said in those days and spent a lot of time in and out of Stanley Royd Hospital and my mother had to take over the responsibility of the household duties, share a caring role, go to work and look after her sister age 10. She was only 16 herself.

During the miners' strike, when my dad had no work, my mother got a full-time job working at Headland's Hospital in Pontefract and the Workhouse (as it was called then). She mopped floors, changed beds, fed patients, cleaned toilets, washed windows, cleaned the morgue and worked like a trogon, for £11 a week, and she always made sure we had food on the table. In those days meals at the hospital were cooked on site and any left overs landed on our table at home, as they did many others, we enjoyed many a night's tea of dried potatoes (Smash) with corn beef or left over steak pie and sandwiches. My mother even fed the street with dried potato, as neighbours used to come to our house with jugs and fill them from a big sack she was allowed to take home from work. Times were hard but neighbours pulled together and looked after each other. The kids in our street never went hungry.

Caring can be difficult, but times have changed and there is help out there if we need it and we don't have to struggle on our own.

Janette 



Caring for Someone?

This video-based resource is designed to help people look after someone safely at home.

This resource will help you care for people in any situation, although this resource may be particularly useful if you are supporting someone during the **COVID-19 crisis**.

Each section has a set of videos designed to give you and the person you care for practical and relevant information to support you day to day.

<https://www.scie.org.uk/carers/informal-carers>

West Yorkshire and Harrogate
Health and Care Partnership



A new support and advice service is being launched to help people across West Yorkshire and Harrogate through grief and loss.

The free service, commissioned by West Yorkshire and Harrogate Health and Care Partnership, will be delivered by West Yorkshire and Harrogate Independent Hospices Consortium, Bradford Bereavement Services Consortium and Leeds Mind, and will be launched on June 29th 2020. The practical and emotional support and advice service will be available 7 days a week, from 8am to 8pm.

Open to people in West Yorkshire and Harrogate, the service will be the first point of contact for anyone suffering any form of grief and loss, or those worried about losing someone, whether this relates to a family member, friend or member of their community. It is also available to those feeling impacted by the deaths of public figures and/or the volume of deaths across the country.

People may have lost someone who has died from another condition other than the virus and that loss may have felt all the more difficult, for example, they may have been unable to visit a loved one during an illness or see them in their final days due to the

People will be able to self-refer to the service or will be signposted by other agencies such as the police, hospital bereavement services, funeral directors, GPs, community and faith organisations and others. People will be signposted to further support where required, with the service well-connected to local place-based specialist bereavement support services.



Relaxing meditation

https://www.youtube.com/watch?time_continue=1&v=6vO1wPAmiMQ&feature=emb_logo

Why being out in the sun is good for us

<https://www.saga.co.uk/magazine/health-wellbeing/wellbeing/8-reasons-to-get-out-in-sun>

Keep moving and stay active

<https://active.calderdale.gov.uk/campaigns/keeping-active-during-covid-19>



Fail safe homemade Yorkshire Puddings

Ingredients (for 8 puddings)

140g plain flour
Pepper and salt to taste
4 medium sized eggs
200ml milk
Sunflower oil or lard for cooking

To make

Put flour, pinch of pepper and salt in a mixing bowl
Beat eggs in a cup
Add eggs and milk in small amounts at a time to the flour mixture, beating with a whisk or large spoon
Keep beating until all the ingredients are well mixed with no lumps and its light and fluffy

To pre-heat oven

The secret of a good Yorkshire pudding is to have a hot oven and pudding tin

Pre-heat oven to 230C Gas8
Add small amount of oil or small knob of lard to each Yorkshire pudding or muffin tin ring
Heat until hot – watch it doesn't start smoking
Spoon or pour Yorkshire pudding mixture into each ring
Remove when mixture has fully risen and is nicely browned (after about 20 minutes)

Alternatively you could fry some sausages in a frying pan, whilst heating a large deep tray in the oven (with a small amount of oil or lard) and place the cooked sausages in the tray, pouring over the Yorkshire pudding mixture , cook in the oven until golden brown and you have a lovely 'Toad in the Hole' dish.

Serve with gravy, stew or even spread your Yorkshire Puddings with jam for a sweet dish (don't forget to leave out the salt and pepper from the pudding mixture though). – enjoy.....

Take part in coronavirus research

A team of researchers from a number of UK universities are looking for people across the UK aged 16 or over to take part in their [study](#) to further understand the coronavirus pandemic. The team are particularly keen to involve people from BAME communities

<https://www.qmul.ac.uk/covidence/about-the-covidence-uk-study/>

Following widespread news coverage claiming that hand sanitiser kept in vehicles can pose a fire risk; the National Fire Chiefs Council has refuted these reports and confirmed there have been no cases of such fires in the UK. NHS Property Services issued a warning about what it considered to be the dangers of keeping sanitisers in vehicles to its front line staff. It has now retracted this advice following further evidence.

Roy Wilsher, NFCC Chair said: "We want to reassure people that this product will not combust if left in a car - even on the hottest day. For hand sanitiser to cause a fire it would need to come into contact with a spark. "Hand sanitiser is very important in the fight against the spread of COVID-19, therefore it is essential we debunk this myth. We advise people to ensure they store their hand sanitisers in vehicles safely, which includes keeping bottles closed and out of direct sunlight. such as in the glove box. This will ensure the contents do not deteriorate and means bottles cannot be magnified by the sun. Sanitiser should also be kept away from naked flame."

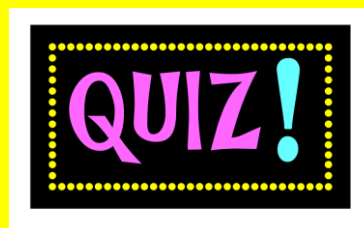
Jump into the Marvel Cinematic Universe and get wrapped into a huge story that spans multiverses and deep space!



Film list

- 1 - Captain America
- 2 - Captain Marvel
- 3 - Iron Man
- 4 - Iron Man 2
- 5 - Thor
- 6 - The Incredible Hulk
- 7 - The Avengers
- 8 - Iron Man 3
- 9 - Thor: The Dark World
- 10 - Captain America: The Winter Soldier
- 11 - Guardians of the Galaxy
- 12 - Guardians of the Galaxy 2
- 13 - Avengers: Age of Ultron
- 14 - Ant Man
- 15 - Captain America: Civil War
- 16 - Spiderman: Homecoming
- 17 - Doctor Strange
- 18 - Black Widow
- 19 - Black Panther
- 20 - Thor: Ragnarok
- 21 - Ant Man and the Wasp
- 22 - Avengers: Infinity War
- 23 - Avengers: End Game
- 24 - Spiderman: Far From Home

There are still some to be released but this is the list for now.



1. Noel & Liam Gallagher from Oasis have an older brother, what is his name?
2. Gary and Martin Kemp were in what band?
3. Which city will host the 2028 Olympic games?
4. At which venue is the British Grand Prix held?
5. How many horses are on each team in a Polo match?
6. Where is the US Masters golf tournament held?
7. What is Postman Pat's surname?
8. Eastenders began broadcasting on BBC in what year?
9. What type of car does Doc Brown use as time machine in Back to the Future?
10. What does Bridget Jones name her baby in the series' third instalment?
11. What is the capital of Finland?
12. What language is spoken in Brazil?

(Answers next week)

Mother & Son do fab cover of Rise Up

<https://www.youtube.com/watch?v=3AnzWa4AJ1w>

From Couch to Chorus – learn how to sing OPERA!

<https://www.operanorth.co.uk/whats-on/from-couch-to-chorus/>

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.



LIVE & INTERACTIVE ONLINE COURSES – AVAILABLE TO BOOK NOW!

Overcoming anxiety workshop (with tips on covid specific anxiety)
11-12.15pm on 9 or 23 July

An introduction to mindfulness course starting 16 July - 2-3.15pm for two weeks

Learn more about irritable bowel syndrome (IBS) course
starting 21 July – 10.30-1200pm for 2 weeks

Understanding hearing voices workshop
Starting 22 July -2-3.30pm

To enrol and receive joining instructions go to our website
www.wakefieldrecoverycollege.co.uk



Freedom From Fibromyalgia course

For a long time we have been trying to offer our students a course on this very common condition and we are so pleased to be able to now provide this excellent course, facilitated by people with lived experience and knowledge.

This introductory course will provide an overview of fibromyalgia, what it is and how it effects people in different ways. Throughout this course we will explore the different areas of our lives and how we can make adjustments to reduce our symptoms and allow for a better quality of life.

**Starts on Monday 2 November for 3 weeks
1.00-3.00pm at Baghill House Health & Wellbeing Centre, Pontefract**

To enrol: www.wakefieldrecoverycollege.co.uk
Or ring 01924 316946

Enrol on line



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

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



Walking and cycling safely around the district

West Yorkshire Combined Authority want to understand which areas in our region could be improved to help the public travel more easily by bike or on foot and to provide more space to travel safely while social distancing.

The interactive map will allow you to highlight issues that you are experiencing when travelling on foot or by bike and suggest where improvements could be made to make these journeys safer, including increasing space for social distancing.

Further details and the map can be found at: <https://www.yourvoice.westyorks-ca.gov.uk/safeststreets>

Call To Arms!
In 1866, 10 women from Wakefield (out of 1,499 through the UK) signed the very first petition calling for equal franchise.....

Make a Suffragist Dolly Peg for the 1866 project!

For a free kit just email hello@dreamtimecreative.org



Take a virtual garden tour around some of the gorgeous gardens from stately acres to modest village plots.

Lots of ideas to pinch from and use in your own gardens.

Visit: ngs.org.uk

COVID-19 myth busting from Anna Hartley (Director of Public Health in Wakefield)

You may have recently read on social media about levels of infection in different areas of Yorkshire.

Wakefield District currently has lower levels of infection than the Yorkshire average. Any media reports are based on a very small sample of the data and therefore are not accurate. We have been assured that all the data will shortly be published in the public domain.

<https://twitter.com/W5TRC>

