



# THE SUPPORTER NEWSLETTER



10 July 2020

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facebook.com/wakefieldrecovery

Don't be afraid of change because it's leading you to a new beginning.

JOYCE MEYER

*quote of the week*

#Change

**WF-I CAN**

A new online resource for children and young people in Wakefield

**How old are you?**

### WF I Can website

<https://wf-i-can.co.uk/>

Check out this website for information for children and young people to access. There is information and support around Covid 19, keeping healthy, self-help tips and a Drop in and Chat Section where young people can get support



The Wakefield Recovery College is thrilled to announce that they have been successful in a joint bid with its partners, Open Country and Vibe Fitness in securing funding from The West Yorkshire & Harrogate Health Inequalities Grant Fund. There were 81 applications and 13 were successful. This funding will be used to offer exercise and outdoor activity based classes online over the next year. More News to follow....



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

Here at the college we are always looking at different ways we can offer our courses and workshops to learners. Social media is a great way of doing this, as well as being an ideal tool for circulating and sharing information.

Last month our facebook page followers increased by 117 % and our post engagements went up by 347 % The largest increase, however was our video views which was 2219%....

If you don't already follow us on facebook, why not join us, we would love more people to like us !

**Pomfretian**  
COMMUNITY / BUSINESS / CULTURE

*Free*

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If you live in the Pontefract area you should be receiving a free July copy of the Pomfretian booklet through your letterbox Look on pages 10 & 11 and read more about the college and what we have to offer .... Checkout their website:

[www.pomfretian.co.uk](http://www.pomfretian.co.uk)



### QUIZ Questions – last week’s answers

- |                |                   |                               |
|----------------|-------------------|-------------------------------|
| 1. Paul        | 2. Spandau Ballet | 3. Los Angeles                |
| 4. Silverstone | 5. 4              | 6. Augusta National Golf Club |
| 7. Clifton     | 8. 1985           | 9. DeLorean                   |
| 10. William    | 11. Helsinki      | 12. Portuguese                |

How did you do this week?



### Halima’s Wellbeing Tips

Having something that brings you comfort. I have a blue blanket that I cuddle under, if I am having a bad day. It could even be a Teddy bear.

Achieving a task. Wake up in the morning and set yourself a task. It could be something as simple as combing your hair or brushing your teeth. It is the sense of achievement that you are after.

Reward yourself for achieving a task. I have a jar that I put 10p in each day I achieve tasks, it builds up and I use it to treat myself to things I enjoy e.g. Craft projects, notebooks, books...

Painting your nails. There is something very pampering about it. Brightens up your day seeing nice nails.

Get lost in a book, film, TV series etc.



### On line helpful links

#### Meditation

Take time out for yourself, spend just 10 minutes doing this meditation and it will help to reduce anxiety

<https://youtu.be/O-6f5wQXSu8>

Watch this inspiring story of how becoming more active helped Linda tackle depression and COPD

<https://youtu.be/9gyKr-txogU>

#### Get a bit more energetic

Fave dance clip from Singing in the Rain to get you off the couch and doing some exercise

<https://youtu.be/tciT9bmCMq8>

#### Music

Pop Songs in Shakespearean Sonnet format

[https://popsonnet.tumblr.com/?amp\\_see\\_more=1](https://popsonnet.tumblr.com/?amp_see_more=1)

#### TV

Wondering what to watch on TV? For reviews and trailers and much more....

<https://www.imdb.com/>

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



## Vitamin D - sometimes called the sunshine vitamin



### Why do I need it?

Vitamin D helps your body get enough calcium and phosphorous. Calcium and phosphorous help keep your bones, teeth and muscles strong and healthy. Vitamin D may help your immune system work well. Your immune system is needed to help you get better from infections.

### Where does vitamin D come from?

In the spring and summer (April to September), we get vitamin D from sunlight. Some foods, like oily fish (salmon, mackerel, sardines and pilchards), red meat, liver and egg yolks contain vitamin D naturally. Some breakfast cereal, margarines, yoghurts and milk have vitamin D added. You can buy vitamin D in tablet or liquid form (called supplements) from health food shops, chemists and big supermarkets.

### What if I don't get enough vitamin D?

You might feel really tired.  
You might have aches and pains in your muscles.  
Your bones might break easily.  
It can cause rickets in children and osteomalacia in adults. These cause bones to be weak and soft.

### Who might not get enough vitamin D?

People with darker skin tones – people of Asian, African, Afro-Caribbean and Middle Eastern descent – that live in the UK.  
Older people because their skin is not as good at making vitamin D.  
People who cover most of their skin when they go outside.  
People who don't get out of their house very often or people that don't spend much time outside.  
Pregnant and breastfeeding women.

### What can I do?

Try to spend some time outside in spring and summer and if it is okay for you, wearing clothes like a top with short sleeves or shorts so that some sun can get to your arms and legs. If you are unable to do this, then it would be good to think about taking a vitamin D supplement.  
You need to put sun cream on if you are going to be outside for a long time and take care not to burn your skin.  
The amount of vitamin D to take is called 10 micrograms or 400 units per day. **You must always consult a doctor, nurse, dietitian or pharmacist before taking any type of vitamins.**

Further information can be found here:

[www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts)

on **The British Dietetics Association website**

or on the **NHS Choices website**.

## Caring for summer hanging baskets

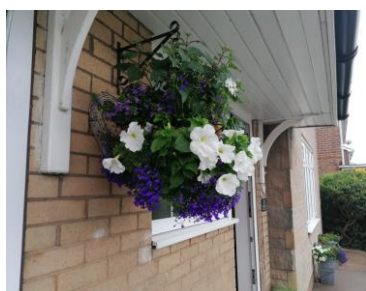


### Planting up a hanging basket in April

Have you seen our 'Learn how to make a hanging basket' workshop in the resources section on the website? Although it is now a bit late to be planting summer bedding plants you can still plant a basket using the same method but with plants that will flower longer in the season. Just ask for advice about what plants to choose from a staff member at a nursery or garden centre.

In order to ensure good flowering, your basket will need regular watering, don't let it dry out. Water it around the bottom of the plants when the sun is not directly on them, at least once a day and feed once a week with a good plant food. Take off any dead flowers regularly to help it produce more flowers right through to the end of summer. Don't display them in windy conditions or the plants may break off.

If you have plants in containers, care for them in the same way and you will enjoy the display all through the summer months.



### In full bloom – well worth the time and effort

brightening up the porch area

**healthwatch**  
Wakefield

Local Health and Care Services  
During the Coronavirus Pandemic  
Phase One Survey Summary Results



24 April – 24 May 2020

## Local dental services during lockdown – report published

You can download a copy of the summary here:

<https://www.healthwatchwakefield.co.uk/wp-content/uploads/2020/06/Healthwatch-Wakefield-Coronavirus-Survey-Phase-One-Summary.pdf>



**Battle Scars** are launching a new Zoom online support group for parents & family of people (of all ages) who self-harm on - Tuesday 14 July at 6.30 pm.

To book: - <https://www.battle-scars-self-harm.org.uk/for-parents-families.html>

Having the camera on is optional. Booking is on a first-come, first-served basis. Invites get sent out a couple of days before the group and people can join the groups whenever they wish.

## Turning Point Talking Therapies

Here at Turning Point Talking Therapies Wakefield we launched our brand new online webinars last month. So far these have been a great success – helping people deal with the pressure of the current climate and are getting booked up super quick!

We are delivering Webinars on: Managing Anxiety & Worry during Covid-19, Wellbeing Whilst Working during Covid-19, and Sleep during Covid-19 & Mindfulness during Covid-19.

Sign up now on: <https://talking.turning-point.co.uk/.../free-online-workshops/>

If you are 16 & over, registered with a Wakefield District GP - we could help you



**More gardening tips and ideas**

**Plant your autumn bulbs**

[gardenersworld.com/seeds-bulbs](http://gardenersworld.com/seeds-bulbs)

**Help garden wildlife**

[gardenersworld.com/wildlife](http://gardenersworld.com/wildlife)

**How to prune and train shrubs**

[gardenersworld.com/pruning-training](http://gardenersworld.com/pruning-training)



Join Halima every Thursday morning at 10.00am on Facebook for a live Poetry reading



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

**LIVE ONLINE COURSES – Places now available to book!**



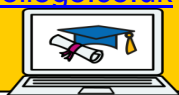
Overcoming anxiety workshop (with tips on covid specific anxiety)  
11-12.15pm on 23 July

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](http://www.wakefieldrecoverycollege.co.uk)



**Enrol via our website**

Wild about Walking – 13 November-  
10.30-3.30pm – Thornes Park,  
Wakefield

Coping with pain – 9 November –  
10.00-12.00pm- Baghill House,  
Pontefract

Arthritis and You – 15 October –  
10-12pm – Wakefield County Hall

Transgender awareness – 15  
October -1.00-3.00pm – Wakefield  
County Hall



WEA in conjunction with the Wakefield Recovery College are offering the following free online courses

**C3678242 Do Somethings today which your future self will appreciate**

**Wednesday 22 July 2020 14.15pm**

**1 session of 2 hours**

**Free**

As you look at yourself going forward, what might your future self really appreciate that you did now  
You will be creating positive memories, Develop techniques to worry less, Explore building meaningful relationships

**C3678241 Living the Moment**

**Monday 27 July 11.45pm**

**1 session of 2 hours**

**Free**

You will explore the benefits of living in the moment, Explore why living in the moment is useful and beneficial  
Address where you 'live' if you are not in the moment

**ENROL by phone 03003033464 or Online [wea.org.uk](http://wea.org.uk)**

## My-Role Physical Health Care Support Worker



My name is Julie I am a Physical Health Care Support Worker at Drury Lane Health and Wellbeing Centre, Wakefield.

My role is to perform Physical Health assessments, usually requested by a Psychiatrist, for those who are on a CPA (Care Programme Approach) who is not yet stable on their medication.

This involves: an assessment of the blood, heart rate and rhythm, an ECG, blood pressure, weight/BMI, a questionnaire around smoking, diet, alcohol, drugs, exercise and family history of any heart disease.

Analysis of the blood test would determine as to whether advice would be given or further investigation by the GP.

Diet is discussed, in detail, to determine if this is balanced and includes all the food groups, vitamins and minerals to sustain a healthy mind and body.

Support, advice and information are given and goals negotiated to promote a healthier lifestyle.

Care plans are created to ensure all staff is updated and aware of the ongoing support needed to promote recovery, health and wellbeing.

The sharing of information with GP's is recommended to enable the linking of services to provide ongoing support and the appropriate treatment, as needed, from us and other NHS services.



Boost your iron intake with this simple healthy recipe of  
**Couscous & fish in a bag for 1**

### Ingredients

1 lemon  
100g couscous  
1 small courgette, thinly sliced  
1 small thinly grated carrot  
Small handful of dill leaves, chopped  
150ml vegetable stock  
1 piece of boned haddock or white fish

### Method

Heat oven to 180C/fan 160C/gas 4. Fold a large sheet of foil or baking paper in half and tightly fold one side to seal. Grate the lemon zest and mix with the couscous, courgette, carrot and dill. Season well, and then tip into the open 'bag'. Cut the lemon in half, then cut 2 thin slices from one half. Juice the other half and add the juice to the stock.

Lay the haddock on top of the couscous, top with the lemon slices, and then carefully pour over the lemony stock. Fold the remaining open sides tightly. Bake for 20-25 mins, depending on how thick your fish is, until the fish is cooked and couscous is fluffy. Serve and enjoy!



Not just for breakfast, fill the hunger pangs with this delicious easy **Melon and Yogurt Bran pot.**

### Ingredients

100g melon  
150g pot of fat free yogurt  
2 tablespoon fruit and fibre cereal  
1 tablespoon clear honey

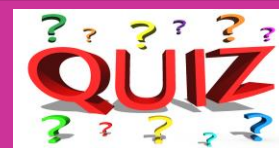
### Method

Layer a glass with the melon, yogurt, cereal and drizzle with honey on the top

**SUMMER!**

ETMSGMBFJMTOGTY  
 FIFRRILELCISPOP  
 QPAEEQQWUFAKOI  
 YSNSELODSKOYRVC  
 SDRSABKDIUAJAZN  
 VLNUNNSNTVCPQI  
 NSUNTODIIUIHVCC  
 HHSSGDLARRONAAA  
 TOJCNHFELFPKGMO  
 CRTRIQYLMSSVSYPH  
 OTLEMTAJORUUYII  
 NSTEMLLDHWEMNPN  
 OADNINPQGYETMGK  
 NSBBWBFIQLGRAEE  
 YTIUSMIWSUZUSWR

CAMPING	DIVING	FLOWERS
FRISBEE	GRASS	HOT
OUTDOORS	PARK	PICNIC
PLAY	POPSICLE	SANDALS
SHORTS	SPRINKLER	SUMMER
SUN	SUNSCREEN	SWIMMING
SWIMSUIT	TAN	WATERMELON



**Test your knowledge on Geography**

1. What is the capital of Chile?
2. What is the currency of Sweden?
3. What is the longest river in the UK?
4. What is the largest desert in the world?
5. Which line on the London Underground is coloured brown?
6. What is the smallest country in the world?
7. In what country would you find Lake Bled?
8. In which US State would you find Fort Knox?
9. What is the capital of New Zealand?
10. What is the name of the largest airport in Amsterdam?

**New Activity Workbooks**

During lockdown the Barnsley Recovery College Team has been writing a series of workbooks.

These uncertain times have brought about new challenges and opportunities for all of us. We all face new challenges at different times in our lives and whilst we can't always change those circumstances we can develop the self-awareness and skills to decide how we respond.

Have a look at these excellent workbooks on our website:-

**Introduction to Recovery workbook**  
**Anxiety workbook**



[www.wakefieldrecoverycollege.co.uk](http://www.wakefieldrecoverycollege.co.uk)  
go to the resources section



- Do you live in the Wakefield district?
- Do you have autism (diagnosed or undiagnosed)?
- Do you feel able to share your experiences of local support?

We are currently undertaking a research project within the wakefield district and we would love to hear your views!

We are keen to hear your views, please follow this link to complete our online survey.

<https://www.surveymonkey.co.uk/r/WakefieldAutismResearch>

If you would like to give more detailed feedback or responses please contact us directly to discuss or to find out more about how you can get involved  
research@autismplus.co.uk  
07814 732386

