

South West Yorkshire Partnership

NHS Foundation Trust

Wakefield and 5 Towns Recovery College - contact information:-

01924 316946

wakefieldrecoverycollege@wswyt.nhs.uk

@W5TRC

facebook.com/wakefieldrecovery

This Week's motivational quote:

"It doesn't matter how slow you go, as long as you don't stop.'

Remember, as always each week, 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.



Every Thursday at 10am the wonderful Halima is Live on our Facebook page with some of her favourite poetry and creative writing readings...

facebook.com/wakefieldrecoverycollege

Check them out!



THE SUPPORTER

NEWSLETTER

17 July 2020

Hi everyone! I hope you've had a good week this week

and have perhaps started venturing out now that some

restrictions have started lifting? Maybe, like some of our volunteers, you've had a decent haircut and feel like a

new person! Perhaps, like me, you went out to eat a meal for the first time in months? Maybe you've had a birthday celebration where you were actually able to visit friends or

family as a pleasant change? Whatever you get up to this

week, I hope you have a lovely one ⊕ Lindsey ⊕





LIVE & INTERACTIVE ONLINE COURSES - AVAILABLE TO BOOK NOW!

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

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



Experiencing grief and loss?

We offer help and support, however you need it



0808 196 3833 (8am-8pm)



griefandlosswyh.co.uk



QUIZ OF THE WEEK last week's answers

- 1. Santiago
- 3. River Severn
- 4. Antartica
- 5. Bakerloo
- 6. Vatican City
- 7. Slovenia
- 8. Kentucky
- 9. Wellington
- 10. Schiphol



- 1. What year was Batman film "The Dark Knight" released?
- 2. Can you name all 7 Cludeo characters?
- 3. How is "albumen" better known?
- 4. What is the most westerly country in Europe?
- 5. What did John Logie Baird invent in 1926?
- 6. What was Posh Spice Victoria Beckham's maiden name?
- 7. In a street of 100 numbered houses, how many number 9's are there on the doors?
- 8. Who played Barbara Good in "The Good Life"?
- 9. Which US state is last alphabetically?
- 10. Which pub is associated with the fictional brewery Newton and Ridley?

(Answers next week)

As some of the restrictions are lifted you may be feeling some anxiety and even confusion about what to do. Here is a great resource from our friends at Richmond Fellowship to help you with this.

https://www.richmondfellowship.org. uk/wp-content/uploads/2020/07/RF-KIRKLEES-RETURNING-TO-WORK-OR-BACK-INTO-THE-COMMUNITY.pdf



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During these unusual times we would like to offer anyone struggling with mental health issues some online support. We are running a number of sessions via Zoom.

The sessions are a chance for you to meet like-minded people, share support and ideas and look after your wellbeing. You can use your phone tablet or computer to take part.

MONDAYS

MOTIVATIONAL MONDAY - 10.30am till 11.30am

Get a positive start to the week, put your head in the right space, shake off the weekend.

Contact: cheryl@properJob.org.uk

LAB DROP IN - 2pm till 3.30pm

The LAB Project combines team working, confidence building and communication skills.

Contact: marllyn@properjob.org.uk

TUESDAYS

LAB DROP IN - 3pm till 4.30pm Contact: audrey@properjob.org.uk

WEDNESDAYS

SKILL SWOP - 10.30 am till 11.30 am

Anyone can drop in and share or learn a new skill.

Something different most weeks.

Contact: cheryl@properjob.org.uk

THURSDAY

LAB DROP IN - 3pm till 4.30pm Contact: audrey@properjob.org.uk

FRIDAYS

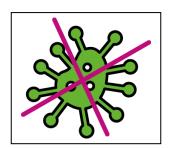
FEEL GOOD FRIDAY - 2pm till 3pm

Start your weekend with a group of friendly people and a song. Contact: cheryl@properjob.org.uk

FOR MORE INFORMATION RELATING TO OUR ONLINE PROVISION PLEASE SEE:

www.properjob.org.uk/covid-19-support www.properjob.org.uk/arts-hub

OR EMAIL: joe@properjob.org.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, Pontefact

To enrol:

www.wakefieldrecoverycollege.co.uk
Or ring 01924 316946

There is a huge array of resources available for support specifically around Covid-19 (coronavirus) being promoted nationally:

1. Every Mind Matters, 10 tips to help if you are worried about coronavirus:

nhs.uk/oneyou/every-mind-

matters/coronavirus-covid-19-anxiety-tips/

2. Every Mind Matters, Mental wellbeing while staying at home:

nhs.uk/oneyou/everymindmatters/coronavirus-covid-19-staying-athome-tips/

- 3. GOV.UK, Guidance for the public on the mental health and wellbeing aspects of COVID
- **19:** gov.uk/government/publications/covid-19-guidance-for-the-public-onmentalhealth-and-wellbeing
- 4. NHS Employers, Health, safety and wellbeing:

nhsemployers.org/covid19/healthsafety-and-wellbeing





Virtual Self Management Workshops

Coping with Pain Parts 1 & 2, 15 & 22 July 2020 14:00-15:00
Feeling Positive Busting Stress, 17 July 2020 11:00-12:30
Boosting Self Confidence, 24 July 2020 11:00-12:30
Coming out of Lockdown, 28 July 2020 14:00-15:30
Feeling Positive Busting Stress, 10 August 2020, 11:00-12:30
Coping with Life through Relaxation, 11 August 2020 14:00-15:30
Coming out of Lockdown, 14 August 2020 11:00-12:30
Boosting Self Confidence, 21 August 11:00-12:30

All our workshops are free and provided by your local NHS. Access to the workshop is via Microsoft Teams

For more information contact Live Well Wakefield on 01924 255363, or email Paul.Boyd@swyt.nhs.uk



Physical activity and moving more has a large part to play in maintaining both our physical and mental health.

Sarah has changed the way she thinks about exercise and how she manages her diabetes https://youtu.be/LZIVVicC8DM



Next week will see the introduction of face coverings for us all when visiting shops, supermarkets and other enclosed spaces. Whilst there are some people who will be exempt from this (those with specific health conditions and disabilities), the rest of us will probably take some time to get used to doing this as the new normal. But don't worry - there's no need to spend lots of money on disposable face masks – as long as you wash your face covering each time you come home from your trip to the shops, you can use something like a scraf, a snood, an old piece of clothing or even a wide gym headband. Remember though - to be effective, it must cover both your mouth and your nose.







Open Country's Audio Walks

During Lockdown, Open Country have tried to bring the outdoors indoors for their members. They're delighted to launch their first **audio walk**, featuring their very own Tom Marsh! It brings the sights and sounds of nature into the comfort and safety of your home. See the 'News' section of our website: http://www.opencountry.org.uk/blog/

If anyone would care to produce one for them here's 'Tom's Top 10 Tips' for Recording Audio Walks:

- 1. Use a dictaphone or recording app on your smartphone, such as 'Voice Memos' on iPhone or 'Voice Recorder' on Android.
- 2. If you are using your phone as a recording device, turn it to silent or switch to 'do not disturb' mode so notifications don't ping during the recording.
- 3. Try not to record whilst walking. Stop, get your breath and speak slowly at a normal volume, leaving pauses so the background sounds can come through.
- 4. Avoid recording the whole walk, just concentrate on a few points of interest and fill in the rest of the walk by describing where you have been and where you are heading next.
- 5. Describe the sounds and smells, as well as what you can see.
- 6. Avoid windy spots. Find shelter to do your recording and use your body as a wind foil, holding your microphone close to, but not touching, your body.
- 7. Hold your microphone at waist height to eliminate the chance of overpowering the mic.
- 8. Record 'wild tracks' bits of audio with no speaking, i.e. bird song and other ambient sounds. They are great for providing context and creating seamless edits between clips.
- 9. Avoid recording close to a road as traffic noise tends to overpower the track.
- 10. Don't start speaking as soon as you press record and don't stop the recording as soon as you have finished speaking. Leave a buffer at the end of each clip to aid in editing them.

wakefield@opencountry.org.uk www.opencountry.org.uk

Below you'll find links to online resources to inspire your sense of fun, creativity and imagination.

We'd love to see photos of any work you produce so email pictures into wakefieldrecoverycollege@swyt.nhs.uk

> For when your art & craft projects don't go to plan! www.craftfail.com

> > Comedy throwback – Fry and Laurie https://youtu.be/vLfghLQE3F4



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Let's shake off lockdown with fun packed days of multisport, all based from Frickley Athletic's Westfield Lane Stadium.

Thanks to the 'Our Family, Our Future' funding via Wakefield Council we are delighted to announce that we can now offer 10 free child places (daily) to families currently receiving free school meals. These free places will also include breakfast, lunch and afternoon spack.

As part of our commitment to making sure kids in our area have access to healthy foods we can also offer breakfast, lunch and afternoon snack to paying children for just an extra £5 per day (this includes drinks too),

Staffed by qualified and experienced coaches who are all DBS checked. The Summer Camp children will take part in a number of sporting activities as well as creative activities and lots of fun and games.

We'll be operating a staff to child ratio to reflect compliance with social distancing guidelines as well as having the Frickley Athletic Pavilion 'Covid Safe'.

Summer camp is running Monday to Friday from the 3rd of August until the 28th of August

Boys and Girls both welcome aged from 5 to 12

8:15am drop off - Games 9am - 4pm - Football/Activities 4pm - 6pm - Games, Quiz and Music

Option	Start	Finish	Day rate (no 500d)	Day rate (incl food)	Weekly rate (no food)	Weekly rate (incl food)
1	8.15am	5.45ptn	£20	£25	£90	£115
2	8.15am	4.00pm	£15	£20	£50	£75
3	9.00um	5.45pm	£15	£20	£50	£75
4	9,00am	4.00pm	£12	£17	640	£65

Evidence that your child/children are eligible for free school meals will be required for in order to secure a funded place. Please note that depending upon demand funded places may be limited to a specific number of days per week.

To register your child on to Prickley Athletic Community Foundation's 2020 Summer Camp please email john@frickleyathletic.co.uk or toxt/call 07957 424795 with your booking information, see reverse

What better way to start the weekend than with meditation.



5 minute guided meditation for positivity and grounding https://youtu.be/s9b2y3Mg2n8



BE CAREFUL!! Hospitals have seen a sharp rise in serious eye injuries caused by DIY mishaps during lockdown. ☐ Wear protective eyewear for all activities where there is a risk of objects or liquids entering the eye (hammering, drilling, painting etc). Invest in good quality goggles or safety glasses that conform to European Standard BSEN166 or prescribed prescription safety goggles by an optometrist ☐ Don't touch your face, at least until you have washed your hands to prevent dust or chemicals getting into the eye ☐ Don't work alone, always have someone else available to help nearby ☐ Keep a first aid kit and phone handy ☐ In the case of an accident: ☐ Don't rub your eyes ☐ Go to A&E as soon as possible □ Never wash a cut or punctured eye ☐ If you get a chemical in your eye, rinse it with lots of running water or saline eye wash and go to A&E as soon as possible



The PROTECT Study is an exciting opportunity to take part in a major UK research study. It aims to understand how healthy brains age and why people develop dementia. The PROTECT study is run by the University of Exeter and Kings College London, in partnership with the NHS.

https://www.protectstudy.org.uk/

Do you know a young person who has become a Carer?

Many children will have become young carers during lockdown, after taking on new or additional responsibilities at home. Please direct them to this website for advice, information and support

www.WF-I-CAN.co.uk

A series of top tips and newsletters are also available from http://earlyhelp.wakefield.gov.uk/summer-2020/ and

www.wfyouth.co.uk

For more information on what a 'Young Carer' is and what support is available for Young Carers in Wakefield contact the Young Carers



Early Help Lead Practitioner - Emma Newton Mobile: 07500 911 387

emmanewton@wakefield.gov.uk



A long read for the weekend

This week's long read comes to us from Helen at The West Yorkshire History Centre:

Aliens, a Snapshot into Immigration in our Districts

An alien is historically defined as being a citizen of another country. People came to West Yorkshire from all over the world in particular, the 19th & 20th centuries saw many conflicts and uprisings. These were one of the main reasons that people fled their country of birth, conflicts resulted in people losing their homes, families and sometimes their own lives. Borders & political rule often changed and particular nationalities & religions were persecuted as a result.



Registration card for Louis Arion from the Leeds City Police collection, WYP/LE/19 The West Yorkshire Archive Service holds records within the Leeds City Police collection, c1850-c1960 (our ref. WYP/LE/19) that are known as Alien files. Almost 3000 registration cards survive revealing real life stories of families & individuals who came to the UK or passed through in the hope of finding a better and safer life.

What happened once someone arrived in the United Kingdom?

Upon landing in the UK, an individual had to register their presence with the local police force. A photograph was usually attached to the file and in some cases, there are 2 or 3 photographs showing the individual as they aged.



People had to give details about themselves, their new address and employment and even had to give details of they wished to ride a bike!

What happened to people once they arrived in the UK and settled in West Yorkshire?

Whilst many aliens found work or set up successful businesses and settled in Leeds, others went on to settle in Yorkshire's other industrial districts and mining towns such as Huddersfield, Ilkley, Halifax, Wakefield, Barnsley, Castleford and Bradford.

Some families felt the need to change their names from their birth names to ones they considered more acceptable or simply to names that were easier to pronounce or spell. Some examples of name changes we have found are Schneider was changed to Taylor, Browt and Brailowski changed to Brown, Kroll to King and Yezavitovitch to Thompson.

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1881 Bradford census showing a group of travelling musicians originally from Italy & Germany, some became British subjects

Circumstances beyond control

Many people came to the UK because the rules imposed upon them by their home authorities were cruel and completely unimaginable to us today. There are documented examples of such circumstances in these files.

Many people were happily married perhaps with children, running a successful business or were teachers and scientists, doing a job they loved and suddenly their worlds were torn apart. Many individuals were forced to divorce, to hand over their business to the authorities with no financial compensation or told they were no longer fit to teach due to their religion or birth place. Tragically, this is what happened to hundreds of thousands of people.



It is therefore not surprising that the relative safety of Britain, its financial prospects and acceptance of aliens seemed like a haven to those suffering such cruelty in the country of their birth.

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BEHRMAN.	minnie.	No. 92.169. Date 904.1916. Issued at 02.11.1916.
(3) NATIONALITY Russian.	Born on 22 June 18	middlesborogu
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(5) PROFESSION or OCCUPATION. Let	when married w	Arrived in U.K. on about 1904.
(7) Address of last residence outside U.K.	Russia	
(8) GOVERNMENT SERVICE.		(11) SIGNATURE OR LEFT THUMB PRINT,
(9) PASSPORT or other papers as to nationality and identity.		BP. 13.3.20

Registration card for Minnie Arion, a former teacher from the Leeds City Police collection, WYP/LE/19

The flip side

Being deemed an 'alien' wasn't just for those born in other countries, for those born in the UK who later became citizens of the United States for example, the procedure was just the same. They were considered 'aliens' by the UK authorities and had to undergo the same registration interviews as those born outside of the UK when they came to visit relatives in West Yorkshire. When a woman married, she automatically took on not only her husband's name but also his nationality. British born women whose nationality changed through marriage were also subject to the same alien immigration rules as their husbands.

FEMALE.	REGISTRATION CARD.	NGH.9199179
(1) NAME (Surname first in Roman capitals).		(2) IDENTITY BOOK OR REGISTRATION CERTIFICATE.
BRASS, n	Timie	No. A. 255359
ALIAS	9	No. A. 255359 Date LEEDS CITY
(3) NATIONALITY U.S. Cifizen	Born on 5th Nov. 1896	in feeds, yorks.
	itish	00.
(5) PROFESSION or OCCUPATION V	isitor	(6) Arrived in U.K. on 3// 2 /49.
(7) Address of last residence outside U.K. 172	Sutnam Street, Ea	st Booton, Mass.
SINGLE OF MARRIED Single.	Husband's Name and Serial No.	
(8) GOVERNMENT SERVICE	(10) PHOTOGRAPH.	(11) SIGNATURE OR LEFT THUMB PRINT.
None.		Minnie Brass
(9) PASSPORT or other papers as to nationality and identity. US. p.pl: 11729 issued at Washington 9/5/45 - (Now Canceller sholds p.pl: 2814 issued fondon 13/5/49)	ALIEM	Mark Strate

Registration card of Minnie Brass, born in Leeds who became a US Citizen

How can we use this collection to find our ancestors?

This collection represents just a small percentage of the people who actually came to Leeds and registered their presence during that period. Under normal circumstances these files would have been destroyed as the individual either died, became naturalised or left the UK so we are very lucky to have them.

If you think your ancestor may have come to Leeds, we have created a spreadsheet of those included in this collection & staff can advise whether there is likely to be a registration card for the person you are interested in.

People came from all over the globe, including places such as China, France, Germany, Italy, Lichtenstein, Poland & Russia.

Other records that can help trace people

Parish records such as baptism, marriage and burial records are a brilliant resource



No.	When Married.	Name and Surname.	Age.	Condition.	Rank or Profession.	Residence at the time of Marriage.	Father's Name and Surname.	Rank or Profession of Fathe
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Entry from the 1877 marriage register for St Paul's Alverthorpe (WDP43/1/2/2) showing the marriage of Solomon Cottinsky

Census Returns

Census returns give the names of those living at an address. There has been a census in England and Wales every 10 years since 1801. The first census to list everyone living at a particular address was in 1841. Census records are closed for 100 years, so the most recent census currently available to search is the one from 1911. Later censuses give ages, occupations, place of birth and relationships

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The 1881 Wakefield census gives Solomon Cottenski's place of birth as Poland

Passenger lists

A search of ancestry will give you the option to search the immigration section for passenger lists, these will give the names of those travelling to the UK and outward bound. Whilst not a definitive list, they are very helpful when looking for an ancestor who may have emigrated.

How can you access Records?

Our offices are currently closed due to the pandemic, so appointments to view the documents are not available at the moment, however some of our records are available to view on Ancestry.com





Records under 100 year may have some access restrictions on them, staff can advise you of this if you wish to view the records.

You can also browse our online catalogue http://www.wyjs.org.uk/archive-services/our-collections/ to see if there may be any records of interest to you, we don't have the records available to view online but you can get a good idea of what the documents contain and even though our offices are closed at the moment, you can still email in with your enquiry and we will respond as soon as we can.

Happy searching, stay safe and we hope to see you soon!











Exciting news!!! Keep your eyes peeled!!!

In the next few weeks, we will have a brand new website! Yay! It will have a brand new look, be full of stories from our students and volunteers, be easy to access web pages and resources and all of our new online courses (as well as all the usual bits and bobs you can already find on our current pages).











