



THE SUPPORTER NEWSLETTER



24 July 2020

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facebook.com/wakefieldrecovery



With our new website coming soon, we'd love to know what you'd like to see on it when you visit it for the first time. Get in touch and help shape your College's site!
Lindsey & Janette ☺



New Government Guidance on face coverings

From 24th of June everyone had to wear a face covering when travelling by public transport in England. From 24th July this has been extended to Shops and Supermarkets and enclosed public spaces. Check out the Government Advice. Transport operators can deny services and shops/supermarkets can refuse entry. Fines can be issued for non-compliance. There are exemptions to the rules, including children under 11 years, not being able to wear a face covering due to physical or mental illness, impairment or disability, and for those who rely on lip reading to communicate.

<https://www.gov.uk/government/speeches/face-coverings-to-be-mandatory>

Warning to Consumers over 'Green Homes' scheme

We are urging residents to be aware of fraudsters looking to take advantage of the new government 'Green Homes' grant. The scheme outlined this week is offering energy efficient home improvement grants. The grants are not yet live and eligibility criteria is still unknown. The scheme is expected to launch in September. We expect many criminals will seek to exploit this opportunity to target our residents. Whenever considering having work done on your home, please use reputable trades people, take recommendations from family and friends, get written quotes to compare and don't pay cash up-front.



Ticket Scams set to rise

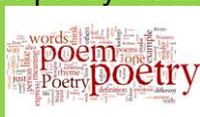
With pubs, restaurants, cinemas and museums set to reopen, demand for tickets is likely to be high. We're reminding people to take extra care when buying tickets online. Only buy tickets from the venue's box office, official promoter or agent, or a well-known and reputable ticket site. Avoid paying for tickets by bank transfer, especially if buying from someone unknown. Be wary of unsolicited emails, texts or adverts offering unbelievably good deals on tickets. If it sounds too good to be true, it probably is.



Tax Refund Phishing Scam

Several consumers in the UK are still being contacted by fraudsters purporting to be HMRC offering tax refunds. HMRC will never ask for personal or financial information when they send text messages. Do not reply if you get a text message claiming to be from HMRC offering you a tax refund in exchange for personal or financial details. Do not open any links in the message. HMRC has also issued a warning against an automated phone call scam which will tell consumers that HMRC is filing a lawsuit against them, and to press one to speak to a caseworker to make a payment.

Brighten up your Thursday mornings and join Halima's live poetry reading sessions



Starts at 10.00am

facebook.com/wakefieldrecoverycollege

Your speed
doesn't matter,
forward is
forward.





The Open Country project will benefit from its share of £500,000 health inequalities funding allocated by West Yorkshire and Harrogate Health and Care Partnership (please note: photo taken before March 2020 and coronavirus restrictions).

The funds have been allocated by West Yorkshire and Harrogate Health and Care Partnership to support those that have been disproportionately affected by COVID-19.

In Wakefield, two community projects have been successful applying for funding. They are:

- Open Country, which helps people with disabilities to access and enjoy the countryside. They will deliver a project to improve health for adults with mental health conditions, learning disabilities and/or autism alongside partners Vibe Fitness and Wakefield & Five Towns Recovery College



Check out our new courses further on in our Newsletter!

- Leeds Gypsy and Traveller Exchange, which also covers Wakefield, will work to increase access to services, information and support and reduce health inequalities for Gypsy and traveller communities.

More than 80 applications for funding were made from a variety of organisations and final decisions were reached with input from public health, community sector, and partnership colleagues.

Read more:-

Here is the live link: [https://www.wakefieldccg.nhs.uk/wakefield-ccg-news/news/?tx_news_pi1\[news\]=203&tx_news_pi1\[controller\]=News&tx_news_pi1\[action\]=detail&cHash=3214a0313ab986cdfc7811835c6d77bb&fbclid=IwAR0UUBrq8pVTi18wL0VOlig33Qc82VxbERKq15gefbo2RS3MjsdWBvXjO_4](https://www.wakefieldccg.nhs.uk/wakefield-ccg-news/news/?tx_news_pi1[news]=203&tx_news_pi1[controller]=News&tx_news_pi1[action]=detail&cHash=3214a0313ab986cdfc7811835c6d77bb&fbclid=IwAR0UUBrq8pVTi18wL0VOlig33Qc82VxbERKq15gefbo2RS3MjsdWBvXjO_4)

Time to get out and about? Here's a link to a 30 day walking challenge. The link also includes a tracker, you can use the tracker or make your own by starting off with ¼ or ½ of a mile and building up from there.

<https://www.heandsheeatclean.com/30-day-walking-fitness-challenge>

You can still enjoy these great attractions from the comfort of your armchair!

As restrictions are eased, the National Trust are beginning to open their gates

<https://www.nationaltrust.org.uk/whatson>



The Great Yorkshire Show has gone virtual for 2020!

<https://virtual.greatyorkshireshow.co.uk/>



Last week's quiz answers:

1. 2008
2. Mr Black, Miss Scarlett, Professor Plum, Reverend Green, Mrs White, Colonel Mustard and Miss Peacock.
3. Egg white
4. Iceland
5. Television
6. (Victoria) Adams
7. 20
8. Felicity Kendal
9. Wyoming
10. The Rovers Return

Halima's inspirational wellbeing tips!

Give yourself a pat on the back at the end of the day. To say to yourself that you are proud of you. Someday, even the act of breathing is something to be proud of.

Cook healthy meals for yourself. Make a day of it. I usually do it on Saturday afternoon. Make enough meals for the week ahead. Either freeze it or put it in the fridge. You will have healthy meals in the freezer for when you don't feel like cooking.

Have a positive jar. For a week put one word that either begins with the first letter of either your first name or surname. Then the week after, draw out one of those positive words for every single day. Take that positive word and try to live your day bearing that word in mind.

When someone pays you a compliment, acknowledge it and accept it with a thank you. You could also jot down the compliments and reread them when you need a reminder of how awesome you are.

Dairy free chocolate chip deluxe ice cream Serves 2

You will need:

2 frozen bananas, each cut into 4/5 chunks
60ml oat milk
¼ teaspoon vanilla extract
45g non-dairy chocolate chips

How to make:

Blend the bananas, oat milk and vanilla in a food processor until smooth, mix in the chocolate chips

You can eat it straight away or freeze it in an air tight container for a firmer result. If it is frozen take it out of the freezer 10 minutes before you want to eat it.





TO THE 90's QUIZ

The 90s brought us everything from Phil and Grant Mitchell to Mr Motivator, Friends to Prime Suspect, Euro 96 to the Millennium Bug, and Maureen Rees to Carrie Bradshaw. TV saw us embracing cafe culture with Friends, the hilarity of Absolutely Fabulous and the cringe-inducing brilliance of Alan Partridge. While the big screen was dominated by films like Toy Story, Trainspotting and Titanic, our stereos were playing the hits of Spice Girls, Take That, and a whole load of Britpop. But how much do you remember about the era? Have a go and test your knowledge.....

In 1996 Ferne Cotton began her presenting career in which of these programmes?

1. Disney Club
2. Draw your own toons
3. The Saturday Show

Which song was No 1 in the UK singles chart on the 1 January 1990?

1. New Kids on the Block - Hanging Tough
2. Band Aid II – Do they know it's Christmas?
3. Jive Bunny and the Mastermixers – Let's Party

A Blue Peter Capsule which was buried in 1998 featured which of the following toys?

1. A Buzz Lightyear
2. A Furby
3. A Tamagotchi

Spice Girls debut album, Spice was the bestselling album in 1997. Who was the only member to have been part of the original line up?

1. Emma Bunton
2. Gerri Helliwell
3. Melanie Brown

Fitness guru Mr Motivator rose to fame on GMTV in the 90's but what was his real name?

1. Derrick Evans
2. Stephen Jones
3. Ian Matthews

Which 90's film was the first to be made entirely by computer animations?

1. Bugs Life
2. The Lion King
3. Toy Story

Cricket legend Brian Lara racked up a record breaking individual score of 501 not out against Durham in 1994, but what team was he playing for at the time?

1. Middlesex
2. Warwickshire
3. Surrey

Which Spanish duo reached No 2 in the UK singles chart in August 1996 with Macarena?

1. Los del Rio
2. Los del Mar
3. Los Polos Hermanos



Headline News!! -

It's on it's way to you soon! We are now planning our next January to July 2021 Prospectus which will be launched in mid December. Included will be a variety of new exciting courses for our students to enrol on. We will be continuing to offer more ONLINE courses as well.....

NEW WEBSITE!! We are really excited to announce that we will be launching our new website in the next couple of weeks. This bright and user friendly site will allow us to offer our students much more information and news all in one place. We will keep you updated.....

Shining light on death

A two-part Online event supporting healthcare professionals - especially for those in the caring professions, palliative care and hospice workers, GPs, Chaplains, undertakers, grief counsellors and those who are caring for dying friends or family.

In the presence of someone who is nearing the end of their life, not knowing what to say or do can be daunting, frightening or even embarrassing. There is a natural concern about not wanting to offend or cause pain by saying the 'wrong' thing. But being with someone who is dying can also be experienced as the greatest privilege of all. Perhaps we should think less about what to say or do and more about how to practise the particular qualities of being gracefully present and respectful. It may be that just by 'holding the space' we're doing enough, and the basic requirement for that is the capacity to be compassionately human - the greatest enabler of all.

Saturday 25th July 2020 5pm - 6.30pm

Speakers in conversation

Saturday 1st August 5pm - 6.30pm

Workshop

Hosted by Bradford Inner Space:

Join Zoom Meeting
<https://us02web.zoom.us/j/87241243912?pwd=NVlwLzliSm03SkVldjhjVWplU2ZJdz09>
Meeting ID: 872 4124 3912 **Password:** Caring

Speakers



Rev. Mike Gartland

Rev. Mike Gartland is an analytic psychotherapist who leads an NHS multi faith chaplaincy team in West Yorkshire. He has wide involvement in interfaith dialogue and in leading contemplative retreats.



Dr. Sarah Egger

Dr Sarah Egger - is Chair of the Janki Foundation. She worked for 30 years in the NHS as a consultant psychiatrist. Sarah is past chair of the Spirituality Special Interest Group of the Royal College of Psychiatrists, the National Spirituality and Mental Health Forum and the British Holistic Medical Association. She is also a certified Mindful Self-Compassion teacher.



The Janki Foundation
for Spirituality in Healthcare

www.jankifoundation.org
Putting heart into healing



ONLINE - Money Confident Course

Get money-confident with 4 bite-sized sessions, looking at: - Life, money and choices - Creating cash forecast - Creating a budget - Tackling debt. For each short session (4 sessions over 2 weeks), you'll need a computer, laptop, tablet or smartphone, Microsoft Office, access to the internet/mobile data, and the ability to input information, click, drag and drop.

11.00am-11.45am

Tuesday 11 August 2020	Life, money and choices
Thursday 13 August 2020	Creating cash forecast
Tuesday 18 August 2020	Creating a budget
Thursday 20 August 2020	Tackling debt

Money can sometimes be a worry for all of us, especially during these uncertain times we are going through. This really informative and helpful course will give students tips and information around budgeting.

To enroll go to our website and fill in an enrolment form : www.wakefieldrecoverycollege.co.uk





Vibe Fitness in partnership Open Country are offering the following FREE online 12 week exercise courses via the Recovery College, all starting in August. (Via Zoom) Once you have enrolled and registered for a course you will be loaned any exercise equipment needed. There are also a limited number of electronic tablets with internet access that are available to loan on a first come, first served basis, for those who would not be able to access sessions online.

**Boogie bounce (trampoline workout)
Mondays 12:15pm**

Boogie Bounce uses High Intensity Interval Training (H.I.I.T) techniques to maximise the most effective fat burning process in the cardio section, whilst using the pliable surface of the mat to perform a range of core stability exercises. The aim isn't to bounce high or perform gymnastic tricks, but to perform a series of small, controlled movements including our key moves - Froggin', Stompin' and the Paddle.

- Fantastic Full Body Workout
- Massive Calorie Burn and Weight Loss
- Increased Metabolism
- Relieves Stress
- Low Impact on Joints and Ligaments
- Reduces Cellulite
- Suitable for All Ages, Shapes and Sizes

**Badass by bounce dancefit (combat workout)
Wednesdays 12:15pm**

BADASS Brought to you by Bounce dancefit.

This combat, cardio & conditioning class will have you getting into shape in style.

This easy to follow session will have you toning muscles, burning calories, improving your balance and jamming out all to the beat of BADASS tunes.

We are taking our love for dance fitness to a whole new level.

Build your Confidence

Be Fierce

Find Your Inner BADASS

**Yoga
Fridays 10am**

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing

To enrol go to our website and fill in an enrolment form www.wakefieldrecoverycollege.co.uk we will then contact you with joining details etc. Starting dates will be shown on the relevant course.



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.

Spectrum People are now taking referrals and self-referrals for Art Therapy. Please Email spectrumpeople@spectrum-cic.nhs.uk for a referral form”

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



**TODAY IS THE DAY
TO STOP SMOKING
AND PROTECT YOUR HEALTH, YOUR FAMILY AND THE NHS**

 We all need to try to protect ourselves and our families right now, but **especially** if you smoke.

 Smoking damages the lungs and the immune system, making it harder to fight off infections.

 And it also increases your risks of heart disease, diabetes, COPD, stroke and cancer.

 And that means if you **do** get coronavirus, your symptoms could be more severe.

 Your health starts to improve **from the moment you stop.**

**It's never too late.
For support to quit, search **smokefree****

Wild Things Zoom Group

Open Country in partnership with the Recovery College are offering this new online course starting every Friday from 14th August 2020 until 30th October 2020 (inclusive)
2 sessions to choose from - 10am – 12pm OR 1.30pm – 3.30pm

Do you enjoy the outside and learning about nature and the environment, then this course is for you, as you will learn how....

- To understand the different habitats around us.
- To understand why it is important to take care of our gardens and local green spaces.
 - To learn how to identify different species that can be found locally.
- To be able to demonstrate how to make various aids for wildlife, including bird feeders, butterfly feeders, acorn pots.

To book a place, complete the enrolment form on our website
www.wakefieldrecoverycollege.co.uk



Coping Skills Activities

R C A G R E T H G U A L G K K E O F B A Z R D Q
R F G A Y K G N I H T E M O S E T A E R C A C A
J M Z R G A S R H L C L V N E K W T S V X Y D G
P J F D F U T A O G Y H G J G V B A V H X H V U
S T S E H I L C B L N S D G A D S S Y K W I R C
A Q T N J Q S F T A O B A J S Y J X H C R K P L
H D R I H X V Y X Z I F J X S Z N Y S S P E I Q
P L O V F B O H U F S O K L A W W O P C O G B J
L G P W O S L A O S I U F M M L U G R I R I X M
D Y S P V H U V X K V T M U S I C A A B R R F O
Y T T N V V N B L V E L O U O R X O Y O M E G F
K R A P A O T O G Z L A Z S S S D O C R E A T G
W J S G R N E E T Z E N E R S Z N Y L E H D G M
B P C Z A J E K Q K T R E L A X R T E A B G L Y
W F J S X A R A W B H U K M Z M B Q A C Q L N W
A X C U A V W B I A C O D M J G G H N E S V T C
Q B J X C L I P Q U T J D E E P B R E A T H E S
W F W H Y G O S N K A Q Y C E D I R E K I B H V
P Y H G C C E X W C W A L N Z Y T S K T Z S Z Q
W V K F G P Z Q E H T A B N U S D Z M L K O O C
Z F J Z W M Q O S D N E I R F U L C R U D B T V
A B I F M V K H G S E I V O M P N G N O G B W P
V R O E S R C L O R E T R E A T S P V R I Q D O
G E B O H Y H E T A T I D E M P W B V U C R F V

go to a park	create something	clean	cook
deep breathes	friends	garden	hike
journal	laughter	massages	meditate
movies	music	pray	read
relax	retreats	volunteer	sunbathe
sports	walk	watch television	yoga
aerobics	bake	bike ride	



Courses now available to book

Couch to 5K 17 August – 10-11am, 8 weeks
Fieldhead Hospital Sport Hall

Quiet the Mind 18 August – 1-3.30pm, 3 weeks
Baghill House, Pontefract

Arthritis and You 15 October – 10-12pm
Transgender Awareness 15 October – 1-3.00pm
Both at Wakefield County Hall

Coping with Pain 9 November – 10-12pm, Baghill
House, Pontefract

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

Pottery for beginners 17 November – 1.30-3.30pm –
3 weeks, Baghill House, Pontefract

Learn more about IBS – 23 November – 1-3.00pm,
Drury Lane, Wakefield

Places limited, book via our website
www.wakefieldrecoverycollege.co.uk