



# THE SUPPORTER NEWSLETTER

31 July 2020

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- www.wakefieldrecoverycollege.nhs.uk
- 01924 316946
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**NEW WEBSITE LAUNCH**  
**3 AUGUST 2020!**

Janette and I are extremely excited about the news on page one of this week's newsletter. We've been working hard behind the scenes with our Communications Team and our web designers Cyber Media Solutions to bring you this new website. We'd love to hear your thoughts so please get in touch and let us know 😊 Have a safe and enjoyable week!

Lindsey 😊



Our student's feedback is vitally important to us. Some said finding our workshops and resources was difficult to do via our old website.

We wanted to change this and along with Barnsley, Calderdale & Kirklees Recovery Colleges, we decided to plan a new one. What do you think?

We love it! It is bright, modern and much more user friendly for our students. It will allow us to offer everyone news and information quickly and more efficiently. The new site will launch on Monday 3 August 2020. There will be a new website address [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk), and for the time being our old website address will automatically default to the new website. We hope you like it and find it much easier to get around, please let us know what you think.....



**ONLINE**  
**Medication and Me workshop**  
**(Q & A session)**

**28 August 11.00am-12.30pm**

We are offering a new online session where you can learn more about prescribed medications, side effects and contra-indications. Especially medications prescribed for mental ill health. This relaxed and informal session is free to join.

**To book your place – enrol via our website**

**ONLINE**  
**Understanding hearing voices workshop**

**19 August 2pm – 3.30pm**

If you are interested in developing an awareness of what the experience of hearing voices may mean to you or someone you care about, then this workshop could be for you

We will be talking about, how common hearing voices is, different ways of understanding and some useful ways that people have found help with hearing voices

**To book a place – enrol via our website**

## INFORMATION



<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

**Save money and learn how to make a cloth face covering**



<https://www.bigcommunitysew.co.uk/>

The Big Community Sew

Uniting UK sewers to protect their family, friends and community by making face coverings.



<https://hiddendisabilitiesstore.com/hidden-disabilities-face-covering.html>

Cards from 55p each to buy

**Wearing face-coverings is mandatory in shops and public transport in England (from 24 July) and Scotland (from 10 July) and on public transport in Northern Ireland (from 10 July).**

**Who is exempt from wearing a face mask in the UK?**

England: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#exemptions-face-coverings>

## Support during Covid-19 and beyond

From money, debt and mortgage support, to installing new central heating systems - we are here to help. Although we cannot yet go out and see our clients face to face, we are always looking at better ways of working. These include video calling, text and Whatsapp messaging in addition to phone calls and letters.

Our contractors are now able to visit properties to install heating systems. Social distancing measures are in place and they are following strict guidelines to ensure residents are kept safe and warm during these uncertain times.

## NHS public registry for coronavirus vaccine trials

The NHS has launched a [public registry for Covid-19 vaccine trials](#) where you can sign up to be contacted about taking part in vaccine trials. Signing up does not commit you to taking part in a specific trial and you can withdraw your permission to be contacted at any time.

<https://bepartofresearch.nihr.ac.uk/vaccine-studies/>

## Visiting a Care Home?

NEW guidance was published on the GOV.UK website recently.

Lockdown has been difficult for many residents and families over the past few months and visits are important for all those in care settings. There is updated Government guidance available on their website.



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energyteam@wakefield.gov.uk

www.wakefield.gov.uk/energy

**wakefieldcouncil**  
working for you

**POEM**

**Remember**

You are amazing.

From your glorious head  
to your lovely toes.

If no one has told you that,  
just remember some days  
the act of breathing is  
amazing.

If you don't feel amazing,  
do whatever makes you  
feel amazing,  
a lovely new dress, a  
favourite outfit.

Remember to pat yourself,  
on the back at the end of  
the day.

To say  
you are proud of you  
because you are amazing

Halima 2020

**Yorkshire Quiz – Think you know ‘God’s own Country’ as  
Yorkshire Folk call it – then test your knowledge...**

- 1) To which Saint is York Minister dedicated?
- 2) Where is the highest pub in Yorkshire?
- 3) Which Yorkshire cheese do Wallace & Gromit enjoy?
- 4) When is Yorkshire Day celebrated?
- 5) How many steps lead up to Whitby Abbey?
- 6) How long is the Pennine Way?
- 7) Which Yorkshire actress was made a Dame in 1988?
- 8) Which river passes through Leeds city centre?
- 9) Which soap is filmed in Yorkshire?
- 10) Which city is known as the ‘Steel City’?
- 11) Wakefield, Morley & Rothwell all form part of what?
- 12) Which Yorkshire cricketer captained England to an Ashes Victory in 2005?
- 13) How many of the world famous ‘Betty’s Tearoom’s’ are there in Yorkshire?
- 14) Who wrote books on the experiences of a Yorkshire Vet?
- 15) What colour is the Yorkshire Rose?



Last week’s 1990’s Quiz  
answers

1. The Disney Club
2. Band Aid II
3. Tamagotchi
4. Melanie Brown
5. Derrick Evans
6. Toy Story
7. Warwickshire
8. Los del Rio

Thought for Today

**“If you don’t like something  
change it;  
if you can’t change it,  
change the way you think  
about it.”**

~ Mary Engelbreit



**How to sleep when you are stressed!**



Drinking coffee just before bed can keep you awake, try reducing your caffeine out completely from lunchtime to see if that helps, that includes tea and cola drinks.



Try to relax without the booze. It can be tempting to try to de-stress by having a drink before bed, but while alcohol may help you get off to sleep, it can lead to disrupted sleep and you are more likely to experience rebound anxiety in the morning.



‘Slowly inhaling and exhaling will help to calm your nervous system, lower your heart rate and help you feel relaxed before bedtime.



## NEW ONLINE COURSES OUT NOW!

Course	Date	Time	Weeks
Money Confidence	11 August	11.00-11.45am	4
Boogie Bounce	17 August	12.15-1.00pm	12
Understanding hearing voices	19 August	2.00-3.30pm	1
BADASS ( Combat workout)	19 August	12.15-1.00pm	12
Yoga	21 August	10.00-11.00am	12
Wild Things	21 August	10.00-12.00pm	12
Wild Things	21 August	1.30-3.30pm	12

To book a place – enrol on our website and we will forward you joining details



[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

### FREE Courses/workshops on our website – available for enrolments (Subject to change)

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 – 2 weeks  
23 November – 1-3.00pm, Drury Lane, Wakefield

Enrol via our website

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

## Come along to our singing group

Join other people with dementia at a Singing for the Brain® session in West Yorkshire

Our Singing for the Brain sessions use singing to bring people with dementia together in a friendly and stimulating activity.

### Where to find us?

This is an online group using Zoom and/or Telephone to virtually meet

### Our Singing for the Brain® session runs

Every Wednesday: 4pm -5pm  
Please contact your local office before attending



'I love Singing for the Brain® which I call singing for the soul. The group lets me meet other people with dementia, which makes me feel that I am not so different after all.'

Irene, who has dementia

To find out more contact us on:

wakefield@alzheimers.org.uk  
01924 373264

alzheimers.org.uk



**Introduction to Dementia  
Virtual Drop-In**

An online interactive session for people affected by dementia

Have you or someone you know been recently diagnosed with dementia? Our Dementia Support Worker led virtual session will cover

- What is dementia
- Living well & staying healthy
- Day to day living
- Practical things & planning
- What support is available.

Please book on to one of our fortnightly interactive sessions via  
[wakefield@alzheimers.org.uk](mailto:wakefield@alzheimers.org.uk)  
or 01924 373264

Sessions run alternate Tuesdays  
from 12pm to 1.15pm via Zoom

Here for everyone affected by dementia  
[alzheimers.org.uk](http://alzheimers.org.uk)  
Get in touch today  
[wakefield@alzheimers.org.uk](mailto:wakefield@alzheimers.org.uk)  
01924 373264

## Alzheimer's Society

Alzheimer's Society's Introduction to Dementia interactive session is aimed at people affected by dementia who have been recently diagnosed and is a virtual replacement for our bookable sessions at Drury Lane and Baghill Memory Clinics. The session is an addition to the 1-1 support offered by a named Dementia Support Worker and introduces early on the idea/worth of peer support. **To book on to the session delivered via Zoom or for further information contact Alzheimer's Society on 01924 37326 or [wakefield@alzheimers.org.uk](mailto:wakefield@alzheimers.org.uk)**

Our weekly Virtual Singing for the Brain sessions are still available to people affected by dementia across the district on Wednesdays from 4pm to 5pm. You can join by Zoom or by phone – **places can be booked by contacting Alzheimer's Society on 01924 37326 or [wakefield@alzheimers.org.uk](mailto:wakefield@alzheimers.org.uk)**

We continue to look at alternative virtual offers to enhance the experience of people affected by dementia across Wakefield District during this pandemic. Alzheimer's Society has also produced useful guidance and tips for people affected by dementia regarding wearing face coverings on an advice blog **<https://www.alzheimers.org.uk/blog/should-person-dementia-wear-face-mask-coronavirus>**

There is no permit or automatic presumption of exemption for people with dementia not to comply with the new rules but these rules do not apply to a person with dementia if they have a 'reasonable excuse' not to wear a face covering. The blog has been updated in line with the new guidance for face coverings in shops that comes into line on the 24<sup>th</sup> July



## Public Health - Older People Survey

Public Health are asking community groups and organisations providing support to older people how Covid has affected them, so that we can get a better understanding of the support currently being provided to older people and gain insight into how best to plan for the future.

**<https://www.surveymonkey.de/r/GT3DQ7S>**

**Can you help by completing the survey which is still open?**



Tiny Happy People is an initiative from BBC Education that aims to help develop young children's communication skills. The digital hub has been designed to support parents and carers in developing children's language from pregnancy to the age of four – and is endorsed by the Duchess of Cambridge. For more information go to their website: <https://www.bbc.co.uk/tiny-happy-people/tips-and-advice>

### NHS Distraction Pack

Recoop have been providing distraction packs 'food for thought'. They include quizzes, activities and reading material to help distract you during long periods of time spent alone. Here's a copy



Food for Thought  
Distraction Pack.pdf

### YORKSHIRE ATTRACTIONS WORDSEARCH

K	T	R	O	P	I	C	A	L	W	O	R	L	D	M	K	U	J	Z	O	A	M	H	R	P
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Xscape Yorkshire, Yorkshire Wildlife Park, Bronte Parsonage Museum, Cannon Hall Farm, City Cruises York, Diggerland, Eureka, Flamingo Lane, Harewood House, Jorvik Viking Centre, Lightwater Valley, Magna, York's Chocolate Story, Tropical World, Tropical Butterfly House, National Coal Mining Museum, Royal Armouries, The Deep, William's Den

