



THE SUPPORTER NEWSLETTER




South West
Yorkshire Partnership
NHS Foundation Trust


Wakefield and 5 Towns Recovery College
– contact information:-

Welcome everyone to our second Newsletter. Last week we had a few teething problems with our new ways of working, apologies for this, the Newsletter is now available to read on our website.

We hope you all had a good Easter, for most of us it appeared very different this year. On the bright side the weather was good and we hope you were able to spend time outside enjoying a walk, gardening, reading or making the most of the warm weather. Taking time out is important to keep you both physically *and* mentally well.

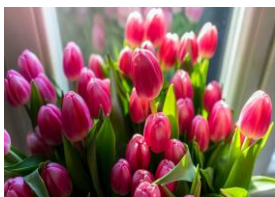
 01924 316946

 wakefieldrecoverycollege.co.uk

 wakefieldrecoverycollege@swyt.nhs.uk

 @W5TRC

 facebook.com/wakefieldrecoverycollege



‘Some Old-Fashioned things like Fresh Air and Sunshine are hard to beat’

by Laura Ingalls Wilder

A poem

Visualisation

Sunshine caresses my skin,
the whole world seems to
glow,
eyes feast on beautiful
flowers.

The trees are full of joy,
green leaves glisten,
birds chirp,
a welcome shade
from the heat of the day.

All is peaceful in
this stillness calm.

presented by
Halima
college volunteer

Welcome to Physical Activity! Whether you are looking for some gentle exercise ideas, ways to generally be more active or want a full blown workout, we have collected some of the top online sites offering a range of options to move more during lockdown. Physical activity and moving more has a large part to play in maintaining both our physical and mental health. Check the links and give them a try ☺

<https://www.youtube.com/user/thebodycoach1>

@BodyCoachTV on Youtube – Loads of pre-recorded videos for all abilities. Morning Live PE Mon-Fri at 9am

<https://www.youtube.com/user/yogawithadriene>

Very popular Yoga channel on YouTube, sessions for all abilities, reasons and time frames. Very popular with great reviews.

*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.
Enjoy!*

Musical Quiz

(answers from last week)

1. VISAGE
2. MARIAH CAREY
3. IT MUST HAVE BEEN LOVE
4. MEL C
5. SCAFFOLD
6. GIRLS ALOUD
7. YELLOW SUBMARINE
8. VANILLA ICE
9. PRETENDERS
10. ROBSON AND JEROME
11. MICHAEL JACKSON
12. REDNEX

Debt can be a worry during these uncertain times, don't let it be! **TALK TO STEP CHANGE**, they offer free impartial advice

STEP CHANGE DEBT CHARITY

www.stepchange.org

0800 138 1111

Open Mon-Fri 9-5pm

Email: client.service@stepchange.org

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

Some relaxation tips and video from MIND

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

Benefits of spending time in Nature



AGE UK WAKEFIELD DISTRICT – 01977 552114

www.ageuk.org.uk/wakefielddistrict

Did you know that AGE UK offer various different services to support people over the age of 60, living in the Wakefield District?

Free hospital transport for patients being discharged from Pontefract or Pinderfields hospital to home (a referral is required by the nursing staff)

A Befriending service run by trained volunteers who will spend quality time with people at home. The volunteers have a listening ear, enjoy conversation and like to get involved with activities such as board games, quizzes etc.

A Home Shopping delivery service – a charge applies

Have a look at their website or give them a call for further information

Quick tasty easy meal



Fish finger sandwich

Food cupboard (serves 2)

300g sweet potatoes
½ tablespoon olive oil
6 fish fingers
¼ lemon
¼ white cabbage
2 large carrots
1 eating apple
½ tablespoon chilli sauce
1 and ½ tablespoons fat free natural yogurt
100g frozen peas
2 ciabatta breadcakes or crusty rolls

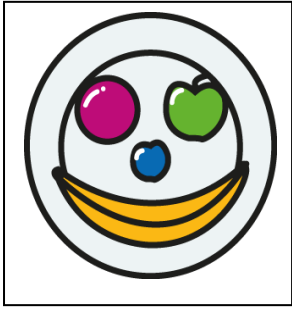
To make

Pre heat oven to Gas4 / 180C / 160C fan
Cut sweet potatoes into thin wedges
Place on baking tray and drizzle over ½ tablespoon of olive oil, sprinkle with salt and pepper to taste
Bake in oven for 30 minutes until golden brown and cooked through, turning tray round half way through cooking time
Grill or bake fish fingers as directed on the packet, until cooked through
Grate the cabbage, carrots, and apples into a bowl and squeeze over the juice from the lemon.
Then mix with the ¼ tablespoon of chilli sauce and the yogurt
Cook peas in boiling water for 3 minutes, drain, mash and sprinkle with salt and pepper to taste.

To serve

Warm the ciabatta bread or crusty rolls for a few minutes in the oven
Slice rolls open, spread over the mashed peas
Place the fish fingers on top
Add the coleslaw mix
Add extra chilli sauce to taste if required
Close sandwich
Serve with remaining coleslaw and potato wedges
Enjoy!





Healthy Eating Quiz – (answers next week)

1. **How much calcium does your body need each day?**
 - A 400mg
 - B 100mg
 - C 700mg
 - D 100mg

2. **How many 200ml glasses of water should an adult drink each day?**
 - A 12 men 10 women
 - B 10 men 8 women
 - C 8 men 6 women
 - D 6 men 4 women

3. **Which food doesn't count towards your 5 per day?**
 - A sweet potatoes
 - B parsnips
 - C potatoes
 - D orange juice

4. **How many portions of fish should you eat per week?**
 - A 8
 - B 6
 - C 4
 - D 2

5. **How many grams of salt is the recommended daily allowance for adults in the UK?**
 - A 5g
 - B 6g
 - C 7g
 - D 8g

6. **Where does most of your bodies vitamin D come from?**
 - A eggs
 - B fortified breakfast cereal
 - C sunlight
 - D carbohydrate

A new National Domestic Abuse 24 hour Helpline has been launched this week

Free confidential advice

www.nationaldahelpline.org.uk

Freephone 0808 2000 247

A list of helpful websites you can access around health and wellbeing

<https://www.sportengland.org/stayinworkout>

Tips and advice on how to stay active around the home

<https://www.youtube.com/watch?v=ScvJq2IOGSk>

Follow along Chair based Eye of the Tiger workout with Dame Kelly Holmes

<https://www.youtube.com/watch?v=UgBywHgfQf8>

Funny poem by Les Barker

<https://www.youtube.com/watch?v=XzqcRwWVv8k&t=394s>

Theatre production of One Man, Two Guvnors with James Corden

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Have you always wanted to see the Sistine Chapel? Well now you can without the expense of travelling to Rome!

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

NHS produced mental wellbeing audio guides and advice.

<https://www.bbc.co.uk/food/diets/healthy>

A range of Healthy recipes from the BBC

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

A variety of workouts you can complete at home with minimal equipment.

<https://www.youtube.com/watch?v=fd7xPbH75K4>

Couch to 5K course

["#onlineworkouts"](#) – check out our facebook page for more details [facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)

Vibe Fitness, Normanton are offering a variety of online daily fitness groups for adults to join

<https://active.calderdale.gov.uk/sites/default/files/inline-images/fvRsQDpc64Mn3VAyvYYwJrCMYaznoydzVleXNZwHeviWeWZ4Cq.pdf>

PDF outlining what you can do physical activity wise during the lockdown.



**South West
Yorkshire Partnership**
NHS Foundation Trust

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.