



8 May 2020

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Aaron has opened a donation page through facebook for anyone wishing to kindly donate to Mid Yorkshire NHS charities

Aaron Jordan



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wakefieldrecoverycollege.co.uk



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@W5TRC



facebook.com/wakefieldrecoverycollege

Aaron's story working the frontline

And we still fight?

We rise in the morning and work through the night,
We don our masks, gloves and gowns that cut into skin so tight,

And still we fight?

We hold hands of the dying, providing comfort and support,
Knowing their lives have been tragically cut short

And we still fight,

We care and treat those, the world has forsaken, the poor, the old, the weak, striving to ensure
their dignity is never taken,

And we still fight,

We come home, keep our day private, we try to force a grin, spare our family the anguish and
despair we feel within,

And we still fight,

The horrors we are seeing, colleagues becoming casualties of war, for our staff who sadly lost
their lives, in our hearts forever more,

And we still fight,

We are Drs, Nurses, Therapists, Paramedics to name but a few, let's not forget the forgotten
healthcare staff, the cleaners, admin, and carers too

And we still fight,

For we are the NHS army, fighting the invisible war. No battle fields drawn out, no hiding
behind our doors, this is the battle we truly never asked for

So from the safety of your homes. The

NHS you clap and cheer, take a moment to reflect on those risking their lives, and those no
longer here.

And we still fight is the question you ask yourself?

Because we swore an oath to uphold your physical and mental health, for we are one NHS, all
citizens of every nation, and against all odds, we will always be there, to fight for the UK
population

by Aaron 2020

Keep your face to the
sunshine and you
cannot see a shadow

Helen Keller



The question is not
who's going to let
me, its who's going
to stop me

Ayn Rand

Celebrate V.E. Day with our exclusive song sessions:-

We know that many 75th anniversary events have had to be cancelled however that doesn't mean that we still cannot celebrate in our own homes.

Frances has put together a very special selection of songs to enable people to hold their very own singing event. The hour long session has been recorded especially for V.E day and includes some all time favourites to sing-a-long to.

We have also released our first collaboration between Mel and Frances under 'lockdown' of

"We'll meet again" you can view it [here](https://youtu.be/n7CScvMoqOE): <https://youtu.be/n7CScvMoqOE>

So get your banners and flags, wave them like crazy and sing with Frances!

mel@thinkcre8tivegroup.com

Last week's answers - General Knowledge Quiz

- | | |
|------------------|--|
| 1. 1066 | 6, General National Vocational Qualification |
| 2. Bronte Family | 7. Jeans |
| 3. Tagliatelle | 8. Mars |
| 4. Blessed | 9. Potatoe |
| 5. Big | 10. Spree |

Mindfulness is a technique which can help people manage their mental health or simply gain more enjoyment from life. Why not sit quietly and join in with the following excercises whilst you are at home?

<https://www.mentalhealth.org.uk/podcasts-and-videos/mindfulness-10-minute-practice-exercise>

_Mindfulness a 10 minute follow along audio: <https://www.youtube.com/watch?v=CkQ20IbVO60>

Dublin Community perform socially distanced Saturday Night Dance by Wigfield:

<https://www.youtube.com/watch?v=CkQ20IbVO60>

To support people who may be struggling, a new 24 hour mental health helpline (0800 183 0558) launched on Monday 4 May offering confidential help and advice to anyone registered with a GP in Calderdale, Kirklees Wakefield, Leeds and Barnsley.

Sam's Story

Hi, I am Sam and my background is in physiotherapy qualifying 10 years ago. Now in management, I am responsible for the delivery of MSK services in the East Midlands. This involves a lot of travel and face to face contact with our customers, patients and staff so the arrival of COVID-19 brought with it some big changes. We had to transition all of our face to face services to virtual, utilising video calling and online platforms for exercise prescription, which meant for a whirlwind of a month!! I have even had to dust off my old anatomy books and see patients again, which has been great. I work from home 2-3 days a week normally but being in lockdown has made me appreciate the freedom and enjoyment I take from being on the road and seeing/speaking to people. Webcams are just not the same in my opinion!!

I have found not being able to see those I love most really tough because it is how I escape from the pressures of work and every-day life.

Therefore, regular exercise (home workouts and going for walks in the evening) has been a huge coping mechanism for me. It is the only time I truly feel able to escape from both the current situation and a feeling of 'missing out'.

But on a more positive note to finish, the response from those I work with to be able to transition all of our services to virtual and still provide care/support to those that need it most in lockdown has been overwhelming. *It is why we do what we do!!*

Stay safe.
Sam

**EASY TASTY
MEAL
TO
COOK**

BOMBAY POTATO TRAY BAKE

Feeds 2 Ready in 40 mins

Energy 1398 KJ/332 KCAL

Ingredients

400g new potatoes, halved
1tbsp vegetable oil
Half x 400g tin of chickpeas, drained
1 red onion, sliced
1.5 tsp curry powder 50g frozen peas
1tbsp mango chutney
Juice of half a lemon
Handful of coriander

Chutney, lemon and coriander are not essential.

If you want you can add, say, sweetcorn as well.

To prepare and cook

1 Preheat the oven to 220 degrees C/fan 200 degrees C/Gas. Put the potatoes in a large tray, add the oil and toss to coat, then roast for 10 mins.

2 Add the chickpeas, onion and curry powder, then season. Stir well, then roast for 20 mins more, turning halfway through.

3 Once the potatoes are golden and crisp, remove the tray, add the peas and stir through the mango chutney. Return to the oven for 2-3 mins, until the peas are tender.

4 Drizzle over the lemon juice and tear over the coriander, to serve.

Very tasty with chicken or a salad



Recipe idea from Andrea

COVID-19 Domestic Abuse Support & Resources

IF YOU OR SOMEONE ELSE IS IN IMMEDIATE DANGER THEN CALL 999 AND CONTACT THE POLICE.

IF YOU ARE UNABLE TO SPEAK, THE SILENT SOLUTION SYSTEM CAN PASS YOUR CALL TO THE POLICE.



In non-emergency situations you can contact the police via 101.

West Yorkshire Police & South Yorkshire Police On-line Domestic Abuse Reporting

West Yorkshire Police and South Yorkshire Police have now introduced a way for victims to report domestic abuse without the need to call. A simple on-line form can be completed by the victim in non-emergency situations. The following links can be followed to access the on-line forms. The forms are for completion by the victims only in non-emergency situations. 3rd party non-emergency reports and concerns should be made via 101.

REMEMBER – IN EMERGENCY SITUATIONS ALWAYS DIAL 999

For West Yorkshire Police:

<https://www.westyorkshire.police.uk/report-it/report-domestic-abuse>

COVID-19 National *Rail to Refuge* Scheme

During the current UK Government recommended lockdown, national rail companies in conjunction with Women's Aid are offering free train travel to victims of domestic abuse who have secured a place of safety at a refuge. Please click the following link for further information:

<https://media.raildeliverygroup.com/news/train-companies-to-offer-free-travel-to-those-fleeing-domestic-abuse-during-coronavirus-lockdown>

NCDV – Domestic Violence Emergency Legal Protection

The National Centre for Domestic Violence (NCDV) offer a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

Please visit <https://www.ncdv.org.uk/> for further details and to access the referral form.

Local Support Services

Wakefield

Wakefield District Domestic Abuse Service (WDDS) have a dedicated phone number for domestic abuse support which is available to use Monday to Thursday 0830-1700 and Friday 0830-1630. In addition to this number, WDDS are running two extra phone lines due to COVID-19. The numbers are:

- **0800 915 1561**
- **07899 717771**
- **07876 395460**

In addition to these support lines, the WDDS internet page also gives details of local services and other information. Please visit <https://www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/domestic-abuse>

.Boots Pharmacies Safe Spaces

Boots Pharmacies, in conjunction with Hestia, have agreed to make available safe spaces within their pharmacies for individuals experiencing domestic abuse. Individuals just need to ask to use their consulting rooms. Please see the relevant press release at

<https://www.hestia.org/news/press-release-campaign-launches-safe-space-in-boots-stores-for-victims-of-domestic-abuse-across-the-uk>

Clare's Law Campaign

West Yorkshire Police is launching a new campaign encouraging anyone with concerns about their current or ex-partner to use their 'right to ask' to check whether they have a history of domestic abuse.

The Domestic Violence Disclosure Scheme, also known as Clare's Law, has been in place in West Yorkshire since 2014. The number of requests has been increasing over recent years but West Yorkshire Police is keen to ensure that all members of the public are aware of their right to ask whether their partner or ex-partner poses a risk to them.

Applications can be made by males or females over the age of 16-years-old in heterosexual or same-sex relationships. If police checks show that the partner or ex-partner has a record of abusive behaviour or there is other information to indicate the applicant may be at risk, a multi-agency decision will be taken on what information should be shared.

<https://www.westyorkshire.police.uk/ClaresLaw>

Get your thinking caps on – this week’s quiz time!

1. How many minutes in a Rugby match?
2. How many matches did Mohammed Ali lose in his career?
3. In which country was the first Olympic Games held?
4. What nuts are used in marzipan?
5. What is called a meal in the open air?
6. What is the most famous beer in Ireland?
7. Which vitamin is the only one you will not find in an egg?
8. What is the national animal of Canada?
9. What bird can swim but cannot fly?
10. After which animals was the Canary Islands named?
11. Which mammal cannot jump?
12. Which is the largest species of the Tiger?

**Have you checked out our website this week?
If not go and have a look!**

We have been working hard to put our new on line workshops/courses on our website for you to learn from :-

**Learn more about IBS
Craft course 1 & 2
Improving sleep
Stroke awareness
Understanding and managing depression
Managing coronavirus anxiety workbook**

wakefieldrecoverycollege.co.uk – Resource section

More courses to be added each week. Keep an eye out for our Baking Basics and Easy Meals online courses this week!