

## THE SUPPORTER


### NEWSLETTER

15 May 2020


Welcome to this week's edition of the Newsletter. It appears to have been a strange, confusing week for many of us, with the new government guidelines being issued about COVID-19.

As the safety of our students, volunteers, partners and staff remains our main priority, the college has to remain closed and has therefore made the decision to cancel all face to face courses up to the end of July 2020.

In the meantime we are working hard to provide on line courses on our website and social media for you to access from home.

 01924 316946

 [wakefieldrecoverycollege.co.uk](http://wakefieldrecoverycollege.co.uk)

 [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

 @W5TRC

 [facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)

It's nice to be important  
But it is more important to be nice  
Thought of the day

### You asked and we listened!

As our Recovery College is co-produced, your say really matters and helps to shape all aspects of the College. Last term, you told us you thought the "and 5 towns" part of our name was dated, made most people associate us with the adult education Five Towns Centre in Castleford and was usually shortened to "Wakefield Recovery College" by students anyway. The Wakefield District is split in to three areas usually (Wakefield, Five Towns and South East) and so we have been discussing potential variations of our name in our development and planning group with our students, volunteers, staff and partners who attend.

*Now we want your say too!*

We'd like you to let us know by the 30<sup>th</sup> May 2020 which new name you feel best describes your Recovery College. There is a poll online on our social media pages, you can email us your preference, or, if you don't have access to the internet, you can give us a call with the option you prefer:

1. Wakefield Recovery College
2. Wakefield District Recovery College
3. Wakefield Recovery College (with a tag line underneath saying "serving the whole of the Wakefield District & beyond")
4. Wakefield Recovery College (with a tag line underneath saying "serving Wakefield, the Five Towns, the South East & beyond")

Thank you for helping to shape the future of your Recovery College.

Last week's answers - General Knowledge Quiz

- |             |                          |
|-------------|--------------------------|
| 1. 80       | 7. Vitamin C             |
| 2. 1        | 8. North American Beaver |
| 3. Greece   | 9. Penguin               |
| 4. Almonds  | 10. Dogs                 |
| 5. Picnic   | 11. Elephant             |
| 6. Guinness | 12. Siberian tiger       |

# STEP-UP

A FREE new service available in the Wakefield District

The Step Up service can offer tailored support based on your own personal circumstances.

Working hard to support people during the Coronavirus outbreak.

The team can keep you up to date with current vacancies, help you to update your CV and suggest on line courses to develop your skills.

**CALL 01924 303334**

Email: [stepup@wakefield.cov.uk](mailto:stepup@wakefield.cov.uk)

Website: [www.wakefield.gov.uk/step-up](http://www.wakefield.gov.uk/step-up)



**European Union**

European  
Social Fund

**wakefieldcouncil**  
working for you

### Get in Touch

There are a number of support systems in place for those who are struggling during the coronavirus outbreak. Visit [wakefield.gov.uk/about-the-council/coronavirus-information](http://wakefield.gov.uk/about-the-council/coronavirus-information). Offers help with housing and business support and more  
03458 506506



## Mindfulness

Join us for our first online, interactive course, **An Introduction to Mindfulness**  
21<sup>st</sup> May 2020, 2pm-3:15pm.

Mindfulness is a skill which we can all learn. It involves an ability to become aware of what is happening in the present, moment by moment rather than being on automatic pilot, without worrying and judging. Being mindful provides us with opportunity to respond to difficult events and situations in new ways.

This introductory two week course looks at the origins of mindfulness, core practices and its potential to be used to combat stress. Together, we will explore the various tools and techniques used to gain a better understanding of mindfulness and its purpose.

To enrol on this course, please visit our website and complete our enrolment form. A member of the team will then be in touch with your online joining instructions.

If you have any questions you would like to ask before enrolling, please give us a call.

### Useful links:-

All about mindfulness

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>

Uplifting and Moving how Coronavirus is changing us

<https://www.youtube.com/watch?v=GvuCX4W6Xrg&t=2s>

*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.*

### **Pets do the funniest things!**

Pets can make great companions. A great deal of research confirms that living with a pet can offer a wealth of physical and emotional rewards.

Not just dogs, cats, but birds, snakes, and even rats, as well as others.

Pets get up to all sorts of mischief, and have personalities of their own.

Do you have a funny picture or story about your pet that you would like to share with us on social media?

We would love to hear them....

[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)

**Introducing Bettie the new kitten  
discovering her first carrier bag**



### **Poem**

#### **Let the Sun Shine**

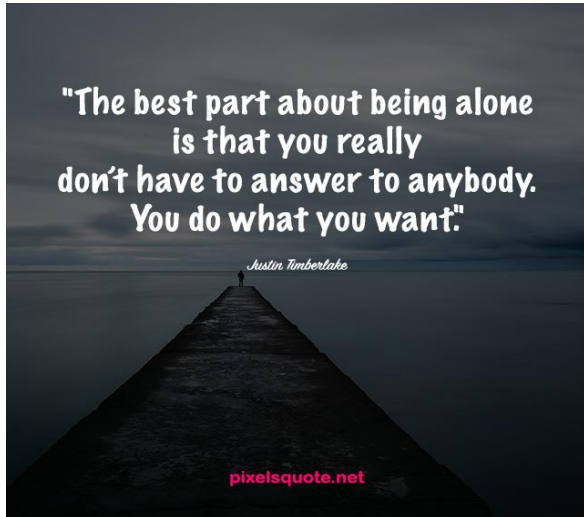
**When life gets hard  
As it sometimes will  
Do you give up  
Or do you climb that hill**

**We all face challenges in our lives  
Although it's not easy we have to survive  
Choice and chances we will face  
Step back and think it's not a race  
Have no regrets  
Have no doubt  
Life is so precious  
That's what it's all about**

**Always remember, you are not alone  
If it seems dark, do not fear  
The light is strong and always near  
The sun always rises as it always sets  
Don't give up, you are the best**

**CHRISTINE 2020**





**More on line courses being added daily – check them out!**

- Crafts
- Baking
- Learn more about Irritable Bowel Syndrome
- Make your own hanging basket
- Improving your sleep
- Stroke awareness
- Understanding and managing depression
- Guided audio relaxation

### **Challenging Times Ahead**

**We are all aware of the difficult times in which we now live. Be aware that each generation in the past has had a major challenge to face in its lifetime. This is ours.**

**However each generation has managed to live through it and continue thereafter albeit that many aspects of their daily lives changed. They adapted to the change. We have already started to do so and have adjusted our lives in ways that we did not think possible.**

**We have met those challenges head on.**

**By continuing to adapt and change we are enriching our lives. We are learning to trust our instincts and to respond to them. It will have to be a changed world when we go back out into the community but that is the challenge.**

**As our ancestors did they dealt with their challenges positively and with hope for a better future. We must do the same.**

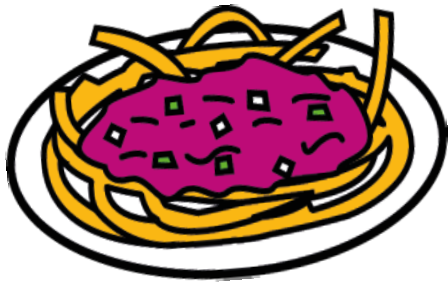
**By continuing to work together we can move forward with our lives.**

**Meet that challenge as our ancestors have done in the past.**

**I am not saying that we will not have to face future challenges but by a positive outlook we will meet them and survive.**

**The human race has been here a long time and we will be here in the future.**

**Ryder 2020**



## Food Quiz

**Test your knowledge on these tasty dishes and drinks**



- 1) Which year did the Great British Bake Off first appear on TV  
a) 2009 b) 2020 c) 2011 d) 2012
- 2) Which flower does the saffron spice come from?  
a) orchid b) crocus c) nasturtium d) poppy
- 3) A Whitby bun is flavoured with what?  
a) raspberry b) coffee c) cinnamon d) lemon
- 4) Eccles cakes come from which UK county?  
a) Yorkshire b) Lincolnshire c) Lancashire d) Cheshire
- 5) Name the national drink of Scotland other than whisky?
- 6) Which food was rationed after World War 2, but not during the war?
- 7) Who invented Coca-Cola?
- 8) Which delicious and famous sauce was formerly known as a cure for diarrhea?
- 9) What is the national drink of Turkey?
- 10) Name the sweet flan that looks like an iceberg?

Answers in next week's edition

**POEM**

**Full Moon**

The moon rides high  
In the night sky  
Majestic: returning each evening  
Full  
Shining bright  
Late on in the night  
Tied to our lonely planet  
Always there even when hidden  
by cloud  
These are the permanent features  
Of our lives that we often take for  
granted  
Watch and admire our nearest  
neighbour  
In the night sky  
We often fail to look up.

**RYDER 2020**

**POEM**

**Someday**

I have fallen into the habit,  
of saying positive affirmations,  
to myself, in front of mirror,  
every morning.

Somedays I believe them.  
Other days, I doubt them.  
and lately that  
seems to the pattern.

The day will come,  
when I do believe them.  
The world had better watch out  
because those days I feel invincible.

**HALIMA 2020**

## **BEWARE COVID-19 SCAMS**

Unscrupulous criminals are exploiting fears about COVID-19 to prey on members of the public, particularly older and vulnerable people who are isolated from family and friends. National Trading Standards is warning people to remain vigilant following a rise in coronavirus-related scams that

seek to benefit from the public's concern and uncertainty over COVID-19. Communities are also being urged to look out for signs of neighbours being targeted by doorstep criminals. While there are genuine groups of volunteers providing help during self-isolation, there have been reports of criminals preying on residents – often older people or people living with long-term health conditions – by cold-calling at their homes and offering to go to the shops for them. The criminals often claim to represent charities to help them appear legitimate before taking the victim's money. There are genuine charities providing support, so consumers should be vigilant and ask for ID from anyone claiming to represent a charity.

**Never let anyone into your home you don't know, keep a chain on your door at all times and always ask to see a person's ID badge.**

**REPORT SCAMS TO: 0300 123 2040 or [covid19.scams@wyjs.org.uk](mailto:covid19.scams@wyjs.org.uk)**