




THE SUPPORTER NEWSLETTER

22 May 2020




South West
Yorkshire Partnership
NHS Foundation Trust

Wakefield and 5 Towns Recovery
College – contact information:-

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 wakefieldrecoverycollege.co.uk

 wakefieldrecoverycollege@swyt.nhs.uk

 @W5TRC

 facebook.com/wakefieldrecoverycollege

Recovery is not one and done. It is a lifelong journey that takes place one day, one step at a time.

HealthyPlace.com



Many people find that exercise has many positive benefits to their mental wellbeing. You don't have to run a marathon or train everyday at the gym. There are lots of different things you can do to be more active at home. Gasped have teamed up with Inspire Fitness to offer 12 week free online classes including Zumba, Pilates, HIT, Clubbercise, Legs, bums and tums and more. For people that don't have access to smart phones or laptops they have 30 phones they can lend out (first come, first served basis). So be quick!

If you are interested in the free classes, please get in touch with Gasped via email resourcecentre@gasped.co.uk or telephone 01924 787501.

New NHS 24 hour helpline

If you find yourself needing to talk to someone, need emotional support, guidance or just a listening ear, this confidential helpline is available

0800 183 0558

You need to be registered with a GP in Wakefield, Barnsley, Kirklees or Calderdale areas

Have you seen our latest courses on our website?

Guided audio relaxation
Baking basics – buns
Open Country – Wonderful wildlife webcams

Coming soon!

Cross-stitch
Baking basics – scones
Infection control in the home

How did you do in last week's Food Quiz? – answers

- | | | | | |
|----------|-------------------|-------------------|---------------|------------|
| 1. 2010 | 2. Crocus | 3. Lemon | 4. Lancashire | 5. Irn-Bru |
| 6. Bread | 7. John Pemberton | 8. Tomato Ketchup | | |
| 9. Raki | 10. Baked Alaska | | | |

REMINDER

The safety of our students, partners, staff and volunteers remains our priority. All our face to face courses are cancelled up to the end of July 2020.

We are planning new dates for most cancelled courses and we will be in touch soon. In the meantime, check out our live online courses on our website.

**WE ARE STILL OPEN FROM
8.00am – 4.00pm Mon - Fri**

ONE KIND WORD can change someone's entire day



Mental Health Awareness Week



How to make the most of the sunshine vitamin D

Over these past few months some of us have been tucked away in our houses and not been able to get out and about as we would have liked. Vitamin D is known as the sunshine vitamin and plays a key role in keeping us in good physical and mental health. Not only does it support our immune system, it's also important for maintaining healthy bones and has a role in helping prevent breast and bowel cancer, type 2 diabetes, heart disease and dementia.

So how do we get our Vitamin D? Vitamin D is found in a small number of foods, like oily fish, such as salmon, tinned pilchards, mackerel, eggs, cereals and mushrooms. Although food alone is not enough. Getting outside and spending around 10-15 minutes everyday with our face, neck, arms and legs exposed to the sun will help. Not in the midday sun though! And make sure you don't burn. If you haven't got a garden, open a window that's in direct sunlight, get some fresh air and soak in the sun that way. Vitamin D supplements can be bought from a chemist but **you must always check with your GP before taking any type of supplement as they may effect other medications you are taking.**



For you budding gardeners

The National Garden Scheme
NGS.org.uk
have lots of beautiful gardens
to view on line

Chelsea Flower show
The Old Rectory, Dorset
Socks Orchard, Devon
Fawley House, Yorkshire
Scape Lodge, Yorkshire

They include lots of garden tips and tutorials

Sit down with a cuppa and enjoy gardening
without even having to
pick up a spade!

Visual guided meditation

<https://www.youtube.com/watch?v=BDQKFXeC2Dc>

<https://www.telegraph.co.uk/news/2020/05/01/coronavirus-positive-good-news-round-up-nuns-sing-dance-streets/>

Inspire your sense of fun

How to make a flower using wire and beads

<https://www.youtube.com/watch?v=KANdNUMEOg&t=13s>

Sports Commentator delivers funny running commentary on his two Labradors, Olive & Mable

<https://twitter.com/MrAndrewCotter/status/1248313303270596610/video/1>

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.



Wonderful Wildlife Webcams

Presented by Open Country – May 2020

Usually Open Country would be out and about in the countryside right now, ensuring people with disabilities get the opportunity to see some really fantastic wildlife spectacles. Whilst we have had to postpone our nature watching outings for now, there is nothing stopping you getting up close and personal with wildlife from your computer, tablet or phone! We have collated a list of all the best nature, landscape and animal webcams from around UK for your viewing pleasure. We hope you get hooked like we are. Don't forget to let us know your favourite one to watch!

WARNING: Most of these webcams show live footage of wild animals in nature. Please understand that at times this may include disturbing images, such as a peregrine bringing its chicks fresh prey. <http://www.opencountry.org.uk/wonderful-wildlife-webcams/>

An introduction to poetry – New ONLINE course

Wednesday 3 June 2020 11am-12.00noon

This one hour introductory course is designed to give students the space to develop an understanding of the different poetry styles and the skills to be able to create such poetry themselves.

Students will also be able to try their hand at creative writing if they find a style of poetry is not for them.

To book a place go to www.wakefieldrecoverycollege.co.uk and complete the enrolment form. The college will then get back to you with joining instructions.

We're spinning around!

Open Country (a Yorkshire charity who enable people with disabilities to access and enjoy the countryside) has recently set up a Sunday morning Spin Class (11am-12.30pm).

Anybody with an exercise bike at home and access to Zoom can join in the fun. They do around an hour on exercise bikes with a stretch session at the start and end. It's lots of fun and includes all the silly moves to some disco classics. If you have an exercise bike at home, dust it off and join the group via Zoom. You will need to prepare by bringing water to the class and wearing exercise clothes and trainers.

To get sent the weekly Zoom link, email Ella on Wakefield@opencountry.org.uk or ring 07426 716677.



Come on - get looking in the shed - dust down the old exercise bike that you forgot you had – and give it a spin on a Sunday morning!

BANK HOLIDAY QUIZ

- 1) What is the new coronavirus symptom added this week to the list of other symptoms already known?
- 2) Is COVID-19 a bacteria or a virus?
- 3) Who is the current leader of the Labour Party?
- 4) What is the hottest chilli pepper?
- 5) What number is a bakers dozen?
- 6) What is the longest river in the world?
- 7) Who wrote the Lord of the Rings books?
- 8) What is the correct name for your funny bone?
- 9) What is the capital city of Spain?
- 10) Which UK football team plays at the 'stadium of light'?
- 11) How many miles in a full marathon?
- 12) What is the normal colour of gem topaz?

We're now starting to see a few more people struggling with being in lockdown still, not being able to go out and about as much and not seeing friends and family. We just wanted to let you know you are not alone if you are feeling this way too. We're all having good days and bad days, but most importantly we know we can reach out if we need help or just somewhere to vent and someone to talk to.

If you need to talk to us, Janette and I are here still during normal opening hours, and if you need more than just a chat, don't forget the mental health helpline number on page 1 of this newsletter and that your GP (and your mental health team if you are under one) is still there to help you. Appointments are still available, but they will usually first be offered to you via telephone or video call.

This year's Mental Health Awareness Week's theme is Kindness. Although we know it's not going to be quite the same as being able to go off to the coast, or go for lunch with friends and family, we hope can **be kind to yourself** and enjoy another bank holiday weekend this weekend spending time doing something you enjoy at home. And remember not to bar hard on yourself if your're finding all of this hard...we all are.

Stay safe, look out for each other and take care of your mental health as well as your physical health – we hope to see you all very soon.

Lindsey – your Recovery College Principal

POEM

Sandcastles

Remember building sandcastles on the beach

The sun is hot on your back

The sound of your feet on the shingle

As you crunch down

To soft sand

Kick off your shoes

Laughter

Even though the water is freezing

As it suddenly rushes over your feet

Filling the trench around your castle

Waiting until it was washed away.

The sandcastle may have gone

But the memory remains

You can put yourself back there

Anytime that you choose

Brighten your day with childhood memories:

They will bring a smile to your face.

RYDER 2020