



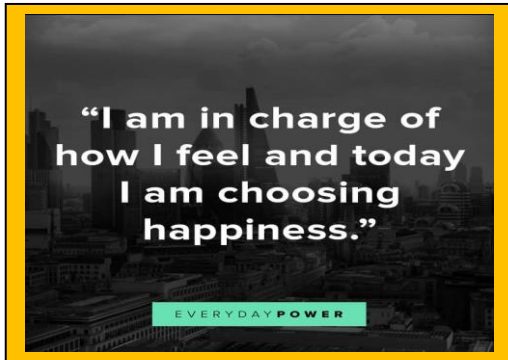
THE SUPPORTER NEWSLETTER



South West
Yorkshire Partnership
NHS Foundation Trust

Wakefield and 5 Towns Recovery
College – contact information:-

29 May 2020



01924 316946

wakefieldrecoverycollege.co.uk

wakefieldrecoverycollege@swyt.nhs.uk

@W5TRC

facebook.com/wakefieldrecoverycollege



<https://twitter.com/DazDooler/status/1264196561648705537> The SMASH Society are meeting every night at 6pm on Zoom and now have technology they can loan to people to be able to access the meetings.

With Support
Be The Person
Your Fighting
To Be

Contact the Live Well Wakefield Team on 07881 595448 for more information



Stress is something we all feel and there are all kinds of different stressful situations that can be part of our daily lives. These past 10 weeks have thrown us all into stressful situations we couldn't have foreseen and having to cope with the social isolation and uncertain times around the COVID-19 outbreak, understandably has been tough for a lot of us.

There is help and support out there and there are plenty of things you can do to help yourself cope with stressful events and simple steps you can take to deal with stress. Have a look at this really informative NHS website where you will find out what stress is, what the signs and causes are, as well as tips, expert advice and support.

<https://www.nhs.uk/oneyou/every-mind-matters>



Mood boosting gardening ideas

Are you a person who enjoys gardening or someone who has no interest? Did you know that gardening has well-documented benefits to our mental health and physical wellbeing? There is no better time to start to learn than now, especially with the challenges we have and are facing around social isolation and staying at home during the COVID-19 outbreak.

Here are a few ideas to try out at home...

Plant up a container



Make up a colourful container using a plant pot or any type of container you can add drainage holes:- [gardenersworld.com/pot-displays](https://www.gardenersworld.com/pot-displays)

Make your own raised flower or vegetable bed



Using different shapes and sizes you can design your own raised bed
[gardenersworld.com/raised-beds](https://www.gardenersworld.com/raised-beds)



Open
Country_Nature Activ

↑ Click here ↑

Have a look at Open Country's Activities for Lockdown (if you would like a copy of this guide posting to you, please let us know). There are some great ideas and information.

Make your own hanging basket

On line course – www.wakefieldrecoverycollege.co.uk

BANK HOLIDAY MONDAY QUIZ – answers

- | | | | |
|------------------|----------------|-----------------|--------------------|
| 1. Smell & taste | 2. Viral | 3. Keir Starmer | 4. Caroline Reaper |
| 5. 13 | 6. Nile | 7. JRR Tolkien | 8. Ulmar nerve |
| 9. Milan | 10. Sunderland | 11. 26.2 | 12. Yellow |

What's happening in the community?



Mel from Think Cre8tive Group designed and recorded a fabulous video which showcases a collection of postcards and pictures of some of the members of the Positive Mental Health Newtwork, accompanied by the Mental Health Singers.
<https://www.facebook.com/watch/?v=2679679982301250>



Wakefield Famalies Activity Newsletter

Great ideas for keeping kids entertained during lockdown, fun and games and advice around mental wellbeing.

<http://www.wakefield.gov.uk/Documents/community-housing/community/famalies-newsletter-May-2020.pdf>



South West
Yorkshire Partnership
NHS Foundation Trust

South West Yorkshire Partnership NHS Foundation Trust

The Foundation Trust has collated lots of information to support children and young people with their mental health and wellbeing. Check out the link below:-

<https://www.southwestyorkshire.nhs.uk/coronavirus/coronavirus-and-our-mental-health-and-wellbeing/supporting-children-and-young-people-with-their-mental-health-and-wellbeing/>

Free Guides



Beyond Words is a charity that provides books and training to support people who find pictures easier to understand than words. Their resources empower people through pictures.

COVID resources, including a resource focused on 'Beating the Virus' are available [here](https://booksbeyondwords.co.uk/downloads-shop/).

There are a host of free resources including books on getting on with epilepsy, telling about bullying, going to Court and lots more.

WF-I CAN YOU ARE AWESOME!

New website launched for children and young people in Wakefield

WF-I-CAN is a new website providing online resource for children and young people, including information, advice and self-help tips to help increase their confidence and resilience.



<https://wf-i-can.co.uk>

Check out these new resources!

Exercise

<https://www.youtube.com/watch?v=qULTwquOuT4> Beginners stretch routine to follow along to

<https://www.youtube.com/watch?v=sdoNOB6w1fY> A fun Zumba workout ☺ Get your hips loose and wiggle your way to fitness

Craft and Flower arranging

<https://www.youtube.com/watch?v=ifhq195ZryU&t=85s> Instructions for flower arranging for beginners

<https://www.youtube.com/watch?v=PZ8y8gtilro> Lots of easy to do craft ideas!

https://www.youtube.com/watch?v=gi_6SaqVQSw Fork handles!

Music/History

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

https://www.kirklees.gov.uk/leisure/countryside/pdf/routes/discover_hudds_historic_buildings_trail.pdf Historic Buildings Trail in Huddersfield

Quick Easy Meal
Sweet and Sour Chicken with Rice
Serves 2 (or 2 meals for 1)

Ingredients:-

2 lean fresh chicken breasts or a pack of chicken pieces
½ onion
1 medium sized pepper (any colour)
6 medium sized mushrooms
Small tin pineapple chunks (drain juice out)
½ cup of frozen garden peas
Tablespoon of vegetable oil or spray oil
Large jar of sweet and sour sauce
2 packets of microwave rice (white or brown)



To prepare and cook:-

Don't forget to wash hands thoroughly before starting

Turn the oven on to a medium setting (180C fan)

Cut chicken breasts into bite size pieces

Wash and dry hands

Wash onion, pepper and mushrooms and using a clean chopping board and knife, thinly slice the vegetables.

Heat up the vegetable oil or spray oil in a frying pan on a medium heat and add chicken pieces, stirring until chicken turns white.

Add the onion, pepper and mushrooms, cook for a further 5 minutes.

Add the sweet and sour sauce, tinned pineapple and garden peas, stir well. Turn off the heat.

Transfer the mixture to an ovenproof dish with a lid.

Place in the middle of the oven on a medium setting for about an hour or until the chicken is cooked through, checking the sauce does not go dry. Add little bit of water if it does (but not too much).

Cook microwave rice as per instructions.

Serve with garlic bread

Never re-heat rice. Always wash your hands before cooking and after handling raw meat.



POEM
The Lighthouse

The lighthouse stands on
solid base

Often pounded by waves
and storm

Immovable solid

Unaffected

Radiating light and
energy

Protecting

Throughout the storm

Rarely failing

A beacon of hope in dark
times

We too need to stand
firm and immovable

Be strong

Radiate light and energy
to all around you.

RYDER 2020

Samaritans Check in and Chat

Wakefield's Samaritans 'Check in and Chat Service' is a safety net to help with heightened anxiety, where you can share your feelings if needed, during Covid-19. You can directly refer yourself for a chat by completing a referral form or via the Councils Contact Centre 0345 8 506 506, choose option 3.

Referral form: <https://ciac.identify.digital/>

State of Mind Sport

<https://stateofmindsport.org/>

This organisation is a charity that harnesses the power of sport to improve mental health

General Knowledge Quiz (answers next week)



Get your thinking caps on!

1. What is the highest mountain in Britain?
2. Which English city was known as Duroliponte?
3. What are the 5 colours of the Olympic rings?
4. In Bowling, what is the term given for 3 consecutive strikes?
5. What name is given to the group of people who make sure MP's attend important votes?
6. How long does Prime Ministers Questions last?
7. What nuts are used in marzipan?
8. What is Japanese Sake made from?
9. Who presented the 70's Blockbuster programme between 1983-1995
10. BBC3 series 'Normal People' is based on a book, but who is the author?
11. Which Beatles song was banned for its lyrics?
12. What is David Bowie's real name?

Working from home

As a secretary I always thought it was a job you could only do from an office base, surrounded by telephones, printers, photocopiers and piles of paper. If the lockdown and social isolation has taught me anything, it's how adaptable I can be in my role as secretary for the Recovery College. It has been challenging and lonely at times, but with new IT technology and the world of social media, I am learning to adapt to the massive changes. Getting used to talking to people via the computer has been very strange, especially when others can see you and you haven't had a hair cut for months (well that's another thing we have all had to get used to these past few months)! New technology hasn't been easy to grasp, but I'm getting there, never too old to learn!

Having the time to ring and chat to some of our lovely students has been great, as I don't always have this opportunity working in a very busy HUB environment.

I am really enjoying putting together the weekly Newsletter for students, volunteers and staff and diversifying from my usual admin role. I hope everyone is finding the Newsletter a good read and accessing the useful information.

I work from my man-made office in a small bedroom at home, looking out on the neighbours doing their everyday tasks, like gardening and washing. It's working well and I'm getting loads done, so being adaptable can work, which is one positive thing I can take away from these very difficult few weeks, where we have all had to learn how to make changes together.

Best wishes

Janette – Team secretary Wakefield Recovery College

Daily Wellbeing Mental Health Check List from Flourish in Mind

<https://flourishinmind.co.uk/wp-content/uploads/2020/04/Daily-Mental-Wellbeing-Checklist.pdf>

A range of publications on various mental health topics from the Mental Health Foundation.

<https://www.mentalhealth.org.uk/publications>

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.

This week, the College team have been working hard behind the scenes to bring you some new online live courses (such as poetry, beginning next week, and a Q&A session with our pharmacy team about medication), some new online workbook courses (such as aromatherapy and feeling positive, busting stress), and something we're all really positive about as it's cheered us all up this week...

We've been making a playlist of our favourite uplifting songs; songs and pieces of music that put us in a good mood, take us for a good trip down memory lane and bring a smile to our faces. The songs have also got us all talking. So...keep a look out on our social media pages and our website for our "Uplifting Playlist" if you need something to lift your spirits – there's so many different songs, there's something for everyone!

Lindsey – Your Recovery College Principal

Spectrum People Charity
are supporting people who might need our help during these unprecedented times

Do you need someone: -
To talk to?

To collect your prescriptions?

To collect your shopping?

HELP IS A PHONE CALL AWAY
07720 899781
tina.dransfield@spectrum-cic.nhs.uk

Spectrum People Ltd is a UK registered charity
Registered Office: One Navigation Walk, Hebble Wharf, Wakefield WF1 5RH
Registered Charity No. 1152437
Registered in England and Wales No. 08400970

CORONAVIRUS
STAY ALERT
TO STAY SAFE

Go to [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

24 hour
Mental Health Helpline
 **0800 183 0558**

Confidential helpline offering support, advice, information and guidance.

 **NCHA**
Care and Support

Working in partnership with
Greater Huddersfield CCG / North Kirklees CCG / Calderdale CCG
Wakefield CCG / Leeds CCG / Barnsley CCG

