



THE SUPPORTER NEWSLETTER



South West
Yorkshire Partnership
NHS Foundation Trust

Wakefield and 5 Towns Recovery
College – contact information:-

5 June 2020



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WHAT I LEARN TODAY
DOESN'T MAKE YESTERDAY
wrong,
IT MAKES TOMORROW
better.

Today's Quote...

Learn from
yesterday,
Live for today,
Hope for tomorrow

Alber Einstein



You are amazing!

Each and every one of our wonderful volunteers is incredible! And to mark the start of this year's National Volunteers' Week, we wanted to say a massive...

THANK YOU!!

Thank you to all our volunteers for all of their hard work, their support, their commitment, their contributions and their help. Without all of them, using their own experiences and skills, this recovery college would not be here. We wouldn't be able to support our communities and we wouldn't be able to help people with their own battles and challenges like we do every day.

Rob Webster our Chief executive also expressed his thanks for the absolutely vital support our volunteers bring to our Trust, so generously giving up their time to help others fulfil their potential and live well in their communities.

Usually we would be throwing a party, an award's ceremony or a picnic with games as a small way to say a big **thank you** for all they do. As I'm sure you will be able to appreciate, this year is going to have to be slightly different. However we had a little surprise for them, we asked a local patisserie to bake a selection of goodies and we delivered them to our volunteers with a hand written thank you card.



Yorkshire Wildlife Trust

We're on a mission to discover how many different wildlife species we can collectively record from Yorkshire homes in just 24 hours!

The Great Yorkshire Creature Count runs from **12pm on Saturday 20th June until 12pm on Sunday 21st June**, and you can join in for as long as you like - whether that's 20 minutes or several hours. It doesn't matter whether you live in a flat, a back-to-back, or a house with a garden, you can count from wherever you are.

<https://www.ywt.org.uk/great-yorkshire-creature-count>



Feed the Birds

Make your own tasty bird feeding pots for the garden

You will need:-

- Scissors
- Garden string
- 3 small plant pots
- 250g lard
- Handful of raisins
- 10g hard cheese, grated
- Small handful whole unsalted peanuts, roughly chopped
- 500g Hi-energy seed mix

Step 1

Cut the string into three 80cm lengths. Thread one through each of the drainage holes in the bottom of the plant pots, so there's an equal amount either side of the pot.

Step 2

Melt the lard in a bowl, mix in the raisins, cheese, peanuts and 500g of the seed mix. Pack the pots full of the mixture with the string to one side. Place in the fridge overnight.

Step 3

Tie the pot by the string firmly to a tree branch or bird table and sit back and watch the birds enjoy a feast.



General Knowledge Quiz – answers from last week

- | | | |
|------------------|---------------------|------------------------------------|
| 1. Ben Nevis | 2. Cambridge | 3. Blue, yellow, black, green, red |
| 4. A turkey | 5. Whipps | 6. 30 minutes |
| 7. Almonds | 8. Rice | 9. Bob Holness |
| 10. Sally Rooney | 11. I am the Walrus | 12. David Bowie |

Family favourite meal idea

Cottage Pie with garden peas.

Ingredients – costs around £6.50

- 6 large potatoes
- 1 onion
- 6 small mushrooms
- 350g lean minced beef
- 400g tinned tomatoes
- Handful of frozen peas
- Handful of grated cheese
- 2 oxo cubes

To prepare and cook

1. Peel and boil the potatoes
2. Thinly slice the onion and mushrooms and fry with the mince until
3. goldenbrown. Add a drop of cooking oil if the mixture is too dry.
4. Add the tomatoes and oxo cubes, turn the heat down and simmer
5. for 15 minutes, stirring occasionally
6. Preheat the oven, at 170c, Gas Mark 3
7. Drain and mash the potatoes with a little milk and butter
8. Place the mince mixture in the bottom of an ovenproof dish and
9. top with the mashed potatoes
10. Sprinkle the cheese on top
11. Bake for 25 minutes

To serve

Boil the pea's, drain and serve with the cooked pie. Serve with gravy if preferred



Don't forget to wash your hands thoroughly before cooking and after handling raw meat.

HELPLINES

Getting used to staying at home, self isolating, not seeing our family and friends has undoubtedly been tough for all of us. If you were already feeling low or anxious these uncertain times may have added extra pressures. There is help out there and friendly and understanding people you can chat to. Don't ignore how you are feeling, remember you are not alone. COVID-19 is only a small part of life's pressures for It's good to talk.



Turning Point Talking Therapies offers free help to anyone over the age of 16.

Registered with a GP in the Wakefield District
CALL 01924 234860

YOUNGMINDS Parents Helpline

Free confidential advice if you are worried about a child or young person's mental health

CALL 0808 802 5544



Are you worried about money and paying bills? Wakefield Council is working with Cash Wise (WDH) to give you the right help and advice.

CALL 01977 724651 to speak to someone

Looking for an activity to keep the kids entertained – have a go at this it's really easy....



Butterfly

1. Using plain white paper, draw round your hands twice. Cut it out.
2. Colour them in. We used red but why not use rainbow colours?
3. Draw the face. Cut it out. Colour it in.
4. Draw on eyes and mouth.
5. Stick the two hands together. Stick the face in the middle.
6. Have 2 annetta sticking out.
7. Let's the kids display their butterfly in their bedroom window

Idea by Halima

Frank Skinner's Poetry Podcast

<https://planetradio.co.uk/podcasts/frank-skinner-poetry-podcast/listen/2028768/>

A free online course to learn about Ancient Rome

<https://www.futurelearn.com/courses/rome>

What Have The Romans Ever Done For Us Sketch from Monty Python's Life of Brian

<https://www.youtube.com/watch?v=uvPbj9NX0zc>



Looking for ideas how to keep the children occupied in the summer holidays have a look at this great idea, it's something you could join in with too!

Get ready to get SILLY!



The Summer Reading Challenge is back with Silly Squad!

It's almost time for this year's Summer Reading Challenge, and for 2020 it's all about funny books, happiness and having a laugh!

The **Silly Squad** is a team of animal friends who love to go on adventures and get stuck in to all different kinds of funny books. This year, our Challenge features extra special characters designed by the award-winning author and illustrator Laura Ellen Anderson, who you'll know from amazing reads like *Amelia Fang* and *Evil Emperor Penguin*!

You can join the Silly Squad on a new adventure by setting your own personal reading challenge to complete this summer. Our new online platform will help you keep track of your books, reviews and the rewards you unlock along the way.

As always, we'll have loads of brilliant book suggestions to get you started, and tips on how you can keep reading even while schools and libraries are closed. We'll also have heaps of super silly activities, quizzes, videos, games and more to keep you entertained at home!

Silly Squad officially begins here on **Friday 5 June 2020**.

Keep an eye on this website for the latest Summer Reading Challenge news, including details of our fantastically fun launch party!

www.sillysquad.org.uk



Your Uplifting Playlist



Students, staff and volunteers at the Wakefield Recovery College have compiled a list of songs that help to make them feel uplifted and help to get them in a good mood.

Below you will find a very eclectic and varied mix of all sorts of different songs, artists and genres of music. Using your music collections at home, music streaming services (like Spotify) or by visiting a video based website (like YouTube), pick a few songs (or all if you have the time!), listen and lift your spirits! The full playlist can be found on our website.

😊 Enjoy 😊

Listing	Track/Song	Artist
1	You and me song	The Wannadies
2	One day like this	Elbow
3	Feeling good	Nina Simone (or Michael Bublé)
4	Higher and higher	Jackie Wilson
5	RESPECT	Aretha Franklin
6	Alright	Supergrass
7	Wake me up before you go go	Wham!
8	Legend	The Score
9	Shake it off	Taylor Swift
10	Confident	Demi Lovato
11	Mr Brightside	The Killers
12	Roar	Katy Perry
13	Search for the hero	M People
14	Pencil full of lead	Paolo Nutini
15	Keeping your head up	Birdy
16	You to me are everything	The Real Thing
17	A sky full of stars	Coldplay
18	Send me on my way	Rusted Root
19	Radioactive	Imagine Dragons
20	Don't stop me now	Queen
21	Banana pancakes	Jack Johnson

Courses and Workshops

The following workshops are now open for enrolment (subject to place availability at the time of booking and Government guidance closer to the time.)

- Understanding post traumatic stress – Friday 16 October 2020 – Baghill House, Pontefract
- Knowing more about dementia – Thursday 22 October – Drury Lane, Wakefield
- Coping with pain – Monday 7 September 2020, Drury Lane, Wakefield
- Fire safety in the home, Wednesday 7 October 2020, Fieldhead Hospital, Wakefield
- Autism awareness – Friday 6 November 2020, Baghill House, Pontefract
- Understanding and managing self harm – Monday 30 November 2020, Wakefield Town Hall

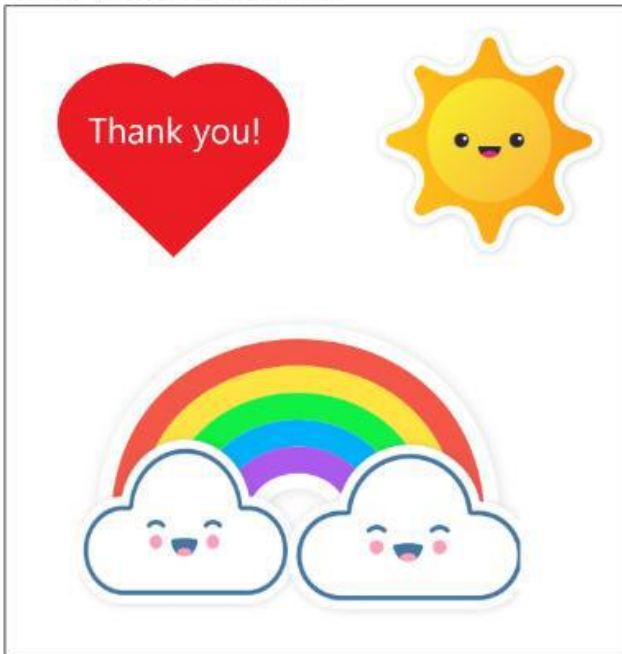
Healthy eating quiz (answers next week)

1. Fruit juice and baked beans count as one portion of your daily fruit and vegetable intake
True or False?
2. If I eat lots of fruit and vegetables I don't need to eat any vegetables
True or False?
3. Your fruit and vegetables intake must come from fresh fruit and vegetables only
True or False?
4. Wholegrain bread, beans and lentils are a rich source of fibre
True or False?
5. There is more calcium in a pint of skimmed milk than in a pint of whole milk
True or False?
6. Turnips and oranges are a source of vitamin D
True or False?
7. Red meat is a rich source of iron
True or False?
8. Oily fish contains omega 3
True or False?
9. Excess salt could cause high blood pressure and heart disease
True or False?
10. It is recommended we should drink 6-8 pints of water per day
True or False?
11. Walking and doing some household chores, such as moving the lawn is counted as physical activity
True or False?
12. Sunlight is a source of vitamin D
True or False?



What makes you happy or improves your mental health?

Save or screenshot to your device, or print
Write, draw a picture, add a photo or video
Email to us or post to social media



Do you have a motivational quote to share?

This will end - we will see you soon.

@fromwakefield

hello@postcardsfromwakefield.org

PostcardsFromWakefield



Let's get physical



Postcards From
WAKEFIELD
DISTRICT



To... (A friend, family member, stranger, yourself!)

To everyone in Wakefield
keeping safe, staying home,
protecting themselves, their
friends and families and our
NHS family. Thank you.

From... (First name only please*)

All of us at the Recovery College

*Please do not disclose any information you don't want to be public;
be mindful that the point of the postcards is to share

Here's a link to 6 home workouts for beginners:

<https://www.youtube.com/watch?v=oAyvpu5WXVU&list=PLh-Ax-XwUaVImEI1xzWENa9Mg-5111Uf0>

Here are some ways to be active whilst gardening:

[Getting active in the garden](#)

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's poem – Evening – By Ryder, 2020

The sun sinks slowly on the horizon
Reflecting
Golden rays dimming
Shadows fall
Lengthening
Night gathers its cloak of darkness
The birds cease their endless chatter
Gradually falling silent

Slow down
Rest
Breathe in the peace of a warm summer
evening
Harmony and balance
Reflect in the quiet of the evening:
What you have achieved in the day

Sleep.



A Spectrum of Angels
An inclusive FREE activity for everyone!

As a charity, Spectrum People are continuing to support individuals of all ages in the Wakefield district. One of our projects is a 'craft' based approach that allows anyone to 'have a go!'

The aims of which are:

- ✓ To help reduce the feeling of isolation during Covid-19
- ✓ To provide a fun activity that can be done by anyone
- ✓ To encourage recycling, reusing and upcycling
- ✓ To feel part of a remote community working together
- ✓ To raise self-esteem
- ✓ To provide a light at the end of the tunnel when people can come together
- ✓ To offer social prescribing for participants so that the charity can support them longer term with their needs during and post this pandemic

We have been formally chosen as a creative partner by South West Yorkshire Partnership NHS Foundation Trust. As a partner we are part of a strong, growing infrastructure of community organisations who are working with the local NHS to provide creative projects for people who use Trust services.

The Trust provides NHS services to the people of Barnsley, Calderdale, Kirklees and Wakefield and is committed to the use of creative approaches in health services.

The Trust aims to support voluntary and community organisations like ourselves to deliver, in partnership with Trust staff, a variety of creative projects to the people who use Trust services and their carers. Find out more at www.creativemindsuk.com

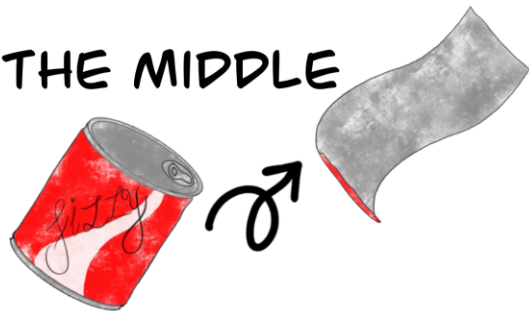


1. TAKE THE LIDS OFF YOUR
BOTTLES AND WASH YOUR BOTTLES
AND CANS.

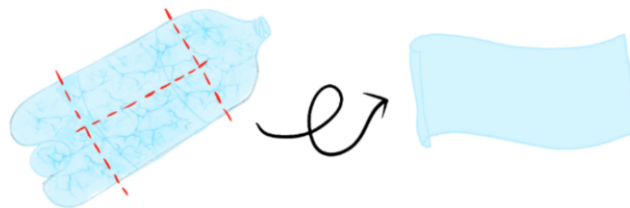


**CANS AND SCISSORS ARE SHARP, SEEK
HELP IF NEEDED**

2. FOR CANS, PIERCE A HOLE + USE
SCISSORS CUT OUT THE MIDDLE
PIECE

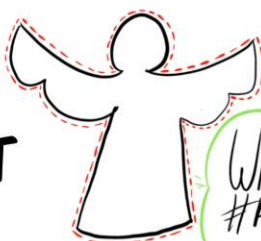


3. FOR BOTTLES, SQUEEZE THE BOTTLE
AND MAKE A CUT IN ONE SIDE, CREATING A
HOLE. PUT YOUR SCISSORS IN THE HOLE
AND CUT ALL THE WAY ROUND. DO THIS AT
THE TOP AND THE BOTTOM





4. DRAW A
SIMPLE ANGEL
SHAPE AND CUT
IT OUT.



5. USE STRING, COTTON OR WOOL TO HANG
YOUR ANGELS IN PLACES THEY CAN BE SEEN



LIKE,
Bushes



ONCE COVID-19 HAS
BEEN DEFEATED,
PLEASE RECYCLE YOU
ANGELS RESPONSIBLY



USE #ASPECTRUMOFANGELS
TO SHARE YOUR PHOTOS!

