



THE SUPPORTER NEWSLETTER

14 August 2020

- wakefieldrecoverycollege@swyt.nhs.uk
- www.wakefieldrecoverycollege.nhs.uk
- 01924 316946
- @W5TRC
- facebook.com/wakefieldrecovery

This week we've all been busy behind the scenes trying to look at how best we can bring you courses over the next few months. With restrictions and social distancing still being in place, our room capacities are **very** limited. We're therefore going to be moving some of our courses to online versions. If you need help with how to access these, please let us know. Hopefully we'll see you all soon, even if it's virtually! Lindsey



Positive thought of the day

**Exercise not only changes your body,
It changes your mind, attitude and your mood**



This week the College is pleased to offer a further selection of Supporting Recovery and Expanding your Interests **FREE ONLINE** workshops and courses. All open to anyone over the age of 18. Enrolling is simple – just go to our new website www.wakefieldrecoverycollege.nhs.uk and complete an enrolment form. Joining the sessions is easier than you think! Alternatively give us a call 01924 316946

**NEW RELEASE
ONLINE
COURSES**

**** Please note these starting dates have been slightly changed due to COVID restrictions with regards to delivery of the trampolines and electronic tablets required for students**

Course	Date	Times	Duration
Boogie Bounce	24 August	12.15-1.00pm	12 weekly sessions
Spinning	26 August	9.00-10.00am	12 weekly sessions
BADASS (combat workout)	26 August	12.15-1.00pm	12 weekly sessions
Understanding hearing voices	19 August	2.00-3.30pm	1 session
Wild Things	26 August	10.00-12.00pm	12 weekly sessions
Wild Things	26 August	1.30-3.30pm	12 weekly sessions
Yoga	04 September	10.00-11.00am	11 weekly sessions
Medication and me	28 August	11.00-12.30pm	1 session
Coping with pain	7 September	10.00-12.00pm	1 session
Coping with life using relaxation	7 October	1.00-3.00pm	1 session
Coping with pain	9 November	10.00-12.00pm	1 session
Feeling positive, busting stress	19 November	10.00-12.00pm	1 session
Coping with life using relaxation	7 December	10.00-12.00pm	1 session

Crafting

For messy creative time, crafting on my own, family workshops at the Hepworth, in a group for workshops, with a friend.

The satisfaction I get from fingers and clothes messy with pastels, paint, felt tips.

The floor littered with various craft projects, items and the joy of peeling double sided sticky tape or dried glue off my fingers.

Halima 2020



Last week's Quiz answers

1. Vatican City
2. Russia
3. William Pitt (the younger)
4. Eric Cantona
5. Carl Dean
6. Christmas tree farm
7. Sarkisian
8. False
9. True
10. True

Music to get you moving and a grooving!

<https://mol.im/a/8595701>

<https://youtu.be/RWSYjyMosvM>



Meditation helpful links to try...

What are the main health benefits of meditation? Meditation **reduces stress**, which is estimated to be the cause of over 80% of the visits to the doctor. Meditation is also proved to **improve your immune system, reduce inflammatory disorders and asthma, manage blood pressure, and increase longevity.**

<https://youtu.be/inpok4MKVLM>

<https://youtu.be/nmFUDki1Aq0>

<https://youtu.be/3RxXiFgkxGc>



Fancy a walk with a difference?

Countryside Audio Walks is growing and Open Country hope to send them out to some of their visually impaired members they support in the next few months. To listen to the first six, please follow the link below:

<http://www.opencountry.org.uk/audio-walks/>



Heritage Open Days 2020

Heritage Open Days is all about celebrating community and local stories, which feels more important than ever right now. After much (and ongoing) discussion the festival will go ahead from 11th – 20th September. Online events will be offered for the first time as well as any in-person opportunities possible within government guidelines. For details, visit

www.heritageopendays.org.uk

Please respect those who can't wear a face covering
Remember not all health conditions are visible





Cycle North wants to see more people riding bikes. Big people, little people, slow and fast; we do everything we can to help everyone to include cycling in their lives. We run training sessions and activities to make it safer, easier and more fun for all.

Adults and Children

BASIC - Back on your Bike

If you're a non-rider, or haven't ridden for a long time this session is for you.

What: A 2 hour cycle training lesson in group of up to 6, working with 2 qualified Bikeability instructors. The session starts on a flat off-road area and progresses onto local roads at a rate to suit the group.

Who: Adults age 16+ (or 14+ if participating with a parent/guardian)

Where: Well Project Haw Hill Park, Castleford Rd, Normanton WF6 2DP

When: Various evening and weekend sessions in August. See the booking page for available dates and times.

<https://www.cyclenorth.co.uk/wakefield-activities>



Bog Standard – new changes to disabled toilet facilities

The Government announced that large accessible toilets for severely disabled people - known as *Changing Places* - will be made compulsory for new buildings in England from 2021. This means that new shopping centres, supermarkets, sports and arts venues must include at least one Changing Place, where facilities include hoists, changing benches and space for carers. For the 250,000 severely disabled people in the UK, this announcement is life changing. It is a major step in reducing the health inequalities and will go a long way to stop the discomfort, embarrassment and in some cases, injury when disabled people have had to use inadequate facilities.

This announcement is additional to a £30m fund to install Changing Places in existing premises, announced in March's Budget. The Department for Transport has also announced a £1.27m fund to install 37 more Changing Places at service stations across England, meaning 87 of England's 118 service stations will have the facilities in the next few years.

Hopefully the days when many disabled people had to restrict drinking to avoid needing the toilet whilst out, risking dehydration and urinary tract infections, or having to return home due to the lack of suitable facilities will soon be gone.



NHS
Blood and Transplant

If you've recovered from COVID-19 the NHS needs your help

Your donated plasma can be used to treat patients with the virus.

Coronavirus: help us fight back

<https://www.nhsbt.nhs.uk/how-you-can-help/convalescent-plasma-clinical-trial/>

Do you have 10 minutes to help us make it easier for people to find mental health information on NHS.UK? If you can help with our research, please follow the link to complete our confidential survey:

<https://twitter.com/NHSuk/status/1293488281930301440>

#Wakefieldreset – The future of our health and care services

During the coronavirus pandemic, health and social care services made changes to the way they worked. Healthwatch Wakefield would like to find out about local people's experience of these services during this time. Please share or complete [the survey](#).

The future of our Health and Care Services
Please take the time to complete our survey. Your feedback is important.

www.smartsurvey.co.uk

Pesto salmon pasta bake recipe - serves 4

For an easy family dinner idea that's sure to satisfy, why not try this quick and easy pesto salmon pasta bake recipe with flaky fish, tomatoes and mozzarella. It's packed with Italian flavours and is ready in just 35 minutes, good value too!

Ingredients

- 350g penne
- 2 x 212g tins pink salmon, drained
- 1 lemon, zested and juiced
- 190g jar green pesto
- 250g pack cherry tomatoes, halved
- 100g bunch spring onions, finely sliced
- 125g pack reduced-fat mozzarella

Method

Preheat the oven to gas 7, 220°C, fan 200°C. Boil the pasta for 5 mins. Drain, reserving 100ml cooking water.

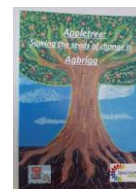
1. Meanwhile, in a 2ltr ovenproof dish, mix the salmon, lemon zest and juice, pesto (reserving 2 tbsp), tomatoes and half the spring onions; season.
2. Mix the pasta and reserved cooking water into the dish. Mix the reserved pesto with 1 tbsp water and drizzle over the pasta. Tear over the mozzarella, top with the remaining spring onions and bake for 25 mins until golden

Starting Line

Support from an Employment Adviser via phone, email, or Skype (or a combination of all three). This service is most suitable for people who haven't worked before or not worked for a long time and are not currently working. We cover a course of modules in pre-employability skills, combined with one to one tailored support and guidance. Starting Line takes place over 7 weeks, and while usually a group course, the current one to one format allows us to completely adjust to suit a customer's pace. We will typically contact customers twice weekly. Upon completion of the course, customers can expect to finish with; goal setting skills, an updated and improved CV, interview skills, sector specific job search knowledge, and guidance on how to talk about their disability / health condition. To refer, just visit www.scope.org.uk/starting-line and complete the short online form. Alternatively, email startingline@scope.org.uk

Kickstart

Support from an Employment Adviser via phone, email, or Skype (or a combination of all three). This service is most suitable for those who have recently worked, have a consistent work history, and feel ready to work. The support is one to one and fully focused on the customer's specific employment goals. Kickstart can work with customers for up to 6 months and we will typically contact customers every fortnight (while being a point of contact for customers with any queries between arranged meetings). Customers will receive an updated and improved CV, tailored guidance, and a regularly updated action plan. To refer, just visit www.scope.org.uk/kickstart and complete the short online form. Alternatively, email kickstart@scope.org.uk



Appletree: Sowing the seeds of change £12.50 Inc. postage

This book is inspired by Appletree Community Garden and Allotment in Agbrigg, Wakefield and its beauty and the positivity it brings to those who enjoy what it has to offer. The artwork you see throughout has been created by the community to connect with Appletree and the poetry written by Dawn Bland. It tells the story of Appletree throughout the seasons, emphasising how the garden helps not just physical but mental health of those who visit.

Buy it here: <https://www.ebay.co.uk/itm/114293939969>

2020: the other side £12.50 Inc. postage

Poetry book from Dawn Bland exploring the ups and downs of 2020. A unique insight into the mind of Dawn Bland and those most vulnerable during a period of lockdown. 2020: The Other Side highlights harsh realities using new poetry and Art to relate to readers.

All proceeds from the sales of both books will be donated to creating a safe space.

Buy it here: <https://www.ebay.co.uk/itm/114320426663>



LOCAL NEWS

Following the call out in June 2020 for local crafters, Communities and Regeneration received over 400 knitted and crocheted squares from community groups and individuals from across our District. The project was started to provide learning opportunities, support mental health, encourage community cohesion and provide positivity during our lockdown months and as August 1st was Yorkshire Day the squares were fastened to a combination of archway frames within The Ridings and The Trinity shopping centres. Blue colours were used to represent a thank you to our NHS workers, and multi-coloured patterns were on display to show our mixed community strengths and the welcoming back of our industries and shops as lockdown restrictions eased in the City.

Thank you to everyone who took part and especially to our volunteers who spent many days sewing the combinations of materials together. The displays will stay up in the shops for the next few weeks, and then the blankets will be donated to RSPCA to keep their animals warm throughout the winter months. There's still time to grab a selfie in the archways, using the hashtags [#Wakefield Way](#) [#HookedOnWakefield](#)

LOCAL STORY

Local Story is an online archive that captures Wakefield's community response to Covid-19 by individuals and organisations. The stories showcase a range of responses from coordinated effort of the voluntary sector, through to the individual direct action of people using their talents to help address community need.

During this time many people have been appreciating nature and the environment. Local Story builds on this interest with environmental challenges and ideas for a greener healthier future. A gallery of inspirational stories of what changes people have made to address climate change is growing.

Local Story has been created by One to One Development Trust for Anna Hartley the Director of Wakefield Public Health's' Annual report 2020.



Local Story: An interactive resource celebrating resilience, stories and ideas from communities across Wakefield District in relation to Covid-19 and ideas for a greener, healthier future

You can see Local Story at www.localstory-wakefield.co.uk

If you would like to contribute a Covid-19 resilience story, or a Go Green story please visit <https://localstory-wakefield.co.uk/local-stories/submit-your-local-story/>

or call One to One Development Trust on 07901 686142

Countries of the EU Wordsearch

All 28 European Union member countries are hidden in the puzzle.



AUSTRIA, BELGIUM, BULGARIA, CROATIA, CYPRUS, CZECH REPUBLIC, DENMARK, ESTONIA, FINLAND, FRANCE, GERMANY, GREECE, HUNGARY, IRELAND, ITALY, LATVIA, LITHUANIA, LUXEMBOURG, MALTA, THE NETHERLANDS, POLAND, PORTUGAL, ROMANIA, SLOVAKIA, SLOVENIA, SPAIN, SWEDEN, UNITED KINGDOM

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QUIZ OF THE WEEK

1. What is the currency of Sweden
2. What is the name of the largest airport in Amsterdam
3. What is the capital of New Zealand
4. What is the capital of Poland
5. Mount Vesuvius overlooks which present day Italian city
6. What is the oldest recorded town in the UK
7. What country is Beirut the capital of
8. What is the name of the largest river to flow through Paris
9. Of which country is Sofia the capital of
10. What country was known as Rhodesia

Volunteering with us!

Have you thought about volunteering? -Do you have a practical skill or interest in gardening, knitting, crafts, cooking or something else?

Do you have an experience that you would like to educate others about, perhaps in mental or physical ill health?

Do you have a desire to support and encourage others?

Then why not become a volunteer with the Wakefield Recovery and Wellbeing College!

We welcome anyone over the age of 16 who feels they have the understanding and expertise to work with and share their experiences with our students.

Being a volunteer at the Wakefield Recovery and Wellbeing College is an opportunity to boost your skills, as well as give something back if you wish. We would welcome and support anyone who would like to volunteer within the College, providing you with:

1. A dedicated volunteer supervisor with a personalised volunteer placement plan to help enable and support you in volunteering
2. Regular contact with the team
3. Peer support from your fellow volunteers
4. Flexible volunteering hours/commitments to suit you
5. Reimbursement of travel and material expenses as acquired whilst carrying out your volunteering duties
6. Personal and educational development and training opportunities.

If you would like to know more, please give us a call on **01924 316946**, email us at wakefieldrecoverycollege@swyt.nhs.uk or visit our website

www.wakefieldrecoverycollege.nhs.uk and complete the interest form

Thankyou

Happy Retirement!!



This week has been a bit of a sad one for us here at the College ☹️ One of our longest serving Trust volunteers and an extremely valued member of our team, Alan, has decided that now's the time to finally hang up his volunteering hat and properly retire so that he can spend more quality time with his family and doing those jobs around the house he's always been too busy to do.

Alan joined our team when the College was in its infancy, but you may also have seen Alan about elsewhere as he has volunteered in so many different places for so many years (Castleford and Normanton District Hospital canteen, Fieldhead Hospital canteen and The British Heart Foundation to name but a few!).

Our baking basics course just will not be the same without him and his "absolutely marvellous" catchphrases. Our students have never had a single bad word to say about Alan and have always praised his unwavering support, kindness and friendly teaching style (not to mention his delicious cakes!!).

We wish you the absolute best in life Alan, all the luck for your future endeavours and hope you enjoy a wonderful retirement! Any time you want to pay us a visit, we'll welcome you back ☺️ All the best, Lindsey, Janette, Hannah and the rest of the team ☺️