

We've all been having to wear face coverings in shops and other enclosed spaces for a few weeks now...how are you finding it? We've got on board in our household and have some masks that are really summery (can you tell we like bumblebees in this house?! Look at some of our masks!). I'm looking forward to seeing all of the Hallowe'en, Bonfire Night and Christmas themed masks in the next few months! What are you looking forward to?  
Lindsey ☺



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**POEM**

I am emerging  
as a butterfly  
who is learning to fly,  
to venture out of my comfort  
zone.

I like wearing colourful  
clothes,  
attracting comments on  
the beautiful colours.

I changed from a shy retiring  
caterpillar  
into a blossoming butterfly.

I am attracted to beautiful  
flowers,  
both literally and  
metaphorically,  
many beautiful flowers in my  
garden: friends.

Halmia 2020

We want to make sure we have things right for our students and would love some feedback from you please so that we can plan our next term and our next prospectus. Please could you let us know, by 1<sup>st</sup> September 2020, which of the below you would prefer:

1. I would like to attend face to face courses as soon as we're allowed in 2020.
2. I would not feel comfortable attending any face to face courses during 2020, but would be happy to attend in January/February 2021.
3. I would not feel comfortable attending any face to face courses until Spring 2021.
4. I would like to attend only online courses, until I feel comfortable attending face to face courses at some point from later 2021 onwards.

You can let us know your response by emailing us, calling us or visiting our social media poll on Twitter [here](#) or on Facebook [here](#). Your responses will shape your recovery college and how we deliver our courses for the time being.



5 mins meditation you can do anywhere. Relax!  
<https://youtu.be/inpok4MKVLM>

**Last week's Quiz answers – how did you do?**

- |                  |               |
|------------------|---------------|
| 1. Swedish Krona | 6. Colchester |
| 2. Schipol       | 7. Lebenon    |
| 3. Wellington    | 8. Seine      |
| 4. Warsaw        | 9. Bulgaria   |
| 5. Naples        | 10. Zimbabwe  |

Thought of the day!

**Learning is a treasure  
that will follow its  
owner everywhere.”**

Chinese Proverb

**Go on; give it a try, support is out there!**

The coronavirus pandemic has prompted many of us to reflect and think more seriously about our health. Some of us saw it as a way to make small and sustainable life changes to better our health; from continuing our daily walk post-lockdown, to cooking fresher and healthier food at home, due to the temporary closure of a lot of restaurants and takeaways.

Gaining weight is often a gradual process that takes place over a number of years. This extra weight causes pressure to build up around vital organs, making it harder for the body to fight against diseases like cancer, heart disease and now coronavirus.

The Trust is supporting Public Health England's 'Better Health' campaign on a local level, to ensure people know what better health support is available to them.

Everyone knows their own healthy weight – we know when our clothes feel a little too snug and how our bodies look and feel if we gain or lose weight. Read more on the link above.



We have places available on the following **FREE ONLINE** courses

Course	Date	Times	Duration
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

Book your place via our website enrolment form – or if you are a previous student just send us an email or give us a call on 01924 316946 and we can book your place  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

### Mother's 20 minute's cake

This was my favourite cake as a child, cheap and easy to make, eat it with jam or custard, fill it with buttercream or spread icing over the top. Brings back childhood memories of the smell of baking in the kitchen at home and me eagerly waiting for the first slice of the freshly baked cake.

#### Ingredients:

2 and half cups of self-raising flour (tea cup)  
1 and half cup of sugar (tea cup)  
3 small eggs  
Cup of milk (tea cup)  
Half tub of stork margarine (approx. 4oz)  
Teaspoon baking powder  
Small amount of butter for greasing the baking tin

#### Method:

Rub the margarine and sugar in a bowl until well mixed together  
Slowly add beaten eggs to the mixture, small amount at a time, beating well with a wooden spoon  
Add the self-raising flour small amount at a time, lightly stirring in well with a metal spoon  
Add the milk a small amount at a time until the mixture is smooth and drops off the spoon easily – you may not need all the milk  
Mix in the baking powder

Transfer to a large well-greased deep baking tin

Place in middle of the oven for approx. half an hour until golden brown and firm to touch. Check by putting a knife into the cake and if it comes out clear then it is cooked. Cook at 200F Gas ¼

Leave to cool before icing or cutting into squares and serve with jam and custard or eat on its own.

Hope you enjoy the recipe - Janette

### POEM

The jolt of shock will fade;  
it will be replaced by  
determination.

So powerful is the determination  
it resides in an unbreakable bond  
within me,  
it lingers as a sweet taste in my  
mouth,  
my heart will rejoice when I  
succeed

By Halima 2020

I got up this morning and had a walk  
into the garden to find that the  
pineapple shrub I planted 7 years ago  
had flowered for only the 2<sup>nd</sup> time!  
Nature has special ways of  
brightening your day!



Janette

### Here are some exercises to try at home

<https://disabilitypartnershipcalderdale.org/2020/04/29/exercises-to-try-at-home/>



### NEW ONLINE GROUP 'ON YER BIKE'

Have you got an exercise bike sat at home collecting dust? Or a push bike and stand? Then give it a clean and get on board with our spinning class!

Spinning will provide an opportunity for you to:

- build up a level of cycling fitness
- distract from Covid-19
- learn how to ride a bike in a safe environment
- boost your confidence in virtual group sessions
- improve your physical health and overall wellbeing
- understand how to use your own exercise bike, or push bike, including adjusting seat heights, functions and buttons

**Starts Wednesday 26 August for  
12 weeks - 5.30pm – 6.30pm**

Book a place via our website

Gardening project – spend time outside and enjoy some fresh air!

### **Spruce up your old garden shed!**

We are not all gardeners but most of us enjoy looking out on to a nice tidy garden and even if we don't have green fingers we can always try our hand at doing up the garden shed!

Sheds are invaluable, but easily become neglected eyesores, especially in a small garden. With a bit of planning and inspiration a shed can offer a whole new space and outlook. Here are a few ideas:-

1. Give your shed a lick of paint. Painting it will not only protect the wood but can change the look and feel of your garden. Neutral shades such as olive green, will make your shed look less prominent whilst dark colours such as black will make it look far away, helping to make a smaller garden look bigger. You can buy shed paint from most local homeware or garden centre shops.
2. Save water and fix a water butt to your shed by attaching a piece of guttering just below the roof and a drainpipe into the water butt to collect the rain water. By using this water in the garden it will save you money in the long run.
3. Use your shed to attract wildlife. Add nest boxes and insect houses to the side of the shed, where it is sheltered and out of the wind and rain. You can either make these or buy them cheaply from high street homeware shops. Hang up flower planters as well to attract the bees.



### **Home Visiting Service – Wakefield District Housing – Care Link**

Home visiting is for anyone who feels they need a little more support at home, and the service starts from as little as £9.96 per week.

The service caters for people with physical health problems, mental health problems, and people with learning difficulties, those with low confidence, people suffering from social isolation and those who just want a little company through the week while their loved ones are at work. Home visiting is a flexible service and is tailored to an individual's needs.

With our Home Visiting Service you get a visit from one of our experienced home visitors to check your wellbeing. You might like a visit once or twice each week or you might prefer we call to see you every day (Monday to Friday) – it's up to you.

<https://www.wdh.co.uk/CareLink/>

For more information: **Phone: 03458 507 507**

**Email:** [homevisiting@wdh.co.uk](mailto:homevisiting@wdh.co.uk) **Visit:** [www.wdh.co.uk](http://www.wdh.co.uk)

### Test your football skills Quiz

1. St Andrews has been the clubs home ground since 1906
2. Lifelong supporter Elton John became Chairman of this club in 1976
3. Chris Waddle joined this club in 1992 after leaving Marseille
4. This Welsh club called the Vetch Field home for decades
5. Called Millimoor home for over 100 years
6. Won the premier league in 1995 under manager Kenny Dalglish
7. David Wagner led this club to promotion to the Premier League in 2011
8. This clubs only major honour to date was winning the 2004 Football League Cup Final
9. Ole Gunnal Solslcjger had a short spell managing this club in 2014
10. England great Tom Finney played over 400 games for this club between 1946 – 1960



<https://www.bbc.co.uk/news/uk-53781734>

'My father was violent - I feared for lockdown victims'

The BBC's Victoria Derbyshire looks at what life has been like for those trapped with an abusive partner.

[www.bbc.co.uk](http://www.bbc.co.uk)

Free 24 hour National Abuse Line  
0808 2000 247

### World National Photography Day 19 August 2020

World Photography Day is an annual, worldwide celebration of the art, craft, science and history of photography. Be sure to share your best photos from the day on our Facebook page  
[facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)



'My Future Wishes - A Guide to Advance Care Planning', a resource pack designed for patients, families and professionals to help them to have conversations about their future wishes for care, is now available on our website:

<https://wyhpartnership.co.uk/our-priorities/mental-health/mental-health/advance-care-planning...>  
[#wyhfuturewishes](https://twitter.com/wyhfuturewishes)

### An interesting fact

In 1816, the United States built a fort to protect itself from invasion by Canada. There was only one small problem: due to a surveying error, it was built in Canada. It was later known as "Fort Blunder".

NHS "how at risk of diabetes are you" quiz  
[https://healthieryou.reedwellbeing.com/check-your-risk/?utm\\_source=yorkshire-post&utm\\_medium=paid-article&utm\\_campaign=healthier-you](https://healthieryou.reedwellbeing.com/check-your-risk/?utm_source=yorkshire-post&utm_medium=paid-article&utm_campaign=healthier-you)



<https://www.yorkshirepost.co.uk/health/are-you-risk-type-2-diabetes-2941148>

[www.yorkshirepost.co.uk](http://www.yorkshirepost.co.uk)

Take the online test now and learn more about type 2 diabetes.



Open Country have been awarded some funding from the European Social Fund (ESF) to enable them to set up a new activity group every Wednesday between 10am -4pm starting on Wednesday 2<sup>nd</sup> September. The new group is aimed at people who are not currently employed and want to develop their volunteering experience and skill set. The group will run for 6 months with 6 participants and will be focused on auditing and mapping the most accessible green spaces around our district. The group is open to any adult (over 18 years old) with any disability. All equipment and training will be provided.

There is quite a bit of paperwork to fill in to enrol but they can obviously help with all of that in the first week of the course. They need participants to be reasonably sure they can commit to every Wednesday, bar the two over Christmas, until the end of February 2021. At the end of it all, participants will be able to say they have created the Wakefield Breakfree Pack with 12 inserts (similar to the Harrogate ones pictured) and the re-print of the Wakefield Countryside Directory for People with Disabilities (the online copy of our current directory can be found here - <http://www.opencountry.org.uk/wp-content/uploads/2018/10/100-FINAL-Wakefield-Countryside-Directory-for-People-with-Disabilities.pdf> ) Both publications will enable access for all across our district.

All Covid-19 guidelines will be followed for the duration of the course. The Open Country minibus will be used for some of the trips out and they will need the people in the minibus to socially distance and wear masks throughout the journey.

For more details contact: Ella

Tel: 01423 507227 [www.opencountry.org.uk](http://www.opencountry.org.uk) Facebook: opencountryyorkshire Twitter: Open\_Country\_20 Instagram: opencountry30

**Puzzle – can you find the four leaf clover in this picture below?**

