

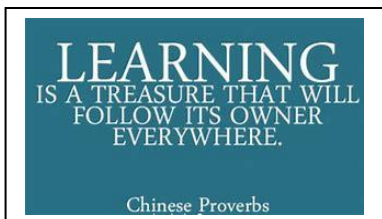


THE SUPPORTER NEWSLETTER



28 August 2020

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



Free Workshop Saturday 12th September 11am

Behold Mighty Suffragists!

Make a Suffragist Dolly Peg and hear all about Wakefield Suffrage

<https://www.facebook.com/events/877946886061002/>

It's the Bank Holiday weekend! Interesting facts...

The bank holiday tradition began in the Nineteenth Century when there was new legislation passed called The Bank Holidays Act 1871.

Up until 1834, there were 33 official holidays in The UK, consisting of Saints Days and religious holidays. This was considered to be too many holidays, so in 1834, this number was reduced to 4 and the 1871 Act made it into official law. Now, there are a total of 8 Bank holidays in England.

Each year, the dates of Bank Holidays are stated by royal proclamation. This means that HRH the Queen tells the UK government in an official letter which days will be national holidays in the coming year. This is tradition, but it means that the 'moveable holidays' around Easter will always be put on a Monday so that no holiday is lost, which happens in other countries around the world when a national holiday date happens on a Saturday or Sunday that year.

A bank holiday is a public or national holiday in the United Kingdom.

These are the days when banks close and no banking transactions are made. Most of the working population also gets the day off as the majority of offices stop work for the day. As these bank holidays are usually on a Monday, then it turns into what the British call 'a long weekend' or 'the Bank holiday weekend'. Enjoy this bank holiday weekend!

TURNING POINT **Talking Therapies - Online Support & Free Workshops**

We are offering workshops on:

- Sleep Workshop
- Mindfulness Workshop
- Managing Anxiety & Worry
- Wellbeing At Work

Link: <https://talking.turning-point.co.uk/wakefield/free-online-workshops/>

Telephone: 01924 234 860
Email: Wakefield.talking@turning-point.co.uk
Website: <https://www.talking.turning-point.co.uk/wakefield/>

Wakefield Recovery & Wellbeing College

FREE ONLINE workshops

Coping with pain	7 Sept	10-12pm
	7 Oct	10-12pm
Coping with life using relaxation	7 Oct	1-3pm
	7 Dec	10-12pm
Feeling positive, busting stress	19 Nov	10-12pm

Enrol via www.wakefieldrecoverycollege.nhs.uk



Helping Hands

It can be a challenging time for everyone right now, but especially for those more vulnerable. That's why in this newest edition of Helping Hands they've included advice on continuing to stay safe, tips on how to stay well (both physically and mentally) – as well as lots of activities and ideas to keep you occupied. Find and download the edition now at

www.wakefield.gov.uk/Documents/helping-hands/summer-2020.pdf



Adult Learning Within Reach

Renaissance art taster with Rachael Gorton

FREE Tuesday, 08/09/2020, 19:30 - 21:00, 1 session, Ref: C3678344

To provide a brief introduction to appreciating Renaissance art in an online, group setting. The course will examine what the term 'Renaissance' means, when and where the Renaissance happened, identify and briefly analyse key artists and works.

Introduction to Experimental Drawing with Sarah O'Boyle

FREE Wednesday, 11/11/2020, 14:15 - 15:45, 2 sessions, Ref: C3678465

This short taster course will introduce learners to a series of drawing techniques that are designed to encourage working in a playful, experimental way.

Upcycling - creative recycled crafts taster with Rachael Gorton

FREE Monday, 07/09/2020, 14:15 - 15:45, 1 session, Ref: C3678346

To encourage resourceful creativity at home, reducing waste by upcycling junk into useful and beautiful things! This taster will form a practical introduction to creating usable beads out of paper which might otherwise go in the bin.

Homeopathy taster with Janette Humphreys

FREE Monday, 21/09/2020, 09:00 - 10:30, 1 session, Ref: C3678340

To introduce people to the ideas behind homeopathy and enable them to choose homeopathic remedies for common, 'acute' non-serious situations.

Find out more wea.org.uk/yorks-humber or
0300 303 3464



Prince's Trust Program - Askham Bryan College, York

<https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fonline.flowpaper.com%2F785d074e%2FABCPrincesTrust1%2F%23page%3D1&data=01%7C01%7Cjulie.tree%40ckcareers.org.uk%7C5ce9986c71fb4a601ae408d8481e5419%7C917739e5ba764314bf8806a914747ab9%7C0&sdata=CCpaG4E21Jtzzb%2BXEEf6unQotq1r92Kyw2mxKUaeEu4%3D&reserved=0>

There are still places on the Princes Trust courses with Askham Bryan College. Open to 16-25 year olds. Have a look at their programme booklet by accessing the link above.



Have you used maternity services since lockdown?

We're asking women who've used maternity services during the pandemic to tell us what worked and what could be improved.

Access the survey here: bit.ly/maternsurv

or scan the QR code using your phone camera:



SURVEY

NHS and social care staff are doing everything they can to keep us well, but there might be things that can be improved. If you've recently used a health service and want to share your experience, we're here to listen. By sharing your experiences of care – what's working and what could be better – you can help nurses, doctors and care workers spot issues that are affecting care for you and your loved ones.

Please see updates on our website here:

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



Help and support is available 24 hours
Freephone 0808 8020 133

begambleaware.org/

Live Chat available



Don't forget!

If you are camping or staying in a caravan stay alert to the dangers of carbon monoxide poisoning. Keep stoves, barbeques and heaters outside your tent or caravan and take an audible carbon monoxide alarm with you. Signs or poisoning can include nausea, headaches and dizziness.

www.northerngasnetworks.co.uk



Virtual adult self-harm **peer support groups** (UK-wide). Each group runs every 2 weeks
Tuesday morning 11.30-12.30 (next: 1 Sept)
Monday evening 6.30-7.30 (next: 7 Sept)

Launching October 1st, 6.30-7.30 pm -
"Inbetweeners": virtual adult peer support group for people who struggle with self-harm but do not (or rarely) act on the urges

Virtual peer support for **parents/family** of people of any age who self-harm (UK-wide).
Group runs every 2 weeks
Next group following summer break: Tuesday 8 Sept, 6.30-8 pm

For more information please contact

www.battle-scars-self-harm.org.uk

info@battle-scars-self-harm.org.uk

Admin: 07410 380747

Last week's football quiz – back of the net – how did you score?

1. Birmingham City
2. Watford
3. Sheffield Wednesday
4. Swansea City
5. Rotherham United
6. Blackburn Rovers
7. Huddersfield Town
8. Middlesbrough
9. Cardiff City
10. Preston North End

ARE YOU 16-25 YEARS OLD?
LOOKING FOR A NEW CHALLENGE?
WANTING TO IMPROVE YOUR CONFIDENCE,
TEAMWORK AND EMPLOYABILITY SKILLS?

JOIN OUR
EXT.....12 Week Prince's Trust
Team Programme

21st Sept 2020 at Lightwaves Centre

You will:

- Take part in team work activities, a community project and work experience.
- Develop confidence and team work skills.
- Gain a Level 1 or 2 Certificate in Employability Skills.
- Gain valuable experience to update your CV with and practice interview skills.

TRAVEL COSTS COVERED & DOESN'T AFFECT BENEFITS

Please contact Alex on 07754 38099, or email princestrust@wakefield.ac.uk for more information.
The course is based at Lightwaves Community Centre, Wakefield.



Mortgage, Money and Debt help

Struggling with money worries can feel isolating and scary. You are not alone. Get in touch today and the Homeowner Support and Money Smart teams are ready to help out.

Ring: 01924 305887/ 01924 305892

Email: moneysmart@wakefield.gov.uk

YOUNGMINDS

#Take
20

Questions I wish my parents had asked me

Who are the people you feel safe with?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

If you could change anything in your life what would it be?

What difficulties are you facing now?

What can I do to help?

I can tell that you really like "insert video game/app/tv show/fossil collection", what about it do you love so much?

Where is a place you feel safe?

Do you have any worries about starting a new school?

What are you most looking forward to this week?

It's okay to keep stuff private, but did you want to tell me more about "insert subject"?

How are you coping since your dad died?

What are you worried about when you lie in bed and can't sleep?

What are you most dreading this week?

How do you feel about things changing?

Is there a lot of picking on people at your school?

Is there anyone who is upsetting you?

How do you feel about growing up? What's exciting, what's scary?



Bookmaking & Wellbeing

Just email helloedreamtimecreative.org if you would like to enrol and please let us know which session you'd like to attend.

WHEN Daytime or evening sessions available. Wednesdays 12-2pm OR 6:30-8:30pm in Wakefield Town Centre

WHERE Custom House, The Springs, WF1 1QB (opposite Bettfred)

DATES September 16th, 23rd, 30th, October 7th, 14th, 21st, BREAK (Oct 28th) November 4th, and 11th.

The project's aims & objectives will focus on the creative process and women's mental & physical wellbeing through bonding, sharing, listening, supporting and creativity.

Over the eight weeks, we will explore how to improve our general wellbeing; looking at our thoughts, feelings and behaviours and we will be creative by making our own personal handmade books. We will work together as a group and our learning will be further embedded through individual workbooks.

We hope that we will exhibit these books in January 2021 (Optional, of course!)

Our studio space is very large and there will be a sanitizing station on arrival. Masks optional.

QUIZ

ALL ABOUT MOTORING!

1. In 1971 the Rolls Royce Silver Shadow 2 door models were given what name?
2. Which 22 mile long M50 motorway is often referred to as the 'Ross' what?
3. The headquarters of Fiat is in which country?
4. How many rings are there in the Audi logo?
5. If you are using M&S tyres what do the letters stand for?
6. The Ford Model 'T' was given which two word nickname?
7. What does the commonly used abbreviation ABS stand for?
8. CH is the car international registration plate for which country?
9. The slogan for which auto brand is the 'best or nothing'?
10. Which car brand includes the Defender and the Discovery?



STEP-UP

This morning we shared 87 whole market jobs with Step Up clients. Could you benefit by receiving our jobs bulletin? Could you benefit from the FREE support Step Up has to offer? Contact Step Up on 01924 303334 or email us at stepup@wakefield.gov.uk

Don't forget that your child needs to keep using their asthma medication as there is usually a peak in children going to hospital A&E departments for asthma after a break from school.

<http://ow.ly/TlyW50B3eQ8>



Department of Health & Social Care

Sign up to be contacted for vaccine research.

Taking part in studies will help us find an effective covid vaccine faster. Register today:

nhs.uk/sign-up-to-be-... if you've already signed up for this service, you can also withdraw your permission at any time.

blurt

Blurt Foundation (a social enterprise dedicated to helping those affected by depression) has produced a free downloadable resource library, including information on self-care, crisis planning and supporting someone who has depression).

<https://www.blurtitout.org/product/entire-downloads-library/>

You can also view these on our website (under the general resources button)

CAMHS Resources (co-produced by young people, carers and professionals) have put together these downloadable self-help and support guides for young people and for parents, carers and guardians.

<https://www.camhs-resources.co.uk/>

You can also view these on our website (under the general resources button)

Helpful tips!

5 mins Positive mind – don't let those negative thoughts take over!

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

Ideas about ways that you can get active outdoors

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



Have you sent us your feedback yet?



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 1st 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.

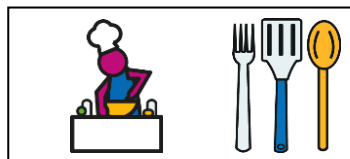
This week's tasty recipe - Lighter Toad in the Hole – serves 4

Ingredients

- 100g plain flour
- 2 free-range eggs, beaten
- 150ml skimmed milk
- 1 tbsp. chopped sage leaves
- 2 red onions, cut into 8 wedges each
- 1 large yellow pepper, deseeded and cut into 8 slices
- 1 tbsp. olive oil
- 8 Low fat Cumberland sausages
- 8 cherry tomatoes
- 75g fresh or frozen peas, defrosted
- 220g pack Tender stem broccoli
- 1 chicken gravy pot (from a 112g pack)

Method

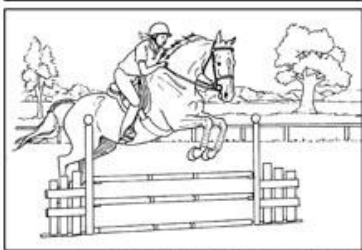
1. Preheat the oven to gas 7, 220°C, fan 200°C. Put the flour in a bowl, season, and gradually whisk in the eggs and milk to make a smooth batter. Stir in the sage and set aside.
2. Put the onions and pepper in a 22 x 28cm ovenproof baking dish and drizzle over the oil. Roast for 10 mins, then add the sausages, tomatoes and peas and roast for a further 10 mins. Remove from the oven, pour over the batter and cook for a further 30-35 mins until puffed and golden.
3. Meanwhile, cook the broccoli for 5-6 mins until tender. In a small pan, mix the gravy pot with 220ml cold water and bring to the boil, stirring constantly. Simmer for 1 min. Serve the toad-in-the-hole with the broccoli and gravy.



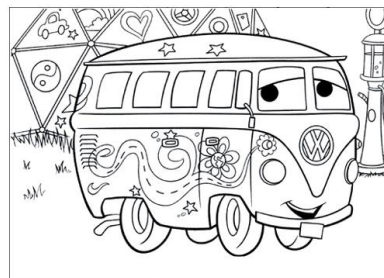
Have a go at these spot the difference puzzles!

Find 8 differences

Can you find 8 differences in the two pictures?



Find 7 differences



Find the 7 differences