




Have a calming cuppa! New research suggests drinking plain old-fashioned black tea can help us fight stress and promote relaxation.

Welcome, sit back and read through the Wakefield and 5 Towns Recovery College’s first edition of ‘The Supporter ‘ newsletter aimed at giving you tips and ideas on how to stay safe, occupied and keep well during this sometimes anxiety provoking era of the COVID-19 outbreak. Remember we are all here to help each other.

We will feature good news stories, advice, quizzes, poems, volunteer stories, local support, information and much more!

We would love to hear from you if you would like us to include anything in our forthcoming editions – just contact us with your ideas!



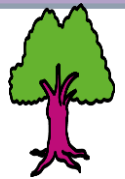
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-  facebook.com/wakefieldrecoverycollege

Quote of the Week

Tough times never last, but tough people do!

Robert H Schuller

POEM



Ancient trees

**The trees in the park stand in rank
On each side of the road
Branches towards the sky
Curving in towards each other
Swaying: Not touching
Reaching out
Metres apart
Ancient and gnarled
Standing there
Forbidden to intervene or touch
But not forever
Waiting patiently
Renewing, re growing over time
They existed in the past
They will exist in the future
We will be there to watch them**

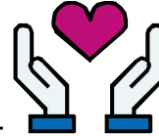
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Meditation Mondays – webcast

Join us every Monday, 10.15am sharp for 40mins of meditation, discussion and support. Suitable for beginners and those more experienced. Led by Ben one of our valued volunteer facilitators

*For a direct link and instructions to join
Please email us:-
wakefieldrecoverycollege@swyt.nhs.uk*

The Recovery College is open Monday to Friday (various hours) – staff are working slightly differently in these strange uncertain times, however we are still here for enquiries or a chat and the team is continuously striving to you offer other ways of delivering your courses and offering you information. Keep checking our Facebook and Twitter pages.



The Recovery College recommends the following helplines:-

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: www.anxietyuk.org.uk

Men's Health Forum

24/7 stress support for men by text, chat and email. Website: www.menshealthforum.org.uk

Mind

Promotes the views and needs of people with mental health problems. Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk

Samaritans

Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk

Musical Quiz

(answers in next week's edition)

1. From which band apart from Ultravox did Midge Ure enjoy chart success with during the 80's?
2. Which female artist released a song called 'Hero' in 1993?
3. Which song of Roxette was featured in the movie 'Pretty Woman'?
4. Which Spice Girl was named Sporty Spice?
5. Who took 'Lilley the Pink' to No 1?
6. Sounds of the Underground was the first No 1 hit for which group?
7. Which Beatles No 1 featured the word 'yellow' in the title?
8. Who had a huge No1 hit with 'Ice, Ice Baby'?
9. Chrissie Hyde was lead singer with which group?
10. Which 2 squaddies had hits with old songs?
11. Which rock star did Elvis Presley's daughter marry?
12. Who had a No 1 with 'Cotton Eye Joe'?

Volunteer story

I first became aware of the college through a friend. My background is in general nursing, qualifying 20 years ago and currently working as a Clinical Nurse Specialist. Over the years I have worked in many areas in nursing, including midwifery.

I really enjoy learning and teaching others the knowledge and skills I have learnt, which is one of the reasons I decided to volunteer and facilitate the Stroke Awareness course. My everyday job can be demanding but very rewarding.

Volunteering gives me the opportunity to meet others like myself that are on their own recovery journey. This COVID-19 outbreak has certainly tested my resilience at work, caring for my elderly patients and their families. Although it is difficult I am optimistic and positive that if we all work together we will learn from each other and get through this uncertain time as stronger people.



Best wishes, Claire



Weekly Kitchen
Curry and Rice for 2

Food cupboard ingredients:-

- 2 lean chicken breasts
- Tin sliced mushrooms (or fresh)
- Small onion
- Small pepper (any colour)
- Small tin pineapple chunks or slices
- Half cup frozen garden peas
- 1 medium jar of curry sauce of your choice
- Cooking oil/spray for frying
- 1 bag of microwave rice of your choice
- Nann or garlic bread

To prepare and cook:-

- Cut chicken breasts into bite size chunks.
- Slice onion and pepper into thin strips.
- Drain juice from tinned mushrooms and pineapple.
- Add about 1 tablespoon oil to a frying pan/ spray pan with oil – heat up - not too hot.
- Add chicken - stir until no pink on chicken.
- Add mushrooms, onions, peppers. Continue frying for a few minutes, stirring.
- Add curry sauce, continue stirring.
- Add peas and pineapple chunks.
- Transfer all mix from pan into an oven proof dish with a lid.
- Cook on middle shelf of oven on 150C until chicken is soft and well cooked through, watching mix does not go dry; if it does, add a little water to empty curry jar and add to mix. Stir a couple of times during cooking.

Serve with rice – cooked as per instructions on pack and enjoy with nann bread or garlic bread



A message from the team:-

Right now, we're all feeling anxious about these unprecedented, uncertain times. You are not alone. We have worries about the measures brought in to protect us all, when we're next going to be able to see and hug our friends and family, how long this will all go on for and what things will be like when it's all over. We're hoping that by offering some tips, regular online content and having the offer to get in touch if you need to chat to someone (even if it's just to tell us what you've been up to in your home as you're isolating alone and want to talk to another person) that we might be able to tackle these anxieties together and be one big team. We're all in this together. You are not alone.



Support your own Mental health or help support others by visiting ORCHA free Health and Wellbeing apps, 1000' s to choose from <https://swyft.orchaco.uk>

Do you want to join some on line courses?

The Recovery College recommend:-

Tees, Esk & Wear Valley NHS Foundation Trust have an **on-line Recovery College** with various courses available. They also have a section for young people and children. It is really easy to enrol....

www.recoverycollegeonline.co.uk

The Coronavirus outbreak has affected us all

The single most important action we can all take, in fighting Coronavirus, is to stay at home in order to protect the NHS, our Police and Frontline workers and save lives.

When we reduce our day-to-day contact with other people, we will reduce the spread of the infection. That is why the Government has introduced three new measures.

Requiring people to stay at home, except for very limited purposes.

Closing non-essential shops and community spaces.

Stopping all gatherings of more than two people in public.

- ❖ [8 Ways to Stay Happy, Healthy & Blissfully Busy Through the Lockdown](https://leeds-list.com/discussion/8-ways-to-stay-happy-healthy-blissfully-busy-through-the-lockdown/) (<https://leeds-list.com/discussion/8-ways-to-stay-happy-healthy-blissfully-busy-through-the-lockdown/>)
 - ❖ [7 Ways to Stay Busy and Positive as the Lockdown Continues](https://leeds-list.com/discussion/7-ways-to-stay-busy-and-positive-as-the-lockdown-continues/) (<https://leeds-list.com/discussion/7-ways-to-stay-busy-and-positive-as-the-lockdown-continues/>)
- ❖ [21 Ways to Keep the Kids Entertained While The Schools Are Closed](https://leeds-list.com/discussion/21-ways-to-keep-the-kids-entertained-while-the-schools-are-closed/) (<https://leeds-list.com/discussion/21-ways-to-keep-the-kids-entertained-while-the-schools-are-closed/>)
 - ❖ [How to Look After Your Mental Health During the Lockdown](https://leeds-list.com/discussion/how-to-look-after-your-mental-health-during-the-lockdown/) (<https://leeds-list.com/discussion/how-to-look-after-your-mental-health-during-the-lockdown/>)

Useful links – have a look!