



**THE SUPPORTER**  
NEWSLETTER



4 September 2020

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Hello from us all here at the Wakefield Recovery and Wellbeing College

Over the past couple of weeks many of you will have received emails or texts from us notifying you of changes to a course or workshop you are due to attend. Could we remind you to check your spam folders? Staff here at the college take the safety of our students, facilitators and volunteers as a number one priority and therefore venue room sizes are being continuously risk assessed against the Government Covid-19 social distancing guidelines. Where room sizes are deemed too small to run face to face courses we have tried to offer the courses/workshops as online sessions as an alternative, in order to give as many students the opportunity to join the course/workshop. Students who do not have access to a computer or prefer face to face courses are very welcome to re-enrol. We are now planning our new prospectus which we hope to launch before Christmas.

**We need your help!**

For health and safety reasons our team have to carefully monitor student numbers for each course/workshop and we have to ensure our student numbers do not exceed the allocation risk assessed for the room. It is vitally important that any student who is not planning to attend any course or workshop, for any reason lets us know ASAP by email, telephone or text. It's easy to forget we know, but can you help us by remembering to get in touch with us.



Many thanks  
Lindsey, Janette and Hannah

"The elevator to success is out of order. You'll have to use the stairs... one step at a time."

JOE GIRARD

[www.TRBOALCHASER.COM](http://www.TRBOALCHASER.COM)

**Check your heating now to avoid feeling the chill**

We have all enjoyed these hot days but Autumn is on the way. The Energy Team is reminding our residents to check your boiler and central heating system now, or you might find yourself out in the cold later on.

We have a range of energy projects to help you with the cost of replacing boilers or central heating, so get in touch today - the team are standing by to help you.

**wakefieldcouncil**  
working for you

Tel: 01924 305887/ 01924 305892



Wakefield Council is warning residents about potential hoax energy schemes after some residents received letters making claims and offers about the Government's newly announced Green Homes Grant scheme. This project does not become fully operational until the Autumn. At that time, residents will be able to claim vouchers via a Government website. The current letters have been sent out by private companies and are not connected in any way to the Council.

More information can be found here: <http://www.wakefield.gov.uk/Pages/News/PR-9515.aspx>

Wakefield Adult Education Service has launched their new September 2020 course guide. Have a look at their selection of courses, some of which are free to attend. You should be receiving a copy through your letterbox direct from the council



234574 Adult Ed  
Sept - APPROVED FO



Spectrum People continue to offer Social Prescribing to the community. They realise and understand the impact the current situation has on those they support and the wider community. Anyone can refer themselves or anyone they know who is facing particularly challenging circumstances for social prescribing, check-ins and appointments by phone.

You can contact them in the following ways, please note that due to home working it may take them longer to respond to enquiries. **Mobile: 07720 899 781 Email: [Spectrumpeople@spectrum-cic.nhs.uk](mailto:Spectrumpeople@spectrum-cic.nhs.uk)**



VOL. 18 2020

## CORONA VIRUS SCAM ALERT

WEST YORKSHIRE TRADING STANDARDS NEWSLETTER

West Yorkshire Trading Standards monthly update on COVID-19 related scams.

### PayPal Scam that is targeting Facebook Accounts.

Action Fraud reports that fraudsters are hacking accounts and purporting to be friends or family on the social media site, stating that they have sold a camera on eBay but that they are unable to process the payment. The request is that the message recipient receives the funds into their own Pay Pal account, then they forward it onto an account controlled by the fraudster. If the victim agrees the payment is transferred into their Pay Pal account but, after the money is transferred out, the initial transaction is reversed leaving the account in negative balance. Multiple reports have also been received from victims stating that their Facebook Messenger accounts have been hacked and that these fraudulent messages have been sent to all their contacts on their behalf.

#### Top Tips:

- Protect your online accounts by using a strong separate password.
- Be wary of unusual messages asking for assistance with financial transactions.



### Talking Therapies - Online Support & Free Workshops



Wellbeing Whilst Working 7th Sept 12:30 - 14:00  
Managing Anxiety & Worry 8th Sept 14:30 - 16:00  
Sleep 9th Sept 14:30 - 16:00  
Mindfulness 10th Sept 17:30 - 19:00

Telephone: 01924 234 860

Email: [Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)

Website: <https://www.talking.turning-point.co.uk/wakefield/>



<https://www.nhs.uk/conditions/coronavirus-covid-19/>  
**Coronavirus (COVID-19)**  
NHS advice about coronavirus (COVID-19), including what the symptoms are, what to do if you think you have it and how to reduce your chances of getting it.

### Last week's Quiz answers

1. Corniche
2. Spur
3. Turn
4. 4
5. Mud and Snow
6. Tin Lizzie
7. Anti-lock braking system
8. Switzerland
9. Mercedes-Benz
10. Land Rover




Many older people aren't aware that they may still be entitled to a free TV licence. AGE UK teams can check for you & help with the process. Give them a call if you are unsure

Tel: **01977 552114**

CAMHS guide to going back to school and anxiety

<https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2020/07/CAMHS-going-back-to-school.pdf?>

### The History of Pontefract Magistrates Court



Built in 1807, Pontefract Court House – located in the heart of Pontefract – was home to the Pontefract Borough Quarter Sessions, as well as the Pontefract Borough and Pontefract West Riding Magistrates Courts. This union lasted until the 1970s, which witnessed the reorganisation of the Court system. This reorganisation resulted in the courthouse being solely used to house the Magistrates Court. However, the restructuring that led to this dissolution was not the first loss experienced by Pontefract Court House; until 1964, the courthouse was also home to the local police station and the Divisional Headquarters for Pontefract Division of the West Riding Constabulary. Despite the major changes experienced by Pontefract Court House, the Pontefract Magistrates Court continued to thrive until 2010, which resulted in the complete closure of the courthouse.

To have such a structure – a building of great historical importance and a feat of architectural brilliance – serve no purpose left many wondering what would become of the now desolate courthouse. Pondering and speculation continued until 2017, when it was announced that Weatherell Investments would be repurposing Pontefract's courthouse into an antiques centre and a café. This rejuvenation has restored the courthouse back to its former glory and attracts fantastic business opportunities for local businesses.

Today you can visit the Courthouse and spend hours browsing around its vast array of individual stalls selling crafts, vintage, modern, antique and painted collectables and furniture, all priced to suit every pocket. The building is open at weekends, and has a lift to the 2<sup>nd</sup> floor rooms. A café is planned to open in the near future.

Why not give it a visit and check out the beautiful architecture of the building? Have a chat with the sellers or sit outside and do a bit of people watching...



**The Portobello Community Centre**  
20 Portobello Road, Wakefield, WF2 7JJ  
**Has opened its doors again!**

### Adult Craft & Photography group

Do you enjoy learning from other people and sharing ideas and skills? Would like to get more involved in crafts and photography but not sure where to start? This really friendly group takes place each Tuesday from 12.30 – 2.30pm.

Why not go along and get a feel for the group? Just turn up on the day...

It's £2 a session and you will need to bring your own refreshments due to the COVID restrictions

Learn more about crochet, knitting, photography, sewing, spinning, and painting and make new friends at the same time.

If you would prefer to be met by someone on arrival, just give us a call and we can arrange this for you

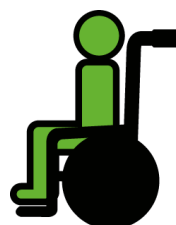
## Life in a care home

Many moons ago before I was Principal here at the College I used to work in a care home for elderly people. It was classed as a residential home with extra care; this meant we weren't nursing our residents as such and that most of the residents simply lived there together – it was their home – but that some residents did require additional medical support and care (such as our resident with Parkinson's Disease or our residents with Dementia).

A lot of places see care homes and care facilities as places with little "life" in them, nothing to do, no freedom and a place that smells. Believe me; they could not be further from the truth! There was always an activity for the residents to join in with (games, exercise classes, films, afternoon teas, beauty salon visits to the home, you name it!) and, for those who wanted to be sociable, there were plenty of cosy lounges and rooms where most of the residents got together for a natter and a catch up every day. I used to hear all sorts of stories from the lives of these wonderful people and all that they had lived through – like one of our 105 year old residents who had her foot trodden on by a horse when she was younger and had a dodgy toe because of it. But for those who preferred to stay in their room, we'd always come for a chat there instead finding out about their families or their history (I even stayed in touch with some of the residents after I had left and moved up North – you become part of their extended family and vice versa). The onsite cook/chef used to cook everyone amazing meals every breakfast, lunch and teatime (and the staff where I worked was lucky enough to be able to sit and eat the same meals with the residents – after all, it was their home, so we were invited to join them). He used to cook up treats for each resident's birthday, for Christmas or for special occasions; we used to make a proper celebration for the whole home to join in with. We used to have friends and family visit, or trips out to see other people and places. One resident used to hop on his electric scooter every day, take a trip to the shop or the river and pootle back at his own pace. And the smell...well the home smelled just like that...a home (not a "care home"). The staff team were always swift at dealing with any accidents and doing the laundry, and the cleaning team did a fantastic job every day (365 days a year) of making sure the home and each resident's room was spotless. It largely smelled like carpets, cooking and perfume/after shave/bubble bath!

As residential and care homes are indeed peoples' homes, the struggles faced during this pandemic must have been beyond anything seen before. People have been unable to have their loved ones visit, they have been unable to have such close contact with carers, those with memory conditions must have been frightened not being able to see their carers' faces behind masks, there will be increased levels of trauma from the number of deaths seen in care homes and carers themselves have been putting their own wellbeing second to that of the people they care for. Working all day every day in full PPE must be incredibly difficult (caring is actually quite a physical job, with lots of rushing about, lifting, working in a hot bathroom (so that your resident doesn't get cold) whilst you're in full clothes and now full PPE also) and I can only imagine how anxiety provoking going to work must have been at times and may be still for some. We'd like to make sure that everyone who works in our amazing local care homes knows that they can attend our courses and workshops completely free of charge. Why not make the virtual sessions benefit not only yourself but your residents; enrol and then pop the live video workshop up on the TV/project on the wall and then any resident can join in (for example, an introduction to mindfulness, understanding and managing depression understanding anxiety, or coping with life by using relaxation). We're always happy to chat with people further if they'd like to join in but just aren't quite sure and want to ask us any questions and would love to welcome you to the College.

Lindsey ☺





### Sausage bake with gnocchi

Try out this economic meal, it serves 2 and is easy and quick to prepare and takes less than half an hour to cook

#### Ingredients

- 1 red [pepper](#), deseeded and cut into chunks
- 1 yellow [pepper](#), deseeded and cut into chunks
- 1 [orange](#) pepper, deseeded and cut into chunks
- 250g/9oz [gnocchi](#)
- 1 tbsp [olive oil](#)
- 4 [pork sausages](#)
- salt and freshly ground black [pepper](#)

#### Method

Preheat the oven to 200C/180C Fan/Gas6

Toss the peppers, gnocchi, olive oil and a generous amount of salt and pepper on a large baking tray.

Place the sausages on the tray, roast for 25 mins until the sausages and gnocchi are golden brown and the peppers are soft to touch and brown on the edges. You could add tomatoes to the dish also. Serve and enjoy

### ? QUIZ TIME

1. What is a blue whales heart the same size as
2. What is the name of the ships Computer on Red Dwarf
3. In the programme 'Benidorm' what is the name of the Spanish hotel
4. What is the name of Smthy and Nessa's son in Gavin & Stacey
5. Which English County is the Vicar of Dibley based
6. Little Britain was created by which 2 comedians
7. True or False- you can sneeze in your sleep
8. What is the cross between a donkey and a zebra called
9. The average person does what 13 times a day
10. Who invented the word 'vomit'

South West Yorkshire Partnership Trust is the lead partner for suicide prevention across the West Yorkshire and Harrogate Health and Care Partnership and we have adopted a 'zero suicide' ambition as a Trust for our inpatient areas.

Zero suicide is the approach that one life lost to suicide is one too many and that suicides are preventable and never inevitable. NHS England has been working with mental health trusts nationally to implement zero suicide policies for inpatient areas and improve the safety on our wards.

We're proud to be a member organisation of the Zero Suicide Alliance. This is a collaborative of NHS trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond.

In March 2019, we evaluated our suicide prevention strategy and began to take a number of steps towards developing a zero suicide inpatient action plan together with a wider improvement plan to address suicide prevention across all our services.

Organisationally we believe that the care for our service users is a continuous journey from accessing support at the earliest point of intervention, to receiving high quality evidenced based care created in partnership with staff who are confident in their skill set and supported by their management team to deliver safe and effective care and treatment.

Our improvement plan and zero suicide ambition statement will be launched imminently. In the meantime we are asking our staff to join the 241,699 members of the public who have completed the zero suicide alliance '20 minutes to save a life' training.

The Zero Suicide Alliance (ZSA) is a collaboration of National Health Service trusts, charities, businesses and individuals who are all committed to suicide prevention in the UK and beyond. We are an alliance of people and organisations coming together around one basic principle: **Suicide is preventable**

<https://www.zerosuicidealliance.com/>

The training is open to anyone – click into the link above

## World Suicide Prevention Day 10 September 2020

**Leeds Mindful Employer Network** will host an [online event 2pm to 3.30pm](#) on 10 September.

The event will include:

- Updates on the latest suicide prevention work across Leeds – including discussions around the potential impact of the COVID-19 pandemic on suicide risk.
- An update on the practical support currently available for local employers.
- A presentation by colleagues from [Leeds Suicide Bereavement Service](#) on understanding the needs of employees who have been bereaved by suicide.

Email [mindfulemployer@leedsmind.org.uk](mailto:mindfulemployer@leedsmind.org.uk) for further details of the above free event.

Visit [Mindwell](#) and [Mindmate](#) for the latest resources and tips.

See [guidance](#) aimed at volunteers and staff when talking to someone you're worried about.

To talk to someone about how you're feeling, call the **24-hour mental health helpline on 0800 183 0558**.



**Yorkshire Ambulance Service** is running a virtual cycle challenge on the day across the whole of the Yorkshire region, with people posting pictures of the miles they have completed. Everyone who takes part will receive a suicide prevention pin badge to raise

### HELPLINES

**Samaritans FREE 24 hour helpline  
116 123**

**Text 'SHOUT' to 85258 to contact Shout  
Crisis Text Line**

**Under 19 – Childline 08001111**

**Local NHS 24hr Helpline  
01924 316900**

**Go to A & E**

**Ring NHS 111**

**Andyman's Club (NOT 24hrs)  
[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)**

**Bradford District Care NHS Foundation Trust** is holding an update session on 10 September for all Rainbow Badge wearers to revisit current work to heighten awareness of increased suicide risk in LGBT+ community following Covid-19 - webinar sessions are 11:00 – 12:00 that day.

**You can find more resources to support activities and communications here**  
<https://www.nspa.org.uk/ASSETS> and  
[www.nspa.org.uk/home/get-involved](https://www.nspa.org.uk/home/get-involved)

[https://www.theguardian.com/society/2020/sep/01/male-suicide-rate-england-wales-covid-19?CMP=share\\_btn\\_tw](https://www.theguardian.com/society/2020/sep/01/male-suicide-rate-england-wales-covid-19?CMP=share_btn_tw)

Male suicide rate hits two-decade high in England and Wales  
Rate of 16.9 deaths per 100,000 in 2019 was highest since 2000, ONS data shows  
[www.theguardian.com](http://www.theguardian.com)



**CHECK OUT OUR ONLINE COURSES  
NEW ONES JUST ADDED TO OUR WEBSITE**

Course	Date	Time
Getting to grips with assertiveness	2 Oct	10-12.00pm
Coping with life using relaxation	7 Oct	1 – 3.00pm
Managing panic attacks	12 Oct	1 – 3.00pm
Understanding post traumatic stress	19 Oct	10.15-11.15pm 2 sessions
Coping with pain	9 Nov	10-12.00pm
Feeling positive, busting stress	19 Nov	10-12.00pm
Body Image	26 Nov	10-12.00pm
Coping with life using relaxation	7 Dec	10-12.00pm

To book a place goes to our website [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
View the online courses section and complete an enrolment form

<https://www.wyhpartnership.co.uk/news-and-blog/news/partnership-poem-to-help-tackle-health-inequalities>

Walks in Calderdale

<https://crewheartsupport.co.uk/self-guided-walks/>

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Coping Skills

H G R Z E S I C R E X E T A T I D E M Q V S V X  
 U K T L U D A N A O T K L A T C X H P K Y V J N  
 G I V E A H U G V S N A E L Z Z U P A O D L G H  
 Z U O V W A T C H T V X E G Q E H M D E L R M J  
 I H T A B A E K A T U V S D S Y P Y I M L A K G  
 U L C L L Z H A H S P F G T D A C K H A A Y G F  
 W H L I S T E N T O M U S I C A H I P G B W N D  
 W K S Q A S S P D F H R A B V R W J L A S E I W  
 L A M I N A D E F F U T S A G U H J C G S G H A  
 R U Y A Y P A R E H T A M O R A G O A N E X T E  
 C G A R D E N V N E W C P Y G T P C X I R Y A E  
 L Z P G O A D T N F R P W Y Y I D I C Y T I E R  
 E B W A T C H A M O V I E O N A J Y F A S L R F  
 A K J C N V M Q N Q P G V G L H W D F L R D B S  
 N Q E V I T I S O P E B S J S L G A T P G T P S  
 S U Q F I U R P K V C K B E B V I Y K F O O E E  
 O Z T Q H U J E I Z I C A H H C L P O L Q O E R  
 M S Z K F A A Z U L U O L P R O Q S A Y A W D T  
 E V U P E T E E L A A P J O U R N A L H A W P S  
 T Z G B O Z U S A N Y E B B G V K G Q W C R U H  
 H G Q F E C W W P F S J A S P A J K K A Y N P A  
 I R U J H L V U C O O K H I M L B L K R E M U F  
 N H C Z L P D L M S G D U F E M T V G D P C O P  
 G U Z K B X O P E T T I N G A N A N I M A L T V

stress free	cope	copng skills	be positive
aromatherapy	journal	give a hug	draw
watch a movie	listen to music	do a puzzle	eat
garden	pray	hug a stuffed animal	punch a pillow
cook	meditate	clean something	talk to an adult
exercise	Petting an animal	take a bath	watch TV
stress ball	walk away	playing a game	deep breathing