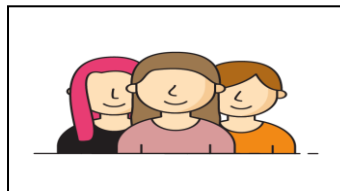




# THE SUPPORTER NEWSLETTER

11 September 2020



Welcome to this week's  
Newsletter

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

## We are looking for more volunteers to complement our team – are you interested?

Being a volunteer with the Recovery College is an opportunity to boost your skills, as well as giving something back. We would welcome and support anyone who would like to volunteer within the college, providing you with a dedicated volunteer supervisor, regular contact with the team and reimbursement of travel and material expenses.

Are you interested in Craft, Knitting, Crochet, Gardening, Cookery/Baking, Photography or indeed any type of practical skill that you could teach our students how to do themselves?

Would you like to meet and greet our students when they attend for courses to help them feel at ease?

Would you like to support a student during a course session?

Do you have professional expertise or lived experience in diabetes, migraine, or any other mental or physical health related condition that you would like to co-facilitate a workshop in, face to face or online?

If so we would love to hear from you.

Just give us a call and we can tell you more about our volunteering process 01924 316946 or email us

[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

More information on our website

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

## A DAY AT THE SEASIDE

Get out that mask and carry on  
It's time for a walk along the prom  
Find that bucket spade and fishing net  
Handy if toilets are not open yet  
Go off to the beach  
Find one in easy reach.

Walk along the sand  
Listen to that brass band  
Dip your toes into the sea  
Sit outside cafes drinking tea  
Try a nice meat pasty  
Just so very tasty  
Watch out for that seagull  
Who snatched one off your plate in Hull  
Get some pop that is oh so fizzy  
Go on the dodgems till you are dizzy  
Have some candy floss in a bag  
By now we are trying not to sag

Later get some fish and chips  
In a deck chair have a kip  
Walk back along the shore  
Do we have time for any more?

Time to have a dance  
Now that we have that chance  
Not been anywhere this year at all  
It's time to get out and have a ball

The sun is now lower in the sky  
As the time has now gone by  
Autumn is just around the curve  
We lost the year we deserve  
Get out and have some fun  
While we can still see the sun.

RYDER 2020



## Welcome to Meditation

This is a 5 Minute Stress Relief Guided Meditation

We hope you find this helpful and beneficial.

<https://youtu.be/L1QOh-n-eus>

## **My Story LIVING WITH AUTISM and wearing Face Coverings**

Once we put on a mask our brain may go into overdrive telling us we cannot breathe properly. This in turn creates a panic and we want to immediately tear the thing off. A few minutes into this can cause a melt down and most of us are well aware of the results of this.

Under the current regulations you do not have to wear a face covering if 'you are a person who cannot put on, wear or remove a face covering because of a physical or mental illness or impairment or disability or where putting on wearing or removing a face covering will cause you severe distress. It goes further and refers to avoiding harm or injury or the risk of harm or injury to yourself or others.'

I must point out that those who have an age health or disability reason for not wearing a face covering should NOT be routinely asked to give any written evidence of this. This includes exemption cards. Nobody needs to seek advice or request a letter from a GP or medical professional about their reason for not wearing one according to the regulations. The exception to this is if you are requested to do so by a police officer or community officer acting on their behalf.

If you feel more comfortable with something that says that you do not have to wear one then there are exemption card templates on the internet or request a letter from your GP. (There may be a charge for the latter if so request a copy of your medical record note outlining the condition).

In our case you could simply quietly say that you have autism. If asked that should be enough. Please try to avoid any confrontation with people if anything is said. Indeed try to avoid saying to others that they are not complying with the rules by not wearing a face covering. Apart from the fact that there may be a hidden disability as with us, it is best avoided. I have been a stickler for rules all my life and this one I find incredibly difficult to deal with and keep quiet about.

### **So what can we do?**

If you really feel that you cannot wear a mask or face covering then do not do so or distress yourself by trying to comply. In my view Asperger's/autism is an exemption category.

However if the virus is likely to be around for some time then you may wish to consider wearing a mask for your own protection. The surgical type mask to me is very confining with autism and does not smell so good when put on. I struggle and fight with these and cannot wait to get back outside without it. In which case perhaps try wearing one for a few minutes privately in your own time and see how you get on. You could then try increasing the time you spend doing so and deal with any panics you may have. Try also to relax your breathing. Perhaps relaxation techniques would help. (These are available to view online) You could also try wearing plastic shields (available on the internet) which appear to offer some protection without the confining feeling of the surgical type mask. At present this is what I tend to use and feel a lot more content wearing one.

However if you were to enter a crowded space where a lot of people are present for example a small room or crowded bus you may consider that a surgical type face mask would offer better protection. Having autism I avoid crowded places in any event. Occasionally however it is unavoidable. Generally outdoors you do not need any form of face covering. However you still should use safe distancing in any event.

Whatever your views and decision are, at the end of the day it has to be your decision and no one should take issue with that. If someone appears too challenging then you can simply move away from the area causing you concern as we would in other situations when coping with autism. If you have any doubts about wearing a face covering you should consider consulting your health professional. There is guidance on the wearing of face masks on the Recovery College website.

Presented by: A Tutor of the Wakefield Recovery College – Diagnosed with Asperger's Syndrome and ADHD

(\*The views expressed in this article are my own personal views and not necessarily the views of others)  
The Recovery College recommendation is to refer to government COVID-19 face covering guidelines regularly

Last week's Quiz answers

1. Small car
2. Holly
3. Solan Resort
4. Neil
5. Oxfordshire
6. David Walliams/Matt Lucas
7. False
8. Zeedonk
9. Laughs
10. William Shakespeare

Help with Social Distancing

The Hidden Disabilities Store has a range of sunflower lanyards and ID cards, including face covering exemption cards that help indicate that you may need additional support, help, or a little more time. The full range is on their website at <https://hiddendisabilitiesstore.com/shop.html> (unfortunately it is not currently possible to contact them by telephone).

**CAMHS back to school advice**

Know someone going back to school? Our CAMHS team in Wakefield have produced [a guide](#) to help with back to school anxieties and fears.



It soon comes round to the FLU season!

The World Health Organisation cites clean water and vaccination are the two interventions that have the greatest impact on public health - vaccination works. Trivalent seasonal influenza vaccines generally give 60-80 per cent protection against infection.

Speak to your GP or Pharmacist for up to date advice and information about the NHS flu vaccination programme



**TIDE – Together in Dementia Everyday**

<https://www.tide.uk.net/activities/>  
(current activities on offer)

[https://www.tide.uk.net/join\\_tide/experiences-stories/](https://www.tide.uk.net/join_tide/experiences-stories/) (carer stories)

<https://www.tide.uk.net/news-events/>  
(current blogs on our website)

<https://www.tide.uk.net/resources/>  
(useful resources)

<https://www.tide.uk.net/our-work-in-scotland/resources/>  
(Living Grief and Bereavement work)

**Jobs available**

Check out more jobs on Nova's website

<https://www.nova-wd.org.uk/jobs/>

West Yorkshire and Harrogate  
Health and Care Partnership



Read more about the Partnership's plans to reduce suicide and support those affected by suicide.

[https:// www.wyhpartnership.co.uk/our-priorities/mental-health/mental-health/suicide-prevention-and-postvention](https://www.wyhpartnership.co.uk/our-priorities/mental-health/mental-health/suicide-prevention-and-postvention)

**Worried about Gambling?**

If you have an interest in the Gambling, Colin Bland (Gambling Support Services Trainer at Citizens Advice Calderdale) has produced a series of YouTube videos on the subject –

**Introduction**

<https://www.youtube.com/watch?v=7Eaeg7GoRs0&t=9s>

**Impact of Gambling**

<https://www.youtube.com/watch?v=ilQbvokCY5q&t=3s>

**Signs of Gambling Harm**

<https://www.youtube.com/watch?v=V--A2YyIWTc&t=23s>

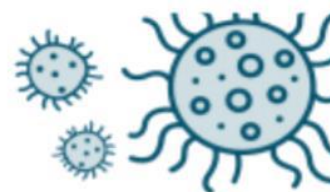
**Understand Gambling**

<https://www.youtube.com/watch?v=sqBfIMYq13c&t=4s>

**Gambling Help and Support**

<https://www.youtube.com/watch?v=TWR7CgId27Q&t=6s>

**healthwatch**  
Wakefield



## OUR HEALTH AND CARE SERVICES NEED YOUR HELP

Local health and care services are now trying to reset after lockdown. They need to know what went well and what could be improved.

Please take part in our new coronavirus survey and make a difference to services in our District



#WakefieldReset

[www.smartsurvey.co.uk/s/WakefieldReset/](http://www.smartsurvey.co.uk/s/WakefieldReset/)

If you or someone you know needs this survey in a different format or want help filling it in please get in touch.

We also have paper copies you can fill in and post back to us at no cost to you using 'Freepost Healthwatch Wakefield' on your envelope. These are available on our website or from us and our partners.



01924 787379



[enquiries@healthwatchwakefield.co.uk](mailto:enquiries@healthwatchwakefield.co.uk)



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



Scan me

## ONLINE COURSES OUT NOW!

Join via Microsoft Teams – we will send you simple step by step instructions on how to install the app and join the course

Course	Date	Time
Learn more about IBS	21 September	1.00-3.00pm – 2 weeks
Getting to grips with assertiveness	2 October	10.00-12.00pm
Coping with life using relaxation	7 October	1.00-3.00pm
Managing panic attacks	12 October	1.00-3.00pm
Coping with pain	9 November	10.00-12.00pm
Understanding post-traumatic stress	19 October	10.15-11.15pm - 2 weeks
Feeling positive, busting stress	19 November	10.00-12.00pm
Body Image	26 November	10.00-12.00pm

Easy to enrol – just visit our website - [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

South West  
Yorkshire Partnership  
NHS Foundation Trust

## TRANSGENDER AWARENESS

Thursday 15 October 2020  
1.00pm - 3.00pm

Wakefield County Hall, Bond Street,  
Wakefield, WF1 2QW

This workshop aims to provide students with an understanding of what is meant by transgender, the words and language related to transgender (looking at what is and is not acceptable), the procedure through transgender changes and the legal issues surrounding gender change. This workshop is delivered by those with lived experience.

Like all our courses this course is FREE to attend and open to anyone over the age of 18.  
To book your place go to our website and enrol.  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk) With all of us in mind.

HM Government NHS  
Test and Trace

## Get tested if you have any signs of coronavirus

If you have any signs of coronavirus you should have a test as soon as you can.

To find out how to get a test:

- Visit [nhs.uk/coronavirus](http://nhs.uk/coronavirus)
- Or call 119

If you think you have coronavirus you must not leave your home, apart from to have a test.

This will help stop your friends and family catching coronavirus.

**STAY ALERT > CONTROL THE VIRUS > SAVE LIVES**



### Interesting facts - Did you know?

The British drink over 163 million cups of tea daily, about 20 times the number of cups consumed by Americans

In Scotland, it is against the law to get drunk and possess a cow

Buckingham Palace has its own police station.

**Get tested if you have any signs of coronavirus**

If you have any signs of coronavirus you should have a test as soon as you can.

The signs of coronavirus are:

- High temperature
- Or a new and continuous cough
- Or loss of smell or taste

If you have any of these signs then you must not leave your home, apart from to have a test.

Find out how to get a test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119.

**STAY ALERT › CONTROL THE VIRUS › SAVE LIVES**

**Stay at home if you are told you might have coronavirus**

If you are told you have been near someone who has coronavirus you must stay at home.

You must not leave your home for **14 days**.

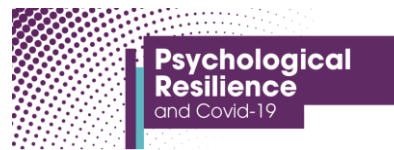
By doing this you will help stop your friends and family catching coronavirus.

To find out more:

- Visit [nhs.uk/coronavirus](https://nhs.uk/coronavirus)
- Or call 119

**STAY ALERT › CONTROL THE VIRUS › SAVE LIVES**

SLAMrecoverycollege



[https://www.slamrecoverycollege.co.uk/news/september-04th-2020?fbclid=IwAR32o\\_lskUuCJrLLjjsfKM\\_WtnG8vwwqRLeGNkQ5Wt5xGtVEX\\_S1rM0fADc](https://www.slamrecoverycollege.co.uk/news/september-04th-2020?fbclid=IwAR32o_lskUuCJrLLjjsfKM_WtnG8vwwqRLeGNkQ5Wt5xGtVEX_S1rM0fADc)

Psychological Resilience and COVID-19 Broadcasts

The South London and Maudsley NHS Foundation Trust (SLaM) are running weekly broadcasts on the theme of community psychological resilience.

[www.slamrecoverycollege.co.uk](https://www.slamrecoverycollege.co.uk)

### Autumn garden pot display

Knows the time to start thinking about replacing summer bedding plant tubs with a new display of autumn colour. The pink-striped leaves of the **phormium** beautifully set off the pink flowers of sedums (*Hylotelephium*), **cyclamen** and **heather** as a striking display in a pot or hanging basket. Pansies add a beautiful array of colour and continually flower if you take off the dead flower heads regularly. Garden centers and nurseries have now started selling a wide variety of autumn plants.

Remember to also deadhead cyclamen regularly to keep the flowers coming. Once your container is past its best, the phormium, heather and hylotelephium can be planted out in your garden and will grow again next year. Group your pots together for a more colourful display. Don't forget to change the compost in your tubs so your new plants get plenty of goodness to help them grow healthy.





## POT LUCK – General Knowledge Quiz

1. Who first sang the theme music to Heartbeat?
2. Who had sidekicks called Eric and Tinker?
3. In TV Ads, Shane Richie knocked down doors holding a packet of what?
4. Who was boxing's heavyweight champion throughout the 40's?
5. Which London tube line is coloured green on the underground map?
6. In what sport did Mike Getting become famous?
7. Which designer is famous for launching the mini-skirt?
8. Which founder of an international clothing chain was also the inventor of the gabardine?
9. Who designed the apparel for the UK 2012 Olympic games?
10. Which founder of the fashion chain 'Warehouse' also presented the TV programme 'The Clothes Show'?



## Health and Wellness

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

- |                |            |              |                |
|----------------|------------|--------------|----------------|
| stress         | copng      | activities   | responsibility |
| physical       | reliable   | occupational | intellectual   |
| spiritual      | balance    | give back    | mental         |
| swimming       | hydrate    | biking       | yoga           |
| eating healthy | no smoking | emotional    | debt free      |
| financial      | savings    | laugh        | volunteer      |
| walking        | exercise   | hygiene      | therapy        |
| church         | wellness   | pray         | goals          |
| prescriptions  | social     |              |                |



Did you know that two women are killed each week by a current or former partner and it is estimated that a typical victim of domestic abuse endures up to 35 assaults before speaking up? We want to let everyone know that you have the power to help stop domestic abuse. If you suspect domestic abuse and don't want to reveal your identity, you can tell the charity Crimestoppers what you know on the phone **0800 555 111** 24/7, 365 days a year.

**Crimestoppers Campaign**  
**#YouAreNotPowerless**  
<https://crimestoppers-uk.org/domesticabuse>



What is phishing and how does it work? You wouldn't let a thief enter your home, but what if the thief was masquerading as someone familiar, such as a postman, and tricked you into opening the door? Phishing works in a similar way - criminals use legitimate looking messages and websites to trick people into opening the doors to their personal data, giving up logins, passwords or even payment details. That information can then be used to commit fraud and cyber crime.

How big is the problem? Phishing attacks are a common security challenge that both individuals and businesses across the UK face on a regular basis. The National Cyber Security Centre's Suspicious Email Reporting Service (SERS) received over 1.7M reports from the public between April and August 2020, with the most commonly faked brands being TV Licensing, HMRC and GOV.UK.

How can you protect yourself from phishing scams? Many phishing scams started with a message out of the blue. Whether it's an email asking you to "verify" account information, or a text message claiming to be from your bank, the goal of a phishing attack is usually the same – to trick you into revealing personal and financial information. Criminals are experts at impersonation and they're constantly getting better at creating fake emails and texts that look like the real thing. Here's some simple advice you can follow when it comes to dealing with phishing scams:

1. Your bank, or any other official organisation, won't ask you to share personal information over email or text.

If you need to check that it's a genuine message, call them directly. Don't use the contact details in the email, but visit the official website instead.

2. If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): [report@phishing.gov.uk](mailto:report@phishing.gov.uk).

3. Received a text message you're not quite sure about? Maybe it's asking you to "verify" personal or financial details, such as a banking password? You can report suspicious text messages by forwarding them to 7726.

4. If you've lost money or provided personal information as a result of a phishing email, notify your bank immediately and report it to Action Fraud: [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

#MulletOver – anti phishing campaign