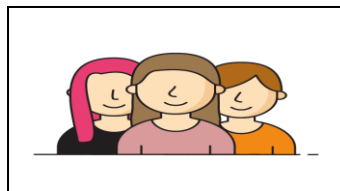




THE SUPPORTER NEWSLETTER



18 September 2020



Welcome to this week's
Newsletter

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



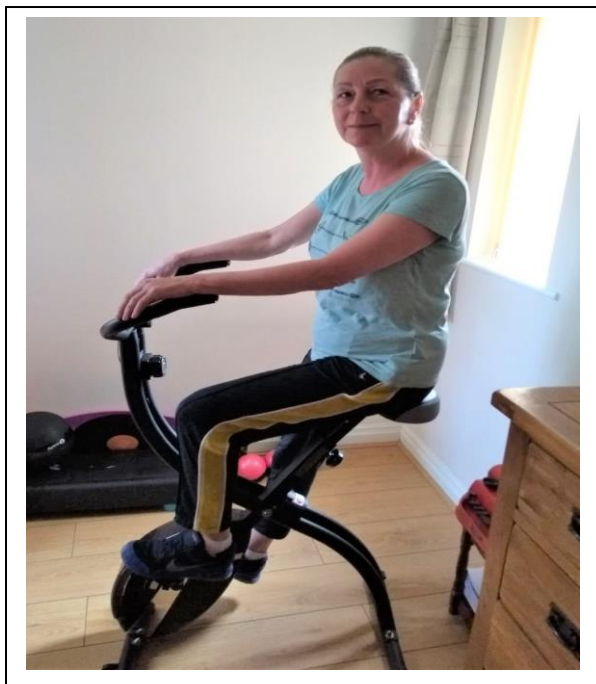
'Sunflower of Hope'

Jacob Chandler got the nod for the tallest sunflower (7'10") in the competition and 'Best in Show' went to Christine and Roger Parkinson. Open Country thanked their new Chair of Trustees, Richard Firth, for judging all the entries. What a fabulous achievement!



Make a bird seed hanging basket

Birds love sunflower seeds!
Why not turn the flower head of a sunflower into a hanging basket by hanging it up with string like the picture above and placing seeds on it. Save some of your sunflower seeds to plant again next year. You never know you might win the competition next year!



- Last week's 'Pot Luck' quiz answers
1. Nick Berry
 2. Lovejoy
 3. Daz
 4. Joe Louis
 5. District
 6. Cricket
 7. Mary Quant
 8. Thomas Burberry
 9. Stella McCartney
 10. Jeff Banks

Keep a look out on our website for more courses available soon!
www.wakefieldrecoverycollege.nhs.uk

Does anybody fancy learning a new skill and improving their health at home? If so, we have lots of FREE exercise and education courses to take part in. Our virtual classes are booking up fast but we have spaces left on:

- the **Combat Class** with our partners at *Vibe Fitness* 12.15pm on Wednesdays.
- our **Wild Things** (nature education) class, runs every Friday afternoon between 1.30 - 3.30pm. It is a 12 week course which has recently started so get in touch if you want to join in a little late. Courses will be run throughout the year. This 12 week course has been created to help people learn more about UK wildlife and find new and exciting ways to save nature in their local green spaces. All wildlife home building equipment and study sheets will be provided after enrolling.

Spinning Jenny's - cycling spin class. Wednesday 5.30 - 6.30pm.

For more information or to enrol, please ring **Wakefield Recovery & Wellbeing College** on 01924 316946 or visit:

www.wakefieldrecoverycollege.nhs.uk



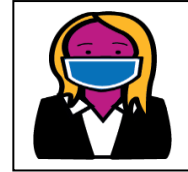
Support for people with hidden disabilities

The Partially Sighted Society are selling bright yellow lanyards at £1.80 each, which have the words "Visually Impaired (with the part/sight symbol) I cannot see to socially distance!" written in black.

To find out more or order a lanyard, you can contact them on 01302 965 195 or reception@partsight.org.uk.

The Hidden Disabilities Store also 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).

We had a bit of a technological hitch last week and unfortunately the writer's article wasn't printed in full. We have published it again for you to read, many apologies to everyone.



LIVING WITH AUTISM

Re: Face Coverings

In this article I am hoping to share with you some of the problems relating to living with autism. I have higher functioning autism usually referred to as Asperger's Syndrome.

I know that some of you will have a number of fears relating to the wearing of face coverings since the advent of COVID 19 and the requirement to wear face coverings in shops and other premises is required.

Commonly those with Asperger's are very sensitive to loud noises bright lights and smells. We often have enhanced senses so if we cover one of those senses up our systems in relation to the others will tend to go into overdrive or shut off and cause us to panic.

The other problem that we have is that it is said that we fail to read emotions in others. So if we cannot see half of the other person's face we are even less likely to read those signs as foggy as they may ordinarily be. Thus busy places with lots of unfamiliar people that feel threatening to us can then have that feeling exacerbated.

Many of us want to do exactly as we are told to the letter. The wearing of masks therefore causes us a twofold problem. First that conflict of wanting to do what is required against our natural instinct not to be confined in some way and second to adopt a change in routine that we are used to. As most of us know we are not great at adapting to change. So when we are being asked to do this together with putting strange smelling gel on our hands we may well find ourselves struggling.

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 at the end of the day it has to be your decision and no would 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.

The views expressed in this article are my own personal views and not necessarily the views of others.

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.

A TUTOR OF THE RECOVERY COLLEGE
DIAGNOSED WITH ASPERGER'S SYNDROME AND ADHD

Please refer to latest government guidelines about face coverings as they are subject to change



Take part in the world's largest study in depression and anxiety

The study aims to understand the causes, improve diagnosis and find new treatments. You can [join the study online](#). Don't forget, you heard about the study through our Trust



Loneliness

Loneliness and isolation can be associated with poor cognitive function and depression in older adults. England is the first country to have a loneliness minister and cross-government strategy. Many of our older residents who have been self-isolating will have been/will still be feeling lonely.

This document makes recommendations how we can help The Psychology of Loneliness

https://www.campaigntoendloneliness.org/wp-content/uploads/Psychology_of_Loneliness_FINAL_REPORT.pdf

Help for older People



The Silver Line operates a confidential, free helpline for older people across the UK. It offers telephone friendship, matching volunteers with older people based on interest, and helps connect people with local services in their area

Telephone 0800 4 70 80 90

The 2 webinars are facilitated by one of the Talking Therapy team staff alongside a specialist mental health midwife from Mid Yorkshire Trust. These interactive webinars are aimed at improving wellbeing during pregnancy and to provide up to date advice for mum and dad to be.

GREAT MINDS

Great Minds project – preventing male suicides in West Yorkshire and Harrogate

'Great Minds' is a new collaborative project delivered in partnership with [State of Mind Sport](#) and organisations across the West Yorkshire and Harrogate Health and Care Partnership. Watch these [films](#) to find out more. Please also share this with anyone who may be interested.

For more information or to get involved, email: swy-tr.greatminds@nhs.net.

QUIZ!

Animals do the funniest things!

1. True or False – A donkey can see all 4 of its feet
2. What is the fastest animal in the world
3. How many legs does a lobster have
4. Which dog has the best sense of smell
5. How fast can a sausage dog (dachshund) run
6. Lemurs are only native to which one country, which is it
7. What is a group of giraffes known as
8. Which mammal has the most powerful bite in the world
9. Name 2 of 3 snakes native to the UK
10. Name the slowest animal in the world
11. Which animal never sleeps
12. Which bird fly's backwards



A NEW WEEKLY DROP IN ADVICE SESSION AT ST SWITHUN'S
COMMUNITY CENTRE, ARNCLIFFE ROAD, EASTMOOR

EVERY TUESDAY

10am-12pm

Free and confidential information and advice on-

Welfare Benefits- Entitlement, challenging decisions, help with forms...

Work- Redundancy, pay, terms and conditions, dismissals...

Consumer- Faulty goods, problems with services, holidays, building work...

Housing- Landlord and tenant disputes, disrepair, evictions...

Family- Ending a relationship, looking after people, death...

And much more!

At the weekly drop in session our adviser will assess how best to assist you and will arrange further appointments (telephone or in person) if necessary, including referrals to our own Citizens Advice team of

- Debt advisers
- Fuel advisers
- Universal Credit Help to claim advisers

We are a good place to start as we can also signpost you to more appropriate local or national organisations for specialist help if required.

Citizens Advice Wakefield District is a registered charity. Although part of the national Citizens Advice network we are independent and run locally for the residents of Wakefield District.

Telephone: 03444 111 444 or visit: wakefielddistrictcab.co.uk



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

Crafting4Good CIC
Where Society Profits



Are you interested in crafting at home?
We have a small number of free craft packs to offer in conjunction with 'Crafting4Good'

Just give us a call or email us and we will send you one, subject to availability



St Georges Community Centre

<https://www.stgeorgeslupset.org.uk/>

Courses are starting again in the classroom with small numbers; they are still running 3 online courses. Next week they are going to run covid safe courses around wellbeing with 8 students per course. Check out their Face Book page for updates
<https://www.facebook.com/Stgeorgescommunitycentre>

Come on let's get up and get active!

Free online exercise classes
<https://crewheartssupport.co.uk/exercise/>

Click on this link if you would like some 121 support with getting active

<https://www.calderdalekirkleesrc.nhs.uk/news/sarahs-active-surgery/>



TODAY
is the day to
learn something
NEW

Jobs to do in the garden this September

We have had some good weather this week allowing some of us to spend more time out in our gardens and allotments. In September we will be busy picking a lot of our fruit and veg which will be nearing the end of its growing season. It's also the time to start looking at spring bulbs and planting daffodils, crocus and hyacinths.

Roses will be ready for pruning once they have finished flowering. Don't forget to keep deadheading and feeding your hanging baskets to keep them flowering a bit longer as well as planting up your autumn hanging baskets and tubs.

Find out what seeds can be planted this month in your garden or greenhouse.

Go to Gardening with Ben on his website for more tips:-

www.gardenandalotment.com Facebook/Instagram: Gardening with Ben



Pontefract liquorice cake recipe

The Pontefract cake "was almost certainly a **black cake**, the portable lozenge used to make 'liquorish water', **stamped with the castle lodge emblem of Pontefract to signify quality**. This trade mark had been employed on Pontefract cakes since 1612, when the **initials 'GS' were used**, and are thought to be those of Sir George Savile, **major local landowner**; and a **second die-stamp from 1720**."



Try this delicious cake made from the timeless 'Pomfret cakes' named after our small local Yorkshire Village, Pontefract.

Ingredients:

Cake:

200g self-raising flour
185g sugar
100g margarine
5g bicarbonate of soda
100ml water
75g Pontefract cakes
2 medium eggs
100ml milk

Icing filling:

100g icing sugar
50g margarine
1 tsp vanilla essence
30g chopped liquorice
1-2 tbsp. warm water

1. Heat the oven to 180C or Gas Mark 4.
2. Grease 2 cake tins.
3. Melt the Pontefract cakes, water and margarine together on a gentle heat.
4. Mix sugar, flour and bicarbonate of soda together in a bowl.
5. Beat the eggs.
6. When the Pontefract cakes have melted add the milk and stir well.
7. Mix the liquid ingredients (eggs & Pontefract cake mix) together with the dry ingredients until well mixed together.
8. Divide the mixture equally between the two cake tins.
9. Cook for approximately 35 minutes and remove from the oven.
10. Allow to cool in tins for 5 minutes.
11. Remove from tin and place on wire cooling rack for 15-20 minutes before icing.
12. Place the icing sugar, margarine, chopped liquorice and vanilla essence together in a bowl and slowly add the water one tablespoon at a time until the icing is a spreadable thickness.
13. Spread on top of one of the cakes and then place the other on top.
14. Sprinkle top with icing sugar
15. Enjoy with a lovely cuppa



Are you working from home, there are lots of us that are, some of us are finding it easier than others, have a look at these tips

<https://www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/>

Online Lunchtime Meditation

Pastoral and spiritual care service is now offering **online** lunchtime meditation sessions to help staff, service users and volunteers to maintain peace and calm by taking time out to unwind and recharge their batteries.

The session starts tomorrow Thursday 10 September and will be held every Thursday from 12.30pm to 1.00pm on Microsoft Teams.

To join us, please click on the link below.

[Join Microsoft Teams Meeting](#)

[Learn more about Teams](#) | [Meeting options](#)



WAKEFIELD YOUNG CARERS TOP TIPS for Surviving Lockdown

LOCKDOWN SUCKS RIGHT?!

Schools are closed, you miss your friends, you're helping out at home more than ever and your younger brother / sister is driving you crazy?!?! Does this sound familiar?!

Are you doing more to help at home in lockdown?

Because many services that usually provide help to families have closed during lockdown, lots of young people are now providing more care to family members or helping out more around the house.

You may be supporting someone in your family who has physical or mental health difficulties or someone who is managing an alcohol or drug addiction.

Whatever your situation, we understand that caring for someone at home can often feel like a full-time job. You might be feeling frustrated, exhausted & alone?

Are you starting to feel like life will never return to normal...especially if you can't get a break and get out of the house much at the moment?

Life in lockdown brings extra challenges for young carers so it's important to know where to find support during this tough time.

LOOKING AFTER YOURSELF IN LOCKDOWN

Make Time for Self-Care

Everyone needs to look after their own health and wellbeing during these tough times - especially if you're looking after others. It's important to make time for self-care. Some young carers advise using a timetable to help plan your day and ensure you have some valuable ME-TIME.

WF-I-CAN

USEFUL INFORMATION

Check out the NEW online resource for young people WWW.WF-I-CAN.CO.UK

You will find lots of helpful stuff including:

- TOP TIPS from other young carers
- Ideas for coping with lockdown
- Information on finding help
- Chat service - Give us a call!

Helpful Newsletters for you & your family

We have put together some useful information for you. Check out the June 2020 Young Carers' Newsletters.

- Looking after your health & wellbeing in lockdown.
- Coronavirus Bulletin for useful information for you and your family during this difficult time
- Help with FOOD shopping or MEDICATION Support
- Support around managing money & finances
- Where to get help for you and your family

YOU ARE NOT ALONE!

Head to → WWW.WF-I-CAN.CO.UK

NEED A CHAT?

Talking can be a way to cope with a problem or share a worry, and can improve how you feel.

[Talk to someone](#)

WE'VE GOT YOUR BACK!

WF-I-CAN

Drop in and Chat Service
Monday - Friday
1pm - 5pm & 7pm - 9pm
Weekends - TBC

HAVE YOUR SAY! GET INVOLVED In the Wakefield Young Carers Youth Forum **WE NEED YOU!**

We need young people like YOU (with experience of helping to care for others) to HELP us to MAKE THINGS BETTER for all Young Carers in Wakefield. We want to hear your ideas and opinions!! To register your interest and to find out more about the projects you can support us with get in touch with us on: youngcarers@wakefield.gov.uk

www.wakefield.gov.uk
 [wakefieldcouncil workingforyou](http://wakefieldcouncil.workingforyou)
 youngcarers@wakefield.gov.uk
 WF-I-CAN

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Wakefield Manygates Adult Education courses

FREE Digital Skills & ICT qualification

Whether you have little or no computer experience, want to build up skills to use computers for everyday life in the digital world or need more advanced skills for use at home or in the workplace. Digital skills are valuable and sought after for all kinds of jobs. In a world being transformed by technology, developing your digital skillset is now more important than ever before.

Learn in a relaxed and friendly environment and get started with one of our Digital Skills or ICT Qualifications call 01924 303302.

Looking for Employment

If you are looking for work or would like to improve your job prospects, we have CV workshops and employment skills programmes running across the district throughout the year - call for more information. Call 01924 303302

Have you been furloughed or are back to work now, looking to upgrade your skills or learn new ones? We have a wide range of courses to help you upskill or make that change. Call 01924 303302