

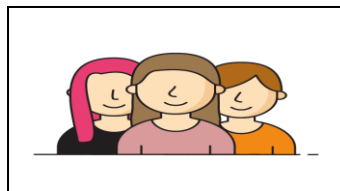


THE SUPPORTER NEWSLETTER



Wakefield Recovery and Wellbeing
College

25 September 2020



Welcome to the 25th edition
of our Newsletter

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



INVITATION to their online AWARDS NIGHT

After postponing the Disability Sport Yorkshire Awards Dinner in March and subsequently in June, the trustees have decided to hold a virtual event, invitation below.

Disability Sport Yorkshire Awards Event

Friday 25 September – 6.30pm – 7.30pm

We are delighted to announce that the DSY Awards Event is going online.

<https://disabilitysportyorkshire.org/dsy-awards-online/>

<https://youtu.be/0vEhcfBfxzU>

With sponsorship and support from Ayre Events Solutions, we are venturing into the virtual world! While this is no substitute for the cancelled Awards Dinner, it does give us a safe opportunity to come together to recognise and celebrate the talents of all those involved in disability sport across Yorkshire and those whose contributions enable this.

The event will take place on Friday 25 September and will be broadcast live via DSYs' YouTube channel. This will make the event readily available to anyone to join us on the night and will then be available subsequently to all to view at any time.

A link to the You Tube channel can be found above. and we do hope you will join us to celebrate the achievements of disability sportsmen and women. With kind regards

Judith Russell
DSY Chairperson



Online

Level 3 Supervising First Aid for Mental Health (RQF)

Yorkshire Mental Health First Aid

This is a Level 3 Supervising First Aid for Mental Health qualification. It is done partly through distance learning materials and partly through live online discussion webinars. For further information please get in touch with **Yorkshire Mental Health First Aid** or email: mandy@yorkshiremhf.co.uk.



"SafeTALK Workshop" Wednesday
14th October 2020 5.30 pm – 8.30 pm
@ Lightwaves, WF1 3LJ

*This is the start time, registration times will be provided with your invite

To register your interest **click here**
Deadline for registering your interest is
Wednesday, 7th October 2020

Please note places are limited to 25-30 maximum, due to social distancing restrictions. Places will be granted on a first come, first served basis, however there is a maximum of 2 or 3 representatives per organisation. If you have registered your interest and do not get a place, you will be placed on a waiting list and informed of the next available dates and venue.

This workshop is aimed at workers and volunteers and community members in the Wakefield District aged 15 plus.

No previous training on suicide is needed but participants should read the information below before requesting the training.

SafeTALK is a half day alertness workshop that prepares anyone, regardless of prior experience or training to become a suicide-alert helper. SafeTALK-trained helpers can recognise invitations from someone experiencing thoughts of suicide and take action by connecting them with someone able to undertake a suicide intervention.



October Online Workshop Timetable From Talking Therapies

Online Workshop Timetable	Date & Time
Dealing with Anxiety & Employment Support 1 of 2	Wed 14th Oct 1pm-2:30pm
Dealing with Anxiety & Employment Support 2 of 2	Friday 16th Oct 10am -11:30am
Dealing with Anxiety & Employment Support 1 of 2	Wed 21st Oct 1pm - 2:30pm
Dealing with Anxiety & Employment Support 2 of 2	Friday 23rd Oct 10am -11:30am

In these uncertain times employment has become an issue for some of us and the anxiety surrounding job security and being furloughed being amongst them.

Turning Point Talking Therapies, a partner of the Wakefield Recovery and Wellbeing College are offering the above online courses around anxiety and employment.

Find out more or book your place:

TEL: 01924 234 860

WEB: talking.turning-point.co.uk

EMAIL: wakefield.talking@turning-point.co.uk

Last week's Quiz answers

1. True
2. Peregrine Falcon
3. 10
4. Bloodhound
5. 15-20miles per hour
6. Madagascar
7. Tower
8. The Hippopotamus
9. Adder, Grass, Smooth
10. 3 toed-sloth
11. Bullfrog
12. Hummingbird

Government Kickstart Scheme

The government has introduced a new Kickstart scheme in Great Britain, a £2 billion fund to create hundreds of thousands of high quality 6-month work placements aimed at those aged 16 to 24 who are on Universal Credit and are deemed to be at risk of long term unemployment. Funding available for each job will cover 100% of the relevant National Minimum Wage for 25 hours a week, plus the associated employer National Insurance contributions and employer minimum automatic enrolment contributions.

To help smaller businesses, employers offering fewer than 30 placements will be asked to make a bid through an intermediary, such as a Local Authority or Chamber of Commerce, who will then bid for 30 or more placements as a combined bid from several businesses. This will make the process easier and less labour intensive to apply for these smaller companies who only want to hire one or two Kickstarters.

Find out more here. <https://www.gov.uk/government/collections/kickstart-scheme>



Great Minds Wakefield

Wakefield Workshops start at 6pm

Promo video - Great Minds Wakefield
<https://vimeo.com/449425507>

Monday 28th September – Basic Mental Fitness
Monday 5th October – Anger Management
Monday 12th October - Life Balance
Monday 19th October - Emotional Intelligence
Monday 26th October - Resilience
Monday 2nd November - Debrief/Celebrations

COVID-19 Test and Trace

Just a quick reminder – if you are attending a face to face course with the college your name and telephone number will be shared with the venue you are attending, so they can adhere to the Test and Trace Rules



If you are a student or volunteer with the college and you have recently changed your telephone number, email address or home address, please let us know so we can keep in touch with you, thanks

Start early and get ready for winter!

Winter is only around the corner. Now is the time to prepare so you are not left out in the cold when the temperature drops.

Here are some top tips for getting your home ready for winter:-

- Turn heating on NOW, test it before it gets cold
- Bleed your radiators (if they are cold at the top and warm at the bottom then you need to do this)
- Check the pressure of your boiler and top it up with water if needed
- Still have a cylinder? Check your header tank, make sure the ballcock isn't stuck and the tank has water in it
- Insulate the expansion pipe (the white plastic one that goes outside from your boiler)
- Install draught proofing to draughty windows and doors (cheap as chips to do)
- Insulate any outside taps or turn off the water supply to them
- Clean your rain water gutters to remove debris and leaves
- Check your energy tariff – look at comparison sites, switching now could save you money

wakefieldcouncil
working for you

Contact the energy team for more information
01924 305887/ 01924 305892



The Lullaby Trust has some really informative and professional advice on safer sleep for babies. Check out their website.

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

They also offer advice on breastfeeding, Coronavirus and caring for your baby, offer a Baby Check app and lots more.

It's definitely worth having a look through if you are a parent, grandparent or a new mum or dad to be



**FREE ONLINE 12 week
COURSE DATES JUST
RELEASED!**

Boogie Bounce
23 November – 12.15-1.00pm

BADASS
25 November – 12.15-1.00pm

On yer bike
25 November – 5.30-6.30pm

Yoga
27 November – 10.00-11.00am

Wild Things
27 November – 10.00-12.00pm
27 November – 1.30-3.30pm

Enrol on line:
www.wakefieldrecoverycollege.nhs.uk

Falls Prevention week

This week has been Falls Prevention Week. As a carer I know how easy it is for an elderly relative to fall. There is lots of advice out there that can be sought to help prevent falls, Falling is a serious and frequent occurrence for people aged 65 and over and is a leading cause of death and disability for people aged 75 years and above in the UK.

Taking regular exercise can help build up flexibility, strength and balance, even doing exercise whilst sitting in a chair is better than none at all. This can help with mobility and co-ordination.

Go to www.nhs.uk/exercises-for-older-people to download exercise plans

Age UK have lots of ideas. www.ageuk.org.uk

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.



**Adult Learning Within Reach
WEA Courses Autumn 2020**

For further information visit the WEA website

wea.org.uk/yorkshumber
Or ring **03003033464**

Students on certain benefits are eligible for fee remission.

**Aromatherapy - Facial Massage for Better Skin
with Juliana Gilmartin -£38.40**

Wednesday, 07/10/2020, 11:45 - 13:45, 6 sessions, Ref: C3678105 During this course you will learn about different skin types and what suitable products you can use for your skin. You will observe some basic facial massage techniques with the opportunity to carry it out using your own made products.

**Finding Happiness in Difficult times with Judith
Browne- £48.80**

Wednesday, 04/11/2020, 9.00 – 11.00, 10 sessions, Ref: C3678116 This course is designed to assist you in finding happiness even when it seems impossible



Quick and easy stir fry chicken, veg and noodles for one

Ingredients:

- 1 tbsp. olive oil
- 1 garlic clove, chopped
- 2 chicken thighs, thinly sliced
- ½ red pepper, seeds removed, thinly sliced
- 1 tbsp. soy sauce
- 30g/1oz mangetout, green beans or sugar snap peas
- 100ml/3½fl oz. chicken stock
- 1 nest of egg noodles, cooked according to the packet instructions

Method:

Heat the oil in a large frying pan or wok, and fry the garlic and chicken, until browned all over. Add the pepper to the pan and stir fry for 2-3 minutes.

Stir in the mangetout, soy sauce and chicken stock. Continue to stir fry over a medium heat for 3-4 mins or until the chicken is cooked through. Add the cooked noodles and stir to combine.

Serve with garlic bread



The Recovery College will be shortly launching more dates for its popular online free courses soon
Keep a look out on our website!

These include:-

The Heart of Wellbeing

Lifting your Spirits

Overcoming anxiety

An Introduction to Mindfulness

Walking

Can you find these words in the Puzzle?

- ACTIVE
- BEAT
- FUN
- HEALTH
- HEART
- MOVE
- RATE
- RUN
- SHOES
- SOLE
- STEP
- WALK

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

Level 2 Award in Support Work in Schools and Colleges (Helping in Schools)

with Katherine Croft
Ref: C3678575

wea.org.uk

£192.00 plus accreditation fee £67.00

The course is FREE to those on a means tested benefit
Wednesdays and Fridays 09:00 - 11:00
starting 4 November 2020 for 30 sessions

This course aims to give people an understanding of working in a school or college setting with children and young people, and encourages parents to be actively involved with their children's education.

An Induction, information and Initial assessment session will take place on 21 October 2020, 9 am - 12 noon.

You do not need to have any previous qualifications to attend this course, but are expected to be able to write with a 'formal degree of accuracy'.

Contact Trish Hollies for further details thollies@wea.org.uk or telephone 07917 263679

Support with fees for this course is available for those with WF postcodes.

Please note all courses are online with face to face via Zoom/Canvas

The WEA has run Helping in Schools (which now incorporates the Level 2 Award in Support Work in Schools and Colleges) for over 15 years, and has an outstanding reputation for helping parents and carers get back into their own learning and education, through volunteering to help children in school and supporting their own children at home. Schools say they gain excellent quality volunteers, who have a very positive impact in supporting the children's learning.

Please note that a voluntary placement in a school is **NOT** mandatory

Contact Trish Hollies for further details thollies@wea.org.uk

For further information contact Trish Hollies
thollies@wea.org.uk

Helping in Schools

Quote of the Day

Your mind is a garden.

Your thoughts are the seeds.

You can grow flowers or you can grow weeds.

Fancy a walk with a difference?

A tour of Hawksworth Moor is the latest installation to our growing range of Countryside Audio Walks. To listen to them, please follow the link below:

<http://www.opencountry.org.uk/audio-walks/>



FREE woodland sessions

come and experience the woodlands in a supported environment whilst learning new skills such as carving, woodland management, woodcraft skills cooking and much more...

WHEN
Thursday Morning
10am - 12pm year long programme

WHERE
Bulcliffe Woods
Denby Dale Road, Bretton,
Wakefield.
vanessaathelascic@gmail.com
Tel: 07933955928.

People's Health Trust is an independent charity investing in local neighbourhoods to help create a society without health inequalities. It works closely with each of the regional and country lotteries raising money through The Health Lottery, and distributes grants.

www.peopleshealthtrust.org.uk

'Active Communities supports people to create and shape local projects that will help their community or neighbourhood to become even better. Active Communities projects aim to develop social links and ties and support residents to discuss and act on things that are important to them.'

GETTING THERE

The postcode is WF4 4JN and the grid reference of the site on Ordnance Survey Landranger 110 map is SE 280 148. Please note that the post code in sat. navs, takes you to a point passed the camsite entrance when coming from Wakefield.

The approach road to the site is via a wide, gated, concrete roadway.

For those who wish to use public transport there are bus stops near the site entrance on Denby Dale Road.

BENEFITTING

Anyone currently experiencing mild to moderate mental health issues living in and around Wakefield especially in WF1 WF2 or WF4

Please get in touch
Email or phone

COME AND
SHARE A CUP OF
TEA AROUND
THE FIRE AND
LEARN NEW



TV and Films Quiz

1. What is the longest running TV soap
2. Which actor is behind the voice of the Donkey in the film 'Shrek'
3. Who has played James Bond most
4. What are the names of Harry Potters parents
5. The 'Wire' is set in which US City
6. Mary Poppins is nanny to which family
7. What is the name of Batman's butler
8. What is the name of the pub featured in the UK soap 'Emmerdale'
9. What is the title of the first ever Game of Thrones episode
10. Which actor chipped a tooth making 'Fight Club'

funded through





This week marked 6 months since we first went in to lockdown. Since then, we've all been trying, in our own ways, to deal with the rollercoaster that's been 2020. We all have days when we are coping ok, but also days when we're really struggling.
You're not alone.

If you're struggling today, tomorrow, or whenever it might be, reach out to someone and have a chat. It helps to realise that everyone else has had those moments too.

At the College, we've all had days when we've needed to rely on our friends, family and colleagues (or often just moan at them about the situation and offload about how fed up we are) and all had times when we can repay the favour (when we're feeling more positive and it's our friends, family and colleagues that need to talk).

For now, keep doing your best, be kind to yourself, look after your own health (mental and physical), find something you CAN still enjoy, keep in mind the health and the safety of those around you (including strangers in the supermarket, or those on the bus with you), following the latest guidance to protect yourself, the NHS and everyone else, and we'll keep ploughing on through all of this together.

We're always here if you need to talk.



Lindsey, Janette, Hannah and the rest of the team.

01924 316946 / wakefieldrecoverycollege@swyt.nhs.uk / www.wakefieldrecoverycollege.nhs.uk