

## THE SUPPORTER

NEWSLETTER 24 April 2020


**Hi everyone!**

*Sorry about the blips we've had with the online versions of our newsletter! Rest assured, all should be working now. We hope you're all still OK and managing to Stay Safe, Stay Home. It's still a daunting thought that this may go on for a while longer, but we're here whenever you need to talk and we hope our Newsletter articles are helping. Hope to see you all sometime soon!*

***From all at the Recovery College Team***

Wakefield and 5 Towns Recovery College

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### Last week's Healthy Eating quiz answers

1. C 700mg calcium – 2/3 portions hard cheese, 200ml milk, 125ml yogurt per day
2. B 10 men, 8 women, it can change dependent on temperature, humidity or if you are exercising, pregnant or breastfeeding
3. C Potatoes, ordinary potatoes are starchy foods
4. D 2 portions - eat oily fish such as mackerel, salmon and trout
5. 6g - equal to 1 teaspoon and includes salt already included in cooking
6. C Sunlight – your body makes nist if your vitamin C under your skin when you are outside

### Volunteer story by Hannah

Hi, I'm Hannah and I'm a newly qualified Social Worker working as a mental health practitioner in Core Team East. My role is very varied, but essentially I work alongside people who are struggling with mental ill health, supporting and enabling them to move forwards in their life to happier and more independent place. My role can involve offering emotional support, help with benefits and housing, working with families and carers, talking through interventions such as anxiety management techniques or crisis management; fundamentally it's always about being person-centred and responding to the need of the individual.

I have previously spent a number of years working for the mental health charity Mind, and Samaritans, and have long had a particular interest in personality disorder. This is a diagnosis that is surrounded by confusion, misunderstanding and sadly a great deal of stigma, and so when the opportunity arose to co-facilitate the Recovery College's personality disorder workshop I was delighted to have the opportunity. Our session aims to give a clearer understanding of the diagnosis, some of the reasons why people may develop difficulties associated with this diagnosis, discussion about the stigma and discrimination attached to it, and ways that people can support themselves and others who may be given this label. I really enjoy spending time with people who attend the session, as everyone always has a story to tell and the discussion is always lively, meaning I get to learn new things each time too. Ultimately each person's journey is unique to them but it is important for people to have the right information about the diagnosis, and that is what we try and achieve through our workshop.



### DIY BIRD-BATH BASKET

Enjoying your outside space can be relaxing and good for your mental wellbeing. Do you enjoy gardening or have a place where you can hang out a bird table and then you can sit back relax and quietly watch the different types of wild birds visit?

It doesn't cost much to make your own bird-bath basket. Here's how:-

Your feathered friends will be very happy to be able to drink and bathe in shelter.

1. Fill a woven hanging basket or container with hanging basket compost.
2. Plant trailing ivy and Corsican mint plants at intervals around the edge of the top of the basket, these don't need much looking after. Encourage the stems to hang downwards.
3. Place a shallow metal saucer or container in the centre.
4. Hang up in the garden with the hanging basket chains or strong string.
5. Fill the saucer or container with water, sit back and watch the birds visit.
6. You could also hang bags of seeds or peanuts from the chains/string.
7. Keep the plants watered and fill up the container when dry.



## CREATIVE WRITING

### Butterflies

Dancing butterflies blue yellow and  
white

Shimmering in the bright morning  
sunlight

They danced in my garden the  
other day

Darting weaving settling: then on  
their way

As the spring days unfold

Theirs is a wonder to behold

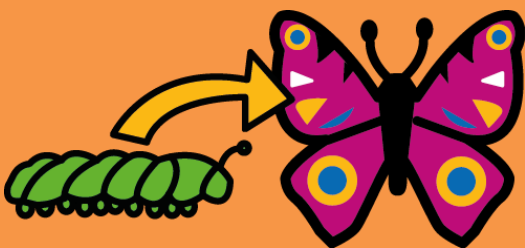
Some it is said live for but one day

That is all the time they have to  
play

If you only lived from dawn to eve:

Think of what you could achieve.

Ryder 2020



### Ever eternal

I nurture hope,  
with waterings of  
silver linings through  
what seems like  
hopeless situations.

I attend to it  
with positive words,  
sprinkled with a  
handful of  
gratefulness and hope.

I feed it,  
with soil from  
my positive thoughts,  
so I can see  
glimmer of sunshine  
through dark clouds.

Hope blossoms within me.

by Halima

**Its never too late**

**To be what you  
might have been**

George Eliott



## QUIZ TIME (answers next week)

1. What does the F.A.S.T. quote stand for?
2. How many bones are there in the human body?
3. To the nearest degree centigrade, what is the average temperature of a healthy human?
4. How many pairs of ribs are there in the human body?
5. Name the 2<sup>nd</sup> largest bone in the human body?
6. How do germs enter our body?  
A) through wounds    B) through food    C) through air    D) All
7. It takes..... to keep your mind alert?  
A) Energy                      B) Protein                      C) Carbon dioxide
8. How many chambers are in the human heart?  
A) 2                                  B) 3                                  C) 4

## Wakefield Partners Offer – Creative Minds

**Wakefield YOT** [https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm\\_source=Thinkuknow&utm\\_campaign=03cb8440df-TUK\\_ONLINE\\_SAFETY\\_AT\\_HOME\\_24\\_03\\_20&utm\\_medium=email&utm\\_term=0\\_0b54505554-03cb8440df-55082501](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-55082501): To support parents during COVID-19 school closures with activities to do at home: [Thinkuknow - home activities and more](#)

**CoActive** [www.coactive.org.uk](http://www.coactive.org.uk): CoActive Arts provides a safe and creative space for people with learning difficulties will be offering contact via phone and DVD session on how to paint pots and planters please get in touch with them via webpage [Coactive](#)

**Inspire Art Group** <https://www.facebook.com/groups/493429474133813/> : will be offering contact via phone/text and through facebook live session Tuesdays [Inspire on Facebook](#)

**Online choir:** <https://www.facebook.com/pg/Cloud9Choir/posts/> [Wakefield online choir](#)

**Red Shed Poetry Challenge** <https://www.facebook.com/groups/234430683313738/>  
[Red shed Facebook group](#)

**Think Cre8tive Group** <https://www.youtube.com/channel/UCmFcunHcyr95F8B3yrZ7S2w>: Mum and baby singing sessions; online Sing It Out! Virtual choir for mental health [YouTube virtual choir](#)

If you need any information printing out please let us know  
and we can arrange this for you

**Why not try these new activities to get you thinking, moving and being generally more active which in turn may help to boost your mood and wellbeing?**

- Davina's no-sugar flapjack recipe, a nice treat with no sugar.  
<https://www.redonline.co.uk/food/recipes/a516692/davinas-sugar-free-flapjacks/>
- Wellbeing Academy Response to Covid 19 (tips to help with anxiety / self-care etc)  
<https://www.youtube.com/watch?v=w06779xZBns>
- Some free online courses and Videos from another UK Recovery College  
[https://recoveryandwellbeing.covwarkpt.nhs.uk/OnlineWorkshops.aspx?fbclid=IwAR1DTonEH\\_bucmx68--yGilDSYXnnxuCvvWyS2cuZ3ThPi0Xcs\\_Y1dBvGpl](https://recoveryandwellbeing.covwarkpt.nhs.uk/OnlineWorkshops.aspx?fbclid=IwAR1DTonEH_bucmx68--yGilDSYXnnxuCvvWyS2cuZ3ThPi0Xcs_Y1dBvGpl)

**We cannot endorse or be held responsible for any content within the links provided. These are provided to you in good faith to support and promote wellbeing as a learner and /or volunteer of the Recovery College.**

- Open Country – Top 10 indoor excercises  
<http://www.opencountry.org.uk/top-ten-indoor-exercise-and-stretching-ideas/?fbclid=IwAR1deZjOMOMiKEmLceCwbfS9cHYhdI3zlGZ1wux0RzStgrGzcu14s0W5d9g>



Experience the Harry Potter ride from the safety of your own home.

**Harry Potter and the Forbidden Journey**  
(including queuing experience), taken from  
The Undercover Tourist)

<https://www.youtube.com/watch?v=JV8-CBTlc6g>

- Chester Zoo are offering free virtual tours of their animals. For more information including dates/times go to their site.  
<https://www.chesterzoo.org/virtual-zoo//w>



### COLLEGE NEWS

The college is now re-planning cancelled courses to take place from September to December 2020 (dependent on future Government and NHS COVID-19 guidelines) and students will be hearing from us shortly with new dates and times.

We have also been working on setting up a programme of new courses with some new partners. These much sought after topics will include Freedom from Fibromyalgia, Wild about Walking, Grief and Depression, Geocoaching and more. Along with an extra pottery and floral art course, due to popular demand.

If you have any particular courses you would like us to cover we would love to hear from you. Here at the Recovery College our aim is to offer our students recovery focused educational courses that are of interest to them in order to support them on their recovery journey.



### Coronavirus: MOTs due from 30 March 2020

Car, van or motorcycle's MOT expiry date will be extended by 6 months if it's due on or after 30 March 2020 - but you must keep your vehicle safe to drive. Read the full details here.

[www.gov.uk/guidance/coronavirus-covid-19-mots-for-cars-vans-and-motorcycles-due-from-30-march-2020](https://www.gov.uk/guidance/coronavirus-covid-19-mots-for-cars-vans-and-motorcycles-due-from-30-march-2020)

### Contactless bank cards

From 1 April 2020 you can now use contactless cards to make payments up to £45 to reduce contact with machine, cash and people.