



# THE SUPPORTER NEWSLETTER

1 May 2020



South West  
Yorkshire Partnership  
NHS Foundation Trust

Wakefield and 5 Towns Recovery  
College – contact information:-

Hello everyone.

Can you believe it's May already!? It feels like Christmas was only a blink away. It's with this fast passing of time that we hope that in a few months', the lockdown we're all going through now will be a distant memory. You've all done remarkably well staying at home, not seeing friends and family, not having people coming in to your homes unless for medical or emergency reasons and we couldn't be more proud of your actions to keep yourselves, your families and our NHS family safe.

There's still a long road ahead of us, but please remember that if you need us, me, Janette and some of our wonderful volunteers are still here for you. Please don't hesitate to get in touch for a chat.

The team and I can't wait to see you all again!

Lindsey 😊

📞 01924 316946

🌐 [wakefieldrecoverycollege.co.uk](http://wakefieldrecoverycollege.co.uk)

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

🐦 @W5TRC 📘 [facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)

**Tell me and I forget. Teach me and I remember. Involve me and I learn.**

Benjamin Franklin

**Holding on is believing that there's only a past: letting go is knowing there's a future.**

Daphne Rose Kingman

## Last week's Quiz answers

1. **F.A.S.T.** – Stroke awareness – **FACE, ARM, SPEECH, TIME**, is the face drooping, is there weakness in the arms, is there difficulty speaking, **time is critical ring 999**
2. A baby is born with 300 bones
3. 37 degrees centigrade is the average temperature in a healthy human
4. 12 pairs of ribs (24) in the human body
5. The 2<sup>nd</sup> largest bone in the human body is the Tibia
6. Germs can enter the body through wounds, food, and air
7. It takes energy to keep your mind alert
8. There are 4 chambers in the heart

## Mouth watering recipes to try!

<https://www.nhs.uk/change4life/recipes>

<https://www.jamieoliver.com/recipes>

<https://simplygluten-free.com/blog/category/dairy-free-main-dishes>

<https://skintdad.co.uk/budget-recipes-easy-meals>

## Sense of fun

<https://www.facebook.com/FlashbackComedyVideos/videos/224939651927375/>

Nanu nanu!

[www.ravelry.com](http://www.ravelry.com)

A place for knitters and crocheters to share ideas and inspiration

<https://www.youtube.com/playlist?list=PLO-wxly9sHybBcwNyCeWLozBCGR1LvV90>

The Funniest Moments in British TV history



## BBC Radio Leeds – Make a difference

Are you feeling creative?

BBC Radio Leeds are reading out on the radio short stories written by listeners during the coronavirus lockdown. Why not put pen to paper and write down your own short story of no more than 750 words and send it to [leedsupforarts@bbc.co.uk](mailto:leedsupforarts@bbc.co.uk)

It could end up getting read out on the radio: For more information and to read other listeners stories go to: <https://www.bbc.co.uk/programmes/p089p9hw>



## Incredible Edible Wakefield

Have you ever wanted to grow your own vegetables but thought you didn't have enough room at home? Now is the time to follow the tips and ideas on how you can adapt small spaces to do just this and save money as well!

Incredible Edible will be supporting those self-isolating by using social media to provide tips and ideas for using space they have, whether it be a garden, greenhouse or a windowsill to have a go at growing their own food. They will be filming and showing on facebook and twitter short videos and techniques that will help people grow their own food successfully.

60 people who are socially isolated will receive a small set of free seeds together with growing guides.

For more information:- Contact: Andy Austerfield 07971098510

Email: [Andy@incredible-edible-wakefield.co.uk](mailto:Andy@incredible-edible-wakefield.co.uk)

Facebook: <https://en-gb.facebook.com/IncredibleEdibleWakefield/>

Twitter: <https://twitter.com/EWakefield>



## Welcome to the Arts Cafe! [www.artscafeevents.org](http://www.artscafeevents.org).

The Arts Café is currently taking a break from activities in Wakefield and Pontefract.

However, we are continuing our recent collaboration with the [Mental Health Museum](#) in Wakefield with some online activities.

Have a look at what we're up to and feel free to join in! Have a look at our online projects set up by the Mental Health Museum in Wakefield which we are hosting on our website. You can join in.



**Any idea what this is?**

**Join us in viewing objects from the Mental Health Museum and find out what it is**

**Read our pandemic newsletter and see how you can contribute**



### A Teacher's Story during the COVID-19 outbreak

Hi I'm Gemma, I'm a Primary School Teacher and a Mummy to a very cheeky 15 month old boy. I returned to work part-time in September, settling back into life as a working Mum was a challenge but it was something I was just getting into the swing of as COVID-19 hit. When I returned to work I had lost a lot of my self-confidence in my teaching ability (which I am sure is not unusual for new Mums). However, after getting through the first term (the toughest one every year as it is the "getting to know you" term between pupils and teachers), I started the spring term (January 2020) with my confidence growing every day.

I was teaching in Year 6 for the first time (which entails getting the children prepped for the dreaded SATs tests). I felt the pupils and I were making excellent progress and then COVID-19 arrived, and it has changed my job entirely. We are now providing a childcare service to the children of Key Workers and/or vulnerable children. Which do not get me wrong is actually wonderful; it is enabling us to do all the "fun" things that you often do not get time for during "normal times" as the curriculum is so vast. When I am in school, we are getting creative: going outside playing, painting, gardening and exploring (weather permitting), drawing, cooking to name just a few. Our aim is to make our time together as fun as possible whilst being that safe familiar place that so many of the children we are seeing desperately need.

I am desperately missing my class (as a teacher your pupils' quickly become like family to you). The saddest part of the new world we are living in is that I did not even get to say a real goodbye to my class as the lockdown arrived so suddenly and (depending on how long this lasts for) I may never see some of these pupils again as they'll be heading off to Secondary school in September. I feel so sad that the Year 6 children across the country are not getting to enjoy those last few months of Primary school in the usual way (they grow and mature so much in the last few months of Primary school). Whilst they have avoided SATs (which can be the only positive in my opinion), some will miss their residential trips, they will have no end of year play to work towards, they will not have a chance to get their sweatshirts signed as a memento of their Primary School days (I still have mine 20+ years later). Whilst children are so adaptable to change and are probably coping during this time better than most, I do believe that come September, when they will just be expected to get up and go to their new schools as normal, it is going to be a somewhat more anxious day for them all than it ordinarily would be.

To look to the positive I am getting so much more time with my little boy, which is priceless. Despite being a teacher, I am most definitely not an expert in the Early Years Curriculum so I have been researching and teaching myself how best to help him to stay happy during this period now that we can no longer go to our normal groups (swimming lessons) and socialise in the normal way. Zachary has become excellent at FaceTime, which has been our lifeline at staying close to our family, and friends (thank goodness for technology!).

I am not sure when my "normal" will return but as a teacher I am adaptable to change and resilient so I know I will get through this time. If anything, it has made me really appreciate how much I love what I do and I cannot wait to get back to doing it properly as soon as it is safe to do so.

Safe stay all, keep smiling. Gemma

The COVID-19 virus has seen people's day to day lives drastically altered. The stay at home government guidelines can no doubt cause anxiety for those who are experiencing or feel at risk of domestic abuse. For anyone who feels they may be at risk it is important to remember there is help and support available to you, including police response, on line support, helplines, refuges and other services. You are not alone. The household social isolation does not apply if you need to leave your home to escape domestic violence. Remember there is never an excuse for domestic violence no matter what the circumstances are.

**National Domestic Abuse 24 hour  
helpline**

**Free confidential advice**

[www.nationaldahelpline.uk](http://www.nationaldahelpline.uk)

Freephone 0808 2000 247

**Emergency 999**

From a mobile phone after dialling 999 if you cannot speak press 55 and the operator will put you through to the police who will speak to you whilst you remain silent

**National LGBT advice line**

GALOP 0800 999 5428

**Mens advice line**

RESPECT 0808 8010 327

## POEM

### Gaze of admiration

You have a  
take no prisoners attitude,  
assertiveness is your best friend.

You do not crumble,  
you stand strong,  
ready to fight, if needed.

Those that get on your  
wrong side, should be aware  
you have sharp claws.

Your passion for creativity,  
and for a woman's rights shines  
through, in every movement you make.

You are a guiding beacon,  
supportive and encouraging  
from the rough seas of life

Written by our talented volunteer  
Halima

## SAMARITANS

**Wakefield Samaritans are offering a safe place to talk, any time you like, in your own way – about whatever is getting to you**

**Free call 01924 116 123**

[www.samaritans.org/branches/samaritans-wakefield-and-district](http://www.samaritans.org/branches/samaritans-wakefield-and-district)



Support your own Mental health or help support others by visiting ORCHA free health and Wellbeing apps, 1000' s to choose from <https://swyft.orchha.co.uk>

Try this at home – give your brain a workout

## General Knowledge Quiz

1. What year was the Battle of Hastings?
2. Sisters Anne, Charlotte and Emily were members of which 19<sup>th</sup> century literacy family?
3. In Italian cooking, which 'T' is a ribbon shaped pasta?
4. Which former Manchester United player wrote an autobiography entitled 'Blessed'?
5. Tom Hanks plays 12 year old Josh Baskin in which 1988 film?
6. Lots of people in the UK hold a GNVQ, but what does GNVQ stand for?
7. Which item of clothing did Levi Strauss invent in 1850?
8. Which plant sits between Earth and Jupiter in it's proximity to the Sun?
9. King Edward, Maris Piper and Romano are all types of which vegetable?
10. The German city of Berlin sits on the banks of which river?

### Tiny Hand Baby Bank Yorkshire

We are a small Yorkshire based baby bank that supplies essential items to vulnerable families and families in need all across West Yorkshire. We provide necessities such as nappies, clothing, toys, toiletries, milk and many other items for babies and children aged 0-2 years. The majority of our items are donated and pre-loved; however, obviously some of our items have to be new such as nappies, toiletries, baby milk and other basic essentials. The funding we received through Nova has enabled us to meet the demands of our referrals which have increased by 50% since the lockdown began due to Covid-19. We have had to limit our intake of second-hand goods due to the risk of infection of the Coronavirus, but thanks to funding we can now buy new items when needed.

**Email:** [tinyhandsbabybankyorkshire@gmail.com](mailto:tinyhandsbabybankyorkshire@gmail.com)

**Facebook:** Tiny Hands Baby Bank Yorkshire.

### Bereavement support - Star Bereavement Support Service

A grant from the Wakefield Coronavirus VCS Resilience Fund will help us to get the technology we need at Star to keep in contact with Children, Young People and Families during these difficult times. If you need support you can contact us by phone, email, text, social media and hopefully soon by Live Chat.

**Phone/Text:** 07599640714

**Email:** [info@starbereavement.co.uk](mailto:info@starbereavement.co.uk)

**Facebook:** [www.facebook.com/StarBereavementWakefield/](https://www.facebook.com/StarBereavementWakefield/)