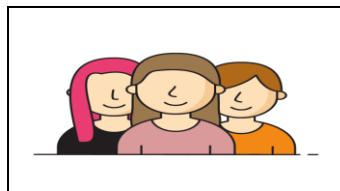




THE SUPPORTER NEWSLETTER

2 October 2020



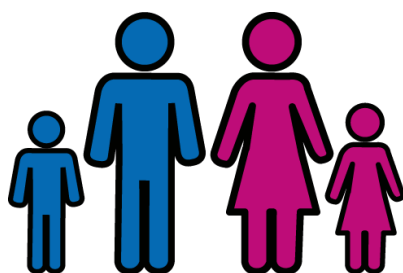
Hello and welcome to
this week's Newsletter
from
Lindsey, Janette and Hannah

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

Child and adolescent mental health services in Wakefield are here to help.

www.southwestyorkshire.nhs.uk/camhs-wakefield

Wakefield CAMHS News!



Wakefield CAMHS have made some exciting changes to their service which now means that parents and carers of children and young people, and young people aged 16 and 17, can self-refer into the service. Previously, only professionals such as GPs, schools etc. were able to refer into CAMHS.

They have produced materials for partners to utilise when sharing these changes.

Their toolkit has:

- Digital version of a new service leaflet
- Digital version of the new service poster
- Social media asset and suggested messages
- News article – for internal use (as SWYPFT will be doing the external PR elements)
- Links to the refreshed Wakefield CAMHS service directory area (www.southwestyorkshire.nhs.uk/camhs-wakefield) which now features an online referral form, alongside a resources page which will be regularly updated with workbooks, leaflets and self-help materials produced by our CAMHS clinicians for children, young people, families, parents/carers etc.

Caring in Care Homes research programme

The University of Hull is hosting a research project called '**Caring from a Distance**: using new and familiar means of keeping in touch with family and friends in care homes during COVID-19'. The research aims to explore the experiences of families and friends of people living in care homes of staying connected and in-touch during the COVID-19 pandemic. People can take part in the research through completing a confidential online questionnaire at <https://hull.onlinesurveys.ac.uk/caring-from-a-distance-care-home-survey>;

Poetry by Halima

Zesting

I have an imaginary bottle,
that traps in happy memory.
When I need to smile
or life weighs heavy on me,
it floats out
zesting me with a spray of
happiness



Celebrating World Pharmacists Day

In celebration of World Pharmacists Day on 25 September, Katie Crowe, one of our Trust pharmacist's wrote about what a typical day at work looks like for her....



My role as an advanced clinical pharmacist is varied. At the moment, I am the lead pharmacist for the Trust's forensic services. This means that I am the ward pharmacist for five medium secure inpatient wards and work with staff within the service to ensure all aspects relating to medicines optimisation (getting the best outcomes for service users) is safe and of good quality.

"Most of my time is either based on the wards or in the pharmacy department at Fieldhead. I will usually have medicines information queries from medical or nursing staff to respond to each day. Some patients' medication regimes on my wards are very complex and having a pharmacist involved is crucial to ensure they are individualised for each service user to achieve the best outcomes.

"Each time I visit a ward I will screen all the service user's medication charts and speak to staff and service users. Pharmacists will always write in green (or purple), so that staff can easily identify endorsements from our profession. I will often have to use my professional judgement to assess the benefits and potential risks of medicines.

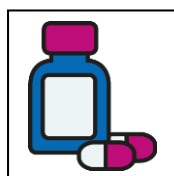
"It is very important to be aware of and monitor for adverse drug reactions (otherwise known as side effects), drug interactions (compatibility between 2 or more medicines) and the effects that medication can have on other illnesses. Pharmacists have great expertise in this area, and I spend much of my time advising prescribers and teams on our wards to ensure that medication regimes are optimal. I also meet with our service users to discuss medication options and queries they may have about their medicines.

"Currently, I am in the process of handing over my ward roles to other pharmacists, as I am moving to a new role within the CAMHS team. I will be the first pharmacist in this role for the Trust where I will have opportunities to use the skills from my non-medical prescribing qualification.

"The restrictions from the coronavirus pandemic are challenging for our team. Owing to how pharmacy operate, it was not possible for many of the team to work remotely. We utilised new online technology for meetings, interviews etc. and increased remote scanning of medication orders to the dispensary direct from the wards. We also changed the layout of the Fieldhead dispensary to reduce congestion.

"We are just about to introduce a new feature into our patient record system which will allow electronic prescribing and administration of medications (EPMA), which will help us to work more efficiently. In addition to this, our prescription screening and medication ordering processes may be done remotely. This will free up time to enable the pharmacists and pharmacy technicians to focus more on working with directly with service users and teams.

"I have also been on-call this week dealing with Trust wide pharmaceutical queries out of hours. After a busy week, I am looking forward to handing over to the next pharmacist and enjoying some downtime."



Have we got any budding young artists out there?



Stop hate – be a mate poster competition

Wakefield Council is inviting children to design a new poster for their campaign. Fantastic prizes are on offer for the top 3 winning entries - a £100 voucher for the winner, a £75 voucher for second place, a £50 voucher for third place and £10 vouchers for ten runners up. The winning entry will be also used for the campaign over the next twelve months.

To submit an entry, children aged 10-13 (on 09/10/20) should create a design that depicts an act of kindness in the spirit of ‘Stop hate, be a mate’.

Designs should be A4 size in landscape and can be created using any media including digital drawings, paint, collage or print. The design does not need to contain text; a written explanation can be provided with the entry if needed.

The competition opened on Wednesday 9 September, and all entries must be submitted by 12noon on **Friday 9 October**. Judging by the Mayor of Wakefield, Cllr Charles Keith will take place during National Hate Crime Awareness Week on Friday 16 October.

Please send entries using one of the following options:

Email: saferrcommunities@wakefield.gov.uk

Post: Freepost Wakefield Council – Communities

Remember to include the child’s full name, age, address and a parent or carer’s contact number on the back of the entry or within the email.



Mango

Possible is like a mango,
beautiful colours,
sweet to the taste,
juices flowing.

Halima 2020

Last week’s quiz answers

1. Coronation Street
2. Eddie Murphy
3. Sean Connery and Roger Moore
4. Lily and James
5. Baltimore
6. Banks
7. Alfred Pennyworth
8. The Woolpack
9. Winter is coming
10. Brad Pitt

TURNING POINT
Inspired by possibility



**Tackling Mental Health
Together...**



Tuesdays 6pm-8pm
Fridays 10am-Noon
Location: Belle Vue



Interested? Email: James Stephenson
James.stephenson@wakefieldtrinity.com

Telephone: 01924 234 860

Email: Wakefield.talking@turning-point.co.uk

Website: <https://www.talking.turning-point.co.uk/wakefield/>



‘How are you mate?’ This might seem like a difficult question – but how often do we ask? Or how often does anyone ask you? In men especially, this simple question is a sometimes a taboo. To explore and address these concerns surrounding men’s mental health within the district and why men don’t seek support, Turning Point are partnering with Wakefield Trinity to assist in delivering their Team Mate project.

This project will run from **W/C 28th September for 10 weeks.**

To book onto the program – individuals can simply email James Stephenson at: James.stephenson@wakefieldtrinity.com
For more info visit:

<https://wakefieldtrinity.com/blog/2020/09/11/>



Consumer Warning : Scam NHS Test and Trace Calls and Emails

We have received multiple reports of scam callers purporting to be from NHS Test and Trace. The fake calls ask consumers for personal information and even sometimes banking information. Other reports suggest criminals are sending phishing emails and links claiming that the recipient has been in contact with someone diagnosed with Covid-19. These lead to fake websites that are used to steal personal and financial information or infect devices with malware.

Watch out there are some scammers about. There are always some unscrupulous people ready to take advantage of these uncertain times we are all in by trying to scam people out of money or personal belongings. If you suspect anything always report it to the right authorities. Listen carefully to phone callers, put the phone down if you feel they are not genuine callers, and check your letters. Don't give anyone your personal details over the phone, or anyone you don't know. Remember banks never ring you.

**Report scams to Action Fraud:
0300 123 2040**

WEST YORKSHIRE TRADING STANDARDS NEWSLETTER

Amazon brushing Scam, what is it?

Reports of people receiving mysterious parcels that they haven't ordered from Amazon. It is thought that these parcels are part of a global 'brushing' scam where amazon sellers create fake customer profiles with real names and addresses on e-commerce sites, then create false positive reviews for their products and or company.

SCAMMERS PRETENDING TO BE COUNCILS DURING PANDEMIC!

- Be vigilant for letters purporting to be from local councils offering discounts.
- They should be addressed to you by name, not 'The Occupier'.
- Check the spelling / grammatical errors.
- Any links to websites that contain the shorted word 'gov' should come directly before the '.uk'
- To check on any council led schemes visit the correct Council website or <https://www.gov.uk/>
- Report incidents to Action Fraud and Citizens Advice.

**Forward scam emails to
report@phishing.gov.uk**

Romance Scams

The pandemic has most of the nation at home, and people are communicating online even more than before, leaving people more susceptible to romance scams.

Signs of a romance scam:

- Asks you for money and lures you off the dating site onto another social platform.
- Claims to be working overseas or in the military.
- Claims to need money for emergencies, hospital bills, travel plans to visit, or to fix broken phones/ computers.
- Unable to video chat with both audio and video on at the same time.
- Their profile picture is very attractive. Scammers often use stolen photographs of beautiful people.

STOP LOAN SHARKS
Intervention . Support . Education

Spot the signs of illegal money lending and report your concerns confidentially to @LoanSharkNews on 0300 555 2222 or via the Stop Loan Sharks App. Download it for free from your mobile app store: bit.ly/2FW28rn

**Report to us:
Mailbox to deal
with reports of Covid-19 Scams in West
Yorkshire:
Covid19.Scams@wyjs.org.uk**

Jury Service Scam



The Chartered Trading Standards Institute (CTSI) has uncovered evidence of a series of bogus texts inviting recipients to perform jury service or delay it at cost. The texts host a link to a scam website clad in UK Government branding which asks the target to confirm that they can perform the service, or to postpone jury service for six months at a fee of £34.99.

ESOL For Beginners

Mondays

From 28th September

Agbrigg Community Centre, Montague St WF1 2BB
9:30-11:30am

St John the Baptist RC Church, Newland Lane Normanton WF6 1BA
1:00-3:00pm

Tuesdays

From 29th September

No class

The Rainbow Café
26 Duke of York Ave
Portobello, WF2 7BY
12:30-2:30pm

Wednesdays

From 30th September

Ghausia Education Centre, 41a Duke of York St, WF1 3PD
9:30-11:30am

St Swithuns Community Centre, Arncliffe Rd Eastmoor, WF1 4RR
12:45-2:45pm

Thursdays

From 1st October

The Ridings
102 Cathedral Walk (near the cinema)
9:30-11:30am

Balne Lane Community Centre, Balne Lane WF2 0DP
1:00-3:00pm

Fridays

From 2nd October

The Ridings
102 Cathedral Walk (near the cinema)
9:30-11:30am

No class

Classes are open to Wakefield residents aged 19+ who are not in employment*

For more information Karen Quigley on 07584 333081, or email kquigley@wakefield.gov.uk

*Please note Asylum Seekers are not eligible for these classes.

wakefieldcouncil
working for you



STEP FORWARD

Providing Specialist Employment Support to adults with autism in the Wakefield District

helping individuals to move into education or employment

Our Step Forward project can help by providing one to one sessions, social groups and job club opportunities in local areas

This project is funded under the PEAT project in partnership with Wakefield Council

To enquire about our support or to check eligibility for the project, please contact our team on 07921 484342 or stepforward@autismplus.co.uk

We are also offering discounted Autism Awareness Training to employers across the Wakefield area
To find out more please get in touch.



The theme for this year's Falls Prevention Week is 'Time to feel good about ageing'.

The week will take the form of a remote offer with a range of digital resources hosted by Public Health England which will be released under these headings on the following dates.

Thursday 1 October 2020:	Healthy Ageing & Care Homes
Friday 2 October:	Bone Health, Strength & Balance
Monday 5 October:	Eye Health, Mobility
Tuesday 6 October:	Housing, Home Hazards
Wednesday 7 October:	Social Isolation, De-conditioning
Thursday 8 October:	Where to find help

There will also be two webinars during the week. See details below.

Friday 2 October 2020, 11:30am to 1pm

It is time to feel good about ageing. Join us as we celebrate ageing positively and deliver this session as part of West Yorkshire Falls Prevention week.

This webinar will be delivered by specialists from the Leeds Public Health team and the Falls lead from Leeds Community Healthcare NHS Trust; as well as a panel of people leading falls work across West Yorkshire.

The session will provide information on:

- the links between frailty and falls
- how to identify need and risk
- how to develop interventions to support falls prevention

Visit [Eventbrite](https://www.eventbrite.co.uk/e/good-conversations-training-tickets-120387473173) External link to book your place on this webinar.

Good Conversations Webinar – MS Teams – 08 October 2020, 10:00am – 11:30am

Good Conversations skills training supports frontline workers to Make Every Contact Count (MECC). It builds confidence, knowledge and skills required for good conversations in these very challenging times. The course has been designed for frontline workers who are in direct contact with the public, who wish to develop or sharpen their conversational skills, and who want to improve their knowledge of basic health and wellbeing advice and where to signpost people to for further help. The webinar itself will include aspects related to falls prevention but from a wider health and wellbeing perspective which includes the promotion of physical activity, healthy eating/hydration and well as establishing good mental health.

A link to the webinar MS Teams will be provided around a week before the webinar commences. click the link below to book now

<https://www.eventbrite.co.uk/e/good-conversations-training-tickets-120387473173>

WELLBEING

Free sessions for adults whose mental health issues have been worsened by the COVID pandemic
All sessions taking place in Wakefield

7th, 14th and 21st October - Country walks and simple navigation skills @ Newmillerdam (10.15-13.15)

12th October - Natural Dyes @ Bulcliffe Woods (10.00-12.00)

19th October - Nature Walk @ Bulcliffe Woods (10.00-12.00)

26th October - Natural Mandalas @ Bulcliffe Woods (10.00-12.00)

2nd November - Whittling Projects @ Bulcliffe Woods (10.00-12.00)

9th November - Mindfulness @ Bulcliffe Woods (10.00-12.00)

16th November - Soap Making @ Bulcliffe Woods (10.00-12.00)

23rd November - Pop up Toy @ Bulcliffe Woods (10.00-12.00)

30th November - Campfire Cooking @ Bulcliffe Woods (10.00-12.00)

7th December - Willow Wreaths @ Bulcliffe Woods (10.00-12.00)

14th December - Christmas Crafts @ Bulcliffe Woods (10.00-12.00)

Book your place on www.bookwhen.com/athelascic

or call on 07845864106

Boots/waterproofs available to borrow if required

Assistance with transport costs available





The Pontefract Bereavement Support Group is an open, kind, warm and friendly group, allowing anyone who feels that they need support to drop in at any point from 6.00pm, if they would like to get involved, chat, enjoy a cuppa, and meet people in similar situations. Above all, they would like people to know that “It’s OK not to be OK” and that they are all going to be there to show that they care and are there to support each other in any way that they can.

The founder of the group Mel Oates said that someone once said to her, “Losing a loved one is like being part of a club that you don’t ever want to join, but when you do it’s comforting as you don’t feel quite so alone!” That’s so very true and though she initially found it extremely difficult to talk openly about her grieving of her father who died suddenly and unexpectedly last August, she has found meeting others, who are going through similar experiences, really has helped her and she has experienced a level of relief and established a comforting connection and rapport with them.

It was as a result of an overwhelming number of comments and private messages received in response to a post that Mel put out on her Facebook that she quickly realised that there was a real need for an informal Bereavement Support Group, where its members could meet once a month to chat and offer support to each other.

Meetings are held on the first Thursday of every month at 6.00pm, anyone who wishes to attend will be made most welcome. (The room where they hold the meetings is now named after Mel’s dear dad who did so much to support the club throughout his adult life)

Mel and her Mum look forward to seeing you x

NOW ON A THURSDAY

2020	2021
1st October 2020	7th January 2021
5th November 2020	4th February 2021
3rd December 2020	4th March 2021

FIRST THURSDAY OF EVERY MONTH
At 6^{PM} at the Pontefract Conservative Club

FIND COMFORT AND SUPPORT IN A CARING AND UNDERSTANDING ATMOSPHERE

Have you been bereaved? Would you like to meet and help others in a similar situation for friendship and mutual support? Bereavement can often increase feelings of loneliness and isolation. Pontefract Bereavement Support will help you meet other people with similar experiences who might be feeling the same way.

PLEASE NOTE: THIS IS JUST A SOCIAL GATHERING WITH NO PROFESSIONAL COUNSELLING INVOLVED, BUT JUST THE SUPPORT FROM ONE ANOTHER

Sponsored by

Allegories of the Senses Exhibition At the Cooper Gallery, Barnsley



CG_Allegories_Galler
y_Guide_ACC_PAW.ř

There is an audio guide available here:
<https://izi.travel/en/browse/6075801f-5fd2-4ce1-841a-2accec663c68>

The artworks have been selected for this exhibition by guest curators from the members of Action for Autism & Asperger’s in Barnsley

Free Meditation online sessions

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





**Autumn is on its way, there is a definite nip in the air,
Can you answer the following quiz questions?**

1. Which month is the first month of Autumn
2. What country did Halloween originate from
3. On 5 September 1958 Britain's heaviest what was recorded In Horsham, it weighed 6.5 ounces
4. Squirrels are starting to bury acorns, what is the bird that does the same
5. Autumn leaves has to be the most popular autumn song of all time, which of the following never recorded it
a) Elvis Presley b) Eric Clapton c) Andy Williams
6. What is the main reason for Autumn allergies
a) Dust b) Ragweed c) Pollen
7. Which of the following holidays is celebrated in Autumn
a) New Year b) Easter c) Halloween
8. During Autumn many leaves turn orange because of which Pigment
a) Chlorophyll b) Melatin c) Carotene
9. Shedding leaves in the Autumn occurs from which trees
a) Deciduous b) Banyan c) Evergreen
10. What doesn't begin in Autumn
a) Harvest Festival b) School Year c) Blossoming trees

October

Author Unknown

October's the month
When the smallest breeze
Gives us a shower
Of autumn leaves.
Bonfires and pumpkins,
Leaves sailing down -
October is red
And golden and brown.

October leaves are lovely
They rustle when I run
Sometimes I make a heap
And jump in them for fun.

Autumn leaves float quietly down
And form a carpet on the ground.
But when those leaves are stepped upon,
Listen for the crackling sound.



We need your help

Please let us know asap if you are unable to attend a course/workshop.

We are working hard at trying to offer our students the courses they request and we have waiting lists in place on some.

If you do not let us know you are unable to attend you may not be able to attend any other courses for the rest of the current term

Many thanks

Overcoming Anxiety (Online – MS Teams)

13 October 2.00pm – 4.00pm

Presented by **Nirmala Ragbir-Day, Spiritual Care Trainer**
South West Yorkshire Partnership Trust. This course will

help you explore the cause of anxious feelings, understand them and suggest ways of dealing with situations and will cover:

- **What causes anxiety**
- **What does anxiety feel like?**
- **Tips on how to prevent and overcome anxiety**
- **How to create a sacred space in time of uncertainty**

Places are free but limited
To apply for a place, please email
debby.walker@swyt.nhs.uk
or Telephone: 01924 316282

This week has seen the introduction of further restrictions and new ways we must go about our days. The Wakefield district has seen a spike in confirmed Covid-19 cases, so we'd like to reiterate some of the key messages from our public health team:
■ Wash your hands regularly ■ Wear a face covering when out ■ Keep a 2m social distance ■ You must not meet in groups of more than 6 people anywhere