



THE SUPPORTER
NEWSLETTER

16 October 2020



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Hello and welcome to this week's pages of our weekly Newsletter. We are hoping that we have collated lots of information that may be useful to you for you to keep well and active. We are working closely with our partners and local organisations to ensure that you are kept up to date with what is going on in our communities and what courses we are offering in our college both face to face and online. There is so much out there already, but if people don't know about it, then how can they access it and learn more about their health and wellbeing. 'The Supporter' Newsletter therefore is not only for our students, but for our Trust staff, service users, carers, partners, community organisations and anyone who would benefit from the news and information provided. Please feel free to pass it on to anyone to browse through. If there is anything specific you would like us to cover in future editions, please let us know or if you have any events, articles, or stories you would like us to include, just get in touch.....



Pet Wordsearch!

There are many types of Pets, can you find all the breeds listed here in this wordsearch?

- Bird
- Cat
- Chicken
- Dog
- Ferret
- Fish
- Gerbil
- Guinea Pig
- Hamster
- Horse
- Lizard
- Mouse
- Rabbit
- Rat
- Snake
- Spider
- Tortoise

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

Did you know... Pets can improve your mood, lower your blood pressure and reduce stress!



The college, as you know, is consistently taking advice and following the latest government and NHS health COVID-19 guidelines around ensuring the safety of our students and tutors, when running educational face to face workshops and courses, whether in an NHS or community venue.

We realise this can be a very anxiety provoking time for some people and we would like to re-assure you that the latest changes to Tier 2 have been taken into account and stringent COVID-19 health & safety measures have been put in place at all of our venues. We ask that all of our attendees adhere to the rules to safeguard themselves and each other, Many thanks

Halima's Poetry Corner



Magic

I remember my duvet being
like a flying magic carpet
taking me on adventures
via reading by a torchlight

What does wellness feel like?

Wellness radiates out of me,
I smile from my eyes,
I am bathed in bubbiness,
everything is right with the world,
I know I am worthy of care
from the top of my head to my toes,
it generates a shot of electricity
igniting every cell.



HAVE YOUR SAY!

COVID-19 community mental health survey – help needed from service users and carers

We want to understand how the changes to delivering mental health services during the pandemic has impacted on service user's health and day-to-day life. To capture this, [a survey](#) has been launched.

If you are a service user or a carer of someone using the South West Yorkshire NHS mental health services, please take a few minutes and fill in the survey, your contribution is much appreciated.



**South West
Yorkshire Partnership**
NHS Foundation Trust



Get in Touch!!



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 most.

If you do not let us know you are unable to attend in advance, and simply fail to attend on the day, you may not be able to attend any other courses for the rest of the current term

Many thanks

Free, safe and anonymous online counselling and support

"I don't think I could've spoken
to someone face-to-face."



Chat to our
friendly counsellors



Read articles written
by young people



Join live
moderated forums

kooth

www.kooth.com

FREE COUNSELLING SUPPORT FOR YOUNG PEOPLE

Kooth - free online counselling and support service for young people

Kooth offers free, safe and confidential information and wellbeing support for young people (between the ages of 11 – 25) in Calderdale, Kirklees and Wakefield. Young people can even access the service when studying away from home, by using their home contact details to register

Kooth also offers young people the opportunity to have a "drop-in" text-based conversation with a qualified counsellor.

Kooth is available 24 hours a day, 365 days a year, although counsellors are only online between 12pm-10pm during the week, and 6pm-10pm weekends. Outside of counselling hours, young people can message the team and get support by the next day.

Support is provided by Kooth not only through counselling but from articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

Watch this [short video](#) to find out more about or visit www.Kooth.com to access support and information



EyUp! Yorkshire charity challenge – raising money to support our veterans with their health and wellbeing

The EyUp! charity challenge was kicked off by supporters at the Barnsley Exchange Recovery and Wellbeing College.

The EyUp! Yorkshire charity challenge, launched by our Trust charity EyUp!, sees participants walk, run or ride as far as they can to help the charity achieve their collective target of 450 miles –the boundary of Yorkshire!

The challenge takes place between 18 September – 31 October 2020, with total funds raised being announced on Remembrance Sunday.

Hannah Burton, physical activity lead at South West Yorkshire Partnership NHS Foundation Trust and charity challenge co-organiser, said: “All funds raised will go towards the setting up of a veteran’s support network. This network will allow the Trust and our partners to work with local veterans to identify the support they need and ensure this is made sustainable in our local communities.”

Local veteran, Vicky Felton, said: “This will hopefully enable us as veterans to access local support where it is needed. We really do struggle at times and having local support in the heart of the community that is peer-led should give us the confidence to engage. Having mental health professionals on hand to support would also be a huge advantage.”

Participants will be supported throughout the challenge through a closed Facebook group, where they can all share updates and motivational tips. All participants will receive a certificate and medal.

Find out how you can get active, whilst making a difference to local people:

www.southwestyorkshire.nhs.uk/eyup-charity-challenge

PHE research looking at co-infection of both flu and COVID-19 suggests:

- **The risk of death more than doubled** for people who **tested positive for both flu and COVID-19**, compared to those with COVID-19 alone
- Those with co-infection of the **two viruses** were more at risk of severe illness
- Most cases of co-infection were in older people and **more than half of them died**

Useful reading

Covid Dashboard

Wakefield’s weekly Covid Dashboard data:

<http://www.wakefield.gov.uk/about-the-council/coronavirus-information/covid-19-weekly-data>

Social distancing video

Produced by Wakefield College, aimed at young people.

<https://www.youtube.com/watch?v=A4eJcGVSSCI>

**Quiz answers
2 October edition**

1. September
2. Ireland
3. Hailstone
4. Jay
5. Elvis Presley
6. Ragweed
7. Halloween
8. Carotene
9. Deciduous
10. Blossoming season

**Quiz answers
9 October edition**

1. Jack-o'-lanterns
2. Libra or Scorpio
3. C – 8th
4. Apple
5. Squirrel
6. True
7. Wine Month
8. Oktoberfest
9. Opal
10. The Treehouse of Horror

The Licorice Fields at Pontefract

Poem by John Betjeman

In the licorice fields at Pontefract
My love and I did meet
And many a burdened licorice bush
Was blooming round our feet;
Red hair she had and golden skin,
Her sulky lips were shaped for sin,
Her sturdy legs were flannel-slack'd
The strongest legs in Pontefract.

The light and dangling licorice flowers
Gave off the sweetest smells;
From various black Victorian towers
The Sunday evening bells
Came peeling over dales and hills
And tanneries and silent mills
And lowly streets where country stops
And little shuttered corner shops.

She cast her blazing eyes on me
And plucked a licorice leaf;
I was her captive slave and she
My red-haired robber chief.
Oh love! for love I could not speak,
It left me winded, wilting, weak,
And held in brown arms strong and bare
And wound with flaming ropes of hair.

Cooking with the kids



Raspberry Rock cakes

Ingredients:-

225g/8oz self-raising flour
50g/2oz granulated sugar
Pinch of salt
75g/3oz butter or margarine
1 egg beaten
60ml/4 tablespoon milk
60ml/4 tablespoon caster sugar (to sprinkle on top)
Raspberry jam

Method: -

Sift the flour, salt and granulated sugar into a bowl. Rub in the butter until it resembles fine breadcrumbs. Add the egg and milk and mix until all combined.

Line a baking tray with greaseproof paper and put a good tablespoon of mixture on the tray remembering to spread them apart or they will all form into one big cake.

Make a well in the top of each bun and put a teaspoon of jam in each, sprinkle with the caster sugar and bake in the oven for 15-20mins or until golden brown. Gas mark 5/electric 190c. Put on cooling rack to cool.



Neighbours reality stars

https://drive.google.com/file/d/1FvIc_PK_dhJYKDCRWpsMefUnOICeE1Dq/view

NEIGHBOURS WANTED FOR NEW ONLINE REALITY SERIES

Are you a good neighbour? Would you like to star in a new online docu-series to inspire others to look out for each other during these challenging times? Then have a look at the information via the link above and it tells you how to apply. Closing date 22 October 2020.



Researchers from the University of Chester are looking into the role of dieticians in UK Eating Disorder care. If you've been treated by a specialist eating disorder dietician, take part in this study to help improve dietetic care: bit.ly/3IGfp75





Local COVID alert level: high (tier 2)

Find out what restrictions are in place if you live in an area where the local COVID alert level is high at www.gov.uk

Here is the full link to absolutely everything people can/can't do for the Wakefield restrictions: <https://www.gov.uk/guidance/local-covid-alert-level-high?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

There is a lot of confusion out there about what Tier 2 means, so please have a look at the grid below which breaks down the different rulings.

VERY HIGH

HM Government

HIGH

LOCAL COVID ALERT LEVEL

HIGH

MEDIUM

Social Contact 1 household / bubble indoors. Rule of six outdoors.	Weddings and Funerals Up to 15 guests for weddings and up to 30 guests for funerals. 15 for receptions, wakes and related ceremonies.	Overnight Stays Overnight stays permitted subject to social contact rules.	Working from home guidance Work from home where possible.
Shopping and Retail Open.	Leisure and gyms Open.	Hospitality Open with some restrictions including 10pm closing time and table-service only.	Entertainment and tourist attractions Open, except nightclubs and adult entertainment.
Education Schools, FE colleges open. Universities must reflect wider restrictions.	Healthcare Services Open.	Residential Care Closed to external visitors other than in exceptional circumstances.	Travel and Transport May continue to travel to open venues, but reduce number of journeys where possible. Avoid travel into Local COVID Alert Level Very High areas where possible.
Sporting Activity Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).	Worship Open, subject to social contact rules.	Childcare Registered and wraparound childcare. Supervised activities permitted in private homes. Children's groups permitted. Childcare bubbles for under 14s.	Youth Clubs and Activities Permitted.

There are three simple actions we must all do to keep on protecting each other:

Wash hands
 keep washing your hands regularly

Cover face
 wear a face covering in enclosed spaces

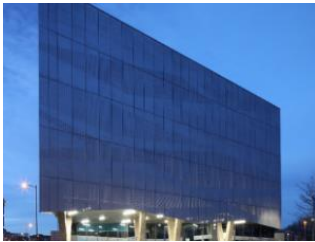
Make space
 stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:
gov.uk/coronavirus

<https://youtu.be/oVcSBo-VT5A>

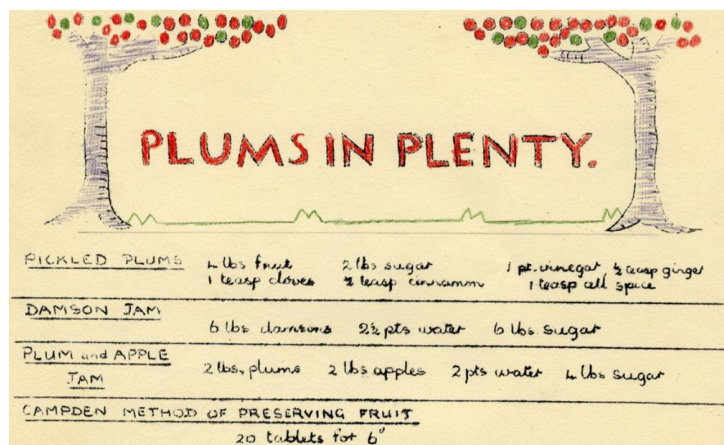
Have a go at making poppies from plastic bottles and help with the Poppy Appeal.....





West Yorkshire History Centre

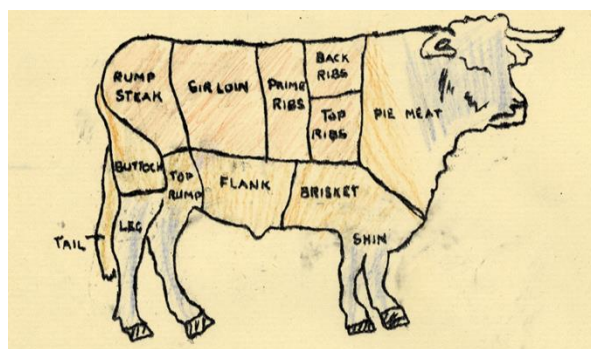
Don't try these at home! Recipes Through The Years



Recipes have been passed down through generations since man first began to cook food. Family members were shown how to cook to survive, using herbs and other plants not only as flavouring but as a means of medicine too.

From the late 13th century the collecting and writing of recipes expanded as countries were explored and the 'bounties' of them brought home as ingredients. Here at West Yorkshire Archive service we hold a variety of records that contain recipes [often called receipts] they range from food and beverage recipes to the weird and wonderful world of animal and household recipes using ingredients that are familiar and some that are simply extraordinary!

Definition of a recipe



The common definition of a recipe is a basic set of instructions for preparing a particular dish or medicine which also provides a list of ingredients and amounts to be used.

Bounties Brought Home

From the late 13th century the collecting and writing of recipes expanded as countries were explored and the 'bounties' of them brought home as ingredients.

Among the most valuable are things we take for granted today, salt and pepper. Salt that the word "salary" was derived from the word "salt with Romans often getting part of their 'salarium' paid in salt. Historically it was used as a method of trade and currency. The British monarchy saw an opportunity and salt taxes were created which resulted in many people being imprisoned for salt smuggling.

Pepper was so valuable that a Guild of Pepperers was established in the UK in 1180, they monitored weights and any illegal or unannounced additions to ground pepper, a bit like Trading Standards do today with tobacco and spirits.

Pepper was accepted in lieu of dowries [not sure we'd find it a compliment today to be swapped for half a dozen pepper corns!] and has anyone heard of a Peppercorn rent? It is quite common in the Registry of Deeds in the earlier 18th century volumes for rents to be 'peppercorn' rents. This meant instead of handing over cash for their annual rent, they paid in the equivalent of peppercorns, or at least that was the idea!

Seasonal Gluts of West Yorkshire

During the 16th and 17th centuries, competition between the large family and estate houses became commonplace and numerous books were beginning to emerge on how to manage households and prepare food with each trying to outdo the other.

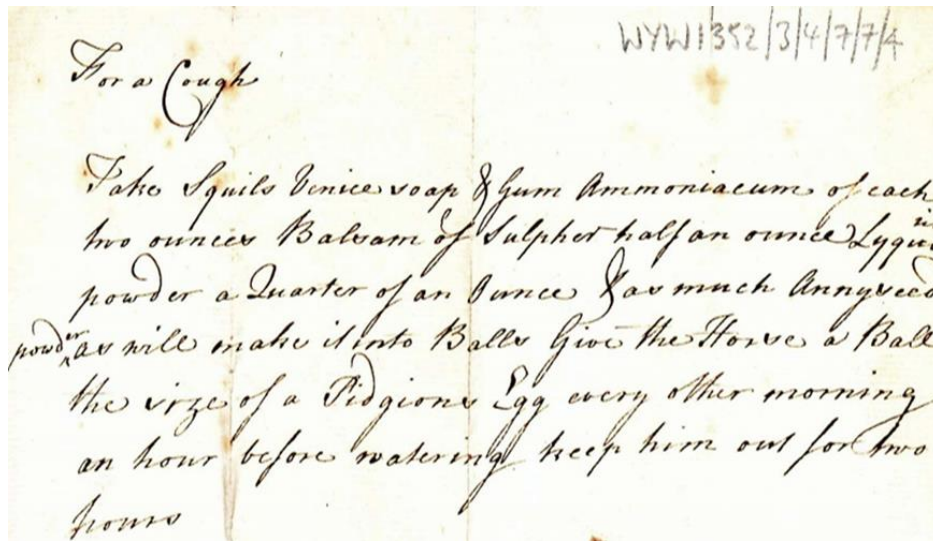
More commonly from the 18th century handwritten 'books' were created in households showing the many courses to be produced for various occasions in different seasons. To make the most of seasonal gluts, recipes were adapted and foods commonly pickled and preserved.

Rhubarb!



An ancient plant, rhubarb was historically used as a medicine for gut, lung and liver problems. In the 17th century it was another very expensive 'drug'. In 1877 rhubarb began to be commonplace in Yorkshire, the Whitwell family of Leeds are generally regarded as being the first large scale grower in our area. Growers were based in Leeds, Bradford and Wakefield creating our famous 'Rhubarb Triangle'.

Liquorice



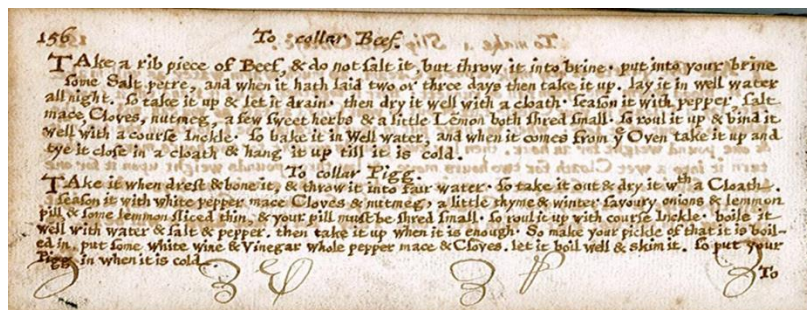
Pontefract was especially suited to liquorice growing. It isn't clear who brought liquorice to Pontefract but it is generally accepted that it was either the returning crusaders or the Dominican monks who settled at Pontefract castle. The inner bailey of Pontefract castle was used for liquorice cultivation up until 1880.

Originally used for stomach complaints, in 1760 George Dunhill had the genius idea of adding sugar to the extract of liquorice and voila! Pontefract cakes were born! Liquorice growing went into decline and the last batch grown locally was harvested in the late 1960's, since then it has been mostly imported.

With such a locally grown stock, it's no wonder that liquorice features throughout the recipes of our districts.

Finding recipes

We have found recipes in family and estate collections, in war diaries, household account books, letters, tucked in business papers and even scrawled on the back of Christmas cards! Often the wording on some recipes is abbreviated and punctuation was barely used, therefore they can sometimes difficult to decipher.



It's not just food and drink recipes that we have, it seems that through the ages we have tried to enhance our features! From the mercury laden cosmetics of the Greeks, Romans and early Egyptians to the white lead [ceruse] used to pale the skin in the Renaissance period.

Examples we hold include hair restorer and wash, of course it goes without saying, do not try these at home!

94
Hair Restorer
Linet Canth T. Q
℞ Borax ℥ss
Sp. Camph. Co ʒij ʒss
Oil Almonds ʒij ʒss
To One Pint of Boiling Water
Scent

Borax Camphor & Rosemary
Hair Wash.
℞ Pu. Camphor. ʒss.
O. Rosmarini mxxx.
Pu. Boracis ℥i.
Misce ʒiij in ʒ packet.

One of the most bizarre recipes we have come across is this one, to cure the bite of a mad dog.....

Bite of a Mad Dog,
Drink immediately a pint of good white
wine vinegar, repeating it 3 mornings fasting, wash
the part well with vinegar & afterwards then take away
about 8 or 9 of blood, & finish by taking a large
spoonful of rue for 3 mornings fasting.

How can you access Records?

Our offices are currently operating on a reduced capacity due to the pandemic but appointments can be made by contacting wakefield@wyjs.org.uk

You can also browse our online catalogue <http://www.wyjs.org.uk/archive-services/our-collections/> to see if there may be any records of interest to you. Whilst we don't have the majority of records available to view online, you can get a good idea of what the documents contain.

Happy searching, stay safe and we hope to see you soon!

You're invited to our online workshop
Wakefield Positive Mental Health Network Workshop Thursday 29th
October 2020
(From 1.30pm-3.30pm)

How can the voluntary and community sector and statutory sector maximise opportunities to work more effectively together?

On Thursday 29th October IVAR will be facilitating a cross sector workshop to help us explore ways to ensure better outcomes for people in Wakefield with mental health challenges. Together.

Covid has created many challenges and this session will build and move forward our learning from the past, making it count for Wakefield partnerships

Join us and be part of this important conversation

Link for Zoom meeting:

<https://us02web.zoom.us/j/88682997864?pwd=WHcraIROSFhwL2trM2pCZVNSdVcxdz09>



Spectrum People continue to offer Social Prescribing to the community. We realise and understand the impact the current situation has on those we support and the wider community. Anyone can refer themselves or anyone they know who is facing particularly challenging circumstances for social prescribing, check-ins and appointments by phone.

You can contact us in the following ways, please note that due to home working it may take us longer to respond to enquiries. Mobile: 07720 899 781 Email: Spectrumpeople@spectrum-cic.nhs.uk



TRUSTEES WANTED!



WE ARE LOOKING FOR TRUSTEES TO WORK ALONGSIDE OUR EXISTING BOARD OF TRUSTEES.

We are looking for individuals who are passionate about ensuring that the carers of Wakefield District are appropriately supported and valued and who would like to have a say in the direction that our organisation takes.

If you are able to commit to giving one and a half hours of your time every two months to attend our Trustee meeting, plus occasional additional meetings, then please get in touch with our Chair of Trustees, Melanie Burnell on 07921102324 or our CEO, Justine Bilton, on 01924 305544 or email justineb@carerswakefield.org.uk for an informal discussion.