



# THE SUPPORTER

## NEWSLETTER



Wakefield Recovery and Wellbeing  
College

23 October 2020



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 [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
 01924 316946  
 @W5TRC  
 [facebook.com/wakefieldrecovery](https://facebook.com/wakefieldrecovery)



### Welcome to this week's Newsletter

Your safety and wellbeing matters most to us and for this reason we have made restrictions to the number of students attending our face to face courses. This is so we can ensure COVID-19 social distancing of 2 metres and hygiene measures are followed, whilst our courses remain friendly places to come along to and learn about health and wellbeing.

**From Monday 26 October 2020 we are asking all students booked on any of our courses, whether **face to face or online** to contact the college by at least 3 days before the start of their course to ‘ **confirm that they will / will not be attending** ‘**

**Students can contact us by phone 01924 316946, text or email: [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk) .**

**\*\* Unfortunately if students do not ring and confirm their place, we can only assume they are no longer interested and we will cancel their place and reserve the right not to accept them on the course \*\***

**Just a reminder for students to keep a look out for our emails or texts for confirmations of their course bookings, or joining links for booked courses, as we regularly send these out.**

**It is important that students let us know if they change address, telephone number or email address, so that we can keep in touch with them.**

A quick reminder to our students who live in areas that are now designated as Covid-19 Tier 3 districts, that you must not attend face to face courses with the college for the time being and to contact us as soon as possible with regards to any courses you have booked.

We fully understand sometimes things crop up at the last minute which means a student cannot attend, but unless it's an emergency please let us know, we are a friendly bunch and always here to help as best we can.

Many thanks  
Wakefield Recovery and Wellbeing College Team

## Poetry Corner

### Lullaby

I can see autumnal leaves  
on a tree from my living room,  
from the comfort of my sofa  
I feel truly blessed.  
Nature is my lullaby.

Nature calls to me,  
there's a little brook near me,  
I escape to listen to the brook  
when the 4 walls gets too much.  
Nature is my lullaby.

Trees are in abundance  
round here,  
I notice the trees shapes  
and colour of the blooming leaves.  
Nature is my lullaby.

I hate autumn for its cold  
rainy, short days  
but I love the colours, leaves  
brown, shiny conkers.  
Nature is my lullaby.

Halima

### Prompt

If poetry was a building  
it would be a mansion,  
each room dedicated to  
different genres or themes.

The windows and doors will  
be painted with extracts from  
poems I like.

They would be a lovely garden,  
with shelter from the sun and rain  
so I can read.

'I'm glad I exist'  
Oranges, Wendy Cope.

Halima



### Free Wellbeing Packs

**Free** kits for older people are being offered by Age UK, including festive face masks, newsletters with advice and information for your older members. If you would like some free kits, please contact Helen Morris at Age UKWD no later than Monday 26<sup>th</sup> October – there are limited stocks available and they won't last long so the sooner, the better!  
([helenmorris@ageukwd.org.uk](mailto:helenmorris@ageukwd.org.uk))



### Yorkshire Smoke Free

There are three easy ways to refer for stop smoking support, telephone **07767008956** or email [swy-tr.wakefieldsss@nhs.net](mailto:swy-tr.wakefieldsss@nhs.net). More information can be found on our website <https://wakefield.yorkshiresmokefree.nhs.uk/>

Yorkshire Smoke Free Wakefield is currently offering telephone appointment and face to face video call appointments for all smokers who would like to stop. Now has never been a better time to stop!

**FREE ONLINE CRAFT TASTER COURSES**

These free courses will be delivered online using their canvas platform with Zoom

Tutor: Rachael Gorton

**Craft- Junk Jewellery Trash to Treasure- Course ID: C3678666**

Monday 16 November 11.30 to 1.30

To encourage resourceful creativity at home, reducing waste by upcycling junk into beautiful, wearable jewellery! This taster session will form a practical introduction to making jewellery from old food packaging and similar 'junk' items.

**Simple Hand Sewing Taster – Create your own Face Mask Course ID: C3678667**

Wednesday 25 Nov 2.15 to 4.15

A friendly, online, practical course where you will learn to make your own, fabric face masks to wear to the shops and other public places and help prevent the spread of infection. Although these aren't PPE, recent research shows that homemade, cotton masks protect the wearer as well as those around us. You could make your own to coordinate with outfits and accessories and upcycle old fabrics from around the home too, whilst building your sewing skills and knowledge. You could use a simple needle and thread or a sewing machine if you prefer, to finish your work.

For further information and to enrol  
Visit the WEA website [wea.org.uk/yorkshumber](http://wea.org.uk/yorkshumber)  
Or ring **03003033464**  
Please quote the course ID and title

**Make your Experience Count - With Tutor Jane Walton**

Are you ready to review where you are in your life? Do you want to make a difference – to yourself, your family, your community? Are you looking to start work, volunteer, work for yourself, learn some new skills or just give your confidence a boost, then this course can help.

By the end of the course you will have reviewed your skills and experience, considered your options and opportunities, identified possible challenges and how to overcome them and set some realistic goals for the future.

Come along and share your thoughts and ideas with others from your own community – you might find some like-minded people, who can work with you to turn your plans into a reality.

**Venue: St George's Community Centre Broadway Lupset Wakefield** Tel: 01924 369631  
Starts: Thursday 19 November to 10 December (4 sessions) Times: 9.30 am to 12.00 noon

**Venue: St Marys Community Centre The Circle, Chequerfield Pontefract WF8 2AY** Tel: 01977 705341  
Starts: Friday 20 November to 11 December (4 sessions) Times: 9.30 am to 12.00 noon

**These courses are FREE**

Numbers strictly limited to 6 participants

Please telephone Trish Hollies for more information about how to enrol and to reserve a place.  
**01977 703196** or email [thollies@wea.org.uk](mailto:thollies@wea.org.uk)

**Act NOW if you have Covid-19 symptoms:**

- High temperature**
- Loss of taste or smell**
- New continuous cough**


**Isolate immediately - get tested**

[www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)  
- need help to get a test? Call **01924 22 44 97**

European Union  
European Regional Development Fund

HM Government

**wakefieldcouncil**



## Council Tax help for the most vulnerable

Struggling with dementia or learning difficulties can be a real challenge. If you know or care for someone with a severe mental health impairment, they might qualify for reduced or zero Council Tax payments. More information and the application form can be found at <https://bit.ly/34KPK60>

Anyone can ask to spread their council tax bill over 12 months instead of the usual 10, so it's good way to smooth your monthly outgoings.



The Mental Health Museum at Fieldhead Hospital has now re-opened its doors exclusively to service users and Trust staff from 20 October. You will need to ring to book a visit: [01924 316360](tel:01924316360) or send them an email to [Museum@swyt.nhs.uk](mailto:Museum@swyt.nhs.uk)





## Spider biscuits

### Ingredients:

70g butter, softened  
50g peanut butter  
150g golden caster sugar  
1 medium egg  
1 teaspoon vanilla extract  
180g plain flour  
½ teaspoon bicarbonate of soda  
¼ teaspoon salt  
20 rolos or maltesers  
100g milk chocolate, chopped  
Icing eyes, or make your own for decoration

### Method:

1. Heat oven to 180c/160c fan/gas 4 and line 2 baking sheets with grease proof paper. Using an electric hand whisk, cream the butter, peanut butter and sugar together until very light and fluffy, then beat in the egg and vanilla. Once combined, stir in the flour, bicarbonate of soda and ¼ teaspoon of salt.
2. Scoop 18-20 tablespoons of the mixture onto the trays, leaving enough space between each to allow for spreading. Make a thumbprint in the centre of each of the cookies. Bake for 10-12 minutes or until firm at the edges but still soft in the middle – they will harden a little as they cool. Leave to cool on the tray for a few minutes before topping each biscuit with a rolo or Malteser. Transfer to a wire rack to cool completely.
3. Heat the chocolate in the microwave in short bursts, or in a bowl set over a pan of simmering water, until just liquid. Scrape into a piping bag and leave to cool a little. Pipe the legs onto each spider, then stick 2 eyes on each. Leave to set.

If you don't have an electric hand whisk you can use a normal handheld whisk and instead of a piping bag you could use a teaspoon to drizzle the chocolate on to the spider.



### [The Wakefield Ridings Centre](#)

November 13th sees the 2nd of their monthly Farmers Fayres in partnership with Yorkshire farmers markets – why not go along and get some food and Christmas ideas

The fayre will be located on the upper mall in the Garden Kitchen area in front of T.K.Maxx, between 10am and 4pm

<https://twitter.com/ridingscentre>

[twitter.com](https://twitter.com)



every mind  
matters

## Worried about coronavirus?

Discover simple steps to look after your mental health

Click to find out more



## 24 hour Mental Health Helpline

0800 183 0558

Support, advice, information and guidance. A confidential helpline for anyone seeking support for their mental health or their carers.

Available to anyone registered with a GP in:  
• Calderdale • Kirklees • Wakefield • Leeds • Barnsley

Service provided by:

**NCHA**  
Care and Support



<https://twitter.com/britishlibrary>

Call into [#WakefieldLibrary](#) to see a new exhibition The Fight for Women's Rights presented by

[@britishlibrary](#)

and explore a complex history of feminist activism in the UK

[@LKN\\_Libraries](#)

[#MeToo](#)

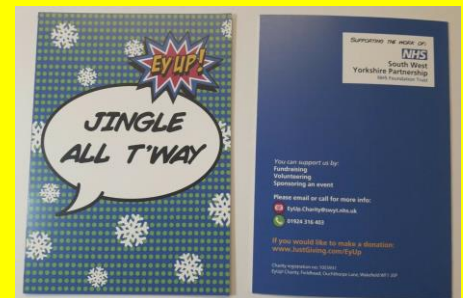


Ey Up! Charity christmas cards on sale on ebay via their charity shop...  
<https://www.ebay.co.uk/itm/392977030921>

EyUp! NHS Charity Yorkshire-themed Christmas Xmas cards - pack of 10 (2 designs)

NHS Charity to make a difference to local people. About EyUp! It's the sort of stuff our NHS can't always afford – the bobby dazzler ideas that make a proper difference for those people in our serv...

[www.ebay.co.uk](http://www.ebay.co.uk)



[https://www.westyorkshire.police.uk/sites/default/files/2018-07/card\\_2\\_sneak\\_in\\_burglar.pdf](https://www.westyorkshire.police.uk/sites/default/files/2018-07/card_2_sneak_in_burglar.pdf)

**Sneak in burglars always want what's yours, always keep your windows and doors locked.**

**Keep a chain on your door, don't let anyone in your home you don't know**

**Keep your handbag and wallet out of sight when you are out and about**

**Don't leave personal belongings, like car keys, purses, laptops near your door or in sight of anyone**

For more advice check out the police information link above

**The Live Well Wakefield Small Grants - Coronavirus/Winter Resilience Fund is now open.**

The fund welcomes applications which aim to address the issues below. Please note that other applications which meet clearly identified needs will also be considered:

- Befriending/reducing isolation
- Bereavement
- Family relationships
- Support to BAME communities
- Supporting unpaid carers
- Winter pressures
- Support/adjustments to prepare organisations for safe restart. This could include signage/equipment to support social distancing, sanitising units, support with rent if groups require additional time/space to meet more due to group size. The funding will not cover building works.

Funding requests should be between £300 to £8,000.

Please see the [Application Form](#) (Word) and [Guidance Notes](#) (Word) for more information, and to apply.

Please return completed forms to [grants@nova-wd.org.uk](mailto:grants@nova-wd.org.uk).

The deadline for applications is **5pm on 23 November 2020**. However, the grants panel will review applications as they are received and release monies ASAP.



## Pontefract Castle

### Online Family Activities for October Half Term

Join us on Facebook and Twitter to take a look at our autumn activities. You will find them at [@Pontefractcastle](#) on Facebook and [@PonteCastle](#) on Twitter.

Share your creations this week using **#PonteCastleBeCreative**

For even more online and downloadable resources visit our blog! <https://bit.ly/WFMuseumsBlog>

Discover the extraordinary at Wakefield Museums & Castles



#### Themes:

**24th October**

**#FestivalofArchaeology** Take a look at Pontefract's archaeological past and find out how you can get involved!

**27th October**

Be inspired by Ilbert the Dragon and turn yourself and your pumpkin into a dragon.

**31st October**

A special pumpkin carving Halloween video!

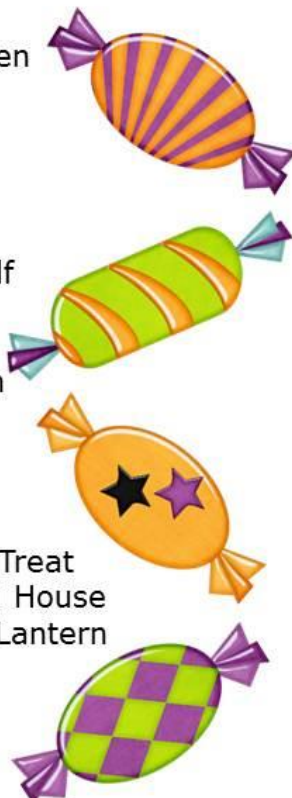


**The Silver Line**  
helpline for older people  
**0800 4 70 80 90**

There is also The Silver Line that operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.  
[thesilverline.org.uk](http://thesilverline.org.uk)

# HALLOWEEN WORD SEARCH

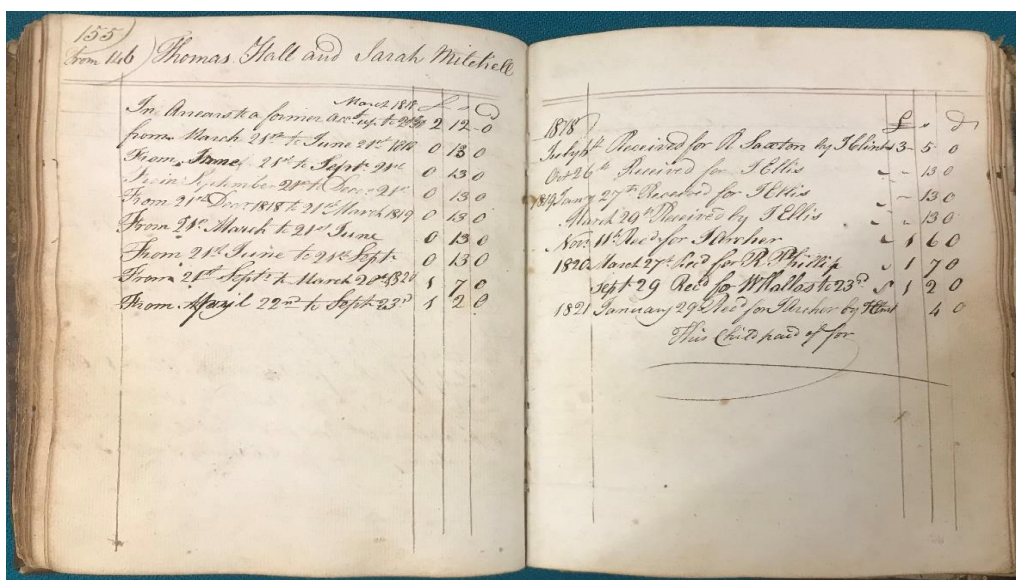
- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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



### John Goodchild Collection



Ossett bastardy book, 1805 – c1822

The John Goodchild Collection came into the care of West Yorkshire Archive Service [WYAS] after John’s death in 2017. John was a local historian and antiquarian, he amassed this collection over his lifetime. It is believed to be one of the largest private collections relating to Yorkshire collected by a single individual.

This unique collection contains a wealth of rich resources for our districts between 14th century and c2014 and it’s a huge collection! With over 3,200 boxes of archival material records mainly relate to the former West Riding [which historically included areas of what is now North, South, West and East Yorkshire].

#### What’s in the Collection?

This collection reflects our heritage, it really is a treasure trove of documented wonders! Here’s an idea of the types of records you can find;

- Poor law material, evidence of how paupers and those reliant on financial help were supported in the districts, documents range from 1700’s to late 1800’s
- Mining, colliery life from diaries to photographs, disaster evidence, machinery, wages books and pit ponies, dates range from 1700’s – 1900’s

- Textiles, mills in our areas, information about the people who worked there, photographs, sales information, bankruptcy of mill owners, riot information and fabric samples, dates range from 1700's – 1900's
- Family and estate papers, including Charles Waterton and Walton Hall, Newland and the Bunny Family, Heath Hall, Pilkington and Gaskell families and many more, dates range from 1600's – 1900's
- Local businesses, from the famous E.P Shaw soda manufacturer [former chemist] grocers and publicans to M.P Stonehouse, worsted manufacturers. There are so many business categories that the list is almost endless! Dates range from 1600's – 1900's
- School and church records, from photographs to deeds establishing the church or school. Dates range from 1700's – 1900's

A Particular of ESTATES,  
SITUATE AT  
*LUPSET, THORNES, and WAKEFIELD,*  
In the Well-Riding of the County of York,  
**To be Sold by AUCTION,**  
AT THE HOUSE OF  
Mr. *Brammall,* the White-Hart in *Wakefield,*  
On Monday and Tuesday, the 5th and 6th Days of August, 1799,  
IN THE FOLLOWING LOTS,  
Subject to such Alterations as may be thought necessary, previous  
to, or on the Days of Sale, and subject also to such Conditions as  
will be then produced.

For an Acre Plan	Lots, and of what they consist.	A. R. P.	Tenants and Occupiers.
132	I. A Close called Fiddhill	2 1 2	James Hill
	II. Allotment in Thores Field	1 2 15	Widow Jobb
7	III. House, Outbuildings, and Garden Part of Field Allotment adjoining to ditto	0 2 25 2 0 13 2 2 38	John Gregory
6	IV. House, Outbuildings, and Garden Part of Field Allotment adjoining to ditto	0 1 14 2 0 0 2 1 14	Widow Jobb
10	V. House, in two Dwellings, with 4 Gardens occupied by Ralph Howard and William T. Lark Part of an Old Barn	0 0 20 0 5 20 2 1 0 2 0 0 5 1 17	John Gregory and his Underman

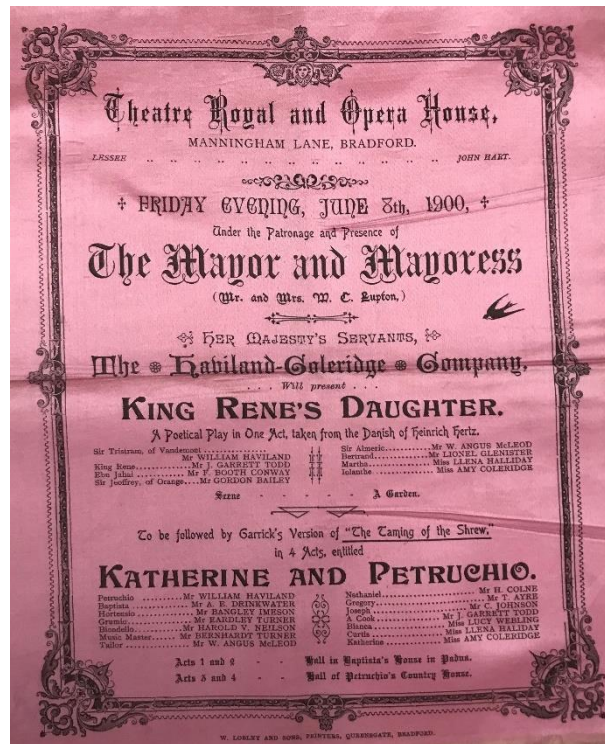
Sales particulars, 1799

The amazing thing about this collection is that it compliments West Yorkshire Archive Service's current collections. Often we may have gaps in a series of records, some of these gaps can be filled by records found in the John Goodchild Collection.

### Access to the collection

WYAS secured funding for the listing of this collection as the existing finding aids were poor and partial, the project began in November 2019. Unfortunately the pandemic has interrupted work on the project but work is continuing and we are hopeful that the listing will be completed in 2021. In the meantime, here is a little glimpse at some of the treasures unveiled so far!

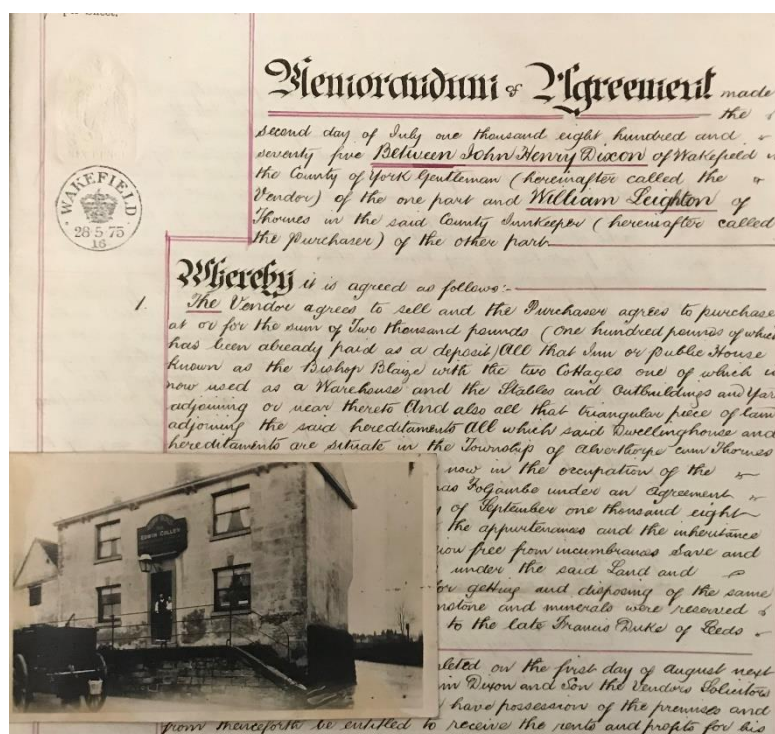
This beautiful playbill on silk from 1900 advertising a special showing to honour the Mayor and Mayoress of Bradford



This advertisement card for J.G England, general furnishing ironmonger, tin and iron plate worker of Market place, Pontefract



As well as this fabulous 1875 agreement and photograph of The Bishop Blaize Inn, Thornes



### How can you view 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](mailto: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.

In addition our social media channels contain lots of information and images of items from the John Goodchild Collection using the hashtag #DiscoverJG

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

## ONLINE COURSES AVAILABLE TO BOOK NOW!

Creative writing - 5 November – 4 weeks – 1.30-3.30pm

Coping with Pain – 9 November – 10.00-12.00pm

Feeling positive, busting stress – 19 November – 10.00-12.00pm

Courses offered via Microsoft teams

To enrol visit our online courses via our website  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)