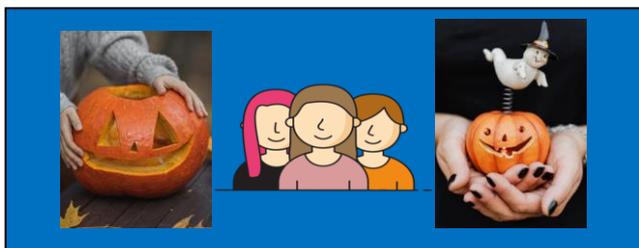




THE SUPPORTER NEWSLETTER

Wakefield Recovery and Wellbeing
College

30 October 2020



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

Wakefield Recovery and Wellbeing College courses available to book now!



We still have a few places left on our courses before the end of this term, most that you can join from the comfort of your own home

Course	Date	Time	
Coping with pain	9 November	10.00-12.00pm	ONLINE
Feeling positive, busting stress	19 November	10.00-12.00pm	ONLINE
Learn more about IBS	23 November (2 weeks)	1.00-3.00pm	Wakefield Town Hall
Boogie Bounce	23 November (12 weeks)	12.15-1.00pm	ONLINE
On yer bike	25 November (12 weeks)	5.30-6.30pm	ONLINE
BADASS (combat workout)	25 November (12 weeks)	12.15-1.00pm	ONLINE
Yoga	27 November (12 weeks)	10.00-11.00am	ONLINE
Wild Things	27 November (12 weeks)	10.00-12.00pm	ONLINE
Wild Things	27 November (12 weeks)	1.30-3.30pm	ONLINE
Book Folding	4 December	1.00-4.00pm	Wakefield Town Hall

All courses can be booked via our website www.wakefieldrecoverycollege.nhs.uk or by contacting us on 01924 316946 email: wakefieldrecoverycollege@swyt.nhs.uk

Our online courses are offered via Microsoft Teams. App information and joining details will be sent to students following enrolment.

The Great Realisation, by Tom Roberts

"Tell me the one about the virus again, then I'll go to bed.

'But my boy, you're growing weary, sleepy thoughts about your head.

'Please! That one's my favourite. I promise just once more.

'Okay, snuggle down my boy, though I know you know full well
The story starts before then, in a world I once dwelled

'It was a world of waste and wonder, of poverty and plenty
Back before we understood why hindsight's 2020

'You see the people people came up with companies to trade across all lands.
But they swelled and got bigger than we could ever have planned

'We'd always had our wants, but now it got so quick.
You could have everything you dreamed of in a day and with a click.

'We noticed families had stopped talking. That's not to say they never spoke.
But the meaning must have melted and the work life balance broke.

'And the children's eyes got squarer and every toddler had a phone.
They filtered out the imperfections but amidst the noise, they felt alone.

'And every day the sky grew thicker, til we couldn't see the stars.
So we flew in planes to find them while down below we filled our cars.

'We'd drive around all day in circles. We'd forgotten how to run.
We swapped the grass for tarmac, shrunk the parks till there were none.

'We filled the sea with plastic cause our waste was never capped.
Until each day when you went fishing, you'd pull them out already wrapped.

'And while we drank and smoked and gambled, our leaders taught us why,
It's best to not upset the lobbies, more convenient to die.

'But then in 2020, a new virus came our way.
The government reacted and told us all to hide away.

'But while we were all hidden, amidst the fear and all the while,
The people dusted off their instincts, they remembered how to smile.

'They started clapping to say thank you and calling up their mums.

'And while the cars keys were gathering dust, they would look forward to their runs.

'And with the sky less full of planes, the earth began to breathe.
And the beaches brought new wildlife that scattered off into the seas.

'Some people started dancing, some were singing, some were baking.
We'd grown so used to bad news but some good news was in the making.

'And so when we found the cure and were allowed to go outside,
We all preferred the world we found to the one we'd left behind.

'Old habits became extinct, and they made way for the new.
And every simple act of kindness was now given its due.

'But why did it take a virus to bring the people back together?'
Well, sometimes, you got to get sick, my boy, before you start feeling better.

'Now lie down, and dream of tomorrow, and all the things that we can do.
And who knows, maybe if you dream strong enough, make some of them will come true.

'We now call it the Great Realisation, and yes, since then there have been many.

'But that's the story of how it started, and why hindsight's 2020.'

Wind

Ruffling leaves
That waves hi
Breeze fluttering, windswept
hairstyle,
Wind is biting into flesh
It's time for gloves, woolly coat
Longing for warmth of a
hot chocolate.



Halima

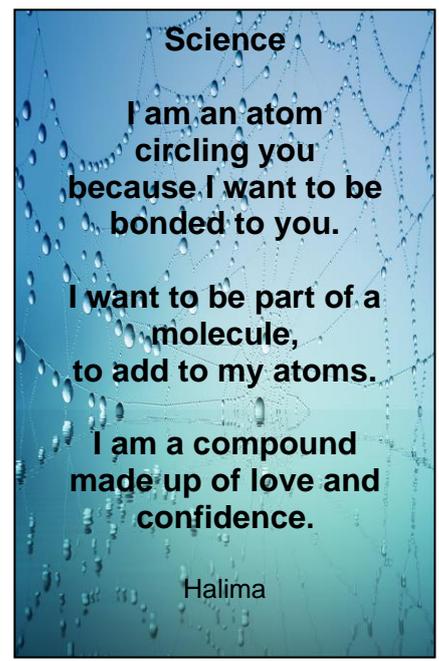
Science

I am an atom
circling you
because I want to be
bonded to you.

I want to be part of a
molecule,
to add to my atoms.

I am a compound
made up of love and
confidence.

Halima



MAKE SOMEONE
SMILE EVERYDAY,
BUT NEVER
FORGET YOU'RE
SOMEONE TOO.



Useful helplines and current information

01977 552114
Grief support
for Veterans

THE ARMED FORCES
COVENANT FUND TRUST

Text YM to 85258
for urgent mental health support

Available all day, every day.

YOUNGMINDS Crisis Messenger
powered by shout 63233

Information and Support - Bereavement

If you, or someone you know, have been affected by bereavement, the following organisations may be able to help.

<https://www.bbc.co.uk/programmes/articles/4MmhHDSbdDmTpVJhBs2v4Py/information-and-support-bereavement>

www.bbc.co.uk

A message from our [NHS Wakefield CCG](http://www.nhs.uk/wakefieldccg)

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

The flu virus kills thousands every year. The flu vaccine helps to protect those most at risk. If your child was aged 2 or 3 on the 31 August, protect them and those around them with a free flu vaccine. It's just a quick nasal spray. Ask your GP today.

[#GetYourFluJab](https://twitter.com/NHSWakefieldCCG)
<https://twitter.com/NHSWakefieldCCG>
twitter.com

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

Looking for work? Want a change of career? Want to learn new skills and/or train towards a qualification? If you're a Wakefield resident, get in touch with Step Up via 01924303334, email stepup@wakefield.gov.uk or visit <http://stepupwakefield.com#WakefieldJobs> https://twitter.com/wakefield_up twitter.com

COVID-19

By supporting our campaigns you are helping us to reduce the spread of coronavirus in the Wakefield district and helping to keep us all safe.

For up to date Coronavirus (Covid-19) information visit our Coronavirus information page <https://www.wakefield.gov.uk/about-the-council/coronavirus-information>

West Yorkshire Fire & Rescue



We are sending out a clear message that as organised bonfires will not be taking place this year, we are asking the community not to hold bonfires in their gardens or hold firework parties

Please feel free to share the link below which outlines all the safety advice for the Bonfire Period for our Community

<https://www.westorksfire.gov.uk/your-safety/community/bonfire-night-2020/>

Wellbeing At Work Workshop

NOVEMBER DATES

MON 2nd NOVE 12:30-2pm
MON 23rd NOVE 12:30-2pm

Telephone: 01924 234 860
Email: Wakefield.talking@turning-point.co.uk
Website: <https://www.talking.turning-point.co.uk/wakefield/>

Talking Therapies - Online Support & Free Workshops

We are offering workshops on:

- Sleep Workshop
- Mindfulness Workshop
- Managing Anxiety & Worry
- Wellbeing At Work

Link: <https://talking.turning-point.co.uk/wakefield/free-online-workshops/>

Telephone: 01924 234 860
Email: Wakefield.talking@turning-point.co.uk
Website: <https://www.talking.turning-point.co.uk/wakefield/>

Mental Health Tips - The Mental Health Foundation has published various [mental health tips](#) to help us look after our mental health during the current times.

The Foundation has also published tips on [looking after your mental health while working during the Coronavirus outbreak](#).

Local Support - 24 hour helpline: 0800 183 0558

If you need help with your mental health or wellbeing there is a 24 hour confidential helpline available to anyone registered with a GP in Barnsley Calderdale Kirklees and Wakefield.

WF-I-Can - wf-i-can.co.uk

WF-I-Can is an online resource for children and young people in Wakefield District. The site has information, support, lots of resources and a live chat function so children and young people can speak to someone if they feel that they are struggling with their mental health.

Wakefield CAHMS resources - The Child and Adolescent Mental Health Service (CAMHS) in Wakefield has published lots of mental health resources. These [resources can be accessed here](#) and can help:

You, if you are a young person wanting some advice or support with your mental health and wellbeing

Parents, carers and families of children and young people who may need advice to help support a child or young person with their mental health and wellbeing

Professionals including school staff, who want useful information around children and young people's mental health and wellbeing to support you in your role

Samaritans of Wakefield District - Contact information for the Samaritans is available [here](#). The Samaritans also have a [Self-Help app](#) that can keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.

coronavirus. social distancing

Social distancing
is how you can reduce contact with others

Everyone should try to follow these steps

- 1. Avoid** people who are ill with a **high temperature** and new cough.
- 2. Avoid** using public transport, and traveling over rush hour.
- 3. Work** from home, if possible. Your employer should support you to do this.
- 4. Avoid** large groups in public spaces like pubs, cinemas, restaurants, theatres.



- 5. Avoid** groups with friends and family. Keep in touch by phone or internet.
- Use phone or internet services to contact your Doctors.
<https://111.nhs.uk/covid-19>
- limit your face-to-face contact with friends and family who are over 70 or pregnant



Remember to wash your hands for 20 seconds



One of our college volunteers, Halima, enjoys spending her Saturday afternoons bulk cooking different meals and freezing them, all prepared for the week ahead. What a great cost and time saving idea. Here is one of her favourite tasty recipes she would like to share with you: -

Frittata

Ingredients:

- 6 eggs
- Any thinly sliced/chopped up vegetables you choose to include
- 1 tomato
- 30g grated cheese
- Small knob of butter

Method:

Beat the egg together with the vegetables.
Add salt and pepper to taste
Grease oven proof dish with knob of butter
Pour into an oven proof dish
Add grated cheese on top to your taste
Slice the tomato and place on top
Put it in oven at 150 for 15 minutes or until cooked.

Sit down and enjoy with some lovely crusty bread or salad



Relaxation Technique Videos

Breathing Exercises for Relaxation

<https://vimeo.com/417629556>

Body Scan

<https://vimeo.com/417956039>

5 Mindfulness Exercises

<https://vimeo.com/418296390>

How to Make Stress Cushions and Stress Balls

<https://vimeo.com/417253976>

Beginner Level Yoga Inspired Chair Exercise

<https://vimeo.com/401138609>

Intermediate Level Yoga Inspired Chair Exercise

<https://vimeo.com/401177345>

Stretching at Home

<https://vimeo.com/403444578>

Art for Mindfulness - Patterns and Colours

<https://vimeo.com/400665205>

Sensory Art - Monet Inspired Fingerprinting

<https://vimeo.com/402603651>

Relaxation Bingo

Perform a Body Scan	Listen to music	Practice some mindfulness exercises	Do some Meditation
Do something creative	Talk to someone	Take a deep breath	Massage your temples, jaw and neck
Soak in a hot bath	Read a book	Be kind to yourself	Be in nature
Practice some breathing exercises	Enjoy a cup of tea	Do some Stretching to release muscle tension	Do something you enjoy

Created by Nicolle @QdosCreates

Online Taster Session Junk Jewellery: Trash To Treasure

An online taster session with discussion, tutor introduction, demonstration and practical crafting. Think about how a few simple interventions and craft materials can transform household waste into fabulous creations. In this session you will learn how to upcycle packaging such as plastic bottles, drinks cans and paper into unique, funky and wearable jewellery for yourself, for gifting or even for a business venture.

Start Date/ Time
16/11/2020
Monday 11.30-13.30

Course reference
C3678666

Tutor
Rachael Gorton

Course fee: FREE
If you receive certain benefits you may be entitled to a free course.

To enrol please quote the course reference either online at enrolonline.wea.org.uk or by ringing 0300 303 3464

SIA SECURITY

- > **Qualification:** FREE SIA Badge
- > **Date:** Mon 16th November - 9.30-3.30
- > **Duration:** 3 Weeks
- > **Induction:** Fri 13th November - 11-1

For more information, call 01924 369 631
or visit stgeorgeslupset.org.uk

Looking to re-train? – interested? Contact
St Georges Community Centre, Lupset
01924 369631
Visit: stgeorgeslupset.org.uk

Feeling unsatisfied with everyday life
at the moment? (Picture: Ella
Byworth for Metro.co.uk)

Read the article, recommended by
the Samaritans: -

<https://metro.co.uk/2020/10/21/how-to-cope-if-you-feel-like-youre-existing-rather-than-living-at-the-moment-13451826/?fbclid=IwAR3rNAqBZHplLN45MbjKLI4VTT2UNNeyY41IAVagBcZ-9ppdStOBVOCxC-OY>

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

The Council is inviting people to have their say on proposals to build a replacement for Thornes Park Stadium. For all the details of how to get involved see <https://twitter.com/MyWakefield> twitter.com

http://citizen.wakefield.gov.uk/residents-asked-to-take-part-in-consultation-on-replacement-for-thornes-park-stadium/?utm_content=buffer33348&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

Jana Harris
26 October 2020, 11:13

Betty and Sean have smashed the original target of 103km between the four of us and have ended up completing 206km between them, cycling around Wakefield each!! Jana and Gabrielle to catch up this week and finish off before the challenge ends on the 31st October. Thanks to everyone that has donated, another £80 to be added to the total from offline donations :)

Do you want to write for the stage?

Whether you're totally new to playwriting or have many drafts in your drawer, this free online course will help you sharpen your ideas and turn them into theatre.



Wednesdays 5pm - 7pm
11 November 2020 to 10 March 2021

For more information please get in touch with Head of Learning & Participation - Rhiannon Hannon by Monday 2 November with an email address and phone number: rhiannon.hannon@theatreroyalwakefield.co.uk



The Leader of

Wakefield Council has today confirmed that the Council will be stepping in to ensure that food is provided for those children who are eligible for free school meals this Christmas. (This was a tweet directly from Wakefield Council). People can find out more here http://citizen.wakefield.gov.uk/wakefield-school-children-will-still-benefit-from-free-school-meals-this-christmas/?utm_content=buffer489a6&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer



Trick-or-Treat



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

APPLES	HAUNTED HOUSE	PRINCESS
BAT	JACKOLANTERN	PUMPKIN
BLACK CAT	MASK	SPIDER
BOO	MOON	SPOOKY
CANDY CORN	MUMMY	SUPERHERO
COSTUMES	NIGHT	TRICK OR TREAT
GHOST	OCTOBER	VAMPIRE
GOBLIN	PIRATE	WITCH
HALLOWEEN		

Get more free printable activities for kids of all ages at www.printables4kids.com.

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SPOOKY QUIZ TIME



- 1: Where is Transylvania?
- 2: What do you call a fear of Halloween?
- 3: What is a group of witches called?
- 4: What were Jack O'Lanterns carved from before pumpkins were used?
- 5: What is the day after Halloween called?
- 6: Name the two colours most often associated with Halloween today
- 7: What should Halloween lovers say when knocking on the door?
- 8: What was the most popular Halloween costume for adults (as of 2015)?
- 9: In what American state is it illegal to dress up like a priest or a nun?
- 10: Count Dracula is based on a real person - what was his name?



Next term's courses

Due to the ever changing situation with COVID-19 the college has decided not to print a full January to July 2021 Prospectus, as our course plans may change resulting in the prospectus being out of date.

Instead, for the time being, we are continuing to offer our courses via our new website and our weekly Newsletter. We will also be sending round adhoc promotional flyers to our students, staff, partners, carers, volunteers and organisations.

We encourage anyone interested in our courses to go to our website www.wakefieldrecoverycollege.nhs.uk or if you feel more comfortable why not have a look with your support worker or Health Care Professional when they next visit you/at your next appointment.

If you need any information, please get in touch with us
01924 316946
wakefieldrecoverycollege@swyt.nhs.uk

Tips for adapting your gardening techniques if you have health problems

1. Hoeing while seated

Hoeing while seated isn't easy, so I had the handle of my hoe cut down.

2. Warm up first

Before I start any strenuous gardening work, I do a warmup. Holding the handle of a spade in both hands, I tap my feet on the shoulder of the blade 10 times each. Then I carry the spade across the lawn, slowly, and repeat. Some days I just do the toe taps, repeating three times.

3. Get a cultivator

I have a cultivator on a long pole. It has a rotating series of heavy-duty spikes at the end. You roll this back and forth over the soil and it creates a good tilt. It's a bit like a hoe, only it takes less out of the arms as you are not doing any lifting, just rolling. Sometimes I don't move my arms at all, I just sort of wobble!

4. Planting garlic

When planting garlic, the temptation is to make a hole with your finger, then pop the clove in. I only have small fingers and, as you need a good hole about 2–3 inches deep (5cm), I use a clothes peg then drop the garlic in. Watch out: in a few weeks they'll be growing roots and can push themselves out of the soil, so you'll have to push them back in. <https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/gardening/gardening-tips-for-autumn>

Need to ask a question?

If you have a heart or circulatory condition, or you care for someone who does, and would like to speak to someone about the Covid-19 coronavirus, you can call our Heart Helpline on 0300 330 3300, or email hearthelpline@bhf.org.uk.

[More information and live chat](#)

Gardening jobs for November

- [Plant tulip bulbs in pots and borders, covering them with at least twice their depth of soil or compost](#)
- [Lift dahlia tubers](#) after the first frost, clean them off and store in dry compost in a cool, frost-proof place
- Send off for seed catalogues and start planning what to grow next year
- Plant bare-root hedging, roses, trees and shrubs, before the weather turns really cold
- Clear faded sweet peas, morning glory, thunbergia and other annual climbers from their supports
- Cut down faded perennials that are looking tatty, then mulch the surrounding soil with garden compost