



THE SUPPORTER
NEWSLETTER



6 November 2020



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

Welcome everyone to this week's Newsletter. What a strange week it has been for all of us, as we enter into the 2nd four week Government COVID-19 Lockdown restrictions, which we totally understand may affect some of you with added anxiety and worries.

The college is still open, and we have been working behind the scenes with our partners and volunteers in order to adapt as many of our face to face courses we had planned, instead to online courses for our students. Many of you will have received emails or texts from us this week informing you of changes to your course bookings, please help us by remembering to let us know you will be attending or not.

Most of our online courses are delivered via Microsoft Teams or Zoom, so if you haven't attended courses this way before and feel a little anxious about it, we can talk you through how to access the link and send you instructions how to download the APP to your laptop, computer or phone. All we need is your email address to send you the details.

Keep a check on our website and weekly Newsletter as we will be adding more online courses in the next few weeks, as well as workbooks, to help support our students, carers, volunteers and staff as much as we can during these unprecedented times.

Wakefield Recovery and Wellbeing College



Not all disabilities are visible, some are hidden and not always visible to others such as mental health, learning disabilities. Living with a hidden disability can make daily life more demanding but it can be difficult for others to understand the challenges you face. Sunflower discreetly indicates to people around you are including staff, colleagues, health workers that you may have a hidden disability. Open Country have a stock of free lanyards to hand out (subject to availability)

Contact them by email
info@opencountry.org.uk

More information
<https://hiddendisabilitiesstore.com/>

Step Up. Speak Out. Stand Tall.
Virtual Build Our Futures Summit 2020

Saturday 28 November, 10.30am - 2pm

Join a day celebrating you as young people and share your thoughts and ideas on things that affect you!



Visit bit.ly/BuildOurFutures2020 to book your place, or email BuildOurFutures@wakefield.gov.uk



Last week's Quiz answers

- | | |
|-------------------|-------------------|
| 1. Romania | 6. Black & Orange |
| 2. Samhaimophobia | 7. Trick or Treat |
| 3. A Coven | 8. Witch |
| 4. Turnips | 9. Alabama |
| 5. All Saul's Day | 10. Vlad Dracula |

Gratitude

My friend blowing bubbles
and me chasing them because
she had suggested that each bubble
captured and burst,
you can make a wish upon.

Listening to Ruby Macintosh
sharing a packet of skittles
fuel for zumba legs dancing.

Sinking my hands into air dry clay
enjoying the malleability as it
gives me the satisfaction of forming
it into a sculpture.

The flood of spices from
eating lamb biryani
and the scent of it lingering
in my flat for many days.

Cuddling up underneath my blue
blanket
with my red hot water bottle.

Happy hours spent in the library
browsing and selecting books.
The moment you sink your body
into a warm bath.
This is contentment.

Simple joys to be had and savoured.

Halima

Wakefield Safe Space For.. By.. With.. Wakefield

Are you struggling with your mental health?
Are you feeling isolated and alone?
Do you need someone to talk to
in confidence?
WE OFFER 'HOPE IN A CRISIS'

WAKEFIELD SAFE SPACE IS NOW OPEN
Our referral lines are open from 6pm until Midnight.
Please get in touch
WE ARE HERE TO SUPPORT YOU

ZOOM & TELEPHONE SUPPORT AVAILABLE
FRI - SAT (soon to include SUN)
Tel: 07776 962 815

BritishRedCross
150 years

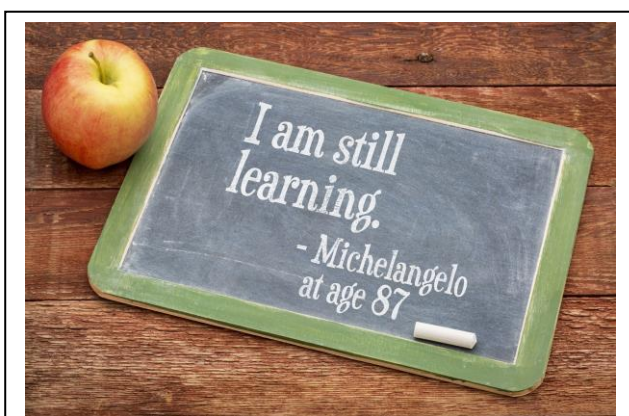
If you are feeling lonely, please know that you are not alone. The British Red Cross is there to help you.

One in five people in the UK say they experience feelings of loneliness, and during the coronavirus pandemic many more of us felt anxious and isolated. They are working hard to make sure that no-one feels like they have nowhere to turn.

www.redcross.org.uk

https://www.redcross.org.uk/loneliness-resources?utm_campaign=Other&utm_source=Twitter&utm_medium=Social%20Post&utm_content=Get%20Help_DCMS_LonelinessResources&utm_term=170464_BRC%20Followers&c_name=Other&c_source=Twitter&c_medium=Social%20Post&c_creative=Get%20Help_DCMS_LonelinessResources&c_code=170464&adg=BRC%20Followers

Helpline 10am-6pm 0808 196 3651





Spirit in Mind: Healthcare and faith partnerships at the heart of community wellbeing

**Lifting Your Spirit: Enhancing Inner
Strength and Wellbeing**
(Online – MS Teams)
A two-session course

Thursday: 12th November 2020 - 10.00am–12.00pm
Thursday: 19th November 2020 - 10.00am–12.00pm

A two-part workshop designed to provide participants with the opportunity to explore, and develop spiritual skills (meditation, visualisation, appreciation, listening, play, Creativity and reflection) in a confidential and relaxed environment, facilitated by a trained and experienced leader.

Teaching involves facilitated experiential learning and reflection.

In uncertain times this course offers a special opportunity to engage and draw upon our inner spiritual resources for promoting and maintaining resilience and wellbeing. The sessions are followed by (optional) online lunch-time meditation from 12.30pm to 1.00pm. **There will also be an optional 'top up' session on 10th December.**

Learning Outcomes:

By the end of the course participants will have engaged with techniques of self-reflection and relaxation aimed at achieving and maintaining states of mental equilibrium and calm. They will also have developed greater appreciation of the potential of spiritual skills competencies for implementing self-care and personal development programmes.

Led by **Nirmala Ragbir-Day, Spiritual Care Trainer**
South West Yorkshire Partnership Trust

Places are free but limited

To apply please email:

debby.walker@swyt.nhs.uk or pastoral.care@swyt.nhs.uk
or telephone: 01924 316282

www.southwestyorkshire.nhs.uk



**Adult Learning
Within Reach**

WEA have a number of online courses available - check out their website

wea.org.uk

tel 0300 303 3464

One of our volunteers has recommend the following course

International Cookery

Ref: C2526272

Free Online Session on:
**Christian and Muslim understanding of Spiritual
Development and Mental Health**

An exploration of inter-cultural understanding on Mental Health issues for Mental Health Practitioners and Community Leaders

Date: Thursday 19 November 2020
Time: 10:00am to 12 noon



To register please go to: <https://bit.ly/3mxxv0t>

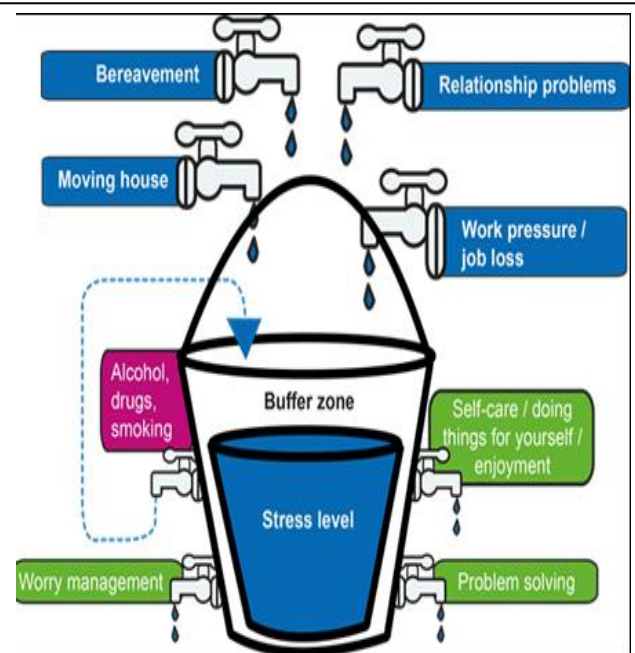
Facilitators:

**Kaushar Tai, Director -Aksaa and
Revd. Mike Gartland, Director- Spirit in Mind**

Who is this course for? All are welcome, including:

- Mental Health Practitioners
- People with lived experience of mental health issues
- Community Leaders
- Anyone interested in Mental Health from a faith perspective

For further information please, Debby Walker: 01924 316282
or email: Debby.walker@swyt.nhs.uk



The stress bucket

Stress awareness week 2-6 November

Helpful advice and tips on: -

<https://www.nhs.uk/oneyou/every-mind-matters/stress/>

Stresspac 6-week online course; which provides people with coping strategies to manage anxiety, low mood and stress, can be booked with Barnsley IAPT Service via their external booking system

<https://www.barnsleyiapt.co.uk/workshops/>

(You have to be registered with a Barnsley GP to attend)



Expert in Mind: Healthcare and faith partnerships at the heart of community wellbeing

Overcoming Anxiety (Online – MS Teams)

Thursday, 19th November
2.00pm – 4.00pm

Anxiety is a feeling of worry or fear that is a response to a range of different situations. These feelings of fear, worry or nervousness can be very unsettling and frustrating.

Anxiety can affect your mental health and prolonged anxiety can lead to a disorder that negatively affects a person's thoughts, feelings and behaviours. Overcoming anxiety is a process that integrates different strategies.

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

Learning Outcome:

By the end of the course participants will understand what triggers their anxiety and will have experienced techniques to help with overcoming their anxiety and caring for themselves

Led by Nirmala Ragbir-Day, Spiritual Care Trainer
South West Yorkshire Partnership Trust.

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

www.southwestyorkshire.nhs.uk

With all of us in mind

Chilli with Rice – serves 4

Ingredients

Low fat cooking oil
1 onion, chopped
4 mushrooms, thinly sliced
1 clove of garlic, diced
500g lean beef mince
1 beef stock cube
Tin of tomatoes
1 teaspoon hot chilli powder
(or mild chilli powder depending on taste)
1 teaspoon paprika

Method

Fry the onions and mushrooms in a little bit of oil until slightly browned, add in the garlic and stir. Add in the mince and sprinkle in the stock cube. Allow it to gently simmer on a low heat. Once the mince is cooked through, add in the tinned tomatoes, chilli powder and paprika and stir well.

Serve on top of jacket potatoes or with rice.

Halima's recipe



The British Heart Foundation -
A stroke is a medical emergency. It happens when the blood flow to part of your brain is cut off. If you think you or anyone else may be having a stroke, it's important to call 999 immediately

https://www.bhf.org.uk/informationsupport/conditions/stroke?utm_campaign=Daily-Content%20&utm_medium=social-organic&utm_source=Twitter%20&utm_content=&utm_term=

Name: _____

Date: _____

Fireworks Night

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

SKY	GATHERING	FLASH	FIZZLE
CELEBRATE	SURPRISE	GROUP	CAUTION
FESTIVE	TECHNICAL	VIEWS	WATCHING
OCCASION	FRIENDSHIP	PARK	BACKYARD
GUY FAWKES	PLOT	GUNPOWDER	BONFIRE NIGHT
FUSE	BANGER	FIRECRACKER	ROMAN CANDLE
HOT CHOCOLATE	COLOURFUL	LEAVES	AUTUMN
COLD	WINTER	CATHERINEWHEEL	ROCKET
SPARKLERS	LOUD	BANG	FIREWORK

VOL. 15 2020

CORONA VIRUS SCAM ALERT

WEST YORKSHIRE TRADING STANDARDS NEWSLETTER
West Yorkshire Trading Standards monthly update on COVID-19 related scams.

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.

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 shortened 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.

Report scams to Action Fraud: 0300 123 2040

Forward scam emails to report@phishing.gov.uk

GET IN TOUCH WITH US!

We are looking for stories of how life has changed for people during the pandemic, do you have any stories you would like to share with our readers? Have you taken up a new hobby to help your recovery journey or has it been a real struggle?

Has anyone got any interesting local news they want to share or craft projects, recipes, quizzes or DIY tips?

What health and wellbeing topics would you like to learn more about and see courses being developed around? Let us know...

We are recruiting additional volunteers to join our exceptional volunteer team – do you have a skill, knowledge, or hobby you would like to share with our students, then give us a call 01924 316946

Contact us: wakefieldrecoverycollege@swyt.nhs.uk

We are waiting to hear from you!



We've had problems with our phone line this week, apologies if any of you have had trouble reaching us. We are up and running again now!

Last Chance To Claim Your £250 Tesco Gift Card

Hey, don't forget to claim your **£250 Tesco Gift Card**

[Claim Now](#)

Time remaining: 00:49:48

Supermarket gift cards are circulating via e-mail and social media

At a time when consumers are more mindful about budgeting, shopping, weekly and monthly spending, scammers are using this as an opportunity to target people with e-mails offering vouchers which appear to be from large well known supermarkets but in fact are phishing e-mails in disguise.

STOP. SCREENSHOT. JUNK. REPORT

IMAGE HAS BEEN TAKEN FROM AN E-MAIL RECEIVED BY TS OFFICERS. E-MAILS ARE NOT LIMITED TO THE SUPERMARKET PICTURED.

KEEP YOUR DISTANCE

1 white-tailed eagle



2 peregrines



2 metres



Knitted Heart Pattern

Abbreviations:

- K = Knit
 - P = Purl
 - M1 = Make a stitch, using the left-hand needle lift the strand from the front between the two needles and knit into the back of that strand.
 - K2TOG = Knit the next 2 stitches together
 - P2TOG = Purl the next 2 stitches together
 - ST(S) = Stitch(es)
 -
 - Make 2 sides.
 - Cast on 3 sts.
 - **Row 1:** Purl
 - **Row 2:** K1, M1, K1, M1, K1 (5sts)
 - **Row 3:** Purl
 - **Row 4:** K1, M1, K3, M1, K1 (7sts)
 - **Row 5:** Purl
 - **Row 6:** K1, M1, K5, M1, K1 (9sts)
 - **Row 7:** Purl
 - **Row 8:** K1, M1, K7, M1, K1 (11sts)
 - **Row 9:** P5, K1, P5
 - **Row 10:** K1, M1, K3, P3, K3, M1, K1 (13sts)
 - **Row 11:** P4, K5, P4
 - **Row 12:** K1, M1, K2, P7, K2 M1, K1 (15sts)
- Row 13:** P1, M1, P2, K9, P2, M1, P1 (17sts)
- Row 14:** K3, P11 K3 (17sts)
- Row 15:** P1, M1, P1, K13, P1, M1, P1 (19sts)
- **Row 16:** K1, M1, K1, P15, K1, M1, K1 (21sts)
 - **Row 17:** P3, K15, P3
 - **Row 18:** K1, M1, K2, P7, K1, P7, K2, M1, K1 (23sts)
 - **Row 19:** P4, K7, P1, K7, P4
 - **Row 20:** K4, P6, K3, P6, K4
 - **Row 21:** P5, K4, P5, K4, P5
 - **Row 22:** K5, P3, K7, P3, K5
 - **Row 23:** Purl
 - **Row 24:** K11 (turn work leaving the remaining 12sts unworked and continue on these 11sts only)
 - **Row 25:** P9, P2tog (10sts)
 - **Row 26:** K2tog, K6, K2tog (8sts)

- **Row 27:** P6, P2tog (7sts)
- **Row 28:** K2tog, K3, K2tog (5sts)
- **Row 29:** P2tog, cast off purl wise
- With right side facing, re-join yarn top centre back, to complete left mound as follows:

Row 24a: K2tog, K10 (11sts)

Row 25a: P2tog, P9 (10sts)

Row 26a: K2tog, K6, K2tog (8sts)

Row 27a: P2tog, P6 (7sts)

Row 28a: K2tog, K3, K2tog (5sts)

Row 29a: Cast off 2sts, P2tog, cast off

Finishing:

With tail ends left on the heart, begin to sew around the sides using over sew stitch, leaving a gap to insert stuffing. (or fill with scented lavender stuffing)

YOU WILL NEED

- Soft Aran yarn
- 4mm knitting needles
- Stitch marker
- Yarn needle
- Scissors
- Stuffing



Pinderfields Hospital, Wakefield are appealing for more knitted hearts to hand out to their COVID patients and their relatives. Donations will be greatly received on Gate 44.

Celebrating Carers' Rights Day

Thursday 26 November

12:30pm – 2pm

Microsoft Teams



Join us online as we launch our new **carers' passports** for both unpaid carers and our staff who are carers for their family, friends and loved ones.

You'll have the chance to:

- Tell us your thoughts on how we can further develop our offer to carers
- Hear stories from unpaid and working carers
- Find out how we are committed to supporting carers from our executive team
- Understand the importance of having a carers' passport
- Network with other carer organisations

For a link to join the event, call **Yasmin Arshad** on **07867 787409** or email yasmin.arshad@swyt.nhs.uk



www.southwestyorkshire.nhs.uk

With all of us in mind.

Next terms 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 at short notice, resulting in the prospectus being out of date.

Most courses up to December 2020 have now changed to ONLINE courses and where we have not been able to do this, some face to face courses have been postponed to start again in the next year, subject to COVID-19 restrictions.

Instead for the time being we are continuing to promote 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 or at one of your appointments

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

Improved cycle route opens

The latest £730,000 section of the Castleford to Wakefield Greenway has been officially opened. The 1.3km section of new route completes a missing link in cycling and walking infrastructure between Castleford and Green Row at Methley Junction.

It has been delivered through the CityConnect programme aimed at enabling more people to travel by bike or on foot, in partnership with Wakefield Council, Leeds Council and Sustrans, the walking and cycling charity.



Roslynn Colderley of Sustrans said: "This is an important new section of the Castleford Greenway and a key route for the National Cycle Network in Yorkshire. Our team worked on improving the surface, accessibility and signs along the path to bring it up to the very latest design standards. The completed Greenway will open up access to a traffic-free path for more people of all abilities to walk and cycle, including people on mobility scooters or adapted bicycles. It's a great example of what we aim to achieve long-term across the Network throughout the UK."

**RESPECT
THE
EMERGENCY
SERVICES**



**STAY SAFE.
DON'T
BONFIRE
IN YOUR BACK
GARDEN**