



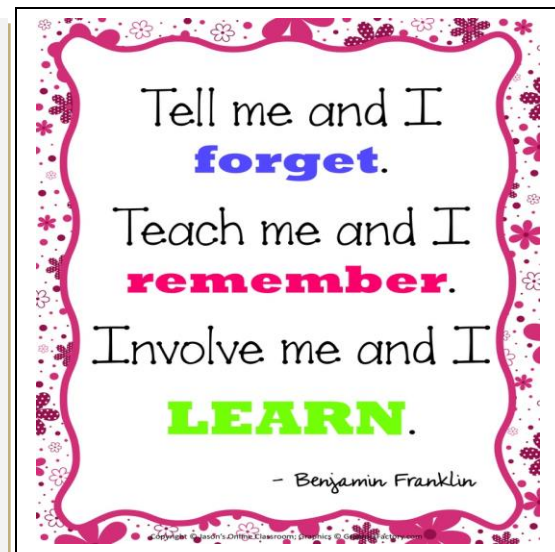
13 November 2020



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

Hello everyone!

We hope you're holding up ok during this second national lockdown, but if you're not, please don't forget to reach out for help and support from someone you know, a health professional or even to our 24/7 mental health support line on **0800 183 0558**. It's important that we try and still engage in tasks and activities that bring us some routine and some joy; Have you meal planned this week? Have you been for a walk or started a craft project? Maybe you've even put the Christmas decorations up early?? We've started Christmas shopping online and Christmas cake making here at the College! Don't forget, you can always call us for a chat or to find out more about support available near you.  
Lindsey, Janette and Hannah.



Have you checked out the Resources section on our website?

We have lots of information, tips and advice available, which includes:

**Student resources: -**

- Understanding and managing depression
- Irritable bowel syndrome
- Stroke awareness
- Improving your sleep
- Crotch stitch for beginners
- Baking basics

**General resources: -**

- Audio relaxation
- Introduction to Recovery workbook
- Anxiety workbook
- Mindfulness and breath
- Mindfulness practice
- Habits for sleep workbook

**Resources from other organisations: -**

- Wakefield District Domestic Abuse
- Managing Coronavirus Anxiety workbook
- Let's get Physical Edition 1
- CHIME training workbook
- How to make stress cushions and stress balls
- Beginner level Yoga Inspired chair exercises

More online – [www.wakefieldrecoverycollege@nhs.uk](http://www.wakefieldrecoverycollege@nhs.uk)

**Poetry by Halima**

What am I?

I am a heart shaped bowl  
filled with love and kindness.

I am a cup of tea,  
soothing and comforting.

I am a toaster  
gently cooking you  
with smiles and joy.

I am a sieve  
holding onto the positives  
letting go of the negative.

I am a kettle  
bubbling up with creativity.



## ACTION CALENDAR: NEW WAYS NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel!	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Find out something new about someone you care about	9 Plan a new activity or idea you want to try out this week	10 When you feel you can't do something, add the word "yet"	11 Be curious. Learn about a new topic or an inspiring idea	12 Overcome a frustration by trying out a new approach	13 Choose a different route and see what you notice on the way	14 Find a new way to help or support a cause you care about
15 Go outside and do something playful - walk, run, explore, relax	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Tune in to a different radio station or TV channel	27 Enjoy new music today. Play, sing, dance or listen	28 Join a friend doing their hobby and find out why they love it
29 Discover your artistic side. Design your own Christmas cards!	30 Look for reasons to be hopeful, even in difficult times					

**"You never know what you can do until you try" ~ C. S. Lewis**

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november) **Keep Calm · Stay Wise · Be Kind**

### INTEGRATED LANGUAGE SUPPORT

**Do you need help to claim Universal Credit?**  
**Are you looking for a job? We can help you!**

**How we can help?**

- ✓ HELP TO CLAIM UNIVERSAL CREDIT
- ✓ PROVIDE ADVICE ON HOW TO MAKE YOUR JOB SEARCH MORE EFFECTIVE
- ✓ HELP TO CREATE A CV
- ✓ HELP TO CONTACT JOB CENTRE PLUS

**07768157674**  
[appointments@mjlanguages.co.uk](mailto:appointments@mjlanguages.co.uk)

**FREE HELP AND ADVICE**

**AVAILABLE FREE COURSES AND TRAININGS:**

- COMMUNITY EMPLOYABILITY TRAINING
- ESOL COURSE
- JOB SEARCH TRAINING.

[https://canalrivertrust.org.uk/news-and-views/features/just-for-fun-our-top-six-virtual-walks?utm\\_source=marketo&utm\\_](https://canalrivertrust.org.uk/news-and-views/features/just-for-fun-our-top-six-virtual-walks?utm_source=marketo&utm_)

<https://canalrivertrust.org.uk/>

The Canal and River Trust are offering 6 Virtual Walks to enjoy from the comfort of your own home. Taking in the sights of Little Venice, Birmingham City Centre, Saltaire, Pontcysyllte Aqueduct and more...



The Mid Yorkshire Hospitals NHS Trust is sharing a COVID-19 update. 5 November at 08:06

To minimise the spread of COVID-19 and protect the health, safety and wellbeing of our patients, communities and staff, we have taken the decision to suspend hospital visiting at all three hospital sites and Wakefield Intermediate Care Unit until further notice.

Please note: This does not apply to visiting maternity wards or visiting children who are in hospital.

This will begin on 5 November in line with the introduction of national restrictions.

We understand that this will undoubtedly be difficult for our patients, their families and carers. We know that people will have concerns about keeping in touch with their loved ones. We fully recognise this, and will be ensuring that loved ones can keep in touch in a variety of different ways.

For further information please visit: <https://bit.ly/3293xmo>

\*Hospital visiting will also be possible in exceptional circumstances.

#MidYorksNHS #protectthenhs #savelives #covid19

**Pontefract Urgent Treatment Centre is open 24 hours a day, 7 days a week**

The UTC can treat people with urgent and non-life-threatening condition such as;

- Strains, sprains and suspected broken bones
- Minor head injuries
- Cuts and grazes
- Bites and stings
- Minor scalds and burns
- Ear and throat infections
- Skin infections and rashes
- Eye problems
- Abdominal pain
- Vomiting and diarrhoea



**SMaSH Chat**  
Via zoom

As we are once again on lockdown, we are adding a day to our online meetings so Why not join us on zoom every Monday, Wednesday & Friday between 6pm & 8pm for a friendly chat, where we support each other online through these difficult times. Click the link in the description where you will enter our waiting room then be accepted by one of our smash administrators, we are very serious about your safety and comfort online, this method helps us keep our online group safe and secure

For anyone new wanting to join the group please contact us on 07867514031 - email us at [smashociety@outlook.com](mailto:smashociety@outlook.com) or leave us a inbox message



Supporting the self management of adults living with a health condition

HM Government



**NATIONAL RESTRICTIONS**

5 NOV - 2 DEC

You must stay at home

Only leave home for food, medical reasons, exercise, education or work

You must work from home if you can

Avoid travel unless essential

Schools and essential shops will remain open

Remember: wash hands, cover face, make space

For the latest guidance, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november>



**APPEAL!!!**

Ward 9 – Dewsbury District Hospital are appealing for knitted or crocheted knee blankets for their elderly ward to keep their patients extra cosy this winter. Can you help, do you enjoy knitting or crocheting?

The blankets need to be about 120cm x 90cm, in any colour and design you choose.

If you would like to donate a blanket let us know and we can arrange for you to leave it at our base at Drury Lane Health & Wellbeing Centre, Wakefield and we will make sure it goes on your behalf to Ward 9, following all COVID-19 quarantine restrictions. Thank you

**Give us a call 01924 316946**

**Or email us: [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)**

To enter, create your entry based on any of the topics mentioned and visit <https://www.westyorkshire-pcc.gov.uk/pccs-multimedia-competition-young-people> to complete a consent form then email your submission to [consultation@westyorkshire.pnn.police.uk](mailto:consultation@westyorkshire.pnn.police.uk) by Friday 20th November 2020.

Young people's multimedia competition launched



Mark Burns-Williamson, West Yorkshire Police Crime Commissioner has launched his latest competition for young people, this time opening it up to entries via any creative means they can think of!

Up for grabs are a £50 and a £100 gift card. He would like young people to express their thoughts on any of the following topics: -

1. Promoting inclusion and diversity of people in West Yorkshire
2. Young people's thoughts, feelings or views on Policing
3. The impact of COVID-19 and young people experiencing the restrictions put in place

[https://www.westyorkshire-pcc.gov.uk/sites/default/files/external\\_newsletter\\_november\\_2020.pdf](https://www.westyorkshire-pcc.gov.uk/sites/default/files/external_newsletter_november_2020.pdf)

Autumn warming recipe by Halima

### **Lentil shepherd's pie with carrot and potato mash**

#### **Ingredients:**

100g lentils  
1 vegetable stock cube  
3 large carrots peeled and chopped  
3 large potatoes peeled and chopped  
Salt and pepper to taste  
Butter  
Grated cheese  
tomato

#### **Method:**

Put lentils in a pan, crumble over stock cube and put enough water to cover lentils.

Boil and then turn heat down and gently cook lentils until soft and well cooked.

In a separate pan, boil water and add carrots and chopped potatoes.

Turn heat down and gently cook carrots and potatoes until soft and cooked.

Drain and mash the lentils.

Drain and mash the carrots and potatoes with added salt, pepper and butter to taste

Put a layer of the lentils in an oven proof dish and top with the carrot and potato mash

Sprinkle with grated cheese  
Slice tomato and place on top

Put in oven on moderate heat until mash goes crispy and brown

Serve with a fresh salad or buttered crusty bread



To report a suspicions of modern slavery or seek advice, call the Modern Slavery Helpline on 0800 0121 700 or visit the webpage for further information and advice <https://www.modernslaveryhelpline.org>

**IF YOU THINK SOMEONE MAY BE A VICTIM OF MODERN SLAVERY  
CALL THE 24/7 MODERN SLAVERY HELPLINE ON**

**08000 121 700**



**Due to staff annual leave the college can be only contacted on**

**07768 290854 or via email**  
([wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk))

**Monday 16<sup>th</sup> – Friday 20<sup>th</sup> November**

**I'm a Celebrity, Get me Out of Here!**

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

- ANT
- AUSTRALIA
- BUSHTUCKERTRIAL
- CELEBRITY
- CHEST
- CROCODILE
- DEC
- DOUGIE
- GINO
- INSECTS
- ITV
- JUNGLE
- KANGAROO
- KATIEPRICE
- KING
- LIZARD
- QUEEN
- SNAKE
- SPIDER
- STACEY



**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](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

**We are waiting to hear from you!**



<https://www.calderdalekirkleesrc.nhs.uk/course/s/online-courses/jute-wreath/>

### Jute Wreath Making course

Our sister Recovery College at Calderdale and Kirklees are offering an online Christmas craft session where you'll be creating tree decorations using Jute rope. These beautiful ornaments can be wrapped as gifts or displayed on your Christmas tree at home. Materials will be provided.

For more information or to enrol contact: -  
[www.calderdalekirkleesrc.nhs.uk](http://www.calderdalekirkleesrc.nhs.uk)  
Tel: 01924 481060



### ONLINE WORKSHOPS

We have places available on the following online workshops via Microsoft Teams

Feeling positive, busting stress  
19 November

Learn more about IBS  
23 November

Dyslexia awareness  
26 November

Understanding Self harm  
(via Zoom)  
30 November & 3 December

Book Folding  
4 December

Coping with Pain  
7 December

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

### QUIZ TIME!!

1. In what year was the first iPhone released
2. How many children does Queen Elizabeth have
3. How many players are there in a rugby league team
4. What's the name of the dog in the Simpson's
5. How many hearts does an Octopus have
6. Which side of the road do people drive on in Australia
7. When is St George's Day
8. What is the busiest airport in Britain called
9. What does GIF stand for
10. Who voices Elsa in Frozen

(answers in next week's edition)



### Live Well Wakefield Self Management "Virtual" Courses

New Beginnings for Mental Health

This free on-line course runs over 7 weekly sessions via your laptop or tablet and can help anyone over 18 who is living with depression or anxiety

*Why not join us on-line for 7 weekly sessions of just 2.5 hours each and learn some tools and techniques to improve your quality of life*

Introductory week on Wed 6 January 2021  
Course runs Wed 13 January-24 February 2021  
From 10:30-13:00

Topics include:

- Advice around healthy eating in relation to mood
- Techniques around relaxation and managing anxiety
- Tools to manage depression and improve our communication skills with our healthcare teams

**Self-Management**

For more information contact Live Well Wakefield on 01924 255363, or email [Paul.Boyd1@nhs.net](mailto:Paul.Boyd1@nhs.net)



## 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](mailto:yasmin.arshad@swyt.nhs.uk)



[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)

With all of us in mind.

**Cancer SMART**  
**West Yorkshire and Harrogate**  
**We need Cancer Champions**

We are looking for **Cancer Champions** – people who are passionate about raising cancer awareness and who can help spread the Cancer SMART message to tackle cancer across West Yorkshire and Harrogate.

Every week 250 people in West Yorkshire and Harrogate are diagnosed with cancer and 115 people will lose their lives each week.

**Cancer Champions** are vital to help us share positive health messages with their family, friends and communities. They will help us recruit more volunteers, shape the design of the programme, the training and also the information provided to Champions in the future.

We are a partnership of the West Yorkshire and Harrogate Cancer Alliance and patient-led cancer charity, Yorkshire Cancer Community.

Are you the person we are looking for? This is an ideal opportunity to join a new and exciting project and build your leadership skills.

Use your voice to help us to prevent cancer, catch cancer early and save lives.

For further information contact:

jill@yorkshirecancercommunity.co.uk or  
visit

[www.yorkshirecancercommunity.co.uk/cancersmart/](http://www.yorkshirecancercommunity.co.uk/cancersmart/)



**Assertiveness Workshop**

**NEW** Friday 6th Nov 2:30 - 4pm  
Friday 20th Nov 2:30 - 4pm

Telephone: 01924 234 660  
Email: [Wakefield.talkingturningpoint@nhs.uk](mailto:Wakefield.talkingturningpoint@nhs.uk)  
Website: <http://www.talkingturningpoint.co.uk/wakefield/>

**Talking Therapies - Body Image Workshop**

Wednesday 11th November 12:30 - 2pm  
Wednesday 25th November 12:30 - 2pm

Telephone: 01924 234 660  
Email: [Wakefield.talkingturningpoint@nhs.uk](mailto:Wakefield.talkingturningpoint@nhs.uk)  
Website: <http://www.talkingturningpoint.co.uk/wakefield/>

↑Turning Point are offering these ↑  
FREE online courses, to book a place go to their link below: -

<https://talking.turning-point.co.uk/wakefield/free-workshops-and-courses>

**Healthwatch**



NHS and social care staff are doing everything they can to keep us well, but there might be things that can be improved. If you've recently used a health service and want to share your experience, we're here to listen. By sharing your experiences of care - what's working and what could be better - you can help nurses, doctors and care workers spot issues that are affecting care for you and your loved ones.

Please see updates on our website here: <https://www.healthwatchwakefield.co.uk/>

Find out more and sign-up to be an NHS Volunteer Responders here: <https://bit.ly/3ew8drJ>

**NHS Volunteer Responders needed!**  
**Help your community and support the NHS**

**Almost everything  
will work again if you  
unplug it for a few  
minutes.**

**Including you.**