

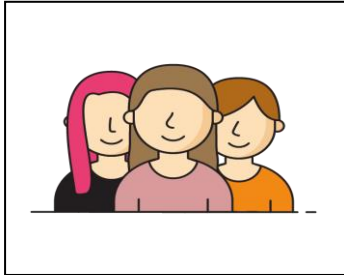


THE SUPPORTER NEWSLETTER

20 November 2020



South West
Yorkshire Partnership
NHS Foundation Trust



Wakefield Recovery and Wellbeing College

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Welcome to our 33rd edition of The Supporter! This week's edition has the first mention of...CHRISTMAS! We can hardly believe we're now starting to talk about Christmas when we started this newsletter at the beginning of the first wave of the pandemic, back in April. But we're still here supporting everyone all this time later. I'm sure we all thought things would be a little different by now, but over the coming weeks we will do our best to offer tips and help with coping with this time of year, as well as bringing us all some joyful things and bits to hopefully look forward to!

You Said, We Did...

You asked us for a link to a support directory and, as we are part of the Wakefield Positive Mental Health Network, we played a part in the Postcards From Wakefield directory. Take a look here for more support...

https://issuu.com/onetooneproductions/docs/mental_health_directory_final

Kooth is a free online counselling and support service for young people aged 11-25. Available 24/7 for young people in Calderdale, Kirklees and Wakefield. Away at university or college? You can still use Kooth - just use your home contact details <https://www.kooth.com/>

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

We accidentally missed a few lines off of our Knitted Heart Pattern in our 31st Edition, so here it is again in full...

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.

It is important that you check with the ward first before sending any items to them, in order to follow strict NHS COVID-19 guidance procedures

Andrea's November Hugs and Hallelujahs

Nothing lasts forever – not even cold November rain. Armed with a list of tunes and recipes, I switch on twinkly lights and think about getting the Christmas tree from the cupboard. It is not too early this year.

Thankfully Nigella is back. Yeah!!! Nosily, I enjoy looking round her walk-in pantry as she reaches for ingredients. I enjoy the shots of London and the streets, the London Eye, the banks of The Thames. I like it when she goes to the shops and I love a virtual browse in the deli and its well-stocked shelves of far flung culinary delights. The outtakes at the end of the programmes I look forward to also. I was not so sure of her recipe which included banana skins, but do really embrace the fact that a sunken cake is not seen as a disaster...sometimes she says that a crater is what we are looking for. Fill it with icing.

At this juncture it is the time of year to fully appreciate my onesie. Also, the fluffy pyjamas. And the snugly blanket whilst sitting on the sofa watching TV.

Strictly is on the telly. More spangle, amazing costumes, music and dance galore. Time too for hot chocolate. Perhaps with squirty cream and marshmallows (now and again) for the luxury version? Bath bubbles are recommended, or a drop of essential oil at bathing time. A foot soak is always good for tired feet...apparently a lockdown daily ritual for my TV cookery star. Time to get out the Love Actually DVD or any other favourite films.

Maybe my advent calendar this year will be a fancy one with a chocolate each day as I open the doors. I feel Christmas Carols coming on! This year I am seriously learning the lyrics and belting out the songs.

Hoping to extend a large hug with many people when we are able. November hug incoming.



Andrea – Recovery College Volunteer

Last Week's Quiz Answers

- 1 2007
- 2 4
- 3 13
- 4 Santa's little helper
- 5 3
- 6 Left
- 7 23 April
- 8 London Heathrow
- 9 Graphics Interchange format
- 10 Idina Menzel

This Week's Quiz (an ode to Andrea's November Hugs and Hallelujahs)

- 1 How many weeks before Christmas does the film Love Actually start their countdown?
- 2 What year did Strictly Come Dancing first air?
- 3 Where is Nigella Lawson, the TV Chef, originally from?
- 4 Which British Monarch is supposed to have been the first to bring Christmas trees in to the house?
- 5 Which British Monarch was then known to have a Christmas tree in every room?
- 6 How many capsules are there on the London Eye?
- 7 Which ancient civilisation are first recorded to have drunk hot chocolate?
- 8 Which year was the Dickens book A Christmas Carol first published?
- 9 What is a common alternative name for comic "outtakes", most often used within American English.
- 10 What would you usually find behind the doors of an advent calendar these days?

Samantha Sykes Foundation Butterfly Ball

Every year, the Samantha Sykes Foundation Trust hosts the **'Butterfly Ball'** to raise awareness and funding to support children and young people who are in the care system, are care leavers or at risk of child sexual exploitation. This year the Ball will be held virtually, and everyone is invited to join.



<https://www.samanthasykesfoundation.com>

This week has been Anti-Bullying Week, with Monday 16th seeing us all wearing odd socks as part of the awareness campaign. We love an awareness day, but opinions were divided on our Principal Lindsey's odd socks! What do you think? Did you do your bit to raise awareness and unite against bullying by wearing an even better pair?



UNITED

AGAINST

BULLYING

#ANTIBULLYINGWEEK

What part will you play this Anti-Bullying Week?

ANTI-BULLYING WEEK 2020

16th - 20th November

ODD SOCKS DAY 2020



Monday 16th November

wakefieldcouncil **HELP at the HUB** – a new service in your area to help you.

What is it? A **new service** to help everyone deal with the impacts of the COVID crisis on **jobs, finances and much more**.

Can everyone use it? Yes, it is **free for all** to access.

What help can I access? Help with **finances, benefits, debts, rent & mortgage arrears** or access to **mental health and wellbeing services**.

What do we do? Housing Benefit (help with rent), Council Tax Support (help towards Council Tax), Council Tax Discounts and Exemptions, Council Tax Bills, General Benefits Advice – including Universal Credit and disability benefits, Signposting to other help and organisations.

Wakefield Council Contact Centre - [0345 8 506 506](tel:03458506506)

Where is it?

Advisers based in **nine community locations** around the district



1. Castleford Heritage Centre, Wednesday 10am–12pm*
Queen's Mill, Aire Street, Castleford WF10 1JL, ☎ [01977 556 741](tel:01977556741)
2. St Marys, Pontefract, Friday 10am–12pm*
The Circle, Chequerfield, Pontefract WF8 2AY ☎ [01977 705 341](tel:01977705341)
3. Ossett Town Hall Monday 10am–12pm*
Market Place, Ossett WF5 8BE ☎ [01924 302 999](tel:01924302999)
4. Havercroft & Ryhill Community Learning Centre Thursday 10am–12pm*
Mulberry Place, Ryhill, Wakefield WF4 2BD ☎ [01226 727 824](tel:01226727824)
5. Kellingley Club Tuesday 10am–12pm*
Kellingley Social Centre, 25 Marine Villa Rd, Knottingley WF11 8ER ☎ [01977 673 115](tel:01977673115)
6. St Georges, Lupset Tuesday 10am–12pm*
Broadway, Lupset, Wakefield WF2 8AA ☎ [01924 369 631](tel:01924369631)
7. Eastmoor Community Project Tuesday 10am–12pm*
St. Swithun's Community Centre, Arncliffe Rd, Wakefield WF1 4RR ☎ [01924 361 212](tel:01924361212)
8. Westfield Centre South Elmsall Tuesday 10am–12pm*
26 Westfield Ln, South Elmsall, Pontefract WF9 2PU ☎ [01977 642 335](tel:01977642335)
9. Lightwaves Leisure and Community Centre Wednesday 10am–12pm*
Lower York St, Wakefield WF1 3LJ ☎ [01924 360 158](tel:01924360158)

As part of the [award winning](#) West Yorkshire and Harrogate Health and Care Partnership's campaign "looking out for your neighbours", let's help show that #WakefieldCares.

Many people want to know if they can volunteer to help others and show that #WakefieldCares during this challenging time.

If you're able to give help to people in your community, we're encouraging you to start by being a good neighbour in your own streets and offering support to others.

Wakefield Council have prepared some contact cards (below) that you can print and post through letter boxes to help you find out who needs help. It's up to you where and how quickly you can offer help.

You could also encourage other neighbours who are able to join you in supporting people and form a small team to spread the load, provide back-up and do everything safely.

Please **always** check the latest government guidance on social distancing and self-isolation, to keep everyone safe and protected [here](#).

Hello! If you are self-isolating, I can help

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to coronavirus (COVID-19), I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me and I'll do my best to help you


If you're alone and would prefer help from Wakefield Council please call 0345 8 506 506 between 9am – 5pm, and choose option 3



If you shop during Amazon's Black Friday Week via the web link www.smile.amazon.co.uk/ch/1055931-0 and search for "eyup", or with Amazon Smile turned "ON" on the Amazon shopping app, Amazon Smile will donate to the Trust's charity "EyUp!" at **no extra cost to you at all**.

Black Friday Week 20th - 30th Nov

More than discovering great deals. Shop at smile.amazon.co.uk or with AmazonSmile ON in the app and Amazon donates to us

 amazon smile





Does someone in your house have Covid-19 symptoms? If so, here's some things you need to know about how to dispose of any personal waste correctly (such as tissues and cleaning cloths):

- Double bag (in plastic bags) any potentially infected items
- Put them aside for at least 72 hours (3 days).
- After 72 hours, you can then put them (still within their double bag) in your external bin.

We're listening

Professional support and advice to help with grief and loss



0808 196 3833 (8am-8pm) griefandlosswyh.co.uk

The West Yorkshire and Harrogate Grief Loss Support Service is here for you during these challenging times we're all facing at the moment. These difficult circumstances have had a wide impact on all aspects of life, including the way that people grieve and remember those who we've lost. You can call them, 8am-8pm, on 0808 196 3833 or visit them online at www.griefandlosswyh.co.uk.



Looking out for our neighbours

Take a look at this mini-series of videos "looking out for our neighbours" to find out what people have been doing across West Yorkshire and Harrogate to make a difference to people throughout the pandemic.

https://ouneighbours.org.uk/?utm_content=buffer1f9ff&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

As part of this campaign, and the #WakefieldCares campaign, Wakefield Council have also got together with lots of partner organisations across their patch to help vulnerable people and keep things going. If you are fit, well and able to offer any amount of time to help others, perhaps you'd like to volunteer with one of these organisations? You could chat to someone on the phone who is self-isolating and lonely? Maybe you could drop off someone's shopping or supplies? Perhaps you could even walk their dog for them? If you prefer a more back-of-house role, they even have some administrative tasks you could help with. You can register your interest online here:

<https://www.volunteerwakefield.org/>

We need to hear from you!!

Covid-19 community mental health survey

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 South West Yorkshire Partnership NHS Trust have launched [a survey](https://www.oc-meridian.com/OCQ/completion/standard/default.aspx?content=homepage.asp&scorecardid=550&channel=Web&cpid=658&sid=255&did=&LanguageID=0&tkn=h0lumsdulPxVHcVkfXQi_Eb99JGQ-t7VZ0M-P5n5D5zYtzyoDqDTX7sN3Cd2MY0uuj-LSU3Zxjdaqvh_HZRE2mwQ99FVZDX00LdaHgVcjw3dandwHpd4Zxnh5ZDcpzayo3GyQPZMyyZIWufk9K21p0iKSftGm9FexX_5sWZ9-UYATLE_13vAOyj1vEjRw8Wi-S3pWn-nx28UisYuNLQlag..) https://www.oc-meridian.com/OCQ/completion/standard/default.aspx?content=homepage.asp&scorecardid=550&channel=Web&cpid=658&sid=255&did=&LanguageID=0&tkn=h0lumsdulPxVHcVkfXQi_Eb99JGQ-t7VZ0M-P5n5D5zYtzyoDqDTX7sN3Cd2MY0uuj-LSU3Zxjdaqvh_HZRE2mwQ99FVZDX00LdaHgVcjw3dandwHpd4Zxnh5ZDcpzayo3GyQPZMyyZIWufk9K21p0iKSftGm9FexX_5sWZ9-UYATLE_13vAOyj1vEjRw8Wi-S3pWn-nx28UisYuNLQlag..

Did you know...

Morrisons are working with schools to introduce a new meal delivery service to feed children who normally qualify for free-school meals but are self-isolating.

If a child is entitled to free school meals and need to be at home due to testing positive for Covid-19 OR are needing to self-isolate, then Morrisons will deliver a week's worth of breakfasts, lunches and snacks to their home. To benefit from the meal packs their school needs to be signed up by emailing schoolbox@morrisonsplc.co.uk.

The school can then order the meal packs and arrange delivery to the child's home. This is free for parents, and could be a vital lifeline for some in these challenging times.



(Message from our Chief Executive Rob Webster's briefing).

MEN...

Prostate Cancer

Prostate cancer is the most commonly diagnosed cancer in men in the UK.

Testicular Cancer

Testicular cancer is the most common cancer in men aged 25-49.

Poor Mental Health

On average, 13 men each day take their life by suicide in the UK.

Support is still out there, health services are still open, seek help, tell someone, don't try and go-it-alone.

YOUNGMINDS

have worked with young people to put together some simple tips for adults on what to do if your child tells you they are struggling:

1. **Thank them for sharing.** Be encouraging about the way they've opened up and acknowledge how they're feeling.
2. **Let them know that you love them.** And that you're there for them, they can talk to you whenever they need to, and you can help them get support if they need it.
3. **Spend time together thinking about what's making them feel this way.** Discuss whether there are any changes that could be made to help make things easier.
4. **Call the Young Minds Parents Helpline for more advice.** Speak to one of their advisors on **0808 802 5544** for free information, advice and support. They're open Monday to Friday 9:30am-4pm, with email and webchat services also available.

COVID-19 SELF ISOLATION TIME GUIDE



If you live alone and have no symptoms

You do not need to self-isolate but you do need to follow social distancing guidelines



If you live alone and have symptoms

You should self-isolate for 10 days and then follow social distancing guidelines



If you live with others and none of you have symptoms

None of you need to self-isolate but you do all need to follow social distancing guidelines

If you live with others and there are symptoms please follow the below timeline

*Symptoms are:
A new continuous cough
and/or
A high temperature
and/or
A loss or change to sense of smell or taste

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Household member Parent 1 Shows symptoms Self isolate for 10 days											Return to social distancing									
Household member Parent 2 No symptoms Self-isolate for 14 days starting from when Member 1's symptoms appeared																				
Household member Child 1 No symptoms Self-isolate for 14 days starting from when Member 1's symptoms appeared				Starts showing symptoms																
Household member Child 2 No symptoms Self-isolate for 14 days starting from when Member 1's symptoms appeared																				

Self-isolate

Return to social distancing

Stop self-isolating but follow social distancing guidelines

Self-isolate

Self-isolate

Stop self-isolating but follow social distancing guidelines

Self-isolate

Self-isolate for 10 days

Self-isolate

Return to social distancing

Stop self-isolating but follow social distancing guidelines

Self-isolate

Self-isolate for 10 days

Self-isolate

Return to social distancing