



The Supporter

Newsletter

27 November 2020

Wakefield Recovery and Wellbeing College

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

So – 4 weeks until Father Christmas comes to visit! Already! As promised, this week we've got some cooking to keep you busy, some games, some support for the Christmas build up, some Black Friday deals and even a fantastic volunteer focus story! You lucky people 😊 What would you like to see in next week's newsletter? Get in touch and let us know

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&slid=255&did=&LanguageID=0&tkn=h0lumsdulPxVHcVkfXQi_Eb99JGQ-t7VZ0M-P5n5D5zYtzyoDqDTX7sN3Cd2MY0uuji-ISU3Zxjdaqvh_HZRE2mwQ99FVZDX00LdaHgVcJw3dandwHpd4Zxnh5ZDcpzayo3GyQPZMyyZIWufk9K21p0iKSftGm9FexX_5sWZ9-UYATLE_13vAOy1vEjRw8Wi-S3pWn-nx28UisYuNLQlaq..



If you shop during Amazon's Black Friday Week (20 – 30 November 2020) 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.

wakefieldcouncil
 working for you



As part of our #PlanAhead campaign, we launched our Countdown to Christmas. According to You Gov, the average spent on Christmas in 2019 was £1,116. About £175 is spent on food alone. Christmas brings huge pressure, especially if you are struggling with money.

Wakefield Energy – **Smart** – **Just** – **Now**
 Do you need to buy presents for everyone? Agreeing to be flexible to buy each other presents for the sake of it? Save the cost of others. We have a special offer for the first 100 people who sign up. Call the 01924 316946 or visit www.wakefield.gov.uk



The campaign offers ways to save money but still enjoy a happy Christmas and ideally avoid the debt "hangover" that comes in January.

www.wakefield.gov.uk/Pages/News/PR-9677.aspx

Feel unwell tonight?

If it's a problem you'd usually see your GP about, why wait & walk when you can call up & talk to GP Care Wakefield. Open until 10pm tonight.



GP CARE WAKEFIELD
 1 2 3 4 5 6 7 8 9 10



1
 Call your GP surgery as usual



2
 Your call goes to GP Care



3
 Advice, prescription & appointment if needed



4
 No need to leave home, wait or queue



Our Climate Emergency

Action today for our tomorrow



www.wakefield.gov.uk/climate



wakefieldcouncil working for you

Wakefield Council Public consultation – surveys

Think it's time to 'Wakey' up to climate change? We want to listen to your views!

Our public consultation process is now live for business and residents, and the surveys can be accessed by clicking on the following links:

Residents survey - <https://www.surveymonkey.co.uk/r/TZCVC6V>

Business survey - <https://www.surveymonkey.co.uk/r/T6ZM7H9>

In addition, we want to canvass the views of school children, as we feel that our future generations should have the opportunity to be heard on how we tackle climate change, since it will affect them the most during their lifetimes. A survey and educational materials are being shared with primary schools, and a specific secondary school survey is now available by clicking on the following link:

Secondary school survey

We also have a competition draw for survey respondents – to win low carbon and energy saving linked prizes – and full details can be found in the terms and conditions at the end of the surveys.

All our surveys close on the 31st of December 2020.

(Information taken from www.wakefield.gov.uk)

Spot the differences in this picture!

Last week's Quiz answers

1. 5
2. 2004
3. Wandsworth, London
4. George III
5. Queen Victoria
6. 32 – though they were numbered 1-33 due to superstition (missing out 13).
7. The Mayans in 1500BC (cocoa mixed with cornmeal and chilli).
8. 1843
9. Bloopers
10. Chocolate



Volunteer Focus

Hi, I'm Cate and I am a Recovery College volunteer. I have co-facilitated sleep courses and Aromatherapy sessions with the lovely Fiona. I have had several other roles over the years including Primary School teacher (25 years); Hypnotherapist (30 years) and Carer (5 years). But the best role of all has to be being a mum to my two, now grown up, children aged 24 and 19.

Looking back to this time last year who could have envisaged what has happened in the world? This time last year I enjoyed spending quality time with my daughter. Now she has moved out to live many miles away with a civil engineer colleague in order to protect me as I self-isolate. This time last year my son was at university enjoying student life. Now my son is a doctor working on the front line in A&E. This time last year I was sipping cocktails by a pool in Lanzarote with a friend. Now I watch as international travel is in turmoil. This time last year I was a full-time carer for my Mum who has dementia. Now my Mum is in a care home and I haven't seen her for a very long time. This time last year I was seeing my clients and visiting schools as a wellbeing consultant face to face. Now I speak to my clients online and deliver school webinars via Zoom. My workplace is my home. My home is my workplace. Most confusing, sometimes lonely, at times daunting but always a challenge.

I don't know anyone whose life hasn't been changed in some way by the pandemic that has swept across our world. There is no doubt that life has changed for many and will continue to change; most of the change is not good change but some of the change is positive. This time last year I struggled to find time for me. Now I have more time and opportunity for existing hobbies and new interests. I have been on lots of courses run by WEA, many of which are only accessible to me because the pandemic has meant that their courses have gone online. I have learnt how to cook amazing Indian and International dishes. I have never done so much art and craft. My therapy room has doubled up as an exercise space and I have started to learn Tai Chi and Qigong.

People have said that I appear to be coping calmly with the change and stressors that life is throwing at me, but I tell them that I am human too and I struggle like anyone else. When I have a wobble, I tell myself the same as I tell my children and my clients - we have to concentrate on the positives in life and remember that this too will pass as other horrendous times have passed. We cannot change some things, but we can change how we react and respond to them.

If you feel that my services could help you either now or in the future, please do not hesitate to contact me. Details below. Stay safe and stay positive.

Catherine Frampton B.Ed. (Hons)
MHEB D.C.Hyp. (Dist.), Dip.T.Hyp, PG.Dip Psy C
Contact details: Tel: 07828159602
E-mail: cate.frampton@gmail.com
<https://cateframpton.wixsite.com/integrativetherapies>
Facebook: [Horbury Integrative Therapies](https://www.facebook.com/HorburyIntegrativeTherapies)





*Crafting4Good provide charitable donations of crafting goods to small groups, individuals and organisations like ours to support wellbeing, as well as selling reduced price craft supplies to the public. Their discount is available until the end of November 2020.

November 19, 2020

BATTLE SCARS NEWSLETTER

Virtual adult self-harm **peer support groups** (UK-wide). Each group runs every 2 weeks (video is optional) - More groups will be added in early 2021
No referral, no assessment, no waiting, only a simple logging of interest

Tuesday morning 11.30-12.30 (next: 24 Nov)
 Monday evening 6.30-7.30 (next: 30 Nov)
 Friday afternoon 1-2 (next: 4 Dec)

Click on pics for more info

'Inbetweeners' - virtual adult peer support group for people who struggle with self-harm but do not (or rarely) act on the urges
 Thursday evening 6.30-7.30 (next: 26 Nov)
 Must register to receive invites. Can attend whichever group, whenever. Video is optional. Groups capped to 12

Supporting the families of people who self-harm
 Virtual peer support for **parents/family** of people of any age who self-harm (UK-wide). Group runs every 2 weeks
 Next group: Tuesday 3 Nov, 6.30-8 pm
 Must register to receive invites. Video is optional.



Adult Learning Within Reach

Go on treat yourself to a free Pamper session!

FREE Taster session

You will have the opportunity to paint and file your own nails and cleanse, tone and moisturise your own skin.

All activities will be carried out in a safe environment following covid rules and policies.

You will also learn how to apply a basic day make-up.

Come and join us!

Start Date / Time

Monday 14 December
10.00 am – 12.30 pm
for 1 session

Course reference
C3678977

Venue
St Georges
Community Centre
Broadway, Lupset
WF2 8AA

FREE session

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

Easy Read Guides from Mencap – keeping safe and well during Coronavirus



Mencap has a host of easy read guides free to download from their website

<https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19/coronavirus-help-stay-safe-and-well>



The WEA is a charity registered in England and Wales (no. 1113775) and in Scotland (no. SC036226).

This is a free service offered to those being discharged from hospital, provided that you are medically fit and have been identified as eligible by an NHS staff member, we can offer the following support;

- Transportation for you and your belongings directly home from the Ward
- Have a trained, Age UK Wakefield District Transport Support Worker escort you throughout the journey until you are safe, secure and comfortable in your home
- Provide any support required for unexpected emergency issues such as faulty locks, heating not working etc
- Offer to make a hot drink or simple meal, to help you settle in
- Carry out a shop to ensure you have the essentials to last at least 48 hours
- Link in with other temporary/ongoing support that could make life easier, especially whilst transitioning from your stay in hospital to life at home
- Provide information on our other services and leave you with a well-being pack



Offer a free transportation service from hospital to your home
 A referral is required, please check with your hospital nurse to check your eligibility.

Christmas Glowing Lanterns

A great gift or table decoration



You will need:

White candles or led candles
Clean jam jars without the labels
A selection of evergreen foliage such as bay and ivy leaves, berries
Lightweight white card
Pen
Coloured string or ribbon

To make:

Anchor a candle in the base of a jar – drop a little hot wax in the bottom of the jar and hold the candle in place until it sets. Or secure a led candle in place using blue tac or glue.

Fill around the candle with the fresh foliage

Cut a star from the white card. Write a message on the star, make a hole in one of the points and thread on to the string or ribbon. Tie this around the neck of the jar.

Tip: never leave burning candles unattended. Never used dried foliage – this is a fire risk. Always ensure your foliage is kept moist.

Display on your Christmas table or make as gifts

Another idea is to secure a plastic decoration such as a led Christmas house or tree to the lid of the jam jar, spray with artificial snow and put the jar on top, screwing on the lid.



NOVEMBER

As November comes with rain and hail
Look for that autumnal trail
The bright leaves that fall
Marking winter's approaching call.

Bonfires lit blazing in pale moonlight
Fireworks whizz and bang to fright
Showers of sparks lit up the night
Rockets cascaded in radiant light
Sparklers children did delight.

Poppies were shown to fall
Marking that remembrance call
Military bands with stirring refrain and story told
Uplifting and familiar tunes unfold
Pause to remember times long past
And do not forever last.

At night look at the wonders to naked eye
As the planets appear in early evening sky
Jupiter Saturn Mars seen close and bright
In the cold November light
The universe above does in vastness climb
Expanding, moving forward in time.

The sun shines through clouds passing by
See the rainbows curve across the sky
Fetch out that camera fast
Because such treats do not long last
As the wind howls round the chimney stack
And the trees arch their back.

Look up to the moon shining bright
Bathing all in calm moonlight
Although affairs do look grim
Let November in
Its colours and its beauty there to see
A spectacle for you and me
Take heart as winter does around the corner wait
Good news on the horizon seems so late
Christmas comes once again
Even though it may not seem the same
Find some joy and laughter to be content
And time well spent.

Even though things may appear so futile
Think of things that make you smile
Not all things are as at first sight
As we move towards the light.

RIDER 2020



Pet's Corner



Winter survival guide!

Winter is fast approaching. The weather is getting wetter and colder and your pet may decide to spend more time inside by the fire than running around outside! Here are some things to look out for to keep them in the best of health:

Sore joints: Pets with joint problems often start to struggle in the colder weather. Look out for hanging back on walks, stiffness in the mornings or them being reluctant to go out. Many pets will benefit from anti-inflammatory medication and also joint supplements. Arthritic pets often struggle with long walks, so little and often is the key.

Can you pinch an inch? With many pets spending more time indoors during the winter months – they are getting less exercise and need correspondingly less food. Keep an eye out for any weight gain since excess weight can cause a range of health problems including heart disease, diabetes and can also significantly worsen arthritis.

On snowy days remember to check your pet's paws after walks and give them a good wipe down. Snow balls up painfully between toes, especially on fluffy feet and grit and salt can be very caustic.

Festive alert: During the festive season, make sure all your decorations and wires are out of reach of pets since they make very tempting toys! Hide any edible presents (especially chocolate) until the very last minute and resist the temptation to share your seasonal snacks, they will only cause upset tummies. Any cake or pies containing grapes, nuts or raisins must also be avoided! If your pet swallows anything unusual please contact us at once!

Outdoor pets: Also don't forget about smaller pets who live outdoors. Make sure rabbits and guinea pigs have well insulated hutches, plenty of bedding to snuggle down in and check their water twice daily to ensure it hasn't frozen.



istockphoto

Looking after the wild garden birds this winter

With the colder weather, it can be harder for birds to find their usual food sources such as worms and insects. This means that whatever you leave out for them it has to be even more calorific in order to sustain them.

So as well as leaving out things such as peanuts or mixed seed, you should also incorporate fat balls, cooked pasta, and suet products, such as **suet pellets**. You can even mix up the flavours from berry to insect, so you can see which ones the birds prefer!

Top Tip: Avoid using peanuts, mixed seed, or fat balls that have netting on them. Although these might seem like quite a good idea, birds can actually get their beaks caught in them.

Leave out more food than usual

As well as leaving out foods that are richer and higher in calories than usual, it's also worth leaving more food than usual. This is because it's going to be harder for birds to catch their regular food so they're more likely to eat more if they find some left out.

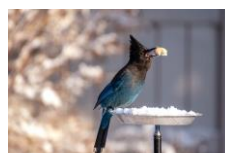
Many birds will also flock together during the winter – it makes it easier to find food and also adds an element of safety for them too. This will mean that whereas in summer you might get the odd few eating the food you left out, chances are in winter there will be more.

Consider a birdhouse

You might already have a birdhouse up but if you don't, autumn and winter are definitely the times to start putting one up. It gives birds a cosy place to rest away from the cold weather – plus it's a lot safer for them too.

If you can, try and put it up somewhere that's not facing the sun during the day and is easy to get to. The birds will need a clear flight path so if you tuck it away behind lots of leaves and branches, they're either going to ignore it or get into difficulty trying to fly in.

Keep an eye on it too – sometimes leaves and branches will grow over it. If that's the case, just trim them away if you can.





Every year the Samantha Sykes Foundation Trust hosts the 'Butterfly Ball' in order to raise awareness and funding to support children and young people who are in the care system or are care leavers. It supports access to further and higher education through the provision of laptops, books, travel passes or any other item or resource to support vulnerable groups to reach their full potential.

The charity also supports victims of child sexual exploitation to access therapeutic interventions to help them rebuild their often broken lives. Unfortunately, this year the Ball has been postponed until November 2021. However, the Foundation has decided to host a virtual Ball on the 28th Nov, details below. Everyone is welcome to join.

You can listen to the Ball live on www.smileradio.co or by downloading the free app for all smart devices.

Listen on Alexa by saying "Alexa start Smile Radio."

The Ball will also be streaming on the following:

- Facebook Live @SmileRadioYorkshire
- YouTube @SmileRadio

Instagram and Twitter @SmileRadio3

You can make a donation to the Samantha Sykes Foundation [here](#).

Support the Samantha Sykes Butterfly Ball



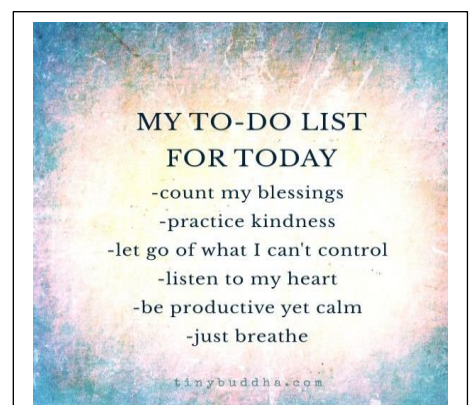
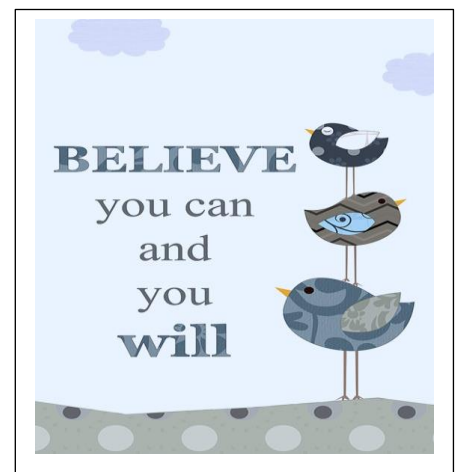
Name: _____

Flowers Word Search

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

	CARNATION GERANIUM DAISY AZALEA LILAC	LAVENDER TULIP WISTERIA PANSY ROSES	POSY DAFFODIL OCHID SUNFLOWER VIOLET	
--	---	---	--	--

© Monsterwordsearch.com



Wakefield
Adult
Education
Service

FREE Confidence & Resilience Workshop
Wednesday 9th December

What will I learn?

- What confidence and resilience is
- Why this is important for your career and progression
- How your confidence and resilience affects other areas of your life
- To identify your own strengths and areas for development
- To take the first steps to become a more confident and resilient you!

Where and when will it take place?
Wednesday 9th December at Mannes.

Morning session 10am-12pm.
Afternoon session 1-3pm

All sessions will be socially distanced and our centre is covid secure.

How do I book?
To book onto a session talk at reception, call Mannes on 01924 303302 or email AdultEducationCareers@wakefield.ac.uk




Wakefield Council
Working for you



Our handmade Christmas wreath making work sheet is now available on our website

www.wakefieldrecoverycollege.nhs.uk

Look under the student resources section



Savoury biscuits



Ideal as a Christmas gift

Savoury biscuits

A change from bread and taste delicious with cheese

Ingredients: 60g cold lard, diced, 250g plain flour, teaspoon baking powder, 2 tablespoons of poppy seeds or a tablespoon of dried dill or fennel seeds, lightly crushed. Salt.

To make:

1. Lightly grease 2 large baking sheets with lard, sift the flour and baking powder into a bowl with $\frac{1}{2}$ teaspoon salt. Rub in the lard until the mixture resembles fine breadcrumbs.

2. Stir in your chosen flavouring. Sprinkle over 4-5 tablespoons cold water and bring the mixture together using a table knife to form a firm dough. Knead briefly until smooth. Flatten into a circle, wrap in baking paper or foil and chill in fridge for 20 minutes.

3. Heat the oven to 180C (160D fan), Gas Mark 4. Roll out the dough on a lightly floured work surface until about 2mm thickness. Cut out circles with a 6cm fluted pastry cutter, prick biscuits all over with a fork and transfer to baking sheets. Bake for 10-15 minutes until the edges are pale, golden and crisp. Cool on a wire rack

They will keep for up to 2 weeks in an airtight container