



The Supporter Newsletter

04 December 2020

Wakefield Recovery and Wellbeing College

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

River forever free

Quietness upon the face,
 Silence and loneliness,
 Land before time,
 Before living things existed,
 Sadness as my waters ran through the earth,
 Was my voice the only thing to be heard?
 As I swelled and ebbed,
 Swished back and forth,
 Was I alone as I sadly moved?
 Was my story over before it started?
 I ran through the earth looking for life,
 Through the mountains to the highest peaks,
 Over the desolation through the land,
 Congregated every teardrop into large seas
 My tears filled every part of the earth
 Sadness as my heart became an open ocean,
 I realised that I had great power,
 A gushing force as I quickly moved,
 I was unstoppable and determined,
 As my adventures of roaming became exciting,
 The earth began to drink of my waters,
 A great light shining down,
 Began pulling me up towards the skies,
 Something very dramatic happening,
 Breathtaking!
 As I hung around in great clusters of clouds,
 Looking down upon the earth,
 Beauty astounding and thrilling,
 Until a great crash of thunder,
 Crashed through splitting bursting into
 Millions of tiny droplets,
 I fell to the earth,
 With exhilarating freshness,
 Hitting the ground at great speeds,
 Continued flowing on my journey,
 Into the rivers then back home to my sea,
 As I looked up to the sky
 Great colours burst into a rainbow,
 Life began creating,
 Smaller than the eye could see,
 As surely then up to the tallest trees,
 Earth drank of my rivers
 As the poetry in the river ran free.

Created by Wendy

Festive opening hours

With Christmas fast approaching, the team wanted to let you know what days you'll be able to reach us throughout the festive season.

When the College is closed, you'll still be able to leave us a telephone message or email the team, but we won't be able to get back to you until we're back in the office in January.

Open as usual until Thursday 17th December 2020
Closed from Friday 18th December 2020 until Sunday 3rd January 2021, inclusive.

Open as usual from Monday 4th January 2021.

Don't forget that our main telephone line, 01924 316946, is not manned on Fridays. If you have anything urgent you need to get in touch with us about, please email the team



wakefieldrecoverycollege@swyt.nhs.uk



Look After Yourself

Looking after yourself has never been more important and in Wakefield there is a range of different ways you can access support when you need it.

Services may be operating differently to how you're used to but please be assured they are very much still here to help, so don't delay getting in touch if you need them!

It's always a good idea to keep a well-stocked medicine cabinet at home, as many illnesses can be treated with self-care and plenty of rest.

If you do need advice, pharmacists are experts who can offer health advice and provide over-the-counter medicines for things like coughs, colds, sore throats, tummy trouble and aches and pains.

You can try calling them or contacting them online before attending in person and can find your nearest Wakefield pharmacy by searching for it here: <https://beta.nhs.uk/find-a-pharmacy/>

Your Wakefield GP is also still here to help. You should contact them for an assessment, which may be by phone or video, and you will then be provided with a face-to-face appointment if you need one.

If it's an evening or weekend and your practice is shut, you can still access out-of-hours GP services by ringing your usual GP practice number. You will be redirected to a trained clinician who will assess your problem and, if necessary, arrange an appointment locally.

There is also a nurse-led service at King Street in Wakefield which is open from 10am to 10pm every day and can be contacted on 01924 882350 for diagnosis and treatment of minor illnesses and injuries.

Pontefract Urgent Treatment Centre is also open 24/7, 365 days a year to help you if you have a non-life-threatening condition. You can access an appointment by calling NHS 111.

If you are ill or hurt and need help fast but it's not a 999 emergency, you should also telephone 111 which can also be accessed online at 111.nhs.uk



Are you deaf or hard of hearing? We know that accessing essential services using the telephone is either more difficult or impossible for people with reduced, or no residual hearing. Due to the Covid-19 global pandemic, many health, and other public sector services, can currently only be accessed using the telephone. Are you aware that Relay UK have a FREE app which can be used on a smartphone, tablet or computer?

A Relay Assistant will support telephone calls by listening to the conversation and typing it so that the verbal information can be read by a deaf or hard of hearing caller.

For those who find reading and writing in English challenging, or who would like more information and specialist advice for deaf and hard of hearing people - please contact Deaf Ex Mainstreamers at contact@dex.org.uk. They will be happy to help!

<https://www.relayuk.bt.com/how-to-use-relay-uk/use-relay-uk-with-app.html>

www.relayuk.bt.com

Join the Conversation on Social Media!

There's plenty to get involved in across our social media pages - find the highlights here along with all of the links you will need, and don't forget, use the hashtags to join in with the conversation on all of our sites!

[Find Castleford Museum on Facebook](#)

For even more fun, join us across our Facebook pages for fascinating history posts from our volunteers, and keep up to date with everything we have available! Our weekly challenges are here too, so if Facebook is the place for you, then get creating!

[Follow @wakefieldmuseums on Instagram](#)

Discover exciting stories from our collections and some behind-the-scenes pictures from the museums! We're posting our weekly challenges here too, so don't hesitate to get involved!



Christmas Crafts

<https://www.facebook.com/PostcardsFromWakefield/posts/986121168575478>

Week 2 of the Christmas countdown. So, this week's countdown the pretty snowflakes/stars.

Sit down, get comfy and creative.

Watch out for next week's

With thanks to Tina for the step by step details



Wakefield Museum and Castles

<https://www.youtube.com/channel/UCSrMsXPYvcYaPCN7ENQPzNg/featured>

@WFMuseums on Twitter

<https://www.facebook.com/CastlefordMuseumOfficial/>

Discover our Christmas Collections!

Every week during December, we'll have something new from our collections for you to discover!

Themed around everything you need for a good celebration, we've dug out our sparkliest, tastiest objects ready for you to enjoy!

Learn all about the features of Christmas Past with our #ThrowbackThursday posts every Thursday at 3pm on our [Facebook](#) page.

Challenge yourself on [Twitter](#) with our Festive Fashion quizzes, Fridays at 11am!

Plus, get in touch with your arty side with our Christmas editions of #WFMuseumsArtFun and #WFMuseumsBeCreative, every Monday and Wednesday at 10am!

Weekend YouTube Fun!

Don't forget to check our YouTube channel! Not only is there a whole host of exciting activities already on there, we're adding two more seasonal activities for you to enjoy! Featuring medieval recipes and home decoration ideas, we'll have you party ready in time for the celebration!

You can find our [YouTube channel right here](#) - you might even like to peruse our site tours and existing activities to pass the winter evenings!



Santa's little helper – get the kids to join in the fun ...

Christmas Helper from now on known as 'CH' diary – to use in any order except for number 12, this should be with the CH on the 1st of December and number 24 needs to go out on the 23rd to be ready for Christmas Eve. Christmas day CH has gone home!

1. CH in a bath of marshmallows. Use any container/bowl and smother the CH in marshmallows.	2. Using icing sugar spread out on a flat surface use the CH to make a snow angel.	3. Using sweets with wrappers, eat one or two and leave the empty wrappers with the CH	4. Magic Rainbow; on a saucer lay out the sweets in a circle and pour water on the outside so that it runs into the sweets, it will wash away the colour and leave a rainbow effect.	5. Spread the chocolate drops around the CH as if he has had an accident!	6. Using cereal spell out the words 'be good', or a message specially for the family
7. Place CH in the toilet roll placed on the toilet with a message written in felt pen/marker!	8. Using the marshmallows provided build a snowman, place the note at the side of the CH that says, 'do you want to build a snowman?'	9. Stick googly eyes on eggs or on kid's favourite cereal or even on fruit!	10. On glass/plastic frames only – not canvas stick a pompom on the noses of the family members in the picture! (A little bit of nail polish remover will get rid of any glue residue if you use glue not Blu tack)	11. have CH hold the note that reads – 'there are 6 candy canes hidden in the house, can you find them?'	12. Certificate rolled up like a scroll saying why the CH has suddenly appeared on the 1 st December in your home.
13. CH holding a paperchain saying how many days left to Christmas. You can write down how many days you want it to be!	14. CH has made some snowflake decorations. But oh, what a mess!	15. CH the trapeze artist – hang from a light or a cupboard or doorknob.	16. using a large glass or glass bowl place the help sign in with the CH.	17. lay the CH down where the kids can see him and place the weights 'marshmallows' on a stick across his chest or at his arms	18. Letter from Santa saying he's pleased to hear that things are looking promising for Christmas and the presents are being made by the rest of the Christmas Helpers
19. CH with his nose in a packet of crisps and the crisps all over!	20. CH sat on a bottle of tomato sauce with tomato sauce squirted all over tiles, work surface etc. with 'CH' written in it!	21. CH taped to tiles, or a door with a ransom note.	22. CH sat on sofa with remote control in one hand and a bag of popcorn in the other.	23. CH making a tea-bag quilt	24. CH with a note and some reindeer food to spread outside on Christmas Eve for Santa's reindeers to see.

Dear

My assignment has begun

As you know Santa sent me here

I am his little helper

I will be his eyes and his ears

Each evening I must go

Flying back to the North Pole

Reporting your behaviour

Will you get gifts or a lump of coal?

Each day with a new visit

A new hiding place is where I'll be

Make sure not to touch me

Or my magic will surely flee!

Sometimes I'm good

Sometimes I'm mischievous

Although I can't talk, I love listening to you

I'm happy to pass on letters to Santa too!

I will stay for 24 sleeps, but I will go home with Santa on Christmas morning!

Christmas Helper

Endorsed by Santa

A message from Santa

Dear





Santa is very pleased with your behaviour and he wants you to know that, he along with his helpers in the North Pole are on with making the gifts you want for Christmas.





Santa says keep up the good work!





Love from





Santa & his helpers

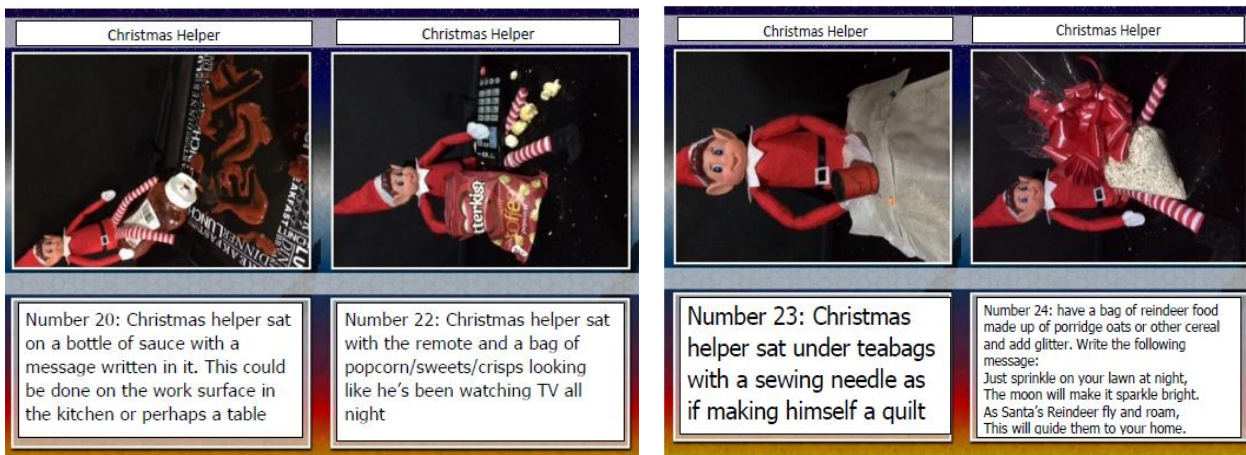


<p>Christmas Helper</p> 	<p>Christmas Helper</p> 	<p>Christmas Helper</p> 	<p>Magic Rainbow Elf</p> 
<p>Number 1: Christmas helper bathing in marshmallows</p>	<p>Number 2: use icing sugar or flour to do snow angels</p>	<p>Number 3: using sweets that have papers, eat some and leave the wrappers as evidence of the Christmas helper eating them</p>	<p>Number 4: using highly coloured sweets such as M & M's spread them on the rim of a saucer and gently pour water on them, it forms a rainbow</p>


<p>Christmas Helper</p> 	<p>Christmas Helper</p> 	<p>Christmas Helper</p> 	<p>Christmas Helper</p> 
<p>Number 5: using cooking chocolate drops, have it as though Christmas helper has disgraced himself and not made the toilet in time!</p>	<p>Number 6: use cereal to spell out a message that is personal to your family</p>	<p>Number 7: use a black marker or felt pen to write a message on the toilet paper</p>	<p>Number 8: using big marshmallows and smaller ones have it look like helper has been building a snowman. You could have him holding a note asking 'do you want to build a snowman?'</p>

<p>Christmas Helper</p> 	<p>Christmas Helper</p> 	<p>Christmas Helper</p> 	<p>Christmas Helper</p> 
<p>Number 9: using 'googly' eyes that you can now buy in supermarkets, decorate food stuff. It can be eggs, cereal boxes, drinks, the contents of the fridge etc.</p>	<p>Number 10: using pomp oms or similar stick them to the frames of your family portraits. Use bluetac so it comes off easily</p>	<p>Number 13: make a simple paper chain and at the end of it write how many days there are left to Christmas, you could have the paper chain from their bedroom leading to a note</p>	<p>Number 14: make some simple snowflakes, by folding a circle of paper up 3 or 4 times and cutting out shapes. Leave the shapes and snowflakes around the helper. If safe to do so have the helper holding the scissors</p>

<p>Christmas Helper</p> 	<p>Christmas Helper</p> 	<p>Christmas Helper</p> 	<p>Christmas Helper</p> 
<p>Number 15: using a candy cane and string/wool/ribbon have the Christmas helper hanging on a trapeze from a light fitting</p>	<p>Number 16: squeeze the helper into a glass with a note asking for help</p>	<p>Number 17: using two marshmallows and a cocktail stick have helper as a weightlifter</p>	<p>Number 19: Christmas helper with his nose in a bag of crisps</p>



How to keep the little helper busy



Dear Adult

Please find attached ideas and resources for your Christmas Helper. This is not a new idea, but it is 25 simple ideas all in one place for busy families!

The resources you will need are usually found around the house at this time of year and are not expensive. The idea is you don't have to think about anything, the thought process has been done for you and you can do them in any order except for:

- ✓ Number 12 – this needs to be with the helper on the 1st December his debut;
- ✓ Number 24 - is for Santa's reindeers and needs to be Christmas Eve.
- ✓ 25th the letter from Santa saying that the Christmas helper has gone home

The following don't have a picture card to go with them:

- ✓ Number 11 - have the Christmas helper hold the note that reads – 'there are 6 candy canes hidden in the house, can you find them?
- ✓ Number 18 - Letter from Santa saying he's pleased to hear that things are looking promising for Christmas and the presents are being made by the rest of the Christmas helpers!
- ✓ Number 21 – Christmas helper taped to tiles, or a door with a ransom note.

Ensure the children know not to touch the helper or his 'magic' will disappear!

I have made some 'cards' for each of the activities with pictures to support the suggestions. Where there aren't any pictures the diary has the information. I used myself as a Christmas helper, but you can use any toy that might be Christmassy, an angel, reindeer, snowman etc.

NOTE: for safety reasons keep out of reach of children to avoid allergens and choking!

If you have any comments or any other ideas that perhaps we could share with others next year, please send them to me along with any photographs of your Christmas helper from 2020 so that we can share on our Facebook page. Send all comments, enquiries and pictures to:

Tina.dransfield@spectrum-cic.nhs.uk

You can whatsapp pictures to 07720 899781

Who said it? – Guess the inspirational Quote!

1. The great gift of human being is that we have the power of empathy
Meryl Street Elton John Bill Clinton
2. The side lines are not where you want to live your life. The world needs you in the arena
Tim Cook Bono Arianna Huffington
3. We do not need magic to transform the world. We carry all the power we need inside ourselves already. We have the power to imagine more
JK Rowling George RR Martin JRR Tolkien
4. You must expect great things of yourself before you can do them
Michael J Fox Michael Jackson Michael Jordan
5. You, yourself, as much as anybody in the entire universe, deserve your love and affection
Budda Mariah Carev Mohammed Ali



Volunteers needed

Twitter @spectrumcic
 Facebook
 SpectrumCommunityHealthCIC
 LinkedIn spectrum-community-health-cic

Are you 18+, living in the #Wakefield District, with an increased risk of vulnerability to COVID-19 and have NOT tested positive for the virus? If you answered YES, we want to hear from you!
 Visit www.wakefieldtogether.co.uk for more info

Volunteers living in the #Wakefield District from diverse racial and ethnic groups are needed to join a COVID-19 prevention study. Find out more and register here
www.wakefieldtogether.co.uk

We need volunteers in the #Wakefield District for a clinical study who are at increased risk of COVID-19 due to a medical condition. Find out more and register here
www.wakefieldtogether.co.uk

We need volunteers in the #Wakefield District for a clinical study who are at increased risk of COVID-19 due to treatment that is causing immunosuppression. Find out more and register here
www.wakefieldtogether.co.uk



Age UK



Age UK state more than 850,000 older people could be spending this Christmas alone

Thanks to our supporters, the [Age UK Advice Line](#) is open 365 days a year, including Christmas day, providing answers and reassurance to older people who have no one else to turn to. If you or someone you know needs support, call us free on 0800 678 1602, 8am to 7pm

For more information on helping to support and older person, visit [Your mind matters: Elderly mental health | Age UK](#)

LEAP -
 The Energy and Money Saving Service

FREE FOR LOCAL RESIDENTS

We are offering local residents a completely **FREE OF CHARGE** service called **LEAP** (Local Energy Advice Partnership). **LEAP** can help you to save money and keep your home warm and cosy.

HOW IT WORKS:
 If you are eligible, we will book you an appointment with one of our friendly, qualified advisers. **LEAP** can:

- Help check if you are on the cheapest energy tariffs - could save you over £280 a year.
- Install **FREE, simple energy saving measures** which can save the average household £30 on their energy bills a year.
- Give you **day-to-day energy efficiency hints and tips** and ensure your heating system is set up to keep you warm and save money.
- Arrange a **FREE telephone advice service** to help with benefits, debt and other money problems.
- Refer you for further energy efficiency improvements, such as loft insulation or a new boiler.

ARE YOU ELIGIBLE?
 You may be eligible for the LEAP service if one of the below apply. If you:

- have a low income
- receive tax credits
- receive Housing Benefit
- receive an Income or disability related benefit
- have a long term illness or disability.

Call us now on 0800 060 7567*
 (Freephone) to book your appointment, or apply online:
www.applyforleap.org.uk

LEAP LOCAL ENERGY ADVICE PARTNERSHIP

*8:45am-7pm Monday to Friday, and 9am-12pm on Saturdays.

Live Well Wakefield

To help with general health and wellbeing, Live Well Wakefield are delivering two online workshops in December. 'Feeling positive busting stress', 9 December 2020, 11:00am-12:30pm and 'Living well in Covid-times', 10 December 2020, 11:00am-12:30pm. The workshops are open to both staff and service users. To book a place on a workshop email [Paul Boyd](mailto:Paul.Boyd.paul.boyd1@nhs.net). paul.boyd1@nhs.net



advice and support for older age
Independent Age

Free helpline that can give you advice and information or a regular call. A real connection Now you're talking.

Telephone 0800 319 6789

www.independentage.org

It's good to talk, there are lots of helplines out there with people on the other end of a phone ready to listen and offer their advice and support, just pick up the phone if ever you feel you need to speak to someone. Remember you are never on your own.

Safe Space for Wakefield District

Friday and Saturday night 6pm until midnight.

Are you struggling with your mental health?

Are you feeling isolated and alone?

Find hope in a crisis.

Telephone 07776 962 815

#ANDYSMANCLUB

#ITSOKAYTOTALK

Every Monday except bank holidays, 7pm
5-5A Cheapside, Wakefield WF1 2SD
Book by email info@andysmanclub.co.uk
andysmanclub.co.uk

24 hour
Mental Health Helpline

0800 183 0558

Confidential helpline offering support, advice, information and guidance.

NCHA
Care and Support

Working in partnership with
Greater Huddersfield CCG / North Kirklees CCG / Calderdale CCG
Wakefield CCG / Leeds CCG / Barnsley CCG

NHS

SAMARITANS

Whatever you're going through, call free any time, from any phone.

Telephone 116 123

www.samaritans.org

Helplines for our younger persons

WWW.WF-I-CAN.CO.UK

A safe place online for children and young people living in Wakefield District. It's full of self-help tips, information, plus useful links and contacts.

www.wf-i-can.co.uk

kooth

Kooth offers emotional and mental health support for children and young people aged between 11-24 years and is available up to 10pm every day. Anonymous and free.

www.kooth.com

Experiencing grief and loss?

We offer help and support, however you need it

0808 196 3833 (8am-8pm)

griefandlosswyh.co.uk



There is hope, even when your brain tells you there isn't.
— John Green

EVERYDAY POWER



Have you had a go at making your own welcome wreath yet, I'm about to go foraging at the weekend to collect some foliage to make mine. Here is a picture of Lindsey's festive door wreath which she made last week using cut off Christmas tree branches and ivy, decorated with pinecones and dried orange rings. Looks a picture.....and cost a fraction of the price of buying one.



Come on all you budding florists we are waiting to see your pictures...

wakefieldrecoverycollege@swyt.nhs.uk

Winter Wordsearch, how many can you find?

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

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

Mothers Corn beef Hash

A delicious, hearty meal, cheap and easy to cook – feeds 4

Ingredients:

Tin lean corn beef, cut into bite size pieces
 3 large carrots, peeled and chopped into bite size pieces
 ½ small swede or turnip peeled and chopped into bite size pieces
 1 large onion, peeled and thinly sliced
 Cup of frozen garden peas
 4 large potatoes, thinly sliced
 Salt and pepper to taste
 3 Oxo's

To cook:

Put oven on a medium heat
 Place carrots, swede or turnip, onion and peas in a deep oven proof dish with lid
 Mix in corn beef and sprinkle on Oxo's and add a pinch of salt and pepper.
 Add cold water to just below the top of the mixture, stirring well. Mix cornflour with small amount of cold water and add to mixture, stirring well.
 Place the sliced potatoes over the top of the mixture to cover the dish, place lid on
 Cook on medium heat until the vegetables are soft
 Take off the lid
 Return to the oven for about 5/10 minutes until the potatoes go brown and crispy. Serve with crusty bread