



The Supporter

Newsletter

11 December 2020

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

Wakefield Recovery and Wellbeing College

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

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



Local COVID-19 News

A Wakefield and Kirklees Local Contact Tracing Service (LCTS) has been launched to reach residents who may either have tested COVID-19 positive or have been in close contact with someone who has.

If the NHS Test & Trace team has been unable to reach a resident in within 24 hours of them being alerted by the app, their details will be passed to the local service.

The LCTS will text first to say they will call. The text and calls will come from a 01924 number.

Anyone who has symptoms of COVID-19 (a persistent cough, high temperature, loss of taste or smell) they should isolate immediately and book a test online at www.gov.uk/get-coronavirus-test.

Wakefield residents who need help in getting a test should call 01924 22 44 97. All NHS COVID-19 tests are free.

For further information on the LCTS see <https://bit.ly/WKFLCTS>

If NHS Test and Trace Team has been unable to contact you within 24 hours, your details will be passed to Wakefield and Kirklees Local Contact Tracing Service to contact you.



How we will contact you

- By telephone or text.
- If under 18, we'll ask for a parent, carer or adult family member for the call to continue
- Calls will come from **01924 482 119**
- If we can't contact you, someone may go to your home to speak with you.

We will ask for:

- Your name, date of birth and postcode
- who you live with
- any places you've been recently
- names and contact details of anyone you were in close contact with 48 hours before your symptoms started

We will NOT ask:

- for bank details or payments
- for details of any other accounts, such as social media
- for you to set up a password or PIN number over the phone
- for you to call a premium rate number, such as those starting with 09 or 087

How your information will be used:

Anyone you've been in close contact with during your infectious period will be told to stay at home (self-isolate) for 14 days by the NHS. This is because it can take up to 14 days for coronavirus symptoms to appear.

The information you give to Wakefield and Kirklees Local Contact Tracing Service will be handled securely in accordance with data protection law.



ONLINE COURSES AVAILABLE TO BOOK NOW via our website

Online - An introduction to poetry 25 January 2021 – 6 weeks course

Online – Understanding and managing self-harm 5 February 2021

Online – Creative Writing 28 February 2021 – 4 weeks course

Online – Coercive control 12 April 2021

Online – Advanced Creative Writing 16 April 2021 – 6 weeks course

Online – Boogie Bounce 8 March 2021 – 12 weeks course

Online – BADASS – combat workout 10 March 2021 – 12 weeks course

Online – On yer bike 10 March 2021 – 12 weeks course

Online – Yoga 12 March 2021 – 12 weeks course

Online – Wild Things 12 March 2021 - 12 weeks course

Job opportunity

Post Title: Covid Community Response Co-ordinator	Reporting to: Health and Wellbeing Manager
Responsible for: Covid Response Volunteers	Location: St George's Community Centre, Lupset
Grade: Provisional Band C3 to D1 subject to Job Evaluation £20530 to £24,000	Post Reference No: AW9

If you are interested in obtaining more information about the job please contact St George's Community Centre, Lupset, Wakefield

<https://www.stgeorgeslupset.org.uk/jobs/>

Email: info@stgeorgeslupset.org.uk

Telephone: 01924 369631



Keep the family busy

HOLLY-DAYS AT HOME

Check out this fun and festive Christmas guide with the family – lots of ideas and activities to do over the Christmas holidays.

Family Christmas Activity Pack

Please see a fantastic, family activity pack my colleagues have put together for Christmas.

Please share as far and wide as you see fit to spread a bit of Christmas cheer 😊

<https://www.wakefield.gov.uk/Documents/access-to-information/covid-resources-page/holly-days-at-home.pdf>

In last weeks edition I said I was going to attempt to make my first handmade Christmas door wreath – here it is



I used all the foliage from my garden apart from the holly. Being a little creative can take your mind to a relaxing place, and seeing the end result gives you a feeling of achieving something you thought you wouldn't be able to do. Here's to the next 5 my family have asked me to make, I should be on commission!

Janette



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

Link for the edited video

<https://www.youtube.com/watch?v=0TmPnJZEYrM&t=173s>

Have you thought about Volunteering?

Do you have a hobby such as knitting, painting, photography that you would like to share with our students?

Do you have some spare time that you would like to offer to meet and greet our students or support them in a course?

If so, we would love to hear from you!

01924 316946

Get free Vitamin D supplements

<https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/get-vitamin-d-supplements/>

Remember to take vitamin D

As we head into the winter months, don't forget to take **vitamin D**, to maintain bone, muscle health and immune system functioning. Those considered to be clinically extremely vulnerable can **apply** for free NHS vitamin D supplies.

Always consult your GP or pharmacist before taking vitamin supplements



Pastoral & Spiritual Care Carol Services 2020

Friday, 18 December at 11.00am

Due to Covid restrictions, this year's carol service will be held 'virtually' and streamed live from the Chapel at Fieldhead via MS Teams. Please contact Pastoral & Spiritual Care on 01924 316282/ 316284 or Email: pastoral.care@swyt.nhs.uk to obtain the link

The Carols will be sung by the Pastoral Care team and Angie will be playing the clarinet 'live'. Everyone is welcome to attend via MST



We are also holding outdoor Christmas Eve carols on:

Thursday, 24 December at 2.00pm

This will be held in the Caring Garden at Fieldhead and will include Blessing of the Tree. Places are limited. To book your place please contact Pastoral & Spiritual Care on 01924 316282 / 316284 or Email: pastoral.care@swyt.nhs.uk



Wakefield Recovery College in partnership with Battle Scars are pleased to offer this excellent

Understanding Eating Disorders workshop

**23 February 2021
1.00-3.00pm**

**St Giles Church, Market Place,
Pontefract, WF8 1AT**

Book early as places are limited

www.wakefieldrecoverycollege.nhs.uk

01924 316946

Free to attend and open to anyone over the age of 18 years

Don't forget we are updating our website daily with new courses, news and information

www.wakefieldrecoverycollege.nhs.uk



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

What is Fibromyalgia

Fibromyalgia is a complex & chronic condition that causes widespread musculoskeletal pain affecting the whole body, it is also accompanied by debilitating fatigue and cognitive impairment. The condition also impacts on sleep patterns and mood. There is currently no known cause for the onset of fibromyalgia, although there are close links with stressful events and a strong connection to the central nervous system. There is currently no medical cure for this condition.

Freedom from Fibromyalgia

This introductory course will provide an overview of fibromyalgia, what it is and how it affects people in different ways. Throughout this course we will explore the different areas of our lives and how we can make adjustments to reduce our symptoms and allow for a better quality of life.

The course will cover nutrition, sleep, pain management, relationships, employment & finance, mental health, mindset & values.

This is an interactive course where you can share your experiences if you wish to do so. We will also provide some resources, direction to future support & guidance to building a support network for your recovery journey.

You are not alone and there is hope for recovery

**22 February 2021 – 3 weeks course
1.00pm – 3.00pm
St Giles Church, Market Place, Pontefract, WF8 1AT**

To enrol on our website: www.wakefieldrecoverycollege.nhs.uk
or ring 01924 316946

www.southwestyorkshire.nhs.uk

With all of us in mind.

Who said it? – Guess the inspirational Quote!

Answers from last week's quiz

1. Meryl Streep
2. Tim Cook
3. JK Rowling
4. Michael Jordan
5. Buddha
6. Jane Austen

24 hour Mental Health Helpline

0800 183 0558

Confidential helpline offering support, advice, information and guidance.

QNCHA
Care and Support

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



Live Well Wakefield

about a week ago



Live Well Wakefield will be delivering a free, online self management course called 'New Beginnings for Mental Health'. It starts 13 January 2021, 10:30-13:00 (The introductory session takes place 6 January) The course consists of 7 sessions which are 2.5 hours in duration. The course aims to help with the self management of mental health conditions such as anxiety and depression.

To book a place on this course, or for more information email paul.boyd1@nhs.net



WEST Yorkshire Police is supporting an annual campaign by the National Police Chief's Council (NPCC) which aims to combat drink and drug-driving.

The campaign normally runs over the festive period, and this year's edition will be the first one since lockdown.

As a result, one of its "key messages" will be that even though pubs are closed, people must still remain conscious of getting behind the wheel while under the influence.



The force will again be using the hashtag #WYPTheCost as part of the campaign, reminding people that the consequences of drink and drug-driving can include prison time, an unlimited fine and a driving ban, in addition to the devastating emotional impact on those involved and their families if someone is injured as a result of a collision.



New online workshops

- **Coping with life using Relaxation workshops:**
Tuesday 12 January 2021
11:00am – 12:30pm

Thursday 04 February 2021
2:00pm – 3:30pm
- **Feeling Positive, Busting Stress workshop:**
Thursday 11 March 2021
11:00am – 12:30pm

Workshops are facilitated by Live Well Wakefield in partnership with the Wakefield Recovery College

Microsoft Teams joining details will be sent to students before the start of the workshop.

To enrol: www.wakefieldrecoverycollege.nhs.uk
Ring: 01924 316946

Pamper yourself ready for the Festive Season

wea.org.uk

FREE Taster session

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

Start Date / Time

Wednesday 16 December
10.00 am – 12.30 pm
for 1 session

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

Course reference
C3678979

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

Venue
St Marys Community Centre
The Circle
Chequerfield
Pontefract WF8 2AY

Come and join us!

FREE session

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

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



Our next
COUCH to 5K
9 weeks course
Starts in April 2021

Open to students, staff,
carers, patients, volunteers
and anyone over the age of 18

To book your place and for more
information visit our website

NHSBT is urgently appealing for more people to donate plasma, particularly volunteers who have had a confirmed case of Covid-19 or the symptoms of the disease. Your body usually replaces the plasma you've donated in 24-48 hours. Your body also quickly replaces the donated antibodies. All donations are tested for Covid antibodies. You can volunteer to donate plasma by calling 0300 123 23 23, or by providing your details at www.nhsbt.nhs.uk.

Young People – new, free, online workshops

Eye Heroes is designed to raise awareness about eye health. Sadly, sight loss is increasing and most of it is preventable. As 80% of all learning is visual, it's important to make sure children get their eyes tested regularly and understand how important their eyes are.

Eye Heroes

Our online workshops are now available via Eventbrite - do you know any children aged 8-12 years old who might be interested? Please share this link

to book free tickets: <https://www.eventbrite.co.uk/d/online/eye-heroes/?q=eye+heroes>

NOW ON A THURSDAY

Pontefract Bereavement Support

2020	2021
1st October 2020	7th January 2021
5th November 2020	4th February 2021
3rd December 2020	4th March 2021

FIRST THURSDAY OF EVERY MONTH
At 6PM at the Pontefract Conservative Club

FIND COMFORT AND SUPPORT IN A CARING AND UNDERSTANDING ATMOSPHERE

Have you been bereaved? Would you like to meet and help others in a similar situation for friendship and mutual support? Bereavement can often increase feelings of loneliness and isolation. Pontefract Bereavement Support will help you meet other people with similar experiences who might be feeling the same way.

PLEASE NOTE: THIS IS JUST A SOCIAL GATHERING WITH NO PROFESSIONAL COUNSELLING INVOLVED, BUT JUST THE SUPPORT FROM ONE ANOTHER

Sponsored by

24 Outdoor activities (some of them have things to do indoors too!)

1. Collect some fallen leaves and use them to make a picture or a pattern.
2. On a windy day see if you can catch a falling leaf.
3. See how many flowers you can find.
4. Use a fallen leaf to make a leaf rubbing.
5. Go out in the rain and let your hair get wet. Turn your face towards the rain and see how it feels.
6. Find somewhere that you can sit still and watch for birds.
7. See how many different coloured leaves you can find.
8. Touch the bark of a tree and see how it feels. Try more than one and see if they feel different.
9. Learn the name of one new plant or tree.
10. Find somewhere outside you can be quiet and comfortable for 5 minutes and simply listen.
11. Look at how beautiful a raindrop is when it gets caught on a plant or a fence.
12. Find two different sorts of leaf. Have a good look at them then close your eyes and see if you can tell which one is which. If that is too easy try it with lots of leaves.
13. Go and look at how beautiful things can be when they are covered in frost.
14. Find somewhere outside where you can stay still for 5 minutes, close your eyes and see what you can smell.
15. Listen to the noise of trees moving in the wind.
16. Have a close look at a patch of grass and see what you notice.
17. See if you can find a plant with a smell (preferably a nice smell)
18. Hold a leaf up to the light and see the patterns in it.
19. Go for a walk and be aware of what is under your feet.
20. Go out in the dark and look at the stars and the moon.
21. Sit still for long enough to watch the sun set.
22. Get up early and watch the sun rise.
23. Go for a walk and write a poem about what you saw or heard or touched or smelled.
24. If you are in a place where you can - have a bonfire and toast marshmallows.





Team
programme

ASKHAM BRYAN COLLEGE

TEAM



CONFIDENCE

The next TEAM programme will be starting in
Pontefract on Monday 8th May 2017

Aged 16-25, unemployed and looking for something new?

Join the Prince's Trust Team programme and take part in
12 action packed weeks that could change your life for
the better.

Have fun, increase your confidence and gain qualifications,
skills and experience. The Team programme is free,
benefits aren't usually affected and daily travel vouchers
are provided.

To find out more contact Dave Potter,
Prince's Trust Team Leader on 07772 660698
or email : david.potter@askham-bryan.ac.uk

SKILLS

QUALIFICATION