



# THE SUPPORTER NEWSLETTER



18 December 2020  
Christmas Edition



South West  
Yorkshire Partnership  
NHS Foundation Trust

## Wakefield Recovery and Wellbeing

### College



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Welcome to our final newsletter of 2020 (don't worry though, we'll be back with more editions of The Supporter in January)! In this, our 37<sup>th</sup> edition you'll find some specific support for you or those you know over the festive period, helplines, some games and festive activities and stories from our team about how this year has impacted on them, what's changed for them and how they've managed. You'll also be able to see our electronic "Christmas cards" for all the people who support us to support you.

### Support, Information and Helplines

24/7 local Mental Health Helpline (support, information and advice) – Telephone 0800 183 0558

Samaritans (24/7) – Telephone 116 123, email [jo@samaritans.org](mailto:jo@samaritans.org), website [www.samaritans.org](http://www.samaritans.org)

West Yorkshire & Harrogate Grief & Loss Support Service – Telephone 0808 196 3833, anonymous online chat service [www.griefandlosswyh.co.uk](http://www.griefandlosswyh.co.uk)

SANEline (information, support and mental health crisis care) – Telephone 0300 304 700, textcare [www.sane.org.uk/what\\_we\\_do/support/textcare](http://www.sane.org.uk/what_we_do/support/textcare), website [www.sane.org.uk](http://www.sane.org.uk)

Rethink – Telephone 0300 304 7000, website [www.rethink.org](http://www.rethink.org)

Mencap (The voice of learning disability) - Telephone 0808 808 1111, email [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk), website [www.mencap.org.uk](http://www.mencap.org.uk)

FRANK (support around drug use) – Telephone 0300 123 6600, text 82111, email [frank@talktofrank.com](mailto:frank@talktofrank.com), website [www.talktofrank.com](http://www.talktofrank.com)

Drinkline (national alcohol helpline) – Telephone 0300 123 1110

Beat (national eating disorder charity) – Telephone 0800 801 0677 (adults) email [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk), website [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Silverline (24/7 for older people – information, advice & friendship) – Telephone 0800 470 8090, website [www.silverline.org.uk](http://www.silverline.org.uk)

Safe Space (support with mental health and loneliness for Wakefield) – 07776 962 815

For further information about mental health support lines and organisations, please visit [www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/](http://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/) & [www.healthwatchwakefield.co.uk](http://www.healthwatchwakefield.co.uk) (please see their autumn/winter newsletter [here](#) for information on support from your local community hub).

# Our Christmas message to our volunteers and partners



We know that this year has seen its fair share of challenges, and that we have all had difficult moments. Whilst we're unable to send our usual posted Christmas cards, we just wanted to take this time to send a massive thank you out to all of our volunteers and partners for all of your support for the College, our students and towards each other during this past 12 months (pre and during this pandemic!). Whilst we might still be under some fairly strict restrictions in our areas, there does look to be some hope that next year we will get back to some level of normality and that we will be able to see each other in the flesh (not just via video calls!) again soon.

However you choose to spend your Christmas this year, we hope you have a nice break from everything Covid and that you are able to relax, be happy and look forward to a more positive 2021.

Once again, thank you so much for everything you have done for the College this year – without you, we could not offer the support that we do to so many of those who need it.

Merry Christmas!



# Our Christmas message to our students



We wanted to start off our Christmas message to all of our students by saying **thank you!** Thank you for your patience with us over these past nine months whilst we have tried to figure out new and often innovative ways of working and bringing you your courses and workshops. Thank you for your patience when we've perhaps not been as tech-savvy as we'd have hoped and have had mishaps during our online classes. Thank you for your patience with the rather hefty protocols we had to introduce to enable us to still deliver safe face to face courses and workshops. And thank you for your patience with the ever changing dates, times, venues and everything else that we've thrown at you this year – you've taken it all in your stride, always been very supportive of the College, its team, and the things we've had to do, and you've been wonderful at getting in touch and letting us know that all our hard work is worth it as it's really made a difference to your wellbeing through all of this.

However you choose to spend your Christmas this year, we hope you have a nice break from everything Covid and that you are able to relax, be happy and look forward to a more positive 2021.

Merry Christmas!





## It's A Cracker!! 😊

**Why was the turkey in a pop group?**  
*Because he was the only one with drumsticks!*



**What do you call a boomerang that doesn't come back?**  
*A stick!*



**What do snowmen have for breakfast?**  
*Snow-flakes!*



**Why are Christmas trees bad at knitting?**  
*Because they always drop their needles!*



**What is good King Wenceslas' favourite type of pizza?**  
*Deep-pan, crisp and even!*



**Why couldn't the skeleton go to the Christmas party?**  
*Because he had no body to go with!*



**What happened to the man who stole an advent calendar?**  
*He got 25 days!*



**Who hides in the bakery at Christmas?**  
*A mince spy!*



**What do you call a blind reindeer?**  
*No eye idea!*



**Who is Rudolph's favourite pop star?**  
*Beyon-sleigh!*



## Christmas Quiz 2020

1. What does Ross from Friends dress up as when he can't find a Santa costume?
2. What year was "The Snowman" first shown on TV?
3. How old is Kevin McCallister in Home Alone?
4. What is the name of Will Ferrell's Elf character?
5. Which US President appeared in Home Alone 2?
6. What is the last line of Charles Dickens' A Christmas Carol?
7. What year was Mariah Carey's All I Want For Christmas first released?
8. How many gifts are mentioned, in total, throughout The 12 Days Of Christmas song?
9. What is the best selling Christmas song of all time?
10. Who played numerous roles, including Father Christmas, in The Polar Express?
11. Where does The Grinch try and steal Christmas from?
12. What does Harry Potter receive from Dumbledore during his first Christmas at Hogwarts?



## New Year's Quiz 2020

1. What is the first country to celebrate the New Year?
2. In which city does the "ball drop" when the clock strikes midnight?
3. Which song do most people traditionally sing on New Year's Eve?
4. What is the Scottish New Year's Eve celebration called?
5. Which film has the highest box office sales of all time on a New Year's Day?
  - a. Titanic
  - b. Harry Potter & the Order Of The Phoenix
  - c. Avatar
6. Rosh Hashanah is the New Year in which religion?
7. On New Year's Day in 1863, which U.S. president abolished slavery?
8. In Colombia, putting on which colour underwear at New Year would bring good fortune and wealth in the next year?
9. According to the ancient Roman calendar, a new year began on which date?
10. Which ancient civilisation began the tradition of New Year's resolutions?
  - a. Egypt
  - b. Babylon
  - c. Phoenicia



# The Team & Our Stories

## *Janette's Story*

What a strange old year it's been. I never thought when I left the office in March, waving goodbye to my lovely colleagues, armed with my laptop, mobile phone and loads of books and papers that 37 weeks later I would still be working from home from my little manmade office in my spare bedroom. Like many others this was the start of my new adventure and a big change and challenge to my daily working routine, something that I had never envisaged in all the 15 years I have worked for the Trust.

COVID-19 changed my everyday life, the choice was made for me, due to my underlying health conditions and my caring role, it was deemed safer for me to work at home. It hasn't been a straightforward journey by any means...

Life in my little office was lonely at first, just my elderly cat to keep me company, she loves it, because she thinks I'm going to feed her all the time and can sleep by the fire all day. It's costing me a fortune in cat food! Trying to get used to using new technology was a bit of a task, all our Trust systems seemed to change at once, I couldn't keep up with them at one time, it drove me to just about throwing my laptop over the road into my neighbours garden.

My daughter, a nurse caught COVID-19 in April. It brought it home to me, COVID is real! It was a worrying time, thankfully she was on the mend after 3 weeks of being very poorly. Her husband was furloughed from work, and still is, and I worry if they can manage, as they are starting out on newly married life, when I remember, money can be tight.

In September my mother was ill and taken into hospital, I couldn't go with her in the ambulance or visit her until she had a negative COVID test, which took 3 days and then I could only visit her for an hour a day. Added anxiety and worry was all I needed.

I miss my small grand- children who I haven't been able to hug or play with for months now, just the WhatsApp calls to keep us in touch. It's not the same...I'm longing to be in their company and see their little smiley faces and hear their laughter.

My husband and I like to go on holiday once a year and enjoy cruising if we can, this year was a bit different, we managed a few days in a lovely lodge in Beverley and again in a bungalow in Cumbria, not the same but we got away for a few days, we can't complain, which is more than a lot of people.

Over the weeks, I've watched the seasons go by out of my window, spring, summer, autumn and now winter, watched the flowers grow and bloom, seen the sunshine and felt the heat, watched leaves fall from the trees, rain and hail bounce on the ground and soon the blanket of snow. It's a better view than my office window, which is a brick wall...

COVID-19 I'm sure has changed life for lots of us, caused many of us lots of stress, anxiety and worry, we didn't ask for the pandemic, but there is one thing we can do is 'stick together' and wait until COVID-19 turns it's back and walks away...

Janette

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## *Lindsey's Story*

This year was nothing like I had expected it to be! We'd had a difficult last few months of 2019/beginning of 2020 and had therefore planned on the rest of 2020 being a much better year. For the first time ever, my husband and I had actually scheduled in most of our annual leave and planned some lovely holidays and trips abroad. My family live down south and so we'd planned in trips to see

everyone every two months through the year as we really wanted to all spend more time together than we'd been able to in recent years.

Our first trip to see family in February went well, but with the early rumbles of Covid-19, we weren't sure what to expect by the time we would see them again two months later. Unfortunately, lockdown soon followed and we didn't get to that second family get together (never mind all five other planned get togethers or any of our lovely holidays we'd planned!).

When the first national lockdown was announced, we were away at a holiday cottage near Staithes and were a little worried about getting home! However, after a couple of days we worked out we were able to travel and got back ok. My husband and I had a family member living with us through lockdown and we all took it in our stride. We suddenly all got involved more in Zoom gym classes, going running, pottering in the garden and growing our own fruit, veg and flowers. We tinkered with some DIY jobs, made our own chutney, jam and apple sauce and we hosted the obligatory lockdown weekly friends and family quiz via WhatsApp video call. Whilst it was a bit tricky trying to find a way that all three of us could work from home appropriately, we managed it and were all even starting to enjoy working from home. After all, we didn't have to pay for parking, or have a 90-minute commute to work! We could even wear shorts during those hot summer months whilst sat at the laptop and then dash straight in to the garden at clocking off time to sit on the sun lounger, read a book or jump in the paddling pool. The estate we live on really got in to community spirit, helping out our neighbours who were isolating or shielding, having a VE day street party and having a group weight loss challenge. Well, I say weight loss, it ended up being more of a "let's just try not to pile weight on through lockdown" group!

Once things started opening again though, we still found that we weren't really going out much (other than the supermarket and the garden centre!) and had to really force ourselves to get out more. We were still quite wary of what to expect and, with some additional health concerns in the family, really took a slow approach to even standing on doorsteps to have a chat with loved ones.

By the end of summer, the family member had left ours to move back to their own home, my husband and I were still working from home and we'd launched our new amazing College website, which the team were (and are) so proud of. Whilst my husband was still loving working from home, I was starting to find it quite claustrophobic; I'm used to dashing about all over the place and seeing dozens of people usually in every working day. I found that, whilst I was still attending at least three gym classes a week, I was becoming more and more unfit. Classes I used to love were becoming more and more difficult to do. I was really missing walking about and rushing around at work. I missed having a chat with colleagues, bumping in to people, seeing faces in the flesh and seeing my friends and family. We're huggers, and it was becoming more and more strange not being able to touch or hug anyone. We've had lockdown birthdays, a lockdown anniversary and we've missed significant family celebrations. But we've been lucky and haven't lost anyone this year.

By the time the tier systems and tighter restrictions/enforcement rules started to come in, with nights started to draw in a bit, I struggled with the idea that there was no end in sight to everything Covid. It seemed as though all hopes were pinned on *when* there was a vaccine, not *if* there was a vaccine and I was worrying about long term plans. Whilst I had settled in to the swing of working from home again, it meant that all of the hard work we'd done at the College organising courses, rearranging, making safe and setting up systems was just going to be repeated and meant that there felt like there was little let up in the pace and stress that we'd all faced at all of our Trust Recovery Colleges through the year.

Christmas is a really sociable time of year for my big family, but this year will be unlike any other we've ever had. Whilst the restrictions are not ideal, it will mean that we finally get to hug family members in our bubble (so long as none of us test positive or have to self-isolate). It's given me, like many others, that boost I needed to feel like I could carry on with these restrictions, push on with my personal struggles and persevere with this ever changing, incredibly fast paced, new way of working, until these incredible vaccines are rolled out we can get back to some form of normal. We're planning holidays again, hoping for a "Christmas in the summer" and I feel like there will be a time in the relative near future when I will be able to see and hug all those people I've missed. Whilst we will probably always

keep some of the new ways we've been working (online meetings and courses, a great new website, interacting with students via text), we do hope we'll have more face to face courses back in 2021 too.

During all of my ups and downs, the College teams (in particular Janette) have been there to listen to me moan and offload each day. Without these people to sound off against, I would've found this year infinitely harder than I have. So if you haven't already, I really would urge you to reach out to someone if you're not having a great time or are struggling with everything this year has thrown at us all!

Take care, stay safe, and here's to a happier, healthier and hopefully more sociable 2021!

Lindsey 😊

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## *Leo's Story*

My wife lost her mum and dad just before lockdown kicked in, so difficult days lay ahead. Or so we thought. Initially, adjusting was a bit a struggle. Lockdowns and bereavement are like oil and water. We tried all sorts to help de-stress and move forward, but the one thing that we kept returning to was yoga in the back garden! We weren't very graceful, baby elephants spring to mind. We enjoyed it though, and we laughed a lot as we tried to adopt positions that even experienced yoga masters wouldn't attempt. Our old joints creaked, screamed and pleaded for us to stop. But then, thankfully, mercifully, something strange happened. A totally random, wonderful event.

Late one evening in April, a stray cat decided to pay us a visit. "Oh what a beautiful cat" we said to each other, "it's a bit on the big side like...", she's clearly very well loved we thought. The next night, she came back again. This time, we left some food out. Obviously that was a novice mistake, because the next night, and the night after that, and after that, and for eight straight days, she kept coming back. For food and comfort. We even bought some cat milk for her, it's expensive that stuff, so we were clearly hooked. Then, without asking, she decided she was going to move in, and we didn't really have a choice. We just couldn't get her out, although if we're honest we didn't want to even try. Anyway by this point we'd given her a name, "Sister Cathy". My wife came up with that because she looks like a nun, (the cat not my wife). Cathy was really starting to fit in, pinching food, jumping on things, pulling curtains, the usual type of cat behaviour thing. Then one afternoon whilst I at work, I received a phone call. Then another phone call. Then three more phone calls. I was on a visit in Wakefield and my phone was charging in the car so I didn't hear the calls. It was my wife. When I called her back she nervously, excitedly blurted out "Sister Cathy's gone into labour!!!". Ooooh, that's why she was so big. "Quick, grab some hot towels and clean water..." I blurted back. "I can see a kitten coming out" she blurted out again. There was lots of blurting out at this point. I got home as quick as I could, to be greeted by the pitter patter of twenty tiny feet, and five fully formed, healthy kittens and one fast asleep, tired out mother. Oh, and one exhausted Lisa (my wife). Anyone would've thought she'd just given birth!!!

The next four months just flew by. It was an absolute privilege and one of the most wonderful experiences that we've ever had. They grew and grew, became furrer, cuddlier and more playful by the minute. My wife developed a strange voice that she used to use to speak to the kittens, and strangely, she still uses it now. Could we keep them all? No, that would be ridiculous so, sadly, we had to find them some wonderful homes and some wonderful families for them, except for one, the little runt who didn't get picked. We kept him, and we called him 'Baby'. But we didn't realise how close we'd become to these furry little things, and there were many tears as we let each one go.

All the kittens are doing fabulous and we all keep in touch by letter or email. These modern cats!!! And they love their brand new families. And Baby, he rules the roost at our place.

So, lockdown turned into a bit of a non-event at our house and luckily for us it passed us by. We were too busy changing litter trays, pulling kittens down off the curtains or our trouser legs and basically



running a cattery for months!

Leo



Sister Cathy



The Kittens

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### *Hannah's Story*

Hi Readers, I'm Hannah.

I have been working really hard during the Covid-19 crisis to ensure that our communities are kept physically active. Research suggest that our physical health can help support our mental wellbeing, so my main priority has been to ensure we have still provided opportunities for people to keep active.

During the initial lock down, I was asked to be redeployed into our Crisis team in Barnsley. I relish a new challenge and I loved every minute. The team were amazing, and there is a real demand for increased physical activity, even when someone is experiencing crisis. What I soon realised was that Covid-19 was having a huge impact on people's mental health. I was able to use my skills to motivate and inspire service users during crisis, and now 6 months later I am still working with some individuals and it has been amazing to see their recovery and play a small part in their journey.

Personally, Covid-19 has only made a small impact on my life. I have two young children who are managing well with the situation and remain at school and my husband is a football coach who has reduced the amount of time he spends at work so is enjoying the work life balance much more. We



have found that during lock down as a family we have spent more time being creative with our time. We usually have a very hectic calendar with after school clubs and keeping ourselves active, however we have quite enjoyed having no after work commitments or out of school activities. They have now recommenced, so I almost feel like I have zero spare time, and I think this is the usual case for families these days.

What this crisis has really made me realise is just how important it keeping ourselves well can be, and how that can make such a difference to not just our mental wellbeing but, if we were to contract this virus, that being healthy has a far better outcome.

What I would urge all readers is that whenever you have a spare 30 minutes, try and get out in the fresh air and walk, join a group or just go for a gentle stroll. Take the kids out on their bikes, to the park or change driving to the shops to a walk. Make small changes now so that in the future you lead can live a healthier lifestyle.

If you need any support or advice, please do get in touch. In Barnsley our sessions have restarted and soon we are hoping to have more access in Wakefield.

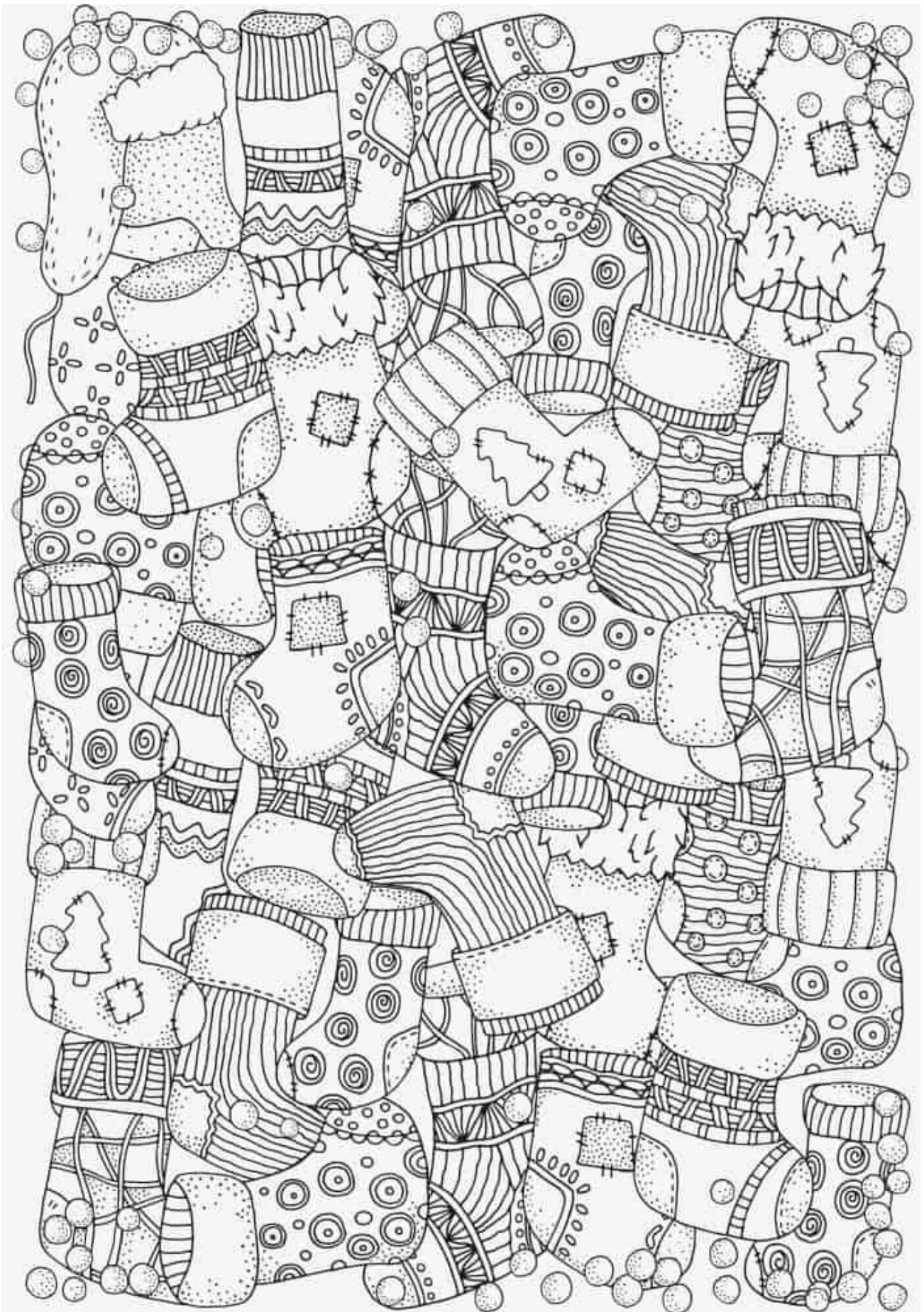
Hannah

## Spot The Difference!!





Take some time out for some mindful colouring this Christmas time...



# Let's make mince pies!!



*Pre-heat the oven to 180 centigrade*

## **Ingredients**

- 225 g (8 oz) Plain Flour, plus extra for rolling out
- a pinch of salt
- 50 g (2 oz) lard
- 50 g (2 oz) margarine
- cold water to mix, about 30 ml (approx. 2 tbsp)
- 25 g (1 oz) caster sugar
- 1 jar of sweet mincemeat
- 1 egg, beaten, or a little milk

## **Preparation Instructions**

### **(making the pastry first)**

1. Mix flour and salt in basin, rub in fat.
2. Using a knife to cut and stir, mix with cold water to form a stiff dough.
3. Turn dough on to a floured surface and knead lightly.
4. Pop it in the fridge and leave to cool for half an hour.  
(While you're waiting, you'll need to grease your bun tin that your mince pies will cook in)
5. Once cool, roll out on to a floured surface until approximately 3mm thick.
6. Cut out circles using a cookie cutter and pop these in your baking tin (one in each hole).
7. Pop a teaspoon of mincemeat in each pasty lined baking tin hole.
8. Cut out some more circles (or other shapes, like stars) and pop them on top of your lined and filled pasty in the tin. You'll need to gently press the top on to the pasty underneath.
9. Brush the tops of your pastry with a beaten egg or a little milk.
10. Pop these in the oven for around 15 minutes, or until golden brown.
11. Once cooked and cooled, if you like, you can dust the tops with icing sugar.

**MERRY CHRISTMAS**

**Santa's Word Search**

Can you help Santa find the hidden words?

The words can go up/down or frontways

CANDLE  
CHRISTMAS  
ELF  
FROSTY

RUDOLPH  
SANTA  
SNOW  
TREE

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



## **Festive services over the Christmas period (including Christmas meals)**

- `I Care meals on wheels services` will provide a Christmas two course meal and tea (optional) on Christmas day: cost, £7.20 two course lunch :£11.50 lunch and afternoon tea. Due to volunteers required ,one week notice should be given in order to place the service user on the appropriate run. The food is delivered hot and ready to eat. contact number 01977 696840.
- St Georges, Lupset, food parcels available, befriending telephone services and help with shopping over the Christmas period. There is also a young person's team who may be able to help families with donations of toys. Contact St Georges reception :01924 369631
- Resource food bank, South Ossett Christ Church: need to be referred. Will provide food parcels twice weekly, (delivered if required) appropriate age group toys may also be requested. Email: [theresourcefoodbank@gmail.com](mailto:theresourcefoodbank@gmail.com).
- The Springs Barnsley road: Christmas lunches will be delivered to individual houses on the 23/24 December. Pre booking required. Contact the Springs Café 01924242593.
- St Catherine's food bank will be open until 22<sup>nd</sup> December and will re-open on the 4<sup>th</sup> January 2021.
- Jubilee hall will be providing a normal menu up to Christmas eve. Booking required: Contact 01924 332554.
- The `BIG FEED` - free takeaway meals. Collection at the mobile Rocket Stadium (Wakefield Trinity) dates available from 22<sup>nd</sup>-31<sup>st</sup> December 1100am-1300pm and 1400pm-1600pm. (Unable to collect, Contact number; 01924 211611). Wakefield district only.