



## The Supporter

Newsletter

8 January 2021

### Wakefield Recovery and Wellbeing College

-  [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)
-  [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)
-  01924 316946
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-  [facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)



Hello and Welcome back to the first 2021 edition of our Newsletter.

We hope you have enjoyed eating your weight in turkey, chocolates and satsumas over the christmas period.

The college is now back open and the team are really looking forward to bringing you lots more new courses, news and information over this next new January to July 2021 term.



The Prince of Wales Hospice will collect unwanted Christmas trees from people in WF7, WF8, WF9, WF10 and WF11 postcodes. **Register at** [www.charityxmastreecollection.com](http://www.charityxmastreecollection.com)

#### NEW YEAR'S EVE

We have been sharing  
We have been caring  
Time to leave the dark  
Move forward make your mark  
Positive thoughts come our way  
Brighten each and every day  
Troubles that do not last  
Leave confusion in the past  
Share with others an outlook bright  
Move forward towards the light.

*New years marks a  
—NEW—  
beginning,  
NEW people to meet,  
NEW adventures to  
enjoy and new  
memories to create*

#### NEW YEAR'S DAY

Hey rise up and shine  
The New Year has arrived on time  
Big Ben strikes its midnight cheer  
And heralds in the New Year  
Rise up it's time to move on  
Another year has gone  
The past year full of woe  
Now time for it to go  
Forget the winter gales  
We might even make it to the sales  
Time not to doze  
Before all those shops close  
Consign the past year to the bin  
Let the New Year in.

#### NEW YEAR'S EVE: MIDNIGHT

Midnight approaches  
Time hovers between the old and the new  
Slowly  
Inexhaustibly  
Midnight approaches  
The one stroke of midnight  
Marks the close of an old troubled year  
But time does not stop  
Time pushes past the midnight hour  
As a new year begins  
Remember moments of fun and laughter  
Of people and places with good times had  
Remember times past with good cheer.  
And welcome in the New Year.

Poem created by one of our talented tutors and writer  
Ryder 2021

Wakefield Safe Space

For . . . By . . . With . . .  
Wakefield

Are you struggling with your mental health?  
Are you feeling isolated and alone?  
Do you need someone to talk to in confidence?  
**WE OFFER 'HOPE IN A CRISIS'**

At The Art House, Drury Lane, Wakefield  
Referral lines open from 6pm –midnight  
**WE ARE HERE TO SUPPORT YOU**

In person, zoom & phone support available  
**FRI, SAT AND SUN**  
Tel: 07776 962 815



## Other useful contact numbers

Police contact numbers:  
Non Emergency - call 101  
Emergency - call 999

Write down the number of your GP and a pharmacy that can deliver prescriptions:

GP tel: ..... Pharmacist tel: .....

Write down contacts that are unique to you:

Next of Kin:.....

A friend or neighbour:.....

Plumber:.....

Electrician:.....

Support Worker:.....

Local shop for home delivery:.....

Other:.....

Age UK Wakefield District  
7 Bank Street, Castleford, WF10 1JD  
t 01977 552114 f 01977 518549 e admin@ageukwd.org.uk  
www.ageukwd.org.uk

Registered Charity No: 1096511 Company Limited by Guarantee No: 4512598  
Registered in England and Wales



# Snowbell

In periods of severe winter weather Age UK Wakefield District's Advisors will be available to guide older people and their carers to:

- keep safe in your own home
- provide links to Statutory Services
- access approved local Trades people
- access 'Snowbell Responders' based in your neighbourhood

## Advice Lines – 01977 552476 / 552114

Wakefield District Housing tenants can contact:  
OneCALL – 0345 8 507 507

For Family Services' Homecare Support contact:  
Social Care Direct – 0345 8 503 503



**AGE UK SNOWBELL ADVICE LINE:** Are you a carer or do you have an elderly relative or neighbour who may need extra help during the bad weather. AGE UK are offering this friendly service to the elderly and carers. Why not complete the attached form above, cut it out, explain to your relative or the person you care for what it is about, and leave the form near their phone for reference just in case advice is required at any time?

## CHRISTMAS QUIZ ANSWERS

1. The Holiday Armadillo
2. 1982
3. 8
4. Buddy the Elf
5. Donald Trump
6. "God bless us, everyone"
7. 1994
8. 364
9. Bing Crosby's White Christmas
10. Tom Hanks
11. Whoville
12. Cloak of invisibility

## NEW YEAR QUIZ ANSWERS

1. Tonga
2. New York
3. Auld Lang Syne
4. Hogmanay
5. Avatar
6. Jewish
7. Abraham Lincoln
8. Yellow
9. 1<sup>st</sup> March
10. Babylon – 4000 years ago!

## Memory Action Group seeking office space

Jan Archbold, along with other carers, set up the Memory Action Group (MAG) in April 2018 as a peer support group for people living with dementia and their carers. The group currently runs drop-ins on Wednesday and Friday afternoons in West Wakefield Methodist Church.

Recently the Alzheimer's Society office in Wakefield closed and MAG has become a focal point for people living with dementia. Services are in high demand and Jan would like to move to a dedicated space the group can call their own and eventually operate five days a week. **Do you have space to rent?**

At least one room is required with space for group activities for 10 to 25 people. Disabled access is a requirement including a disabled toilet, and access to a kitchen; parking and outdoor space would be a bonus. Anywhere in Wakefield District would be considered.

Please reply to Jan via email: [jan.archbold@outlook.com](mailto:jan.archbold@outlook.com) for further information.

## Join in with our Singing Group - Now held online

Join other people with dementia at a **Singing For The Brain®** session in West Yorkshire.

### Where can I find it?

This is an online group, using Zoom and/or telephone to virtually meet.

### When is it?

The sessions are held every Wednesday afternoon, 4pm - 5pm.



## Introduction to Dementia - virtual drop-in

**An online interactive session for people affected by dementia.**

Have you, or someone you know, been recently diagnosed with dementia? Our sessions are led by Dementia Support Workers and will cover:

- What is dementia?
- Living well and staying healthy
- Day to day living
- Practical things and planning
- What support is available?

Sessions run alternate Tuesdays from 12pm to 1.15pm via Zoom.

Please contact our office for details on how to access the sessions.



## Alzheimer's Society (Wakefield)

Supporting people affected by Dementia across Wakefield & District.



Registered charity no. 296645



Contact for more information  
01924 373264 or 07872503419  
[wakefield@alzheimers.org.uk](mailto:wakefield@alzheimers.org.uk)

**Keep your house at the right temperature.** The area you spend most time in during the day should be around 21°C (70°F). The rest of your home should be at least 18°C so you always keep warm.

**Keep the temperature consistent.** Check the thermostat and timer for your heating system so the temperature is constant all day and night.

**Keep the heat in overnight.** This is one the best ways to keep warm. The temperature is coldest just before dawn. Make sure your bedroom window is closed at night and close curtains at dusk to keep the heat in.

**Don't let finances stop you turning your heating on.** Around 3.4 million households in the UK are living in fuel poverty. Older people and those with long-term or chronic illnesses are the most vulnerable.

**Make sure to get any financial support you're entitled to for energy bills.** Contact your local Citizens Advice Centre, ring the free national helpline at Turn2 us on 0800 802 2000 or look on the government website - [www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

**Get your heating system serviced and checked annually.** It might seem a lot of money, but it will ensure it's working safely and efficiently. Some companies will include this service as part of their energy package deal so it's worth looking into.

**Dress in layers to keep warm.** Several thin layers work better than one thick layer of clothing. Clothes made from wool or fleecy materials are best. Think about thermal underwear, tights, hats, gloves and scarfs.

**Put blankets around your home.** You can place them near sofas or chairs so they're there if you need them. But make sure they don't trail on the floor increasing your risk of falls.

**Use hot water bottles, electric blankets and wheat bags.** Electric blankets can't be used with hot water bottles though, and may not be suitable if you have incontinence problems – check with your doctor. Also check your electric blanket can be used overnight and is serviced regularly so it isn't a fire risk.

**Be prepared if you're heading out.** Wear warm footwear with non-slip soles, and keep hands, heads and faces warm.

**Use scarves.** One of the quickest and easiest methods of keeping warm. By wrapping one loosely around your nose you can warm air before it's breathed in.

**Eat right.** Make sure you're [eating well](#), with at least one hot meal a day. Try to eat a balanced diet with lots of fruit and veg to get nutrients.

**Stay on top of the weather forecast.** Check the weather forecast and order in repeat prescriptions and food if it looks like the weather will turn.

## Upcoming bank holidays in England and Wales 2021

2 April	Friday	Good Friday
5 April	Monday	Easter Monday
3 May	Monday	Early May Bank Holiday
31 May	Monday	Spring bank holiday
30 August	Monday	Summer bank holiday
27 December	Monday	Christmas Day (substitute day)
28 December	Tuesday	Boxing Day (substitute day)

<https://www.gov.uk/>

### Remember 'Hands. Face. Space.'

**hands** – wash your hands regularly and for at least 20 seconds

**face** – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet

**space** – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)



<https://www.westyorkshire.police.uk/>



### Video: British Sign Language advice re Covid



Zara works for DDYC (Dex Deaf Youth Council) as a Project Co-ordinator. Here, she signs about the latest Covid news and restrictions into Tier 3 (very high alert)

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


## Covid-19: How winter exercise could help us cope with the pandemic

Exercising outside this winter could help boost our mood and reduce anxiety during the pandemic, a sports expert has said.

Ruth Lowry, an exercise psychologist at the University of Essex, researched the effects of staying active during the colder months.

She said being in natural light boosted vitamin D which was "very important for things like our immune system [and] for our bone health".

"During Covid it's particularly important to exercise so that you can activate the body and increase muscle strength [and] increase flexibility," Ms Lowry added.

The NHS recommends 150 minutes of exercise  a week for 19 to 64-year olds

Read more @ BBC News 

[Covid-19: How winter exercise could help us cope with pandemic - BBC News](#)

# We're still open, but what does this new lockdown mean for your College courses?

We wanted to reassure all of our students that with the announcement of the new national lockdown for England, commencing on the 5th January 2021, we are still open, working from home, available to take your calls, emails and messages, and are able to offer all of your courses and workshops via our online platforms as planned.

We will continue to enrol students as we have been, conducting Individual Learning Plans (ILPs) over the telephone or via Microsoft Teams for those who require visual interactions, and will continue to send out joining details/links for each online course in the days leading up to the start date of each course/workshop.

As part of our continuity planning at the end of 2020, we came to the decision to plan for almost all of our courses and workshops to be offered online until Easter. Because of this, we hope we have therefore managed to avoid any disruptions to learning or major inconveniences with rescheduling.

Currently, until the end of April, we have only five courses or workshops that are only being offered face to face. This is because the nature and the content of these would not allow for the courses to be delivered appropriately online. For the time being, only two of these will need to be rescheduled as they were due to take place in February (Freedom from Fibromyalgia and Understanding Eating Disorders). We will be in touch with anyone registered to attend these courses once we have finalised when and where these will be rescheduled for. As guidance changes, we will then review the remaining three courses, due to run in March and April.

As always, the team are here if you have any queries or need any support or signposting. Please get in touch with us via email ([wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)) or via telephone. You can reach Janette on 01924 316946 or Lindsey on 07768 290854.

## 'Blue Monday Event' 18 January 2021

Blue Monday is a name given to a day in January (typically the third Monday of the month) reported to be the most depressing day of the year. Our last year's successful event at the Wakefield Town Hall has spurred us on to offer another event this year, however a little bit differently, due to the restrictions around the Covid-19 pandemic. We want it to be just as successful and reach as many of you out there as we can.

This year's event will be via a virtual platform like Facebook or Microsoft teams

### We need your help!

What services/organisations would you like to see there?

What kind of information do you want us to provide?

Do you want quizzes/raffles?

Do you want to watch pre-recorded information videos?

Would you like to see craft or other demonstrations?

Let us know your ideas asap by emailing us at [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk) or ringing us on 01924 316946

Following the Prime Minister's announcement of a third national lockdown which started on Tuesday 5 January we can now confirm changes to our council services. Our priority is to provide support to the most vulnerable in our district and keep our essential services running, in line with government guidelines.

The following changes will take place to our services until further notice:

**Museums, libraries, leisure and parks:**

- All museums will be closed
- All libraries will be closed except to provide essential PC/digital services. A click and collect service is available online and over the phone
- Pontefract Castle grounds and toilets will remain open
- Sandal Castle grounds will remain open, but the café will be closed
- Wakefield Council markets remain open to traders selling essential items
- All leisure facilities and golf courses will be closed (a temporary freeze will be placed on all Aspire memberships). Aspire at home will offer a range of online classes which can be found here [www.facebook.com/wakefieldsportandfitness](http://www.facebook.com/wakefieldsportandfitness)
- Country parks remain open, including toilet facilities (except at Newmillerdam Country Park). The café at Pugneys Country Park will be serving takeaway food and drink only

**Customer services:**

The Customer Access Point at Wakefield One remains closed but residents can still contact customer services online or by calling 0345 8 506 506. Or alternatively, for:

- Licensing - call 01924 302932 / 302919 or visit [www.wakefield.gov.uk/business/licensing-and-trading](http://www.wakefield.gov.uk/business/licensing-and-trading)
- Revenues and benefits - call 0345 8 504 504 or email [benefitsservice@wakefield.gov.uk](mailto:benefitsservice@wakefield.gov.uk)

**Registrars:**

Our Registrars' services remain open for appointment only to register a birth or give notice of a marriage or civil partnership. Death registration appointments will continue via telephone. Wedding and civil partnership ceremonies are not permitted during the national lockdown.

**Children and adult services:**

All children and adult services continue to operate as normal. Children's Centres and Children First Hubs remain open for individual appointments and support only.

**Waste services:**

Bin collections and other essential Council services will continue as normal, including Household Waste Recycling Centres at South Kirkby, Castleford and Wakefield which will remain open, although people are asked to avoid peak weekend times if possible, to minimise traffic disruption

**Funerals:**

Funerals can be attended by up to 14 people at Pontefract Crematorium, or 16 at Wakefield Crematorium. This is the maximum number that can fit in the chapel and maintain proper social distancing. Up to 30 people can attend a burial outdoors, as long as social distancing is maintained.

## A reminder of the current national lockdown information:

The latest national lockdown, which will also include the closure of all schools, means residents must stay at home, with a limited set of exemptions:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

Nurseries will remain open, and childcare bubbles can remain in place. Clinically extremely vulnerable people are also being told to shield again.

## Additional business support

We are working hard to support all our businesses through these restrictions. Our business support team is ready to provide support and guidance to all affected businesses. Businesses can contact the team at [info@wakefield.first.com](mailto:info@wakefield.first.com) or by calling 01924 306 630.

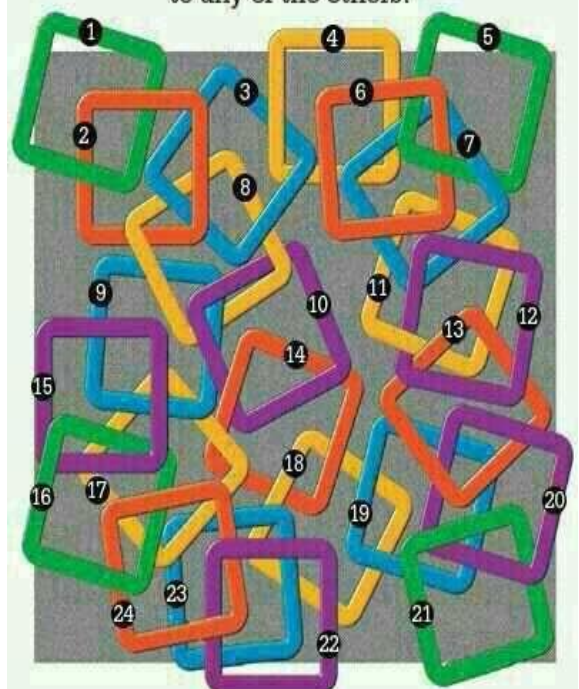
A £4.6bn business support package has been announced by the Government. Further details on these business grants are yet to be released and we will communicate this information to businesses as soon as it becomes available.

For more information please visit [www.wakefield.gov.uk/coronavirus](http://www.wakefield.gov.uk/coronavirus)

## Great British Quiz

1. What is the full correct title for Britain
2. Which group of people invaded Britain in 1066
3. Which British Queen was also known as the Empress of India
4. Which war with Argentina began in 1982
5. Which ancient monument would you find on Salisbury Plain
6. What is the name of London's most famous bridge
7. Name England's largest lake
8. What is the largest Gothic Cathedral in northern Europe
9. Which Scottish engineer invented the television
10. Who invented the cat's eyes which mark the centre of roads

Find the three squares that are not linked to any of the others.



# Domestic abuse - here to help

The stay-at-home instruction as a result of COVID-19 does not apply if you need to leave your home to escape domestic abuse.

**Domestic abuse isn't sweet**

Wakefield District Domestic Abuse Service  
We can help you  
Visit [www.wakefield.gov.uk/keepitsweet](http://www.wakefield.gov.uk/keepitsweet)  
#KeepItSweet

Safe Together

The graphic features several heart-shaped buttons with words: Isolated, Trapped, Upset, Scared, Hurt, Worried, Hopeless, and Controlled.

Don't miss this new online money budgeting course hosted by the college and presented by Flipside CIC and accredited by ASDAN. Enrol via our website.

NHS South West Yorkshire Partnership NHS Foundation Trust

**Wakefield Recovery College**

NEW COURSE

**Money Makeover**

Friday 18 January 2021  
Online workshop live and interactive

11.00am – 12.30pm

Do you want to get better at managing your money?  
Budgeting doesn't have to be scary.

With our easy to use APP we will help you create your own money plan from scratch

This **FREE**, 1½ hour workshop (broken down into 3 x 30 minutes sessions) will look at ways of prioritising and making the best of your choices

Abi, our fictional friend will help us along the way.

Why not make positive financial steps and join our friendly, fun, and easy to understand workshop?

To book your place go to our website (online courses)

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

Joining details will be sent to you before the start of the workshop

[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)

With all of us in mind.

## Courses out NOW!

Book via our website

Coping with life by using relaxation
Money makeover
An introduction to mindfulness
Overcoming anxiety
An introduction to poetry
Lifting your spirits
Understanding & managing self-harm
Freedom from fibromyalgia
Understanding eating disorders
Creative writing
Boogie Bounce
Badass
On yer bike!
Feeling positive, busting stress
Yoga
Wild things
Aromatherapy
Dyslexia awareness
Couch to 5K
Coercive control - a brief overview
Advanced creative writing
Personality disorder

## Courses out SOON!

Dyslexia awareness  
Improving your sleep  
Understanding personality disorder  
Understanding hearing voices  
Understanding post traumatic stress