



The Supporter

Newsletter

15 January 2021

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



Hosted by Wakefield and
5 Towns Recovery College

'Blooming Monday'

Monday 18 January 2021

9.00am – 3.30pm



Live and interactive online event



January is traditionally the time to start our New Year's resolutions such as getting fit, stop smoking or trying to lose weight. But it's also time for 'Blooming Monday' on Monday 18 January 2021.

Generally, January can cause people to experience mood slumps due to the cold weather, having to go back to work, and the festivities of Christmas being long gone for another year. 2021 is a little different as we know, and the least upbeat time of the year has now taken on a new meaning due to the COVID-19 pandemic, along with the anxiety and stress that comes with it.

Following last year's successful 'Blue Monday' event at the Wakefield Town Hall, the College is delighted to be able to host this year's event, 'Blooming Monday' although a little differently, but with just as much enthusiasm and co-production from lots of partners and outside organisations. Our aim is to offer to you, periodically throughout the day, via social media and Microsoft Teams, a varied programme to include news, videos, live talks, question and answer sessions and lots more about our Recovery College and what there is currently available in your community around physical and mental health support.



You can watch this live and interactive event from the comfort of your home, have a cuppa and join in to which ever session/s you are interested in viewing, or if you wish, why not settle down and watch all the day's events. **All you have to do is download the Microsoft Teams app to your computer, laptop or phone and click into the "join the meeting" or the full link below.** If you want a copy of the day's programme please email us at wakefieldrecoverycollege@swyt.nhs.uk or visit the events page of our website www.wakefieldrecoverycollege.nhs.uk.

[Click here to join the meeting](#) (short link – available on electronic flyers)

https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZmlzZjQ0OTU1MGY1NS00MjRlLTkzN2MtZWU0NTMwZmRhNzQ3%40thread.v2/0?context=%7b%22Tid%22%3a%22809c08a8-057d-47b8-bca6-1e930ec230ac%22%2c%22Oid%22%3a%22ce9eef06-e529-4056-b9cb-a6ab682cff40%22%7d (full link – available to type into your URL or to click directly on electronic flyers)

You can also email/call the College (01924 316946) to get the link sent directly to you.

With all of us in mind.

Wakefield
Recovery and Wellbeing College

Money Makeover

Join us for the FREE online workshop

Monday 18 January 2021 starting at 11am-12:30pm (broken down in to 3 bite-sized sessions of 30 minutes each)

Do you want to get better at managing money?

Join us for this FUN and FRIENDLY course.

With a quick and easy app, we will help you create your own money plan from scratch.



If you were Abi.....



To book your place, please telephone 01924 316346 or go to the "online courses" section of our website:
www.wakefieldrecoverycollege.nhs.uk

(Joining details will be sent to you after booking.)

With all of us in mind.

www.southwestyorkshire.nhs.uk

Last week's quiz answers

1. The United Kingdom of Great Britain and Northern Island
2. The Normans
3. Queen Victoria
4. The Falklands
5. Stonehenge
6. Tower Bridge
7. Lake Windermere
8. York Minster
9. John Logie Baird
10. Percy Shaw

3 squares puzzle

17, 19, 23

HEALTHY FOOD

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



Milk
Yogurt
Apple
Banana
Broccoli
Cherry
Cheese
Bread
Apricots

Avocado
Cantaloupe
Raspberry
Tomato
Cranberry
lemon
Lime
Fig
Onion

Artichokes
Ginger
Spinach
Squash
Garlic
Peanuts
Shellfish
Salmon
Crab



Team Programme Online

ASKHAM BRYAN COLLEGE

The Prince's Trust Team Award
Entry Level 3, Level 1 and Level 2

Career Planning Supporting Others Presentation Skills
Planning For Progression Teamwork

Course Dates:
01/02/2021 - 26/03/2021

CONFIDENCE SKILLS QUALIFICATION

Are you aged 16-25* and looking for self-improvement?
Join the Prince's Trust TEAM Programme and take part
in 8 weeks of online personal development which could
change your life for the better.

Earn a £30 bursary whilst working from home via an
online classroom environment.

Students must have turned 16 before the 31st August 2020 to participate

Contact:
Annabel Smith:
07970 649 186
annabel.smith@askham-bryan.ac.uk

Head for our Audio Walks

Our audio walks are growing in popularity as a great way to enjoy the outdoors, indoors! You can access them on the 'Access Info' section of our website. Recent additions are a 'Saltaire Stroll' and the 'Norwood Edge Photo Walk'.



Open Country's Audio Walks

We have USB sticks with all the audio walks on - let us know if you would like us to send you one.

https://twitter.com/Open_Country_20/status/1348186645699440640



opencountry



www.rspb.org.uk/Birdwatch21/RSPB

RSPB Big Garden Birdwatch 2021
29th – 31st January
FREE Guide to Birdwatch – FREE Online Pack

Sit down with a cuppa and enjoy time in your garden watching the birds and see how many different species you can spot with the help of the free guide. You also get tips on what is the best food to feed the birds with.

Useful Helplines

NHS Mental Wellbeing

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Mind's Coronavirus support page

<https://www.mind.org.uk/coronavirus-we-are-here-for-you/>



Over the past few months Open Country's Wakefield Nature Force Group has been growing a range of native wildflowers from seeds in peat-free soil. We are asking for a donation of 50p per plug plant and have a range of species available from February 2021, including:

- Common poppy, corncockle, cornflower, English chamomile (great for making a chamomile lawn!), tufted vetch & yellow rattle



Pick-ups and planting help can be arranged with an additional fee for our planting out services. For enquiries and sales, please contact Ella Dixon on Tel: 07426 718877
Email: wakefield@opencountry.org.uk
www.opencountry.org.uk



opencountry
Let's do it together



Useful tips on how to stay warm

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 0808 802 2000 or look on the government website - 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.

<https://www.calderdalekirkleesrc.nhs.uk/wp-content/uploads/2020/10/Lets-get-physical-magazine-ISSUE-1-sm.pdf>



Download the free magazine Let's get Physical Activity daily and weekly home workout routines offered by our sister Recovery College at Calderdale and Kirklees

Fibromyalgia support
info@betrustoyou.co.uk

Please note there may be a minimal charge for some of this support information

Be True To You's Safe Space group is going online in the next few weeks

The 30 day 'Nutrition' challenge is on its way on the 18th Jan, here's the group should you wish to get involved for just £1.99
<https://www.facebook.com/groups/247780053359272/?ref=share>

We have our private Fibromyalgia community in this group
<https://www.facebook.com/groups/2187990621283089/?ref=share>

We also have our planners to download @ www.betrustoyoulife.coaching.co.uk to get you started on your journey

THINGS ON YOUR MIND?

Are you feeling anxious, low or stressed?
Turning Point Talking Therapies are here to help.

FIND OUT MORE OR REFER BY:

TEL: 01924 234 860
WEB: talking.turning-point.co.uk
EMAIL: wakefield.talking@turning-point.co.uk
Access assessment and treatments 7 days a week

Andrea, one of our lovely volunteers has given us an insight into how this past year has been for her during the times of lockdown, the lows and the highs (but more highs)...

Lockdown Hallelujahs

Well. The New Year started well, sort of. My little car passed its MOT and my parents central heating got fixed. Yeah! Yeah!

Then there was the Prime Minister's briefing at 8pm, oh dear, not so good.

I am really thankful and grateful for my last hospitalisation, which without I would not have coped at all with any of the things that this last year has thrown upon us all. I am very thankful for the support offered to me by The Trust – particularly the Recovery College, so thank you all.

The arrival of the first few editions of 'The Supporter' newsletter provided me with so many things to look into that I felt there was plenty to keep me going for some time. Links to other organisations and projects really are invaluable too. Not being so keen on technology this would not really have been my first port of call . . . But what would we have done without being linked to people electronically?

Armed with go – to comfort recipes and new things to try . . . today is a black forest cake for my Mum's birthday.

It is a lovely morning, no ice, snow or rain., the sun is shining. I enjoyed my walk and stopped three times in the sunshine to do a Leo and Kate leaning into the sun rays.

Radio Leeds has also been a lifeline. I have been able to listen to programmes keeping me up to date with need to know news. The presenters are upbeat and positive whilst recognising all the difficulties that are with us. My pet cat is a source of joy and companionship.

On the few occasions that it has been possible to do things with real people it has seemed so much more special.

A concert that I have been looking forward to has been rescheduled for the fourth time. I am not giving up. This time it is February 2022.

Being a water baby, having not dipped in a swimming pool for over a year, I am looking forward to that too. I never got around to going back to my previous classes, so I am very pleased to have the opportunity to “virtually” boogie bounce, do a yoga class and a combat work out. Those are things that I would probably never done.

My toolbox of coping strategies may not fix things completely, but it does help.

On my days as an insomniac or as early riser I like looking to the Sun, Moon and Stars. With my ambition to learn more about the changing seasons, planets and the natural environment, I aim to get to at least one Planetarium and an Observatory. I want to stand on the moors staring up at the night sky. I really need to book in a few Professor Brian Cox programmes. I have seen some spectacular sunsets and sunrises, unusual cloud formations, rainbows, blood moons. Black, star – studded skies.

These things help to remind me that the world is still a beautiful place and we need to look after it as well as ourselves.

<https://www.wakefieldrecoverycollege.nhs.uk/news/the-biggest-killer-of-men-under-50-is-suicide-and-nearly-3-4-of-all-suicides-are-men/>

The biggest killer of men under 50 is suicide and nearly ¾ of all suicides is men.

Great Minds – Support for men in West Yorkshire

West Yorkshire & Harrogate Integrated Care System (ICS) has partnered with State of Mind Sport to provide local communities with a 7-week mental health/fitness awareness programme for men, co-facilitating sessions on topics that can help men understand issues around their own mental health and emotional well-being.

The Great Minds sessions, starting the week of the 18th January 2021 will include evidence-based theory and interactive peer support workshops that will encourage men to share common themes that can have a negative impact on our emotional responses, mental health and physical wellbeing.

The project is delivering initial sessions online that cover basic mental fitness, stress management, building resilience, exploring emotional intelligence and anger management.

Former sports people will use their own lived experience in sport to illustrate and harness the best evidence base intervention to help men to manage and improve their mental fitness.

Sessions start the week of the 18th January 2021, last for approximately one hour and run on a Monday and Wednesday for 7 weeks. You can attend either session, or you can attend both each week.

If anyone is interested and wants to join, or perhaps knows someone who might want to get involved, please email swy-tr.greatminds@nhs.net. You can also find out more by watching [this short video](#).

#greatminds #menofwakefield
South West Yorkshire Partnership NHS Foundation Trust



A smiling face, a cheeky grin and a mischievous sense of humour!

That is how I will remember Andy. He was my work colleague and he died aged 34. He took his own life in the summer of 2000.

I remember taking a phone call at work from his Aunt telling me the news. I remember my mind going numb and the uncontrollable wave of emotion. Having to stop on my drive home to compose myself. I remember filling the car with fuel at the garage and feeling guilty for carrying on as normal. I remember that first night in bed totally crushed and feeling completely empty. I was in shock. I remember the overwhelming craving of wanting to see him just one last time.

I remember sitting inside the car, not moving and staring into space for 15 minutes before I could enter work the first day back. I remember my colleague telling me that he was planning to ask Andy to be the Godfather to his baby daughter. I remember the funeral, the sense of tragedy and the actual physical pain of emotion causing me to stoop.

I remember... 20 years later that enormous bomb exploding in my life, in my colleague's lives and the lives of Andy's family. The world changed when he died. I remember explaining to others that Andy died because he was deeply sad. In fact, the truth is I don't know, he never said. Andy had his smile, a cheeky grin and sense of humour but we all wear masks, we all pretend. Remembered always Matt ...

A RADAR Key (sometimes called an NKS Key) is a large, silver or bronze-coloured skeleton key that opens more than 10,000 locked, disabled toilets in the UK. The RADAR key is part of the National Key Scheme (NKS), giving thousands of people with disabilities and health conditions independent access to locked public toilets around the country. The Radar Key Scheme enables these disabled toilets to be locked to prevent vandalism and misuse, while also being readily available to those who really need them

www.ageukincontinence.co.uk/Toilet_Keys

COMMUNITY GROUP



Hello - we are **Portobello Craft and Camera group**. We are a friendly bunch, our aim is to be supportive, lift mood and combat social isolation and loneliness by doing what we love best - Crafting, Cameras, Arts, and sharing skills yes, even sharing cake, biscuits and sometimes sitting down together and sharing a meal!

We usually meet every Tuesday throughout the year (except bank holidays) at the Portobello Community Centre from 12:30 to 2:30. We charge £2.00 per session There is no commitment to come every week, you just turn up when you want to and do as much, or as little as you want to !

Due to the current situation we are not able to meet at the moment but hopefully will be able to start up again mid to late February

At the moment we have regular contact with all our group members, either via weekly phone call or our WhatsApp - we've even tried zoom!! It's a good way of checking in with each other, seeing what everyone is keeping busy with and sharing any information regarding updates and support available locally

We do have a group mobile, we'd love to hear from you if you are interested in joining us Please call, leave a message or just text us with your name and number and we will get back to you within a couple of days to have a chat

Mobile: 07830 302 207



Courses out NOW!

Book via our website

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

DON'T FORGET

All our courses are open to Trust staff, service users, volunteers, carers, other organisations' staff and service users etc, or anyone over the age of 18 who wishes to help improve their understanding of their own or others mental or physical health conditions and wellbeing. All students enrol in the same way and are equals. We will require all new students to complete a learning plan so we can ensure we have any special needs in place before the start of their learning with the college.

JOB OPPORTUNITY



st george's

**Information Sheet
Communications Officer
Closing Date 5th February 2021 at 5:00pm**

St George's Lupset, known locally as St George's Community Centre is a registered charity and community enterprise, providing services to the residents of Lupset and West Wakefield. These include:

- Four Childcare settings, (two in Lupset and two others in Eastmoor and Sandal)
- Young Peoples Service
- Training and Employability service
- Health and Wellbeing Activities

Post Available

This is an exciting opportunity for a passionate Communications Officer to join our dedicated team and help us to reach out to the local community.

In a recent consultation they told us that they were feeling 'anxious, terrified, sad, stressful, paranoid, lonely and worried about the future' as a result of the Coronavirus Pandemic.

We need your expertise to develop and implement a strategic communications and marketing plan that promotes the services and activities delivered by St George's and ensures our partners, funders and most importantly the community are aware of St George's offer.

Salary: Provisional Band D1/D2 subject to Job Evaluation £20015 to £26,000 and dependant on qualifications and experience. (pro rata)

Hours: 18.5 hours per week, to start as soon as possible. Initially funded for 12 months, it is our intention subject to funding to make this a permanent post.

Why work for St George's? We offer the following:

- Good rates of pay with the opportunity for an annual increase based on performance.
- Pension Scheme - employer contribution up to 5%.
- Generous holiday entitlement of 26 days plus bank holidays.
- Training opportunities to support an individual's training and development plan.
- A supportive and caring environment.
- Six-month induction and mentoring support.



21-01 Information Sheet - CO.pdf



AW10 Communications Of

We would like to invite you to **Bethany+**
Connecting people who may be lonely or vulnerable at home.

TALK

Bethany's Friday talks on Zoom are free of charge and everyone is welcome.

We invite interesting guests and have interesting discussions.

Our aim is to make people feel connected and supported.

You are not alone..

Folk Talk WITH BRADY HARRIS
Exercise. It has to be done! NANA TAYLOR
Life with Covid-19

Please note these talks:
Are free and available to everyone.
Provide a friendly, relaxing and supportive place.
Enable listeners to ask questions, but most people are content with just listening.

Find the Differences

Can you find 10 differences between these pictures?



For more details please contact Bethany House Healing Centre on 07596179140 or email Bethanytic2@gmail.com

COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

NEW ONLINE FREE ARTS COURSE

Exploring Collections at the Mental Health Museum in Wakefield

Outside In is partnering with the Mental Health Museum to deliver a completely free 10-session online course (Zoom) where participants will be supported by an experienced tutor and staff from the museum to explore, research and respond to the museum's collections of patient created artwork. The course is part of a larger, nationwide project that aims to look at reinterpreting collections of patients created artwork, encouraging people to see those with their own lived experience of mental health issues as experts in this area.

The course begins in March, and the deadline for applications is 9am, Friday 29 January 2021. For more information on the course, please visit: <https://outsidein.org.uk/news/patient-artwork-project-mental-health-museum-wakefield/>

We will be running a free online information session where anyone who is interested can find out more on Tuesday 19 January, 11am – 1pm. To register for this event, please visit: <https://outsidein.org.uk/events/information-session-for-the-patient-artwork-project-at-the-mental-health-museum-wakefield/>

www.outsidein.org.uk



GP PATIENT SURVEY

NHS

We want to hear the views patients have about their GP services.
www.gp-patient.co.uk

atient

Banana Butterscotch self-saucing pudding

Serves 4-6 (18p per serving)

You will need:

Vegetable oil, for greasing
2 medium bananas
30g butter, plus 60g extra
150g self-raising flour
110g soft light brown sugar, plus 165g extra
124ml milk

How to make:

- 1). Preheat oven to 180dC (fan 160dC, gas 4)
Grease a large shallow ovenproof dish. Peel and thickly slice the bananas lengthways. Place in the bottom of the dish.
- 2). Melt the 30g butter in a small saucepan over a low heat. Put the flour, 110g sugar, melted butter and milk in a medium bowl and whisk until smooth. Spread the mixture over the bananas.
- 3). Combine the 165g sugar, 60g butter and 425ml of just boiled water in a large bowl and mix until the sugar has dissolved. Evenly pour over the batter in the dish.
- 4). Put the dish on to an oven tray and bake for 40 mins or until the middle is firm when lightly pressed. Leave the pudding to stand for 10min then serve immediately with cream or custard.

Tip: serve straight away or the sauce will thicken and set and will lose its gooiness!

