



The Supporter

Newsletter

22 January 2021



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



Get involved with #StayHomePlayHome. On Monday 25 January, Wakefield Council is launching a social media campaign to celebrate the efforts made by everyone who is staying at home to save lives. Whether it is baking a cake or building a DIY bar, we want to know what you've been doing to stay home and play home during the third lockdown. You can get involved on social media by tagging Wakefield Council @MyWakefield or by using the hashtag #StayHomePlayHome.

#CPR #LifeSavers #Alexa



For all those with Alexa's

Did you know if someone needs CPR
Alexa will give you full instructions?
"Alexa activate emergency CPR"



HUMBERSIDE
Fire & Rescue Service



<https://www.nhs.uk/better-health>

Have some of us already ditched the New Year's resolution to lose weight? Finding it too boring, hard to get motivated, you are not on your own.... Ok you already know that if you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

Don't give up just yet, have a really good read at the NHS Better Health tips, recipes, exercises, diet plan and download the NHS free weight loss plan, to kick start your motivation again. Starting back on that better healthy eating plan will support both your physical and mental wellbeing in the long run....



Give it a TRY!



And don't forget we have our Couch to 5K course coming up – go to our website and see what it's about

FREE ONLINE COURSES

Sewing machine class for beginners

[Register with eventbrite.co.uk](https://www.eventbrite.co.uk)

Various dates

DIY Landscape design

February 6

From 5.00pm – 8pm

[Register with eventbrite.co.uk](https://www.eventbrite.co.uk)

DIY Raised Bed Construction & Vegetable Gardening

27 March

From 4.00pm – 7.00pm

[Register with Eventbrite.co.uk](https://www.eventbrite.co.uk)

Check out their website there are lots more courses to choose from with various dates that are free to join.

christians
against
poverty

Struggling with debt? I

Call free on

0800 328 0006

CAP Debt Management FREE service are still open for business to help, care and support people in a safe and secure way.

Don't struggle if you are in debt – give them a call, they are a friendly bunch and really want to help

Any type of debt, small or large, non-judgemental

capuk.org

The Portobello Craft and Camera Club

runs weekly in Wakefield and is open to everyone over the age of 18 years. This diverse group's ethos is for adults to come along take part in the large selection of activities such as craft, jewellery making, knitting, book binding etc or just take a break, sit and read, socialise or just enjoy a cuppa and cake. Their aim is to offer social opportunities, informal learning opportunities and social inclusion in a safe friendly place.



If you want to find out more, give them a call on **07303302207** – or leave a message and they will call you back



New Wraparound Service offered by AgeUK.

01977 552114

<https://www.ageuk.org.uk/wakefielddistrict/our-services/wraparound/>

The Wraparound Service is managed by AgeUK Wakefield District staff to support older householders who are self-isolating and may be feeling overly anxious and/or emotionally depleted through fear of the COVID-19 threat and subsequent lockdown measures, now and in the future.

After an initial assessment, by specialist staff, each caller is allocated a member of the Wraparound team who calls them on the telephone and offers support ranging from a friendly listening ear with ideas for coping with self-isolation; signposting to specialist mental health services and providing Covid-19 related bereavement support.

All calls will be responded to within 24 hours, Wraparound is not a crisis service.

The Wraparound team is made up of Age UK Wakefield District staff with expertise in managing mental health in older people, staff who are fit and well but self-isolating and a team of experienced volunteers. This team offer time to listen to the needs of psychologically vulnerable older people by providing the space for older people to express their fears and concerns during the lockdown. The team will also provide support with the transition to life after lockdown.



Wakefield 'Safe Space' Crisis Support Launched

The Wakefield Safe Space crisis support service for the whole of Wakefield District has launched.

Are you struggling with your mental health?

Are you feeling isolated and alone?

Do you need someone to talk to in confidence?

WAKEFIELD SAFE SPACE IS NOW OPEN

Referral lines are open from 6pm until Midnight. Please get in touch.

ZOOM and telephone support available Fri – Sat (soon to include sun)

Telephone: 07776 962 815

Provided by Touchstone, Spectrum People, and GASPED

OPEN
FRIDAY
AND
SATURDAY
NIGHTS
6pm – 12pm



Recent changes to METRO Travel Centres



Further information and updates are available on our web site: [COVID-19: Bus and Train service updates | Metro \(wymetro.com\)](https://www.wymetro.com/COVID-19-Bus-and-Train-service-updates)

Travel centres - Following a review of our services and in response to the latest COVID-19 restrictions, our Metro Travel Centres are temporarily closed. The closures will be regularly reviewed in the coming weeks. We apologise for any inconvenience caused. Customers can still use online services at www.wymetro.com or call MetroLine on 0113 245 7676.

Senior and Disabled Person's Travel Passes - Due to the temporary closure of Travel Centres, senior and disabled bus passes which have expired will still be accepted for travel on buses until 31 March 2021. Pass holders who have a pass due for renewal can still [renew online at wymetro.com](https://www.wymetro.com/renew-online). Customers who are unable to renew online should contact MetroLine for assistance.

In line with concessionary bus pass terms and to manage capacity available on the network, senior and disabled people's passes can only be used after 9.30am Monday to Friday and all day at weekends and public holidays.



Don't ignore worrying symptoms

Talk to your child about the signs of depression that you've noticed and voice your concerns in a caring and non-judgmental way.

Avoid asking too many questions

Instead listen and empathise. You don't have to have the solutions.

If they don't want to talk try again the next day

Expressing feelings is hard enough at the best of time for teens, when they are depressed it's even more difficult.

Seek professional help

If nothing is helping and the symptoms are worsening, arrange an appointment with your GP.



[YoungMinds - children and young people's mental health charity](https://www.youngminds.org.uk/)

If your teenager is struggling with their mental health, please read the above information and go to the website for more help.



Money Saving Tips



Do you ever go shopping and think to yourself, I have never spent all that have I? Do you wonder where all your money is going each week, I'm sure most of us do, here are a few tips on how to save a few pennies....

1. **Look** – check your cupboards before you go shopping, do you really need that extra tin of soup when you have some already, or more cleaning products, when you have a cupboard full of half used ones, use these up first, before spending on more.
2. **Write a list, think ahead** – what basic items do I need, what meals am I going to plan for the next week. Write yourself a shopping list and stick to it! Think where you can buy your items from. Can I get basics, household products, from the cheaper high street outlets and then the rest of my shop from the most economical supermarkets? What about trying the market for vegetables/fruit. May take a bit longer to shop but it will most likely save you money.
3. **Don't shop on an empty stomach** – have a cuppa and something to eat before you go shopping, don't be tempted to spend money in the café or buy items you crave for because you are feeling hungry.
4. **Take cash with you** – use cash instead of card and stick to the amount you have
5. **Don't shop everyday** – you can spend more – if you want to go out, go for a nice walk instead
6. **Hand wash your car** - don't be tempted to spend money taking it to the car wash, get some exercise by washing the car yourself
7. **Magazines/Newspapers** – Join your local library and read the papers and magazines for free online, instead of buying them
8. **Window cleaner/bin cleaning** – if you are able don't pay for someone else to clean them, do them yourself or ask your window cleaner just to do the top windows at a reduced cost and you clean the lower ones, burn those calories off and get some fresh air at the same time.



ESOL course

MJ Languages-Polish Community Centre CIC provides free ESOL Course for vulnerable learners on the entry-level. (currently available online only).

Contact details for customers:

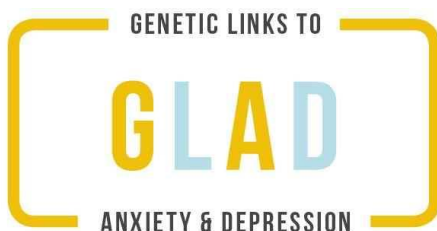
Email: appointments@mjlanguages.co.uk
Phone number (office): 01924 365644
Mobile number (office): 07768157674
Online chat/website:
* <http://www.mjlanguages.co.uk/> (English language)
* <http://pl.mjlanguages.co.uk/> (Polish language)

Anyone experiencing domestic abuse can now ask for help in any pharmacy. By asking for “Ani”, they will be taken into a private room and offered support. The codeword “Ani” stands for “Action Needed Immediately”.



Take part in the GLAD study

The [study](#) is exploring risk factors in individuals who have experienced depression and /or anxiety and aims to understand the causes, improve diagnosis and find new treatments



Support to help manage grief and loss, however you need it

0808 196 3833 (8am-8pm)
griefandlosswyh.co.uk

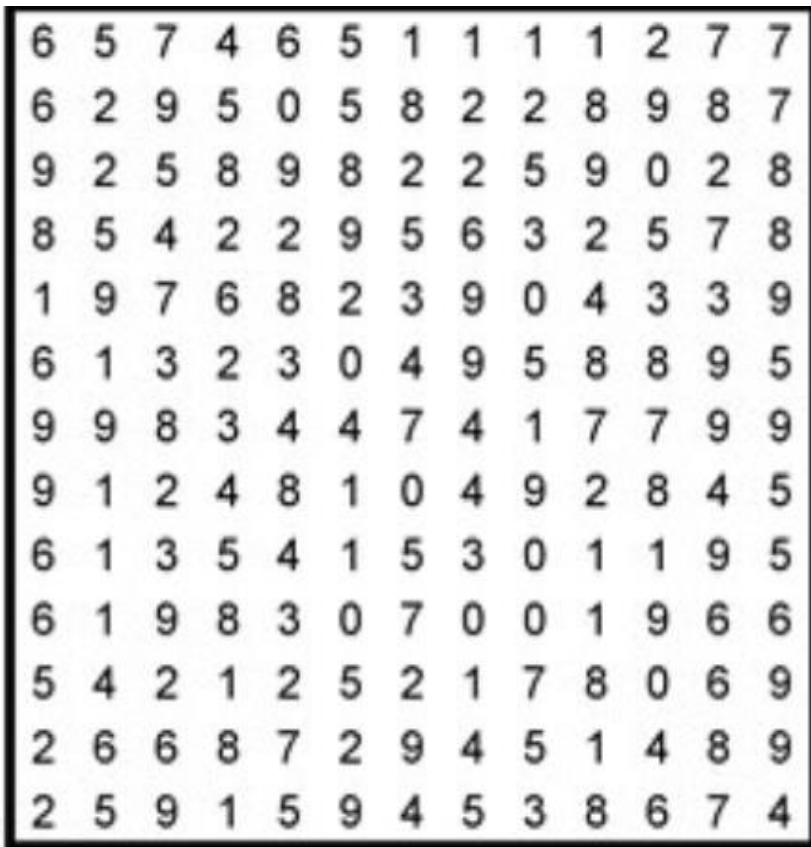


www.thegreendoctors.org



FOR MORE INFORMATION OR TO ARRANGE A FREE HOME VISIT, CONTACT:
FREEPHONE 0808 168 3547
OR 0113 238 0601
Email: greendoctorfeeds@groundwork.org.uk
Subject to eligibility

Green Doctor is provided by Groundwork, the community charity 519846



121939	480104	788999
132304	480304	790208
187835	505926	925898
233252	542125	928348
256699	572415	969194
259159	641119	983070
262345	657465	984328
399496	729451	996559
453867		

Increase your memory

Find the numbers above in the grid, can be up, down, forwards, backwards or diagonally.

Lemon drizzle traybake

Ingredients:

- 225g/8oz [butter](#) or baking spread at room temperature, plus extra for greasing
- 225g/8oz [caster sugar](#)
- 275g/10oz [self-raising flour](#)
- 2 level tsp [baking powder](#)
- 4 free-range [eggs](#)
- 4 tbsp [milk](#)
- 2 unwaxed [lemons](#), finely grated zest only
- 1 heaped tbsp very finely chopped lemon verbena (optional)

For the glaze:

- 175g/6oz granulated [sugar](#)
- 2 lemons, juice only

Method:

- Preheat the oven to 180C/160C Fan/Gas 4. Grease the 12" x 9" tin with butter and line the base with baking paper.
- Measure all the ingredients into a large bowl and beat for 2 minutes, or until well blended. Turn the mixture into the prepared tin and level the top.
- Bake for 35–40 minutes, until the cake has shrunk a little from the sides of the tin and springs back when lightly touched with a fingertip in the centre of the cake.
- Meanwhile, make the glaze. Mix the sugar with the lemon juice and stir to a runny consistency.
- Leave the cake to cool for 5 minutes in the tin, then lift out, with the lining paper still attached, and place on wire rack set over a tray.

Quiz questions

1. What is the house number of the Simpsons
2. What number is on 'Herbie' the Beetle car
3. What is the profession of 'Popeye'
4. What is the name of the bald commander of the Enterprise in Star Trek
5. What is the singular of Scampi
6. What do you call a motorcycle with 4 wheels
7. Which actor played Wolverine
8. Which actor used to be a professional footballer
9. On which island was Napoleon born
10. How many children did Queen Victoria have



Colouring can calm down the busiest of minds. There may be many benefits to improving mood, enhancing mindfulness and reducing stress by spending time quietly concentrating on colouring. Why not get your pencils or crayons out and have a go at this picture below?

