



## The Supporter

Newsletter

29 January 2021

South West  
Yorkshire Partnership

NHS Foundation Trust

### TRUST NEWS

The Trust has been accredited as a Veteran Aware NHS organisation by the Veterans Covenant Healthcare Alliance (VCHA).

Formal accreditation as a Veteran Aware organisation recognises our work in identifying and sharing best practice across the NHS and modelling the best standards of care for the Armed Forces community. The VCHA seeks to showcase high quality veterans' healthcare and support NHS trusts to learn from each other by sharing what works. This includes committing to the Armed Forces Covenant, raising awareness among staff of veterans' healthcare needs, and establishing clear links with service charities and local support providers.

The Trust is one of 62 across the country to have received the accolade.

Sean McDaid, nurse consultant and veterans covenant clinical champion, said: "The personal experiences of our local veterans can mean that their health and wellbeing needs are complex, so being recognised for being able to support them clinically is fantastic. It shows our commitment to making sure veterans get the right support when they need it."

Trust chief executive Rob Webster said: "We all owe a debt to our veterans. Receiving this accreditation demonstrates our commitment to the health and wellbeing needs of those who live locally. I am pleased to see this formal acknowledgement of the positive work we are doing, which includes setting up a veterans' support network. This allows the Trust and our partners to work with local veterans and, hopefully, work together on developing services that meet their needs."



South West  
Yorkshire Partnership  
NHS Foundation Trust

### 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

@W5TRC

[facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)

#### Wakefield child and adolescent mental health services join forces with local drug and alcohol service

A new service in Wakefield sees our child and adolescent mental health services (CAMHS) partner up with Turning Point and Family Action to provide drug and alcohol support to local young people.

Known as 'Inspiring Futures', the new service is available for young people aged 25 and under, alongside their families and carers.

The service offers a range of specialist support to those who may be struggling with alcohol and drug issues. This support includes:

- Education about drugs and alcohol
- 1:1 support and space to talk things through
- Support to look at drug or alcohol use, including what is being used, how much and how often
  - Help with deciding what changes a person wants to make, with support to cut down, quit and gain control
- Support for families and carers from an onsite Family Action worker, alongside access to FamilyLine – a free helpline for family members over the age of 18 which offers befriending and counselling support Monday to Friday 9am to 9pm (0808 8026666) and a text crisis line outside of these hours (07537 404282).

The service also includes mental health support and advice from Wakefield CAMHS, for those aged 18 and under.

Quiz answers from last week

1. 742
2. 53
3. Seaman
4. Captain Picard
5. Scampo
6. Quad
7. Hugh Jackman
8. Vinny Jones
9. Corsica
- 10.9



**JAB RAP**

No more close hugs  
 Because of them bugs  
 Waiting for that job  
 So I can call a cab  
 Go to see my Nan  
 Instead of this ban  
 Release me from  
 infection  
 Clean your hands to  
 perfection  
 It'll be no sin  
 Put COVID in a bin.

RYDER 2021

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In partnership with  
THE NATIONAL LOTTERY  
COMMUNITY FUND


# Woodland Wellbeing

**Bulcliffe Woods, Denby Dale Rd**

**Friday 29th Jan 10am-12pm**  
**Saturday 30th Jan 10am-12pm**  
**Saturday 30th Jan 1pm-3pm**  
**Friday 5th February 1pm-3pm**  
**Saturday 6th February 10am-12pm**  
**Saturday 6th February 1pm-3pm**  
**Friday 12th February 10am-12pm**  
**Friday 12th February 1pm-3pm**  
**Friday 19th February 10am-12pm**  
**Friday 19th February 1pm-3pm**  
**Saturday 20th February 10am-12pm**  
**Saturday 20th February 1pm-3pm**

**Athelas CIC are offering woodland skills and crafts,  
 for adults whose mental health issues have  
 been affected by the COVID pandemic**

In line with government guidelines these will be offered on a ratio of one guide with one social bubble.  
 Waterproofs and travel subsidies are available

**To book a place**  
[www.bookwhen.com/athelascic](http://www.bookwhen.com/athelascic)

Online courses available to book via our website		
Thursday 4 February	2pm-3:30pm	Relaxation
Friday 5 February	1pm-3pm	Managing self-harm
Thursday 11 February	2pm-4pm	Overcoming anxiety
Monday 8 March	12:15pm-1pm	Boogie Bounce
Tuesday 9 March	1:30pm-3pm	Improving your sleep
Wednesday 10 March	12:15pm-1pm	Badass
Wednesday 10 March	5:30pm-6:30pm	On yer bike!
Thursday 11 March	11am-12:30pm	Busting stress
Thursday 11 March	2pm-4pm	Overcoming anxiety
Friday 12 March	10am-11am	Yoga
Friday 12 March	10am-12pm	Wild things
Friday 12 March	1:30pm-3:30pm	Wild things
Monday 15 March	11am-12:30pm	Aromatherapy
Thursday 25 March	12:30pm-2:30pm	Dyslexia awareness
Monday 12 April	10am-11am	Couch to 5K

# Choose well for mental health


We've launched a new guide to help adults in Barnsley, Calderdale, Kirklees and Wakefield to 'choose well' when looking after their mental health and wellbeing.

Based on the national NHS 'choose well' campaign – which historically focuses on physical health only – the new guide showcases examples of how a person may be feeling alongside some of the support available in these different circumstances. It's hoped that the guide will help local people to know:

- How they can look after their own mental health and wellbeing
- Who else can help and provide mental health and wellbeing support
- Where to go for help and support.

The guide has been developed with clinicians at the Trust, alongside people with lived experience of mental health difficulties and their families and carers.

Download the guide (click on the image below):



**Choose well for your mental health and wellbeing – a guide for adults**







**NHS**  
**South West Yorkshire Partnership**  
NHS Foundation Trust

It's important that we look after our mental health and wellbeing the same way we do with our physical health.




If you hurt yourself physically, there would be things you could do to make yourself feel better. Say you sprained your ankle – you can rest it and take weight off it. The same is true for your mental health. If you notice changes to your mental health and wellbeing, there are things you can do to improve how you feel.

The earlier you recognise changes to how you're feeling or behaving, and begin to take steps to improve things, the less likely these will get worse.

This guide has been created to help you to choose well to support your mental health and wellbeing. Carers, friends and families can also use this guide to look out for those close to them and direct them to the right support. **It's a good idea to familiarise yourself with this so you know what to do in different situations.**

-  **Self care** – things you can do to proactively look after your mental health and wellbeing
-  **Mental health helpline** – someone to listen and signpost you to help or support
-  **Talking therapies** – one-to-one or group therapies
-  **GP practice** – your GP practice can refer you to secondary mental health services or prescribe medication
-  **Secondary mental health services** – offer education and treatment on certain mental health illnesses
-  **Crisis or emergencies** – it's important you know what to do in a crisis or emergency situation

December 2020

@allofusinmind #ChooseWellForMentalHealth

**With all of us in mind.**



## Local Jobcentre Update

We have temporarily reduced our Jobcentre opening hours to 10am to 2pm daily for those customers who cannot access our services in any other way. The rest of the time customers will be served online or on the phone.

jobcentreplus

**Public Health England** has launched a nationwide **Better Health - Every Mind Matters** campaign to support people to take action to look after their mental health and wellbeing and help support others such as family and friends. The campaign encourages people to get a free **NHS-approved Mind Plan** from the **Every Mind Matters website**. By answering five simple questions, adults will get a personalised action plan with practical tips to help them deal with stress and anxiety, boost their mood, sleep better and feel more in control.

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Keep the kids busy during lockdown – here are a few fun activities to do together

### [UK's Largest Woodland Conservation Charity - Woodland Trust](#)

#### Make a loo roll bird feeder

This is a messy fun idea kids will love to get stuck into, as well as it helping them to learn about the different types of birds in your neighbourhood.

This simple bird feeder can be made with items you probably already have at home:

1. Smother a cardboard tube in peanut butter (no added salt and sugar versions are suitable for birds). An empty loo or kitchen roll holder is ideal.
2. Roll it in bird seed and thread some string through the middle of the tube.
3. Tie it up in your garden where birds will feel safe eating, like on a tree branch or table.
4. Sit back with the kids and see how many different species of birds you can spot together

#### Make a mini bug house

Can you find an old plant pot out in the garden, or an old mug you no longer use? They make brilliant bug hotels! All you have to do is fill your pot or mug with natural materials to transform it into a luxury abode minibeasts will love.

Hunt around your garden for crackly dry leaves, twigs, hollow stems, dead grass, pine cones and bits of bark and stuff them inside. These are the perfect materials to help create warm, dry spaces that will attract different creepy crawlies. Place pot or mug on its side (so it doesn't fill with rain), leave it in a sheltered corner of the garden, the kids will love seeing who has moved in.

#### Paint a picture and display for your neighbours to see

Have you and the children decorated your windows yet? We've seen some lovely examples of beautiful window displays of rainbows and other cheery scenes to boost morale in local communities. It's a wonderful idea to keep little ones of all ages busy so we'd like your family to have a go too.

Draw, paint or use craft or natural materials to create a nature scene to place in your window to cheer up your neighbours or people passing by on their daily exercise. You could even change it on a weekly basis.



# COVID-19

## Coronavirus Symptoms

### SERIOUS COVID-19 SYMPTOMS REQUIRING IMMEDIATE MEDICAL CARE

- If you develop any of these symptoms, call your healthcare provider or health facility and seek medical care immediately.
- **This is not an exhaustive list. These are the most common symptoms of serious illness, but you could get very sick with other symptoms – if you have any questions, call for help immediately.**



Shortness of breath/ Difficulty breathing



Loss of speech or mobility or confusion



Chest pain

### MOST COMMON SYMPTOMS



Fever



Cough



Tiredness



Loss of taste or smell

### LESS COMMON SYMPTOMS



Sore throat



Headache



Aches and pains



Diarrhea



A rash on the skin or discoloration of fingers or toes



Red or irritated eyes

### PLEASE NOTE:

- If you live in an area where malaria, dengue or other infections are common and you have any of above symptoms, seek immediate medical care according to the local health authorities.
- Stay in touch with your primary care provider to ensure you continue to receive the routine care you need, such as medication refills, follow-ups and other routine consultations.

## How should I wash and dry clothes, towels and bed linen, if **someone** in my household is a **suspected or confirmed COVID-19 patient**?



- Wash the patient's clothes, towels and bed linen separately.
- If possible, wear heavy-duty gloves before handling them.
- Never carry soiled linen against your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).
- Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and dispose of in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in the toilet, if this is not in the patient's room.
- Wash and disinfect linen: Machine wash at 60-90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoiding splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in the sunlight.
- Do not forget to wash your hands at the end of the process.

Webinar title	Presenter	Date/Time of webinar
An overview to trauma informed approaches to wellbeing	Dr Angela Kennedy	Wednesday 10th February 2021 1.30-2.20pm
Vicarious/secondary trauma and burnout	Jill Underwood, Sarah Robinson and Emma Robinson	Friday 19th March 2021 9.30-11am 1 hour presentation and then allowing 30 minutes Q&A time.
Introduction to Heart Rate Variability in helping to manage your wellbeing	Dr Paras Patel and Fiona MacCallum	Friday 12th March 2021 1-2pm (includes 15 minutes Q&A session)
Surfing the wave: Care home staff experiences of Covid-19	Dr Joanna Marshall, Dr Clare Winter and Dr Marina Palomo	Friday 22nd January 2021 11am-12 noon
Trauma informed care (A CAMHS perspective) – Working with young people during Covid-19	Dr Joyce Powell and Dr Ollie O'Mara	Friday 26th February 2021 10-11am
Compassionate Mind Training (series)	Dr Esther Pepperdine and Lee Partis	Thursdays - as follows:- 21st January 2021 4-5pm 28th January 2021 4-5pm 4th February 2021 4-5pm 11th February 2021 4-5pm 18th February 2021 4-5pm
Social isolation and its impact	Kate Chartres	Monday 18th January 2021 11am-12 noon
Emotional impact of the pandemic on families and Reaching out to families during the pandemic	Dr Kirsty Charlton, Alix Bowler and Dr Alex Reed	Wednesday 20th January 2021 2-3pm
Managing anxiety and the impact of threat	To be confirmed	
Managing low mood	To be confirmed	
Making meaning out of the pandemic (series)	Paul Walker	Tuesday 23rd - Friday 26th February 2021 2-2.15pm
Explore some resources for managing minor difficulties with breathlessness	To be confirmed	
Covid-19 – A psychological understanding of staff experiences and resilience building.	Dr Alison Oldham and Christine McClean	Monday 22nd February 2021 10-11am (includes 10-15 mins for Q&A)



## Covid-19 Resilience Support and Training

**FREE TRAINING FOR STAFF**

Links to each join webinar are on the Recovery College Online website:

[www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/for-staff/staff-webinars/](http://www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/for-staff/staff-webinars/)

For further information please contact [Claire.chapman8@nhs.net](mailto:Claire.chapman8@nhs.net)

**NHS**  
Health Education England

**Live Well Wakefield** has a free online general self-management course starting Tuesday 23 February, 13:00-15:30 (The introductory session takes place 16 February, 13:00-14:00) This course is aimed at people with all long term health conditions, learning the attendee tools and techniques to help deal with their condition. If you are interested in this course, or would like more information

email [paul.boyd1@nhs.net](mailto:paul.boyd1@nhs.net)



## Scams

- Beware of scams, no money will change hands, no one will come to your house and claim to be selling vaccines
- [Coronavirus \(COVID-19\): advice on how to protect yourself and your business from fraud and cyber crime - GOV.UK \(www.gov.uk\)](#)

**NHS**  
**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.

## INFORMATION FOR PATIENTS

### The Mid Yorkshire Hospitals NHS Trust

We are now inviting patients to register with [Patients Know Best](#)

, our new online service that gives you access to your personal health record 🗂️

Recent Mid Yorkshire patients from the last 12 months will be sent an invitation by email 📧, text message 📱 or letter 📄 to register for Patients Know Best (PKB), which will enable you to securely access personal health information relating to the care we provide to you.

Using PKB, you can view your healthcare information:

- ✔️ Hospital appointment information
- ✔️ Appointment letters
- ✔️ Covid-19 negative results

Once registered, logging into PKB is simple. Just use any internet-enabled device, such as a smartphone, tablet or desktop computer 📱💻

PKB is designed to improve your patient experience and access to NHS services and information 🌈

Find out more about Patients Know Best ➡️

[www.midyorks.nhs.uk/pkb](http://www.midyorks.nhs.uk/pkb)

[#MidYorksNHS](#) [#MYDigitalFuture](#) [#PatientsKnowBest](#)



**PATIENTS KNOW BEST®**

**Get access to your health record**

Be empowered. Stay informed. Manage your health.

[patientsknowbest.com](http://patientsknowbest.com)

**Community Hubs** are providing help to those who need it across the Wakefield district.

They have volunteers and a range of support to help those affected by the coronavirus outbreak. They are working with the Council and others to support communities during this crisis.

This includes but is not limited to:

- telephone befriending;
- delivering shopping;
- dog walking; or
- collecting prescriptions.

If you or a loved one needs help in your local area you can contact your Community Hub by finding it on the [website](#), by phone or email. Please note they will be extremely busy, but they will get back to you as soon as they can.

### Accessing Help at the Hubs

#### Where are they?

There are 9 locations where the Help at the Hubs Service has started:

- Castleford Heritage Trust, Castleford
- Kellingley Centre, Knottingley
- St Mary's Centre, Pontefract
- Westfield Centre, South Elmsall
- Havercroft & Ryhill Centre, Havercroft
- Ossett Library, Ossett Town Hall
- St George's Centre, Lupset
- Lightwaves Community Trust, Wakefield
- Eastmoor Community Project, Eastmoor

<https://www.nova-wd.org.uk/news/2020/05/07/covid-19-community-hubs/>

**Nova**  
BRING A VISIT VOLUNTEER WITH YOU TODAY

### Wakefield Community Hubs





# UK CITIES




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 I O O U O I E U U E R R A V O  
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
Find these cities in the word search.

London	Stoke on Trent	Leeds
Birmingham	Coventry	Sheffield
Manchester	Bradford	Plymouth
Liverpool	Nottingham	Wirral
Hull	Brighton and Hove	<del>Bristol</del>
Leicester	Newcastle	Bolton
Bournemouth	Teesside	





## I don't like needles!



Yes, I'm one of the many people out there that has a phobia to injections. So, you can imagine how I felt when I learnt if I decided to have the COVID vaccination I would need 2 to get the full immunity. It takes me a week to muster up the courage to have my flu jab! This time is different I was eager to take up the opportunity to have the COVID vaccination so I could protect not only myself but my family from this raging disease, and help the country get back to normality.

My phobia of needles stems back to my school days when we had to stand in a line and wait for our turn to see the school nurse for our injections and eat the polio sugar lump, smelling the ether in the air, I can smell it even now. I always ended up passing out and falling in a heap on the floor!


Years later, I'm still the same but I have learnt to cope a bit better. My best friend at times like this is my bottle of water, I keep taking a sip and use it as a coping tool, along with controlling my breathing and taking notice of my surroundings, concentrating on something like a nice picture on the wall to take my mind off things.

I'm pleased to say I've had my first COVID vaccination and after all the anxiety and worry it was over and done with in no time, yes I was anxious and was ready to make a run for it out of the room, but my water bottle came in useful, the nurse was lovely, I explained I was anxious and she understood and made me feel at ease. I had a sore arm for a couple of days, but the feeling that I have had the vaccination is one of relief knowing that I have done something positive to help prevent me being very ill with this virus.

If you are like me and don't like injections please don't let it put you off, try one of my coping mechanisms and tell the nurse how you feel, they have seen it all before, you are not on your own and staff are well prepared for us runners!

Janette – Wakefield Recovery College

## Easy Meal for 1



### Chilli Cheese Omelette

Ingredients:

- 2 large eggs**
- 1 tbsp sunflower oil**
- ½ -1 tsp chopped fresh red chilli , or a generous pinch dried chilli flakes**
- 25g mild grated cheddar**
- 1 Spring onion**
- Few coriander leaves**

Chop the spring onion and coriander quite finely and beat the eggs together with salt and pepper. Heat the oil in a small frying pan then tip in the onion, coriander and chilli and stir round the pan for a second or two so they soften a little. Pour in the eggs and keep them moving until two thirds have scrambled.

Settle the eggs back down on the base of the pan, scatter over the cheese and cook for about a minute until the omelette is just set and the cheese has melted.

Carefully fold the omelette using a palette knife and slide from the pan to a serving plate. Eat while the omelette is hot, and the cheese still melted.