



The Supporter
Newsletter
 5 February 2021



**South West
 Yorkshire Partnership**
 NHS Foundation Trust

Wakefield Recovery and Wellbeing College



www.wakefieldrecoverycollege.nhs.uk

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- facebook.com/wakefieldrecoverycollege



Children's Mental Health Week
 This year's theme is 'Express Yourself' - focused on getting children & adults to find creative ways to share your thoughts, feelings & emotions through music, art, dance To support this - check out the bbc website:
<https://bbc.co.uk/news/round/55890449...>



Sunshine tastes like....

Butter that is melting on your crumpets. The softness, squishiness, and heady sugary rush of marshmallow, the little ones on top of hot chocolate. The bigger marshmallow doesn't seem to have the same effect. Refreshing lemonade with its slight tanginess. My favourite, Asda caramel popcorn ice cream. The combo of bacon, brie and cranberry. A taste sensation.



Poem by Halima

The BBC News have written an article about how British Asian celebrities are uniting to dispel the myths around covid vaccines. The comedians Romesh Ranganathan, Meera Syal and cricketer Moeen Ali aren have made a video urging people to get their vaccinations.

The video was co-ordinated by Citizen Khan creator Adil Ray, who said he wanted to dispel vaccination myths for those from ethnic minority communities.

Mayor of London Sadiq Khan and former Conservative Party Chairman Baroness Warsi are among the others taking part.

Check it out:
<https://www.bbc.co.uk/news/entertainment-arts-55809355>

JOB OPPORTUNITY

WY&H Unpaid Carers/Workforce Programme Manager , ob Reference: 490-431

Employer:

[NHS Wakefield CCG](#)

Location:

Wakefield

Salary:

£45,753 to £51,668 pa



The Liaison and Diversion Team have this week launched their brand-new website

[West Yorkshire Liaison & Diversion
\(wyliaisondiversion.org\)](http://wyliaisondiversion.org)

The service continues to work during COVID and identifies and supports people who have mental health, learning disabilities or other vulnerabilities when they first come into contact with the criminal justice system

0330 333 55 34 (during lockdown this number is only open to professionals)

**time to change
time to
talk day
04/02/21**

Let's start talking

Turning Point Talking Therapies are offering the following free online courses in February 2021

Feb 2021 Webinar Timetable	Date	Time
Employment Support 1 of 2	03/02/2021	13:00
Sleep During	10/02/2021	14:30
Mindfulness	18/02/2021	17:30
Employment Support 2 of 2	05/02/2021	10:00
Assertiveness	26/02/2021	14:30
Loneliness & Isolation	02/02/2021	14:30
Emotional Eating	11/02/2021	10:00
Emotional Eating	25/02/2021	10:00
Grief Workshop	17/02/2021	13:00

<https://talking.turning-point.co.uk/wakefield>

Anyone over the age of 16, registered with a GP in

the Wakefield District can join



BEWARE THIS IS A SCAM LETTER! DON'T RESPOND TO IT



**South West
Yorkshire Partnership**
NHS Foundation Trust

SERVICE USER APPOINTMENTS

Are you a service user, or carer of a service user who attends appointments with Consultants, Doctors or professionals at the South West Yorkshire NHS Trust. You may have found during lockdown that your appointments have changed to a telephone or video call appointment.

The Trust have put together service user guides to help our service users understand more about the process.

- [Service user guide for video appointments](#)
- [Service user infographic for video appointments](#)

Click into the links above for more information

<https://www.facebook.com/PontefractCivic/posts/1208314536229201>

PONTEFRACT STORIES

DO YOU LIVE IN PONTEFRACT? WERE YOU
BORN BEFORE 1975? WE WANT TO HEAR
FROM YOU!

WE ARE COLLECTING STORIES ABOUT GROWING UP OR LIVING IN THE TOWN
OF PONTEFRACT

COME AND SHARE YOUR STORY WITH US.

SIMPLY EMAIL: PONTFRACSTORIES@GMAIL.COM

In Association with Wakefield Council, Pontefract Civic Society, and proudly funded by Arts Council England:



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Don't get caught out – COVID vaccine scam texts about!

You may have seen warnings circulating on social media about fake Covid-19 vaccination texts. The messages state that the recipient is eligible to receive a vaccination and to follow a web link within the text in order to book their appointment.

The phishing site which has been created is very realistic and uses NHS branding to appear like a genuine NHS website. The recipient is asked for various pieces of personal information as well as their payment details.

You can see screenshots showing examples of the sort of text messages people have received and the layout/design of the phishing page by reading the BBC news article on this scam by clicking [here](#).

In the UK, coronavirus vaccinations will only be available via the National Health Service. You can be contacted by the NHS, your employer, a local GP surgery or pharmacy, to receive your vaccination. Remember, the vaccinations are free of charge and you will not be asked for a payment.

[Fake NHS vaccine messages sent in banking fraud scam - BBC News](#)

(further information available by ctrl and click in the link above)



The Exchange Recovery & Wellbeing College, Barnsley – new online courses available now!

Accepting Change - Online only

Change is a necessary and inevitable part of our daily lives. How we view and respond to these changes has a direct link to our emotional resilience. The way we deal with each change we face will be different, dependent on size, frequency and impact with lots of factors, including our health and wellbeing influencing how we approach it.

Join us on this short course as we explore change, how we respond to it, the reasons why we can resist it and what makes change easier and more positive.

Tuesday 9th March at 10-12 for 2 weeks – Book via the link below

<http://www.barnsleyrecoverycollege.nhs.uk/courses/short-courses/accepting-change/>

Exploring Resilience

Our ability to stay mentally well during those difficult times is what we call 'resilience'. Resilience, however, is not simply a person's ability to 'bounce back', it also includes our capacity to adapt in the face of challenging circumstances.

Over course of six weeks, we will think about what it means to be resilient and explore how resilient we are. We will look at the factors that influence and develop personal strategies to aid our mental and emotional resolve.

Exploring Resilience Wednesday 24th February 10-12 for 5 weeks - Book via the link below

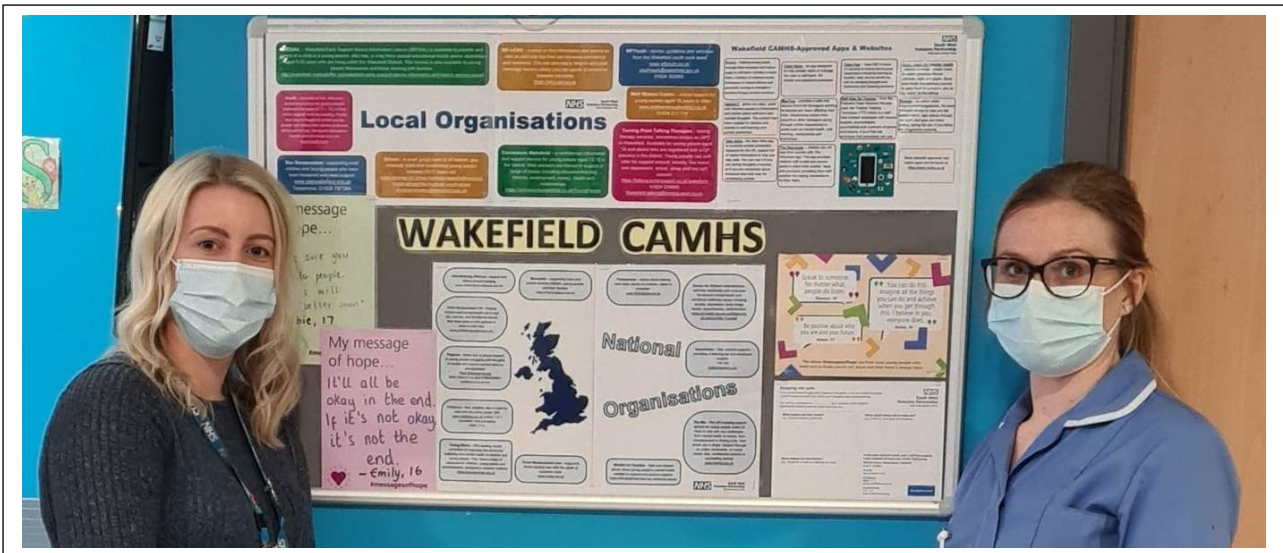
<http://www.barnsleyrecoverycollege.nhs.uk/courses/mental-health-and-wellbeing/exploring-resilience/>

Everyday Stress – For those that give too much

Life can feel relentless at times. There are always things to do, responsibilities to oversee and people to please. At times we can go to bed cross with ourselves for not getting enough done in the day and vowing that we'll do so much more tomorrow. In this informal workshop we'll hit our own 'pause button' and explore our own personal stressors and their impact on us. We will consider what helps to reduce our levels of stress and explore ways of introducing more peace into our lives

Everyday stress for those who give too much Thursday 18th March 10-12 for 2 weeks - Book via the link below

<http://www.barnsleyrecoverycollege.nhs.uk/courses/short-courses/for-those-that-give-too-much-everyday-stress/>



South West Yorkshire NHS Trust, Wakefield child and adolescent team have worked with The Mid Yorkshire Hospital Trust, Pinderfields Hospital to create a display board which shares important information on mental health support available for local children and young people. This is displayed within the children's A&E department at Pinderfields Hospital, Wakefield

It is important to encourage children to share their thoughts and feelings. The child and adolescent mental health services (CAMHS) have developed resources for children, young people and parents/carers - <https://buff.ly/3rbsx6J>

If you are a young person wanting some advice or support, you will find information and resources on a range of mental health and wellbeing topics on our website - <https://buff.ly/3rdh2Mi>

UK SAYS NO MORE is working with Boots UK, Superdrug pharmacies, Morrisons pharmacies and independent pharmacies across the UK to provide Safe Spaces in their consultation rooms for people experiencing **domestic abuse**.

How to access a Safe Space

- Walk into any participating pharmacy in the UK.
- Ask at the healthcare counter to use their Safe Space.
- A pharmacist will show you to the Safe Space. Which will be the consultancy room.
- Once inside, you will find displayed specialist domestic abuse support information for you to access, to make that call or access Bright Sky safely.

Safe Spaces are open and ready for you to use.



Superdrug ☆



ROYAL PHARMACEUTICAL SOCIETY



General Pharmaceutical Council

EXERCISE SAFELY DON'T RUN THE RISK

The new COVID-19 variant is spreading fast, and around 1 in 3 people with coronavirus don't have any symptoms.

Exercise alone or with one person from another household, and keep your distance.

STAY HOME • PROTECT THE NHS • SAVE LIVES

DO YOU KNOW WHAT TO DO IN A FLOOD?

FLOOD ALERT

PREPARE

Pack medicines & insurance docs. Visit the flood warning information service

FLOOD WARNING

ACT

Move family, pets & belongings to safety. Turn off gas, water & electricity

SEVERE FLOOD WARNING

SURVIVE

Immediate danger? Call 999. Follow emergency services' advice

Courses coming up – available to book now!

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	Feeling positive, 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 and/or Wednesday 14 April	10am-11am 4pm-5pm	Couch to 5K
Monday 12 April	1pm-3pm	Coercive control - a brief overview
Friday 16 April	1:30pm-3:30pm	Advanced creative writing
Wednesday 21 April	1pm-3pm	Personality disorder
Monday 10 May	1pm-3pm	Freedom from fibromyalgia
Tuesday 11 May	11am-1:30pm	Learning more about IBS
Tuesday 25 May	1pm-3pm	Understanding eating disorders

To enrol and find out more information go to our website
www.wakefieldrecoverycollege.nhs.uk

WEATHER QUIZ

1. A thermometer is used to measure what
2. What country experiences the most tornados
3. True or False, A rainbow is a spectrum of light that appears when in the air
4. What is the name for a scientist that studies the weather
5. An avalanche features the rapid descent of
6. True or False, you see lightening and hear thunder



Here are a few tips to wellness



Be True To You

COACHING FOR THE MIND, BODY AND SOUL

Firstly turn off the news or at least limit your intake as this will only increase your anxieties.

Hydration - drink enough water (warm is best), add some Lemon, Ginger & Honey

Make some homemade soups and get your herbs and spices in

Make sure you get enough rest, exercise and fresh air

CHECK-IN.

HOW HAVE YOU BEEN FEELING?

When was the last time you checked-in with a colleague? Do you check-in with colleagues as much as you do the people you support through your work? How regularly do you check-in with your own mental health?

The **CHECK-IN CAMPAIGN** aims to prevent staff suicide and promote a wellbeing culture by normalising the conversation around suicide and mental health as well as providing training, resources and signposting for support.

Staff includes all colleagues, working and volunteering, in organisations, across the West Yorkshire and Harrogate Health & Care Partnership area.

Whether front-line, administration, service or community based, everyone works incredibly hard to provide great care. Through **CHECK-IN** we are inviting mental wellbeing conversations as common place, without fear of judgement, within all teams, departments and roles.

Across West Yorkshire and Harrogate organisations are working together to create a culture in which we acknowledge ourselves as people in and outside of work.

[Check-In – Looking after each other to prevent staff suicide \(staffcheck-in.co.uk\)](http://staffcheck-in.co.uk)

(Ctrl and click the above link for more information)



Adult Learning
Within Reach

Free online course

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3679017>

Self Help and Beyond

This course is suitable for people who experience stress, anxiety, depression and other mild mental health difficulties, and who are looking for self-help solutions to help understand, manage and control stress, anxiety and depression. Various techniques will be explored and experienced in a friendly and supportive environment with like-minded people.

Dates: 13/04/2021 - 25/05/2021

Duration: 7 sessions

Start Time: Tue 10:00

Location: WAKEFIELD

Tutor: Chris Summers

Reference: C3679017

Availability: places available

Status: Enrolling ([online](#))

Fee: this course is free

Shortbread biscuits

Ingredients

150g plain flour, plus extra for dusting
100g butter, chilled and cubed
50g caster sugar, plus 1 tablespoon for sprinkling

Method

STEP 1

Heat the oven 170C/150C fan/gas 3. Put the flour, butter and sugar into a mixing bowl. Use your hands to combine the ingredients until the mixture looks like breadcrumbs, then squeeze until it comes together as a dough.

STEP 2

On a lightly floured surface, use a rolling pin to roll out the dough to ½ cm thick. Cut the dough into fingers and place on a lined baking tray. Use a fork to create imprints, then sprinkle with the remaining caster sugar.

STEP 3

Chill the dough in the fridge for 20 mins, then bake for 15-20 mins until golden brown. Remove the shortbread fingers from the oven and leave to cool on the tray for 10 mins.

You could dip the fingers in melted milk chocolate or icing sugar mixture for extra decoration and leave to set in the fridge before eating. Sit down and enjoy with a cuppa.



Name: _____

World War 2 Word Search



HITLER	USA	SPITFIRE
CHURCHILL	ALLIES	TYPHOON
BATTLE	NAZI	BLITZ
GERMANY	RATIONING	EVACUEE
BRITAIN	BOMBING	AIR RAID

© Monsterwordsearch.com



Sir Captain Tom

Our hearts and prayers go out to the family of such an inspirational gentleman, Sir Captain Tom who sadly passed away on Tuesday 2 February aged 100 years

He made us laugh, he made us cry and he truly leaves behind a legacy that will be inspiring hope where it is needed for a very long time to come.

God bless and thank you. R.I.P