



## The Supporter



Newsletter

12 February 2021

**NHS**

**South West  
Yorkshire Partnership**  
NHS Foundation Trust

### Wakefield Recovery and Wellbeing College

 **NEW MUSIC COURSE**   
**AVAILABLE SOON!**


**REGISTER YOUR INTEREST NOW**


Ring: 01924 316946

Email: [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

 [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)

### The Recovery College Music Appreciation Society (It doesn't roll off the tongue does it)

"Music was my first love, and it will be my last...", so sang cheesy 80's pop soul band 'The Pasadenas'. ([https://youtu.be/\\_21ceBwwJJ8](https://youtu.be/_21ceBwwJJ8)) And I couldn't agree more. Although I don't tell my wife that, I tell her that she was. Anyway, the aim of this little group is to share musical tastes, songs, stories, feelings and on and on and on with the young, the old and the in-between...

I don't know about you, but I don't think I could function without music in my life. I was lucky that I was the youngest of five kids, so I was exposed to almost all kinds of musical styles. From being sat in my dad's car listening to his Elvis Presley tapes (TAPES!!! that shows how old I am) ([https://youtu.be/u-pP\\_dCenJA](https://youtu.be/u-pP_dCenJA)) to playing my mum's Bill Haley and His Comets vinyl ([https://youtu.be/8B7xr\\_EjzE](https://youtu.be/8B7xr_EjzE)) whilst she made me a Vesta's Curry. Or walking to Casa Disco (an old, now defunct record shop in Barnsley) with my brother to buy a Kraftwerk album (<https://youtu.be/rbARvOyyjUI>). All wonderful memories that have influenced me throughout my life. Although I remember one of my sisters being slightly annoyed to say the least when I left one of her 7" soul vinyl near a red hot radiator (<https://youtu.be/qZ-wDADFmG0>). My life lesson from that incident was to never leave a vinyl record near anything hot.

The idea behind The Recovery College Music Appreciation Society or the TRCMAS (I must think of a shorter name if I want to get it printed on a T-Shirt or on a business card) was because, for me anyway, and many people I know, music is an art-form that stirs so many emotions, both good, bad or both, sometimes all at the same time, and it can create an action that can often have a positive and uplifting effect and can, on occasion, book-end a period in our lives that was significant in one way or another.

Hennyway...

We, the good people at the Recovery College, would like to arrange a musical get-together once every 4-6 weeks to listen, discuss, suggest tunes for one another and, when life returns to some semblance of normality, meet up in a café in town and, over tea, coffee and biscuits chat, listen and suggest tuneage that is important to us. There's no rubbish music, it's all about opinion, one tune might mean the world to one person, but nothing to the next so there's no surprising opinion, all songs are welcome, from any genre.

In the meantime, I've listed a few tunes that I've listened to this week. Some are unusual, some relaxing, but some are definitely not, and they all mean something or other to me and hopefully perhaps, something here has floated your boat. So, if it has, drop us a line with song suggestions, why they mean something to you and perhaps you could share your thoughts when the first online group kicks off. And remember, let us know if you're cool with us sharing your stories.

So, I think that's it for now,

**Leo, Mental Health Support Worker, Wakefield Recovery College**

Here are a few of the many, many, many tunes I've been listening to this week. Some you may like, some you may not, but give them a try anyway.

James Brown - 'Prisoner Of Love' <https://youtu.be/KHnYfNzqpZk> The bit where he spins around and hits his mark on the drum beat amazes me every time I see it.

The Buzzcocks - 'What Do I Get?' <https://youtu.be/iMXR7w76VZU> A classic piece of energetic punk from the late seventies that causes me to involuntarily jump around and start pogoing.

The Hidden Cameras - Fee Fie <https://youtu.be/ForJ4Fx4EU8> I swoon every time I hear this. They're not very well known, but I suggest that they should be made to be. By law.

Muzz - 'Knuckleduster' <https://youtu.be/sfL4STVaG2U> Just heard it this week, and whilst I've going from job to job in the community, it's been on repeat.

It's A Buffalo - 'Somewhere In Range' <https://youtu.be/TLUwfPBwwFA> A wonderful, upbeat, energetic song from a bunch a young scallywags from Manchester that sadly split up after one album. I use it as my alarm every morning.

Cornelius Brothers and Sister Rose - 'Too Late To Turn Back Now' <https://youtu.be/i8Whtxcw8oU> Luxurious soul.

Billy Taylor Trio - 'I Wish I Knew How It Would Feel To Be Free' [https://youtu.be/jIH\\_XFuf3wU](https://youtu.be/jIH_XFuf3wU) For the jazzers out there. For older viewers it was known as the theme for the old film review show 'Film '82' or whatever year it happened to be, with the glorious old curmudgeon Barry Norman. Written about the civil rights movement in the sixties. Nina Simone does a wonderful vocal version.

Lalo Schifrin - 'Jim On The Move' <https://youtu.be/kNSw6UoS6uU> I couldn't do this without a tune from the magnificent Lalo. We've probably all watched the films, TV shows et cetera that he scored music for. From Starsky and Hutch to Jaws to Mission Impossible, Lalo sprinkled his magic dust over so, so much.

Chic - 'Good Times' <https://youtu.be/RLTDpewlpfw> What can be said about this other than I defy anyone to a least wriggle their toes or tap their feet to this.

U2 - 'I Still Haven't Found What I'm Looking For' [https://youtu.be/e3-5YC\\_oHjE](https://youtu.be/e3-5YC_oHjE) A true anthem and lyrics that can mean one thing one day, and something else the next.

And finally...

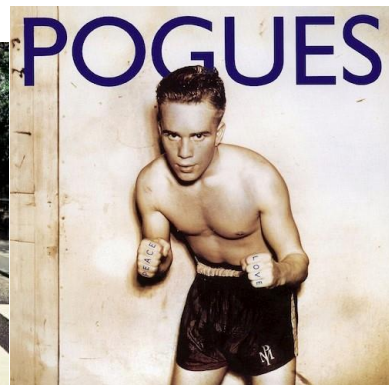
Ludovico Einaudi - 'I Giorni' <https://youtu.be/P2K7D-uMH2q> Inspired by a 12th Century folk-song inspired by a hippopotamus apparently. And it's beautiful (In my opinion)

So, there we are. It's a music group for people who want to listen to anything, from pop and guilty pleasures, to punk to funk to early blues. Anything that inspires, that makes you laugh, cry or feel anything at all.

Thanks, peace and love...

"Music can name the unnameable and communicate the unknowable." – Composer [Leonard Bernstein](#)

P.S. Also, as a final point, you can't listen to music without digging an album cover. Here's few glorious ones.



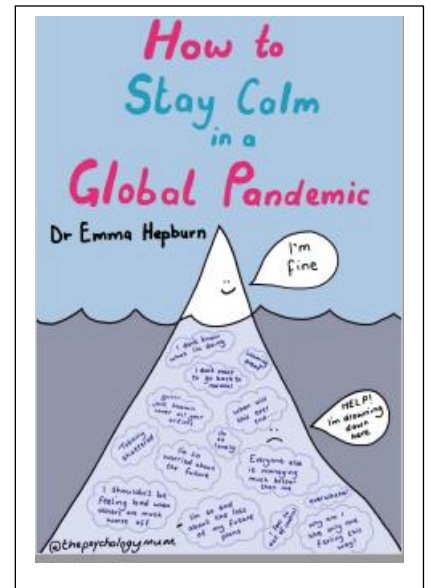
# COVID-19 USEFUL INFORMATION

## Careless Talk Costs Lives

- There have been several false conspiracy theories circulating about COVID-19.
- Be careful what you read!
- Only trust official sources of information to keep yourself and others safe.
- Learn more <https://www.wakefield.gov.uk/about-the-council/coronavirus-information/covid-19-misinformation-careless-talk-costs-lives>
- [#CarelessTalkCostsLives](https://twitter.com/CarelessTalkCostsLives)



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## Trusted Sites

Trusted information is available from official sources such as:

- [COVID-19 vaccination programme - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [Coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Wakefield Council Vaccination Information: <http://bit.ly/36le4wU>
- [www.wakefieldccg.nhs.uk](http://www.wakefieldccg.nhs.uk)
- [Wakefield and Kirklees Local Contact Tracing Service - Wakefield Council](https://www.wakefieldcouncil.gov.uk)
- The Coronavirus Resources Centre have published a range of translated social assets <https://coronavirusresources.phe.gov.uk/covid-19-vaccine/resources/translations-social-statics/>
- NHSE vaccination videos <https://www.england.nhs.uk/london/our-work/covid-19-vaccine-communication-materials/>

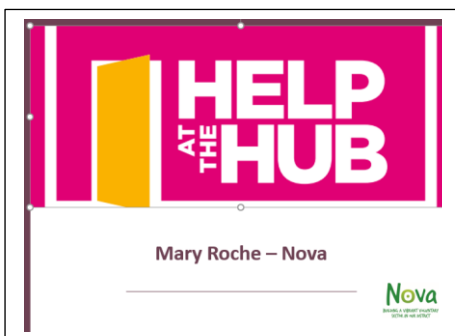
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Mental Health at the time of Coronavirus – read more of this interesting article written by Dr Emma Hepburn



How-to-Stay-Calm-in-a-Global-Pandemic

If you would like a copy let us know and we will send you one out in the post



## 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/>



## Other Hub services include:

- DoTa – Drop off and Take Away Testing Service
- Community Hub Champions – engagement in Test and Trace
- Food banks
- Befriending and support services

All Community Hubs have similar offers but are different because of their localities and community need

### Questions ?

[Mary.roche@nova-wd.org.uk](mailto:Mary.roche@nova-wd.org.uk) [www.nova-wd.org.uk](http://www.nova-wd.org.uk)  
[George.mcconnachie@nova-wd.org.uk](mailto:George.mcconnachie@nova-wd.org.uk)

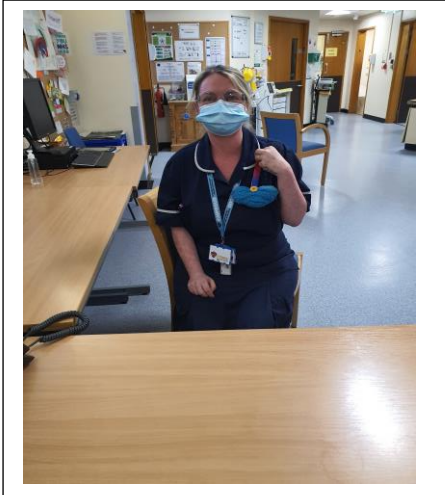


## Covid Vaccine Delivery model

All areas of Wakefield district are covered:

- Local vaccination sites (run by collaborations of GP practices called Primary Care Networks or PCNs) – appointment from your GP
  - Castleford Civic Centre, Castleford
  - Kings Medical Centre, Normanton
  - St Swithun's Community Centre, Eastmoor, Wakefield
  - Sandal Rugby Club
  - Church View Health Centre, South Kirby
- Community vaccination centre – appointment from National Booking Service
  - Navigation Walk, Wakefield
- Community pharmacy vaccination centres – appointment from National Booking Service
  - Morrisons car park, Dewsbury Road, Wakefield
  - Pontefract
- Hospital vaccination sites – for Health and Care Workers

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**NHS**

The Mid Yorkshire Hospitals  
NHS Trust

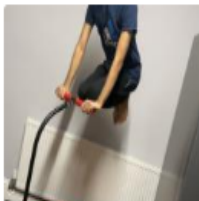
### Thank you, Tina

In a recent edition of our Newsletter we put out an appeal for any knitters out there to take up the challenge of knitting some hearts for the elderly patients at Dewsbury District Hospital. One of our colleagues, Tina who works for the Single Point of Access Team kindly took up the challenge and as a beginner to knitting learnt herself how to follow a pattern and knit a dozen hearts for the ward.

The Frailty Unit at Dewsbury District Hospital said they are thrilled with the hearts and they will be used to help support any of their patients, in particular patients that are missing home, by handing them a heart along with a message from home. The hearts will also be handed to patients that are at end of life, with another to a family member. Sister Claire Newbould, (pictured) sends her warm thanks on behalf of the team to Tina and says 'thank you and well done for taking up the challenge, the hearts will make such a special gesture to their patients and families', in these difficult times.

If anyone would like to knit or crochet any red hearts and donate to the Frailty Unit, Ward 9 at Dewsbury District Hospital they are very welcome. All hearts (in pairs) should be put in a plastic bag, sealed and sent to the ward, along with your name and address for the attention of Claire Newbould, thank you

#### Bouncing Back To Fitness With Free Online Classes ([yorkshiretimes.co.uk](http://yorkshiretimes.co.uk))



#### Bouncing Back To Fitness With Free Online ...

Online exercise classes and social activities have been a lifeline during lockdown for one visually impaired...

[yorkshiretimes.co.uk](http://yorkshiretimes.co.uk)

Check out the article on the Yorkshire Times website about our sessions we're running with Open Country and Vibe Fitness.

<https://yorkshiretimes.co.uk/article/Bouncing-Back-To-Fitness-With-Free-Online-Classes>

#### The Hepworth Wakefield ONLINE Print Fair 2021 - open call for exhibitors



#### The Hepworth Wakefield ONLINE Print Fair ...

The Hepworth Wakefield Online Print Fair will celebrate the art of printmaking across website and social medi...

[hepworthwakefield.org](http://hepworthwakefield.org)

TURNING POINT  
Health & Wellbeing

### Managing Anxiety & Worry Workshop

NHS



Thursday 04/03/2021  
14:30 - 16:00

Telephone: 01924 234 860

Email: [Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)

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

### 24 hour Mental Health Helpline

 0800 183 0558

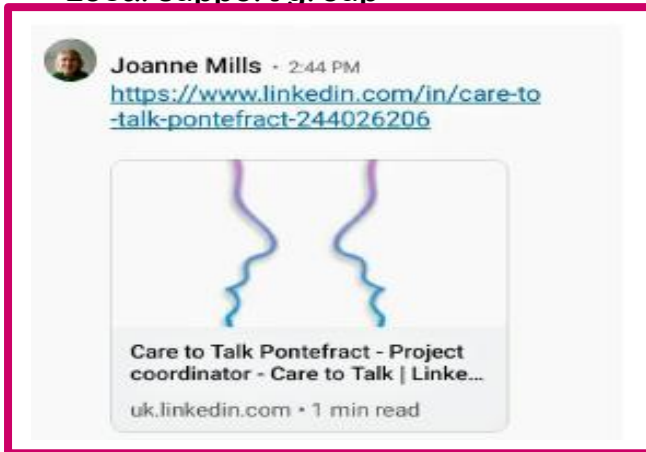
Confidential helpline offering support, advice, information and guidance. Available to anyone registered with a GP in Wakefield.

Service provided by:

**NCHA**  
Care and Support

NHS

## Local support group



Peer support group for mental health based in Pontefract

07935108239

Monday to Friday 9.00-5.00pm

Email: [jocaretotalk@gmail.com](mailto:jocaretotalk@gmail.com)

Support group:

Fridays 11.30-1.30pm

St Mary's Community Centre, The Circle,  
Chequerfield, Pontefract

## Have your say about local parking fees

We're asking residents and local businesses to have their say on a proposal to offer two hours free parking in all of our off street car parking areas across the district until 31 March 2022.

Find out more and get involved at [bit.ly/3tm4Ydc](http://bit.ly/3tm4Ydc)



## South Elmsall Library 01977 723220



**Wakefield Libraries** @WFLibraries · 2h

Did you know we take donations? Here are a few that we have ready for you to click and collect, just phone or email us and we can get them ready for you. #SouthElmsallLibrary #ClickandCollect #Donations #books



## [Get growing - how to get started with gardening / RHS Gardening](#)

Are you itching to get out in the garden and start weeding and planning those new borders, planting the spring pots and hanging baskets. Do you want a few new ideas to motivate you after the long winter and lockdown months we have had to deal with, why not inspire yourself by checking out the RHS gardening link above where you will find tips on simple steps to gardening, how to sow seeds indoors, plant up a container and lots more ...



census 2021

## Be a part of Census 2021

Census day is 21 March 2021.

By taking part and encouraging others to do the same, you'll help make sure your community gets the services it needs.



Find out more at [www.census.gov.uk](http://www.census.gov.uk)

Follow @Census2021

Office for National Statistics

[www.census.gov.uk](http://www.census.gov.uk)

## Census 21 March

Do you want to contribute to shaping up your community for the next 10 years, then you can do so by helping complete the Census 2021

More information:

[www.census.gov.uk](http://www.census.gov.uk)

Contact: David Young – Census engagement manager

[David.young14@field.census.gov.uk](mailto:David.young14@field.census.gov.uk)

JOBS available

## 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-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
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](http://www.wakefieldrecoverycollege.nhs.uk)

### Answers to last week's Weather Quiz

1. Temperature
2. USA
3. True
4. Meteorologist
5. Snow
6. True

### Live Well Wakefield free online self-management course

[The course](#) starts Tuesday 23 February 1pm - 3.30pm (with an introductory session on 16 February 1pm-2pm). To book or for more information email [Paul Boyd](#).



**Live Well**  
Wakefield

01924 255363

## Unexpected call? Confirm it's not a fraud



Criminals may use a range of tactics over the telephone, including pretending to be from HMRC, banks, loan companies, phone and internet providers.

If you receive an unexpected call, confirm the identity of the caller before engaging in conversation.

### Telephone Fraud

Notify your bank if you gave out your bank or card details.  
Report fraud to Action Fraud on 0300 123 2040.

#### Protect yourself: have you...

- Received unexpected correspondence?
- Dealt with this company before?
- Been asked for personal and/or banking information?
- Thought about ringing them back on a number you know to be genuine?
- Asked for contact by post instead?

#### Protect others: have they...

- Received more phone calls than usual?
- Had persistent phone calls from the same number?
- Had unexpected transactions appear on their bank statement?
- A landline telephone without a display?
- Fallen trying to get to the phone?

For further crime prevention advice contact your local Crime Prevention Officer on 101 or visit [www.westyorkshire.police.uk/fraud](http://www.westyorkshire.police.uk/fraud)

[www.facebook.com/BringingHumorToYourDayWithLove](http://www.facebook.com/BringingHumorToYourDayWithLove)



Bringing Humor To  
Your Day with Love

THEY SAY WE  
LEARN FROM OUR  
MISTAKES. THAT'S  
WHY I'M  
MAKING AS MANY  
AS POSSIBLE.  
I'LL SOON BE A  
GENIUS!! 


## JAB RAP

No more close hugs  
Because of them bugs  
Waiting for that jab  
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  
All rights reserved

## COVID LIFELINE

The world is like a sinking ship,  
With covid running it aground  
It's making lots of people sick  
But a vaccine has now been found  
We're all waiting for the lifeboat,  
To deliver us into the calm  
This news is our only hope  
To keep us all safe from harm  
It will take some time before we're  
clear  
Whilst the vaccines take their time  
Sure and steady we'll carefully steer  
And hopefully we'll all be fine. 

Susan 6.2.2021  
All rights reserved

## JAB RAP 2

(SECOND DOSE) 

Go get your injection  
Drive down this infection  
Exercise your resistance  
And keep your distance  
Go do your task  
And wear a mask  
Don't be one of those fools  
Risking infection ain't so  
cool  
Keep up those demands  
And wash your hands  
Keep two metres apart  
Don't give covid a head  
start  
Go get your injection  
Drive away this infection.

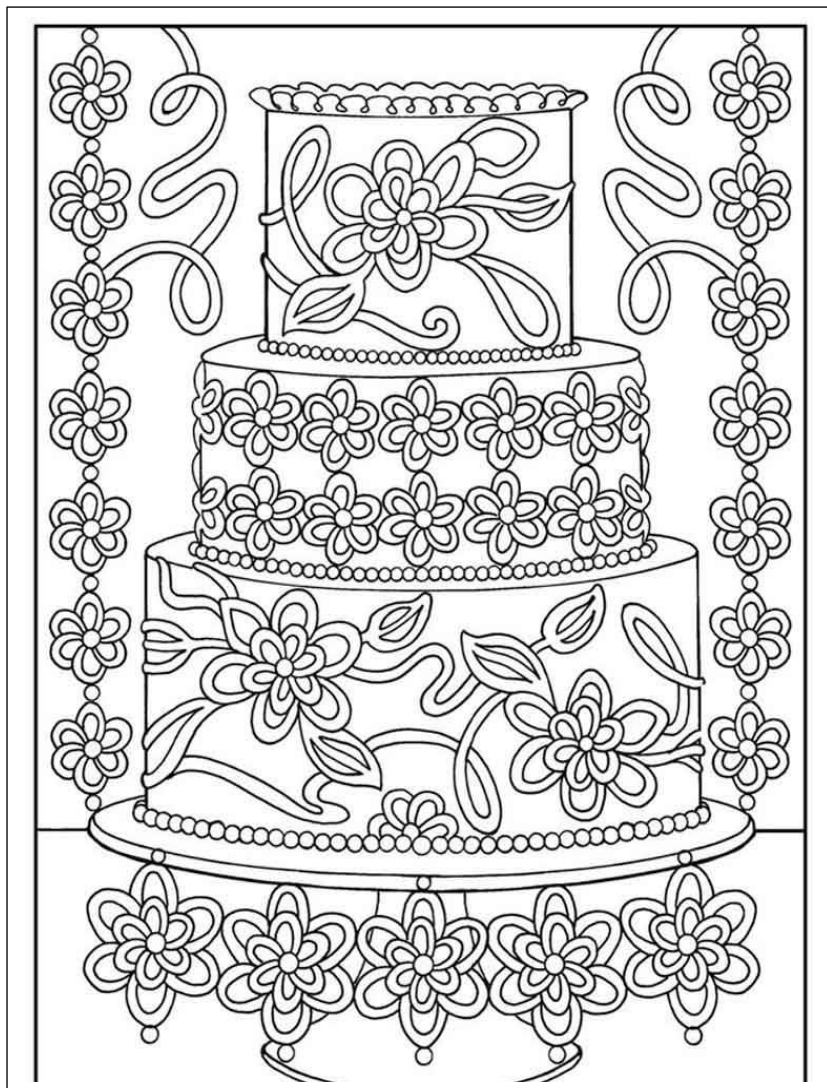
Ryder 2021  
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Two of our wonderful Recovery College supporters have put together these raps and poems, depicting life at the moment and the excitement (and importance) of the vaccines. We love them!

Think you could do better?? Why not send us in your poems, raps or pieces of writing? You could find yourself in a future edition of The Supporter!

Why not sit down, relax and enjoy?  
colouring in this picture?



### Carrot and Courgette Muffins



See recipe, ideal for hungry kids and lunch boxes

From Friday 12th until Friday 19th February 2021 (inclusive), our usual telephone number will be unavailable. All messages left on this number's answering machine will not be returned until the week commencing Monday 22nd February 2021.

If you wish to speak to a member of the team between Friday 12th and Friday 19th February, please call our alternative phone line 07768 290854.

From Saturday 20th February 2021 onwards, our usual phone number of 01924 316946 will be back up and running. From then onwards, please use this number only to contact the team again.

125g lower-fat spread, melted and cooled slightly  
2 tbsp skimmed milk  
2 large eggs, beaten  
100g grated carrot  
100g grated courgette  
100g wholemeal self-raising flour  
1 tsp baking powder  
1 tsp mixed dried herbs  
75g porridge oats

**1**

Preheat the oven to 180C, fan oven 160C, gas mark 4. Line a muffin tin with 8 paper muffin cases or squares of baking paper.

**2**

Mix together the cooled lower-fat spread, milk and eggs. Stir in the grated carrot and courgette.

**3**

*The secret to successful muffins is to avoid over-mixing the wet and dry ingredients.*

In a separate large mixing bowl, combine the flour, baking powder, dried herbs and porridge oats.

**4**

Stir the wet ingredients into the dry ingredients, taking care that you do not over-mix. Spoon into the muffin cases and bake for 25 to 30 minutes, until firm and golden. Cool on a wire rack.