



The Supporter

Newsletter

19 February 2021



South West
Yorkshire Partnership
NHS Foundation Trust

We can hardly believe this is our **44th edition** of The Supporter. Each week, this simple newsletter is reaching more & more people across the Wakefield District, providing information, activity & support. Why not pass your copy on to someone you know – you might not know if they need help, but this might be just the thing they needed someone to reach out with, help them through a tricky time, or make them smile.

Wakefield Recovery and Wellbeing College

- www.wakefieldrecoverycollege.nhs.uk
- wakefieldrecoverycollege@swyt.nhs.uk
- 01924 316946
- @W5TRC
- facebook.com/wakefieldrecoverycollege



DON'T FORGET...

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.



The Driver and Vehicle Standards Agency (DVSA) is still able to provide a practical test service for frontline NHS health and social care workers and other frontline roles responding to 'threat to life' and who need to drive as part of their job. This includes ambulance drivers, paramedics, social workers, Environment Agency flood defence workers, and local authority winter defence drivers in England and Wales.



Wakefield's first community lateral flow COVID-19 test site is now open, in partnership with Wakefield College. Appointments are for critical workers or people who have to leave the house to go to work, who **don't** have COVID-19 symptoms.

Book now <https://bit.ly/3tubQ8A>



sending a long distance hug

Residents in local care homes may be isolated due to the lack of social contact during the pandemic. To send them love, young people in the district are writing friendship postcards to send to the homes. If you want to get involved, email youthwork@wakefield.gov.uk

We're so proud of our partners, Live Well Wakefield! Join us in wishing them luck for the award results next month! It's well deserved 😊



YOUNG MINDS

have put together these steps on how to help your child in an anxious moment. Some of these might be useful for all of us too.

Breathe slowly and deeply together

You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts.

Sit with them and offer physical reassurance

Feeling you nearby, or holding your hand or having a cuddle if it's possible, can be soothing.

Reassure them that the anxiety will pass

It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller. Tell them this feeling will pass and they will be okay.

Try using all five senses together

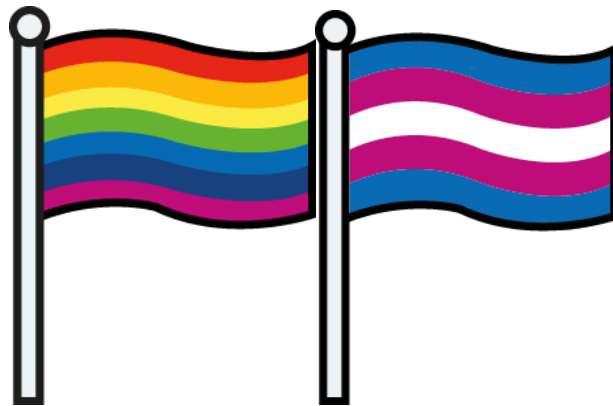
Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety.

Did you know it's LGBT+ History Month??

LGBT+ history month is an annual celebration that provides education and insight into the issues that the LGBT+ community faces.



Carol Harris, director of operations



For more stories, visit
<https://www.southwestyorkshire.nhs.uk/news-and-events/news-articles/>

"I don't know if my story is helpful or interesting to anyone, it doesn't have any controversy or drama. I'm just a mum who is fiercely proud of my three kids and who they all are. This really is my eldest, Alice's story.

"Around 14 years ago, when my daughter Alice was 15, she was receiving a lot of phone calls and messages throughout the day and night from a girl that was outside her usual friendship group. She would say 'oh it's just my friend' if I asked who had called. I didn't plan to force any big 'coming out' revelation and for no reason, other than being a nosy mum. Worried about calls in the early hours, I commented one day that she got a lot of calls from someone who was 'just a friend' and was Alice sure that was what she was? Alice replied with something like 'she's a bit more than a friend'. From then on, Alice has had girlfriends and is now in a long-term relationship. We have a gorgeous granddaughter who has two mums, thanks to the help of Manchester fertility centre.

"Alice remembered wanting to crawl in a hole when I first asked that question and was relieved that I had a problem with calls coming in at 3am rather than the fact she was attracted to girls. Alice says she is lucky because some of her friends have had very different experiences. I think that I am the lucky one really – all my kids are fab. I just want them to be with people they love and who love them back.

"If we did wonder what grandparents would think it wasn't for very long. Our youngest son unilaterally decided to help with letting grandparents know that Alice liked girls. He was five with a vocabulary that far exceeded his years and understanding. His choice of words wasn't always accurate but near enough to make the point. My mother in law, relayed the conversation they had whilst peeling carrots together"

"Gran Pauline, Alice is a bisexual"

"Oh, that's nice love"

"That was that then. Sorted."



Six things you didn't know you could feed ducks

The Canal & River Trust on a mission to improve the health of our wild birds across the country. **So, can you feed ducks bread?** Not only is it not nutritious, bread will attract many other birds and cause overcrowding, which in turn results in an increase in droppings. This can cause further disruption, such as slippery surfaces and possible damage to habitats and waterways.

So what can you feed ducks?

1. Sweetcorn - It turns out that ducks are quite partial to sweetcorn. Tinned, frozen or fresh. Obviously, remove them from the tin first.
2. Lettuce - As a nation we're guilty of throwing away a vast amount of lettuce, especially the bagged variety. Instead of consigning it to the bin, rip it into pieces and treat your local ducks. Rocket, kale and iceberg are all great choices.
3. Frozen peas - There's no need to cook them but make sure you defrost them first.
4. Oats - Flapjacks, rolled oats and even instant porridge oats will be a huge hit with ducks.
5. Seeds - Whether you buy bird seed or just seeds from the fruit and nut aisle in the supermarket, the ducks will be very grateful for these nutritious nibbles.
6. Rice - Ducks will appreciate a handful of leftover rice from a takeaway. Just remember to keep the crispy duck all to yourself. You can also use uncooked rice, both are fine.

In conclusion, is it okay to feed ducks bread? No, there are many other types of food you can use instead, which will cause less overcrowding and a less stressful environment for ducks and swans. A healthy duck is a happy duck.



Do you provide care and support to someone due to an illness or disability?

If yes, you may be eligible for the Covid 19 vaccine.

Register with [Carers Wakefield & District](#) to ensure you're ready for the Covid 19 vaccine within Cohort 6.

Get in touch:

Carers Wakefield: 01924 305545
registration@carerswakefield.org.uk



CORONA VIRUS SCAM ALERT

WEST YORKSHIRE TRADING STANDARDS NEWSLETTER
West Yorkshire Trading Standards monthly update on COVID-19 related scams.

VACCINE SCAMS WARNING

Multiple members of the public have reported receiving scam emails relating to vaccines.

The NHS has teamed up with law enforcement and security agencies to warn the public not to fall victim to fraudsters trying to exploit the coronavirus vaccine campaign. Criminals are claiming they can offer the vaccine at a cost and asking for personal information that could be used to steal bank details.

Key things to remember

- The vaccine is free of charge. At no point will you be asked to pay.
- The NHS will never ask you for your bank account or card details.
- The NHS will never ask you for your PIN or banking password.
- The NHS will never arrive unannounced at your home to administer the vaccine.
- The NHS will never ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips.

STEP-UP

is a **FREE** new service
available in your area **NOW**

Whether you're employed, unemployed or facing redundancy we can help you with:

- One-to-one job search support
- Digital upskilling
- Sourcing and matching you in to exclusive vacancies based around your skillset
- Actively marketing you to local employers
- One-to-one coaching and tailored support
- Support to help you gain a promotion or learn new skills
- Individualised skills assessments
- One-to-one support whilst upskilling
- Professional support to identify career progression

With a dedicated team who source exclusive, tailored vacancies specifically for you across the district, get in touch to see how we can help you

01924 303334

stepup@wakefield.gov.uk

www.stepupwakefield.com



wakefieldcouncil

STEP-UP

Employment and Skills

FREE one-to-one support
to help you

Find work
Build your career
Learn new skills

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stepup@wakefield.gov.uk

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wakefieldcouncil

At STEP UP, they offer free, 1:1 support to all Wakefield residents, whether they're employed, unemployed or facing redundancy. **They support anyone, regardless of barriers they're facing, and can support with things like travel costs, course costs, training and development costs (completely dependent on the individual's circumstances).** They cover the whole of the District, and during Covid we're offering a full telephone service and they've supported well over 150 customers in to work since the first lockdown last year. Here's what some of their clients had to say:

"Thank you very much for your help, I have definitely learnt more about how to showcase my skills, and realised I have skills I never knew I had."

"I can thoroughly recommend job searchers using Wakefield District Council's 'STEP UP' programme for trying to see where new roles may emerge in the District or slightly wider region."

At the Recovery College, we work closely with STEP UP because we believe in what they do and in their approach. **Here's what Mark, one of their advisors, had to say about working together:**

"I registered a client whilst working at my community Hub - a very nervous lady, and I could see right away the incredible strength it had taken for her to just walk through the door. It quickly became apparent that she was further away from the job-ready market than she realised. After gaining her trust, she opened up; she had lots of issues in her life, but poor mental health and low confidence were very high on the list.

The positive aspect was that, despite her being incredibly anxious and suffering from regular panic attacks, she was quite open to trying things. I quickly realised she wanted encouragement in the right direction but needed some hand-holding along the way. We spoke about some of the different provisions available to supplement STEP UP's support towards her gaining employment - she was very frustrated with how she was feeling and was also keen to try and understand things a little more.

From recently attending sessions at the recovery college in Wakefield, I knew they had a workshop coming up about panic attacks; however, it was short notice, and the online booking had closed. I called them and explained who I was and a bit about the client's situation, and they were able to book the client on the workshop. Being already aware of the environment and having made the college aware of certain 'triggers', I knew she'd be well looked after.

The client called me the day following the workshop, and her whole mood had changed. It had been such a positive experience for her - she'd learned lots about one of the conditions that she was suffering with, some coping strategies, and a huge feeling of accomplishment that she'd taken that first step in the right direction. She explained that she didn't feel like the odd one out - there were others in the same boat as her, she didn't have to speak if she didn't want to and it gave her the confidence to attend others, which she's since done.

I'd recommend the Wakefield Recovery College to both clients and advisors - it helped me gain a deeper understanding of topics and also identify symptoms that I had experienced. It was also great for me to refer someone to a service that I'd personally experienced. In this case, I felt that was crucial, as I could honestly explain to her exactly what to expect. Another positive aspect was that it has also given her the confidence to attend other support and training sessions. Sometimes the journey can be longer one, but this was the first step on to the right track to change her life.

STEP-UP

Choose well for mental health

South West Yorkshire Partnership NHS Foundation Trust has 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. To download a copy, click on this link [1782-Choose-well-for-mental-health-FINAL.pdf \(southwestyorkshire.nhs.uk\)](#), or visit the "Service Users and Carers" section of the Trust's website www.southwestyorkshire.nhs.uk.




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H	P	K	A	Q	K	A	E	L	R
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One of these words is not on the February themed wordsearch. Can you figure out which one?

- February
- Valentine
- Pancake
- Leap year
- Love
- Heart
- Snow
- LGBT
- Spring bulb
- Groundhog
- Cold
- Aquarius
- Pisces
- Winter
- Chocs

Never fancied Mindful Colouring before? It's all flowers and animals? Ahh, well you've obviously never seen a Storm Trooper version!



If you've never tried it before, give it a go. Not only can it help with boredom in lockdown, but it can also help us focus, take our minds off of racing thoughts and everyday stressors, and help us to switch off from the constantly-on-the-go world of social media, TV, laptops, mobile phones and working from home.



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: PONTEFRACTSTORIES@GMAIL.COM

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



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**ARTS COUNCIL
ENGLAND**

MENTAL HEALTH AND COPING DURING CORONAVIRUS

REACTIONS YOU MAY FEEL INCLUDE:

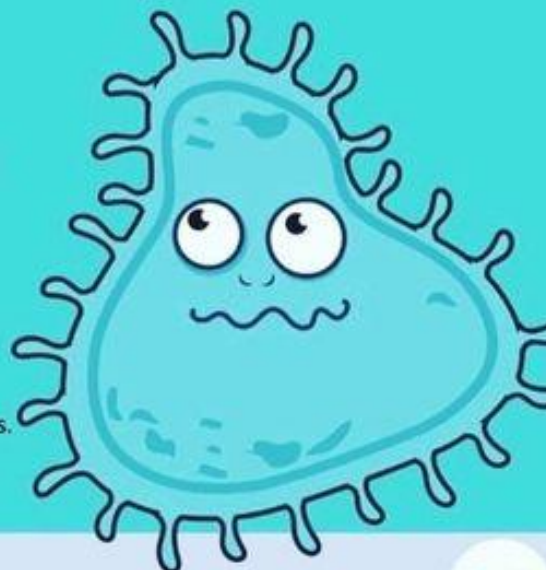
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative



**IT ONLY
TAKES 20
MINUTES TO
SAVE A LIFE.**

The Zero Suicide Alliance HAVE created FREE 20-minute suicide awareness training to give people the skills and confidence to help someone who may be considering suicide.



<https://www.zero-suicidealliance.com/training>