



The Supporter

Newsletter

26 February 2021



Wakefield Recovery and Wellbeing College

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Kinder Leeds have shared an open invitation to join a group of friendly, kind-hearted, creative people online over a cuppa, to help co-produce, co-design & create The Leeds Festival of Kindness, Compassion & Wellbeing planned for October 2021.

Date: Saturday 27 February 2021

Time: 10am – 1pm

Location: online via zoom

Never has there been a more important time than now, to come together, to learn, share, strengthen and celebrate all the amazing people, projects, communities, organisations who contribute to kindness, compassion & wellbeing in Leeds and beyond.

All you need to bring is you – plus any ideas you have – everyone is welcome.

[Follow this link to register onto the zoom event.](#)

Come and join us, with a cuppa and a snack, to help us co-create our next festival in Oct 2021. We need YOU.

Never has there been a more important time in our history than now, to come together, to learn, to share, to strengthen and to celebrate all the amazing people, projects, communities, organisations contributing to compassion, wellbeing and kindness in Leeds and beyond.

Last year in Sept, with support from many amazing volunteers and contributors from Leeds (and far beyond!) we held an amazing week of varied online festival events in Sept. We had different themes of kindness each day, self, relationships, community, business, spaces, and our planet. Take a look here for our WATCH again events: <https://kinderleeds.org/watch-again/>

Inspire and learn from each other and discover and plan what we can do better together for a #KinderLeeds

Any questions please contact us by email at info@kinderleeds.org



The Recovery College Music Appreciation Society

(any suggestions of another name would be seriously considered)



Hello anyone,

Well, this week's choices (these posts are supposed to be weekly but due to my considerable forgetfulness I missed the deadline with the newsletter. Deadline!!! I appear to think I'm writing for The Times) Anyway this week's choices are varied to say the least, but you can't deny they're not interesting.

The first one out of the magic hat is and band called Beirut and 'Postcards from Italy'. A wonderful 4-minute ditty using wind, brass and percussion to such a gorgeous degree that my heart soars every time I hear it. Reminds me of Beirut and, funnily enough, Italy.

<https://youtu.be/X61BVv6pLtw>

The second prize, but they're all winners in our book, is a song suggestion from Recovery College head-honcho Lindsey. When she's not cracking the whip, she's dancing away to Paolo Nutini and 'Pencil Full of Lead'. Now apparently there is a video somewhere online of her and her partner dancing to this song at their wedding. I'm yet to see it unfortunately. But don't worry, I'll find it. Oh yes, I'll find it. Super, dooper song it is too. <https://youtu.be/7qSirgWPKMg>

Again, the third is a stunner. Lindsey (El Capo at Recovery College) and I agreed that this is wonderful, heart-breaking and every other adjective you can shoe-horn in. For Lindsey, her mum, who obviously has good taste, used to play this to her when she was younger, but for me, a considerably older, and wiser, person, it reminds me of my first, much, much older girlfriend, and her packing me in. I was only 17. And heartbroken. So, I played this constantly as I looked out of my bedroom window, trying to look deep. Anyway, I'm not bothered, it's her loss. Enjoy George Michael and 'Different Corner'. Although this version is live and much better than the studio version (In my opinion). <https://youtu.be/VfPSNKb0Ahc>

Just a brief warning, all song suggestions are YouTube links so there may be one or too annoying adverts prior to the song starting, or, in extreme cases, smack bang in the middle of a song, but hey, it's free right? Right...

A classic classical piece here. Apparently, you don't call classical pieces songs, or tunes, they're "pieces". And never say you "like Debussy's Greatest Hits, it's his best album...". You'll just sound daft. This is from 'The Planets Suite' by Gustav Holst and it's called II. Venus: The Bringer of Peace. Played by The BBC Symphony Orchestra. It's so soothing it would quieten even the noisiest, teething baby. B.E.A.U.T.I.F.U.L. https://youtu.be/mp5gksq_OEI

A soul jam now, from 'The Temptations', legendary band from the glorious Motortown of Motown. Legendary is a word used far too easily but these really are. From the early sixties to the mid-seventies their catalogue is outstanding, and this banger, 'Ball of Confusion', would be included in that category. And never more apt than for these strange and difficult times we all find ourselves in. Social consciousness has never sounded so funky. <https://youtu.be/Gb8JZ5wQGKI>

Now this one is strange, strange, strange, to some maybe? But isn't strange and unusual good? A sous of Kate Bush, a dash of psychedelia, a hint of folk and a pair of big white shoes and you get Aldous Harding with 'The Barrel'. Her album carried us (me and my beloved spouse) through the first lockdown. <https://youtu.be/QyZeJr5ppm8>

The next one may be not to everyone's cup of Java, but I love it and I suggest you do, too, because every music group needs a glorious bassline. We're right up to present day with this, moving onward, forward and into the future, so embrace it with both hands and have a listen to a belter. Young Irish lads maintaining their accents without trying to sound American, which is nice. A bit like 'Capstick Comes Home' (a reference for the older viewers. I can't imagine Tony saying "Al nivva forget that furst day ut pit..." with a New York accent). Here's Fontaines D.C. and 'Televised Mind'. <https://youtu.be/IE7vLPSfw6Q>

Another current cacophony now with this beauty. A tad of glam-rock squeezed into a tin of alternative with 'Double Denim Hop' by Buzzard Buzzard Buzzard. For this song I would suggest jumping and dancing in a strange, erratic manner. <https://youtu.be/tNiWo9hjOrg>

Now we're back to the old skool. Who (unless you're not old enough) can forget this. M. A. R. R. S. and 'Pump Up The Volume'. M. A. R. R. S. were made up of two bands (A.R. Kane and Colourbox) but couldn't think of a name, so they used their initials. Clever huh.

<https://youtu.be/w9gOQgfPW4Y>

This next one was recommended by a chap who I work with in the community. I'll not reveal their name but for now, will call them Mr. X, because it sounds cool. I'm sure, once the music group is up and running, their mysterious identity will be revealed. Here's a tune by Imagine Dragons and 'Believer'. The video has Dolph Lundgren in it) the old guy off 'Rocky IV'.

<https://youtu.be/7wtfhZwyrcc>

The next feel good, feel good is by Tom Speight and was recommended by my wife. He's a very young chap and has been knocking about forever, but he's finally caught a break and been played on Radio 2. It's called 'Everything's Waiting for You'. <https://youtu.be/1RHzyUuwI9A>

This one has influences from around the globe, but mainly the Middle East, Poland and Coventry. Terry Hall, famously of The Specials, Fun Boy Three, numerous other side-projects and fellow MUFC fan (I don't care if we're rubbish), and Mushtaq of Fun-Da-Mental and loads of other producing work, joined together and made a fabulous album 'The Hour of Two Lights'. This track is called 'This and That', although I could've played 'They Gotta Quit Kicking My Dog Around' because it's equally as good. I hope you enjoy. <https://youtu.be/w5cD6O-bJGc>

I couldn't do this without another soundtrack. This one is 'So You Want to Be A Boxer' from Alan Parker's Bugsy Malone. You know the one, where kids play gangsters and use splurge guns. He did like a musical did our Alan. His other films include Fame, The Commitments and Midnight Express. <https://youtu.be/mVZmW59AAqw>

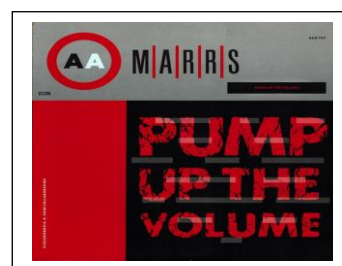
And finally, ...

...we sign off with a strange and unusual slice of spoken word, utopian dreams and quasi-hippy musings here with Eden Ahbez and 'Full Moon'. Eden, or George Alexander Aberle to his mum, lived an unconventional lifestyle and slept under the 'H' of the famous 'HOLLYWOOD' sign in Los Angeles eating fruit, nuts and vegetables. He also wrote the song 'Nature Boy', made world famous by Nat 'King' Cole. <https://youtu.be/d7DMqPdqMuM>

So there we are. I hope you like all, or some, or maybe even just the one piece of music that's listed. If you have (or haven't), or have something else to suggest that stirs a passion, awakens a memory or maybe something that you heard on a film or an advert or even as you were out and about, drop us a line on the website, or click on Facebook, send a letter or maybe even a carrier pigeon, whatever's easier. Just get in touch, pleeeeeease!!!

Thanks for reading, peace and love... Leo

And finally finally, as I mentioned before, here's a couple of the album covers, in no particular order, for the songs I've listed today.



The Recovery College Music Appreciation Society

NEW GROUP

Starts Thursday 4 March 2021 – 2.00pm – 3.00pm

“Music has charms to soothe the savage breast, to soften rocks, or bend a knotted oak.” Seventeenth century English dramatist William Congreve.

Music Therapy is a tried and tested method that can help address the physical, emotional, cognitive, and social needs of a group or individual. It employs a variety of activities and includes simple tasks such as listening to songs or an instrumental piece, mindfulness, guided imagery, gentle movement and/or dancing.

Wakefield Recovery and Wellbeing College has, fortunately, been given the opportunity to present such a group, initially online using ‘Microsoft Teams’ but, once Covid-19 restrictions are eased and we return to general daily activities, we aim to meet in an accommodating café in Wakefield town centre to meet, chat about music, what it means to us, and why.

An exhaustive amount of research has been carried out on the benefits and advantages of using music therapy and these studies suggest that music can improve mood, decrease stress, decrease pain, can help people suffering from Alzheimer’s disease, can enhance relaxation, and decrease anxiety; this in turn can help with coping skills.

The general tone of the group is one of listening, reflection and discussion. People can suggest music that means something to them, and perhaps share why. Whilst this will not be a therapy group, we aim to have a general plan to the group, a playlist of song suggestions sent in by people who will be attending the group, and a list of songs that people may, or may not, be aware of. There are no musical barriers as such, however we have always to be aware of other people’s issues and concerns and any songs suggested must adhere to a general policy of respectful topics and themes.

We aim to use the ‘receptive process’ of music therapy, which is listening to music basically, but we’re also open to the ‘creative process’, which basically means if you play an instrument, or write songs, then perhaps the group would be an ideal chance to share your talent with other group members, regardless of whether you’re a beginner or a virtuoso.

There will be numerous music group updates on the Recovery College website, the Facebook, Twitter and Instagram pages and the weekly newsletter so if you’d like to join, get involved or help out, get in touch. **And, because this will be a rolling group, you can join the group at any time, leave at any time if it’s not for you and you won’t (for the moment) even need to enrol!** If you are interested in attending, just give the college a call or drop us an email to express your interest. We will then provide you with the joining link for the Microsoft Teams sessions.



Thank you for reading and we hope we’ve piqued your interest!

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.



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

Check out our groups starting soon! available to book on our website

Course	Date	
Music group	4 March 2021	Online course initially, Ring college to book
Family & Friends/Carers group	18 March 2021	Online course initially, Ring college to book
Understanding hearing voices	1 April 2021	Online course
Introduction to Mindfulness	15 April & 24 June 2021	Online course
Overcoming Anxiety	22 April & 10 June 2021	Online course
Enhancing self-care	6 May 2021	Online course
Lifting your spirits	20 May 2021	Online course (3 weeks)

Don't forget keep a regular check on our website for courses being released
www.wakefieldrecovervcolleae@nhs.net

Protect new spring shoots from slugs

Plant shallots, onion sets and early potatoes

Plant summer-flowering bulbs

Lift and divide overgrown clumps of perennials

Top dress containers with fresh compost

Mow the lawn on dry days (if needed)

Cut back *Cornus* (dogwood) and *Salix* (willow) grown for colourful winter stems

Hoe and mulch weeds to keep them under control early

[RHS - Inspiring everyone to grow / RHS Gardening](#)



Simply contemplating nature helps to rest and recharge our brains

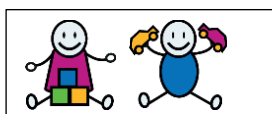
Professor Alistair Griffiths

As the seasons are changing and the spring bulbs have started peeping their new leaves through the soil, we can now look forward to spending springtime outside in our gardens enjoying some much-needed fresh air and relaxation. Have a look at the list of gardening jobs for March.....plenty to keep you busy



Wakefield and District Society for Deaf People

Wakefield & District Society for Deaf People have formed a partnership with Lollipop York and Wakefield Council's Teachers of the Deaf. We are delivering preschool support to children ages 0-4 with any degree of deafness and children of deaf adults. We welcome old and new members



During lockdown they are unable to offer face to face groups however they are offering established online zoom sessions for parents and children in the comfort of their own home. These sessions include stories and songs for the children and time for the parents to have a cuppa and a friendly chat.

If you are interested in joining, please email activities@lollipopork.org.uk



For more information and future dates contact Cheryl:
parentsupport@lollipop.org.uk
<https://www.lollipopork.org.uk/>
<https://www.wakefielddeaf.org.uk/>
<https://www.facebook.com/wakefielddeafsociety>
<https://www.facebook.com/lollipopork/>



Child and Adolescent Mental Health Services (CAMHS) in Wakefield have some great news about getting support or an appointment with the team – known as making a referral.

Since July 2020, the service now also accepts:

- Referrals from parents and carers of children and young people aged 0-18 years old
- Self-referrals from 16 and 17 year olds.

Prior to this, only professionals such as GPs, teachers or social workers were able to refer into the service. The changes have been made to better the experience for children, young people and their families, alongside local health and care professionals, when using the service. It is part of the **CAMHS improvement plan**.



How to contact Wakefield CAMHS

Contact the Wakefield CAMHS team between 9am – 5pm, Monday to Friday on: **01977 735865**.

You can also fill out an online form which can be found on the South West Yorkshire Partnership NHS Foundation Trust website: **www.southwestyorkshire.nhs.uk/camhs-wakefield**

There are also resources for children, young people and their families on this webpage too.

Covid tips for the Kids – help them understand

The BBC Newsround site <https://www.bbc.co.uk/newsround/51204456> has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means.

General information for young people about managing their mental health <https://youngminds.org.uk/.../what-to-do-if-you-re-anxious-ab...>

Amaze – information pack for parents <https://amazesussex.org.uk/fags-about-the-coronavirus-for-.../>



Know Your Rights!

We have seen an increase in complaints from consumers regarding online based retailers. Things such as non delivery of goods, poor service and faulty goods etc. Not surprisingly, more & more people are buying goods online, if something isn't quite right, know your rights as a consumer! More information can be found at useful websites such as which.co.uk , citizensadvice.org.uk & actionfraud.police.uk

The Mid Yorkshire Hospitals
NHS Trust

Pontefract Urgent Treatment Centre is open 24 hours a day, 7 days a week

The UTC can treat people with urgent and non-life-threatening condition such as;



- Strains, sprains and suspected broken bones
- Minor head injuries
- Cuts and grazes
- Bites and stings
- Minor scalds and burns
- Ear and throat infections
- Skin infections and rashes
- Eye problems
- Abdominal pain
- Vomiting and diarrhoea

Everyone is welcome in general practice

NHS

OPEN



Find out more
www.nhs.uk/register

Report to us:

Mailbox to deal

with reports of Covid-19 Scams in West Yorkshire:

Covid19.Scams@wyjs.org.uk

Doorstep Traders seeking to rip off vulnerable residents in our region

VOL. 22 2021



Reports this month relating to doorstep traders targeting elderly and vulnerable residents across the region, roofing appears to be the most likely opportunity that rogue traders are using at the moment. In particular we've received reports in Keighley, where over £300 was paid to traders to for a minor and simple roof repair, it is believed the work wasn't even carried out. This method has been also seen replicated in Halifax, Kippax and Huddersfield over recent weeks. In Mirfield, a trader took cash upfront from a resident, started some work on the garden and failed to return to finish the job. From high pressure doorstep sales in the Boston Spa area, to driveway tarmacking in Bingley, the reports we receive suggest the work is overpriced and shoddy, with some instances of vulnerable consumers being taken to the bank to draw out large sums of money.

Thinking of having work done? Here's a few tips...

- Check to see if you need permission or approval for any work doing.
- Get the contractor's full contact details before work starts. If you know how to get in touch, it's easier to deal with any problems that come up.
- Recommendations from friends and family are always best.
- If you can't get personal recommendations from people you know, ask contractors for references.
- Try to get written quotes from at least 3 different contractors before you decide on one. Comparing quotes will help you decide if you're getting a fair price.
- Check there's insurance in place.
- Always try to get a contract in writing before you give the go-ahead.

Family and Carers Alliance and Support Group

Brought to you by Leo, Our Friends, Family and Carers Lead



**New group starts on
Thursday 18 March 2021
2.00pm-3.00pm**

In my experience one of the most important questions for any mental health team when offering care and support to a person who suffers from any form of mental health issue is “Do they have any form of support from family, friends and carers...”, and if the answer is “Yes”, our job is made much, much easier.

For family, friends and carers dealing with a loved one’s mental health it’s an often thankless, frustrating and at times heart breaking job. We do it anyway, regardless of the issues we have to deal with. We all have our own issues, we have to work, tend to other, often mundane daily tasks plus we have our own pressing matters, concerns and mental well-being to be aware of. Then we have to deal with our loved one. It’s hard, like juggling jelly, and it can, on occasion, take its toll. For some, family, friend or carer support is something unheard of. Sometimes we just aren’t aware that they are services out there, or sometimes we’re just too proud, “I can deal with it...” et cetera. Or maybe we’re simply embarrassed about the predicament we’re in. But why struggle when there is help waiting for you to contact them?

From my own experience, dealing with a family members mental health concern is a worry at best, and devastating at worst. The dreaded early signs of relapse, the alarming phone calls, concerns in their community, maybe dealing with the police, or money concerns, occasionally drug misuse issues, the hospital admissions and often upsetting visits, the list of worries is endless. And if the person has good support, from anyone, fantastic. But who supports the supporters?

Initially the group will be online using ‘Microsoft Teams’ but, once Covid-19 issues and restrictions have eased and we return to our ‘normal’ daily activities, we aim to meet in an accommodating café somewhere in Wakefield town centre to meet, chat, drink tea/coffee, eat biscuits and chat to each other about what’s going on. No topics will be off limits, however all we ask is that we must always be aware of other people’s sensitivities, issues, concerns and needs and maintain respect for one another at all times.

The Wakefield Recovery and Wellbeing College offer support to all types of people, from any background, both service users, family, friends and carers, but we feel that we need to offer a dedicated support service to those people who often have to carry the load and deal with so much, on their own. So, once a month, we’re going to open up and let you, the family member, the friend or the carer get things off your chest, speak to other people who have the same issues and concerns, maybe help you tap into other services that can offer help, but mainly, simply, offer support to the supporters. It sounds simple enough, but I’m sure it won’t be. Supporting someone with mental health concerns can be hard, but at our group we want to listen, share experiences, maybe laugh occasionally, and get things you’re dealing with inside, outside.

“Life doesn’t make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.”

Erik Homburger Erikson (Harvard Professor/ Noted Psychologist)

There will be family and support group updates on the Recovery College website, the Facebook, Twitter and Instagram pages and the weekly newsletter so if you’d like to join, get involved or help out, then get in touch. **And, because this will be a rolling group, you can join the group at any time, leave at any time if it’s not for you and you won’t (for the moment) even need to enrol!** The group will happen every four weeks, with the first meeting on Thursday 18th March 2020, 2pm-3pm. If you are interested in attending, just give the college a call or drop us an email to express your interest. We will then provide you with the joining link for the Microsoft Teams sessions. For more support for carers, please [visit the Carer Resources section of our website.](#)