



## The Supporter

Newsletter

3 March 2021

Hello everyone and welcome to this week's edition of our Newsletter, the first one of Spring 2021.

We hope you enjoy reading the work of one of our talented students, Zoe, and two pieces written by our creative volunteers Ryder and Halima. Thank you to all of them.

### 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://www.facebook.com/wakefieldrecoverycollege)

#### It was March 2020

The UK in lockdown, things were changing so fast. No-one any idea how long the stress and chaos would last. Many in hospital suffering and dying all alone. Nurses snowed under, struggling to cope

Schools shops and businesses closed  
So, people worked and studied from home.  
Events got cancelled or put on hold.  
Charities struggled to keep afloat.

Panic buyers were emptying supermarket shelves. People were breaking rules only thinking of themselves. It was all about Youtube, tik tok and zoom. Kids addicted to screens spending hours in their rooms.

Families baked, danced and relaxed in the sun. Played games, did crafts and had lots of fun. It was a time to sing on karaoke and go walking. A time to do complicated jigsaws and get talking.

Now some couples broke up, for them it was tough. Those trying to move house were pretty much stuffed. There were kids regressing, suicides on the rise. Kids feeling that no one was hearing their fears and cries.

But flowers bloomed, animals were born and birds began to sing. People slowed down, it was all about the simple things. So in awful situations always try and find the good. Things are starting to get better, we'll soon be out of the woods

Zoe – 2021

#### An envelope full of beads

Landed on my door mat.

I paused to enjoy:  
the feeling of the beads  
cascading through my fingers,  
gasp at the beauty of the beads,  
bask in the colours,  
the smile on my face as  
I imagined the creative adventures  
that lay ahead.

I stuck on  
little beads on my painting,  
with much of it  
ending up on the floor.

The beads are a part of this flat  
as no matter how much  
I clean the floor,  
I am sure some of the beads  
are buried within my carpet.

Halima

<http://www.stepupwakefield.com/wp-content/uploads/2020/06/xStep-Up.png.pagespeed.ic.H6MuocW3mV.webp>

Step Up is Wakefield Council's flagship  
Employment and Skills Service

Read their February 2021 Newsletter



STEP UP Newsletter  
Feb 2021.docx

## An ode to Albert Gunter

This was written in commemoration of Albert Gunter who on the 30<sup>th</sup> December 1952 saved his passengers on the bus when Tower Bridge suddenly rose up. He received £10 as a reward and a day off. It was the 78 bus to Shoreditch. It was reported that Albert Gunter or the conductor broke his leg. The 20 passengers were taken to hospital as a precaution there were minor injuries and the bus was intact but minus some seats. He managed to jump the rising bascule. The watchman failed to ring the warning bell and close the gate before Tower Bridge opened. (There was no door on the back of the bus in those days for the conductor to hold onto only a pole.)

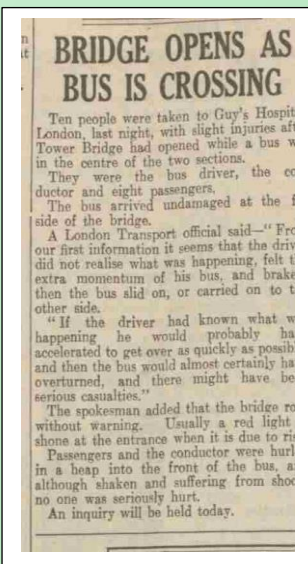
Heroes turn up in unlikely places  
Especially where there is a lack of spaces  
As Albert drove his 78 bus that day  
A silent god watched like a golden ray  
The watchman had gone on his way  
No gate closed to prevent that fatal day  
No warning of intent  
Not seeing any harm was meant  
The bridge had started to raise  
Albert then we can only praise.

On the approach to Tower Bridge it started to lift  
But that bus had an unusual gift  
At 60 miles per hour it could jump  
But the landing would be a huge bump  
Albert would have to be a great driver  
Or they would need a skin diver  
Realising his only chance  
Was to beat the bridge's upward stance  
On the clutch he would quickly stamp  
And accelerate fast up the ramp.

He knew he needed the wings of a bat  
As the other bridge deck was flat.  
As he put down his foot, the die was cast  
He prayed he would not breathe his last  
He put his foot down to the floor  
Shouted the conductor "hold on to the door"  
Up the ramp he sped at full tap  
The river yawned far below the gap  
The bus took off into the air  
Some said it flew with inches to spare.  
It landed on the other deck  
Not quite ending up a wreck

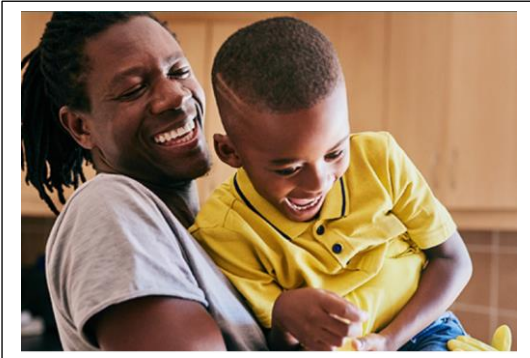
This ode is to commemorate Albert's dare  
To fly his bus through the air  
To save his passengers from being drowned  
A hero had been found  
A flying bus has never been  
In modern history ever seen  
He saved his passengers without a fuss  
He jumped Tower Bridge with a double decker bus.

Ryder 2021  
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## Identifying early signs of worsening health in a person with a learning disability

This free online training is for family carers only and has been designed to help carers easily identify signs that someone may be unwell and to let them know what they should do next. The workshop is free and only for carers of someone who is over the age of 16. [www.events.england.nhs.uk](http://www.events.england.nhs.uk)



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

Looking after a child's mental health

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy and help them cope with whatever further changes we all may face.



## Psychological First Aid: Supporting Children and Young People

Learn how to support children and young people using psychological first aid

On this free 3-week course you will explore the techniques of psychological first aid (PFA), the globally recommended training for supporting people during emergencies. You'll focus on children and young people's mental health, and what you can do to help them cope and access the support they need during and after emergencies and crisis situations.

The course has been produced by Public Health England, working with a wide range of experts and organisations. It is based on international guidance from the World Health Organisation, United Nations and partners. [CYP Psychological First Aid online course - FutureLearn](#)

## [Let's Talk About Self Harm | Northorpe Hall Child and Family Trust](#)

Did you know that at least 1 in 12 young people will self-harm at some point in their lives? That's a lot of young people, at least 2 in each class! Self-harm can be a very secretive behaviour and something that people can find very difficult to talk about. Young people in Kirklees have shared their experiences and ideas to create 2 new leaflets to help to start the conversation about self-harm. Please click on the links below to have a look at the new leaflets:

[Can We Talk to You About Self-Harm?](#) - Guidance for adults  
[Let's Talk About Self-Harm](#)- Information for young people

If you would like printed copies of the leaflets, please email [info@northorpehall.co.uk](mailto:info@northorpehall.co.uk) and let us know how many you need and where you would like them to be posted.



### STEP 1: 8 March

  
Schools and colleges are open for all students. Practical Higher Education Courses.

  
Recreation or exercise outdoors with household or one other person. No household mixing indoors.

  
Wraparound childcare.

  
Stay at home.

  
Funerals (30), wakes and weddings (6).

### 29 March

  
Rule of 6 or two households outdoors. No household mixing indoors.

  
Outdoor sport and leisure facilities.

  
Organised outdoor sport allowed (children and adults).

  
Minimise travel. No holidays.

  
Outdoor parent & child groups (up to 15 parents).

### STEP 2

At least five weeks after Step 1, no earlier than 12 April.

  
Indoor leisure (including gyms) open for use individually or within household groups.

  
Rule of 6 or two households outdoors. No household mixing indoors.

  
Outdoor attractions, such as zoos, theme parks and drive-in cinemas.

  
Libraries and community centres.

  
Personal care premises.

  
All retail.

  
Outdoor hospitality.

  
All children's activities, indoor parent & child groups (up to 15 parents).

  
Domestic overnight stays (household only).

  
Self-contained accommodation (household only).

  
Funerals (30), wakes, weddings, receptions (15).


  
Minimise travel. No international holidays.

  
Event pilots begin.

### STEP 3

At least five weeks after Step 2, no earlier than 17 May.

  
Indoor entertainment and attractions.

  
30 person limit outdoors. Rule of 6 or two households indoors (subject to review).

  
Domestic overnight stays.

  
Organised indoor adult sport.

  
Most significant life events (30).

  
Remaining outdoor entertainment (including performances).

  
Remaining accommodation.

  
Some large events (except for pilots) - capacity limits apply.  
Indoor events: 1,000 or 50%.  
Outdoor other events: 4,000 or 50%.  
Outdoor seated events: 10,000 or 25%.

  
International travel - subject to review.

### STEP 4

At least five weeks after Step 3, no earlier than 21 June.  
By Step 4, the Government hopes to be able to introduce the following (subject to review):

  
No legal limits on social contact.

  
Nightclubs.

  
Larger events.

  
No legal limit on all life events.

The Prime Minister has set out a plan to lift England's Covid-19 Lockdown as detailed above:

You can find out more about the roadmap here

<https://www.gov.uk/government/publications/covid-19-response-spring-2021#north>

Information can also be found here <https://www.wakefield.gov.uk/about-the-council/coronavirus-information>

 **NEW GROUP** 

**The Recovery College Music Appreciation Society**  
**Starts Thursday 4 March 2021 – 2.00pm – 3.00pm**

**(then every 4 weeks, you can join at any week)**

Hello viewer,

This week we've been trawling the stagnant backwaters of the musical riverbed and we've fished out some W.H.O.P.E.R.S. And we've also had a new fish join the school (I'm sticking with the fishing analogy here). Well, not join, she's been here at Recovery College since before the Ark, but she's new to the music gang. That She, as Parisian chanteur Charles Aznavour once sang <https://youtu.be/Q1YipLB-rQQ> is our Janette, and Janette's cast her net (enough with the fishing already) out far and wide and caught (!!!) some real Bluefin tuna (oh dear). So read on for Janette's selections. As has our Recovery College Overlord!!! Lindsey, her choices will follow after this short announcement...

"The Recovery College Music Appreciation Society is built for comfort, with your enjoyment and safety uppermost in our minds and as such, we'd like you, the reader, to consider joining the group, to share anecdotes, memories or simply just listen, suggest and share with others songs that mean something, for whatever reason, to you, in a warm, safe and friendly atmosphere and environment. So contact the team to enrol and enjoy. Details will follow the song listings. Now let's listen..."

So, eyes down, here we go with the first number. And it's a banger from our Lindsey. Everyone's favourite Brummies, UB40 and 'Food For Thought'. Again, youngster Lindsey's cool mum used to play this, and the dreadlocked Lindsey would dance the skank in the kitchen to this beauty and, as she has previously noted, she'd "never heard anything like it". Fine praise indeed.

<https://youtu.be/mOBZ6ygWk7I>

The 'This Is The Day' Now this one always puts a smile on my face. I think it's the accordion that does it. I once went to a funeral where an accordion was being played, and I smiled right through the service. I'm sure they'd understand. We weren't that close anyway.

<https://youtu.be/XKukFy18nes>

Labi Siffre 'I Got The...'. <https://youtu.be/xKISdd2mKzU> Now not that many people know this but Chas, from boogie-woogie kings and loveable cockernies, the erstwhile 'Chas and Dave', played bass on this, and Eminem used it for the main sample in his massive, massive hit 'My Name Is' which I may as well include here——> <https://youtu.be/sNPnb11arSE>

Devotchka 'Done With Those Days' <https://youtu.be/flJwnaknAqE> I enjoy epic. Epic films, epic stories, epic myths, an epic romance, epic songs, and this is an epic song finished off with a spaghetti western vibe. I saw Devotchka with my wife in Manchester several years ago and the music they made was epic in every single sense. And they didn't even need the biplane or the thunderstorm.

Henry Mancini 'The Peter Gunn Theme' played by The Lahti Symphony Orchestra

<https://youtu.be/jtibpixjhLM> You can't beat a good cop show tune, and this is a good cop show tune. Created by the über composer and legend Henry Mancini, what better way to listen to it than by watching an orchestra "gettin' down..."

Feet 'English Weather' <https://youtu.be/vFKCzZXnceQ> A slice of early Blur, a dollop of nineties baggy and what you get is this, a loose and funky slice of psychedelic pop from these modern retro-whippersnappers.

Petula Clark 'Downtown' <https://youtu.be/Zx06XNfDvk0> Step forward Janette. This bygone classic reminds our Janette of when she was a music mad teenybopper and, after nagging her Dad endlessly, he sold the family silver to buy her a record player. Well, not quite the family silver, but he flogged her typewriter to help pay for it. Just think, she could've been an award-winning journalist working at the Wakefield Express if she'd have kept that old Hermes Rocket. When Janette told me about the tunes she loves and her recollections, even now, she said, these memories are still so vivid to her. Her dad singing to this as loud as he could as he got ready to go to the pub for a Sunday sesh with his mates!!! And him bringing her loads of sweets and treats back from the pub cos he was steamed up!!! Fantastic. Then her mum serving up dinner. Thanks, Petula for that trip down memory lane.

The Kinks 'All Day and All of The Night' Another blast from the 60s past. A Mod classic.

<https://youtu.be/gwMxlz83p1>

The Jam 'English Rose'

<https://youtu.be/x3HGxcZTsBw> Paul Weller wasn't, and isn't just the Modfather, and he's not always angry. He's a very sensitive soul and this off' forgotten classic tune is simple and beautiful.

Arctic Monkeys 'A Certain Romance' <https://youtu.be/CUGzWETn1HQ> Over in Barnsley we kinda class them as Barnsley lads because A, they went to the college in town, 2, one of them is from Grenoside, which is near Barnsley, 4, there aren't many famous people from Barnsley excluding Parky, Charlie Williams and him off that kids show. Sam!!! Or is it Mark? And F, any band that writes a song that has the line "knackered Converse and track botts tucked in socks..." is a nailed-on Barnsley'ite.

Another bomb from Janette. Ike and Tina Turner with the fuzztastic 'Nutbush City Limits' <https://youtu.be/CKzMrzrYyXw> Getting dolled up and shakin' her groove down in Kiko's (I think it was a nightclub). And get this, blaggin' in with her mates when, technically, they were underage. Oh those rebellious youth of yesteryear.

<https://youtu.be/ZaMX0Cs5Bc4> Smokey Robinson and The Miracles 'The Tears Of A Clown'. So there's Janette, round at her mates, when her mate's mum and dad were at work, playing this, full blast, without a care in the world. Or a care of what the neighbours thought. I wouldn't mind but she still does it to this day.

Everyone's favourite eternal youngsters, Supergrass singing 'Alright' for your entertainment, <https://youtu.be/qUE4oDunYkc> What a joyful expression of youthful exuberance. A quality pick from Recovery College CEO Lindsey.

And finally, three more unusual choices here. First, a dash of 50s mambo from a true songwriting legend, Dave Bartholomew and 'Shrimp and Gumbo', <https://youtu.be/Ftw8kHI03z8> Not everyone's cup of hot chocolatey milky milk, but give it a try, you just might like it.

A bowl full of quiriness now, a strange piece of pop from boy pablo and 'hey girl'. A mini-movie within a song about an awkward guy who finally gets the girl. [https://youtu.be/HZ4bTIHjA\\_I](https://youtu.be/HZ4bTIHjA_I)

Thee Sinseers serenade us with 'What's His Name' [https://youtu.be/\\_ijwTXfwGO8](https://youtu.be/_ijwTXfwGO8) a nugget of sweet soul that sounds like a 60s classic but was produced by the very talented Joey Quinones in 2020.

Annnnnnd finally, thankfully, we've almost made it. If you stuck with us this far, a virtual hearty handshake, if you didn't, too bad, you missed some gems. So, here it is, the winner of the TRCMAS award in the last song of the night category goes to...

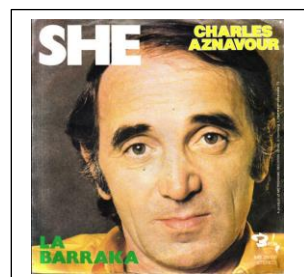
...Sarah Vaughan and 'The Mystery of Man' [https://youtu.be/EOsdWsF93\\_0](https://youtu.be/EOsdWsF93_0) an amazing piece of falsetto action from the wonderful Sarah. We've all heard her on films, adverts, at weddings an' on an' on but this is from an album called 'The Poems of John Paul II' aka 'One World, One Peace', and a beautiful way to end this weeks weekly log.

So there we have it, the Recovery College Music Appreciation Society update. I hope you enjoyed all of the songs. Maybe some of the songs. Or maybe just one of the songs? Whether you did, or didn't, or kinda did but can think of better ones, then please get in touch and we'll play them on the group. But remember, to play them you'll have to get in touch. It's easy, just email, give us a ring or drop us a line and we'll send you the details of how to get involved. You never know, you just might like it.

Thanks for reading and listening.

Embrace the Universe, Leo.

Lest we forget. Some album covers for the songs we've listed.

The image shows a UB40 Unemployment Benefit Attendance Card. It is a yellow form with black text. At the top, it says 'UB40 UNEMPLOYMENT BENEFIT ATTENDANCE CARD'. Below that, there are fields for 'Surname (with capital)', 'Initials', 'M. Number', and 'COOD No.'. There is a section titled '1 IMPORTANT NOTICE ABOUT CLAIMING BENEFIT' with instructions on how to claim benefits. There is a table with days of the week (MON, TUES, WEDS, THUR, FRI, SAT, SUN) and a 'Signing' box. At the bottom, there is a section titled '2 CLAIM FOR OUTSTANDING BENEFIT' with instructions on how to claim benefits. There is a red stamp that says 'SIGNING OFF'.

## Recipe of the Week

This is one of our volunteers,  
Halima's favourite delicious easy  
meals

### Creamy chicken

#### Ingredients:

3 tablespoons vegetable oil  
150g chicken breast strips  
200g garlic and herb soft cheese  
black pepper and salt to taste

You could also add mushrooms,  
peppers and fry these with the chicken  
strips or even add a handful of frozen  
garden peas or green beans.

#### Method:

Fry chicken breast strips in the oil, on a  
medium heat, until well cooked through  
Sprinkle on the black pepper and salt  
to taste  
Stir in the garlic and herb soft cheese.  
Serve with boiled rice, pasta, or salad

#### Quick and easy to make



<https://www.jobs.nhs.uk/xi/vacancy/916389967>

### NHS Jobs - Peer Support Worker - jobs.nhs.uk

An exciting opportunity has arisen for a Band 3 Peer support worker to work within our Forensic Services, Specialist Community Forensic Team. The West Yorkshire Provider Collaborate for Adult Secure are a group of providers (South West Yorkshire Partnership NHS Foundation Trust, Bradford District Care NHS Foundation Trust (BDCFT), Leeds and York Partnership NHS Foundation Trust (LYPFT), Cygnet ...

[www.jobs.nhs.uk](http://www.jobs.nhs.uk)

New online workshop hosted by The Exchange,  
Barnsley Recovery College. Please contact them  
for further information

### Introduction to Scrapbooking Online

Thursday 25<sup>th</sup> March 1-3 pm

This introduction will give learners the opportunity to connect with their creativity. Scrapbooking is known to be a hobby that improves health and wellbeing. In this 2-hour workshop you will discover a range of benefits. Ideas will be discussed and shared and items will be suggested that you may need to begin scrapbooking.

This course will run for a one-week workshop initially, however there is potential for it to develop into an online course after the Easter break.

[What can we help you with today? | Barnsley Recovery College](#)

Telephone:  
[01226 730433](tel:01226730433)

[Barnsley.Recoverycollege@swyt.nhs.uk](mailto:Barnsley.Recoverycollege@swyt.nhs.uk)



HM Government

NHS

**HAD THE COVID-19 VACCINE?**  
**YOU STILL NEED TO STAY HOME**

Even if you have been vaccinated, you must still stay home to stop the spread of the virus.

STAY HOME • PROTECT THE NHS • SAVE LIVES



### Are you over 60?

You can now book your COVID-19 vaccination using the National Booking Service.

If not, you will be contacted when it is your turn. Please do not contact your GP practice for an appointment.

# Spring Word Search

C H I C K E J U N E G R W O W  
 H P U D D L E M A P R I L H S  
 I B L O H B U N N Y E B O M E  
 B A S E B A L L T E U M A E  
 S U M A M A T C H A N T F R D  
 H O T S P R I C I N G T L C S  
 N E S T T A P I H E A F O H O  
 E G S G E T R A I N B O W L R  
 E G S S Y R E W S O L Y E E A  
 A S E H B U F N N S O L R S I  
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 S A N E R A N B O W S H E S O  
 U M B R E L L A E A S T E R A  
 T H A S P R I N G P U D D E T



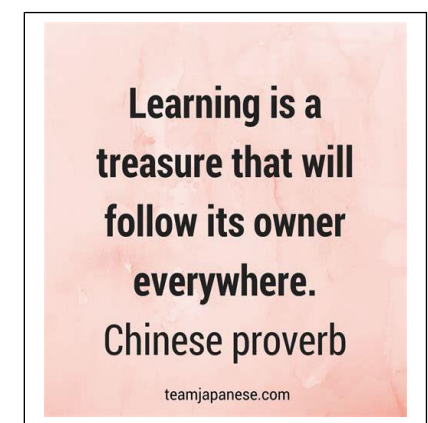
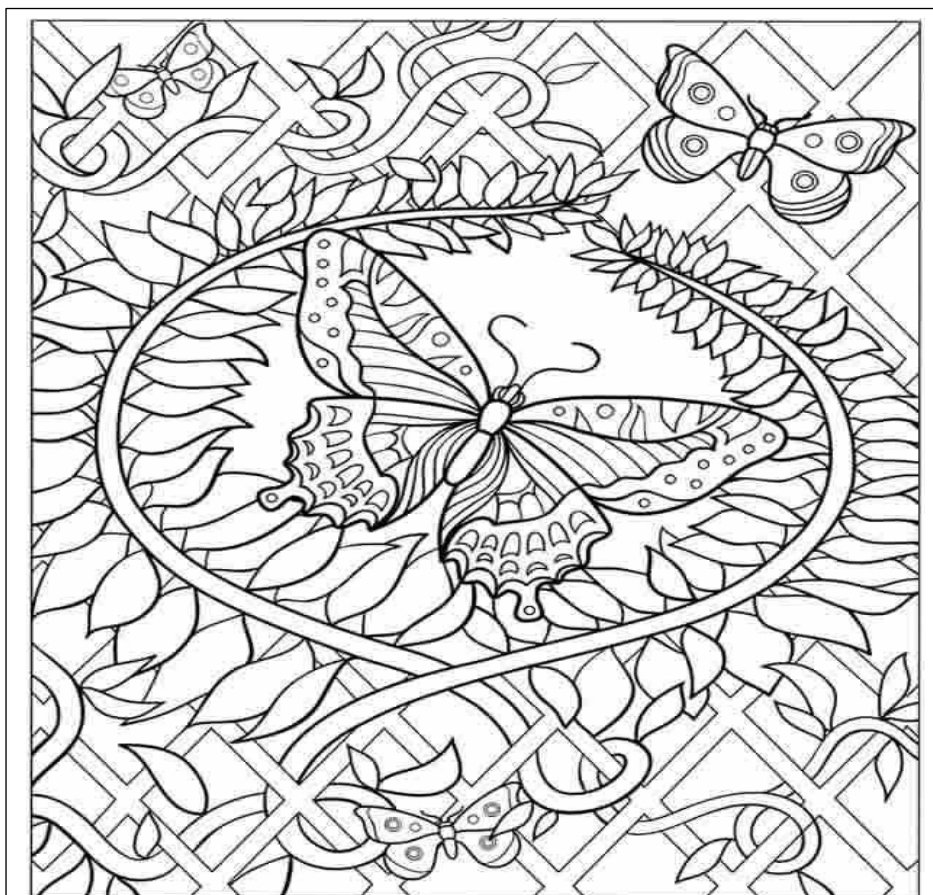
APRIL  
 BASEBALL  
 BLOOM  
 BUNNY  
 BUTTERFLY  
 CHICK  
 EASTER  
 EGGS

FLOWERS  
 GREEN  
 GROW  
 HATCH  
 JUNE  
 MARCH  
 MAY  
 NEST

PASSOVER  
 PUDDLE  
 RAINBOW  
 RAINCOAT  
 SEEDS  
 SHOWERS  
 SPRING  
 UMBRELLA



CRAYONSANDCRAVINGS.COM





## 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  
(every 4 weeks) you can join at any week**

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.](#)