



The Supporter

Newsletter

12 March 2021

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust



TELEPHONE CONTACT



Due to staff leave from Monday to Friday
22 – 26 March our usual phone number
01924 316946 will not be available.

Please ring our alternative number
07768290854 or email us at

wakefieldrecoverycollege@swyt.nhs.uk

thank you

Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)

**NEWS
FLASH**

Online Courses just released Available on our website to book now!

Course	Date	Time
Introduction to Mindfulness	15 April or 24 June	10am-12.00pm
Overcoming anxiety	22 April or 10 June	2.00pm-4.00pm
Enhancing self-care and wellbeing	6 May	2.00pm-4.00pm
Lifting your spirits	20, 27 May, 17 June (3-week course)	10.00am – 12.00pm

NEW COURSE COMING SOON...DON'T MISS THIS ONE!




Money Talks: Does the big shop always leave you a bit short at the end of the month? Do you need to buy the kids new uniform and can't quite figure out where you can make some savings to be able to afford it? Are you desperate to get away for a break (somewhere, anywhere that's not the same four walls you've been in all through the pandemic!) and you'd like some tips on how to make it more affordable/easier to pay for? Perhaps you've had some unexpected bills you haven't budgeted for and don't know how you'll pay for it or who to turn to for support? Maybe you've never felt confident in talking to your energy company, insurance company or even your bank to see if they could save you money or help you to manage your money well?

With the help of Flipside's quick and easy app, we will help you to create your own money plan from scratch and help you steer your way through the intimidating world that is dealing with big companies who we have to pay money to for their services. You'll hear stories of people who've been where you are, how they sought the right support and find tips on what could work for you and help you manage your money and give you some financial freedom. This free one-off workshop will look at ways to prioritise and make smart choices, with the option to go on and learn even more with Flipside's support. Join us on **Monday 19 April, 11am-1pm**, along with our fictitious friend Abi, for this fun and relaxed session.

Online Music Appreciation Course – next course Thursday 1 April, 2.00pm-3.00pm – give us a call if you want to join us – no need to enrol

Online Family, Friends/Carers Group – starts on Thursday 18 March at **2.00pm – 3.00pm** – give us a call to join our support group – no need to enrol

When COVID restrictions are lifted both these groups will continue to run in the local community

Bollywood virtual dance class

Organised by the BAME staff network and hosted by dance entertainment professionals Desi Nach, join our free online event to dance, de-stress and lift your mood.

Open to all staff, carers, and service partners.

Monday 15 March
6pm
Online using Zoom
 To book a place, email movemore@swyt.nhs.uk

MOVE CLICK SHARE
#MoveMoreSWYPTly

#allofus

With all of us in mind.



STAY AT HOME DO IT FOR THE NHS



You must stay at home to avoid catching COVID-19. You should only leave for essential reasons like food shopping and getting medicine.



The new COVID-19 variant is easier to catch and spreads quickly.



If lots of people need hospital care at the same time we risk our hospitals becoming too full. They might be unable to treat everyone who needs help.

STAY AT HOME FOR YOUR LOVED ONES, THE NHS, CRITICAL WORKERS AND YOU!



COVID-19 Vaccines

Answers to questions frequently asked by patients – click into the link below to find out more information



FAQs for patients
10.2.21.pdf

COVID-19 Vaccines



Vaccine Information Key Fact

Read the key facts on the COVID-19 vaccinations by clicking on to the above information.

Welcome to the WEA in Wakefield

Enrol today
wea.org.uk
 or 0300 303 3464

Make Your Experience Count

Starts: Monday 10/05/21 to 24/05/21,
9.30 - 12.30pm, 3 sessions or 3 hours
Fee: Free Ref: C3679027

Are you ready to review where you are in your life? Do you want to make a difference – to yourself, your family, your community? Are you looking to start work, volunteer, work for yourself, learn some new skills or just give your confidence a boost, then this course can help.

Click to book on line

Self Help for Life and Beyond

Click to book on line

Venue: St Georges
Starts: Tuesday 13/04/21 to 25/05/21,
10.00 - 12.30pm, 7 sessions
Fee: Free Ref: C3679017

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.

WEA have lot's more courses available in the local area to choose from on their website wea.org.uk

RISE
EMPLOYMENT

FREE
HELP
AND
SUPPORT

Delivered by Newground Together RISE is for all Young people aged 16-24 who are looking for help and support to reach their goals and ambitions.

We will help you with...

- Getting the job you want
- Accessing training and work experience
- Boosting your confidence
- Understanding the world of work
- Improving your mental health and wellbeing
- Money matters
- Making positive lifestyle choices

Get in touch for free help and support.

07860 952356 referrals@newground.co.uk

@nytyouthteam

THE hub SOUTH LIBRARY newground together European Union European Social Fund

Employment support

All clients who are engaged with the Turning Point Talking Therapies service have access to support from our in-house employment project worker. This employment support can include one to one sessions or group workshops and is tailor made to your specific needs.

This can include:

- Application support
- Interview techniques, presentation and preparation
- Specification letters
- Job searching
- Voluntary work, training and education
- Advocacy
- Signposting
- In work support/employee retention and signposting
- Applying for work with a criminal record
- Registering and working with recruitment agencies
- Benefits advice, better off in work calculations and in work benefits.

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

You can self-refer to Turning Point

Census: March 2021

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

Contact: David Young – Census engagement manager

David.young14@field.census.gov.uk



Jobs: [Census 2021 - temporary jobs - Office for National Statistics \(censusjobs.co.uk\)](https://censusjobs.co.uk)

[Census 2021](https://census.gov.uk)

This is Wakefield Council's flagship Employment and Skills Service. Our specialist STEP-UP team is here to help whether you are:

- Looking for Work
- Changing Careers or working towards promotion
- Wanting to learn new skills or work towards qualifications

Or whether you are an employer who wants to:

- Develop and train their existing workforce
- Support the recruitment of new employees or
- Help any employees at risk of redundancy to get the best possible support while under notice

STEP-UP



STEP UP Newsletter
Feb 2021.docx

[Step-Up Wakefield](https://www.wakefield.gov.uk/step-up)

FIND OUT MORE OR REFER BY:

TEL: 01924 234 860

WEB: talking.turning-point.co.uk

EMAIL: wakefield.talking@turning-point.co.uk

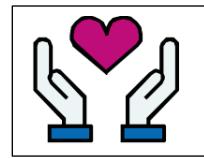
Access assessment and treatments 7 days a week



At Turning Point we strongly believe in helping to equip young people with the skills needed to move into long-term employment. We are delighted to announce our government-funded Kickstart scheme is open to 16-24 year olds who receive universal credit, offering invaluable help with job experience and training for 6 months. Eligible young people are advised to contact their local job centre to find out more and apply.

TURNING POINT
inspired by possibility





Sweet innocence

In my child's eyes they were gazillion fishes, in our fish tank with plants and pebbles.

I tried to name them all, told people their personalities, spoke affectionately of their misdeeds or cute habits.

I pondered. Do they ever get bored and how I can help?

Do they like their food? Most importantly, do they like me?

I worried about them having a clean home.

I worried about feeding them enough.

I worried about their happiness. I worried about them getting along with each other.

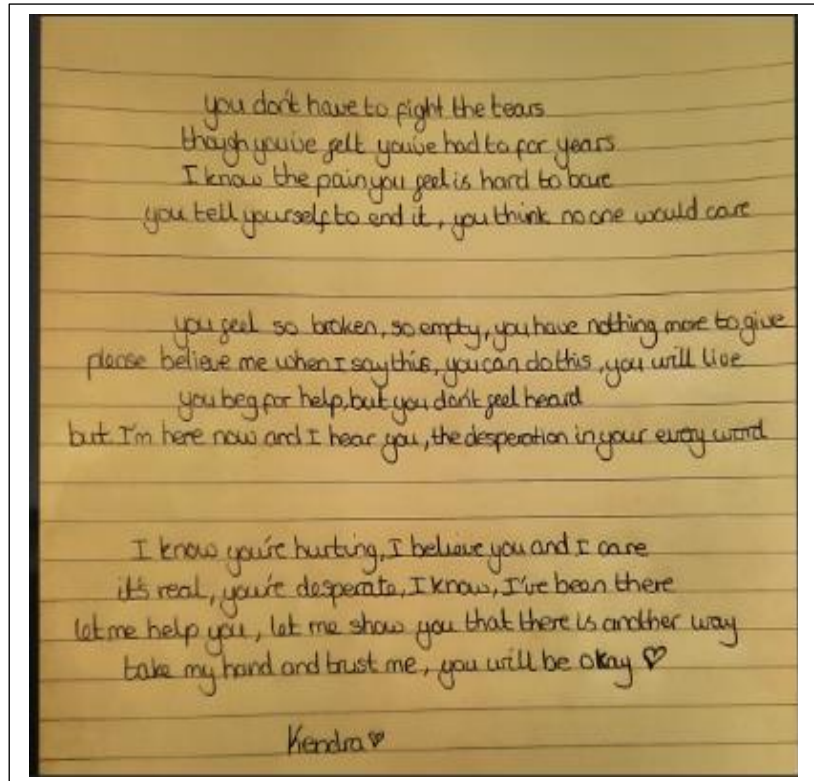
I enjoyed their colours.


I enjoyed nourishing them.

I enjoyed watching them swimming about.

I enjoyed them in all their fishy glory.

Halima 2021



<p>Self Care</p> <p>Minor illnesses can be treated at home. Keep a well-stocked medicine cabinet.</p>	<p>Pharmacy</p> <p>Pharmacists are trained medical professionals who can advise you.</p>	<p>NHS111</p> <p>Not sure what to do? Call 111 or visit 111.nhs.uk.</p>	<p>GP Practice</p> <p>Contact your practice and your clinical team to make sure you get the right support.</p> <p>Call your usual practice number when it's shut to access out of hours GP services.</p>	<p>Urgent Care</p> <p>For urgent, non-life threatening illness or injury.</p> <p>King Street, Wakefield Open 10am until 10pm, call 01924 882350.</p> <p>Pontefract Urgent Treatment Centre The centre is open 24/7, 365 days a year, book through NHS111.</p>	<p>A&E or 999</p> <p>Only dial 999 in a critical or life-threatening situation.</p> <p>You should attend A&E on your own unless you require a carer or are a parent with a child.</p>
<p> Mental Health</p> <p>Call the 24 hour mental health helpline on 0800 183 0558 or contact Turning Point Talking Therapies on 01924 234 860.</p> <p>Call 999 if you are unable to keep yourself, or other people, safe.</p>			<p></p>		

DO YOU REALLY KNOW... ..WHERE THAT EMAIL CAME FROM?

Email spoofing is when a sender's email address has been forged to appear as though it was sent from someone, or somewhere, other than the actual source. Email spoofing tools are widely available, and criminals often use them as part of Phishing attacks. For example, an email can be spoofed to appear as though it came from your bank, utility company, a well known company, or even a friend or family member. The purpose of these emails is to trick people into opening malicious attachments, or clicking on links that take them to fraudulent websites which will steal details such as usernames, passwords, as well as other sensitive information. What appeared to be a legitimate email could actually be the first step in a sophisticated scam designed to defraud you.

23%

Of people that receive phishing emails will open them.

95,556

The number of phishing reports made to Action Fraud between Nov 2014 and October 2015.

82s

The time it takes for cyber criminals to ensnare their first victim in a phishing campaign.

BEHAVIOURS THAT PUT YOU AT RISK..

Opening attachments, or clicking on links within emails that are unsolicited or unexpected.

Responding to emails that ask for your personal or financial details.

Logging in to a webpage that you have arrived at via a link in an email.

HOW TO PROTECT YOURSELF..

Don't open attachments or click on the links within any unsolicited emails you receive, and never respond to emails that ask for your personal or financial details. Remember, you can hover over a link to see where it will really take you.

An email address can be spoofed, so even if the email appears to be from a person or company you know of, but the message is unexpected or unusual, then contact the sender directly via another method to confirm that they sent you the email.

If you receive an email which asks you to login to an online account, for example, due to suspicious activity on your account, instead of clicking on the link provided in the email, go directly to the website yourself.

0300 123 2040

Free expert advice

NATIONAL POLICING LEADS THE WAY

[Online Fraud | West Yorkshire Police](#)

Read more about online fraud on the West Yorkshire Police website

Are they for real? Don't like their ID? Ask their company

Bogus officials are a type of doorstep criminal who pretend they have a legitimate reason to enter your home.

They may mention the gas or water supply, your benefits or other important matters.

Once inside, they will try to distract you so that they can steal from you.

Bogus Officials

Do not let unexpected callers into your home. If in doubt... keep them out!

Report bogus officials to the Police online or by calling 101.

Protect yourself: have you...

- Arranged an appointment for the caller?
- Asked for identification?
- Checked their identification using the number in the phonebook?
- Felt pressured to act quickly?
- Noticed that the caller is being overly helpful or friendly?

Protect others: have they...

- Been too trusting of visitors before?
- Mentioned an unexpected caller?
- Become frightened or worried about answering the door?
- Had money or valuables go missing?
- Often left doors or windows unlocked and therefore vulnerable to sneak-ins?

For further crime prevention advice contact your local Crime Prevention Officer on 101 or visit www.westyorkshire.police.uk/fraud

How to stop nuisance phone calls

Unwanted phone calls can be a real nuisance. This guide will help explain what to do if you're plagued with unwanted calls and give tips on how to block them.

[How to stop nuisance phone calls \(which.co.uk\)](http://which.co.uk)

What happens after you enrol on a course

We wish to keep you informed about your bookings at all times

1. On enrolling you will get an online acknowledgement telling you we will contact you within 5 days
2. You will receive contact from us, either by email, text or letter
3. Your courses will be reserved, if available, and you will receive confirmation by email, text or letter. If courses are not available, you will be put on the waiting list.
4. If you are a new student, you will be offered an individual learning plan appointment either by telephone or face to face (Covid restrictions apply)
5. Following your learning plan appointment, you will be booked on the courses and receive a booking confirmation by email, text or letter. Previous students will receive booking confirmation following receipt of their enrolments as learning plans do not need to be completed unless there are any specific changes, we need to be aware of.
6. 3 days before the start of your course you will receive a reminder either via email, text or letter
7. Approx 5-7 days before your course you will receive final joining details or online links for your course, by email or text or letter

We try our best to keep you up to date with your course bookings and sometimes you may receive duplicate information from us.

Don't forget to keep your links for your ONLINE courses safe.

Please let us know if any of your contact details change.

Cath's Covid Vaccine Story



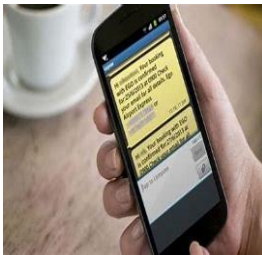
Hello my name is

Catherine Horbury and I am extremely vulnerable as I have got a learning disability and a condition of Down Syndrome. I am the Co-lead for Yorkshire and Humber ODN.



What I think of the vaccine

I would like to say that it is very **important** for people who are vulnerable or the elderly and for people who have a learning disability to have the Covid vaccines **if you are invited for one please do so as it may just save your life for you**



How did you get an invite?

I got a booking confirmation through a text message asking me to go down for a Covid vaccine as I am extremely vulnerable myself. The text came from my GP.



How did you enter

I put a face mask on before I entered the building and went to the receptionist desk. The receptionist told me to enter the waiting room ready to be called in for my Covid vaccine.



How was the nurse / staff?

The nurse and the staff were ok. They did ask me questions which I didn't fully understand but I had some support from a family member. But I think they should have had easy read information to help me understand the questions they were asking me to answer.



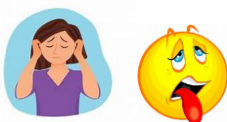
How did you find the Vaccine?

I was nervous about having a Covid vaccine at first, I had the vaccine, but I was ok as I had support from a family member which was good, she told me don't worry about anything I am here.

The nurse who did the vaccine was lovely and I didn't feel a thing, everything was good.

How did you feel after?

I was having headaches and felt sick for a couple of days. However, after a couple of days I felt ok.



Wakefield Safe Space



Are you struggling with your mental health?
Are you feeling isolated and alone?
Do you need someone to talk to in confidence?
WE OFFER 'HOPE IN A CRISIS'

At The Art House, Drury Lane, Wakefield
Referral lines open from 6pm –midnight

In person, zoom & phone support available
FRI, SAT AND SUN
Text or Call: 07776 962 815





Dementia experience survey Yorkshire Ambulance Service



I have created a baseline survey for you to share with people living with dementia and/or their carers. It can be completed by either party as I am keen to understand from both perspectives what we are doing well and where we could improve. The survey is asking if they have ever used any of our services and what that was like.

Please share this link if appropriate with anyone who can help us gather some baseline data
<https://survey.yas.nhs.uk/s/YAS-Dementia/> Completions need to be returned before 10th May.

If you have any questions please feel free to contact me. Thank you for your support. Laura Williams

Dementia Project Coordinator
Yorkshire Ambulance Service NHS Trust

Tel: 07825 280185
Email: laura.williams47@nhs.net



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.

Print Fair Events

Find out more about printmaking processes and the influences behind the works exhibited as part of the fair through a series of free talks and demonstrations broadcast through our Instagram channel. A full schedule will be released soon.

Artists will also be delivering longer talks via Zoom that can be booked online, details to be announced soon!

<https://hepworthwakefield.org/>

12 – 18 March 2021



Mental Health Museum, Fieldhead Hospital

This [#InternationalWomensDay](#) we're celebrating frontline [#NHSheroes](#) & their [#everydayCourage](#) meeting all the challenges a life in healthcare throws their way.

We think these [#StanleyRoyd](#) nurses were early recipients of the Medico-Psychological Association medal c1895 [#IWD2021](#).

The Medico-Psychological Association medal was awarded for proficiency in mental health nursing. The Awards were first made in 1890.

Many thanks to Geoff Speight and associates for spotting the significance of the medals the nurses are wearing and for helping us date this photograph!

South West Yorkshire Partnership NHS Foundation Trust

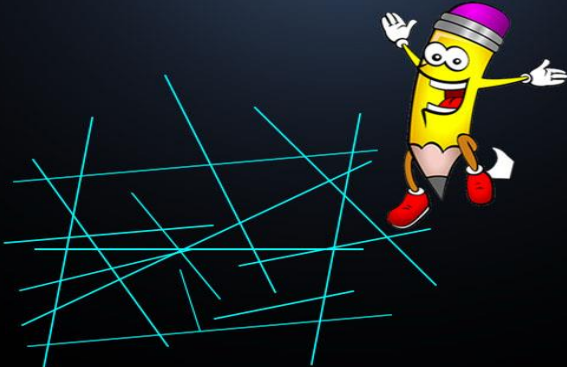
<https://www.southwestyorkshire.nhs.uk/mental-health-museum/>

We received this beautiful poem from one of our student's daughter and would like to share it with you, thank you Isabelle

I looked out the window
to a spring or summer day.
The birds are always chirping.
The people shut away.
When do I have to work or play?
What time is it today?
The calendar said Sunday but
did I check that yesterday?

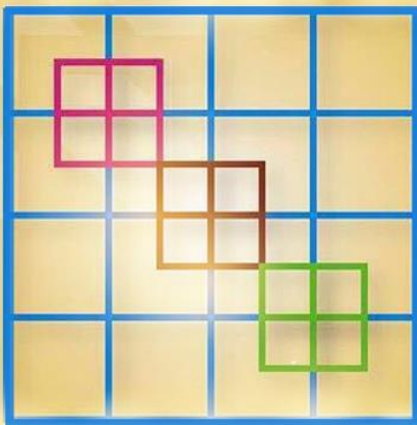


How many lines appear below ?



Sawaal.com

Sawaal.com



How Many Squares are there in this figure?

Chocolate Chip Biscuits

Ingredients:

225g butter softened
110g caster sugar
275g plain flour
1 tsp cinnamon or other spices (optional)
75g white or milk chocolate chips (optional)

To make:

Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon or in a stand mixer until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients, if you're using them. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. *You can freeze the dough at this point.*

Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top. Leave the cookies on a cooling rack for around 15 mins before serving.




Using the four letters below only, create a seven letter word.

UMNI

What bet can never be won?

I jump when I walk and sit when I stand.
What am I?

Get your thinking caps on,
answers next week 

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](#).