



The Supporter

Newsletter

19 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)

Bev, one of our talented creative writing students
has been inspired to take pen to paper and
produce this beautiful piece of prose dedicated to
'Mother's Day'

Her first born

I know which baby is mine, she said
Amongst all the cribs, she saw her
Scalp peachy with hair ancestral red
Her eyes immediately drawn to that tiny head
Amongst a sea of brown-haired blur

It's funny..there is no manual to be a mother
Just a journey when your body takes over and
delivers its treasure
Almost without you, turning your body into an
alien thing
Before you, ultimately, become responsible
For another life, loved beyond measure

And then, as they say, the real work begins
Watching the baby take every breath during the
night

Then crawling into bed at dawn, the baby
blissfully unaware!
With each new birth evolution wins

She celebrates every 'first' of her first born
She welcomes the first tooth, poking from pink
gum and glowing apple cheek
The first word, the first joyful laugh and smile so
bright

And then, by increments, she grows and changes
The peachy fuzz of russet hair becomes a shiny
strawberry blond bob

Her personality-stubborn, fierce and funny
She's neat and tidy and her dolls she
arranges Yet, she's a warrior in the playground
unafraid of the dangers



Soon it's her first day at school and her mum's heart
aches
Wanting to protect her from the clumsy arms and legs
of the other children
She wants to keep her little one at home, together
baking cakes
Instead, she's leaving her at the school gates, feeling
sad
Because her baby is no more
Now she's a mini adult in the school system
Before she knows it, it's all about the exams and
getting a good score
Only seven and all that pressure to get a good score
But she flies through the SATs, GCSEs and her
degree
And, throughout this, meets her first love, has her first
kiss; relationships are made and lost as she leaves
friends behind to go to university

Before she knows it, her first-born is a grown woman
She no longer needs her mum to help with life
decisions and career
The last vestige of her first born's dependence on her
is helping her dress in her beautiful wedding gown, to
marry the man of her dreams
Pushing the veil back from that hopeful face
Fastening the tiny buttons on her dress of French lace
It's like they've come full circle
She's sending her daughter into the Brave New World
To a married life of adventure, just begun
But, in her heart, her first-born is, and always will be
her baby girl

Bev 2021 for Mothers past, present and future

Check out audio walks with



Open Country's Audio Walks

Audio walks - talk the walk!

The fun just won't stop. Our latest walks include one around the *Esholt Sewage treatment works*, so don't sit down to listen to it with a full bladder! There's also a slightly more savoury walk one around *Burley Moorside*.

Check the whole collection out on:

<http://www.opencountry.org.uk/audio-walks/>

Garden project

Build a 'toad abode'

Spring is in the air, frogspawn will soon grace our ponds and it'll be hard to be oblivious of things amphibious. Why not make a toad abode in your garden where frogs, toads and newts can hide away from predators like cats and hedgehogs?

There are lots of designs on the internet but here is a simple one made out of broken plant pots. Don't forget to pile soil on top to keep it cool inside - if frogs get baked in the sun they might, err, croak.



**We've added more courses to our website
– why not have a browse through?**



Course	Date	Time
Understanding hearing voices	1 April	1.00-3.00pm online
Couch to 5K	12 April	10-11.00am or 4.00-5.00pm 9 weeks – Fieldhead Hospital site
Coercive control	12 April	1.00-3.00pm Wakefield Town Hall
Introduction to Mindfulness	15 April	10.00-12.00pm online
Money Talks	19 April	11.00-1.00pm online
Introduction to Personality Disorder	21 April	1.00-3.00pm Wakefield Town Hall
Understanding & Managing Depression	28 April	1.30-3.30pm Venue TBA
Enhancing self-care	6 May	2.00-4.00pm online
Learn more about IBS	11 May	11.00-1.30pm online
Lifting your spirits	20/27 May & 17 June (3 weeks)	10.00-12.00pm online
Overcoming anxiety	10 June	2.00-4.00pm online
Dyslexia awareness	24 June	10.30-12.30pm Wakefield Town Hall

Book your place by enrolling via our website
www.wakefieldrecoverycollege.nhs.uk
 or ring us on 01924 316946
 all our courses are subject to change

Wakefield
Recovery and Wellbeing College

Money Talks

Join us for the **FREE** online workshop

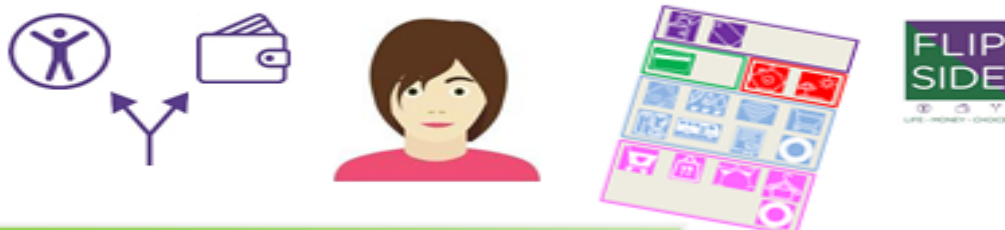
Monday 19 April 2021 from 11am to 1pm

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, along with our fictitious friend Abi, for this fun and relaxed session.



To book your place, please telephone 01924 316946 or go to the "online courses" section of our website:
www.wakefieldrecoverycollege.nhs.uk

(Joining details will be sent to you after booking.)

With **all of us** in mind.

www.southwestyorkshire.nhs.uk

LET'S TALK ABOUT TALKING THERAPIES

DO YOU KNOW SOMEONE WHO WON'T SEE THIS MESSAGE BUT MAY NEED OUR HELP?

SPREAD THE WORD! SELF REFERRAL

ARE YOU WORRIED ABOUT A LOVELY GRANDPARENT?

LET'S SEND A MESSAGE AND TO THE OLDER GENERATION

TURNING POINT TALKING THERAPIES

FREE SUPPORT

01924 234860

Wakefield DISTRICT AND 5 TOWNS

★ CALL OR E-MAIL ANY MESSAGE IF YOU'RE WITH THEM WE JUST NEED YOUR CONTACT! ★

Mental health support for older adults in Wakefield

We all know that mental health doesn't have an age limit and it's vital that everyone over 16 knows about our free 1-1 and group therapy and workshops. If you are in contact with older people or you're worried about a parent, grandparent, elderly neighbour or friend, please let them know about our service.

We have leaflets available with more information for people who may not have access to social media or the internet and we are doing lots of outreach work to spread the word about our services to the older generation in Wakefield.

Getting out into the community

With children going back to school on Monday and lockdown beginning to ease, we are reviewing our current service offer and making plans to go back to face to face working safely. If you work in a community centre, library or hub and would be interested in getting to know more about our service offer then please email Amy.Sunderland@turning-point.co.uk

**NEWS
UPDATE**



You can sign up for all workshops on our website: <https://talking.turning-point.co.uk/wakefield/free-online->

[Coronavirus and your health - We're here for you - BHF](https://www.bhf.org.uk/informationsupport/coronavirus-and-you)

<https://www.bhf.org.uk/informationsupport/coronavirus-and-you>



Get help and support on the Covid-19 virus if you have a heart or circulatory condition

<https://www.stroke.org.uk/>



Stroke strikes every 5 minutes in the UK. It can happen to anyone, of any age, at any time.

Every second counts when you're having a stroke. Would you know how to do the FAST test?

Face: facial weakness

Arms: arm weakness

Speech: slurred speech

Time: to call 999 if you spot any one of these signs.

A stroke is a medical emergency. Always dial 999. The quicker the person arrives at a specialist stroke unit, the quicker they will receive appropriate treatment.

We want as many people as possible to know the FAST test and be able to recognise a stroke.

The Recovery College will be offering a STROKE AWARENESS course in the early summer – details will be included in our newsletter, if you wish to be placed on our waiting list get in touch with us.



- In the North of England, call 0303 123 1145 or email vwals@nhs.net

[Veterans: NHS mental health services - NHS \(www.nhs.uk\)](http://www.nhs.uk)

More information on Covid vaccines and fertility

Further information:

- Video of Dr Gayatri Amithalingam explaining why the vaccines do not affect fertility: <https://www.youtube.com/watch?v=aF4Hk5C27KU&list=PLLDAq3SAWJh14Eha8es7pUVU1rCU1E5yU&index=1>
- Video of Dr Virginia Beckett explaining why people trying to conceive should have the vaccine: <https://twitter.com/bthft/status/1362028759822594050?s=24>
- [Factsheet from the British Fertility Society and Association of Reproductive and Clinical Scientists:](https://www.arcscientists.org/wp-content/uploads/2021/02/Covid19-Vaccines-FAQ-1_2-logos-1.pdf) https://www.arcscientists.org/wp-content/uploads/2021/02/Covid19-Vaccines-FAQ-1_2-logos-1.pdf
- Information from the Royal College of Obstetricians and Gynaecologists: [Information and advice for pregnant women about the COVID-19 vaccine](#)
- If you have any concerns about having the vaccine, speak to your GP for advice.



Wakefield Recovery and Wellbeing College

Bob's Story

I am visually impaired. I enjoy keeping active and visiting the countryside. It was something I did regularly prior to March 2020 when the first lockdown started.

As an alternative, I signed up for live online exercise classes soon after the first lockdown. This included weekly trampolining, combat fitness and yoga classes. I have been doing them ever since.

They have kept me active both mentally and physically over the past few months. I don't go out of the house often especially with social distancing, so these classes are the only way for me to get regular exercise. I also like the fact that they are spread throughout the week, giving some routine and structure.

The classes themselves are fun and challenging! The instructors have been great at making sure they are accessible for visually impaired participants by making sure they explain in detail all the moves we have to do. The classes have helped with my confidence and I like the fact I am able to do the classes without physical sighted assistance.

Health and Wellbeing Wordsearch

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

relaxation	life	live	spirit
strength	target	training	walk
goals	focus	motivation	clear-mind
diet	eat-well	physique	laughter
success	safety -equipment	manual-handling	satisfaction
leisure	body	exercise	achievement
carbohydrates	protein	fat	nutrition
care	vitamins	energy	wholesome
contentment	fitness	balance	lifestyle
welfare	happiness	heart	wellbeing
health			

March 19th – thought of
the day

*I have learned over
the years that when
one's mind is made
up, this diminishes
fear.*





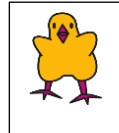
FREE KIDS

Easter Activity Pack to download

[Welcome to Wakefield Council's COVID-19 communications resource centre - Wakefield Council](#)

To help put a spring in your step this Easter we've put together some fun ideas and activities to keep young people aged 5-16 entertained!

You'll find egg-cellent recipes, challenges, games and more inside – all to make sure you have a happy, healthy holiday.



Carers

We are asking carers to register with [Wakefield Carers](#) in order to receive their vaccine as part of Priority Group 6. If you, or someone you know, cares for someone due to illness or disability, you can register with [Carers Wakefield and District](#) or by calling 01924 305545, or emailing: registration@carerswakefield.org.uk

[Carers - Wakefield Council](#)

<https://www.carerswakefield.org.uk>

Or advise your GP who will note it on your records



Easy meal for one
Anytime eggs

A useful way to use any leftovers in your fridge

- 1 tablespoon [olive oil](#)
- 2-3 cooked potatoes, sliced
- handful [cherry tomatoes](#), sliced
- 2 [spring onions](#), sliced
- 1 [egg](#)
- few [basil leaves](#)

Heat the oil in a frying pan, then add the potato slices and fry on both sides until brown. Add the tomatoes and spring onions and fry for about 1 min until softened. Season with salt and pepper, then make a space in the pan. Gently break the egg into the space and fry until cooked to your liking. Scatter over the basil leaves and serve. Eat with a fresh salad.



ASPIRE - Work is now complete on the building which will be the centre of the new Health and Wellbeing Hub in Pontefract Park



The site will open to customers as soon as lockdown restrictions allow

<https://www.facebook.com/mywakefield/post/s/10159311626591926>

Last week's puzzle answers

How many lines – 15

How many boxes – 45

7 letter word using UMNI - Minimum

A bet that can never be won – Alphabet

What am I – A Kangaroo?

The Oxford AstraZeneca Vaccine: it's safe, tested and it works

Like all vaccines, the Oxford AstraZeneca vaccine had to meet strict standards of safety and effectiveness before it was approved for use in the UK. It has gone through the same extensive clinical trials and safety checks that all licensed medicines have to complete. These showed that the vaccine is safe and offers very high levels of protection against the effects of Covid-19.

Millions of people have now had the Oxford AstraZeneca vaccine and there is no evidence of serious side effects linked to the vaccine.

How it works

The vaccine uses tried and tested technology that has been used for other vaccines, such as the flu jab. It is made from a weakened version of a common cold virus, which has been altered to look like the coronavirus. Like all vaccines, it teaches the body to fight the virus by stimulating the immune system to make antibodies and cells to fight the infection. The virus used in the vaccine is deactivated so it cannot make you ill and the components leave your body in a few days.

There are no animal or foetal products in the Oxford AstraZeneca vaccine – or any of the Covid-19 vaccines approved for use in the UK - and it does not alter your DNA.

Who is it suitable for?

The vaccine has been shown to be effective for adults of all ages. Recent studies of people over 80 who had the vaccine found that a single dose gives high levels of protection against severe disease and reduced hospital admissions by over 80%. A study is underway to assess the safety and effectiveness of the vaccine for children and young adults but currently it is only approved for use in people aged 18 and over.

Does the vaccine have any side-effects?

Like all medicines and vaccines, the Oxford AstraZeneca vaccine can cause side effects in some people. Very common side effects include pain or tenderness in the arm where you had your injection, feeling tired, headaches, general aches and mild fever.

These tend to happen in the first couple of days after the vaccination and last a few days. You can rest and take the normal dose of paracetamol to help you feel better. Evidence from the trials showed that these reactions were less common after the second dose.

It is important to remember that the effects of Covid-19 are far worse than any of the side effects from the vaccines.

Get protected

Like the other approved vaccines, the Oxford AstraZeneca vaccine is safe and tested and will protect you against serious illness from Covid-19, which has sadly led to the death of millions of people around the world. People will continue to be at risk from the disease if they do not take up the offer of a vaccine so please have your vaccine when you are offered it and help protect yourself from Covid-19.

What the experts say:

Dr Phil Bryan, MHRA Vaccines Safety Lead

"Vaccine safety is of paramount importance and we continually monitor the safety of vaccines to ensure that the benefits outweigh any potential risks. Blood clots can occur naturally and are not uncommon. Reports of blood clots received so far are not greater than the number that would have occurred naturally in the vaccinated population. We are closely reviewing reports but the evidence available does not suggest the vaccine is the cause."

<https://www.gov.uk/government/news/mhra-response-to-irish-authorities-action-to-temporarily-suspend-the-astrazeneca-covid-19-vaccine>

Margaret Harris, spokesperson for the World Health Organisation (WHO)

"The Oxford AstraZeneca vaccine is an excellent vaccine and no relationship has been established between the shot and the health problems reported. It's very important to understand that we should continue to be using the vaccine"

<https://www.who.int/news-room/news-updates>

European Medicines Agency

"There is currently no indication that vaccination has caused these conditions, which are not listed as side effects with this vaccine. The vaccine's benefits continue to outweigh its risks and the vaccine can continue to be administered while investigation of cases of thromboembolic events is ongoing."

<https://www.ema.europa.eu/en/news/covid-19-vaccine-astrazeneca-prac-investigating-cases-thromboembolic-events-vaccines-benefits>

Why have some countries paused Oxford AstraZeneca vaccinations?

Some European countries have temporarily paused the use of the Oxford AstraZeneca vaccine as a precautionary measure, following reports of blood clots in a small number of people who had recently had the vaccine.

This is against medical advice from the European Medicines Agency (the European regulator for medicines and vaccines) and the World Health Organisation (WHO), who have both said the vaccine is safe and should continue to be given.

The UK regulator, the Medicines Health Regulatory Authority, has said that there is no evidence to suggest the blood clots were caused by the vaccine and that they are also confident the vaccine is safe.

The number of blood clots reported (30 in almost five million people) is actually less than the number that would be expected to happen naturally. Following the concerns, AstraZeneca has also conducted a review of data from over 17 million people, which has shown no evidence of an increased risk of blood clots.

Many other countries, including Canada and Australia, have confirmed they are also continuing to use the Oxford AstraZeneca vaccine.

[Home - WCCG \(wakefieldccg.nhs.uk\)](https://www.wakefieldccg.nhs.uk)

