



The Supporter

Newsletter

26 March 2021



TELEPHONE CONTACT



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

You can now get in touch with us as usual on 01924 316946 or by email at wakefieldrecoverycollege@swyt.nhs.uk

Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

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

This week has marked one year since England entered its first lockdown because of the Covid-19 pandemic. On Tuesday, we took part in the Marie Curie National Day of Reflection by having our minute's silence at 12pm and then again at 8pm whilst shining a light for those we wanted to remember and those we wanted to show support for. Some of us held up torches, some of us held a candle and one of us even went into our back garden (only with their own household of course) to sit around a fire pit to spend that quiet, contemplative time. How did you mark the day of reflection looking back at this difficult year? Did you perhaps shine a light from your phone? Did you stand on the doorstep in silence with the rest of your street? Did you let off a firework after the silence to light up the sky in memory of someone you have lost this year, or just to build spirits for those who have continued to work as key workers throughout? Maybe it was in support of all of those who have lost a job, their business, been on furlough for much of the year or have faced difficulties because of the pandemic? We'd love to see any photos you took on the day to show your ways of reflecting. Why not share them on our Facebook, Twitter or Instagram pages to show others that they are not alone?

Keep your eyes peeled on our resources page as we'll be popping up a list of services and support on offer for those facing loss, grief, or bereavement. In the meantime, don't forget that the 24/7 mental health support line is available to anyone in our district (and the surrounding areas). You can call them free of charge on 0800 183 0558 for support, information and advice.



National Day of
Reflection
 23 March





NEW COURSE ALERT!!



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

Online only **Monday 19th April 2021, 11am-1pm.**

Enrol online now at

www.wakefieldrecoverycollege.nhs.uk



I am worried that the Oxford AstraZeneca vaccine isn't safe as I've heard it might cause blood clots – should I still have it?

Rigorous reviews have been carried out to check the safety data on both vaccines and have confirmed that neither vaccine increases the risk of someone developing blood clots.

These were carried out by the UK regulator, the [Medicines and Healthcare products Regulatory Agency \(MHRA\)](#) and the [European Medicines Agency](#) following reports of blood clots in a small number of people who had recently had the vaccine. However, both agencies, along with the World Health Organisation, had stressed from the outset that there was no evidence to suggest the blood clots have been caused by the vaccine and that it was safe to continue using it while the reviews were carried out.

Their findings reflected those of AstraZeneca's own review of data from more than 17 million people vaccinated in the UK and European Union. This showed that there had been 37 reports of blood clots, which is fewer than would be expected to occur naturally in this number of people. The MHRA review also looked at data for the Pfizer BioNTech vaccine and confirmed there was no link to either vaccine causing blood clots.

As of 18 March, over 21 million people in England have now been vaccinated, with the latest research showing that the vaccines are extremely effective at preventing serious illness and death from Covid-19.

The vaccines are the only protection available against the serious illness caused by 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 it is very important to have yours when you are invited.



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

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

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



Get in touch:

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



Disability Sport Yorkshire have 3 courses coming up within their sporting futures program. These are in Wakefield, Kirklees and Barnsley with a focus on employability skills for adults with a learning disability. Learn more here:

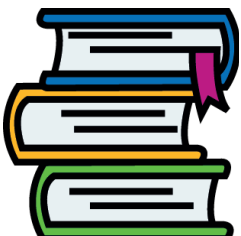
<https://disabilitysportyorkshire.org/employability-courses-wakefield-kirklees-and-barnsley/>

#LonelinessLooksLike



The Great Get Together, part of The Jo Cox Foundation want us all to **talk about what #LonelinessLooksLike**

Loneliness is a normal human emotion, but it can be an inherently isolating experience. By sharing our personal stories, they want to reduce the stigma and help others recognise their feelings or reach out for **support** (https://www.jocoxfoundation.org/loneliness_directory). If you would like to share your story or find out more, email hello@greatgettogether.org or visit https://www.greatgettogether.org/lonelinesslookslike?utm_campaign=ll_stories&utm_medium=email&utm_source=jcf



Wakefield Libraries have a great selection of Reading Well books to help you understand and manage your health and wellbeing using helpful reading. All of the books are recommended by experts, as well as people with lived experience of the conditions or topics covered and their relatives and carers. Check out the Reading Well webpage for further information: <https://reading-well.org.uk/>

What an opportunity!! Get involved...

Hello,

Thank you for taking an interest in the film project 'Northern Exposure', which is part of a wider research project being undertaken at the University of Leeds (<https://northernexposure.leeds.ac.uk/>). This letter is to introduce myself and to explain a bit about the film and why I'm interested in talking to you.

My name is Lucy Kaye and I have been making documentary films for over 10 years (you can find out more about my work here www.lucykaye.com). I'm passionate about telling people's stories through their own words and have been asked by the Northern Exposure team to make a film focusing on the themes of their research (identity, place, belonging, memories, social change, community relations, Brexit) with members of the public living in the Wakefield districts, Middlesbrough and Halifax.


At this early stage I am looking for people who would be happy to talk to me (on Skype, Zoom or the phone) to get a sense of people's lives and stories and for them to get to know me too. If you go on to be filmed in person, I will then arrange a time to come and visit you, socially distanced.

If you'd like to take part or to know more about the project I'd love to hear from you, on the email or phone number above.

Here are some answers to FAQ's people have asked me about the project so far:

Who has commissioned this film?

The film has been commissioned by the University of Leeds and funded by the ESRC as part of a wider academic research project called 'Northern Exposure'. To find out more about the research please contact:

Professor Adrian Favell  Leeds Social Sciences Institute University of Leeds A.Favell@leeds.ac.uk

Where is the film going to be shown?

The film will be shown at the launch of the research project to which all participants will be invited to. It may also be available to view online and may travel to film festivals.

I'd like to take part but I'm not sure if I have anything of interest to talk about?

I'm interested in hearing from people from all walks of life about their everyday lives and how they feel about the place they live in. Often what may feel banal or uninteresting to you is actually very interesting to other people.

Will I get to see the film before it is made available to the public?

Yes, you will be shown your contribution to the film project and will have a chance to discuss any concerns.

I'd like to take part but I do not want my name to be used

That is fine, your name needn't be included in the film if you would rather not include it.

Can I tell my friends/family about this as I think they'd like to take part?

Yes, please do!

Many thanks,

LUCY KAYE
Documentary Filmmaker

lucykaye101@yahoo.com
www.lucykaye.com
[+44\(0\)7841825832](tel:+44(0)7841825832)

WEA Yorkshire & Humber Region

Face to Face and online courses for the Summer term Wakefield Area 2021

wea.org.uk



Exciting news!! The WEA have got their BRAND NEW brochure out! If you'd like a copy or would like to enrol on some of their interesting courses, visit www.wea.org.uk or call **0300 303 3464**. They've got everything from Archaeology to Yoga, Aromatherapy to Relaxation, Crafts to French! What a list!!



Doctors Of The World have now translated Coronavirus vaccine information in to English, Albanian, Arabic, Bengali, Dari, Farsi, Filipino, Gujarati, Hindi, Kurdish Sorani, Pashto, Punjabi, Russian, Simplified Chinese, Somali, Tamil, Tigrinya, Traditional Chinese, Ukrainian, Vietnamese. You can access all of these vital free downloads here: https://www.doctorsoftheworld.org.uk/coronavirus-vaccine-information/?utm_medium=email&utm_source=engagingnetworks&utm_campaign=utm_email&utm_content=Covid+resources+mailing+160321

Stress Awareness Month – April 2021

We can all feel stressed from time to time, and this just means things in our life are starting to build up and get on top of us. Stress is not a diagnosis, but can over time lead to problems like anxiety and depression, so it is important to recognise and learn to manage the signs of stress as early as possible.

Stress impacts us all differently, most importantly it is key to get help as soon as you recognise your early warning signs, even if you aren't sure, we can help you figure out what is going on and can offer a range of interventions.

We offer many treatment types for stress, for example you can refer and maybe suitable for our Positive Steps Stress Management Course which is a 6 week course to help you learn to recognize and manage the symptoms of stress or alternatively, if suitable you can help yourself at home by trying our online therapy package.

*If you can refer yourself for an assessment online or via telephone – we can discuss our full range of options. We are ready when you are. **#TPtalkingtherapies**.*

TURNING POINT
Inspired by generosity

Talking Therapies

Time to support your mental health

Get in touch:

Telephone: 01924 234 860
Email: Wakefield.talking@turning-point.co.uk
Website: www.talking.turning-point.co.uk/wakefield/

Self care 	Mental health helpline 	Talking therapies 	GP practice 	Secondary mental health service 	Crisis or emergency 
#ChooseWellForMentalHealth					

From self care to emergencies, it's a good idea to familiarise yourself with our [#ChooseWellForMentalHealth](#) guide so you know what to do in different situations. There's also a section in the guide to help you plan in case of a mental health crisis: buff.ly/2NIJtcg

NHS

24 hour Mental Health Helpline

☎ 0800 183 0558

Support, advice, information and guidance. A confidential helpline for anyone seeking support for their mental health or their carers.

Available to anyone registered with a GP in:
 • Calderdale • Kirklees • Wakefield • Leeds • Barnsley

Service provided by:
NCHA
 Care and Support





The College would like to extend a huge congratulations to our Chief Executive Rob Webster as he has been announced as the Health Service Journal's (HSJ) Chief Executive of the year at the 2020 HSJ Awards. He was placed first in their top 50 and is the first mental health Trust Chief Executive to ever be awarded the top spot! We're proud to have such a recovery-focussed, co-production-ethos-leading person at the helm of our organisation who drives forward all the things recovery colleges shout about and put into action to make the world a better place. Well done Rob!! 🙌🙌🙌🙌🙌🙌

NHS

FACE

Has their face fallen on one side? Can they smile?

ARMS

Can they raise both arms and keep them there?

SPEECH

Is their speech slurred?

TIME


To call 999 if you see any single one of these signs

WHEN STROKE STRIKES, Act F.A.S.T.


Act F.A.S.T. help us help you

COMING SOON...our Stroke Awareness workshop is back by popular demand. Look out in next week's newsletter for confirmation of a new date in the summer.

The NHS is now sending text messages to some people to invite them to book a Covid-19 vaccine appointment. These may come from a local NHS service, or from "NHSvaccine". Remember that the NHS will never ask for copies of your personal documents to book an appointment to prove your identity (such as your passport, driving license, bills or pay slips) and you will never be charged for this or need to provide bank details to book your appointment/be given your vaccine.



West Yorkshire and Harrogate Health and Care Partnership




Getting the job done for Wakefield

Together we've vaccinated **130,731** people

We have:

- Carried out a further **14,197** vaccinations
- Protected **96.6%** of people over 65
- Protected **79.1%** of people over 55

Data published 18 March 2021



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



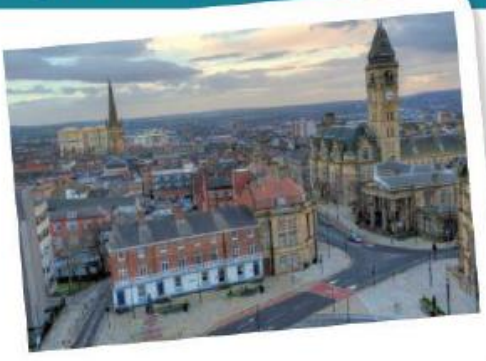
TRANSFORMING TRAVEL IN WAKEFIELD CITY CENTRE



Do you live or work in Wakefield city centre?
Cycle, drive through, travel by bus or train?
Then we need your views on proposals to introduce changes to travel.


The aim is to improve public realm and increase footfall to benefit local businesses, alleviate congestion, improve reliability of bus journeys and air quality, provide a new cycle lane to link the railway stations to key amenities.

The areas proposed for change are:

- A61 South of Kirkgate Gyratory
- Lower Warrengate to Kirkgate Station
- Northgate, Marsh Way and Access to Bus Station
- Peterson Road and Stanley Road
- Westgate Station, Mulberry Way and Wood Street (North)
- Wood Street (South), Bull Ring and Northgate to The Springs.



Delivered in partnership with  

Funded by:  **INDUSTRIAL STRATEGY**
TRANSFORMING CITIES FUND

Full details and a questionnaire are online at <https://www.yourvoice.westyorks-ca.gov.uk/wakefield-city-centre>.
The consultation closes 28 March 2021.

Keep up to date with all of the College's live and latest developments, changes, and goings-on by visiting our "News" and "Events" pages
<https://www.wakefieldrecoverycollege.nhs.uk/news-events-and-blog/>

