



## The Supporter

Newsletter

2 April 2021

**NHS**

**South West  
Yorkshire Partnership**  
NHS Foundation Trust



## 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)

# DWP UPDATE –March 2021

## Jobcentre Plus arrangements over the Easter period

On Friday 2 April and Monday 5 April Jobcentre Plus offices and phone lines will be closed.

To make sure people receive their payments on a day when Jobcentre Plus offices are open, arrangements have been made to make some payments early:

Expected payment date	Benefits will be paid early on
Friday 2 April	Thursday 1 April
Monday 5 April	Thursday 1 April

## Extension of furlough and support for the self-employed

The Coronavirus Job Retention Scheme will be extended until the end of September. Employees will continue to receive 80% of their current salary for hours not worked. The Self-Employment Income Support Scheme (SEISS) will continue with a fourth and a fifth grant. More than 600,000 people, many of whom became self-employed in 2019-20, may now be able to claim direct cash grants under SEISS.

## Universal Credit uplift and advances repayments

The Government also confirmed a temporary 6-month extension to the £20 uplift and a one off payment worth £500 for Working Tax Credit claimants.

From next month new claimants will be able to spread Universal Credit advances repayments over a 24-month period and the maximum rate of deductions from Universal Credit will be reduced for all to 25%. Reducing the maximum deduction rate to 25% of a claimant's standard allowance will allow more than 350,000 families with significant debts to retain more of their monthly award for their day-to-day needs.

**Look at this amazing thing that Lisa, a friend of the Wakefield Recovery and Wellbeing College has done (and read her absolutely incredible story)!**



Lisa said: "My partner's a care worker and she got Covid there. We took all the precautions: sleeping in separate bedrooms; she was showering as soon as she got home and wiping down surfaces she touched.

"Despite all the precautions, she got Covid and I got it too. We managed to contain her's but I got really, bad. I was in hospital a couple of times, and eventually I got put on a ward.

"It was an awful time. I was on all the breathing equipment and so weak I couldn't even hold a phone.

"When I could speak, I would ask if I was going to survive. They could never answer.

"Six people passed away at the side of me. You're not prepared for something like that, and I can't believe nurses went through two waves of that."

Lisa has praised her nurses for their incredible care and said they would often take the time to come and talk to her, sharing stories about their own lives even when she was too unwell to respond.

But as she started to show signs of recovery, she developed a running joke that, once recovered, she would return with Easter eggs for the doctors and nurses who had supported her through her illness.

She said: "Before I went into hospital, we had Easter eggs at home, and I'd say, 'if I survive this, I'm going to bring you Easter eggs'.

"They said it would be Christmas and selection boxes by that time, but I really wanted to fulfil that promise.

"They deserve it and so much more. They said I didn't have to thank them, but I want to, and I need to. They saved my life."


Almost a year on from her discharge, Lisa continues to suffer from a number of long Covid symptoms and has regular meetings with a number of NHS professionals, including physiotherapists, pulmonary rehabilitation specialists and occupational therapists.

But she has nothing but praise for all those who have helped her.

Her partner Jodie Miller said: "They weren't just comforting her, they were comforting me, ringing me to see how I was doing.

"People say they're angels, but they're so much more. They were there for us all."

Earlier today, Lisa returned to Pinderfields to deliver her gift, and where she had an emotional reunion with Cara Brook, Tia Howse and Nicola Smith, three of the nurses who supported her through her illness.

She said: "It's not enough, it will never be enough, but I want the nurses to get the recognition." 

"They're the ones that hold hands and hold iPads for family calls.

"These nurses deserve so much praise. I want them to get the recognition they deserve.

"The Easter eggs were a running joke, but to me it's so meaningful.

"For me I can only remember bits, but I watched what they go through with 13 hour shifts three nights in a row.

"What I can say about what I went through is all I can describe it as is a battle, with soldiers dropping on the frontline and the nurses fighting to save them."

<https://www.wakefieldexpress.co.uk/>

## **Article By Holly Gittins**

Thursday, 25th March 2021, 5:31 pm



**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](http://www.wakefieldrecoverycollege.nhs.uk)  
(Joining details will be sent to you after booking.)

With all of us in mind.

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



## Free Debt Service in Wakefield

Christians Against Poverty (CAP) are offering free debt advice to all residents of Wakefield, covering every WF postcode (other than self-employed).

Appointments can be made via our freephone number on 0800 328 0006 or visit <https://capuk.org/i-want-help>

Attached below is a copy of our leaflet, which explains our service. The only difference is that we are no longer doing home visits but we can see people at Portobello Community Centre or do the appointment over the phone or via a video link.

[https://capuk.org/downloads/cap\\_debt\\_help/weighed\\_down\\_by\\_debt.pdf](https://capuk.org/downloads/cap_debt_help/weighed_down_by_debt.pdf)

If your clients do ring asking for help and they live outside of the WF area we will be able to sign post them to other debt help.

If you need any further information please contact Sarah Cutts, Wakefield Debt Centre Manager on 07503 878728 or email [sarahcutts@capuk.org](mailto:sarahcutts@capuk.org).

**TURNING POINT**  **NHS**

### APRIL Workshop Timetable

- Managing Sleep 07/04/2021 14:30
- Emotional Eating 08/04/2021 10:00
- Loneliness & Isolation 13/04/2021 14:30
- Employment Support 1 of 2 14/04/2021 13:00
- Employment Support 2 of 2 16/04/2021 10:00
- Helping with Grief Workshop 21/04/2021 13:00
- Mindfulness 22/04/2021 17:30
- Assertiveness 23/04/2021 14:30
- Managing Anxiety & Worry 29/04/2021 10:00

Book online now at: <https://talking.turning-point.co.uk/wakefield/free-online-workshops/>

Telephone: 01924 234 866  
Email: [Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)  
Website: <https://www.talking.turning-point.co.uk/wakefield/>

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

# Make Your Experience Count With Tutor Jane Walton

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. By the end of the course you will have reviewed your skills and experience, considered your options and opportunities, identified possible challenges and how to overcome them and set some realistic goals for the future. Come along and share your thoughts and ideas with others from your own community – you might find some like-minded people, who can work with you to turn your plans into a reality.

Course reference: C3679027  
 Venue: St Marys Community Centre  
 The Circle, Chequerfield,  
 Pontefract WF8 2AY  
 Tel: 01977 705341  
 Starts: Monday 26 April then 10 & 17 May (3 sessions)  
 Times: 9.30 am to 12.30  
 FREE course  
 Numbers strictly limited to 6 participants

Please telephone Trish Hollies to reserve a place - 01977 703196 or email [thollies@wea.org.uk](mailto:thollies@wea.org.uk) or hand in the slip below, at Reception

I am interested in attending Make your Experience Count with Jane Walton

Name \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

PLEASE COMPLETE AND LEAVE AT RECEPTION. WE WILL CONTACT YOU.  
 OR by email to [thollies@wea.org.uk](mailto:thollies@wea.org.uk)



The WEA is a charity registered in England and Wales (no. 113379) and in Scotland (no. SC233336)



WEA.org.uk  
**Make Your Experience Count**  
 WEA  
 Adult Learning  
 Within Reach



## Stroke awareness course

**Tuesday 13 July 2021**  
**10.00-12.00pm**  
**St Giles Church, Pontefract**

Would you know what signs to look for if you thought someone may be having a stroke?

Have you suffered a stroke yourself, or care for someone who has?

Would you like to learn more about living a healthy lifestyle and how you can help prevent yourself from having a stroke?

What if you are a Health Care Professional; do you know much about strokes? Would you like to increase your knowledge and skills?

This really informative and interactive workshop offers you the opportunity to understand what a stroke is and what you can do to prevent the risk of having a stroke, along with other information about diet, blood pressure and local support groups.

The group is facilitated by a professionally registered Nursing Sister who has an interest and experience of caring for patients following a stroke, along with a person who has lived experience of stroke and mental ill health.

**Enrol via our website:**

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



### Courses available to book on our website

Course	Date	Time
Coercive control	12 April	1.00-3.00pm
Introduction to mindfulness	15 April	10.00 – 12.00pm
Pastoral Care	24 June	12.00pm
Money Talks	19 April	11.00-1.00pm
Introduction to personality disorder	21 April	1.00-3.00pm
Overcoming anxiety	22 April	2.00-4.00pm
Pastoral Care	10 June	
Enhancing self-care	6 May	2.00-4.00pm
Pastoral Care		
Learn more about IBS	11 May	11.00-1.30pm
Lifting your spirits	20 May	10.00-12.00pm
Pastoral care		
Dyslexia awareness	24 June	10.30-12.30pm
Stroke awareness	13 July	10.00-12.00pm

# BREAST CANCER NOW

The research & care charity

Our four-week series of small group talks via Zoom will provide you with an opportunity to interact with other younger women as well as expert speakers. Topics include fertility, intimacy after breast cancer and a Q and A with an oncologist.

The dates for this course are 13, 20, 27 April and 4 May 2021.

<https://breastcancernow.org/>

Well known Autistic people:

- Arne Hegarty
- Talia Grant
- Chris Packham

What is Autism?  
Autism is a lifelong disability that affects how people communicate and interact with the world.

Difficulties with communication and social interaction

Engage in repetitive behaviours, routines and activities.

Did you know that  
• Sir Isaac Newton  
• Alan Turing  
• Albert Einstein  
Are considered autistic?

**World Autism Awareness Week 2021**  
29 March - 4 April



## Carers Wakefield & District

World Autism Awareness week 29th March - 4th April 2021.

Please visit <https://www.autism.org.uk> for more information.



# Stress Awareness Month

- STOP
- Relax Daily
- Let Go of the "Shoulds"
- Get Some ZZZs
- Seek out Support

CHECK OUT OUR COURSES ON PAGE 4 presented by Pastoral Care

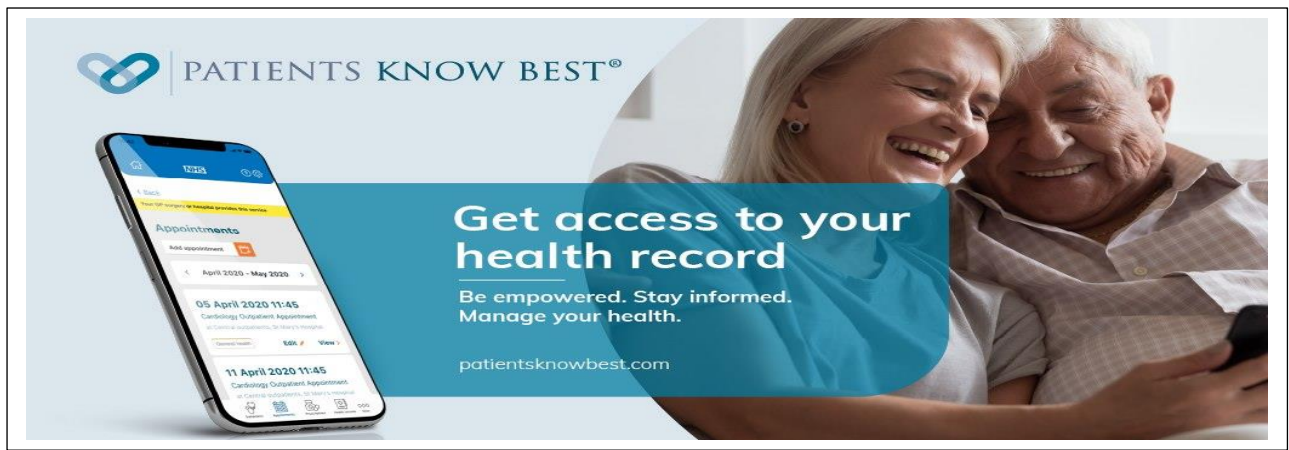
Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Statistics from 2019 show that 74% of adults in the UK have felt so stressed that they felt overwhelmed or unable to cope (Mental Health Foundation). The last year has been especially difficult, particularly for healthcare staff dealing with the brutal realities of the COVID-19 pandemic, so it's even more important that we're looking after ourselves and one another.

Stress is one of our greatest public health challenges, but it still isn't taken seriously compared to physical illness. Stress is a significant factor in mental health problems like anxiety and depression and is also linked to physical problems such as heart disease, insomnia, digestive issues, and problems with our immune system.

The month of April is our opportunity to help break the stigma around stress: talk about stress and its effects with your friends and colleagues and show compassion to those who are feeling anxious. Most importantly, look after yourself - the last year has been an extremely difficult time for us all, so take time out of your day to relax and ensure you have space to breathe.

To find out more about what you can do during Stress Awareness Month, visit [stress.org.uk](https://stress.org.uk)





## Mid Yorkshire Trust have launched their new 'Patient's know best' portal

Following the launch of our new patient portal –

### Patients Know Best

– we are continuing to invite patients to register and get online access to their health record.

We are inviting recent patients of Mid Yorkshire from the last 12 months to register. Invitations for Patients Know Best (PKB) are being sent by email 📧, text message 📱 or letter 📧 on a continual rolling basis.

If you fall into this category and haven't already received your PKB registration invite, look out for this arriving 👁️

And if you have family or friends that have been patients in the last year, let them know they may receive a text, email or postal invite to register for PKB.

Having secure online access to your personal health record with PKB means you can view your healthcare information relating to the care we provide to you:

- ✅ Hospital appointment information
- ✅ Appointment letters
- ✅ Covid-19 negative results

Once registered, logging into PKB is simple. Just use any internet-enabled device, such as a smartphone, tablet, or desktop computer 🖥️

Find out more about Patients Know Best ➡️ [www.midyorks.nhs.uk/pkb](http://www.midyorks.nhs.uk/pkb).

[#MidYorksNHS](#) [#MYDigitalFuture](#) [#PatientsKnowBest](#)

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  
\*\*Moving to a 7 night service in May - date TBC\*\*

**PONTEFRACT COLLIERIES  
FOOTBALL CLUB**

COMMUNITY DAY  
2021

CLASSIC CARS - FOOD - GAME  
RIDES - FUN FAIR - DRINKS  
PERFORMANCE CARS

FREE ENTRY

A Fun Day For All The Family  
JULY 17TH 2021 10AM - 4PM

live

artists.co.uk

PONTEFRACT COLLIERIES FC  
BEECHNUT LANE  
PONTEFRACT

# In the Garden

Aphid  
Bucket  
Bulb  
Burn  
Bush  
Compost  
Dig  
Dirt  
Edger  
Flower  
Fork  
Gloves  
Hoe  
Hose  
Lawn  
Leaves  
Mulch  
Pick

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

Power  
Prune  
Rain  
Rake  
Saw  
Seed

Shears  
Shovel  
Spade  
Trowel  
Weed  
Worm

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## Treat yourself this Easter with a low-calorie chocolate sweet

If you're craving dessert but trying to cut back on calories, this is a low-sugar treat. The vanilla increases the sense of sweetness, as would other flavourings such as finely grated orange zest or a pinch of ground cinnamon. This rich dish can also be chilled in smaller containers such as egg cups or as squares in a large ice-cube tray.

Each serving provides 253 kcal, 1.5g protein, 12.5g carbohydrates (of which 12.5g sugars), 22g fat (of which 13.5g saturates), 0.5g fibre and trace salt.

### Ingredients:

- 80g/3oz [dark chocolate](#) (80% cocoa solids), cut into small pieces
- 120ml/4fl oz [double cream](#)
- 2 drops [vanilla extract](#)

### Method:

Divide the chocolate and cream between four ramekins.

Microwave on a medium heat for 20 seconds. Stir the mixture with a fork until combined. If there are still lumps of chocolate after stirring, microwave for another 5–10 seconds.

Stir in the vanilla, cover with cling film and place in the fridge for 1 hour, or until set.

<https://www.bbc.co.uk/food/recipes/>



## Reform of the Mental Health Act

We would like as many people as possible to contribute to the proposed reform of the Mental Health Act. This includes staff, service users, carers and anyone else with an interest. These reforms have implications for all of us. Join us next week to find out more about:-

- A summary and overview of the planned reform
- Ways you can contribute your views
- Short films we have produced to help support understanding of the reform

### Join the Wakefield Recovery College on

**Tuesday 6 April 2021 at 2.00pm on Microsoft Teams**

to have a chat about the historical Mental Health Act and to share your thoughts and experiences which will help to alter what the new Mental Health Act will look like. Contact the college for the joining link. [01924 316946](tel:01924316946)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

Free gardening online event presented by Sunnyside Nurseries and offered through Eventbrite – see details below.

## Colourful Shrubs online event

### Date and Time

Sun, April 18, 2021

7:00 PM – 8:30 PM

### About this Event

Join us for a BRAND-NEW class on everything Colourful Shrubs! From foliage to form to flower, we'll discuss shrubs for all seasons with an emphasis on spring & summer blooms. With a wide variety of textures, colours & varieties that flower, it's easy and fun to incorporate more shrubs into your landscape, for year-round interest! Join our very own Trevor Cameron, C.P.H. (aka plant expert!) for discussions on everything you want & need to know about colourful shrubs. We hope you'll join us for this FREE class that starts @ 11am!

Join us by using this direct link... <https://us02web.zoom.us/j/86485608406>

Get the class handout on our website, [www.sunnysidenursery.net/classes](http://www.sunnysidenursery.net/classes), under the corresponding image.

*We will be recording this class (in case you miss it, can't get in, etc.) and it will be posted later in the day on our website - [www.sunnysidenursery.net/classes](http://www.sunnysidenursery.net/classes). You can also subscribe to our YouTube channel to receive notification when the class gets posted.*

<https://www.eventbrite.co.uk/>



Have a Hoppy  
Holiday



#WFHappyHealthyHolidays

The British Islam Medical Association has released a Ramadan Safety Guide and is assuring people that lateral flow and PCR tests can continue to be undertaken during Ramadan. Read more here:

[COVID-19 Vaccine Hub - Statements | British Islamic Medical Association \(britishima.org\)](https://www.britishislamicmedicalassociation.org/COVID-19-Vaccine-Hub-Statements)

Fun activities for the kids to try out this Easter holidays



### Wakefield Council

Have a Hoppy Holiday 🐣

Turn into crafty chickens 🐔, have flowery fun 🌸, and hatch up some egg-cellent recipes 🥚 with our family activity pack ➡️

<https://buff.ly/3963RGf>

#WFHappyHealthyHolidays

### College Easter Opening Times

Friday 2 April – closed  
Saturday 3 April – closed  
Sunday 4 April – closed  
Monday 4 April – closed

Re-open Tuesday 5 April  
8.00am – 4.00pm