



## The Supporter

Newsletter

9 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)



**NHS**  
**South West**  
**Yorkshire Partnership**  
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## Free virtual Latin dance class

Monday 19 April

6pm

Online on Zoom

Join dance entertainment specialists Desi Nach for a fun, easy-to-follow Latin dance class. Take part from the comfort of your own home and lift your physical and mental wellbeing through movement. Cameras optional!

Open to staff, carers and service partners.



Email [movemore@swyt.nhs.uk](mailto:movemore@swyt.nhs.uk) to book your place.

MOVE CLICK SHARE  
 #MoveMoreSWYPFTly



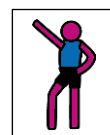
With all of us in mind.

© NHS FOUNDATION TRUST

<https://twitter.com/allofusinmind/status/1377646398334730242>

SouthWestYorkshire Partnership NHS FoundationTrust on Twitter: "🗣️ Staff, carers and service partners 🧑🧑 Have you ever tapped your toes along to @bbcstrictly and wished you could have a go? 😊 Well try it for free from the comfort of your own home! Book your place now on our fun, easy-to-follow Latin dance class 🖱️

<https://t.co/onG1JI0nuP> / Twitter



# Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Commit to being more active this month, starting today	2. Listen to your body and be grateful for what it can do	3. Spend as much time as possible outdoors today	4. Have a day free from TV or screens and get moving instead	5. Eat healthy and natural food today and drink lots of water	6. Turn a regular activity into a playful game today	7. Do a body-scan meditation and really notice how your body feels
8. Get natural light early in the day. Dim the lights in the evening	9. Give your body a boost by laughing or making someone laugh	10. Turn your housework or chores into a fun form of exercise	11. Be active outside. Dig up weeds or plant some seeds	12. Set yourself an exercise goal or sign up to an activity challenge	13. Move as much as possible, even if you're stuck inside	14. Make sleep a priority and go to bed in good time
15. Relax your body & mind with yoga, tai chi or meditation	16. Get active by singing today (even if you think you can't sing!)	17. Go exploring around your local area and notice new things	18. Make time to run, swim, dance, cycle or stretch today	19. Have a 'no screens' night and take time to recharge yourself	20. Spend less time sitting today. Get up and move more often	21. Focus on 'eating a rainbow' of multi-coloured vegetables today
22. Regularly pause to stretch and breathe during the day	23. Enjoy moving to your favourite music. Really go for it	24. Go out and do an errand for a loved one or neighbour	25. Get active in nature. Feed the birds or go wildlife-spotting	26. Try a new online exercise, activity or dance class	27. Take an extra break in your day and walk outside for 15 minutes	28. Find a fun exercise to do while waiting for the kettle to boil
29. Meet a friend outside for a walk and a chat	30. Become an activist for a cause you really believe in					

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

**Dawn Bland – The Other Side (with support from Spectrum People)**



The other side poetry book from Dawn Bland exploring the ups and downs of 2020. A unique insight into the mind of Dawn Bland and those most vulnerable during a period of lockdown. 2020: The Other Side highlights harsh realities using new poetry and Art to relate to readers.

Buy it here: <https://www.ebay.co.uk/itm/114320426663>

Limited Edition Keyrings. Keyrings featuring Dawn's artwork supporting the NHS and keyworkers, they are still in stock in limited numbers!

Buy them here: <https://www.ebay.co.uk/itm/114263738832>

All proceeds from the sales of both books will be donated to help create a safe space for the community (Spectrum People).



Just a quick reminder that from Thursday 1st April 2021, Carers Wakefield opening hours have changed. They now offer late nights on a Thursday till 7pm. Their new hours are - Monday - Wednesday 9am-5pm Thursday 9am-7pm Friday 9am-5pm  
01924 305544



<https://twitter.com/MyWakefield/status/1377293465587945481>



## DINOSAURS SPOTTED IN WAKEFIELD PARKS!!!



Using Augmented Reality and GEO-Location, The Love Exploring app has brought dinosaurs to parks across the district, ready for families to discover  
 DOWNLOAD THE LOVE EXPLORING APP click here:

[Love Exploring - Wakefield Council](https://www.wakefield.gov.uk/sport-health-and-leisure/sport-and-activities/walking/love-exploring) <https://www.wakefield.gov.uk/sport-health-and-leisure/sport-and-activities/walking/love-exploring>



### Spring Walk

Today, I see a squirrel, flying across  
 the trees,  
 Like a circus act.

I am walking in the April sun-  
 Not strong but filled with the hope of  
 Spring.

I can see through the trees, with their  
 tentative leaves-  
 The sky, flat cornflower blue-  
 The clouds, static white.

The gravel path, scrunching under my  
 feet,  
 I feel alive with the promise of Spring.

I am enclosed by a feeling of  
 contentment.  
 The rays of the sun touch my face,  
 With their dangerous nurturing force  
 that gives life or takes it away-  
 Beyond our control.  
 The sun, with its endless possibility,  
 like the Spring.

On my walk, I see croci, tulips,  
 hyacinths, and daffodils  
 The colour palette of joyous Spring,  
 Uplifting me  
 The blossoms of Almond, Cherry and  
 Apple trees, like tiny pieces of lace-  
 Awakening after the harsh winter.

As the walk quickens my heart,  
 I forget the cold, dark and sadness of  
 Winter  
 And I'm filled with the optimism of  
 Spring

Bev 2021

### Test yourself with this General Knowledge Quiz

1. Which iconic Lancashire seaside resort has the iconic Pleasure Beach?
2. What is the name of England's smallest city?
3. Beef, onion, potato and what other vegetable form the traditional Cornish pasty?
4. What two foods is Melton Mowbray known for?
5. Which former manager of The Sex Pistols claimed to have invented punk?
6. Who lived in her retirement in London's Chester Square?
7. Which actor, the 6<sup>th</sup> James Bond was born in Chester?
8. Which footballer has four children, Kai, Klay, Kit and Cass?
9. In which year did the Queen Mother die and how old was she?
10. What product do both Chelsea and Bath make?



Answers in next week's edition

### Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue  
 yellow red black green white red  
 white green red black yellow green  
 black white yellow green red blue  
 white green red black yellow green  
 yellow red black green white red  
 white green red black yellow green



### Courses available to book on our website

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



Live Well Wakefield have a self-management course starting 17 May, 10:30-13:00 (Introductory session 10 May 10:30-11:30) It is a free online course which runs over 6 weekly sessions and is accessed via your laptop, tablet or smartphone and can help anyone over 18 who is living with any long term health condition. To book a place on this course or for more information email paul.boyd1@nhs.net Please note: you will need the free app Microsoft Teams to access this course

We all feel stressed from time to time. Visit Every Mind Matters for simple tips and advice to help manage your stress levels.

[www.nhs.uk/oneyou/every-mind-matters/stress](http://www.nhs.uk/oneyou/every-mind-matters/stress)

#StressAwarenessMonth

<https://www.calm.com/>

Find your **Calm** – sleep more, stress less



'The 30 Day Challenge' encourages you to pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day. You could even add actions for your social and spiritual wellness too.

It takes 30 days to turn actions into habits, which is why this is a month-long programme. The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

To find out more visit:

[www.stress.org.uk](http://www.stress.org.uk)

Useful tips and links

Practice mindfulness – Judy from Balance Time is leading some minimeditations at

[www.facebook.com/TimeforBalance](http://www.facebook.com/TimeforBalance)

Eat a healthy, balanced diet to look after your Bridge

<https://youtu.be/QO13yNvBLtk?t=61>

Mindful colouring. The amazingly talented Sam Antolik has designed a Stress Relief Audit Colouring Book. Download from

[www.stress.org.uk/samresources2020](http://www.stress.org.uk/samresources2020)

Enrol in a new range of online webinars – keep on learning! There's a wide range of online courses to be explored, take a look on [www.futurelearn.com](http://www.futurelearn.com) & visit our website

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





## Votes for Women

Eric A Jackson, JP a local historian & genealogist wrote his talk, 'Votes for Women' after completing a dissertation which examined the effects of the First World War on the social fabric of England.

**Tuesday, 13<sup>th</sup> April 2021**

Online Event  
7:00pm - 8:30pm

The story of the Suffragettes and the Suffragists including the death of Emily Wilding Davison under the hooves of the King's horse at the 1913 Epsom Derby.

Tickets **must** be booked via Eventbrite at: [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

Search: **Votes for Women**



[www.pontefractcivicsociety.org.uk](http://www.pontefractcivicsociety.org.uk)

## April is Bowel Cancer Awareness month.

Join a free online Bowel cancer awareness talk presented by Bowel Cancer UK on Friday 16 April on Facebook at 12.30pm and learn about the symptoms of bowel cancer, screening and reducing your risk. The talk will be around 30 minutes and hosted by one of their volunteers who has a personal experience of the disease.

Tune in their [Facebook page](#) on Friday 16 April at 12.30pm.

To book your place go to:-

[Bowel Cancer Awareness Month 2021 | Bowel Cancer UK](#)

[Bowelcanceruk.org.uk/stepupfor30](http://Bowelcanceruk.org.uk/stepupfor30)

Join us and help  
save lives.  
Today

Support us this [#BowelCancerAwarenessMonth](#)



More Covid Resources can be found from the Wakefield CCG Website: [Coronavirus \(COVID-19\) resources - WCCG \(wakefieldccg.nhs.uk\)](#)



For one week between  
12-16 April, thanks to the support of JWP  
Solicitors, you can have a will expertly  
written or updated for FREE. Make sure  
your loved ones are taken of and your  
wishes are known. Find out more at  
<http://pwh.org.uk/willweek #pwh>

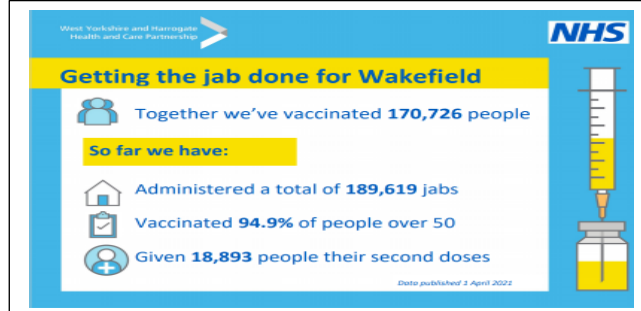
### Loneliness & Isolation

It is possible to feel lonely, even when surrounded by people, but Loneliness and Isolation can also happen due to being separated from other people, routine and your environment.

In this current climate, we are aware more than ever that this is a real problem. This workshop will cover the reasons behind why many people feel lonely and isolated and explore how we can take positive steps to change this.

To book on to our workshop - visit our website: <https://talking.turning-point.co.uk/.../free-online.../>

**Next workshop 13 April 2021 starting at 2.30pm**  
**Book via the website as detailed above**



## 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







ChaiCup productions presents, a bilingual play in Urdu and English about the impact of the pandemic on a South Asian family when one of its members gets Covid-19. You can watch the play online - Saturday 10 April at 7pm.

To book, visit our website - <https://buff.ly/31DcuUt>

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If you want to order home Covid lateral testing kits, go to the website <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests?twclid=11379358016441618435>



Schools, nurseries and colleges testing: order coronavirus (COVID-19) r...  
How parents with children returning to schools or colleges, and school or college staff, can order coronavirus (COVID-19) rapid lateral flow home test kits.

[www.gov.uk](http://www.gov.uk)

YOUR HELP NEEDED..

Scope Wakefield are looking to recruit volunteers to join our amazing team.

If you have any spare time and want to learn new skills, meet new people, then give the shop a ring on 01924339644 or email us at [wakefieldbr.shop@scope.org.uk](mailto:wakefieldbr.shop@scope.org.uk)



## April is Irritable Bowel Awareness month

It's estimated that 1 in 5 of the UK population suffers from IBS, so odds on that you'll know more than a couple – you might even have IBS yourself. But how many of your friends and family are willing to open up about IBS?

There's a real stigma around this condition, largely owing to the idea that problems of the gut are something to be ashamed of. This should not be the case, which is why we want to blast through the taboo and generate real understanding on what it's like to deal with IBS on a daily basis.

Read more: [April is IBS Awareness Month - But What Is IBS Really Like? - Bladder & Bowel Community \(bladderandbowel.org\)](#)

**Why not join our college online Learn More about IBS course, where we talk frankly about everyday life living with IBS, how you can learn to manage the condition, where to find help and ways to overcome the anxiety this condition can cause.**

Date: 11 May  
Time: 11.00am – 1.30pm

Book via our website:  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

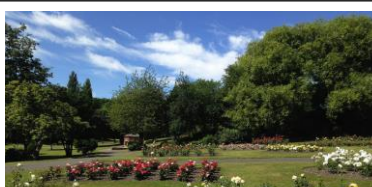
**Volunteer Sessions in the Valley Gardens (Friarwood Pontefract)**

**WE'RE BACK!**

- Gardening every Saturday at 2pm
- Litter-picking Sundays at 10.30am  
11<sup>th</sup> April, 2<sup>nd</sup> May, and 6<sup>th</sup> June

Please come and join us. We need all the help we can get. Tools provided but bring your own gloves

Covid restrictions are still relevant and social distancing will be observed in keeping with the current regulations for Covid safety





**Music appreciation group**

**We are delighted to offer an extra session this month of our popular online music appreciation group**

**Thursday 15 April  
 12.00-1.00pm**

**Why not join our friendly group reminiscing, listening, and talking about our favourite music?**

**Give us a call or send us an email and we will let you have the Microsoft team's link**



**NHS**  
 South West Yorkshire Partnership  
 NHS Foundation Trust

**Wakefield Recovery and Wellbeing College**

**Money Talks**

**Join us for the FREE online workshop**

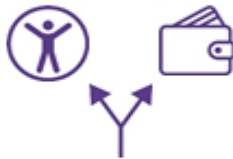



**Monday 19 April 2021 from 11am to 1pm**

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.**

## 'The Supporter' Newsletter

Next week will be our 1<sup>st</sup> year anniversary of our Newsletter.

We really hope you have enjoyed and found the information we have provided helpful over the past 12 months. Thank you to everyone who has sent us your feedback, it really does make a difference and has helped us develop the newsletter over the past year.

For next week's edition we would like your help in asking you for your participation in our newsletter by sending us any lockdown stories, recipes, pictures of your crazy pets or gardening projects. Do you want us to add a piece of poetry you have written, or do you have a favourite song you would like us to play at our music group? Have you done some craft work or knitting you would like to share? Please just send in your contributions to our email address [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk) by Monday 12 April 4.00pm



We look forward to seeing them.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Period: \_\_\_\_\_

## Positive Thinking

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

values	life skill	good decision	support system
assertiveness	peerpressure	interest	body image
selfconcept	wellness	respect	success
accomplishment	challenge	honesty	thoughts
attitude	control	feelings	happiness
social	physical	emotional	health
mental	Positive	Self Esteem	