



## The Supporter

Newsletter

16 April 2021

**TODAY**  
 is the day to  
 learn something  
**NEW**

## 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

## Music appreciation group

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



Online on Microsoft Teams  
 (and in the community when Covid-19 restrictions allow)  
 Starting Thursday 29 April  
 2 - 3pm

Music therapy has been proven to have lots of physical, social and emotional benefits. Join our group to listen, reflect and discuss – meet other music lovers, chat about music, what it means to us, and why.

To book a place call 01924 316946  
 or email [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.



Crafting4Good CIC is 😊 feeling excited.

8 April at 10:42 · 🌐

🎨 Breaking News #1: We will now be open \*5 days a week\* starting Monday 12th April. It is still 10-2, but in May we will be extending our hours. We have never been open Mondays 🥰

The Ridings Shopping Centre  
 The Art House Wakefield  
 Wakefield Arts Hub

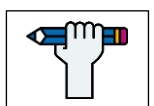
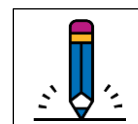
## Crafting for Good: printables, community work & volunteering

<https://www.crafting4good.org>

Creativity is good for wellbeing - we encourage exploring art and craft as a means to positive mental health and resilience. "Crafting for Good" promotes creative wellbeing in various ways: Generating income from art and craft supplies donated by artists, crafters and companies Using any surplus to support community groups and organisations

Our music group is gaining popularity and we are now running our 3rd session. Its great fun listening and reminiscing to music favourites.

Did you know researches have found that music releases the 'feel good' chemical, dopamine in your brain and there is evidence music can help lower the levels of the stress hormone, cortisol in your body? Why not give it a try and join us for an hour?





## NEWS RELEASE



### Wakefield Council publishes latest COVID-19 data for the district

Wakefield Council has published the latest COVID-19 data for the district to keep residents up to date.

The figures show that for the latest set of weekly data (between 31 March and 6 April) Wakefield's positive case rate has decreased from the previous week – from 131.2 to 86.4 positive cases (per 100,000 population).

Anna Hartley, Director of Public Health for the Wakefield district, said: "Although we have seen a big decrease in infection rates this week, we still have one of the highest rates in the country and that is why it is more important than ever that we do not become complacent. We must ensure that rates keep going in the right direction.

"There were also sadly three Covid-19 related deaths in local hospitals in the last week and our sympathies go out to the families, friends, and colleagues of those who have died.

"I urge everyone to keep going and continue to take immediate action to protect ourselves and others from the very real threat of COVID-19, even if you have had your vaccine, by following the regulations.

"The more cautious and mindful we are now, the sooner we'll be able to get back to normality. The less that people mix, the less chance the virus has of mutating and becoming resistant to the vaccine. This is so vitally important. By working together we can slow the spread and save lives."

There are currently 43 COVID-19 patients being cared for by The Mid Yorkshire Hospitals NHS Trust, compared to 41 the previous week.

Jo Webster, Chief Officer at NHS Wakefield Clinical Commissioning Group, said: "Even though the number of positive cases in Wakefield district has slightly decreased, we still have one of the highest rates in the country.

"It is really important that we still continue to follow the guidance so that the number of positive cases continues to reduce. You can find out more about how to keep yourselves and your families safe, the vaccination programme and accessing the most appropriate health service for your needs on the NHS website [www.nhs.uk](http://www.nhs.uk)."

Wakefield Council is continuing to monitor the COVID-19 situation across the district with effective monitoring to map relevant data and spot trends, which acts as an early warning system.

Working with partners, Wakefield Council has been actively supporting the businesses and communities affected by the previous outbreaks to limit any spread, as well as working closely with partners and local communities to try and ensure everyone knows the symptoms and how to access testing.

A local testing offer for COVID-19 is available in the district, to work alongside and to enhance the national programme.

Residents in the district who suspect they have symptoms of the virus can now access tests via a home delivery service but people are urged to try the national system first.

The local testing service is available from Monday to Friday and bookings for appointments can be made at [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test) or by calling 01924 224497.

Anyone displaying coronavirus symptoms is urged to self-isolate immediately and get a test by accessing local testing or by visiting [nhs.uk/coronavirus](http://nhs.uk/coronavirus) or calling 119.

Residents who are a 'critical worker' or otherwise have to leave the house to go to work can now access lateral flow testing at the Market Hall in Wakefield, Holywell Lane Centre, Castleford and Kinsley and Fitzwilliam Community Centre, Kinsley.

Access to all three sites will be by appointment only. To book an appointment, please visit <https://wakefieldlft.eventbrite.co.uk/>. There is currently no option for telephone appointments.

Those that work from home, should continue to do so and will not need to access asymptomatic testing.

Continued:

Those who have symptoms of COVID-19 should not seek a lateral flow test. Instead they must get tested, either through the local home delivery service, or using the national drive-in sites.

Anna Hartley added: "Please act now - isolate and get tested if you have any symptoms."

The dashboard published today (Monday 12 April) shows the available data up to 6 April.

The dashboard and briefing can be found at [www.wakefield.gov.uk/about-the-council/coronavirus-information/covid-19-weekly-data](http://www.wakefield.gov.uk/about-the-council/coronavirus-information/covid-19-weekly-data)

## Overview of COVID-19 in Wakefield District

Data Released: 11<sup>th</sup> April 2021. Latest data: 6<sup>th</sup> April 2021 (data is available up to 10<sup>th</sup> April 2021 but the last four days are excluded because they are incomplete and therefore inaccurate).

### Key facts about COVID-19 in Wakefield:

#### COVID local tier level: Nationwide restrictions – step two of the roadmap

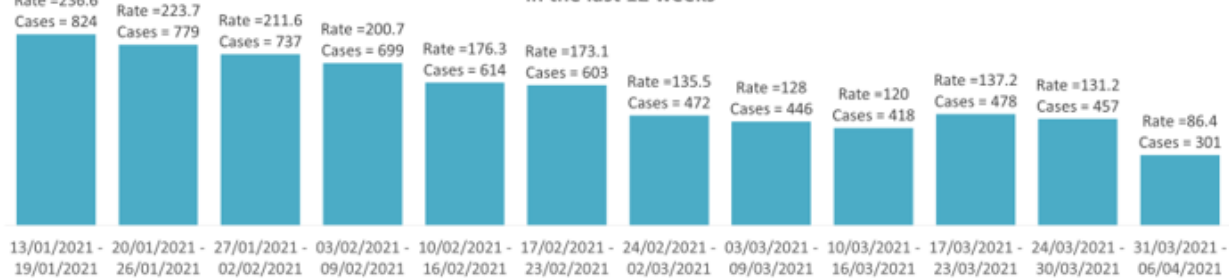
#### Cases data: latest 7 days – 31<sup>st</sup> March – 6<sup>th</sup> April

**301** ↓ cases in the last 7 days (previous 7 days = 457 cases)

**86.4** ↓ cases per 100k population (previous 7 days = 131.2)

**25,089** cases since March 2020

#### Wakefield epidemic curve: trend in infection rates (per 100,000 population) in the last 12 weeks



#### Deaths data: latest 7 days – 31<sup>st</sup> March – 6<sup>th</sup> April

**3** ↓ deaths in the last 7 days (previous 7 days = 6 deaths)

**890** deaths since March 2020

#### Wakefield epidemic curve: trend in COVID-19 deaths in the last 12 weeks



#### Hospital data: latest snapshot day 6<sup>th</sup> April

**21** ↓ Wakefield COVID-19 patients in a Mid-Yorkshire Hospital bed (previous date = 24)

#### Wakefield epidemic curve: trend in the number of Wakefield patients with confirmed COVID-19 in a Mid-Yorkshire Hospital bed, by snapshot day in the last 12 weeks







**Courses OUT NOW!!**

Course	Date	Time
Introduction to mindfulness Pastoral Care	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

**Book your place on our website**

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk) or ring us on  
01924 316946

**Last week's Quiz answers**

1. Blackpool
2. Wells
3. Swede
4. Porkpies/Stilton cheese
5. Malcolm McLaren
6. Margaret Thatcher
7. Daniel Craig
8. Wayne Rooney
9. 2002/101
10. Bun

**Hello - we are Portobello Craft and Camera group.**

We are a friendly bunch, our aim is to be supportive, lift mood and combat social isolation and loneliness by doing what we love best - Crafting, Cameras, Arts, and sharing skills .... yes, even sharing cake, biscuits and sometimes sitting down together and sharing a meal!

We usually meet every Tuesday throughout the year (except bank holidays) at the Portobello Community Centre, Wakefield from 12:30pm to 2:30pm. We charge £2.00 per session There is no commitment to come every week, you just turn up when you want to and do as much, or as little as you want to!

We do have a group mobile, we'd love to hear from you if you are interested in joining us. Please call, leave a message or just text us with your name and number and we will get back to you within a couple of days to have a chat

**Mobile: 07830 302 207**

**Nova** Supporting healthy living for the people of Wakefield

**Live Well Wakefield**  
**Self Management "Virtual" Courses**  
General Self Management

This free on-line course runs over 6 weekly sessions accessed via your laptop, smartphone or tablet and can help anyone over 18 who is living with any long term condition.

**Introductory session on Monday 10 May 2021**  
10:30-11:30

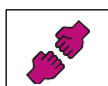
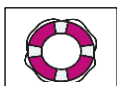
The course runs Monday 17 May-26 June 2021,  
10:30-13:00

**Some topics covered in the course:**

- Managing symptoms like pain and fatigue to improve how you feel
- Setting weekly realistic goals using Action Plans
- Relaxation and distraction techniques
- Managing the difficult emotions that almost everyone experiences when living with a long-term health condition

For more information contact Live Well Wakefield on 01924 255343, or email [Paul.Boyd@nhs.net](mailto:Paul.Boyd@nhs.net)

**Self-Management**



## Great news!

From Monday 12th April

- birth partners/supports will be welcome to attend all pregnancy scans, antenatal appointments and triage.
- visiting hours across maternity will be increased.

**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 make sure you're ready for the Covid 19 vaccine



**Get in touch:**

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

## Let's raise a cuppa to our NHS!



07 April 2021

As new members of NHS Charities Together, we will be part of the NHS Big Tea 2021 Campaign! (Monday 5 July 2021)

We will join forces with NHS charities across the country to raise a cuppa to our NHS and raise money to make services, care and facilities the very best they can be for our service users.

Staff and service users can get involved, as well as external organisations, schools and individuals across our service areas (Wakefield, Calderdale, Kirklees, Barnsley) to join us by holding a tea party.

We want to make this as successful as we can, but we'll need your help!

Further details will be released very soon, but in the meantime, if you are interested in supporting this event and/or have contacts who may wish to support us, you can join our EyUp! Big Tea working group.

The working group will help to generate ideas, work on planning and be a crucial part to the successful delivery of NHS Big Tea @ SWYFT.

If you are interested please get in touch by emailing [EyUp.Charity@swyt.nhs.uk](mailto:EyUp.Charity@swyt.nhs.uk)



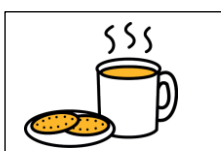
## NHS community mental health survey 2021

### How was your experience?

The Trust is conducting a survey to find out what service users think about their care.

This is part of a national programme to **improve the quality of care and service users' experiences**. Taking part in the survey is **voluntary** and all answers are **confidential**.

If you are selected to take part, you will receive a questionnaire in the post and text message reminders.



If you do not want to take part, or have any questions about the survey please contact;

01924 316177  
[suzie.barton@swyt.nhs.uk](mailto:suzie.barton@swyt.nhs.uk)  
Fieldhead Hospital  
Block 8, Ouchthorpe Lane  
Wakefield, WF1 3SP



## Swans

They belong to the Queen; written of, and inspiring people with their beauty.

Many things are conjured up by their image:  
Leda and the Swan, Swan Lake, fairground rides and novelty boats on the lake!

But the swans I see on my travels belong only to me.

There is always one that I love more than the others-alone, or beauteous in her pair...  
I am convinced she notices me!

Swans do not fill me with sadness, like the lonely Heron.  
Yet, when I encounter them, I can feel their solitude...  
Filling me with a sense of calm; passing through me,  
Straight into my soul.

I marvel at the unspoilt whiteness of the soft feathers, the strong elegant wings.

When the swan nestles, its neck bends and crouches, in the most ungainly way!  
I fear it might break....

But then, I see that dainty neck, strong and stretched.  
And the swan bears an impossibly haughty expression!

It reminds me of the human spirit which, even while cowed in fear, can survive the worst adversity!

I am standing, watching; rooted to the spot.  
Time slows, stilling.  
I am transported to another, grander time.

The swans disregard me now, with the indifference of the beautiful.  
Conjuring up their magic, majesty, and mystery.

I turn and walk away

Bev 2021

## Department of Works and Pensions April Updates

From Monday 5 April some DWP system-generated customer notifications will be sent in white rather than manila (brown) envelopes. This requirement is driven by a change in the way Royal Mail sorts bulk post. The new system requires a legible barcode to be printed onto the envelope. Testing has shown that printing onto our manila envelopes regularly fails. The white envelopes will be marked "important post-please open".

## Rollout of video assessments for disability benefits

From this week disabled people could have a video assessment as the technology is rolled out across England, Scotland and Wales.

People who have a Work Capability Assessment for Universal Credit or New-Style Employment and Support Allowance or make a new claim to Personal Independence Payment or the Industrial Injuries Disablement Benefit could be invited for this type of assessment.

Video assessments will take place alongside existing telephone and paper-based assessments, which have been carried out throughout the pandemic. Face-to-face assessments for disability benefits currently remain suspended, but kept under review, aligned with the latest public health guidance.



[Be-Kind---Hidden-Disability.pdf](#)  
([wakefieldfirst.com](#))

[Give-Space---Visually-impaired.pdf](#)  
([wakefieldfirst.com](#))

A disability cannot always be seen, Be Kind  
(click on the above links to view these posters)



ARE YOU 16-25 YEARS OLD?  
LOOKING FOR A NEW CHALLENGE?  
WANTING TO IMPROVE YOUR CONFIDENCE,  
TEAMWORK AND EMPLOYABILITY SKILLS?

JOIN OUR  
NEXT.....**12 Week Prince's Trust  
Team Programme**

3rd of May 2021 at Lightwaves  
Community Centre – Wakefield

You will:

- Take part in a residential, community project and work experience.
- Develop confidence and team work skills.
- Gain a Level 1 Award in Employability Skills.
- Gain valuable experience to update your CV with and practice interview skills.

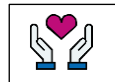
TRAVEL COSTS COVERED & DOESN'T AFFECT BENEFITS

Please contact Alex on 07784360059 or Salina 07784360058 or email [s.cairns@wakefield.ac.uk](mailto:s.cairns@wakefield.ac.uk) for information. The course is based at Lightwaves Community Centre, Wakefield.

Young Carers Action Day was on the 16 March 2021, facilitated as a one-stop shop for young carers in West Yorkshire and Harrogate with advice and information on relationships, education, your health and more.

This new APP was launched You can download the app from the Apple store at: <https://apps.apple.com/gb/app/young-carers-support-app/id1556955591>

The West Yorkshire and Harrogate Health & Care Partnership is keen to gather feedback and hear the views of young carers and colleagues who may be signposting young carers to the App. The feedback will inform and enable them to co-produce the final versions to be launched in May. The [survey](#) closes on the 16 April.



### Battle scars 12 step self-harm addiction programme

Do you self-harm to manage your life, to get control, relief, to feel, to regulate your emotions, whether you consider yourself addicted to the behaviour or not?

This programme was developed by people with lived experience of self-harm to support others who struggle. 142 pages full of questions to ask yourself, activities, things to think about and ideas to help you.

More information on their website:

[Addiction programme - Battle Scars \(battle-scars-self-harm.org.uk\)](http://Addiction programme - Battle Scars (battle-scars-self-harm.org.uk))



Can you believe it?? This edition is the 52<sup>nd</sup> edition. That's 52 weeks, or a whole year that the Recovery and Wellbeing College has been producing The Supporter newsletter. We have loved getting your feedback about how it has been helping you manage over the past 12 months and how useful you've found it. So, for now, we're keeping the weekly newsletter going. And whilst she is very modest about it, I'll happily tell you that Janette puts blood, sweat and tears in to pulling together useful, supportive, relevant and interesting information weekly, alongside some fun activities. So I hope you'll join me in thanking her for all of her hard work with The Supporter each and every week. THANK YOU JANETTE! 😊 Look after yourselves, stay safe, see you soon! Lindsey 😊



# The Big Knit 2021



[Age UK Wakefield District | The Big Knit 2018](#)

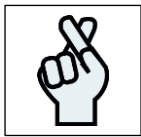
Check out the knitting patterns on their website or create your own

Knitters of all ages can get involved in this exciting campaign to make lots of tiny hats for the top of innocent smoothie bottles. For every behatted bottle sold, 25p will go straight to Age UK so we really need your help create lovely hats of different styles and designs.

## How you can get involved

Whether you're new to casting on or already know your garter from your stocking stitch, it's easy to get started. You'll also be part of the huge knitting team helping us to reach such a monumental target for a great cause.

Contact: **01977 552114** for more information about delivering hats or for patterns



### QUICK REMINDER!!

**Don't forget to let the college know if you are unable to attend any course or course session that you are booked on. It is important that we know asap so we let our Tutors know and plan our courses successfully for everyone.**



**Calming Mindfulness wordsearch**  
Can you find all the words below?

BALANCE  
CALMNESS  
COMPOSURE  
CONTEMPLATION  
CONTENTMENT  
HUSH  
MEDITATION  
PEACEFULNESS  
QUIETNESS  
REFLECTION  
RELAXATION  
RESTFULNESS  
SERENITY  
STILLNESS  
TRANQUILLITY  
UNDISTURBED

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T	S	F	I	L	T	E	E	R	R	A	H	U	M	R