



The Supporter

Newsletter

23 April 2021



Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

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



FREE PARKING in the Wakefield and 5 Towns area

The scheme offers up to 2 hours free parking at council car parks across the district, including country parks as an encouragement to support businesses and high streets as well as boost peoples physical and mental wellbeing by getting out in the fresh air.

Drivers are being reminded that they must still display a valid parking ticket when taking advantage of the free parking. 2 hour no-charge tickets will be dispensed from Wakefield Council ticket machines for free for as long as the free parking continues. Cars parked without tickets may be subjected to parking fines, the council has warned.

wakefieldcouncil
 working for you



Are you a carer?

Do you give support to member/s of your family, a partner or friend who has an illness, disability, learning disability, is frail/elderly or has a mental health condition? For example, caring for your parent, son, daughter, partner, or friend?

In the Wakefield area there are approx. 36,600 unpaid carers who save the economy over £700 million each year. 7000 of these carers are either known or supported by Carers Wakefield & District.

The Wakefield Recovery College is really pleased to work in partnership with Carers Wakefield & District and you will find lots more information about their service on our website, under our Carer Resource section.

www.wakefieldrecoverycollege.nhs.uk or give them a call on: 01924 305544



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

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

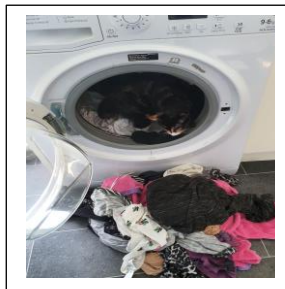
With all of us in mind.

308 NO 2001 MAR 21

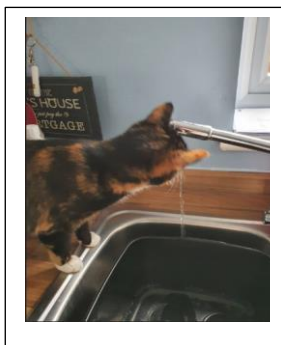
Cats do the funniest things

Caring for a pet can give its owner a sense of purpose, helping you feel valued and needed.

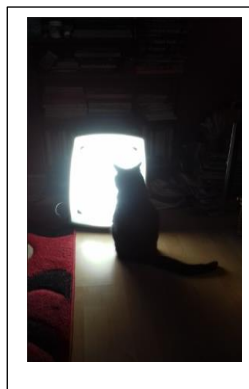
Some owners have said pets give them a sense of security and someone to share their day with. A pet can be a great listener, offering unconditional love. People often say they feel more relaxed and less stressed when they stroke a pet. Watching their funny antics can also bring laughter and amusement. Here are a few pictures sent in from our volunteers who have crazy cats as pets....



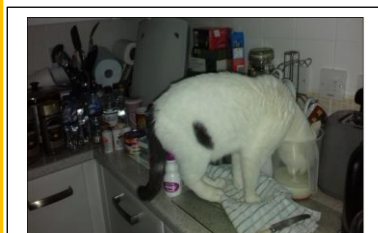
Bettsie seems a bit of a water baby enjoys helping with the washing and drinking from the kitchen tap!



Chocolate enjoys sitting in front of his owners SAD lamp, catching the rays! He is very sensitive and supportive. He is the household chief hug giver and therapy cat



On this occasion Freckle didn't get what he wanted for breakfast, so he helped himself





FREE

woodland sessions

come and experience the woodlands in a supported environment whilst learning new skills such as carving, woodland management, woodcraft skills cooking and much more ...

WHEN

Thursday Morning
10am - 12pm year long programme

WHERE

Bulcliffe Woods
Denby Dale Road, Bretton,
Wakefield.
vanesaathelascic@gmail.com
Tel: 07933955928.

People's Health Trust is an independent charity investing in local neighbourhoods to help create a society without health inequalities. It works closely with each of the regional and country lotteries raising money through The Health Lottery, and distributes grants.
www.peopleshealthtrust.org.uk

"Active Communities supports people to create and shape local projects that will help their community or neighbourhood to become even better. Active Communities projects aim to develop social links and ties and support residents to discuss and act on things that are important to them."

funded through




GETTING THERE

The postcode is WF4 4JH and the grid reference of the site on Ordnance Survey landranger T10 map is SE 288 148. Please note that the post code in sat. navs. takes you to a point passed the campsite entrance when coming from Wakefield.

The approach road to the site is via a wide, gated, concrete roadway.

For those who wish to use public transport there are bus stops near the site entrance on Denby Dale Road.

BENEFITING

Anyone currently experiencing mild to moderate mental health issues living in and around Wakefield especially in WF1 WF2 or WF4
Please get in touch
Email or phone

COME AND SHARE A CUP OF TEA AROUND THE FIRE AND LEARN NEW SKILLS

**Tuesday
Leisure Club
Every Tuesday
at 2pm**

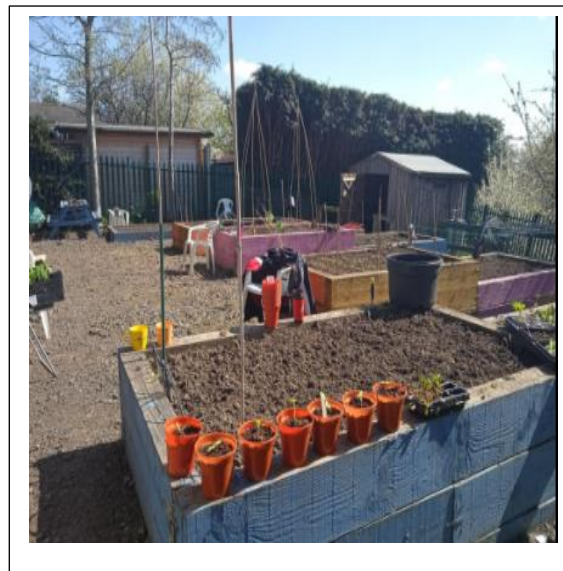
Grab a cuppa and
join our virtual club
to enjoy games, chat
and more.

Over 65s welcome.



**Contact us
01924 369631**

**st george's
community centre**



St George's Community Centre

1h · 🌐

It's prime planting time! Look how our team have been busy planting in the allotment! Do you have any tips to share or time you can spare to help our volunteers?

Come down, Tuesday, Wednesday and Thursday 10-1pm, learn as you plant, water and enjoy the fresh air.

Drop us a message, call or email 01924 369631

erika.smith@stgeorgeslupset.org.uk



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

Introductory session on Monday 10 May 2021

10:30-11:30

The course runs Monday 17 May-28 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 255363, or email Paul.Boyd1@nhs.net


Self-Management




**THE CLOUDS WILL DISPERSE AND BLUE
SKIES WILL SHINE THROUGH AGAIN
KEEP GOING, WE'VE GOT YOU!**

 **@ANDYSMANCLUB**

 **@ANDYSMANCLUBUK**

 **@ANDYSMANCLUBUK**

 **#ANDYSMANCLUB**



👂BACK TO IT👂

With pubs, restaurants and shops opening back up this week it's more important than ever to keep an eye on your friends and family.

Is anyone missing round your table?

Drop them a message, give them a call, it may be the most important thing you ever do...

For information about ANDYSMANCLUB drop us an email info@andysmanclub.co.uk

[#ITSOKAYTALK](https://www.instagram.com/itsokaytalk)



A Gentle Reminder About Your Free Place...

As you might remember if you have attended anything with us or spoken with one of the team at your Individual Learning Plan (ILP) appointment, once you have completed any of our courses or workshops at the Recovery and Wellbeing College, you will be sent a link to an evaluation form and a copy of our outcome measure questionnaire (ReQoL) which need to be completed and returned to us. Unfortunately, we have not been receiving many of these back lately.

Some of our courses and workshops are reliant on these online evaluations and ReQoL questionnaires being completed/returned to get the funding to be able to offer our sessions free of charge to you all. Because of this, if you haven't completed your evaluation form via the link we have sent you after each course or workshop you have attended and/or if you have not returned your ReQoL questionnaire to us, we would really really appreciate if you could take just take five minutes out to complete these. **This way, we can ensure that people can still attend our sessions and get the support they need from these completely free of charge.**

If you can't find your evaluation links and ReQoL questionnaires, or if you have had/are having any difficulty completing your evaluations via the links you have been sent, or completing and emailing back your ReQoL questionnaires then please don't worry. All you need to do is give the team a call on 01924 316946 and we'll help you complete this over the phone with us. Alternatively, we can re-send you the evaluation and ReQoL if you would prefer. **And don't forget, you will need to complete one evaluation and one ReQoL per course you complete with us.**

Thank you

THINGS ON YOUR MIND?

Are you feeling anxious, low or stressed?
Turning Point Talking Therapies are here to help.



FIND OUT MORE OR REFER BY:

TEL: 01924 234 860
WEB: talking.turning-point.co.uk
EMAIL: wakefield.talking@turning-point.co.uk
Access assessment and treatments 7 days a week

Wakefield
Clinical Commissioning Group

TURNING
POINT
powered by excellence



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.

<https://talking.turning-point.co.uk/wakefield/my-turning-point/>

This is Wakefield Council's flagship Employment and Skills Service



In recognition of World Health Day.....

With us celebrating World Health Day on April 7th, we thought we'd share with you an amazing example of how we work alongside our partners to give our customers access to the most suitable specialist support. We know a lot of people we help can be a long way from the job market, but we're here to empower them to take the first step towards it and supporting them throughout the process.

Wakefield Recovery College support any adults looking to improve their physical or mental wellbeing or knowledge – read STEP UP's story here:

[STEP UP's story | Wakefield Recovery and Wellbeing College](#)
(wakefieldrecoverycollege.nhs.uk)

So, if you think we can help anyone, whether they're a business making redundancies, looking for staff, or a resident who's not sure of how to take that first step, pass on our details to see how we can help!

01924 303334
stepup@wakefield.gov.uk
www.stepupwakefield.com

Wakefield COVID NEWS

You can find out more about how to keep yourselves, your families and communities' safe, the vaccination programme and accessing the most appropriate health service for your needs on the NHS website 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.

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 or by calling 01924 224497.

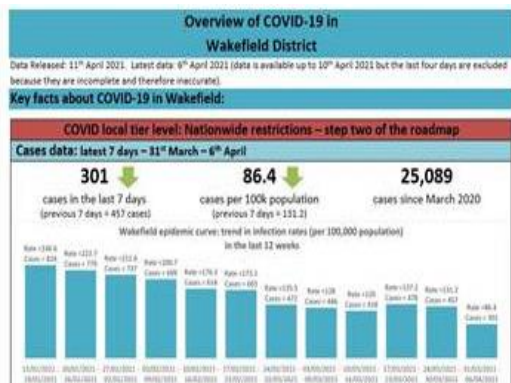
Anyone displaying coronavirus symptoms is urged to self-isolate immediately and get a test by accessing local testing or by visiting nhs.uk/coronavirus or calling 119.

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 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.

wakefieldcouncil
working for you





Have you lost a loved one through dementia or have you had a loved one with dementia move into long term care?

Then a warm welcome awaits you at our friendly self-support group

NEW HORIZONS

Our group meets on alternate Wednesdays between 2pm and 4pm at:-

WEST WAKEFIELD METHODIST CHURCH, Thornes Road, Wakefield WF2 8QR

On the Wednesdays when we aren't at the church, we have a 'virtual meeting' via ZOOM. ZOOM is a web-based conferencing tool with a desktop and a mobile app that allows us to meet online with video.

****PLEASE NOTE THAT DURING THE CURRENT PANDEMIC THE MEETING EACH WEEK WILL BE VIA 'ZOOM' UNTIL FURTHER NOTICE****

if you would like to come along and join us for a chat, cake and company either at the church or online then please contact Jill O'Connell for more information on:

Mobile: 07519 671853 Email: jilloconnells@gmail.com
or message us via the Wakefield Memory Action Group on FACEBOOK



I May Run 2021!

Back bigger than ever, our I May Run challenge has something for everyone!

Our annual fundraiser 'I May Run' is a personal challenge, a chance to get fit, improve confidence, regain activity levels. Set your own distance target and speed but commit to run every day throughout the month of May;

Keep it simple - for each day you run, whether it's around your garden or 10 miles, pop £1 in an achievement jar BUT, if you miss a day, you put in £2!

Step it up a gear - boost your fundraising by encouraging sponsorship or donations through our JustGiving page - www.justgiving.com/campaign/IMayRun2021

Of course if running doesn't sound appealing, this event can be tailored to I May Walk, I May Cycle or any personal preference.

More info to follow but if you'd like to get in touch and find out more, please call Deborah or drop an email to...

07889 541567

deborahhunter@ageukwd.org.uk



UNMASKING STALKING: A CHANGING LANDSCAPE

National Stalking Awareness Week 2021 will focus on changes in perpetrator behaviour since the outbreak of Covid-19, notably a rise in cyber elements. We will be voicing the experience of the victim during the pandemic and the impact that these changes have had. Entitled '**Unmasking Stalking: A Changing Landscape**' the week will take place from 19th to 23rd April.

The aim of National Stalking Awareness Week is to share these changes in behaviour with statutory and frontline services and discuss the response of the criminal justice system as well as the impact on the victim. Furthermore, as lockdown restrictions are lifted, we are aware that the changes in stalking behaviours as a result of the pandemic are likely to be long term, and so we will be sharing best practice to prepare ourselves to better support victims.



<https://www.suzylamplugh.org/news/national-stalking-awareness-week-2021-unmasking-stalking-a-changing-landscape>



0808 802 0300
Advice for victims



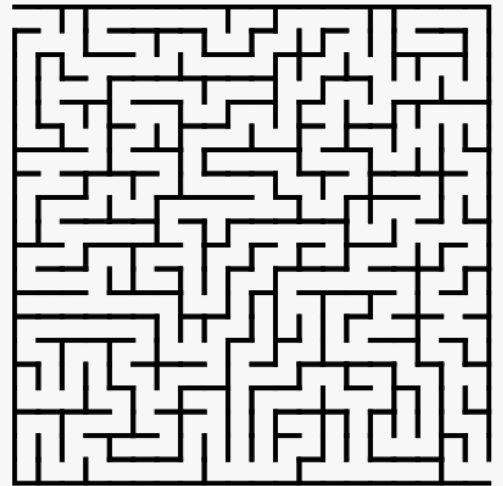
**Spot the difference in this picture – find the 10 differences
This one isn't easy....**

The Royal Family

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

- | | | | |
|-----------|--------|---------|---------|
| ELIZABETH | PHILIP | HARRY | KATE |
| CHARLOTTE | EDWARD | CAMILLA | GEORGE |
| CATHERINE | MEGHAN | CHARLES | WILLIAM |

MAZE



Can you find your way out of this maze by getting from the bottom right hand corner up to the top left-hand corner to escape?

Answer in next week's edition