

How did you go with last week's maze puzzle did you work your way to the top?

Let's Keep Going Campaign.
[Wakefield Council launches new 'keep going' campaign - Wakefield Council](#)



wakefieldcouncil
 working for you



DIGITAL INCLUSION

- > **Qualification:** FREE Laptop on completion
- > **Date:** 10th May - 9.30am - 2.30pm
- > **Duration:** 8 Days

For more information, call 01924 369 631
 or visit stgeorgeslupset.org.uk



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

Live Well Wakefield

Virtual Self Management Workshops
 Spring/Summer 2021

<p>Boosting Self Confidence Monday 10 May 2021 11:00-12:30</p>	<p>Feeling Positive Busting Stress Friday 11 June 2021 11:00-12:30</p>
--	--

Coping with Pain
 Friday 28 May 2021 11:00-12:30 part 1
 Friday 4 June 2021 11:00-12:30 part 2

More workshops to be arranged

All our workshops are free and provided by your local NHS. Access to the workshop is via the free Microsoft Teams app. Email us to receive a link to join

For more information contact Live Well Wakefield on 01924 255363, or email Paul.Boyd1@nhs.net

Watch out there is a scam going around looking like it is from DHL asking you to click on the following link to track a parcel, **IGNORE**, just delete, it could cost you money!

<https://pbs.twimg.com/media/EzpOkRXWQAEgGgI?format=jpg&name=large>

Take 5 is a National campaign to encourage you to **STOP, CHALLENGE and PROTECT yourself!**

Visit <https://takefive-stopfraud.org.uk/> to find out more.

IT PAYS TO STOP AND THINK

- 1 Never disclose security details
- 2 Don't assume an email, text or phone call is genuine
- 3 Don't be rushed
- 4 Listen to your instincts
- 5 Stay in control



GSCS

- > **Qualification:** FREE 5 year Labouring Card
- > **Date:** Monday 7 June - 9.30-3.30
- > **Duration:** 5 Days
- > **Induction:** Wednesday 2 June - 11-1

For more information, call 01924 369 631
or visit stgeorgeslupset.org.uk



**Coming soon in
May 2021**



**SIA CCTV
COURSE**

st george's

www.stgeorgeslupset.org.uk

Name: _____

Smoking Cessation

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

Secondhand	Weight Gain	Anxiety	Lung Disease
Craving	Stroke	Mouth Ulcers	Patches
Chantix	Hypnosis	Arsenic	Withdrawal
Smoke	Tobacco	Pressure	Nicotine
Influence	Cancer	Fatal	Cigarette
Cigar	Addictive		

**We are open
during Covid 19
for Telephone
and Virtual
Consultations
only**

<https://yorkshiresmokefree.nhs.uk/>

Monday: 8.30am-8pm
Tuesday: 8.30am-8pm
Wednesday: 8.30am-4.30pm
Thursday: 8.30am-8pm
Friday: 8.30am-8pm
Saturday: 8.30am-4.30pm
Sunday: CLOSED

NHS
Yorkshire
Smokefree Service

0800 612 0011 / 0330 660 1166
 FREE from landlines / FREE from most mobiles

Wakefield Recovery and Wellbeing College Family and Carers Alliance and Support Group

Thursday 13 May 2021 – 2.00 - 3.00pm

Online via Microsoft teams

"One person caring about another represents life's greatest value." - Jim Rohn.

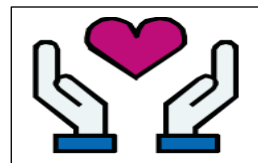
At our next session, the Family and Carers Alliance Group welcomes Anna Milnes from Wakefield Talking Therapies/Turning Point, a fantastic organisation dedicated at offering support to people from all walks of life who may be struggling with particular issues and, or complex needs. I had always assumed that Turning Point was simply a place to get help with substance misuse issues, but it's much more than that. Their key philosophy is **'We believe that everyone has the potential to grow, learn and make choices.'** and, after speaking to Anna, I can believe it. Anna will attend on our next session and chat with anyone, both members of the public or health professionals, who may be interested in finding out more about their great service. Take a look at their website and see for yourselves.

<https://www.turning-point.co.uk>

The Family and Carers Alliance Group is open to all, to offer support, resource information or simply just to have a chat and a laugh. We're still only offering the service online unfortunately, due to Covid-19 restrictions however, once restrictions are lifted, we will be on the lookout for a suitable venue that offers a friendly, discreet environment. Plus, a wide range of teas, coffees, and sugar-based snacks.

Thank you, peace and love, Leo.

To let us know you would like to attend and to receive the teams joining link, please give us a call with your name, telephone number and email address to 01924 316946 or send us an email with your details to wakefieldrecoverycollege@swyt.nhs.uk



Online Courses just released – book your place via our website

Course	Date	Time
Accepting change	Wed 5 May	1-3pm (2 weeks)
Enhancing self-care and wellbeing	Thurs 6 May	2-4pm
Everyday stress	Fri 14 May	10-12pm
Lifting your spirits	Thurs 20 May	10-12pm (3 weeks)
Overcoming anxiety	Thurs 10 June	2-4pm
An introduction to mindfulness	Thurs 24 June	10-12pm
An introduction to personality disorder	Mon 12 July	10-12pm

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**.

Tel: 01924 234860



One of our readers, Susan has written this beautiful poem she would like to share with you

TOMORROW

**Tomorrow is a small word
Yet the meaning is immense
It's the beginning of the future
It allows things to commence.**

**The past is but a memory
Trapped forever in our soul
Today is something to master
In each individual's role.**

**Tomorrow is a beginning
Something we cannot see, but
It's as sure as the next breath
That shapes what we will be.**

Susan 12 March 2021

NOT FEELING PEACHY DOWNSTAIRS?

NO BUTT^S

EARLY BOWEL CANCER DIAGNOSIS
SAVES LIVES. CONTACT YOUR
DOCTOR IF YOU HAVE:

@Lorraine

#NOBUTTS

More information at itv.com/Lorraine

- B**lood in your poo or from your bottom
- O**bvious change in your bowel habit
- W**eight loss you can't explain
- E**xtrême tiredness for no apparent reason
- L**ump and/or pain in your tummy

If you notice anything unusual see your doctor or nurse as soon as possible. Early diagnosis could mean a better chance of successful treatment.

Lorraine NO BUTT^S

itv

supported by
Bowel Cancer UK
Beating bowel cancer together

UPDATE#4 - The Recovery College Music Appreciation Society (it looks like this name is staying then)

Hello music lovers, here's a list of songs that I've been listening to recently. They may float your boat, or may not, but have a listen and see what you think. The music group has been going for a few sessions now and, other than the odd technical blip, usually caused by me, it has been attended by a regular, hardcore group of music fans with fantastic tastes in music, suggesting songs from all genres, some obscure, some not, but many I've never even heard of, and I think I know about music!!!

If you've not attended yet, WHAT ARE YOU WAITING FOR!?!?

Gil Bernal 'The Dogs' <https://youtu.be/5Qw6V4vbWz0> An obscure dancer, so dance wicked. Enjoy.

The Orchestra Obsolete 'Blue Monday' <https://youtu.be/cHLbaOLWjpc> Orkestra Obsolete play Blue Monday using 1930s instruments, and what can be better than that.

My Latest Novel 'The Hope Edition' <https://youtu.be/ZhpS0IHGaus> Five natives of Greenock & Gourrock dilly-dally with violins an' stuff and make me swoon every time I listen to this.

Cocteau Twins - 'Pearly Dewdrops' Drops' <https://youtu.be/s-5Xgw6d3h0> Ethereality never sounded better.

The Black Apples 'If I had Possession Over Judgement Day' <https://youtu.be/dmeuo7pWICE> Brummie blues shaker-makers The Black Apples were sued by the Apple corporation for using an apple in their logo. What rotters. And they use sweat shops (not The Black Apples). Boo!!!

The B-52s 'Love Shack' <https://youtu.be/9SOryJvTAGs> Our wonderful Janette mans the decks for this piece of boogie wonderland, and from hanging wallpaper up to telling the old man to move his feet when she's hoovering, every time Janette hears this, she just gets ants in her pants and she needs to dance.

Scott Walker - 'Montague Terrace in Blue' https://youtu.be/gN1L_jrwsJ4 Legendary avant-gardener and experimentalist can do no wrong in my book, apart from that album he did where he hit a dead halibut with a plank of wood for 34 minutes, but this wonderful piece starts with beautiful strings and only gets better and better.

Tindersticks - 'This Fire of Autumn' <https://youtu.be/0639CSKQCL0> It would be wrong to call these Nottinghamshire chaps miserabelists, so I won't, as this one shimmy's along without a tear in sight.

Tony Capstick - 'Capstick Comes Home' <https://youtu.be/l2AcJskUw6M> Barnsley's favourite son, that is if you exclude Dickie Bird, Brian Glover, Parkie, Charlie Williams and Billy Casper. "We dint av no tellys or shoes or bedclothes, we med us own fun in them days..." Classic.

The Neat - 'In Youth Is Pleasure' <https://youtu.be/LjQs--s4tiA> Angular guitars, sneering vocals. Wonderful.

Diana Ross and The Supremes - 'Stoned Love' <https://youtu.be/D2ce7FWOAM8> DJ Janette at it again. I'm talking dance floors, handbags, drink in hand, nightclubs, kebabs and late-night taxis home.

Al Green - 'Tired of Being Alone' <https://youtu.be/ICKToz7BLLA> A classic heartbreaker.

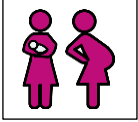
Keane - 'Somewhere Only we Know' <https://youtu.be/Oextk-lf8HQ> Oh Keane, Keane, Keane. No guitars, but big, bold and beautiful.

Snow Patrol - 'Downhill From Here' <https://youtu.be/bisSZayj19o> An early tune from these Scottish-Northern Irish popsters, more abrasive, a bit rougher around the edges but definitely a mover and a shaker.

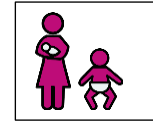
So there we are, a bit shorter this time but plenty to choose from. **The group is on Thursday 27 May at 2pm, so get onboard and do your thing,**

Peace and love, Leo.

Give us a call on 01924 316946 or email us wakefieldrecoverycollege@swyt.nhs.uk to register your name and we will send you the Microsoft teams joining link



My story



A recovery journey – Emma Catchpole

We would like to say a big thank you to Emma for sharing her story with us all. This is the first of a series of stories from people at the Perinatal Service.

Perinatal mental health team - Wakefield

How did you feel when you first accessed the perinatal mental health team?

I was embarrassed, ashamed. It made me feel like less of a mum.

I accessed it when I was pregnant, after being recommended by a friend, as I felt really low. They rang me and eventually we put a care plan together. I had been poorly after my first son and I didn't want to feel like that again.

When my partner went back to work, and lockdown happened my mood went downhill rapidly. I just felt so sad, a rubbish mum. It was my partner who suggested I ring and ask for help – he was great and incredibly supportive, but he knew I needed more than him.

What did you feel you needed from the service?

I just needed someone to listen, someone non-judgemental, someone who understood. My family didn't know how to react with my mental health. I was scared, I needed someone to help me, but I was frightened that my kids would be taken away as people might not think I could be a good mum.

What was your aim or goal from being involved with the service?

To get better, to be healthier in my mental health for myself and my children and to make sure they had a great future.

What was it that helped you to recover?

My practitioner, Anna, was open with me, talked to me, listened, she gave me loads of resources and I did take medication for a while. Anna was there for me, she got back to me if I rang her and it made me feel less alone. I was very hard on myself looking back, I tried to be the perfect mum, Anna helped me to see that and I try not to expect so much of myself now.

I had a Nursery Nurse come to the house too, Kat, she made me realise that what I was doing with my children was enough, I didn't have to keep trying to do more. The reassurance was really important for me.

I went to peer support group too, a little further on in my recovery, online to begin with because of Covid-19 but then face to face later. I was nervous but mostly excited to meet other mums like me, who had struggled. Being a mum is hard enough but being a mum with mental health issues is harder still. I made friends at group, we set up a Whatts app group and we talk all the time. About everything, normal stuff and about our mental health. It's made it all seem normal.

I'm much more open minded now I've noticed too. I've made friends with people that I probably wouldn't normally have approached, we have a connection, something in common. That's helped me get better, listening to others. The peer support workers have helped too, at groups and on the walks, they understand, they get it, they're easy to talk to and supportive because they have been there too. "Friendly professional support".

What are your hopes and dreams now?

I feel relieved to be better but anxious as I am getting discharged this week. It's a bit scary.

I'm hopeful for my future and the future of my children and family. I'm also contemplating a career change, I would love to help others as a peer support worker, give hope to other women just like me.

How do you think your baby/children benefitted from your time with the team?

I think because I am happier, they are too, it's a nicer environment for them to grow up in. My youngest son met other babies at the group too, which he loved and now we meet up for walks away from group, so he and I have friends.

What do you think your babies hopes are for the future?

I think he is hopeful for his mummy to keep well, a healthy mummy.

Do you have a message of hope or any final words to anyone reading this?

I know it's a cliché but no matter how bad it feels and how hard it gets; it does get better.

Reach out to someone – anyone – speak out, talk, tell someone, ask for help. Don't be ashamed.

Anna Ratcliffe Practitioner "Emma has been a massive inspiration to so many during her recovery and it has been a pleasure to see her work hard with all intervention from the team to enable her recovery to be a success. I have taken pride in working with Emma and to see the kind, caring, happy relationship she has with her baby is truly a blessing. She has been so committed to improving her mental health needs and the needs of her children. I wish her all the best for the future and if she were to conceive another baby, we will welcome her with open arms and do our utmost to support her and her family in the Perinatal Mental Health Team."

Christine West Peer support worker "Emma was instrumental in getting women to attend the walks and to feel included at the group. She encouraged them to join the chat group and was lovely to have there. I wish her and her family lots of luck for the future."



How to contact us:

We have staff based in all areas covered by South West Yorkshire Partnership Foundation Trust - Barnsley, Calderdale, Kirklees, and Wakefield.

We are available Monday to Friday 9-5pm.

Telephone:
01924 316009

Who are we?

We are a team of mental health nurses, occupational therapists, consultant psychiatrists, psychologists, peer support worker and team secretary.

Making a referral:

You can self refer through one of our single points of access, or your GP, midwife, health visitor or another healthcare professional can refer you.

Telephone number for single point of access:

Wakefield:
01924 316900

Barnsley:
01226 645000

Calderdale/Kirklees:
01924 316830

Useful information:

www.southwestyorkshire.nhs.uk

NHS 111
Available 24 hours per day
365 days per year.

Help4mums.org

www.rcpsych.ac.uk
Postnatal depression

www.app-network.org
Postpartum psychosis

www.bestbeginnings.org.uk

www.mind.org.uk

Supportline
01708 765 200
(hours vary)

www.livinglifetothefull.com

Samaritans
08457 90 90 90
(available 24 hours per day)