



The Supporter

Newsletter

7 May 2021

NHS

**South West
Yorkshire Partnership**

NHS Foundation Trust

Let the
sunshine in
Happy New Month!



Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

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

Family and carers alliance and support group

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



Online on Microsoft Teams
Every four weeks

Next session: **Thursday 13 May - 2.00-3.00pm**

We don't always know the answers, but it helps to share the question. Join our group for family, friends and carers dealing with a loved one's mental health.

To join, call the college on 01924 316946
or email wakefieldrecoverycollege@swyt.nhs.uk

FREE
for all adults 18+

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

For those that give too much: Everyday stress

Online course

Life can feel pretty relentless at times. There are always things to do, responsibilities to oversee and people to please. At times we can go to bed cross with ourselves for not getting enough done in the day and vowing that we'll do so much more tomorrow.

In this informal workshop we'll hit our own 'pause button' and explore our own personal stressors and their impact on us. We will consider what helps to reduce our levels of stress and explore ways of introducing more peace into our lives.

A workbook will be emailed to you along with joining instructions. Let us know if you would like one sending through the post.



2 week course

Friday 14 May & Friday 21 May

10am - 12pm

Online via Microsoft Teams

To enrol:

www.wakefieldrecoverycollege.nhs.uk
01924 316946

PAIN



Live Well Wakefield is offering the following pain management course

As the name suggests, the Coping with Pain online workshop aims to help those who live with chronic, persistent pain. This workshop is in 2 parts: part 1 takes place on 28 May 11:00-12:30, and part 2 is on 4 June 11:00-12:30. To book a place on this free workshop email paul.boyd1@nhs.net



Gardening corner



May time, the time you can start planting your pots and hanging baskets – see our ‘How to plant a hanging basket’ presentation on our website under ‘student resources’. The garden nurseries and centres are full of various varieties of interesting plants, now ready for you to buy and make your colourful garden displays

Here are a few other gardening jobs you can be getting on with in May

[Prune spring shrubs, such as forsythia and chaenomeles, after flowering to keep them compact](#)

[Plant out dahlia tubers and cannas after all risk of frost has passed](#)

[Tie in the new shoots of climbing plants, including clematis, wisteria and honeysuckle, to their supports](#)

Continue sowing annuals, such as California poppies, into gaps in borders for colour from August into autumn

[Plant up hanging baskets, but keep in a greenhouse or porch for a few weeks to establish, before putting outside](#)

Apply liquid feed to tulips, daffodils, and other spring bulbs to encourage a good display next year

[Plant out summer bedding and tender annuals, including sunflowers, cosmos and nasturtiums, after the last frost](#)

Remove faded spring bedding, such as wallflowers and forget-me-nots, once faded and add to your compost bin

[Check lilies and fritillaries for scarlet lily beetles and their larvae, as they can rapidly strip plants of all foliage](#)

Harden off tender plants raised indoors, but bring them back in at night to protect from late frosts

Pinch out the shoot tips of bedding plants and young annuals to encourage bushier growth

[Add interest to shady borders by planting a selection of hostas and ferns](#)

[Gardening Job Checklists - May - BBC Gardeners' World Magazine](#)



Britain's smelliest village



Residents in a village near Valleys Quarry in Silverdale, Staffs, fear they are being poisoned in their own homes, due to a stench coming from a nearby landfill site, which has caused an ‘off the scale environmental disaster’

Residents state they are becoming seriously unwell after unprecedented levels of hydrogen sulphide gas has been recorded near their village.

The ‘Silverdale Stink’ has become so bad people have been forced to tape up their doors and put bags over their windows to try to stop the smell getting into their homes.

One MP has said ‘this is the biggest single landfill incident I think the country has seen’

This is off the scale, ‘this is clearly having an effect on peoples physical and mental health’.

Children’s concentrate and learning whilst in school has also been affected

This must be very distressing for the residents. Have you ever lived any where like this or have similar stories to tell, if so let us know!



Mental Health Awareness week 10 – 16 May 2021



As we support one another to grow from the pandemic, join in on celebrating **Mental Health Awareness Week** by creating something positive to share with others.

It could be a drawing, poem, or message – or even something bigger like a craft piece, knitted heart, or message on a pebble. Consider how the theme of nature could tie in and its impact on nurturing and supporting mental health to flourish – especially given the events of the last year.

Then give it to someone or leave it somewhere (being mindful of privacy and the environment) as a reminder that someone cares.

Email or post pictures of your creations on social media so that we can spread positivity and get more people talking about mental health.



To . . .

Be mindful to not share information you don't want to be public

From . . .

Do you have a motivational quote you can share?

@fromwakefield

hello@postcardsfromwakefield.org

PostcardsFromWakefield

2020/21 Design and produced by Wakefield Council, Con nanta box 0421 Recycle

Plant a tulip and seed a conversation

[Mental Health Awareness Week 2021 - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)

The theme for this year's event is 'nature' – something fitting, after a year where we've seen more of our four walls in our homes than the four seasons. As we enter spring and the nation eases out of lockdown, we're inviting you to reconnect with nature and the environment. But we're mindful that everyone will be in a different place of comfort, so we're asking you to do this in a way that works for you. Why not start by colouring the drawing below of the tulip which is a timely emblem of hope and rebirth through adversity and step into action to support the event. Read more by checking out the above link.

Mental
Health
UK

**I'm planting a tulip in my window
for Mental Health Awareness Week**



www.mentalhealth-uk.org/mhaw

Artwork donated by Paul Cummins MBE

**TOGETHER
RESISTING, SUPPORTING
HEALING**

INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA
MAY 17 A Worldwide Celebration of Sexual and Gender Diversities

Staff at Drury Lane Health & Wellbeing Centre were given a real treat last week when 'Miley' paid them a visit. She put a smile on lots of their faces. Miley, an NHS befriender dog is doing some fantastic work out in the community by going around with her owner, cheering lots of people up, with her lovely cuddly gentle nature. She will be back to see the staff again soon...



NHS

Every **COVID-19 vaccine** dose gives us hope of getting life moving again and protecting our friends and family from the virus.

#CareFor10

SPECTRUM FESTIVAL OF LEADERSHIP & LEARNING

EVENT #1

HAVE WE WASTED 10 YEARS - MARMOT REVISITED

Andrew Furber, North West Regional Director - Public Health England

FRIDAY 14th MAY, 10:30 - 11:30

'Health Equity in England: The Marmot Review 10 Years On' was published a year ago, however, in the meantime COVID-19 has shown us all that health and social inequalities remain shockingly stubborn.

Throughout this **free CPD event** Andrew Furber, North West Regional Director at Public Health England will reflect on Marmot's messages 10 years on.

The event will focus on how COVID-19 shone a spotlight on disadvantage with a guided discussion on how we can all help make a difference to health inequalities.

TO SIGN UP VISIT
www.spectrumfoli.co.uk

Summer Fair

A day for the whole family to enjoy...

June 27 2021 | 12pm-4pm

Hospice Gardens

Entry: Optional donation

THE PRINCE OF WALES HOSPICE

Sponsored by **HARIBO**

pwh.org.uk/events

WAKEFIELD HOSPICE

SARAH NEEDS YOU!

SARAH'S 10K A DAY IN MAY

To find out more visit WWW.WAKEFIELDHOSPICE.ORG

JOIN HER!



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

WE'RE BACK!

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

MAY

BASKET
BOUQUET
BUMBLEBEE
BUTTERFLIES
CATERPILLAR
FLOWERS
FROG
GARDENING

LADYBUG
MAY DAY
MOTHERS DAY
PLANTS
SPRINGTIME
SOIL
UMBRELLA
WORMS



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

© thewordlab.com

TwoCan - Get in touch with project organisers

This project is run by **Creative Minds Online**: southwestyorkshire.nhs.uk/creative-minds
Twitter: twitter.com/Creat1ve_M1nds
Facebook: facebook.com/Creative.Minds.SWYT

TwoCan



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

Creative Minds has developed our social Buddy scheme, called TwoCan.

It supports those across South West Yorkshire who may be struggling with their mental health. TwoCan has been created to aid with certain issues that might have been made worse by the pandemic, causing so many more people to be affected by social isolation, low mood, and increasingly poor mental health.

What is TwoCan?

The project pairs together Volunteers and those most at risk, based on shared hobbies, activities and interests. We want to make local people feel more connected, reach out to individuals who have been hit hardest, and provide welcome relief from social isolation.

Get in touch with project organisers

Email: ben.cross@swyt.nhs.uk
Telephone: 01924 316285

