



Do you have...

A practical skill or interest in gardening, knitting, craft, cooking, or something else?

An experience that you would like to educate others about, perhaps in mental or physical ill health?

A desire to support and encourage others?

Then why not become a volunteer with the Wakefield and 5 Towns Recovery College!

We welcome anyone over the age of 16 who feels they have the understanding and expertise to work with and share their experiences with our students.

Being a volunteer at the Wakefield and 5 Towns Recovery College is an opportunity to boost your skills, as well as give something back. We would welcome and support anyone who would like to volunteer within the college, providing you with a dedicated volunteer supervisor, regular contact with the team, reimbursement of travel and material expenses you acquire when carrying out your volunteer duties and personal and educational development opportunities.

If you would like to know more, please phone us to find out more on 01924 316946, email us at wakefieldrecoverycollege@swyt.nhs.uk, or visit the Trust's dedicated volunteering website at www.southwestyorkshire.nhs.uk/work-for-us/volunteering.

If you are interested in volunteering with the Wakefield and 5 Towns Recovery College, Part of the South West Yorkshire NHS Partnership Foundation Trust, please complete our volunteer expression of interest form and return to our Volunteer Services team at: Volunteer Services, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP.

01924 316946

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The Recovery College is looking to recruit more volunteers to our existing team of dedicated and friendly volunteers.

With your help we can do more for local people.

We're committed to making our volunteers part of our team and we need your valuable skills and lived experience so that we can go the extra mile for people who use our services. You can help us make a difference to the care we provide.

We have several volunteer roles that play part in making a difference to people's lives by providing non-clinical support to people who use our services and our staff teams. No matter what your background, there is something for you.

By volunteering with us, you can give your community a voice in everything we do whilst building up new friendships, improving your confidence and boosting your CV with experience in a health and care environment.

Give us a call if you would like further information or drop us an email. We would love to hear from you.



TURNING POINT
Part of the NHS

Welcome Back!

Some of our friendly staff and volunteers will be on site at Junction 32 on the dates below to hand out some of our information and answer any questions you have about our service.

Monday 10th May between 12-4pm
Saturday 15th May between 11-3pm

Telephone: 01924 234 860
Email: Wakefield.talking@turning-point.co.uk

NHS
Wakefield



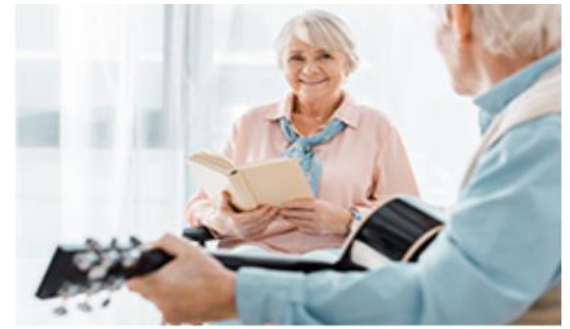
Local District Covid-19 changes

The Government has announced its latest relaxation of lockdown rules confirming stage 3 of the roadmap will take place on Monday, 17 May.

What this means for some of our local venues:

- **Museums:**
Wakefield Museum, Castleford Museum and the exhibition space at Pontefract Castle will reopen on 17 May.
Pontefract Museum will reopen on 24 May
- **Leisure:**
All council-run indoor group fitness sessions will restart.
All Aspire facilities are now open to members and non-members can book in advance (pay and play) for gym and fitness sessions -
<https://www.wakefield.gov.uk/sport-health-and-leisure/aspirereload>
- **Libraries:**
Children's activities will restart, contact your local library for details.
- **Funerals:**
To comply with current social distancing rules, 16 mourners can attend Wakefield Crematorium and 14 can attend Pontefract Crematorium.
Additional mourners can stand outside the crematorium with services being relayed through outside speakers. Social distancing should be maintained.
There will be no restrictions to the number of mourners attending a burial in a council cemetery as long as current social distancing rules are followed.
This relaxation only applies to funerals, and not to related events such as the scattering of ashes where a 30 attendee limit remains in place.
The Government is currently reviewing and updating the advice on social distancing and any further updates regarding changes to funerals in Wakefield will be given if required.

Find out more about phase 3 of the roadmap at :
<https://www.wakefield.gov.uk/about-the-council/coronavirus-information>



Research opportunity for caregivers of people with dementia

'Homeside' is an international research study evaluating home-based music and reading interventions for people with dementia. Family or informal caregivers receive training from music or speech and language therapists to engage with their loved ones.



Get in touch

If you're interested in taking part in this study or would like more information, please contact us.

Dr Ming-Hung Hsu or Dr Jonathan Pool

Tel: 01223 695401

Email: homeside@anglia.ac.uk

[Homeside - ARU](#)



Delicious Rhubarb crumble recipe – serves 4

You can't go wrong with a simple pudding made with seasonal rhubarb, easy to make and economical. Delicious with custard or ice cream. Here's how to make it...

What you will need: -

400g washed rhubarb
 100g cold salted butter, cut into cubes
 150g self-raising flour
 1 teaspoon vanilla extract
 120g caster sugar
 40g porridge oats

Why not have
 a go and send
 us your
 pictures?

How to make and cook: -

Put oven on to Gas mark 6, Electric 200c or 180c fan oven

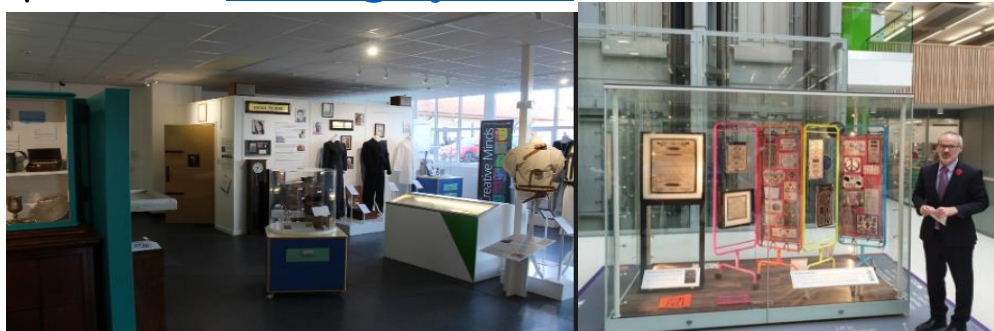
Wash and cut rhubarb into 4cm lengths, place them evenly in the bottom of an ovenproof dish
 Sprinkle over half of the sugar

Rub the flour, butter together until it looks like breadcrumbs
 Stir in the vanilla extract, porridge oats and sugar to make a large crumbly mixture
 Spoon evenly over the rhubarb and sugar already in the dish

Place the ovenproof dish on a baking tray to catch any of the juices that may flow over, place in the oven for about 45 minutes. Cover with foil if the top gets too brown before cooked through.

Serve hot or cold

Mental Health Museum reopening to service users and staff – Tuesday 18 May
 The Museum will be available for bubbles of up to 3 people for a 30 minute session 10:30am – 2pm on Tuesdays, Wednesdays, and Thursdays. To book a session please email Museum@swyt.nhs.uk or call 01924 316360.



Meaningful May 2021

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a handwritten note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

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

NHS

COVID-19
Off out?
Check in.

Everyone needs to check in to help stop the spread.
Use the NHS COVID-19 app to protect your friends and family.

Let's take this next step safely.

LET'S KEEP GOING

Your salon is looking forward to pampering you

Protecting each other today for a brighter tomorrow

Council's Covid misinformation web page:
<https://www.wakefield.gov.uk/about-the-council/coronavirus-information/covid-19-misinformation-careless-talk-costs-lives>

wakefieldcouncil
working for you

**COURSE
DATES
JUST
RELEASED!
ENROL
ON OUR
WEBSITE**

Check out further information about the courses on our website www.wakefieldrecoverycollege.nhs.uk

Some courses are over a few weeks, some are one off workshops.



Some of these courses have proved popular - early booking is advised

ONLINE COURSES via MICROSOFT TEAMS

Course	Date	Times
Boogie Bounce	7 June 2021	12.15-1.00pm
On yer bike	8 June 2021	6.00-7.00pm
BADASS (combat workout)	9 June 2021	12.15-1.00pm
Everyday stress	9 June 2021	10.00 –12.00pm
Accepting change	10 June 2021	1.00-3.00pm
Wild Things – beginners	11 June 2021	10.00-12.00pm
Wild Things – intermediate	11 June 2021	1.30-3.30pm
Yoga	11 June 2021	10.00-11.00am
Exploring resilience	14 June 2021	1.00-3.00pm
Understanding & managing depression workshop	14 June 2021	10.00-12.00pm
Introduction to personality disorder workshop	12 July 2021	10.00-12.00pm
Understanding post-traumatic stress reactions	20 July 2021	1.00-2.30pm
Assertiveness	14 September 2021	10.00-11.30am
Caring for Carers	15 September 2021	4.00-5.30pm

Don't forget, it is important that you let us know asap if you are unable to attend a course or session so that we can let the tutor know, or in some cases offer the place to another student. Thank you.



Wakefield Council's Housing Advice Team offers free, confidential advice, practical assistance and offers advocacy in the Courts across the Wakefield District to anyone with concerns about becoming homeless.

During the Pandemic the Government made a number of changes to legislation and introduced regulations to try to prevent families from becoming homeless due to financial hardship. Some of those measures are due to end on 31 May, subject to any late changes by the Government. Nationally we are expecting to see homelessness increase due to rent or mortgage arrears, landlords in the private rented sector increasing rents or selling properties to support their own difficult circumstances.

We are here to help those people. We can offer budgeting and support, signposting to partner agencies such as Cashwise and the Mortgage Assistance team, negotiation with landlords and lenders, give advice on Notices, we can help people with court proceedings, offering free advocacy or working with Fusion to make sure the right people access legal help.

We can see people face to face by appointment, although we can also deal with telephone and email enquiries. We can arrange to meet people at court as long as we have adequate notification and provide appropriate representation, mainly in cases of mortgage or rent possession cases.

We want people who are worried about a threat to their home to contact us as soon as possible, we can help in a crisis, but early intervention is always preferred.

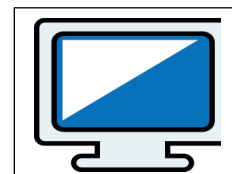
You can contact the Housing Advice Team on 01924 302085 or by email at housingadviceteam@wakefield.gov.uk or alternatively by ringing the Housing Needs Service on 01924 304360 or emailing housingneedsservice@wakefield.gov.uk

QUIZ

We've all done our fair share of TV watching these past few months, why not check out your knowledge with this fun TV Quiz?

1. How many hosts of the Great British Bake Off has there been?
2. On what year did Coronation Street first air on ITV?
3. Where is Strictly Come Dancing filmed?
4. Who played Rodney Trotter in Only Fools and Horses?
5. Which actor portrayed Inspector Morse?
6. For what was Nancy Cartwright best known for?
7. Who does the voiceover on Love Island?
8. Who presents Dragons Den?
9. What colour is Thunderbird 2 piloted by Virgil Tracy in Thunderbirds?
10. Name Casualty's longest serving character?

Answers in next week's edition





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

How did you feel when you first accessed the perinatal service?

I have been with Mental Health services for around 15 years so once pregnant getting referred to the perinatal team was very positive for me. I felt really supported and reassured. I was worried slightly about the stigma and if I would be judged on whether I was a good enough Mum. I was nervous that because the team were involved, social services may be involved too - which frightened me but, it was the opposite and they really supported and helped me.

What did you feel you needed from the service?

Support. I just needed someone and somewhere to talk.

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

My ultimate goal was to feel well enough to look after my baby, without questioning myself and to have the confidence to be discharged and go solo on my journey into motherhood.

What helped you in your recovery – a therapist/piece of work/group/friends?

I have a fantastic husband who is very supportive. He has helped me so much and even when things were bad, he stood by me and did all he could.

I also have a brilliant set of friends who have been there with me throughout offering support and reassurance.

Louise my Perinatal Practitioner was brilliant she really listened to me. I found the peer support group a massive help, it enabled me to realise I was not the only one who felt the way I did and gave me a safe place to talk with people I trusted. I could share and voice my feelings without feeling judged.

Where are you now/what are your dreams/hopes?

I am doing really well, and my hopes/dream is to remain well and be the best Mum I can be to my daughter.

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

To have a Mum that is well and who is there for her, for us to be close and to have the best relationship and upbringing I can give her.

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

She gained a Mum who feels good - I now know I am a good mum to my baby, and I am everything she needs.

Carly – Peer Support worker on Anon's recovery –

It has been lovely to see Anon gain confidence while attending the weekly peer support groups. Anon has been able to receive support from others but also give support to the other group members and build friendships which is what our group is all about, it has been lovely to see. Christine (PSW) and I wish Anon all the best for her future and her journey of motherhood.