



The Supporter

Newsletter

21 May 2021

NHS
South West
Yorkshire Partnership
 NHS Foundation Trust



If you enjoy
 music, you will
 enjoy this
 friendly group

Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

[facebook.com/wakefieldrecoverycollege](https://www.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 27 May 2021
 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.

Rain.

More rain than ever before,
 Coming in from distant shore
 Is it worth the bet?
 There may be more just yet?

That road we went down yesterday
 Is now a torrent by the way?
 Driving home the other night
 In the dark with no streetlight
 A right turn did I make
 Straight into what is now a lake.

On and on the storms do batter
 And on each roof the rains do patter
 Build ourselves a boat,
 And hope to stay afloat.

I am off today to get some nails
 And some canvas for some sails
 If I succeed you might thankfully say
 I got a lift to work today.
 On a craft you may happily sail
 But beware of all that water to bail
 Now the craft begins to falter
 As it begins to fill with water.

Now let's forget about that boat
 And wonder about staying afloat
 Let us go to some high peak
 Because the house has sprung a leak
 Let's just hope those clouds get no lower
 And one day we can use the mower
 Let us also seek some sun
 Then we will cease to be so glum
 And if all else fails
 Let us gather up those sails
 And make ourselves a kite
 This time we'll do it right
 We'll fly off and send you a letter
 From somewhere else that is much better.

RYDER 2021

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Courses offered by our partners



SIA SECURITY

- > **Qualification:** FREE SIA Badge
- > **Date:** Tuesday 15th June - 9.30-3
- > **Duration:** 3 Weeks
- > **Induction:** Tbc


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

FORK LIFT TRUCK

- > **Qualification:** FREE FLT Licence
- > **Date:** Mon 28 June - 9.30 - 3pm
- > **Duration:** 10 Days
- > **Induction:** Thurs 10 June - 11 -1


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



Turning Point Talking Therapies is delighted to offer their new wellbeing workshop to support needle phobias.

If you have a phobia, you may experience a deep sense of dread or panic when you encounter the source of your fear. The fear can be of a certain place, situation, or object.

The aim of this workshop is to begin to address these fears and provide tips and techniques of how you can begin to deal with this phobia.

Needle Phobia Workshop


Turning Point Talking Therapies is delighted to offer our new wellbeing workshop to support needle phobias.

WEDNESDAY 26th MAY 2:30-4pm

A phobia can be of a certain place, situation, or object. The aim of this workshop is to begin to address these fears and provide tips and techniques of how you can begin to deal with this phobia.

Visit our website to book on: <https://talking.turning-point.co.uk/wakefield/free-online-workshops/>

Telephone: 01924 234 860
Email: Wakefield.talking@turning-point.co.uk
Website: <https://www.talking.turning-point.co.uk/wakefield/>

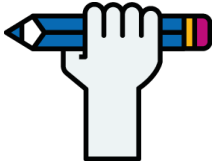



Live Well Wakefield are offering a Coping with Pain free, online workshop taking place on 28 May, 11:00-12:00 (Part 1) and 4 June 11:00-12:00 (Part 2) The workshop is open to anyone who would like to learn tools and techniques to help deal with persistent, chronic pain. To book on this workshop email paul.boyd1@nhs.net



Wakefield Council want to hear from Unpaid Carers.

Wakefield Council have put together a short survey to help understand what would make a real difference to the lives of unpaid carers. This will help to improve on the support that they provide. Please could you spare 10 minutes to complete the online survey, and share information about how your caring role affects you and what you feel would help you. Your voice will help to make a positive difference for carers. Please follow this link <https://www.smartsurvey.co.uk/s/WakefieldCarersSurvey2021/>



This year Wakefield will start to offer a new employment support service for people accessing secondary mental health care. We would like to hear from local people with relevant lived experience to help us design the service.

Wakefield Healthwatch are running this survey on behalf of the Wakefield Mental Health Alliance to help us understand your needs when getting into work.

This new service is called Individual Placement and Support (IPS) and is a national NHS priority.

Evidence shows that IPS helps people into work and is based on 8 key principles:

- 1 It aims to get people into competitive employment
- 2 It is open to all those who want to work
- 3 It tries to find jobs consistent with people's preferences
- 4 It works quickly
- 5 It brings employment specialists into clinical teams
Employment specialists develop relationships with employers
- 6 based upon a person's work preferences
It provides time unlimited, individualised support for the person
- 7 and their employer
- 8 Benefits counselling is included

More information on IPS can be found here [NHS England » Individual Placement and Support offers route to employment for people with severe mental health conditions](#)

If you have personal experience of mental health problems or mental distress, or support someone who does, please complete this survey about what you would want to see from employment support in Wakefield.

Survey Link: <https://www.smartsurvey.co.uk/s/WAIWSE/>

The survey closes **Friday 25th June**

FREE PACKS

Wild about Wakefield News



Wakefield Breakfree pack

We've just printed 1,000 copies of our Wakefield Breakfree pack. This great new access pack is one of our growing set that showcase the best inclusive countryside access opportunities around. The extensive surveying work for the pack was all done by our Members and Volunteers - great job everyone! You can download all our Breakfree packs free of charge from our website. We'll distribute hard copies of the pack and our new 'Wakefield Countryside Directory' when it is safe to do so, so please let us know now if you would like a copy.



National Hoarding awareness week 17-23 May 2021

There are many misconceptions about hoarding, have a look at these links below and read more. They offer support information and you can read other people's stories.

Find out more: bit.ly/3olrzVc

[Resources - Hoarding Awareness Week](#)

FREE for all adults 18+

Stroke awareness workshop

NHS
South West Yorkshire Partnership
NHS Foundation Trust

FACE

ARMS

SPEECH

ME

- Would you know what signs to look for if you thought someone was having a stroke?
- Have you suffered a stroke yourself, or do you care for someone who has?
- Would you like to learn more about living a healthy lifestyle and how you can help prevent a stroke?
- If you are a health care professional, would you like to increase your stroke knowledge and skills?

Join our informative and interactive workshop to learn more about what a stroke is, along with other information about diet, blood pressure and local support groups.

The workshop will be hosted by a professionally registered nursing sister with experience of caring for patients following a stroke, along with a person who has lived experience of stroke.

To book a place visit www.wakefieldrecoverycollege.nhs.uk or call 01924 316946

Tuesday 13 July 2021
10am – 12pm
St. Giles' Centre, St. Giles' Church, Market Place, Pontefract, WF8 1AT

**ONLINE
COURSES
AVAILABLE
TO BOOK
NOW!**

The college is working alongside the Trust Infection Prevention and Control Team to risk assess and plan venues ready to restart face to face courses as soon as possible. Keep checking the Newsletter for further updates



**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
Dyslexia awareness	24 June 2021	10.30-12.00pm
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

Enrol online www.wakefieldrecoverycollege.nhs.uk



My story



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

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

I just felt totally miserable. Not me. Hopeless. Lost. In a really dark place

2. What did you feel you needed from the service?

I wasn't really sure what I needed to be honest, just some sort of help to make it better, a safe space to talk and to vent what I was thinking and feeling.

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

Just to feel better. To me it felt like something had gone wrong in my head, as well as physically with the traumatic birth I had, and it triggered something emotionally. I can barely remember my first appointment with Mary, I just know I cried a lot and vented everything at her. I felt so relieved that I had finally got help.

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

I think it was a combination of things. Mary listening to me. During lockdown those peer support groups online – the informality of them. We weren't pushed to talk but we knew we could if we wanted to. Those weekly chats were a lifeline, something to look forward to, even if we had nothing to share.

I also had VIG (video interactive guidance) with Emily, it was so eye opening and inspirational. Actually, seeing those clips of me and my baby, together as a unit, interacting, I had never seen that. I didn't know I was doing it. It was comforting knowing that I was doing something right as his mum.

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

To carry on exactly as we are – we're so good!

He's a mummy's boy. He comes to me if he needs anything. I feel so protective of him and the warmth of feeling I get when he cuddles me.....

I hope for a healthy and bright future for us both.

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

Apart from food and muddy puddles.....to have a strong relationship with me and those around him.

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

He ended up with a mummy that could love.

What I would say to those struggling is even though it feels like it will never end, slowly, without you even realising it at first, in small steps, it gets better. There is always, always hope.

Mary Hindle, nurse practitioner

I'm so pleased for Jade; she has worked really hard and achieved so much to become the mum that she wants and deserves to be. I wish her well for the future.

Christine West, peer support worker

"Seeing Jade as she is now and comparing her to those first few online meetings she came to – it's another person. Jade tried so hard to get well, never missing a group session, attending walks with the peer support team when we could. Her determination and strength shone through. Seeing her and her baby now, how they interact, their bond, its lovely. I wish them both all the luck in the world."

Beginners fondant crafting

Have you ever thought about trying something a little different? Perhaps a craft that you get to eat afterwards?!? The why not join our self-taught fondant icing modeler and crafter Debra, and her volunteers, in a relaxed and fun environment to learn the basics of fondant crafting in this four-week beginners course? You even get to take home your crafted fondant to show off to your friends and family (or eat if you're like some of us and you like the icing more than the cake!).

During the first two weeks, you'll learn the basics of fondant modelling and will make some cake-topping flowers. As you hone your skills, the group will move on to making fondant decorations fit for Hallowe'en and Christmas. Who knows, maybe you'll decorate your own confectionary for Hallowe'en or Christmas cake this year?

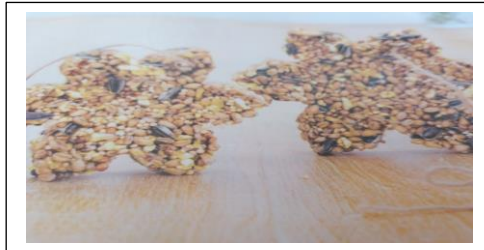
NEW
COURSE

Starts on Monday 4 October for 4 weeks
From 10am – 12.00pm at Wakefield Baptist
Church, Belle Isle Avenue, Wakefield, WF1 5JY

Book your place via our website, limited places
available.



Garden project – Make a birdseed hanging ornament



You will need: -

- 1 packet of unflavoured gelatin
- Birdseed
- Baking paper
- Cookie cutters
- Spoon, straw
- Ribbon or twine

To make: -

Add 60ml of water to a pan and bring to a simmer, stirring until it has all dissolved
Turn off the heat, after a minute or so, stir in the birdseed until all the liquid has absorbed, add a little more birdseed if needed.
Line a tray with the baking paper, place your cutters on the tray. Pack the birdseed tightly into the cutters, filling to the brim, patting it down on the top with a spoon.
Use the straw to create a hole in the top of each shape to thread a piece of ribbon or twine through.
Leave to dry overnight.
Push gently around the edges of the cutters to release the birdseed ornament, thread a piece of ribbon or twine through and then hang the ornament outside on a tree branch or bird table.

Last week's Quiz answers

1. 5
2. 1960
3. Elstree Studios
4. Nicolas Lyndhurst
5. John Thaw
6. Bart Simpson
7. Iain Stirling
8. Evan Davis
9. Green
10. Charlie Fairhead

Flowers and Plants

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

PANSY	ROSES	DAFFODIL	DOGWOOD
JADE	TULIP	LILY	POPPY
SUNFLOWER	PRIMULA	FERN	ZINNIA
ASTER	GAZANIA	ORCHID	BEARBERRY



Age UK Wakefield District is working in partnership with local sports facilities to provide football sessions for the over 50's.

Starting in June - for more information please contact AGE UK 01977 552114 or Pontefract Squash Club 01977 79333 or Wakefield Football Centre
[Age UK Wakefield District | Walking football](#)

CHANGES TO VISITING AT PINDERFIELDS, PONTEFRACT AND DEWSBURY HOSPITALS

Due to the easing of national restrictions, we are pleased to announce we are reintroducing visiting at all of our hospitals from Monday 17 May. 🌈

We understand the difficulties families have faced by being unable to visit their loved ones, but to ensure the safety of our patients and staff, we kindly ask that all visitors abide by the following rules:

- If you have any symptoms of COVID-19, unfortunately you won't be permitted to visit the hospital
- Visitors are strictly limited to one visitor per patient
- Visiting hours are between 2pm - 4pm and 6pm – 7pm, and visiting can last up to one-hour duration
- Please call the ward you wish to visit between the hours of 10am - 11am, to arrange your visit
- Please remember, for everyone's safety, that all visitors to any of our hospitals must wear a face covering at all times and abide by social distancing guidelines

More information can be found here ➡

<https://bit.ly/3293xmo> and we look forward to seeing you soon. 💙

NHS
The Mid Yorkshire Hospitals
NHS Trust

Changes to our
visiting rules



24 hour
Mental Health Helpline
0800 183 0558

Support, advice, information and guidance. A confidential helpline for anyone seeking support for their mental health or their carers.

Available to anyone registered with a GP in:
• Calderdale • Kirklees • Wakefield • Leeds • Barnsley

Service provided by:
NCHA
Care and Support

