



The Supporter Newsletter

28 May 2021



Wakefield Recovery and Wellbeing College

- www.wakefieldrecoverycollege.nhs.uk
- wakefieldrecoverycollege@swyt.nhs.uk
- 01924 316946
- @W5TRC
- facebook.com/wakefieldrecoverycollege



READING WELL reading-well.org.uk

Reading Well for mental health
Find helpful books at your local library

Recommended by health professionals and people with mental health needs

W SCL Leading & Managing Public Libraries ARTS COUNCIL ENGLAND THE READING AGENCY

READING WELL reading-well.org.uk

Reading Well for people with long term conditions
Find helpful books at your local library

Recommended by health professionals and people with long term conditions

ARTS COUNCIL ENGLAND SCL Leading & Managing Public Libraries W THE READING AGENCY

Recommended reading list

General	
<input type="checkbox"/> How to Feel Better: Practical Ways to Recover Well from Illness and Injury Frances Goodhart & Lucy Atkins Piatkus	<input type="checkbox"/> Self-Management of Long-term Health Conditions Kate Lorig Bull Publishing
Common symptoms	
Fatigue	Sleep problems
<input type="checkbox"/> Fighting Fatigue: A Practical Guide to Managing the Symptoms of CFS/ME Sue Pemberton & Catherine Berry Hammersmith Books	<input type="checkbox"/> An Introduction to Coping with Insomnia and Sleep Problems Colin Espie Robinson
<input type="checkbox"/> Overcoming Chronic Fatigue Mary Burgess & Trudie Chalder Robinson	<input type="checkbox"/> Mental health and wellbeing
<input type="checkbox"/> Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression Fran Smith, Robert Bor & Karina Eriksen Sheldon Press	<input type="checkbox"/> Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing Vidyayama Burch & Danny Penman Piatkus
Pain	
<input type="checkbox"/> Manage Your Pain Michael Nicholas, Allan Molloy, Lee Beeston & Lois Tonkin Souvenir Press	
<input type="checkbox"/> Overcoming Chronic Pain Frances Cole, Helen Macdonald, Catherine Carus & Hazel Howden-Leach Constable & Robinson	
<input type="checkbox"/> Pain is Really Strange Steve Haines & Sophie Standing Singing Dragon	
Support for relatives and carers	
<input type="checkbox"/> The Carer's Handbook: Essential Information and Support for All Those in a Caring Role Jane Matthews Robinson	<input type="checkbox"/> The Selfish Pig's Guide to Caring: How to Cope With the Emotional and Practical Aspects of Caring for Someone Hugh Marriott Piatkus
Selected long term conditions	
Arthritis	Diabetes
<input type="checkbox"/> Arthritis: A Practical Guide to Getting On With Your Life Chris Jenner Robinson	<input type="checkbox"/> Diabetes for Dummies Alan L. Rubin Wiley
<input type="checkbox"/> Arthritis: Exercise Your Way to Health Paula Coates Bloomsbury	<input type="checkbox"/> Diabetes: The Facts David Matthews, Niki Meston, Pam Dyson, Jenny Shaw, Laurie King & Aparna Pal Oxford University Press
<input type="checkbox"/> Bowel conditions	<input type="checkbox"/> Type 2 Diabetes in Adults of All Ages Charles Fox & Anne Kilvert Class Health
Irritable bowel syndrome	Heart disease
<input type="checkbox"/> Irritable Bowel Syndrome: Answers at Your Fingertips Udi Shmueli Class Health	<input type="checkbox"/> Heart Attack Survival Guide Mark Greener Sheldon Press
<input type="checkbox"/> Irritable Bowel Syndrome: Navigating Your Way to Recovery Megan Arroll & Christine Dancey Hammersmith Books	<input type="checkbox"/> Living with Angina Tom Smith Sheldon Press
<input type="checkbox"/> Inflammatory bowel disease	<input type="checkbox"/> Understanding and Dealing with Heart Disease Keith Souter Summersdale
Go Your Crohn Way:	Stroke
<input type="checkbox"/> A Gutsy Guide to Living with Crohn's Disease Kathleen Nicolls Singing Dragon	<input type="checkbox"/> Rebuilding Your Life After Stroke Reg Morris, Malin Falck, Tamsin Miles, Julie Wilcox, Sam Fisher-Hicks Jessica Kingsley Publishers
Breathing difficulties	
<input type="checkbox"/> Asthma: Answers at Your Fingertips Mark Levy, Monica Fletcher & Soren Pederson Class Health	<input type="checkbox"/> Stroke: The Facts Richard Lindley Oxford University Press
<input type="checkbox"/> Chronic Obstructive Pulmonary Disease (COPD): The Facts Graeme P. Currie Oxford University Press	<input type="checkbox"/> How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma David Roland Scibe UK

The Reading Well for long term conditions list is only available for use as part of the Reading Well Books on Prescription scheme. Permission to use this resource by agencies not subscribing to this scheme should be sought from The Reading Agency.

Courses offered by one of our partners Turning Point Talking Therapies



Team Mate

 TUESDAY 15th JUNE Wellbeing at Work	 TUESDAY 22nd JUNE Managing Anxiety & Worry
 TUESDAY 29th JUNE Loneliness & Isolation	 TUESDAY 6th JULY Assertiveness
 TUESDAY 13th JULY Peric	 TUESDAY 20th JULY Managing Sleep

These workshops are delivered by **Turning Point Talking Therapies** and will focus on men's mental health with an open group discussion followed by physical activity. The workshops are for 18+ and will run from 6pm-8pm at Wakefield Trinity RLFC, The Mobile Rocket Stadium, Doncaster Road, Wakefield, WF1 5EY

Get in touch to register your interest
info@wakefieldtrinityfoundation.co.uk

TURNING POINT
Inspired by possibility

TEAM MATE Project with Wakefield Trinity:

Team Mate is a health and wellbeing project aiming to support men and their mental health. The project will run for 6 weeks from Tuesday 15th June 2021 at The Mobile Rocket Stadium with specialist support from Turning Point Talking Therapies.

This project is about using the power of rugby league to help break the stigma and challenges of mental health within males in a supportive and friendly environment that will be welcoming for all men.

The workshops will be delivered by Turning Point Talking Therapies and will focus on bespoke weekly "rounds" for all to openly discuss which will be followed up by physical activity straight after the workshop.

As a key provider of mental health support in Wakefield, Turning Point Talking Therapies are all too aware that there is a need to address mental health in and associated with sport. To explore and address these concerns within the district, we are proud to be partnering with Wakefield Trinity to assist in delivering their emotional wellbeing project. It is their hope that this collaboration will be a positive step in the journey to break the stigmas surrounding seeking support and help individuals to begin openly talking about the problems that they face with their mental health.

We would invite all men to get in touch for further information and register to become one of our Team Mates here at Wakefield Trinity by contacting info@wakefieldtrinityfoundation.com

Postnatal Workshop – Thursday 10th June 1pm-3pm

Are you a new parent in the Wakefield area?

We are running a NEW workshop aimed at all new parents with babies aged up to 12 months. We understand that this is a hugely emotional time for anyone, with so many things changing, and often very little sleep!

This workshop is friendly and informative. You don't have to share personal information or talk about yourself (unless you want to). We will cover things such as; what new parents tend to worry about, common negative thoughts, how we can get into cycles of thinking and acting that make us feel worse. We will offer helpful practical suggestions for coping during this difficult time. We are also working with health visitors, who will also be at the workshop to give advice about helping with bonding and understanding your baby's behaviour a little more.



TURNING POINT
Inspired by possibility

Postnatal Wellbeing Workshop

Turning Point Talking Therapies is delighted to announce our new Postnatal Workshop to support parents with children up to 12 months across the Wakefield district

Thursday 10th June 1pm-3pm

Contact our team to book on at: Wakefield.Talking@turning-point.co.uk

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

NHS
Wakefield
Clinical Commissioning Group



Training for Employment



What is Training for Employment?

We are offering up to six months paid employment through our Training for Employment Programme. This programme helps adults who are unemployed and living in a WDH property back into work through training, work skills, support and mentoring.



Available positions

The main work is currently building fencing on our estates. Please be advised that this work will involve outdoor work and manual handling. Some opportunities may be available in other areas, such as caretaking and landscaping. Each position is for 30 hours per week.



Eligibility Criteria

- Aged 19 or over, registered as living in a WDH property and currently unemployed.
- Basic literacy skills to complete the relevant training requirements, such as site safety.
- Commitment to progressing through the programme and moving on to further employment at the end of the scheme.



How do I apply for the programme?

Please phone our Community Employment Team on 01977 788825 or email CommunityEmploymentAdvisors@wdh.co.uk

Volunteer opportunities

Volunteering



with South West Yorkshire Partnership NHS Foundation Trust

Volunteering can be flexible and work around your schedule so if you have an hour a week or more to spare and you'd like to get involved, please call our volunteers manager to find the perfect volunteering role for you!

01977 552114

<https://buff.ly/2qhCVge>

AGE UK Wakefield are recruiting now for new volunteers



JOB OPPORTUNITIES

Turning Point – Job Vacancy

TURNING POINT
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www.turning-point.co.uk

We have an exciting opportunity to join us as an Employment Project Worker. For information see our website:

<https://careers.turning-point.co.uk/jobs/job/Employment-Project-Worker-Mental-Health/1930>

Current Jobs - Nova (nova-wd.org.uk)

Nova

01924 367418

Nova is recruiting

Contracts & Grants Manager

Salary: £36,000 per annum pro rata

Hours: 30 per week

Closing date: 14 June 2021

More information: [Contracts & Grants Manager](#)

Community & Enterprise Development Manager

Salary: £36,000 per annum

Hours: 37.5 per week

Closing date: 17 June 2021

More information: [Community & Enterprise Development Manager](#)

Finance & Funding Support Officer

Salary: £19,000 per annum pro rata (increasing to £20,007 after successful probationary period)

Hours: 30 per week

Closing date: 21 June 2021

More information: [Finance & Funding Support Officer](#)

The college is on the look out for new volunteers to come along and join us. Do you have an hour or two to spare a month, enjoy meeting people, learning people new skills or just want to buddy up with someone to support them? If you do, we need you, just get in touch!

Council publishes latest COVID-19 data for the district



Wakefield Council has published the latest COVID-19 data for the district to keep residents up to date.

The figures show that for the latest set of weekly data (between 12 and 18 May) Wakefield's positive case rate has slightly decreased from the previous week – from 41.6 to 31.9 positive cases (per 100,000 population).

The previous week's figure of 45.4 positive cases was revised during the week due to ongoing Public Health England data validation processes.

Cllr Maureen Cummings, Wakefield Council's Cabinet Member for Communities, Poverty and Health, said: "Thanks to everyone's continued efforts we are pleased to see another small drop in rates this again week. Now restrictions have begun to ease, it is easy to become complacent. Let's all remain vigilant and continue to follow the latest guidance and get your vaccine when asked. Let's all continue to play our part and we can do our very best to keep the infection rate as low as possible."

Anna Hartley, Director of Public Health for the Wakefield district, said: "Infection rates have decreased ever so slightly this week, but we still have a high rate of infection. This is why it is more important than ever that we do not become complacent and work hard to ensure that rates keep heading in the right direction.

"I urge everyone to keep going and continue to take immediate action to protect ourselves and others from the very real threat of COVID-19, even if you have had your vaccine, by following the regulations. By working together, we can continue to slow the spread and save lives."

There are currently 10 COVID-19 patients being cared for by The Mid Yorkshire Hospitals NHS Trust, compared to eight the previous week.

Jo Webster, Chief Officer at NHS Wakefield Clinical Commissioning Group, said: "Even though the number of positive cases in Wakefield district has slightly decreased, we all need to make sure that we continue to follow the guidance to continue this decrease.

"NHS services are also under considerable pressure, so it's really important that we choose our health services wisely. You can find out more about how to keep yourselves and your families 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.

Working with partners, Wakefield Council has been actively supporting the businesses and communities affected by the previous outbreaks to limit any spread, as well as working closely with partners and local communities to try and ensure everyone knows the symptoms and how to access testing.

A local testing offer for COVID-19 is available in the district, to work alongside and to enhance the national programme.

Residents in the district who suspect they have symptoms of the virus can now access tests via a home delivery service but people are urged to try the national system first.

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 that work from home, should continue to do so and will not need to access asymptomatic testing.

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.

Continued....

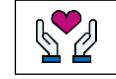
Anna Hartley added: "Please act now - isolate and get tested if you have any symptoms."

The dashboard published today (Monday 24 May) shows the available data up to 18 May.

The dashboard and briefing can be found at www.wakefield.gov.uk/about-the-council/coronavirus-information/covid-19-weekly-data



National Carers week 7 – 13 June 2021



During Carers week, the college is delighted to be invited by Carers Wakefield & District to host two Health & Wellbeing presentations. We look forward to meeting you.

WAKEFIELD & FIVE TOWNS RECOVERY COLLEGE

- Wakefield and 5 Towns Recovery College is led by South West Yorkshire Partnership NHS Foundation Trust. They work in partnership with volunteers and other supporting organisations (both local and national) to develop the College and run a range of free courses and workshops, in small group sizes, that promote wellbeing and good health. Wakefield & 5 Towns Recovery College will be delivering two online 'Health & Wellbeing' presentations during Carers Week (via Zoom).

The times are given below:

Monday 7th June 2021: 5.15pm - 6.00pm (45 minutes)

Wednesday 9th June 2021: 1.30pm - 2.15pm (45minutes)

- We will be opening the link 15 minutes before the start time to introduce the session. If you would like to join in this session and learn about the Recovery College as well as receiving guidance on how to support your own Health & Wellbeing, please contact us on (01924) 305544 or email us at info@carerswakefield.org.uk. Please note that you will need an e-mail address to attend the session.

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/>

Caring for Carers online workshop hosted by Wakefield Recovery College

Starts on: - Wednesday 15 September 2021 – 4.00 - 5.30pm

To enrol on the workshop, go to www.wakefieldrecoverycollege.nhs.uk





Finding the Musical Me!

Starts: Monday 7 June 2021
Time: 1.30 – 2.30pm – 5 weeks

To enrol go to:

[Finding the musical me! | Calderdale and Kirklees Recovery College \(calderdalekirkleesrc.nhs.uk\)](https://www.calderdalekirkleesrc.nhs.uk)

Join Maddie Morris Folk Young Musician of the year 2019 on a musical journey.

In this 5-week course you will discover your own musical self. Find out how music can help keep you well and increase your resilience. This is an opportunity to connect with the music you love and the music that helps you through, alongside others. You will also have a chance to write your own lyrics, design your own album cover and explore the creative world of music. You do not need any experience to join, just an open mind ready to play!

Join us on Microsoft Teams each week for 5 sessions of musical fun

“I think music in itself is healing. It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from, everyone loves music.” – **Billy Joel**

West Yorkshire and Harrogate
Health and Care Partnership



Planned Care Citizen’s Panel

If you’re on the waiting list for a planned care procedure, or if you have a close connection with an adult or child who is waiting, the Planned Care Citizen’s Panel would love to hear from you.

They want to know how people have been affected by delays to their planned care as a result of the Covid-19 pandemic.

For more information go to:- [West Yorkshire and Harrogate Partnership :: Planned Care Citizens' Panel \(wyhpartnership.co.uk\)](https://www.wyhpartnership.co.uk)



DO YOU REALLY KNOW... ..WHERE THAT EMAIL CAME FROM?

..WHERE THAT EMAIL CAME FROM?

Email spoofing is when a sender's email address has been forged to appear as though it was sent from someone, or somewhere, other than the actual source. Email spoofing tools are widely available, and criminals often use them as part of Phishing attacks. For example, an email can be spoofed to appear as though it came from your bank, utility company, a well known company, or even a friend or family member. The purpose of these emails is to trick people into opening malicious attachments, or clicking on links that take them to fraudulent websites which will steal details such as usernames, passwords, as well as other sensitive information. What appeared to be a legitimate email could actually be the first step in a sophisticated scam designed to defraud you.

23%

Of people that receive phishing emails will open them.

95,556

The number of phishing reports made to Action Fraud between Nov 2014 and October 2015.

82s

The time it takes for cyber criminals to ensnare their first victim in a phishing campaign.

2015 National Cyber Crime Reporting Centre

BEHAVIOURS THAT PUT YOU AT RISK..

✗ Opening attachments, or clicking on links within emails that are unsolicited or unexpected.

✗ Responding to emails that ask for your personal or financial details.

✗ Logging in to a webpage that you have arrived at via a link in an email.

HOW TO PROTECT YOURSELF..

✓ Don't open attachments or click on the links within any unsolicited emails you receive, and never respond to emails that ask for your personal or financial details. Remember, you can hover over a link to see where it will really take you.

✓ An email address can be spoofed, so even if the email appears to be from a person or company you know of, but the message is unexpected or unusual, then contact the sender directly via another method to confirm that they sent you the email.

✓ If you receive an email which asks you to login to an online account, for example, due to suspicious activity on your account, instead of clicking on the link provided in the email, go directly to the website yourself.

ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

GET SAFE ONLINE
Free expert advice

CITY - LONDON POLICE
NATIONAL PATRIOTIC LIAISON UNIT

WEST YORKSHIRE POLICE

DO YOU REALLY KNOW... ..HOW HOLIDAY BOOKING FRAUD WORKS?

..HOW HOLIDAY BOOKING FRAUD WORKS?

Travel booking fraud occurs when you hand over your money to a travel agent, website, or an individual, only to discover that the holiday, or sometimes just parts of it, don't actually exist. Fraudsters use fake online adverts, bogus sales calls, emails and text messages, to lure in potential holiday goers. The people carrying out this type of fraud will usually request that you pay for your holiday by bank transfer or with cash, as these methods of payment can be difficult to trace and are not refundable.

↑ 425%

The increase in reported travel fraud in 2015 over 2014.

£3,000

The average amount of money lost by victims of travel fraud.

4,212

The number of travel fraud reports made to Action Fraud during a 12 month period.

BEHAVIOURS THAT PUT YOU AT RISK..

✗ Paying for a holiday, travel, or accommodation via direct bank transfer or cash.

✗ Entering your payment details into a webpage that doesn't have the padlock icon (https) in the address bar.

✗ Responding to unsolicited calls, emails or texts offering holidays for incredibly low prices.

HOW TO PROTECT YOURSELF..

✓ If you're unfamiliar with the travel company you want to book a holiday with, do research online to ensure that they are reputable. Check whether the company is a member of a recognised trade body such as ABTA.

✓ Don't respond to unsolicited emails, texts or calls offering holidays at very low prices. Remember, don't click on any links within these emails and texts, or open any attachments, as they may lead to malicious websites or downloads.

✓ Whenever possible, pay for your holiday using by credit card as it offers increased protection over other payment methods. Always look for the 'https' and locked padlock icon in the address bar before entering your payment details.

ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

GET SAFE ONLINE
Free expert advice

CITY - LONDON POLICE
NATIONAL PATRIOTIC LIAISON UNIT

WEST YORKSHIRE POLICE

Make the right decision

9 9 9

Only in an emergency:
loss of consciousness | severe breathing difficulties | heavy bleeding

Emergency Department

When it's urgent but not life threatening:
sprains | fractures | minor burns | skin infection

Urgent Care Centre

For symptoms that don't go away:
ear pain | back pain | stomach pain

GP Surgery

Feeling poorly and need advice about:
fevers | stomach upset | aches & pains | headaches

Pharmacy

Need help fast and its not an emergency?
Unwell? | Confused? | Need help?

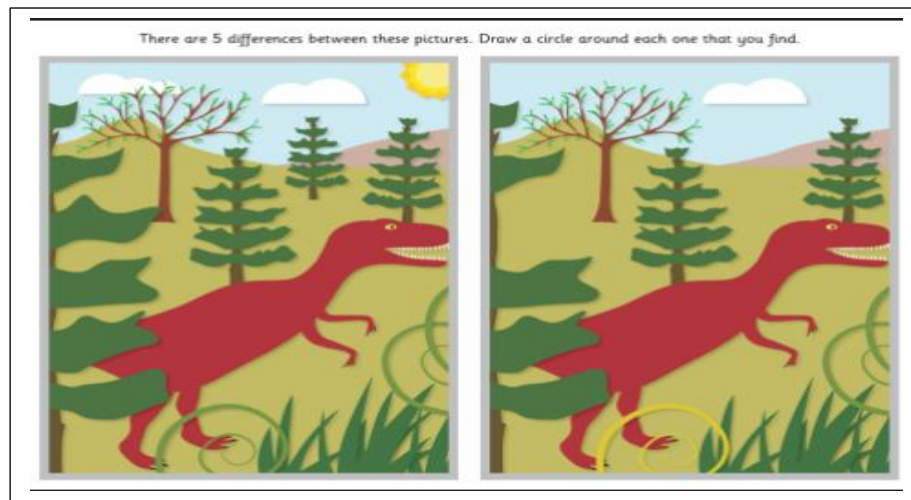
NHS 111

For common ailments and illnesses:
hangover | grazed knee | sore throat | cough

Self-care

NHS

SPOT THE
DIFFERENCE
FOR THE
KIDS TO TRY



Wordsearch – British Football Teams

ARSENAL
ASTONVILLA
BLACKBURNROVERS
BLACKBURNROVERS
BOLTONWANDERERS
CELTIC
CHARLTONATHLETIC
CHELSEA
EVERTON
FULHAM
GRIMSBYTOWN
HULLCITY
LEYTONORIENT
LIVERPOOL
MANCHESTERCITY
MANCHESTERUTD
MIDDLESBROUGH
MILLWALL
NEWCASTLEUNITED
NOTTSCOUNTY
PORTSMOUTH
PRESTONNORTHEND
QUEENSPARKRANGERS
RANGERS
STOKECITY
SUNDERLAND
TOTTENHAMHOTPUR
WESTBROMICHALBION
WESTHAMUNITED
WIGANATHLETIC

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



Wakefield Council are proud to support the #stopthedrop, #litterpickmeup campaigns as part of the Great British Spring Clean. If you want to get involved and do your bit, you can find out more at https://www.wakefield.gov.uk/anti-social-behaviour/stop-the-drop?utm_content=buffer91a8a&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer