



The Supporter

Newsletter

4 June 2021



Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

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

8
JUN

Wakefield District SWYPFT Carers Week Information Event

Online only

Tuesday 8 June 11:00am - 2:00pm

This year's Carers' Week (Monday 7th to Sunday 13th June 2021) will see our Trust offering different, relaxed and friendly virtual events each day where people can tap in and see their local and then Trust wide offers. It will be hosted by a different Trust Carer Lead on each day and will feature carers sharing their stories, support available to carers and a range of guest speaker organisations.

If you are a carer living in the Wakefield District, if you care for someone who resides in the Wakefield District, if you work with carers in the Wakefield District, or if you're just interested in what's available in the Wakefield District, come along to our online and interactive information event on Tuesday 8th June to learn more about what support and services are available to carers across the Wakefield District. You can join us for the full three hours (11am-2pm) or simply drop in to hear more from the speakers that you're interested in (you can find a full running order of our guest speakers below). Attendees will be invited to ask questions from our speakers, however, if you would prefer, you can simply sit and listen to the information. There is also no obligation to have your microphone or camera on.



carersweek.org

To join the event just click on to the Microsoft teams link below

https://teams.microsoft.com/l/meetup-join/19%3ameeting_YWU2YzRiMDQtMjY0OS00MGlxLTk1Y2ltZGI0NDk2NTU4MTZj%40thread.v2/0?context=%7b%22Tid%22%3a%22809c08a8-057d-47b8-bca6-1e930ec230ac%22%2c%22Oid%22%3a%22b09a8baa-8aac-4c69-9aaf-bf6c7b0e1a92%22%7d

For more information and a programme of the event just visit www.wakefieldrecoverycollege.nhs.uk

GLAD Study Recruitment Leaflet v1.1 REC Ref: 18/LO/1218 Date: 25/09/2018

GENETIC LINKS TO
GLAD
ANXIETY & DEPRESSION
www.gladstudy.org.uk

An exciting opportunity to get involved in the largest ever study of anxiety and depression!

Are you:

- ✓ Aged 16+?
- ✓ Living in the UK?
- ✓ Suffering from clinical levels of depression and/or anxiety, or suffered from these in the past?

What is the GLAD study?

The GLAD Study is a project set up to explore risk factors in individuals who have experienced depression and/or anxiety, including those with a diagnosis of bipolar disorder, OCD, or related disorders, at any time in their lives.

It aims to better understand depression and anxiety in order to find and develop more effective treatments.

Find out more by going to www.gladstudy.org.uk

How do I take part in the GLAD study?

You can take part in the GLAD study by following the sign-up steps.

These are designed to be easy to complete and are:

1. Register on our website, www.gladstudy.org.uk, and read the information sheet
2. Provide your consent using our online form
3. Complete an online questionnaire to see if you are eligible. This takes around 30 minutes
4. Send a saliva DNA sample through the post

Once you have completed these steps, you will be able to see information on the website about a number of optional questionnaires or other research studies that are being carried out. You can choose to take part in these studies should you wish to.

Once you are enrolled in the GLAD study, you are free to withdraw at any time if you choose

Who can I contact if I have more questions?

If you are interested in joining the GLAD study but have more questions, you can visit our FAQ page at www.gladstudy.org.uk/faqs

Alternatively you can contact us via:

- @ Email: gladstudy@kcl.ac.uk
- Freephone: 0800 634 4504
- Phone: 0207 848 1638
- Facebook: @JoinGladStudy
- Twitter: @GladStudy
- Instagram: @GladStudy

Find out more by going to www.gladstudy.org.uk

Did you know it's easier than ever to support local charities that are helping homeless and vulnerable people in the Wakefield district? Give an extra gift today!

✓ Volunteer ✓ Donate items ✓ Donate money

#FindHelpGiveHelp at streetsupport.net/wakefield

Street Support SaferTogether INVESTORS IN COMMUNITY

Wakefield Safe Space

Are you struggling with your mental health?
Are you feeling isolated and alone?
Do you need someone to talk to in confidence?
WE OFFER 'HOPE IN A CRISIS'

At The Art House, Drury Lane, Wakefield
Referral lines open from 6pm –midnight

In person, zoom & phone support available
FRI, SAT AND SUN
Text or Call: 07776 962 815

Spectrum PEOPLE GASPED

"We knew everything about each other. Apart from this."

Let's give the people we love, the certainty they need. Talk to your loved ones about organ donation.

Leave them certain.

NHS

Organ Donation

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

NHS



National volunteer's week happens every year between the 1st and 7th June. In years gone by we have been lucky enough to say thank you to our volunteers by having celebratory parties, a tea dance, picnics in the park with games and activities, awards ceremonies and more.

Last year, with the pandemic hitting, we were extremely limited with what we were able to do to show our appreciation to our wonderful volunteers. So we took to our cars, armed with cards, a bundle of individually wrapped brownies and packets of sweets, and went to visit each and every one of our volunteers so that we could have a chat on their doorsteps and in their driveways, socially distanced, and to ensure the welfare of our volunteers (who form the bulk of our Recovery College workforce). We had a great response from this and we loved being able to spend a little time with everyone, checking they were all OK.

This year, with the pandemic still very much part of our daily lives, and with government and NHS restrictions still in place, we are again limited with how we can celebrate our amazing volunteers and all the support they offer us, our students and each other. We will be following all guidelines and will be meeting for a very small socially distanced, Covid-secure picnic in the park with a few of our volunteers who are able to/feel they can. It will be the first time in over a year that most of our volunteers will have seen any of us without a computer or phone screen between us and boy haven't we missed their lovely faces! Whilst it isn't even half of the celebration that they deserve, it is a small way for us to say THANK YOU to a wonderful bunch of selfless people who volunteer their own time, their expertise and share their lived experiences to help us all get well, stay well and learn more.

We hope that you will join us all this National Volunteers Week in expressing our gratitude and sincere thanks to our fantastic volunteers. They make this Recovery College what it is and we wouldn't be able to function and support people the way that we do without them. THANK YOU!! 😊

P.S. If you have any lovely stories of how our volunteers have helped, taught, or supported you then please get in touch - we would love to share your stories!





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

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

I felt lonely, sad, stressed and unable to cope.

What did you feel you needed from the service?

I needed some support, advice and someone to listen.

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

I hoped to receive support, meet new mums and for my son to be able to socialise.

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

What I believed has helped in my recovery, attending the support group helped as this created a chance for me to meet and make new friends and speak to other mums about how I feel, the peer support workers who run the group always made me feel welcome whenever I attended, I never felt judged and always felt I could voice how I was feeling, I also enjoyed the baby mind and me course.

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

I'm just about to restart work, feel confident in being a mum and I am happy in myself now and know not to put too much pressure on myself, I also know I have people to turn to should I need them.

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

Being the happy little boy that he is and also been surrounded by a happy family.

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

He had the opportunity to socialise and now has a much more happy and confident Mum.

Charlotte Hoult Peer Support Worker - It was such a pleasure to get to know Paige and her baby, Paige always attended our sessions and was always open and honest in how she felt and with her struggles which I believe inspired a lot of the other ladies within the group to do also, even on the days where she didn't feel her best she was always the first one to offer another lady support if they were having a bad day. It's been great to watch Paige become more and more confident in herself and as a mum to her baby and myself and Leah wish her all the best for the future.

[Perinatal Mental Health Team | South West Yorkshire Partnership NHS Foundation Trust](#)

A virtual workshop is being hosted by the National Perinatal Team to support the implementation of the long-term plan commitment to extend community services from preconception to 24 months after birth. You will need to book a place on the workshop by registering via the link below: -

[Perinatal Mental Health LTP commitment workshop - Expansion to 24 months \(england.nhs.uk\)](https://www.england.nhs.uk/perinatal-mental-health-ltp-commitment-workshop-expansion-to-24-months/)

If you have any questions email: ENGLAND.PerinatalMH@nhs.net

During Carers week, the college is delighted to be invited by Carers Wakefield & District to host two Health & Wellbeing presentations. We hope you can join us...

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.

Watch
out,
scam
about!

HSBC Scam

Recently, there have been text scams doing the rounds in the UK. The messages start with 'HSBC' in capitals. They go on to state that HSBC are trying to contact the recipient regarding either an 'attempted payment from a NEW DEVICE' or that a 'NEW PAYEE has been set up.'

The message advises the recipient to click on a link within the text message to confirm that the NEW PAYEE was not set up legitimately or that the NEW DEVICE is not legitimate.

So far, these text messages seem to originate from private mobile phone numbers. The links mention HSBC but do not link to valid HSBC websites. For example, a message from number +447425294339 instructs the recipient to click on this link: 'hsbc.validate-new-devices.com'

Be on your guard and do not click on any links in unexpected messages. If you have concerns, contact your bank through established routes that you have used before.



[Wakefield Families Together](#)

Live in Wakefield? Find out about the people 🧑, places 📍, and services 👍 on hand to help and support you and your family when you need it most ➡

<https://buff.ly/3v2lu21>



The new place for
services, activities,
opportunities, and
events across
Wakefield District



NEW GARDENING CLUB



Incredible Edible Gardening Club

📍 Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

Expanding your interests

SHARE:  

If you enjoy gardening, want to improve your physical and mental health, and would like to learn to grow your own food why not come along to our Edible Gardening Club.

Come every week on a Tuesday to join us, or just for an odd session if you would prefer, at The Caring Garden (Behind Ryburn Unit) at Fieldhead Hospital.

You do not need to enrol with the Recovery College to attend/book a place, however you will need to reserve a space prior to attending as place numbers are limited. Please book directly by contacting the Incredible Edible facilitator Richard Brown on 07887 356954 or Richard@Incredible-Edible-Wakefield.co.uk.

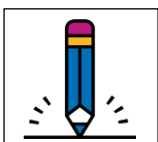


[Writing Competition for all](#)

[Underrepresented Writers | How to Enter - Creative Future](#)

The Creative Future Writers' Award FREE to enter annual writing competition is open for entries. Over £10,000 worth of cash and writer development prizes up for grabs. This year's theme is ESSENTIAL. Creative Future are looking for broad interpretations of the theme in all genres of short fiction and poetry. The deadline is 11.59pm on Sunday 6 June 2021.

www.creativefuture.org.uk



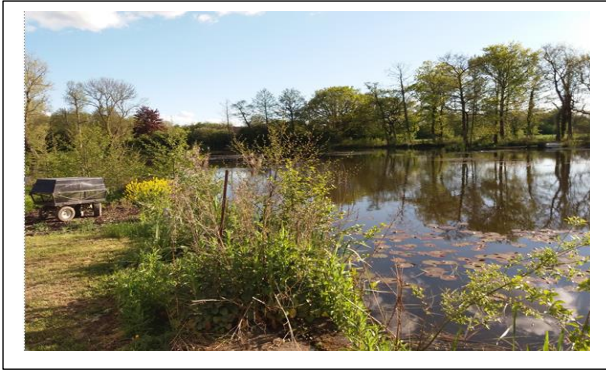
The Debt Respite Scheme (Breathing Space) will give someone in problem debt the right to legal protections from their creditors.

There are two types of breathing space: a standard breathing space and a mental health crisis breathing space. Where there is a difference between them, we'll refer specifically to either a standard breathing space or a mental health crisis breathing space. Where there is no difference, we will simply refer to a breathing space.

A standard breathing space is available to anyone with problem debt. It gives them legal protections from creditor action for up to 60 days. The protections include pausing most enforcement action and contact from creditors and freezing most interest and charges on their debts.

A mental health crisis breathing space is only available to someone who is receiving mental health crisis treatment and it has some stronger protections. It lasts as long as the person's mental health crisis treatment, plus 30 days (no matter how long the crisis treatment lasts).

[Debt Respite Scheme \(Breathing Space\) guidance for creditors - GOV.UK \(www.gov.uk\)](#)



Swans on the Lake

A fisherman casts his rod into the silent water
Waiting for a catch
A boat is moored:
Gently moving on the lake
Lily- pads gather in the centre:
Large and flowering bright
The breeze wafts gently over the water

Then all at once a humming sound is heard:
Approaching
In precision formation two snow white swans:
Fly across the lake
A silent swish on landing
In perfect harmony

Clouds scud across the sky
An occasional dark cloud bursts with rain
Then hot sunshine follows
A moorhen pecks at glistening earth.

In unison the swans take to the sky:
Dipping low over the horizon
As they move together
Synchronised wing tip to wing tip
Wings beating in the air.

The fisherman arches his line
Raises his net
To see an empty catch
Swans stay together for life
Appreciate close friendships.

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FRICKLEY
ATHLETIC
COMMUNITY
FOUNDATION
WALKING
FOOTBALL



You Thought Your Footballing Days Were Gone?

THINK AGAIN



Thursday evening
7pm - 8pm

£3 Per Person
Free if eligible

Played at Frickley Athletic Football Club

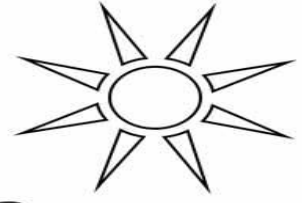
Everyone Welcome!
Any Gender, Age or Ability.

Good2Chat Cafe open afterwards for refreshments

Contact John to register your interest
07957 424795
john@frickleyathletic.co.uk



Picnic Foods



Word Search

Can you find the hidden words below?

a e p t e w v e g e t a b l e s a k a l a d u j
 r i i c e t e a e m a r c h i c k e n e r s c e l
 u p a e q u y t e a p p l e p i e j a v e n e l
 n a c k s a n d w i c h y c u p c a k e s a s l
 a a c t p o t a t o c h i p s e r s o d a c e y
 e r h u q h o t d o g a p a r s o s a j o k a p
 s d e e p l a w n w a t e r m e l o n n e t l i
 a a e a h a m b u r g e r t a c b o k w r i a c
 n a s e o g a m i l y a t y a n d w o c h a e n
 a q e r t p o t a t o s a l a d a s e l l y t i
 u k c o o k i e s c o o g b a s k e t i c n a c

Find the Following Words:

watermelon
 ice tea
 sandwich
 cheese
 snack
 chicken

hot dog
 hamburger
 jelly
 soda
 potato salad
 basket

picnic
 potato chips
 vegetables
 apple pie
 cupcakes
 cookies

© 2009
 HOME MADE
 GIFT GURU

#ANDYSMANCLUB

**SUICIDE IS THE BIGGEST
 KILLER OF MEN UNDER 45
 1 MAN EVERY 2 HOURS**

**ALL OUR GROUPS
 MEET MONDAY 7PM**

**TO FIND YOUR NEAREST
 GROUP VISIT OUR WEBSITE
WWW.ANDYSMANCLUB.CO.UK**

**JOIN THE
 CONVERSATION**

- [andysmanclub](#)
- [andysmanclubuk](#)
- [@andysmanclubuk](#)
- info@andysmanclub.co.uk

#ITSOKAYTOTALK

We are a peer to peer support group for men. Come have a brew and a chat!

ANDYSMANCLUB are a talking group for men. You don't have to have a mental health problem to attend, it's all about getting men talking. Their new group has now started in Pontefract on Mondays: -

@Pontefract Collieries,
 Beechnut Lane,
 Pontefract,
 WF8 4QE,
 7pm
[#itsokaynottobeokay](#)