



The Supporter

Newsletter

11 June 2021

NEW MONTH
 NEW BEGINNING
 NEW START
 NEW MINDSET
 NEW FOCUS
 NEW INTENTIONS
 NEW RESULTS

HELLO JUNE!

Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

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

All courses are
 available to book via
 our website

CHECK OUT
 SOME OF OUR
 COURSES

Course	Date	Time
Dare to share	22 June online	1.00-3.00pm
Dyslexia awareness	24 June online	10.30-12.00pm
An introduction to Mindfulness	24 June online	10.00-12.00pm
Understanding Personality Disorder	12 July online	10.00- 12.00pm
Stroke awareness	13 July St Giles Church, Pontefract	10.00-12.00pm
Body Image	20 July online	10.00-11.30am
Understanding post-traumatic stress reactions	20 July online	1.00-2.30pm
Loneliness and isolation	22 July online	2.30-4.00pm
Managing panic	29 July online	2.30-4.00pm
Depression and grief	29 July online	10.00-11.30am
Assertiveness	14 September online	10.00-11.30am
Caring for carers	15 September online	4.00-5.30pm
Wellbeing at work	16 September online	2.30-4.00pm
Understanding eating disorders	21 September online	1.00-3.00pm

ebay
for change

We're proud to be a part of the new eBay for Change programme.



Crafting4Good are delighted to announce that they are part of the new eBay for Change programme launched last week.

As one of the first 50 businesses, they are receiving an in-depth package of support over the next 12 months, including zero fees, one to one digital skills training and significant marketing investment to bring buyers to their business. eBay aims to positively impact thousands of jobs and livelihoods over the next three years.

Their goal is to increase their capacity and scale up their online business, selling donated and carefully chosen art and craft supplies, to create opportunities for jobs, training, and volunteering.

They will continue to promote positive mental health and creative wellbeing in as eco-friendly a way as possible while their shop in The Ridings Shopping Centre, Wakefield continues to distribute surplus supplies for free to community groups and organisations.

Support mental health with Crafting4Good CIC

Supplies for creative wellbeing.



Men's Mental Health Week
14th-21st June



Turning Point Talking Therapies will be using this week to raise awareness by encouraging boys, men and their families in seeking support for mental health & wellbeing.

We will be live & in person with some organisations from the district on the 2nd floor of the Ridings Shopping centre - (Near Marks & Spencers) come along and say hello!

Monday 14th June 10-3pm
Saturday 19th June 10-3pm

Live Entertainment will be provided.



Telephone: 01924 234 860

Email: Wakefield.talking@turning-point.co.uk

Website: <https://www.talking.turning-point.co.uk/wakefield/>



WLEA Adult Learning
Within Reach

Relaxation for Healthy Mind and Body

REF: C3679618

Monday 21 June - 19 July 1-3pm, 5 sessions
NO FEE

Venue: St Marys Community Centre The Circle
Chequerfield Pontefract WF2 2AY

This course aims to provide you with the knowledge and understanding of how you can use essential oils safely and to recognise the effects and benefits of each oil. You will notice a difference in both your mind and body and will be able to share these experiences with each other.

Places limited pre-enrolment essential –enrol
ONLINE: wea.org.uk or Phone 0300 303 3464



The Recovery College hosted a socially distanced picnic at Pontefract Castle on Monday afternoon for its dedicated volunteers. It was a great afternoon, sat out in the sunshine, enjoying the fresh air, and catching up with each other's news. Our volunteers play a huge part in the college and it was lovely to be able to meet up and spend time with them face to face again.

TOGETHER AND APART

An exhibition of work by local artists and communities from across Wakefield district during last year's Covid-19 Lockdown

Former Market Hall
Union Street
Wakefield
WF1 3AE

10-20 June 2021

For more information:
 Facebook: @CreativeWFD
 Instagram: @creative_wakefield #togetherandapart
 Twitter: @CreativeWakefield
 Website: creativewakefield.net/together-and-apart
 Email: @creativewakefield

CREATIVE WAKEFIELD

wakefieldcouncil

Just turn up ... no need to book and it's free

WE ARE BACK!

PeerTalk®

BATLEY

Peer Support Group for those living with depression, anxiety and related conditions

Facing Depression Together

PeerTalk®

Find out more at:
 07719 562 617
 peertalk.org.uk
 @peer_talk
 @peertalk1
 enquiries@peertalk.org.uk
 peertalkcharity

EVERY WEDNESDAY 1.30^{PM} – 3.00^{PM}

The Community Room
All Saints Church
Stocks Lane
Batley WF17 5ED.

Part of the National Lottery Community Fund
The PeerTalk Charitable Foundation, registered charity no. 1191923.

Service and Stigma

WE NEED YOU AND YOUR INSIGHT!

Your participation in this study will help us learn how we can encourage UK Veterans to seek help when leaving the Armed Forces - to benefit their wellbeing!

WHAT?

We are investigating how life in the Armed Forces can influence Veteran help-seeking

This will be explored via 3 questionnaires focusing on:

- Trauma-Exposure
- Mental Health Attitudes and
- Help-Seeking Behaviours

WHO?

You can volunteer to participate if you:

- Are 18+ years old
- Are a UK Armed Forces Veteran and have completed at least one deployment
- Can read and understand written English

(Participants will remain anonymous)

WHEN?

You can complete the survey on a phone, laptop or tablet at your own convenience - it will only take approximately 20 minutes!

Interested? Just click the link or scan the QR code below...

https://mmu.eu.qualtrics.com/jfe/form/SV_ewzspxDFPDACKSO

For more information, contact:
jemma.terrey@stu.mmu.ac.uk (Principal Investigator)

Ethically Approved by:
 Manchester Metropolitan University (EthOS ID: 31243)
 (All data collected will be dealt with in accordance with GDPR)

THANK YOU!

Manchester Metropolitan University

Veterans Foundation

Manchester Metropolitan University are undertaking research into how UK veterans can be encouraged to seek help when they leave the armed forces. They're looking for participants to complete their questionnaire.

If you're a UK veteran, then please click the link or scan the QR code on the poster.
https://mmu.eu.qualtrics.com/jfe/form/SV_ewzspxDFPDACKSO

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

Perinatal mental health team- Calderdale

Kerry's recovery journey

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

Very anxious, I had a lot of stresses in my personal life. I was also feeling positive in knowing I was under the perinatal team and hoped to not be as poorly as I was with my previous child.

What did you feel you needed from the service?

I feel I needed the opportunity to just talk, to be brutally honest with what I was saying and not have anyone judge me.

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

My goal was to bond and maintain the bond with my children and to not get as poorly as I did the first time around. I wanted the reassurance of having someone there to check in and keep an eye on me so I could achieve these things.

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

Being able to get out doing to peer support walk, especially in lockdown when everything was shut. The perinatal groups gave me the opportunity to be around and to get talking to other mums.

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

I'm feeling fairly positive in my life right now, I didn't get as poorly as I did last time so I feel like things will be more manageable. I hope to keep managing and not get back to the place I was in before when I was struggling.

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

To grow up being happy and healthy.

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

We had one of the perinatal nursery nurses come out to offer support and they gave us lot of tips on things like reflux. The nursery nurse visits helped my baby physically, but I think me remaining well and healthy benefitted my baby mentally.

Laura Washington practitioner:

I knew Kerry from her previous admission where she had become quite unwell. This time around she recognised her symptoms and asked for help early on. She's done brilliantly in her recovery; I wish her lots of health and happiness for her future.

Jade Humphries peer support worker:

"Having Kerry attend the peer support walks with her little one and getting to know them has been lovely. I'm pleased to see Kerry doing well and wish her and her family all the best for the future!"

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



New Volunteering Opportunity!

We are looking for Step Out Volunteers
to provide encouragement and support to older people who have lost their confidence in doing day to day activities during lockdown

Could you help...

- Accompany on bus trips or taxi rides
- Accompany around shopping centres or supermarkets
- Build confidence to get out for a walk
- Complete simple paperwork and feedback details of your visit
- Be a friendly face of Age UK Wakefield District



If you would like to help and can be available for a few hours a week during office times Mon-Fri 9am-5pm please get in touch with Tracey our volunteer manager

 Tracey 07715 674117

 traceyshaw@ageukwd.org.uk

Wakefield Countryside Directory for People with Disabilities

Second edition

Whatever your needs, access to and enjoyment of the countryside is rewarding, healthy and great fun. This directory can help you find out what opportunities are available to you in your area. Get yourself outdoors and enjoy all the benefits that come with it...

Foreword written by: Amy Garcia



Did you know that the Wakefield Council Libraries run a free Mobile Library Service in the Wakefield District?

The mobile library is an easily accessible vehicle for people with mobility problems and wheelchair users.

They provide:

Free library membership
A range of materials for loan including:
Fiction
Non-fiction
Large print
Talking books for both adults and children

The mobile library currently follows a three-week schedule around the district for pre-arranged drop offs only. If you would like to know where the mobile library stops near you, please contact the mobile library team.

mobilelibrary@wakefield.gov.uk

01924 302241 / 07711 153692 /
07468708800



To download your copy, go to: -
[Countryside Access Directories | Open Country](#)

Or tel **Tel: 01423 507227** to request a free copy

COVID-19 UPDATES

wakefieldcouncil
working for you

Coronavirus

**Wash your hands
with soap and water
more often
for 20 seconds**

Use a tissue to turn off the tap.
Dry hands thoroughly.

Get Tested & Vaccinated Now

Despite an ongoing gradual relaxation of lockdown measures, a collective effort to stay safe remains key to moving forward in our fight against COVID-19.

Vaccination and testing uptake play a very important part in our ongoing steps towards recovery, as does adherence to the ongoing advice of HANDS, FACE, SPACE and FRESH AIR.

If you are eligible for your first or second vaccine, please take it up without delay.

There are a wide range of testing options available across the district, and everyone should play their part in protecting themselves and those around them and continuing to drive down infection rates.

There are two key types of COVID-19 testing – lateral flow tests for people with no symptoms (asymptomatic) and PCR testing for those displaying symptoms.

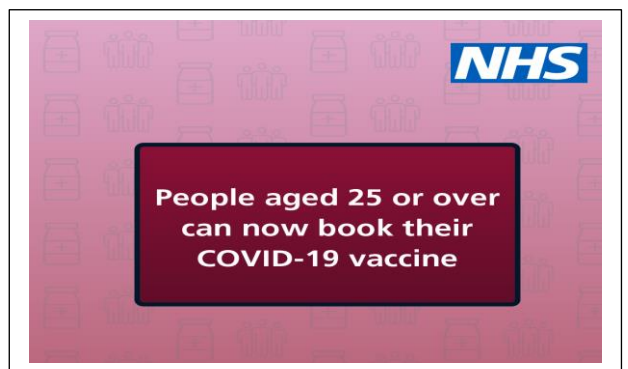
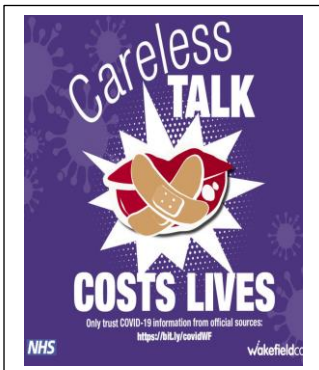
Lateral flow tests can be accessed in the following ways:

- Home tests: visit <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or call 119 to order tests for home delivery.
- Community sites: for a full list of community sites where people can collect lateral flow tests, including local pharmacies, visit <https://maps.test-and-trace.nhs.uk>.
- Education: Secondary and college students are already being given tests to use at home twice a week, throughout term time and the holidays. Some Wakefield schools are also piloting 'school collect' where families can collect kits from school. Please contact your school directly to check if they are taking part.
- Workplace testing: This includes testing sites, where a supervised test can be taken, and workplace collect, where a box of tests can be picked up to use at home.

Anyone displaying COVID-19 symptoms, should immediately book a test by calling 119 or visiting <https://www.gov.uk/get-coronavirus-test>.

Further information about all testing options across the Wakefield district is available at <https://www.wakefield.gov.uk/about-the-council/coronavirus-information/getting-a-covid-19-test>.

NHS



The Battle Scars 12-step self-harm addiction programme workbook



Do you self-harm to manage your life, to get control, relief, to feel, to regulate your emotions, whether you consider yourself addicted to the behaviour or not?

This programme was developed by people with lived experience of self-harm to support others who struggle. 142 pages full of questions to ask yourself, activities, things to think about and ideas to help you.

This programme is not a cure, it's a step-by-step journey of self-discovery and self-awareness, a way to build the healthier tools that work for you to manage self-harm and give yourself a good change to stop. It is not an easy process, in fact, following this programme will require commitment and a lot of hard work to face what you may have been avoiding, to put together what you've been hesitating. But it will help you learn new skills and build effective, healthy strategies. Even though designed for adults, younger people can use this book depending on their level on maturity (adult support is recommended).

Whether you complete the programme or not, by working on it you will be further ahead from where you were before and better equipped to take this work even further when you're ready.

This workbook is free and is available as a hard copy or as a PDF file. Even though we have received funding to print a limited number of copies which are available to people worldwide (good English is a must) we have to charge postage and packing as well as a small admin fee. This admin fee applies to the digital version as well. If you wish to order a hard copy, please be assured that it arrives in discreet packaging without any links to self-harm or Battle Scars on it.

Registered charity No 1177020

email: info@battle-scars-self-harm.org.uk

Tel (information & admin line only): 07410 380747 - office hours



You can order a copy by filling out the form online or by emailing or ringing them for more information (contact details above)

[Addiction programme - Battle Scars \(battle-scars-self-harm.org.uk\)](http://battle-scars-self-harm.org.uk)

Friends of Friarwood Valley Gardens, Pontefract need your help

The Valley Gardens is beautiful at this time of year, although the cherry blossom has been and gone there is the magnificent horse chestnut in bloom. However, the gardens again have been plagued with vandalism, and the latest trend is wheelie bin fires. In the past month debris has had to be cleared from five of these fires. The burnt plastic is very difficult to remove and damages large areas of the grass and leaves permanent damage to the paving. The gardens large wheelie bin has also been set on fire twice. The bins are obviously stolen from neighbouring houses and it would help if residents reported the loss of a bin to the police, because the bins are being used to cause criminal damage. It is also advisable not to put the bins out the night before collection is due.



Quick and simple dessert

Light Eton Mess

You will need:

- 4 meringue nests
- 300g fresh strawberries
- 300ml low fat yogurt

To make:

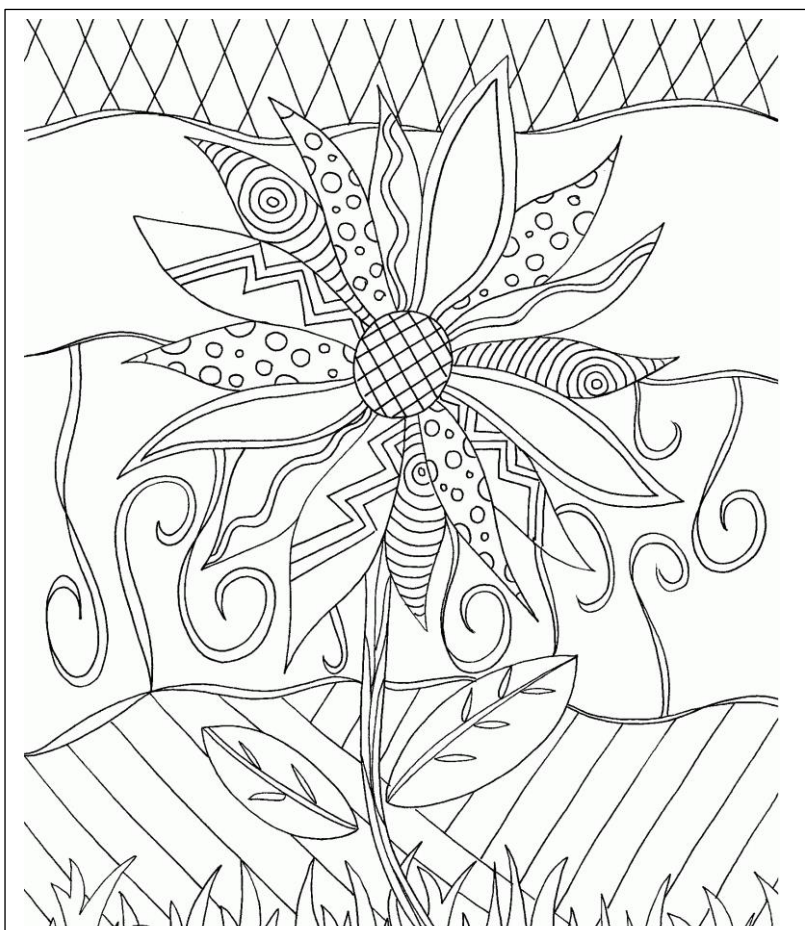
Put the meringue nests into a plastic bag and break up into small pieces
 In a bowl mash up half of the strawberries with a fork and chop the other half.
 In a glass starting with the mashed strawberries - layer the meringue, yogurt, strawberries, and juice up to the top of the glass. Decorate with a strawberry and eat straight away.
 You can add other fruit of your choice.



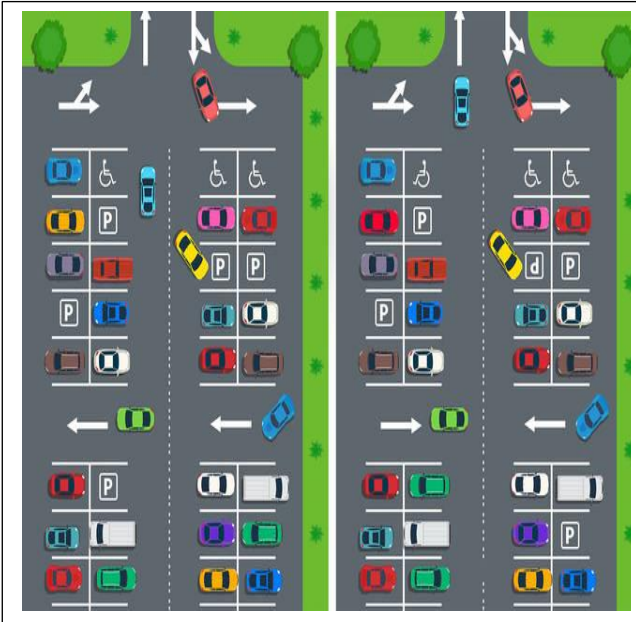
Mindfulness

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

- | | | | |
|------------|----------|-------------|---------------|
| accepting | attitude | awareness | barriers |
| compassion | feelings | focused | kind |
| lifestyle | love | mindfulness | nonjudgmental |
| personal | present | reflection | selfcare |
| senses | value | wellbeing | |



Sit, relax, and colour in this picture



Spot the 10 differences in this picture