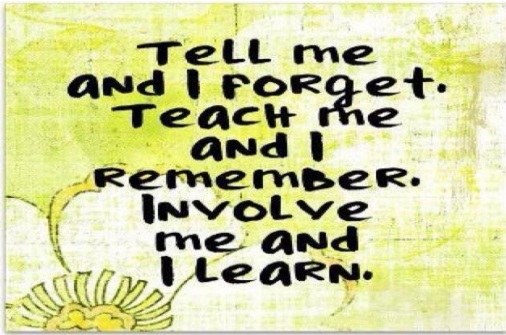




The Supporter

Newsletter

18 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)

THE ROSE TREE PUB

I have opened a pub in my garden today
 Whatever will the neighbours say?
 The customers come from who knows where
 They just appear without a care.

It opened its doors in June
 And was filled very soon
 It buzzes with excitement during the day
 But when night falls - customers vanish
 away.

On opening the door
 I am greeted by a buzz and a roar
 These clients rarely like being disturbed at all
 And if you are not careful will upon you fall.

If you disturb their jovial larks
 They can make stinging remarks
 The postman now is quite wary:
 Together the customers can be scary.

Some too drunk to leave without a sound
 To simply fall upon the ground
 Where they stay quite comatose
 And only recover after some repose.

Some stay to the very end
 When dark nights will away send
 As night falls silence will reign
 As from their drink they do abstain.

They fly off to their homes
 To brush off their coats onto their combs
 As you may guess this is not a real pub at all
 It is a place where honeybees may call.

Upon a rose tree ten feet high
 Full of flowers when the season's nigh
 The bees love to drink their fill:
 Of that nectar from the flowers still.

Flowers and plants, they conduce
 When they've had their fill of juice
 Then leaving to pollinate growth to distil
 And on the lawn: rose petals to spill.

My pub is about to close for this year
 The flowers are gone, and the bees disappear
 A home for wayward bees to club
 In the Rose Tree Pub

RYDER 2021

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What a fabulous
 poem written by
 one of our
 talented
 volunteer tutors

More
courses
added



Course	Starting 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
Coping with pain	5 July online	2.00-3.00pm
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	11.00-12.00pm
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
Coping with life using relaxation	23 Aug online	11.00-12.30pm
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
Boosting self confidence	21 September online	11.30-12.30pm
Fondant crafting	5 October Wakefield Baptist Church	10.00-12.00pm
Feeling positive, busting stress	18 October online	11.00-12.30pm

(Some courses may be more than 1 week long – please check when booking.)



New Volunteering Opportunity!

We are looking for Telephone Befrienders

Could you help...

- Provide a weekly telephone call of around 1 hour to an isolated, lonely older person
- Offer conversation and friendship
- Complete simple paperwork and feedback details of your call
- Report any concerns to your staff contact
- Be a friendly face of Age UK Wakefield District



Volunteer Befrienders can offer their time any day of the week, morning, afternoon or evening.
 Volunteers must be aged over 18 for this role.
 For more information please get in touch with
 Tracey our volunteer manager

 Tracey 07715 674117
 traceyshaw@ageukwd.org.uk



The Family Liaison Officers based at the Mid Yorkshire Trust hospitals keep loved ones and carers well-informed on the patient's well-being and offer support. They facilitate communication with patients through 'MY Loved Ones' which includes written messages, phone, and video calls.

The result has been hugely positive to the well-being of their patients, who have commented on feeling "cared for" "loved" and "supported" during their hospital stays.

If you have a loved one who is a patient at one of their hospitals, you can get in touch with them through the message from home service and phone calls and video calls.

Visit <https://bit.ly/2SjWztr> for more information.




LIVE WELL WAKEFIELD – FREE COUSE

If you have a long-term health condition, taking part in one of our partners, Live Well Wakefield free, online self-help courses might help you manage your wellbeing more effectively. They have a free 6-week self-management course starting Monday 20 September, 13:00-15:30 (An introductory session takes place 13 September 13:00-14:00)

If you wish to book on this or would like more information, please email paul.boyd1@nhs.net. All their courses and workshops are presented via the free application Microsoft Teams



Contact the Recovery College if you would like a free copy of their Countryside Directory for the District and we will post one out to you

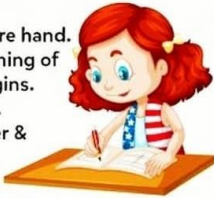
Download the directory FREE at www.opencountry.org.uk/countryside-access-directories

DYSGRAPHIA:

A learning difficulty specific to writing.

Symptoms:

- ★ Cramped grip, sore hand.
- ★ Poor spacial planning of sentences & margins.
- ★ Frequent erasing.
- ★ Inconsistent letter & word spacing.
- ★ Poor spelling, missing words/letters.

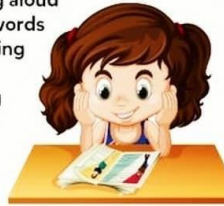


DYSLEXIA:

A learning difficulty specific to reading.

Symptoms:

- ★ Slow and labour-intensive reading
- ★ Difficulty reading aloud
- ★ Mispronounces words
- ★ Problems retrieving words
- ★ Problems writing & spelling

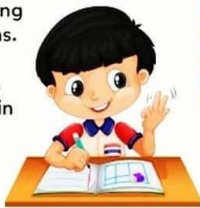


DYSCALCULIA:

A learning difficulty specific to mathematics.

Symptoms:

- ★ Difficulty identifying number patterns e.g. place value, quantity, positive or negative value, carrying/borrowing.
- ★ Difficulty understanding & doing word problems.
- ★ Difficulty sequencing information or events.
- ★ Difficulty using steps in math operations

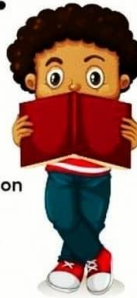


DYSPRAXIA:

A learning difficulty specific to fine &/or gross motor.

Symptoms:

- ★ Difference in speech
- ★ Perception problems
- ★ Poor hand-eye coordination
- ★ Poor balance & posture
- ★ Clumsiness
- ★ Fatigue



Did you know that there is a learning disability specific to WRITING? It's called Dysgraphia. I think most people have heard of Dyslexia, which is specific to reading, but this one affects the ability to write... and, they are frequently found together. There are two other related disabilities as well... Dyscalculia, which affects the ability to learn mathematics, and Dyspraxia, which affects physical coordination.

Learn more at our online Dyslexia course on 24 June 10.30am – 12.00pm

Enrol on our website: www.wakefieldrecoverycollege.nhs.uk



We have a student on placement with us, Donna Perrott. She wants to find out about the needs of people who are caring for cancer patients, or who have cared for people with cancer in the past. If you are interested in helping, by completing her survey, please email: 1905131@leedstrinity.ac.uk

The findings will be used to design a page of Carers' Resources for the Yorkshire Cancer Community Website, so your input will be put to good use. Thank you

NSPCC helpline - report abuse in education

Young people and adults can contact the new NSPCC helpline, Report Abuse in Education on 0800 136 663 or email help@nspcc.org.uk.





Child safety week

👶 At around 6 months old, babies start to put things in their mouths, which means they are at risk of swallowing something harmful or choking.

There are several steps you can take to avoid this from happening, such as:

- Cut round food like grapes, tomatoes, and big blueberries in half lengthways or into quarters, and cut hard food like carrots, apples, and cheese into thin strips.
- Remember that the cords on blinds pose a significant choking/ligature hazard to children. Fit a cleat hook or tensioner to keep blind cords and chains safely away, or consider cord free blinds, especially in children's rooms.
- Keep all medicines and cleaning products out of reach and sight of young children, ideally in a high up or lockable cupboard.
- Young children and babies can grab and reach for things that they shouldn't. Coins, buttons, small batteries, small parts from toys, anything that catches their eye could end up in their mouth. It's always best to keep small objects out of reach and always supervise young children.



PARENTS
ONLINE

Parenting can be tough. That's why The Cellar Trust and Brathay are working together to provide a non-judgemental ear when you need it most.

PARENTS Online provides text-based emotional support from trained volunteers through an online platform. You can chat confidentially and openly about your feelings with someone who is trained to listen and support you through whatever you're facing. Sometimes all you need is to be listened to and that's where we can help.

We provide you with:

- A confidential listening service which can be used anonymously
- Support from a fully trained worker, with their own experience of parenting.
- A safe space to talk openly without judgement, about anything that's on your mind

For more information visit:
PARENTSONLINE.CO.UK

Family and carers alliance and support group



Online on Microsoft Teams
Every four weeks
Next session: Thursday 8 July - 2.00-3.00pm

We don't always know the answers, but it helps to share the question. Join our group for family, friends and carers dealing with a loved one's mental health.

To join, call the college on **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.

Have you been a victim of crime?

Complete my Victims Survey 2021

Share your views of the criminal justice system.



If you have unfortunately been a victim of crime in the past 3 years have your say and complete the online survey

[Victims' Survey 2021 - Victims Commissioner](#)



NEW VEHICLE CHARGING POINTS NOW INSTALLED AT FIELDHEAD and KENDRAY HOSPITAL SITES

The newly installed Electric vehicle charging points will be available for staff and visitors to our Fieldhead and Kendray sites from Monday 14 June. They are on a “first come – first served” basis and reservation of the points is not possible.

The charging points are “Type 2” 7kW untethered chargers so the user will need to supply their own charging cable.

Fieldhead location

There are eight in total at Fieldhead. Four of these are adjacent to Ryburn Unit and the other four are located on the left-hand side of the carpark by Newton Lodge (Car Park A).

Kendray location

At Kendray the points are located in parking bays to the left of the Main Reception.

Geniepoint network

The charging points are managed via the Geniepoint network which is run by Engie, details of the network can be [found here](#).

Charging fee's

- Connection Charge - 50p
- Rate per kilowatt Hour - 20p

The maximum charge time has been capped at four hours. When the session has ended users will be required to move their vehicle to another area to allow access for other Electric Vehicle users. After the allotted session has expired an overstay charge will be made by the network (following warnings via the Geniepoint app). The trust car parking policy will be enforced for use of the dedicated spaces if charging is not taking place.

Any issues associated with the Geniepoint app or accounts should be sent to Geniepoint via the contact details displayed on signage adjacent to the charging points.

Domestic abuse can increase during major football tournaments...

Help is available for everyone

ENJOY SUMMER SAFELY

Summer safety:
www.westyorkshire.police.uk/SafeSummer

Domestic Abuse During Euro 2021

We know that domestic abuse often increases during major football tournaments, especially on the days that England play.

If you are worried about your own behaviour, there's time to change and help is available for everyone. [If you're worried about your own behaviour click here for help and advice.](#) If you are suffering domestic abuse or are worried that your partner may be violent or abusive, we are here to help. [If you're worried your partner may be violent or abusive - click here for more information.](#)

Always dial 999 in an emergency.



Following the latest update from the Prime Minister, Boris Johnson on Monday 14 June, here is a summary of the points raised which has been kindly provided to us by the Wakefield District Public Health communications team.

PM statement at coronavirus press conference: 14 June 2021

- Opening has inevitably been accompanied by more infection and more hospitalisation.
- We must be clear that we cannot simply eliminate Covid – we must learn to live with it.
- Every day we are better protected by the vaccines & better able to live with the disease.
- Millions of younger adults have not been vaccinated.
- Sadly, a proportion of elderly and vulnerable may still succumb even if had two jabs.
- Numbers in ICU rising.
- We can keep going with step 4 on June 21st or give NHS a few more crucial weeks.
- Will monitor position every day.
- Confident we won't need more than 4 weeks and won't need to go beyond July 19th.
- Vaccines working & position incomparably better than in previous waves.
- Will be in stronger position to keep hospitalisations down, live with disease, and complete cautious but irreversible roadmap to freedom.

Coronavirus

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

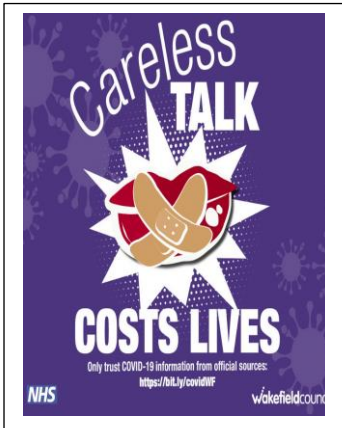
Use a tissue to turn off the tap.
Dry hands thoroughly.

You can read the full statement [here](#).

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Everyone aged 18 or over should be able to book their Covid-19 jab by the end of this week, the head of NHS England has said.

Worried about having the vaccine? Get more information [Why vaccination is safe and important - NHS \(www.nhs.uk\)](#)



GETTING THE JOB DONE FOR... WAKEFIELD

Together we've vaccinated **217,608** people.

So far we have:

- Administered a total of **371,613** doses
- Vaccinated approximately **69%** of people in their 30s
- Given **154,005** people their second jabs

EVERY VACCINATION GIVES US HOPE

www.wakefield-trust.nhs.uk

Wakefield Adult Education Service

September 2021 course guide available now!

Our course guide for September is available to view online!

Check out the link on the post to view.

For further information or to book onto any of our courses, please contact us today!

01924 303302

manygates@wakefield.gov.uk

wakefieldcouncil working for you




Wakefield Question Time **live**  MyWakefield

We're talking about Investing in green spaces
Tuesday 29 June, 12-1pm




Cllr Denise Jeffery
Council Leader


Cllr Jack Hemingway
Deputy Leader and Cabinet Member for Climate Change and Environment


Glynn Humphries
Corporate Director Communities, Environment and Climate Change


 MyWakefield

wakefieldcouncil working for you

Do you want to ask a question to the Council's key decision makers about investment in the district's green spaces?

Join [#WakefieldQuestionTime](https://www.facebook.com/WakefieldQuestionTime) live on Facebook on Tuesday 29 June.

Get involved at <https://buff.ly/35m5Js9>





LET'S KEEP GOING


wakefield.gov.uk/letskeepgoing



COVID-secure businesses
Protecting each other today for a brighter tomorrow

Date: Thursday 1 July 2021
Time: 10am - 11am
Location: Online via Zoom


Richard Durr
Operations Manager at OE Electrics


Tony Baugh
Divisional Health & Safety Manager at Next


Anna Carson
Senior Environmental Health Officer at Wakefield Council

 European Union European Regional Development Fund  HM Government

wakefieldcouncil

Wakefield Council are holding a virtual event to help our local businesses feel fully supported and confident navigating the new normal. 😊

Their free event will address how businesses can ensure a COVID-19 secure environment and successfully manage outbreaks, with talks from experts at [OE Electrics Ltd](https://www.oeelectrics.com), [Next](https://www.next.co.uk) and our public health team.

Find out more  <https://buff.ly/3xsoTbZ>

[#KeepGoingWF](https://www.facebook.com/KeepGoingWF)