



The Supporter

Newsletter

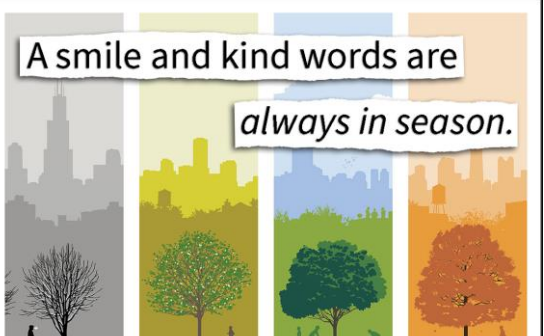
25 June 2021

NHS

**South West
Yorkshire Partnership**

NHS Foundation Trust

A smile and kind words are
always in season.



Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

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

**BOOK
YOUR
PLACE
EARLY!**

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Wakefield
Recovery and Wellbeing College

Food for your mood 3 weeks online course

Starting on Thursday 8 July 2021
11.30am – 2.00pm

Course presented via Microsoft Teams



Book early – by enrolling via our website
www.wakefieldrecoverycollege.nhs.uk
or ring us 01924 316946

Come and enjoy fun facts and health promotion through this three week course facilitated by Chebey and Gail. Learn how to develop further skills, gain confidence, maybe even a new hobby, as well as learn about the health benefits and alternatives that can be used. We'll even have fun quizzes along the way in this easy, no stress and fun course!

3 EASY recipes:

Week 1 – No Bake Cheesecake (White Chocolate & Strawberries)

Week 2 – Pita Bread Pizza

Week 3 – Smoothies

NEW
COURSE!

Friendly
interactive
Fun

www.southwestyorkshire.nhs.uk

With all of us in mind.

HM Government

LET'S TALK
LONELINESS

As coronavirus social distancing restrictions ease, many people will still feel lonely and isolated. So, it will be more important than ever to take action if you or someone you know is feeling lonely.

It's ok to feel lonely, but don't suffer in silence there is advice out there to help you. Have a look at these self-help tips

- **Keep in touch with those around you**
Some people will be keen to get together in person, but others might be more cautious.
- **Join a Group**
Being part of a shared interest group is a great way to make connections
- **Get in touch**
Organisations can offer support – find the right one for you
- **Help out through volunteering**
Volunteering is a great way to meet new people and connect
- letstalkloneliness.co.uk

Listen to the [#LetsTalkLoneliness podcast](#)

Quick guide to our groups – available to book now!

Course	Date/Venue	Time
Dyslexia awareness	24 June online	10.30-12.00pm
An introduction to Mindfulness	24 June online	10.00-12.00pm
Coping with pain	5 & 12 July online	2.00-3.00pm
Food for mood	8,15,22 July online	11.30-2.00pm
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 & 27 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 August online	11.00-12.30pm
Caring for me & you	7 September 6-week course venue TBC	10.30-1.00pm
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
Incredible edible gardening club	Fieldhead Hospital Caring Garden (every Tuesday from June)	1.00-3.00pm
Music appreciation group	24 June online	2.00-3.00pm
Family & Carers group	8 July online	2.00-3.00pm

(some courses may be more than 1 week)

You can find more information about all of our groups by visiting our website www.wakefieldrecoverycollege.nhs.uk or by giving us a call on 01924 316946.

The Public Health England Act FAST Stroke Campaign urges people to call 999 immediately if they notice one of the signs of a stroke in themselves or others.

Data from the lockdown period of the COVID-19 pandemic last year shows that admissions to hospital for stroke fell by 12% between March & April 2020.

Stroke is a medical emergency and causes about 34,000 deaths a year. Anyone experiencing symptoms should seek urgent help.

Early treatment not only saves lives but results in a greater chance of a better recovery, it also means likely reduction in permanent disability.

The Wakefield Recovery and Wellbeing College offers a Stroke Awareness course where you can come along and learn more about what Stroke is, the different types of Stroke and also what you can do to reduce your/others risk of having a stroke.. You will have the opportunity to ask questions in a small friendly group setting.

FREE
for all adults 18+

Stroke awareness workshop

NHS
South West Yorkshire Partnership
NHS Foundation Trust

FACE
Has their face fallen on one side? Can they smile?

ARMS
Can they raise both arms and keep them there?

SPEECH
Is their speech slurred?

TIME
To call 999 if you see any single one of these signs

- 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

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.

NHS

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WHEN STROKE STRIKES, Act F.A.S.T.

Act F.A.S.T. help us help you

Around 100,000 people in the UK suffer a stroke in a year

1.9million nerve cells in the brain are lost when a person suffers a stroke

The NHS is open, safe and if you suffer a stroke will want to see you as soon as possible – don't hesitate, just call 999.

Fed up with being in pain? Learn a few tips how to help manage it better



COPING WITH PAIN WORKSHOP

This 2-week workshop, facilitated by Live Well Wakefield, will help you to:

- Meet and share with others who live with chronic pain
- Look at additional tools/techniques for managing persistent pain problems
- Practice some pain management techniques
- Make a plan to help manage pain at home

The small group is very informal, and they will be showing you things they use to help them cope with persistent pain.

Starts on Monday 5 July 2021

Time: 2.00-3.00pm

Enrol via the Recovery College website

www.wakefieldrecoverycollege.nhs.uk or call us on 01924 316946



Together,
for a **happier,**
healthier,
Wakefield district.

community > wakefield

Add your opportunities
to the new website

communitywakefield.org



wakefieldcouncil
working for you

Nova 01924 367418

Community>Wakefield is Launching!

The new place for services, activities, opportunities, and events across Wakefield District. They are really excited to be able to share that the new directory for the District, Community>Wakefield is now ready to launch! Community>Wakefield will be utilised by all – ranging from a family looking for things to do during the holidays, an individual wanting to improve their health and wellbeing, to a worker using the site to identify an appropriate activity for social prescription. They are at the final stage of the project, where they are now inviting organisations to register and list their information on the site. Visit Nova's website to find out more: [Nova - Building a vibrant voluntary sector in Wakefield District \(nova-wd.org.uk\)](http://nova-wd.org.uk)



Carers Wakefield & District are pleased to be able to offer the following FREE workshop in partnership with Turning Point

The aim of the workshop is to explore what grief is and how you can start to cope with it. Taking a look at depression and being able to understand the difference between grief and depression - but also how grief and depression are similar. Starting to explore how to look after yourself whilst grieving and when you may need to seek further help and support.

Please contact our duty desk on 01924 305544 to book your place

There is less than 50 days until the deadline of 30 June 2021, if you are an EU, EEA or Swiss citizen or their family member (resident in the UK by 31 Dec), apply now to continue to work, study, access healthcare and benefits in the UK
[Apply to the EU Settlement Scheme \(settled and pre-settled status\): Apply to the EU Settlement Scheme - GOV.UK \(www.gov.uk\)](#)

SPOT THE DIFFERENCE

Can you spot the 11 differences between these two pictures?



Free printable courtesy of PrintItFree.net

For the kids, can they spot the difference in the pictures? When they have found them, the picture will double up as a colouring page.

Football players

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

WELBECK
LUKAKU
TORRES
GUZAN
LUIZ
NASRI

BAINES
LLORIS
OSCAR
CHADLI
TERRY
COLE

SOLDADO
LAMPARD
BRADY
WALKER
HAZARD
GIGGS

GERRARD
GIROUD
SUAREZ
CECH
WALCOT
PODOLSKI

DAWSON
BARKLEY
MICHU
HART
EVRA
DEFOE

ROONEY
HOWARD
RAMSEY
OZIL
TOURE
AGGER

COVID-19 UPDATES



COVID-19 Dashboard: Wakefield Cases
 Infection rates have increased. People are asked to continue to be mindful of the Government guidance of hands/face/space/fresh air – even if you have had both of your COVID-19 vaccinations.



Overview of COVID-19 in Wakefield District

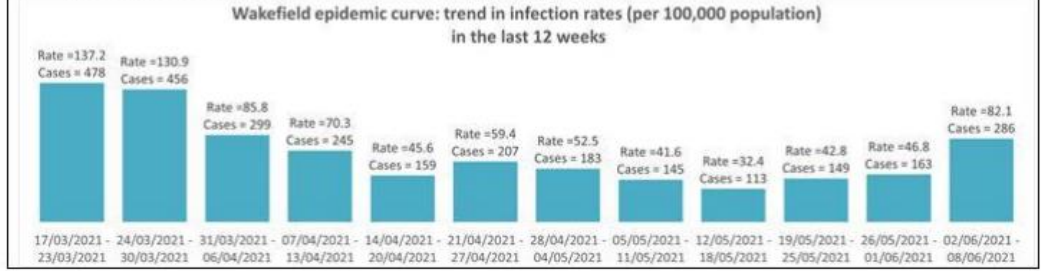
Data Released: 13th June 2021. Latest data: 8th June 2021 (data is available up to 12th June 2021 but the last four days are excluded because they are incomplete and therefore inaccurate).

Key facts about COVID-19 in Wakefield:

COVID restriction level: Nationwide restrictions – step three of the roadmap

Cases data: latest 7 days – 2nd June – 8th June

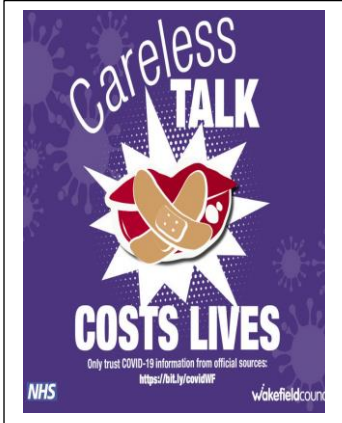
286 ↑ cases in the last 7 days (previous 7 days = 163 cases)
82.1 ↑ cases per 100k population (previous 7 days = 46.8)
26,765 cases since March 2020



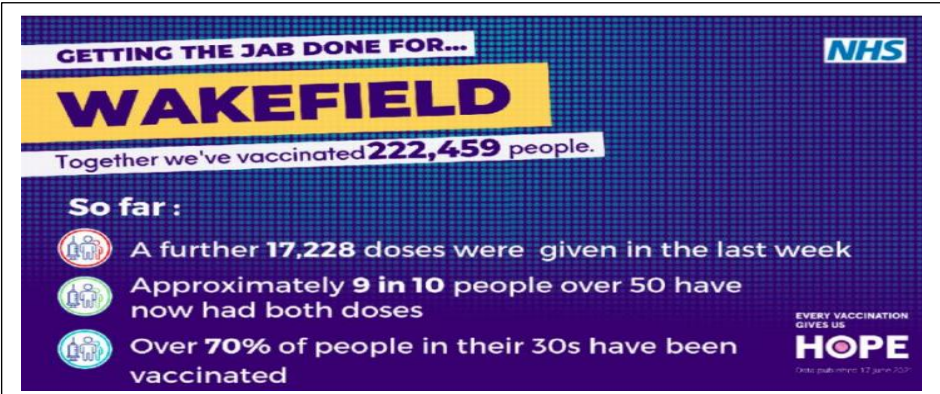
<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Everyone aged 18 or over can now book their Covid-19 jab, the head of NHS England has said.

Worried about having the vaccine? Get more information [Why vaccination is safe and important - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/why-vaccination-is-safe-and-important/)



Test and Trace Support Payment Scheme If you have been told to self-isolate by NHS Test and Trace on or after 28 September 2020, you are under a legal obligation to do so. You could be eligible for a £500 Test and Trace Support Payment if you live in England and meet certain criteria. Visit the Government website to find out if you are eligible: [Claiming financial support under the Test and Trace Support Payment scheme - GOV.UK \(www.gov.uk\)](https://www.gov.uk/claiming-financial-support-under-the-test-and-trace-support-payment-scheme)



Pulmonary Rehabilitation Awareness Week

21 - 27 June

NHS
The Mid Yorkshire Hospitals
NHS Trust



This week is Pulmonary Rehabilitation Awareness Week. 🚚
 Pulmonary rehabilitation is a treatment programme designed to improve the breathing ability and wellbeing of people with lung disease. The treatment is made up of a tailored physical exercise programme, information on looking after your body and your lungs, and advice on managing your condition and your symptoms.
 Pulmonary rehabilitation has been shown to improve exercise capacity, help you manage your condition and improve psychological wellbeing. 💙
 More information about pulmonary rehabilitation can be found by visiting the British Lung Foundation 🖱️ <https://bit.ly/2SzDhjQ>
[#MidYorksNHS](#)

Self care

It's important that we look after our mental health and wellbeing the same way we do with our physical health. South West Yorkshire Foundation Trust have created a free guide to help adults in Barnsley, Calderdale, Kirklees, and Wakefield. Choose Well for Mental Health: <https://buff.ly/37IQAmO>

Worried your partner may have an abusive past?

Get in touch

Contact the Police on 101

If we can find information that would protect you, we will tell you

www.westyorkshire.police.uk/claresslaw

If you suspect your partner may have a history of domestic abuse

Ask us

Contact the Police on 101

Their past doesn't have to ruin your future

www.westyorkshire.police.uk/claresslaw

Clare's Law

The Domestic Violence Disclosure Scheme

Home Office
WEST YORKSHIRE POLICE