



The Supporter

Newsletter

9 July 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)

A personal story
 written by one
 of our dedicated
 volunteers



Summer Already

Spring sprang, Summer is here, and I am all flummoxed. I like to see the snowdrops, crocuses, and daffodils. I enjoy forsythia, magnolia, and camellia spotting. Roses have bloomed, azaleas faded.

Usually I am fond of a wander round a bluebell wood. This too has not been happening. Some days even my music pick me up fails me.

With dismay I look at the weighing scales and it screams back "piled on stones and pounds". This week I am so disorganised that I got times wrong for everything. I don't want to prise myself in a swimsuit or risk falling off the bike.

I really wanted to tell people about a music group that made our first Lockdown One Outing so beautiful back in 2020.

We went to Nostell Priory and we had set the chairs out for our picnic. People started arriving in front of us. We were mesmerised. Chairs were set up, musical instruments appeared, more people.

Then they began to tune up, have a chat and then burst into song. We were treated to a personal outdoor concert, having set up our picnic camp in the perfect place.

If that music group and choir was you – please let The College know because you were fabulous, and we would love to join you or be present when you hold events. I could kick myself for not asking more about the group. The session included numbers like Pretty Woman, I'm A Believer, Hey Judy... A lot of uplifting sing along tunes. With the Finale, we lifted our scarves, swayed, and joined in with "You'll Never Walk Alone". They made our day, indeed our Lockdown. It was all so lovely.

A fabulous impromptu music event. As good as any Festival.

I look forward to much more music coming back into our lives for every one of us.

A tonic like nothing else.

Quick guide to our groups – available to book now!

Course		Time
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
Accepting change	4 August online 2 weeks	1.00-3.00pm
Recognising Burnout	5 August online	10.30-12.30pm
Coping with life using relaxation	23 August online	11.00-12.30pm
Caring for me & you	7 September 6-week course Wakefield Town Hall	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	22 July online – ring college to book a place	2.00-3.00pm
Family & Carers group	5 August online – ring college to book a place	2.00-3.00pm

(some courses may be more than 1 week)

You can find more information about all our groups and how to enrol by visiting our website

www.wakefieldrecoverycollege.nhs.uk or by giving us a call on 01924 316946.



NHS

“I'M JUST A BIT BLOATED”

If it lasts for three weeks or more
JUST SPEAK TO YOUR GP


Clear on cancer help us help you

If you've had tummy trouble such as bloating, diarrhoea or discomfort for three weeks or more, it could be a sign of cancer.

It's probably nothing serious but finding cancer early makes it more treatable.

Your NHS is here to see you safely. [#HelpUsHelpYou](#)

nhs.uk/cancersymptoms

It's time we dedicated as much time to looking after ourselves as we do to fixing things around the house . Fear of lung cancer can hit close to home, but the sooner it is treated, the better the chances of recovery.

That is why the NHS Wakefield Commissioning Group are proud to support the [#DoltForYourself](#) campaign – which encourages patients with potential lung cancer symptoms to put their health first. Had a cough for three weeks or more or feeling breathless? Contact your GP practice as soon as you can.



DO IT FOR YOURSELF

Cough for Three Weeks? DON'T GLOSS OVER IT

Early detection means more people are surviving lung cancer.

Not every cough is Covid. It could be a sign of lung cancer.

DO IT FOR YOURSELF. Don't delay, contact your GP.

This campaign was created by MSD with endorsements from:

MACMILLAN CANCER SUPPORT BRITISH LUNG CANCER MESOTHELIOMA UK UNITED KINGDOM LUNG CANCER RESEARCH FOUNDATION MSD

GB-NON-04348 | Date of prep: May 2021




Chat and Chill at Pontefract Library

Pop into Pontefract Library for our relaxing Chat and Chill session. Enjoy a cup of tea or coffee and a friendly group chat, with the odd fun game or two thrown in.

Every Tuesday
10:30 - 11:30

wakefieldcouncil
working for you

Do you want a bit of company and a chat?



West Yorkshire Police

1 July at 15:41

Are you interested in becoming a Volunteer Police Cadet? Our scheme, for 13-17 year olds, is recruiting now.

Find out more at:
<https://www.westyorkshire.police.uk/.../volunteer-police...>

Great opportunity for teenagers!



STEP-UP

Come in and see us!

Employment Advice

Job Matching

We're at St Mary's Community Centre in Pontefract every Friday morning

Learning New Skills

Career Change

Exclusive Vacancies

For more information and to make an appointment with a member of our team at a time and place which suits you, call us on 01924 303334 or email stepup@wakefield.gov.uk

Pontefract Castle Audio Tour

We are pleased to be able to offer our members, volunteers and supporters a free virtual Yoga for Beginners class, run by Dharma Yoga by Davina.

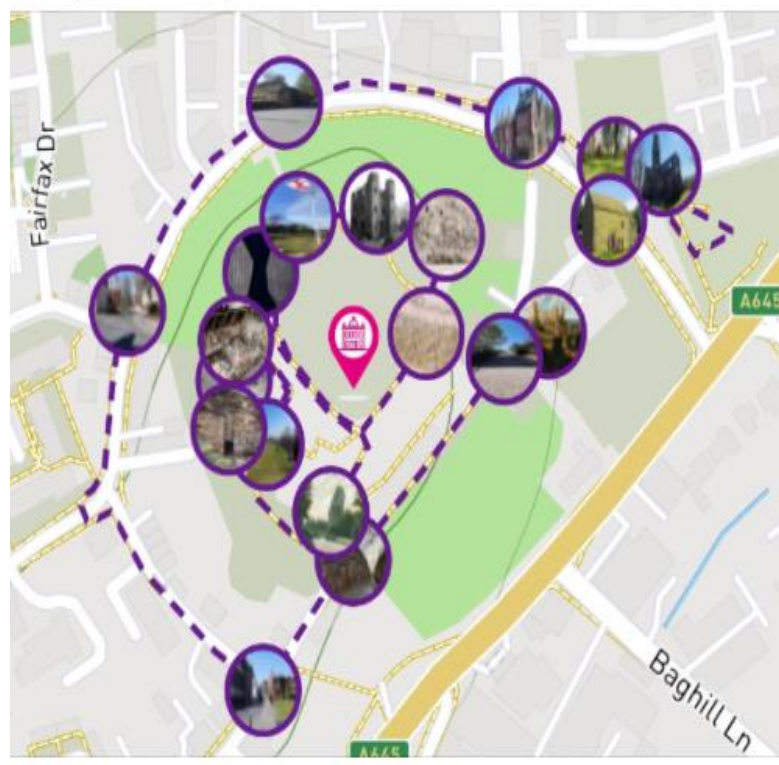
The class runs every Tuesday between 6 - 6.50pm to help people to stretch, unwind and relax. If you would like to book on, contact us on 07426 716677 or email info@opencountry.org.uk.



We are launching a new audio tour on the [Loveexploringapp](#), featuring the castle's Civil War history!

Download the app from the App Store or Google Play, search for Pontefract Castle and open the tour from the app. Both the app and the tour are FREE to download and use! Filled with facts and new research, this tour will bring to light life in the castle and the surrounding town of Pontefract in the 1640s.

The walk will take you on a circuit around the site, and the castle's perimeter, starting and finishing at the castle car park.



Own a dog? We need your help

DOG Awareness

Seven postmen and women are bitten every day

Here are **FIVE WAYS** you can help keep our Royal Mail family **SAFE**.

- 1** **MAKE SURE** children don't open the door to the postman.
- 2** **TRAIN YOUR DOG** to move to another room before the postman or woman arrives.
- 3** **OCCUPY YOUR DOG** with food or a toy while mail is being delivered.
- 4** **INVEST** in a letter cage or an external letterbox.
- 5** **ENSURE YOUR DOG** has a collar and tag, and an up-to-date microchip.

For more information, please visit www.royalmail.com/dogawareness



Dog awareness – almost 2,500 dog attacks on postal workers last year [Dog awareness | Royal Mail Group Ltd](#)



Going out for a drink? Remember to plan how you're getting home

ENJOY SUMMER SAFELY

Drink driving could cost you your licence, your job, your life

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



newground together

- Are you unemployed?
- Would you like help getting into work?
- We can help!

Signpost: UNIVERSAL CREDIT, CV WRITING, CONFIDENCE, SUPPORT

Sometimes, finding a job, or even knowing where to start can feel a million miles away. Don't worry, that's where we come in. Whatever is getting in your way, whether it's debt issues, housing problems, low confidence or needing new skills, we will provide the help and support you need to get you into work or to access training.

Your one-to-one support plan will be tailored to your needs but could include:

- finding job vacancies
- help with CV writing and applications
- interview techniques
- work experience placements
- volunteering opportunities
- digital skills
- helping you access training.

• Are you aged 16+ and live in the South East of Wakefield?
• Do you want FREE support looking for work or training?

If so text **Wakefield** and your name to **07860 952356** or email referrals@newground.co.uk and a member of staff will get back to you.

Ways2Work RISE EMPLOYMENT EMPLOYMENT AND SKILLS PEOPLE European Union European Social Fund

www.newground.co.uk

0800 612 0011
Free from landlines
0330 660 1166
Free from most mobiles

NHS Yorkshire Smokefree Service

You're up to 4 times more likely to stop with our help

Yorkshire Smokefree offers a free and friendly service with NHS qualified staff One to one, group, telephone and online support available

New research confirms that those ex-smokers will now be feeling happier and more positive than if they were still smoking. We don't often talk about the benefits of quitting to mental health, but just as it improves our physical health, stopping smoking also improves your sense of wellbeing. Withdrawal can be tough, but with help, you can come out the other side feeling happier, healthier and wealthier too!!

You quit, your way

NHS Yorkshire Smokefree service

Visit our website at: www.yorkshiresmokefree.nhs.uk
Facebook: Yorkshire Smokefree
Twitter: @YSmokefree


Meet me? 😊 xx

Who are you really talking to?

People may not always be who they say they are...

If you have any concerns about who you're talking to online, please call the Police non-emergency number 101

Find out more, go to:
www.westyorkshire.police.uk/who-r-u-talking-2



She's always questioning me...

Hi babes where r u...xx?

Who r u with?

Call me now..!

Call or txt me.....x

I'm gonna make ur life hell.....

Controlling behaviour is domestic abuse. If you or a friend are experiencing it, Tell someone before it's too late...

Domestic Abuse There's No Excuse

101
116
111
112

West Yorkshire Police

www.westyorkshire.police.uk/domesticabuse

Wakefield Domestic Abuse Service
Tel: 0800 915 1561 (Available 7 days a week)

LET'S
KEEP
GOING

We're asking everyone over 18 to take a COVID-19 PCR test, even if they don't have any symptoms.

European Union
European Regional Development Fund

HM Government

wakefieldcouncil

GETTING THE JOB DONE FOR...

WAKEFIELD

Together we've vaccinated **237,233** people.

So far we have ...

- Vaccinated c1000 people over Grab a Jab weekend
- Given 178,857 people their second doses
- Jabbed over half of the region's 18-29 year olds

NHS

EVERY VACCINATION GIVES US
HOPE

COVID-19 animations for children and young people


To support the COVID-19 response, [Little Journey](#) have developed three animations (more to follow), to help children and young people understand:

1. [Coronavirus swab test](#). Are you going for a Coronavirus Swab Test soon? Learn about how, why and when we test for coronavirus (COVID-19) using a Swab Test and how you can prepare yourself before having your test.
2. [Coronavirus swab test for secondary school](#). Annabelle tells us, step by step, about her Routine Rapid Lateral Flow Swab Test for Secondary School.
3. [What is a vaccine?](#) Scientists have worked out a way to help our immune system fight off certain germs or viruses more quickly. These are called vaccines.

These animations have been endorsed by NHS Test and Trace, and are available on [e-Bug's COVID-19 page](#): <https://e-bug.eu/page.php?name=Information-about-the-Coronavirus>

Be aware of vaccine passport scams

Scammers are offering fake covid-19 certificates and vaccine passports. Scammers are using methods such as phishing emails and text messages to trick consumers into inputting personal information and charging a 'fee' for the service offered.



Childcare Costs

HM Revenue and Customs is reminding working families that they can use [Tax-Free Childcare](#) to help pay for their childcare costs over the summer. Tax-Free Childcare is also available for pre-school aged children attending nurseries, childminders or other childcare providers.

Tax Credit Scams

HMRC says [Tax credits customers](#) should be alert to potential scams. In the 12 months to 30 April 2021 HMRC have

- responded to more than 1,154,300 referrals of suspicious contact from the public. More than 576,960 of these offered bogus tax rebates
- worked with telecoms companies and Ofcom to remove more than 3,000 malicious telephone numbers
- with internet service providers to take down over 15,700 malicious web pages
- responded to 443,033 reports of phone scams

Experiences and Support Needs of Adults in England who Care for Adults they consider to be at Risk of Suicide: A Research Study

Are you an adult (18 years or over) who lives in England and currently cares for an adult family member or friend you think may be, or has previously been, at risk of suicide?

Oxford Brookes University are carrying out a research project to help them understand what support might help adults in this position.

What is an adult carer of another adult?

For this research, they are defining an adult carer as anyone aged 18 or over who currently looks after, on a non-professional and unpaid basis, a family member, partner or friend aged 18 or over who needs help and support because they are considered to be, or have previously been, at risk of suicide.

What does at risk of suicide mean?

They are interested in carers' perspectives of suicide risk. If you are a non-professional carer and you think that the person you care for is at risk, or has previously been at risk, of suicide you are eligible for this research.

What does the research involve?

This research involves completing an online survey. The survey takes around 20 minutes to complete and is anonymous (we won't ask you for any personal details).

They are also carrying out interviews which will explore the same issues as they survey in more depth. The survey provides information about how to express interest in taking part in interviews.

The online survey and participant information can be found here [Adult carers of adults at risk of suicide survey](#)

The survey will be live until 1st November 2021. After this time, it will not be possible to complete the survey.



We hope you are enjoying receiving our weekly Newsletter and finding the information we are providing useful.

If you would rather not receive a **postal copy** can you kindly let us know and we will remove your name from our mailing list.

Many thanks
Wakefield Recovery College Team



South West Yorkshire Partnership NHS Foundation Trust

On Monday 5 July our interim chief executive, Mark Brooks, met Tracey Austin, mayor of Wakefield at our college base, Drury Lane Health and Wellbeing Centre.

The mayor visited our colleagues as part of Together Coalition's [#ThankYouDay](#) and to mark the [#NHSBirthday](#) t 🎉🎂




How was your experience?

NHS community mental health survey 2021

The Trust is conducting a survey to find out what service users think about their care.

This is part of a national programme to **improve the quality of care and service users' experiences**. Taking part in the survey is **voluntary** and all answers are **confidential**.

If you are selected to take part, you will receive a questionnaire in the post and text message reminders.

If you do not want to take part, or have any questions about the survey please contact:

01924 316177
suzie.barton@swyft.nhs.uk
 Fieldhead Hospital
 Block 8, Ouchthorpe Lane
 Wakefield, WF1 3SP



Wakefield Adult Education Service

FREE Communication Skills for Life Workshop

Wednesday 21st July

What will I learn?

- What do we mean by communication skills
- How effective communication can help with our career, progression, and everyday life
- To identify our strengths and weaknesses in our communication
- To take the first steps to improving these skills.

Where and when will it take place?
 Wednesday 21st July at Manygates.
 Morning session 10am-12noon.
 Afternoon session 1pm-3pm.
 All sessions will be socially distanced and our centre is Covid secure.

How do I book?
 To book onto a session ask at reception, call Manygates on 01924 303302 or email AdultEducationCareers@wakefield.gov.uk











Last week's Quiz answers

- 1 – It can occur between the 20th and 22nd June each year (but usually on the 21st).
- 2 – December
- 3 – Wimbledon
- 4 – 1995
- 5 – True! On June 2nd 1975. The coldest temperature ever recorded in summer in the UK is -5.6 centigrade, recorded on June 9th 1955 and again on June 1st and 3rd in 1962.
- 6 – True! The iron expands with the summer hat and can grow by more than 6 inches!
- 7 – Sir Cliff Richard
- 8 – Home and Away
- 9 – Cancer, Leo, Virgo
- 10 – Vitamin D




July Wellbeing Workshops

Managing Anxiety & Worry - 02/07/2021 - 14:30

Wellbeing Whilst Working - 05/07/2021 - 12:30

Panic Workshop - 08/07/2021 - 17:30

Mindful Pregnancy Part 1 - 14/07/2021 - 11:00

Mindful Pregnancy Part 2 - 21/07/2021 - 11:00

Body Image - 14/07/2021 - 12:30

New Parents Workshop - 14/07/2021 - 13:00

Needlephobia Workshop - 14/07/2021 - 14:30

Helping with Grief - 16/07/2021 - 13:00



Sign up now on our website

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



Sports Word Search



DIRECTIONS: Circle the names of the different sports from the word list in the letter grid below. To find them all you will have to look in every direction, including backwards and diagonally. Good luck!



Archery
Athletics
Badminton
Baseball
Basketball
Boxing
Cricket
Diving

Fencing
Football
Formula One
Golf
Gymnastics
Handball
Hockey
Judo

Lacrosse
Polo
Rugby
Sailing
Skiing
Soccer
Softball
Squash

Sumo
Surfing
Swimming
Taekwondo
Tennis
Volleyball
Weightlifting
Wrestling

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