



The Supporter Newsletter 16 July 2021

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



Wakefield Recovery and Wellbeing College

- www.wakefieldrecoverycollege.nhs.uk
- wakefieldrecoverycollege@swyt.nhs.uk
- 01924 316946
- @W5TRC
- facebook.com/wakefieldrecoverycollege

**Do you want to be part of
GreenStrider's Summer of Fun?
IT'S FREE!**

Come and join us at Hall Green Community Centre
In the Summer School Holidays.

All Children from the age of 5 years and above are welcome,
come along and see what we have on offer

This exciting project will give you opportunities to dance sing,
participate in drama, art and so much more.
Breakfast and Lunch will be provided
Places are limited and must be booked in advance

START DATES -Wednesday 28th July 10am to 3pm
Thursday 29th July 10am to 3pm
HallGreen Community Centre 1a Paintthorpe Lane
HallGreen Wakefield WF43LA

To book places or for further information
Phone Cynthia 01924-251544
Email- binuscynthia@yahoo.co.uk

SATURDAY 21ST AUGUST
2-9PM

**FRIARWOOD
FESTIVAL
TICKETS**

TICKETS AVAILABLE
FROM 19TH JULY VI
EVENTBRIT

Friarwood Festival at the Valley Gardens Pontefract will be going ahead on Saturday 29 August 2-9pm. There will be a small ticket fee of £3.00 for over 11's which go on sale on Eventbrite on 19 July and 1 August. There will be bars, music, street food and lots for the kids – great day out in the fresh air!

More
courses
added

Quick guide to our groups – available to book now!

Course		Time
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
Understanding anxiety	17 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
Stroke awareness	15 October St Giles Church, Pontefract	2.00-4.00pm
Feeling positive, busting stress	18 October online	11.00-12.30pm
Incredible edible gardening club	Fieldhead Hospital Caring Garden (every Tuesday)	1.00-3.00pm
Music appreciation group	22 July 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.



Creative Earth Community Grants

Wakefield Council are now inviting and encouraging community groups to apply for a grant to help to run their own Festival of the Earth activities during the summer months. The application form is short, and there is guidance also available at <https://creativewakefield.net/creative-earth-grants-for-communities/>.

Grants are to be from £150 to £500, and we will also accept applications asking for support up to £1,000 if the project is exceptional. The funding is available to all constituted groups from across Wakefield.

We anticipate community groups applying to cover the costs to run a family fun day, eco-arts and crafts workshops, design of a community garden, or other creative activities to encourage and inspire your communities to explore the theme of the environment. All activities should be free to attend / participate. Everyone can be creative, and everyone can help to reduce their impact on our planet.

We are asking for groups to complete EOI form, and to email it to:
creativewakefield@wakefield.gov.uk

Deadline for applications:
Round Two: Monday 12 July 2021, 5pm
Round Three: Monday 16 August 2021, 5pm

Intro zoom session for men (18+)
Pop in and meet the Battle Scars team
Thursday 22 July 2021, 6.30-8.30 pm

Do you cause yourself harm by hitting, cutting, putting yourself down, over/under eating, overdosing, pushing yourself too hard etc? Self-harm takes many forms, it's a way to regain some control, to get some relief, to avoid hurting others to stay alive.

Our virtual peer support groups are open to any adult living in the UK

Drop-in anytime during this session to find out more about our ethos, approach and services :


<https://zoom.us/j/97268594401>
Meeting ID: 972 6859 4401



Battle Scars
www.battle-scars-self-harm.org.uk

Live Well Wakefield have a free 6 week online course; General Self Management, starting Monday 20 September, 13:00-15:30 (An introductory session takes place 13 September, 13:00-14:00) The course is open to anyone with a long term health condition who may wish to learn how to manage their condition better. To book a place on this course, or for more information email paul.boyd1@nhs.net or telephone 01924 255363. Please note: you will need the free application Microsoft Teams installing on the device that you will be using to access this course





NIGHT OWLS
Overnight Adult, Youngster
Listening/Advice Services

Night OWLS is a confidential support line for children and young people in crisis. Helping them, their parents and carers living in Bradford, Leeds, Calderdale, Kirkstoes and Wakefield.

We're available
8pm – 8am

Call this number for free:
0300 2003900

Text us on:
07984 392700

Chat to us on:
wynightowls.org.uk



autism plus
Specialist Employment Support

-  **Do you live in the Wakefield district?**
-  **Do you have autism (diagnosed or undiagnosed)?**
-  **Do you feel able to share your experiences of local support?**

We are currently undertaking a research project within the wakefield district and we would love to hear your views!

We are keen to hear your views, please follow this link to complete our online survey.

<https://www.surveymonkey.co.uk/r/WakefieldAutismResearch>

If you would like to give more detailed feedback or responses please contact us directly to discuss or to find out more about how you can get involved
research@autismplus.co.uk
07814 732386



Portobello Community Centre, Wakefield are holding their garden party soon!! Join in the fun

We're planning and getting ready for the Portobello Centenary Garden Party. As with all garden parties we need lots of beautiful flowers. We would love you to grow your own flowers and vegetables and bring them to the party on Wednesday, 25 August between 10am and 4pm. Bring them in your pots and planters and let's see who's got the greenest fingers.




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 • Kirkstoes • Wakefield • Leeds • Barnsley

Supported by
NCHA
Care and Support

Here at the Recovery College we are busy planning our Autumn courses for our students. This year we will also be offering a selection of courses during the summer school holidays. The college has decided not to publish a printed prospectus for the Autumn term, but instead will advertise all our courses via our website, Newsletter, flyers, and social media, so please do keep a look out for them....

We hope to be able to offer face to face courses as soon as we get the go ahead from our Infection, Prevention and Control Team. These will be advertised when they are available to book.

A WALK ON THE WILD SIDE
(A GARDEN VISIT IN ART FORM)

Curving paths
Ideal for matching a wave form
Leading the eye
To each new delight
A riot of colour
Pink red yellow and purple flowers bloom in abundance.

Sculptures hidden behind some flower beds
To surprise the eye
Aligned
Spiral
Appearing to be in motion
Smooth
White
Composition.

A sculpture of a man and a woman
Solid
Magnificent
As if carved from the very fabric of the earth
Grey
Protecting
Watching
Guardians of the garden.

Paths around this beautiful garden
Surprise the eye with unique beds of colour
Bright yellow flowers
Opening towards the sun
Tiny blooms
But with shape and form:
The lady would have approved of
Look at the geometric shape of an unopened bloom.

A reminder of the gardener's efforts
appears in bright yellow
And tools needed.

Appreciate the earth's geometry
All around us the fantastic shapes
The garden is in itself an art form
Treat your senses
Enjoy gardens this summer
They are solace to the soul.

RYDER 2021
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Discover a city bursting with culture!

From galleries and theatres, to shopping centres and bars, there's no better way to explore Wakefield than on an Artwalk night.

Since 2008 we've been entertaining audiences across the city with free exhibitions, live music, performances, poetry, and so much more.

Artwalk always has a surprise up its sleeve - you never know what you might stumble upon next. And that is all part of it's charm.

Check out our website for venue, event, and access information. Use our online map to plan your route or pick up a printed map on the night.

Dates for 2021

28 July - 29 September - 24 November

All events run from 17:00 - late (plus timed performances)

Visit
artwalk.org.uk

Find us on social
[@artwalkwakefield](https://twitter.com/artwalkwakefield)



Night OWLS is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. This is a pilot scheme funded until March 2022.

Night OWLS can help you if you...

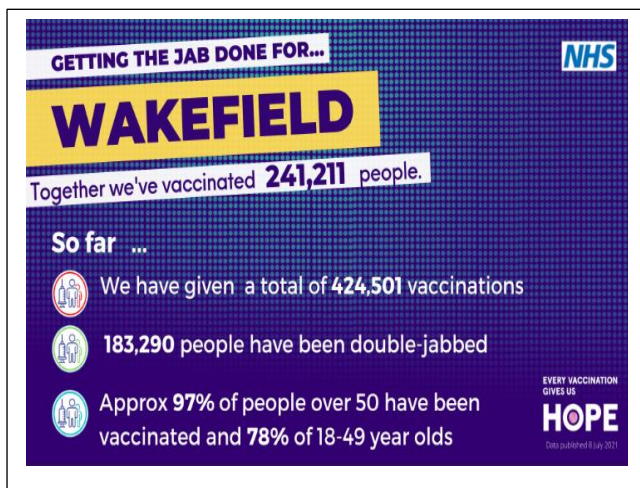
- Feel you have nowhere to turn
- Feel you can't go on living
- Are in a crisis
- Are finding it hard to cope with life
- Are feeling angry, lonely, anxious, or depressed
- Are feeling confused or finding it hard to think straight
- Are feeling unsafe
- Are caring for a young person
- Just want to talk

We're available 8pm–8am every day for children, young people, parents, and carers across West Yorkshire.

Call this number for free: 0300 2003900

Text us on: 07984 392700

NEW SUPPORT LINE



Overview of COVID-19 in Wakefield District

Data Released: 12th July 2021. Latest data: 6th July 2021 (data is available up to 10th July 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 – 30th June – 6th July

1,876 ↑

cases in the last 7 days
(previous 7 days = 1,227 cases)

538.6 ↑

cases per 100k population
(previous 7 days = 352.3)

30,747

cases since March 2020

Wakefield epidemic curve: trend in infection rates (per 100,000 population) in the last 12 weeks



STRESS LESS WORDSEARCH

Your name:

All these words have something to do with helping us be less stressed. The words go in straight lines, in all directions.

SUGGESTION: If you find yourself getting stuck on the last few words, take a break and come back to it later. You will very likely find you can suddenly do it. The brain likes breaks and sometimes seems to sort out puzzles for us while we're doing something else.

- | | | | |
|----------|------------|-----------------------|------------|
| LAVENDER | BREATHING | FRESH AIR | WALKING |
| LAUGHTER | FRIENDSHIP | HOBBIES | UNDERSTAND |
| REWARDS | YOGA | READING | SENSES |
| MUSIC | WRITING | DOCTOR | TALK |
| BALANCE | GOOD FOOD | POSITIVITY | MEDITATION |
| SLEEP | CHAMOMILE | BEING KIND TO SOMEONE | |

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

Do you have ways to build any of them into your life?
Which ones do you think would be useful for you?

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Breathing exercises for



This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding YOUR breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.



FREE
for all adults 18+

Stroke awareness workshop

South West Yorkshire Partnership
NHS Foundation Trust

FACE

ARMS

SPEECH

TIME

- 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

Friday 15 October

2 - 4pm

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.



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@swyt.nhs.uk
 Fieldhead Hospital
 Block 8, Cuchthorpe Lane
 Wakefield, WF1 3SP



Wakefield City of Culture

As the council continue to build on our UK City of Culture 2025 bid announcement, they are excited to share their brand new video with you. A video that celebrates Wakefield and helps define the unique culture and stories we have in this district. You can find the video here <https://bit.ly/Wakefield2025> Please share across your social media channels, using the hashtag #Wakefield2025 #CityofCulture2025.

Have you been affected by Suicide?

If you're under 25 support is available across the Wakefield District

Call Waheeda: 07708 471670 Visit: starbereavement.org.uk

Please note that our information is updated on a regular basis. Visit www.starbereavement.org.uk for more information.

What support is on offer?

One to One Support

One to One support to fit your needs.

Group Work

Support from peers with others who know what you're going through.

We'll come and meet with you wherever you feel safe.

Useful Contacts:

Contact your GP or call NHS 111:
 24 hour helpline and access out of hours GP.

SHOUT:
www.giveushout.org
 Text: SHOUT to 85258
 Free 24/7 support.

Papyrus HOPELINEUK:
www.papyrus-uk.org
 Call: 0800 068 4141
 Free to call 9am-Midnight.

Hope Again:
www.hopeagain.org.uk
 For bereavement support.

Samaritans:
www.samaritans.org
 Call: 116 123
 Free to call 24/7.

WF-I-Can:
www.wf-i-can.co.uk
 Information, advice and self-help tips to increase your confidence & resilience. Drop in and Chat service Tuesday-Thursday 7-9pm.

West Yorkshire and Harrogate Suicide Bereavement Service:
www.wyhsbs.org.uk
 Compassionate support for people bereaved by suicide. 18+