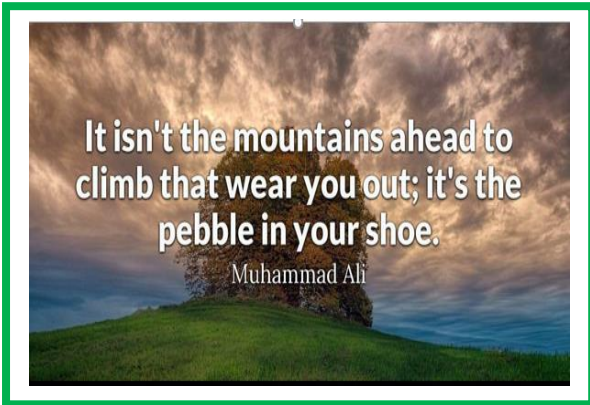




The Supporter Newsletter 6 August 2021



Wakefield Recovery and Wellbeing College

- 🌐 www.wakefieldrecoverycollege.nhs.uk
- ✉ wakefieldrecoverycollege@swyt.nhs.uk
- ☎ 01924 316946
- 🐦 @W5TRC
- 📘 facebook.com/wakefieldrecoverycollege

**Don't forget!
Maths and English courses are starting this September!**

We are still taking bookings for our enrolment workshops in Maths, English & ESOL which are taking place in September onwards. Courses include Functional Skills, up to GCSE.

Workshops will be available at Wakefield, Featherstone, Pontefract and Airedale. Contact us for more information or to book your place!

📞 01924 303302
✉ manygates@wakefield.gov.uk

Enrol Now!

wakefieldcouncil
working for you

HOPEFUL FAMILIES | COMMUNITY FUND | European Union European Social Fund

LET'S GET COOKING!

Want to cook more with your family? Need some cooking inspiration for the school holidays? Then look no further!

Join us at the Summer Cooking Club, a free food workshop open to both individuals and families at Hemsworth Community Centre from 10am - 1pm every Tuesday in August, where you can:

- > Cook and eat affordable meals
- > Learn new skills together
- > Meet new people
- > Get a free cook book
- > Receive a certificate of completion
- > Enjoy table decoration crafts

To book please call Tina on 07720 899781 or email tina.dransfield@spectrum-cic.nhs.uk.

Address: Hemsworth Community Centre, Hemsworth, Pontefract WF9 4LN

plus+ Hopeful Families offers opportunities to build hope, confidence and skills for people who are not in work. It is funded by the European Social Fund and the National Lottery Community Fund.

Spectrum FAMILIES

Wakefield Adult Education Service are starting Maths, English ESOL and Sewing skills courses in September. If you are interested give them a call on 01924 303302 to book a place on their enrolment workshop.

Wakefield Adult Education Service

**Are you looking to improve your sewing skills?
Or are you a beginner looking to learn a new hobby?**

Our September Sewing Skills course could be perfect for you!

Contact us for more information or to book your place!

📞 01924 303302 ✉ manygates@wakefield.gov.uk

wakefieldcouncil
working for you

wakefieldadulteducation

STAR

Come and join us for Summer Adventures!
Starting 4th August
Wednesdays and Thursdays 8-16's, Fridays are family days for 5-8's plus parents/ carers and siblings.
Still plenty of places left, come for 1 day or all of them!
Loads of fun activities, FREE! and food included
For anyone affected by all types of loss- contact us if you're not sure
Or follow the link to book
<https://starbereavementsupportservice.coordinate.cloud/list>
We would love to see you there :):)

ACKWORTH Pram Race

**Sunday 29th August
1pm**

live music
raffle
welly wanging
prizes

For more information,
please contact
**Alan Martin on 07831
373 053**

@ackworthpramrace

Great day out –
Help support the
Prince of Wales
Hospice

Keep the kids busy this summer with our new Summer Jollydays activity pack! ☀️

It's jam-packed full with low or no budget activities that the whole family can enjoy, and it's all part of our sustainable summer! From fabulous Festival of the Earth activities to starting a litter pick in your local community, there is so much fun to be had while looking after our planet... 🌍🌱💚

So get stuck in and show us your bakes, makes, and volunteering efforts 🍪

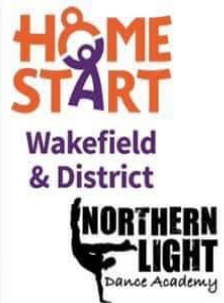
Find your free digital pack at

<https://buff.ly/3zOAKf9>

wakefieldcouncil
working for you



**FAMILY ACTIVITIES &
PICNIC IN THE PARK!**
TUESDAY & THURSDAY
10:30-2:30PM
**FREE SUMMER ACTIVITIES
& LUNCH**



KINSLEY FIELD TUESDAY 17TH AUGUST & TUESDAY 31ST AUGUST. GORTON STREET, KINSLEY, PONTEFRACT, WF9 5ES.
UPTON ARLFC THURSDAY 19TH AUGUST & THURSDAY 2ND SEPTEMBER. QUARRY LANE, PONTEFRACT, WF9 1DA.

LIMITED AVAILABILITY
PRIORITY GIVEN TO CHILDREN IN RECEIPT OF MEANS TESTED FREE SCHOOL MEALS
PLEASE BOOK VIA
<https://homestartwakefieldanddistrict.coordinate.cloud/> OR
CONTACT HOMESTART- 01924 251205

WF Happy Healthy Holidays

Department for Education

wakefieldcouncil

Hosted by **JM EVENTS**

Has your dog got the skill to be a champion?

Knottingley Kruffs
Fun, Family, No Dog Left at Home

The categories

- 🐾 Give a second chance (Rescue)
- 🐾 Dog look like owner
- 🐾 Best junior handler (up to 14 years)
- 🐾 Old but gold (7+)
- 🐾 Scuffy Mut
- 🐾 Obedience
- 🐾 Shiniest coat
- 🐾 Cutest pup (up to 12 months)
- 🐾 Best trick
- 🐾 Judge would take home
- 🐾 Best in show

Rosettes & Certificates



awarded to 1st, 2nd & 3rd placed dogs
Decided by a set of judges & special guests

To enter your dog(s):

£4 - 1 Category
£7 - 2 Categories
£10 - 3 Categories

**Sunday 12th
September 2021**

11am @ Knottingley Rugby Club, WF11 9DE
To enquire or register see @ Knottingleykruffs on facebook **f** or email Knottingleykruffs@gmail.com

**Tea & Coffee, BBQ,
Stalls & more...!**



Dyslexia awareness workshop
 New date out soon!!
 If you are interested in attending
 give us a call at the college
 01924 316946

#madebydyslexia
 earthbound_madness

WHAT PEOPLE THINK DYSLEXIA IS

Earthbound Madness

- Writing things backwards
- A sign of low intelligence

WHAT DYSLEXIA ACTUALLY IS

- Letter reversals
- Slow reader
- Struggle with directions
- Delayed language development
- Struggle with copying written text
- Forgetful
- Poor self esteem
- Low mood
- Anxiety
- Unmotivated to learn
- Poor concentration
- Headaches
- Stomach ache
- Feeling dizzy
- Observant
- Poor coordination
- Strong sense of justice
- Mispronouncing words

Photography Workshops

WITH BOB CLAYDEN

Monday 9th August 10-12pm
 Monday 16th August 10-12pm
 Monday 23rd August 10-12pm
 Monday 6th September 10-12pm
 Monday 13th September 10-12pm

Queen's Mill CASTLEFORD

Free as part of: **heritage open days** In Association with: **wakefieldcouncil** working for you

Pre-book on: 01977 556741

Castleford Heritage Trust are pleased to offer Free Photography Workshops with local professional photography artist Bob Clayden as part of our Heritage Open Day celebrations! Get out into nature and learn how to take the perfect shot of local nature scenes and wildlife. Have your work displayed as part of the upcoming exhibition 'Castleford: Our Natural World' premiering at Queen's Mill on Saturday 18th September. Equipment is provided on the day, or you can choose to bring your own. **Pre-booking is essential on: 01977 556741 as places are limited to 10 people per session.**



CRAFTING WITH THE STITCHERS OF EASTWICK

AT PORTOBELLO COMMUNITY CENTRE

ABOUT US!

We meet to socialise while we sew, knit, crochet or any craft you are able to bring with you.
 We have all levels of crafters who love to share skills & learn new ones!
 Our group meets every Monday & Friday from 10am-1pm it is £3 per session.
 Everyone welcome!
 Under 16 must be accompanied by an adult

www.facebook.com/groups/stitchersofeastwick/

The Hepworth Art Gallery, Wakefield

Booking now, a reimagining of one of our classic family workshops. Inspired by Barbara Hepworth's carved sculptures, make your own artwork using soap.

Sun 8, Wed 11, Thurs 12 & Sun 29 Aug, Wed 1 & Thurs 2 Sept, 10.15am, 12.30pm & 2.15pm, FREE!
 Suitable for families with children aged 2-12.

Book now at <https://hepworthwakefield.org/.../family-workshop-carving/>





Recovery College Courses OUT NOW!



Course	Date	Time
Dare to share	Every Tuesday from 10 August – can join any week	1.00-3.00pm
Reach Out Family & Carers support group	5 August online (with the next group on 2 September)	Ring college to book a place 2.00-3.00pm
Understanding anxiety	17 August online	10.30-12.30pm
Music appreciation group	19 August online	Ring college to book a place 2.00-3.00pm
Coping with life using relaxation	23 August online	11.00-12.30pm
Aromatherapy	6 September online via Zoom	10.30-12.00pm
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 – can join any week
Managing anxiety and worry	4 November online	2.00-3.30pm
Menopause and me	9 November online	10.00-11.30am
Winter wellness	7 December online	10.00-11.30am

(Some courses may be more than 1 week.)

These are just some of our groups, 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.



One of the Wakefield Recovery College partners, Keilly Parker, founder of 'Be True to You', is offering the following service at a more affordable cost for people in the local area.

What is a Power of Attorney?

A lasting power of attorney is a legal document that will bring peace of mind that your affairs are taken care of at a time when you are unable to. It allows the 'Donor' (person handing over the responsibility for decision making) to a chosen person/s known as the 'Attorney' (the person accepting responsibility for the decision making on behalf of the donor & in their best interests).

This document is then registered with a professional body known as the Office of Public Guardian. The document has to be certified prior to being registered with the OPG. As a registered social work professional, I am legally authorised to be the 'Certificate Provider' for either or both Health & Welfare and Property & Financial Affairs Power of Attorney's.

Within this I will assess capacity of the 'Donor' to ensure they have the ability to make the informed decision to hand over legal responsibility to their chosen person/s which will enable them to make decisions on their behalf. I will also ensure the 'Attorney' has full understanding of what the legal requirements are prior to signing the documents.

Please contact me directly to discuss/book this service on 07731 985558 or email at info@betruetoyou.co.uk

This service is at a fee of £95 (not including the fee to OPG) to cover all assessments of capacity and signatures.

*Please note mileage fee for any home visits over a 10-mile radius.

Please see website for further details and social work registration details.

www.betruetoyoulifecoaching.co.uk

For all enquiries, please contact the above telephone number or email address.

TOGETHER WE CAN CHOOSE WELL

NHS

- SELF CARE**
MANY MINOR ISSUES LIKE COUGHS, GRAZES AND SORE THROATS CAN BE TREATED AT HOME
- PHARMACY**
MEDICAL ADVICE AND TREATMENTS FOR THINGS LIKE COLDS, TUMMY TROUBLES, RASHES, ACHES & PAINS
- NHS 111**
VISIT [111.NHS.UK](http://111.nhs.uk) OR CALL 111 IF YOU NEED MEDICAL HELP QUICKLY. 24/7
- MENTAL HEALTH**
CALL 0800 183 0558 FOR FREE, CONFIDENTIAL HELP, SUPPORT INFORMATION & GUIDANCE
- GP**
GP PRACTICES PROVIDE ADVICE & SUPPORT ON A RANGE OF HEALTH CONCERNS- SEVEN DAYS A WEEK
- A&E**
FOR LIFE-THREATENING EMERGENCIES LIKE HEART ATTACKS. 24/7

TOGETHER WE CAN STAY HEALTHY



COVID UPDATES

Wakefield Lateral Flow Testing service

Where can I collect tests from?

- Eastmoor Community Project
- St Mary's Community Centre (Pontefract)
- Havercroft & Ryhill Learning Community Centre
- Wakefield Market Hall
- Castleford Holywell Lane Day Centre
- Kinsley & Fitzwilliam Community Centre



[Coronavirus information - Wakefield Council](#) – local updates

COVID-19 infection in pregnancy carries a significant risk of hospital admission and a higher risk of severe illness than for the non-pregnant population – especially so in the third trimester – and a higher risk of preterm birth. Research published on 25 July by UKOSS1 suggests that the Delta variant is associated with an increased risk of severe illness among hospitalised pregnant women, compared with the Alpha and ‘wildtype’ variants of previous waves. (Reference [Impact of SARS-CoV-2 variant on the severity of maternal infection and perinatal outcomes: Data from the UK Obstetric Surveillance System national cohort | medRxiv](#))

The research also shows that of 171 pregnant women admitted to hospital between 16 May and 11 July, none had been fully vaccinated. Three (1.8%) had received a single dose of vaccine. Two doses of vaccine are important to achieve high levels of protection against severe illness and these figures highlight the importance of increasing uptake in pregnant women. Since 16 April, the Joint Committee on Vaccination and Immunisation has recommended that pregnant women should be offered the Pfizer or Moderna COVID-19 vaccines alongside the general population. The Royal College of Obstetrics and Gynaecology (RCOG) and the Royal College of Midwives (RCM) now recommend vaccination as one of the best defences against severe infection. In spite of this, vaccine hesitancy has been high among pregnant women. (Reference: [JCVI issues new advice on COVID-19 vaccination for pregnant women - GOV.UK \(www.gov.uk\)](#))



Get vaccinated

Covid-19 vaccination walk-in service

Navigation Walk, Wakefield

AstraZeneca - 2 August, 10.15am to 3.30pm
Pfizer - 3 August, 12.15pm to 7.30pm
Pfizer - 4 - 8 August, 8.15am to 7.30pm
Pfizer - 9 August, 8.15am to 3.30pm
Pfizer - 10 August, 12.15pm to 7.30pm
Pfizer - 11 August, 8.15 am to 7.30pm



If you have COVID-19 and you're over 50, have an underlying health condition or clinically extremely vulnerable,

you might benefit from measuring your oxygen levels at home using a pulse oximeter.



To find out more information about the COVID Oximetry @home service in your local area, please speak to your local GP practice. 🗣️

A [#pulseoximeter](#) can be really important in making sure your COVID-19 symptoms aren't getting worse and can help you to understand if you need further treatment.

Visit <https://bit.ly/3roZyft> for more information.



From 19 July, it is expected and recommended that people wear **face coverings in crowded areas** such as public transport.

Qwell – for anyone working and/or living in Bradford or the Vale of York can access the free Qwell service. This is only open to Wakefield residents if they work in the Bradford or Vale of York area.



Had a tough day?

Talk to someone at Qwell. There is always someone ready to listen and a space to share your feelings. It's **free, safe** and **anonymous**.

Qwell Sign up now at **Qwell.io**

Share with a friend

Liaison & Diversion Service



The Liaison and Diversion Service are a voluntary organisation who provide support to vulnerable people who have come into contact with the criminal justice system. They are based across West Yorkshire; their Wakefield team are based at Normanton Town Hall and Havertop Police Station.

The Service currently have lots of support time recovery workers working within the service, many of whom are employed by other services such as Touchstone and The Bridge Project.

They are continuing to work throughout the COVID-19 pandemic to keep providing the best support they can for vulnerable people.

Make sure to have a look at their newly launched website and their Twitter account:

<https://wyliaisondiversion.org> - @LandD_WY



Wakefield Safe Space

Are you struggling with your mental health?
Are you feeling isolated and alone?
Do you need someone to talk to in confidence?
WE OFFER 'HOPE IN A CRISIS'

At The Art House, Drury Lane, Wakefield
Referral lines open from 6pm –midnight

In person, zoom & phone support available
FRI, SAT AND SUN
Text or Call: 07776 962 815

Spectrum PEOPLE, GASPEB, and other logos.



Healthier Together

The new website written by local doctors and health and care staff to help you keep your family well.

Scan the QR code on your smart phone to access our website or visit:
sybhealthiertogether.nhs.uk

Royal College of Paediatrics and Child Health (RCPCH)
South Yorkshire and Bassetlaw Integrated Care System

Name: _____

Date: _____

Olympic Word Search

E Q U E S T R I A N W A T E R P O L O P K P D R
 J U B T I B Q B D N F O O T B A L L Q O C T I C
 C O O W O G Y M N A S T I C S M W L L M U R V D
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- | | | | |
|-------------------|-----------------------|------------------|---------------------|
| Wrestling | Weightlifting | Water Polo | Volleyball |
| Triathlon | Trampoline | Tennis | Taekwondo |
| Table Tennis | Synchronised Swimming | Swimming | Shooting |
| Sailing | Rugby Sevens | Rowing | Rhythmic Gymnastics |
| Modern Pentathlon | Marathon Swimming | Judo | Handball |
| Gymnastics | Golf | Football | Field Hockey |
| Fencing | Equestrian | Diving | Cycling Track |
| Cycling Road | Cycling Mountain Bike | Cycling BMX | Canoe Sprint |
| Canoe Slalom | Boxing | Beach Volleyball | Basketball |
| Badminton | Athletics | Archery | Athletes |
| Paralympics | Olympics | | |

See how many differences you can find in this picture?

