



# The Supporter

Newsletter  
13 August 2021



## Wakefield Recovery and Wellbeing College

- [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)
- [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)
- 01924 316946
- @W5TRC
- [facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)



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For more information, please contact  
[angela@crafting4good.org](mailto:angela@crafting4good.org)

## Are you a carer?



We are looking for people who provide care or support to family, friends or neighbours to take part in an online study.

Resilience is the ability to adapt to or 'bounce back' from difficulty. We know that carers can show resilience, living with long-term stress and adapting to challenging circumstances. We also know that caregiving can impact carers' own wellbeing.

You could help us to find out more about carer resilience and wellbeing, and the different ways of thinking that drive resilience. We hope to use what we find to create new ways to support carers.

You will be asked to complete some online questionnaires and a card-sorting game, at home and at a time that suits you. It should take 40-60 minutes in total.

As a thank you for taking part, you can enter a prize draw to win gift vouchers worth £10, £25 or £50



To take part or find out more:

Scan the QR code

Email [bethany.nicholson@kcl.ac.uk](mailto:bethany.nicholson@kcl.ac.uk)

Visit <https://bit.ly/carerstudy>

This study has ethical approval and is conducted by researchers at King's College London. Ethical approval reference number: HR/DP-20/21-21362

Here at the Recovery College, we are working hard, along with our partners to plan further recovery focused health & wellbeing courses/workshops in the forthcoming weeks. Students will be able to join our courses/workshops online, and others may be available face to face, facilitated in local venues. (Covid-19 guidelines permitting). **Keep checking our website for more information**

**RISE** EMPLOYMENT  
Delivered by Newground Together RISE is for all Young people aged 16-24 who are looking for help and support to reach their goals and ambitions.

**FREE HELP AND SUPPORT**

**We will help you with...**

- Getting the job you want
- Accessing training and work experience
- Boosting your confidence
- Understanding the world of work
- Improving your mental health and wellbeing
- Money matters
- Making positive lifestyle choices

Get in touch for free help and support.

07860 952356 | [referrals@newground.co.uk](mailto:referrals@newground.co.uk) | @nyyouthlearn

hub SOUTH YORKE newground together European Union Social Fund

Open to anyone over 18

**NHS**  
South West Yorkshire Partnership  
NHS Foundation Trust

**FREE TO ATTEND**

## Managing Panic workshop

Friday 27 August 2021  
Online via Microsoft teams  
12.30-2.00pm



Panic attacks can be an incredibly scary thing, however, with the right tools and knowledge about panic attacks, they can be managed much more easily and effectively. During this short workshop, students will explore the myth that panic attacks are rare, look at what panic attacks are (including the signs and symptoms), examine what might cause a panic attack and discuss how to successfully manage panic attacks.

This workshop is brought to you in partnership with Turning Point Talking Therapies. Once enrolled, we will require you to complete a couple of additional questions to guarantee your place.

**TURNING POINT**



To enrol on the course go to our website [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

Go to, I'm looking for a course, Quick Guide, check out the course and enrol. Or ring us on 01924 316946

[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)

With all of us in mind.

Have you been out of work for some time? Is your confidence low, but your goal is to gain paid employment? Whatever the barriers you are facing, contact us at Live Well Wakefield. We'll have a chat with you and support you to find the best solution for you.

Call us on 01924 255363, or self-refer on our website <https://www.livewellwakefield.nhs.uk/referrals/new>




**NHS**  
South West Yorkshire Partnership  
NHS Foundation Trust

**Help us to stay safe and keep caring**



Please wear a mask and practice social distancing in our buildings

With all of us in mind.




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](mailto: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

**FREE** for all adults 18+

## Stroke awareness workshop

**NHS**  
South West Yorkshire Partnership  
NHS Foundation Trust

- 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](http://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.

FACE

ARMS

SPEECH

TIME

With all of us in mind.



## Recovery College Free Courses/workshops



Course	Date	Time
Dare to share	Every Tuesday from 17 August – can join any week	1.00-3.00pm
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
Managing panic	27 August online	12.30-2.00pm
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
Recognising burnout	9 September online	10.30-12.30pm
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 St Giles Church, Pontefract	1.00-3.00pm
Boosting self confidence	21 September online	11.30-12.30pm
Introduction to personality disorder	12 October online	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
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

These are just some of our courses/workshops, you can find more information and how to enrol by visiting our website

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk) or by giving us a call on 01924 316946.

## What's happening out and about?

Townville Recreation and Sports Club Presents:

# THE BIG FAMILY FUN DAY

Bank Holiday Monday  
30th August

£1 Entry (Adults)  
Kids go free

**Bouncy Castles**  
By LNR Bouncy Castles

**Face Painting**  
By Changing Faces by Jo Jo

**Glitter & Hair Braiding Bar**  
By Adele

**Ice Cream Van**  
By CCS Ices

**Mini Sports Day**  
By Daily Fitness Challenge

**Food**  
By Triangle Café

**Disco**  
By DJ Dave Senior

**Stalls**  
By Local Businesses

And much much MORE!

From 1pm



Event is COVID-19 Compliant

Townville Recreation and Sports Club  
Paplar Avenue, Castletford, WF10 3DF.  
(Charity No. 523980)

Hello Everyone, 😊

Silkwood Farm in Wakefield/ Ossett is having a Market Day event on Monday 30th August starting from 12 noon till 5pm.

They are on the lookout for some more stalls and some entertainment stalls for the kids/ young adults.

They are asking for £10 donation on the morning to Macmillan as this is a charity event.

# MARKET DAY


MONDAY 30TH AUGUST  
AT SILKWOOD FARM

Fundraising for  
**MACMILLAN CANCER SUPPORT**




BRING ME TO LIFE- WOMENS WELLNESS CIC INVITES YOU TO..



# Walk it Through



Positive mental health peer support - Women supporting women - Connecting with nature - Walk n Talk

#WalkItThrough Every Wednesday @ 6.30pm -  
Meet outside the stadium in Thornes Park

Wakefield 

  @bringmetolifeww bringmetolife.co.uk



## Play Scrabble!

Pontefract Library  
Every Monday  
10am - 12.00pm

Join us to sharpen your word skills, make new friends and test your wits. All levels of player welcome. See staff for details.

☎ 01977 727682  
✉ pontefractlibrary@wakefield.gov.uk  
🌐 wakefield.gov.uk/libraries  
📍 Wakefield Libraries  
📱 @WFLibraries  
📱 @WFLibraries

**wakefieldcouncil**  
working for you



**PARTY ON THE PITCH 2021**

**THE HEADLINE ACT:**  
**THE SOUL COLLECTIVE**  
**EVENT HOSTED BY RADIO DJ: LEANNE DUNDAS**  
 INCLUDING DJ SET

**Other acts include:**  
**Steven Lindsay**  
 also performing: Wayne Ackroyd, Meg Bolderson & Other Artist TBC

BBQ, refreshments, kids entertainment, stalls and much much more...!

**SATURDAY 21.08.2021**

@Knottingley Rugby Club, WF11 9DE  
 Starts 12pm till late!  
 Hosted by JMEVENTS

# NEW PARKING SYSTEM

The Ridings Centre in Wakefield is introducing a new parking system in mid-August.

- ☞ Gone are the fiddly yellow tokens.
- ☞ Gone is the charge for a lost token.
- ☞ Gone is not being able to pay by card at all pay machines.
- ☞ Entrance barriers remain, so you are only allowed in if there is space to park.

They are introducing a new ticketless car parking system where your number plate is automatically captured & recognised at the entrance barrier.

When you are ready to leave, simply head over to one of the pay machines, enter your registration number, and pay the amount due either with a card or cash.

- ☞ The entrance barriers remain, so you are only allowed in the car park if there is space.
- ☞ Their system does not generate parking tickets, so there will be no unexpected fines in the post. You only pay if there is space in the car park and you manage to park.

📣 REMEMBER YOU WILL NEED YOUR CAR REGISTRATION NUMBER TO PAY FOR YOUR PARKING 📣

[#parking](#) [#carpark](#) [#anpr](#) [#shoplocal](#) [#ilovelocal](#)

Round 10  
**Live Well Wakefield Small Grants**



Now open!

A new round of Live Well Small Grants has launched! If you run or work with a community organisation in Wakefield you can apply for funding from £300 to £8,000, with a focus on life after the pandemic.

There will be an information session on Tuesday 17th August at 6pm for those who are thinking of applying but would like to find out more.

Follow the link below for further information.

<https://www.nova-wd.org.uk/.../round-10-live-well.../>

West Yorkshire Police are taking part in a national survey to help them better understand what their local communities want to see on their Facebook accounts.

Tell them what you like, what you don't, what you want to see more or less of.

It's all anonymous and your responses will help shape their social media going forward.

Take the survey here:

[https://www.smartsurvey.co.uk/s/West\\_Yorkshire\\_FB/](https://www.smartsurvey.co.uk/s/West_Yorkshire_FB/)



If you enjoy gardening, want to learn to grow your own food and would like to meet other who share the same interests then **Grow Wakefield's Edible Gardening clubs** may be for you.

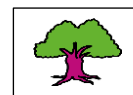
Whatever your age or circumstances, coming along to an Edible Gardening Club Sessions will give you the opportunity to learn the basics or share your experience whilst taking part in a variety of activities.

Complete beginners and experienced growers are all welcome.

Contact Andy on 07971 098510 or email [Andy@Grow-Wakefield.co.uk](mailto:Andy@Grow-Wakefield.co.uk) for more information.



Session dates times and locations plus session leaders are:



**Every Tuesday - 10 am until noon - Richard Brown**

**Outwood Memorial Hall, Victoria Street, Outwood, WF1 2NE**

**Every Friday - 10 am until noon - Andy Austerfield**

**Eastmoor Community Garden, Park Hill Lane, Eastmoor, WF1 4NJ**

**Every Wednesday - 1pm until 3 pm - Andy Austerfield**

**Albany Crescent Allotments, Albany Crescent, South Elmsall, WF9 2EL**

**Every Tuesday - 10 am until Noon - Lynda Overend**

**The Ridings Rooftop Allotments, The Ridings Shopping Centre, Wakefield, WF1 1DS**

**Every Thursday - 10 am until noon - Carmen Kitson**

**The Thornycroft Centre, Halfpenny Ln, Pontefract, WF8 4AY**

**First & third Saturdays - 10 am until noon - Andy Austerfield**

**Barratt's Road Allotments, Barratts Road, College Grove, Wakefield, WF1 3RT**



**Every Monday - 10 am until noon- Andy Austerfield**

**Airedale Community Workshop, Stansfield Road, Airedale, Castleford, WF10 3UA**



### Easy to make vegetable soup

#### Ingredients:

- 200g chopped vegetables such as onions, celery, parsnips, and carrots
- 300g potatoes, cubed
- 1 tablespoon cooking oil
- 700ml stock (chicken or beef)
- crème fraiche and fresh herbs, to serve
- salt and pepper to season



#### To make:

- **STEP 1** Fry the vegetables and potatoes with the oil for a few minutes until beginning to soften. (use a pan with a lid)
- **STEP 2** Cover the vegetables with the stock and simmer for 10-15 mins until the veg is tender. **Blend** until smooth, then season. Serve with a dollop of crème fraiche and some fresh herbs.

[Versatile veg soup recipe | BBC Good Food](#)



# Good Mood Football League



A competitive team event for people who experience mental ill health, substance misuse and/or learning disabilities

## Special tournament

Wednesday 15 September 2021

11am - 2.30pm

Street Soccer, Heritage Road, Batley WF17 7NZ

- 3G outdoor pitch
- Other sports on the day include tennis, archery and cricket
- Facilities available at the pavilion for rest, toilets and refreshments
- Food/drink will be available to buy
- Free parking at Batley Cricket Club car park

To book a place email [alex.feather1@swyt.nhs.uk](mailto:alex.feather1@swyt.nhs.uk) or call **07827 232698**

Places are limited and will be allocated on a first come basis.



With all of us in mind.



Delivered by The Youth Mental Health Foundation (a non-profit CIC registered in England), The Horizon Plan is an online course that focuses on guiding the parents of young people who self-harm to support their child's healing.

Being the parent of self-harming child is complex. You are most likely in one of the most difficult periods of your life. You'll desperately want to do everything possible to support your child, but there's a strong chance you are feeling unprepared, frozen (unsure how to move forward), disconnected from your child, angry, guilty, and fearful. The Horizon Plan will give you tools to support your child's journey, enabling you to be an invaluable support to your child, assisting their recovery.

The methodology for The Horizon Plan was first developed by Claire Sutton, drawing on her experience guiding her daughter from self-harm to health and happiness and has now been developed into an online course to support parents all over the world.

**The Youth Mental Health Foundation** have a mission to develop mental health resilience in young people and to support the parents of young people struggling with mental health to play a central role in their child's recovery. Their vision is for a world where young people have mental health resilience, and every parent has the knowledge, skills, and confidence to support a child in crisis.

[Click here to find out more about The Horizon Plan.](#)

There is no need to enrol with the Recovery College, you simply register directly with The Youth Mental Health Foundation.

**Please note:** The Horizon Plan consists of five stages. The Foundation Course teaches stage one free of charge and is a stand-alone course, i.e., it is not essential to complete this with any additional stages. Currently stages two to five are being fully loaded to The Horizon Plan site and will shortly be available free of charge to parents and healthcare professionals in the UK. Those living outside of the UK will be able to enrol directly with The Horizon Plan to access stages two to five for a fee.

## Keep the kids busy

### SPOT THE DIFFERENCE



Can you spot all 10 differences between the pictures above?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



### AUGUST Word Search Puzzle



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

Find these words related to the month of August

BOAT	KAYAK	SUN	WARM
GARDEN	BARBECUE	SHADE	LAKE
CAMPFIRE	OCEAN	VACATION	TOWEL
BIKING	CANOE	SWIMSUIT	POOL
FLOATIE	PICNIC	SWIMMING	PARK
FISHING	BEACH	POPSICLES	CAMPING
RIVER	ICE (as in ice cream)	READING	SUNSET
AUGUST			



The words may be hidden vertically, horizontally or diagonally.