



The Supporter Newsletter 20 August 2021

Can you believe the newsletter has been going for over 70 weeks now! And although things are starting to get back to a form of normal all these weeks on, with restrictions easing further this week, we wanted to let you know that we still have to adhere to restrictions we've had in place (as an NHS service). Because of this, almost all of our courses continue to be online only. However...we are now starting to make plans for our first face-to-face/in-person courses in the autumn. We know that we will soon be able to offer our Couch to 5K again and we hope to be able to offer a few face-to-face sessions in September and October, with more as we go in to the winter months. Don't worry though, if you're not quite comfortable joining face-to-face sessions yet, you'll still be able to join us from home via Microsoft Teams for most courses. We'll keep you posted!

Wakefield Recovery and Wellbeing College

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



COVID-19 Self-isolation changes

From Monday (16 August) there were changes to who is required to self-isolate if they are identified as a close contact of someone with COVID-19.

Who is exempt?

- Fully vaccinated adults: those who received their final dose of an MHRA* approved vaccine in the UK vaccination programme, at least 14 days prior to contact with a positive case
- Children and young people: those under the age of 18 years and 6 months
- Clinical trial participants: those who have taken part in – or are currently taking part in – an MHRA approved Covid-19 vaccine clinical trial
- Medical exemptions: those who can evidence that they cannot be vaccinated for medical reasons

*Medicines and Healthcare products Regulatory Agency.

Who must self-isolate?

The following groups will still be required to self-isolate, should they be identified as a close contact of a positive COVID-19 PCR test:

- People over 18 years and six months who have not received their COVID-19 vaccination.
- Those who have not received both doses of their COVID-19 vaccination.
- Those who have received their second dose within the last 14 days.
- Those who have tested positive following a PCR test.
- Anyone who has symptoms of COVID-19, whether or not they have been vaccinated. These staff must self-isolate and book a PCR test.

Advice for those who are exempt

Those who are exempt and are identified as close contacts will continue to be advised to take a PCR test, to detect the virus and variants of concern. Anyone who tests positive following the PCR test will still be legally required to self-isolate, irrespective of their vaccination status.

As double vaccinated people identified as close contacts are still at risk of being infected, we're advising staff to consider other precautions such as wearing a face covering in enclosed spaces and limiting contact with other people, especially with anyone who is clinically extremely vulnerable. They will not be required to self-isolate while they wait for the results of the PCR test.

Anyone who tests positive following the PCR test will still be legally required to self-isolate, irrespective of their vaccination status or age in order to break onwards chains of transmission. Anyone who develops COVID-19 symptoms must self-isolate and get a PCR test, and remain in isolation until the result comes back

wakefieldcouncil
working for you



Let's keep life moving

The Wakefield Council Let keep life moving campaign is in its fourth week and they will continue to give the public the information and tools to:

- Get both jabs (Be Safe)
- Keep wearing a face covering (Be Kind)
- Get tested, isolate if unwell (Be Careful)
- Meet outside if you can (Be Careful)

I am superwoman

Watch me in rescue mode
flying past cloud 9,
talking ten thousand miles
an hour.

Rescue from what?
Don't know. Don't care.
But you need rescuing, trust
me.

I have 500 tabs open in my
brain.
I am in control of all of them.
All my ideas will be a
success.

I glitter with joy.
I sprinkle it everywhere I go.

I am superwoman.

Poem by Halima
2021



The advertisement features the WDH logo and the European Union logo at the top. The main headline asks 'Interested in growing or starting your own business? We can help you.' Below this, it states that WDH's Community Employment Advisors have helped over 2,500 individuals find work and are now assisting those considering self-employment, funded through the Wakefield PEAT project. A list of services includes understanding self-employment, devising a business plan, managing finances, reaching target audiences, legal guidance, expanding businesses, and networking. An illustration shows a purple signpost with arrows pointing to 'Marketing', 'Legal guidance', 'Managing time', 'Business growth', 'New ideas', 'Network', and 'Brand'. At the bottom, it offers information, support, and guidance to residents within the Wakefield District. Contact details for the WDH Community Employment team are provided at the bottom.

Interested in growing or starting your own business? We can help you.

WDH's Community Employment Advisors have helped over 2,500 individuals find work and are now assisting those considering self-employment, funded through the Wakefield PEAT project.

- Understanding whether self-employment is right for me.
- Devising a business plan.
- Managing finances and start-up costs.
- How to reach your target audience.
- Legal guidance and practices.
- Expanding my business.
- Networking with other organisations and support services.

We are able to offer information, support and guidance to residents within the Wakefield District.

Please contact WDH Community Employment team for more details and request an appointment.
Email CEA@wdh.co.uk or call 01977 788825



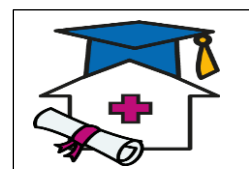
Recovery College Free Courses/workshops



Course	Date	Time
Managing panic	27 August online	12.30-2.00pm
Menopause and me	3 September online	
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
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
Body Image	30 November online	10.00-11.30am
Introduction to personality disorder	6 December online	10.00-12.00pm
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 or by giving us a call on 01924 316946.

The Recovery College team are working behind the scenes to organise more face-to-face courses to take place in community venues, subject to Covid-19 guidelines. Keep checking our website for new courses as we add them as soon as we have dates planned.



What's on out and about?

COME AND HAVE YOUR PICTURE TAKEN WITH THE DINOSAURS

EVERYONE WELCOME!

WAKEFIELD BID

TrinityWalk WAKEFIELD

DINOSAURS

IN WAKEFIELD

HIDDEN DINOSAURS!

TRICERATOPS!

NEVER SEEN IN WAKEFIELD!

28TH AUGUST

RHIANNON DAVIES INVITES YOU TO JOIN

The Ackworth Choir

After the darkness of Covid let the joy of singing together repair and lift the spirit

Evening and afternoon rehearsals
Ackworth and South Elmsall
A wide variety of musical styles
Large scale outstanding performances
Expert Music Tuition

*'Community music making of the highest standard
in an atmosphere of true friendship and joy'*

South Elmsall Thursday Rehearsals 1-3.30pm
Commencing August 19th
Venue: Trinity Methodist Church WF9 2BX

Ackworth Monday Rehearsals 7-9.30pm
Commencing September 20th
Venue: TBC

CONTACT:
RHIANJIM@AOL.COM
ACKWORTHCOMMUNITYCHOIR@GMAIL.COM

Positive Thinking

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

values	life skill	good decision	support system
assertiveness	peerpressure	interest	body image
selfconcept	wellness	respect	success
accomplishment	challenge	honesty	thoughts
attitude	control	feelings	happiness
social	physical	emotional	health
mental	Positive	Self Esteem	

Gaia arrives at Wakefield Cathedral....

This stunning 7-metre replica of Earth featuring detailed NASA imagery is a must see! 🌍

4 Fri 20 Aug - Mon 30 Aug
 Various (see below)
 Wakefield Cathedral



General admission is free and there is now no need to book. Opening times:

Friday 20 Aug: 10am - 4pm
Saturday 21 Aug: 10am - 4pm
Sunday 22 Aug: 1pm - 4pm
Monday 23 Aug: 10am - 4pm
Tuesday 24 Aug: 10am - 4pm
Wednesday 25 Aug: 10am - 4pm
Thursday 26 Aug: 10am - 1pm & 4pm - 8pm
Friday 27 Aug: 10am - 4pm
Saturday 28 Aug: 12pm - 8pm
Sunday 29 Aug: 1pm - 6pm
Monday 30 Aug: 10am - 4pm

As well as visiting the cathedral to see Gaia, there are a number of events and activities throughout the ten-day period for you to get involved with, including story time, pilates, choirs and concerts For the full programme and to book onto these extra sessions visit the link below <https://www.wakefieldcathedral.org.uk/gaia/gaia-events/>
Creative Wakefield Experience Wakefield #earthfest

Visionary Wakefield Women & The Westgate Heritage Action Zone Free Weekend Events



- 👉 Presentations
- 👉 Drop In Craft Activities
- 👉 Displays & Multi-Media
- 👉 Workshops
- 👉 Exhibitions
- 👉 Donation Cafe

Edgelands Arts Presents Westgate in Silk

During the second lockdown, starting in November last year, Edgelands Arts worked with people remotely to create silk paintings of every building on Upper Westgate for the Westgate Heritage Action Zone project.

The following all require advanced bookings.

See our Dream Time Creative facebook events page for individual events.

SATURDAY 11th September

SUNDAY 12th September

- Drama Workshop 'Am I not a Woman & a Sister' 10:30am- 12:30pm
- The Conservation of Buildings, a talk by Heritage Action Zone 11:30am-12:30pm
- Wakefield Historical Society Presentation 1:30-2:30pm
- Bunting Making Workshop "Am I not a Woman & a Sister" 1:30-3pm
- Forgotten Women of Wakefield Mini Film Festival 3-4:25pm
- Silk Painting Workshop with Tony Wade of Edgelands Arts 10:30am-12:30pm
- Using Traditional Methods & Building Materials, Presentation by Heritage Action Zone 11-11:45am
- Westgate - Origins and History of an ancient street, talk by Kevin Trickett MBE 12:30-1pm
- Button Badge Workshop 'Am I not a Woman & a Sister' 1-2pm
- Forgotten Women of Wakefield Blue Plaque Unveiling & Presentation 2-3:45pm



Live Well Wakefield Self Management "Virtual" Courses

General Self Management

This free on-line course runs over 6 weekly sessions accessed via your laptop or tablet and can help anyone over 18 who is living with any long term health condition

Introductory session on Monday 13 September 2021, 13:00-14:00

The course runs Monday 20 September-25 October 2021, 13:00-15:30

Some topics covered in the course:

- Managing symptoms like pain and fatigue to improve how you feel
- Setting weekly realistic goals using Action Plans
- Relaxation and distraction techniques
- Managing the difficult emotions that almost everyone experiences when living with a long-term health condition

For more information contact Live Well Wakefield on 01924 255363, or email Paul.Boyd1@nhs.net



Self-Management

TOGETHER
WE CAN
CHOOSE
WELL

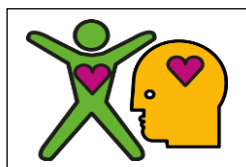
NHS

MENTAL HEALTH

CALL 0800 183 0558 FOR FREE
,CONFIDENTIAL HELP, SUPPORT
INFORMATION & GUIDANCE



TOGETHER
WE CAN
STAY HEALTHY



THE HUT
Kershaw Ave,
Castleford,
WF10 3ES

COMMUNITY ACTIVITY DAY

Learn more about Recycling with:

- Mini Conveyor Belt
- Recycling Bean Bag Games
- Reuse Craft Activities

Activities including:

- Dancing with professional dance coaches
- Football
- Multi-Sport Games
- Rugby

Facilities in The HUT open to all:

- Bowling Alley
- Table Tennis
- Pool Table

Friday 20th August and
Friday 27th August 2021
11:00—15:00

All ages welcome
Packed Lunches provided

Supported by BHS, Amazon, DAZN, Wakefield Trinity, Absolute PC
*under 12 to be accompanied by an adult

Join the Wakefield Council for the latest in their Eat Up Stand Up... events,

"Eat Up Stand Up for our Planet".

These events focus around a social justice topic, with our latest offering focusing on the question: "How do we make a positive environmental impact in our local communities?"

Attendees will receive a home-cooked meal* and pudding under a "pay as you feel" basis.

Everyone is welcome and we will have kids' activities available on the evening too. Once we have eaten, we will be joined by our Guest Speaker, Matt Gordon of Appletree Community Garden, who will lead the discussion around how we can improve our environmental footprint across the local region. This will be followed by a Q&A open discussion around the points raised and give all attendees plenty of food for thought on the differences we can all make in our local area.

This is a free to attend event, we simply require pre-booking so we can plan food accordingly. Bring your friends and family along for a great evening, meeting like-minded people from across your community who want to be the change we all want to see. *meal will be vegan, gluten and dairy free.

Please talk to a member of staff on the day regarding allergens.



To book a place: <https://www.eventbrite.co.uk/e/eat-up-stand-up-for-the-planet-tickets-161199882187>

RICHMOND FELLOWSHIP

MAKING RECOVERY REALITY



Come and enjoy a range of activities ranging from mug painting, to tie dye tea towels, vivarium making, and origami!

This is a great place to get creative whilst interacting with others, or even just being crafty in your own bubble!

Nova Wakefield District Limited, 11 Upper York Street, Wakefield

Wakefield Drop In

NEW 1-3pm
Come along to talk about your week, get things off your chest, and meet and interact with others!

Create Café, Wakefield One, Burton Street, Wakefield

Virtual Drop In

At 2pm
Unable to get to our in person drop in?
Join in from the comfort of your own home

Via zoom

If you are interested in any of their Groups or activities, please call them on 01924 339157 or Email wakefieldsupport@richmond-fellowship.org.uk

Tuesday

QUIZ GROUP

Every Tuesday 11am - 12pm
Come along to test your trivia knowledge and meet new people!