



## The Supporter

Newsletter  
27 August 2021

Who'd have thought with all the rain we had last week that it was still supposed to be summer!!! We're a nation that's known for moaning about the weather, and when it's as turbulent as it has been, we can see why! With the August Bank Holiday weekend this weekend, we'll be starting to see the change in seasons again soon. From the long, bright, warm and (usually) dry days of summer, to the shorter, rainy, colder, cosier days of autumn.



Some of us love the change of season, but for others, the autumn and winter months can prove to be more difficult. Because of this, we want to share some of the things we love about autumn! Tell us what you enjoy and we'll pop some of these thoughts, photos and activities in the newsletter each week to inspire others who perhaps don't have the same love of the season as you. Whether it's blackberry and conker picking, carving pumpkins, cosy nights by the fire or a walk in the rain, we want to hear about your autumn likes.

## 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)



## STEP-UP

If you're looking for work, a change of career, you're at risk of redundancy or you're a business that Step Up could be helping, get in touch! Perhaps you know someone who could use their support – feel free to pass their details on. Wakefield Council's Step Up team can also help with training, recruitment, and skills towards qualifications. What a service!

01924 303334

[stepup@wakefield.gov.uk](mailto:stepup@wakefield.gov.uk)

[www.stepupwakefield.com](http://www.stepupwakefield.com)

## Turning Point Talking Therapies



### Long Covid support

Covid-19 has affected people both emotionally and physically. Being ill for a prolonged period of time can be distressing and impact their mental health and wellbeing. People may report feeling anxious, low in mood, depressed or frustrated with the changes to their life that having long Covid has brought.

We are offering a Living well with Long COVID online group. This follows a low intensity CBT treatment plan with each session lasting 60 minutes for 6 consecutive weeks.

#### The topics covered include:

- The link between Long COVID and our mood and quick tips
- Changing behaviours: Activity levels & Pacing
- Changing behaviours: Behavioural Activation & physical activity
- Managing fear and anxiety: Unhelpful thoughts
- Managing fear and anxiety: Worry and problem solving
- Maintaining progress after the course

We can also offer a range of one to one therapy options

Clients can self-refer to the service either online via [www.talking.turning-point.co.uk/wakefield/refer-yourself](http://www.talking.turning-point.co.uk/wakefield/refer-yourself) or by calling us on 01924234860



## New Recovery College Free Courses/workshops coming soon



Course	Date	Time
An introduction to mindfulness	16 September – online	2pm-4pm
Reading for wellness	15 September for 6 weeks - online	1pm-3pm
For those that give to much: Everyday stress	17 September for 2 weeks – online	10:30am-12:30pm
Understanding anxiety	22 September - online	10am-12pm
Overcoming anxiety	7 October – online	2pm-4pm
Accepting change	13 October for 2 weeks – online	10am-12pm
Lifting your spirits	14 October for 2 weeks – online	2pm-4pm
Journaling for wellbeing	14 October for 6 weeks – Fieldhead Campus	1:30pm-3:30pm
Dare to share	2 November for 7 weeks – venue TBC. This may be online or at our Fieldhead Campus	1:30pm-3:30pm
Overcoming anxiety	15 November – online	2pm-4pm
Recognising burnout	29 November – online	1pm-3pm
Enhancing self-care and wellbeing	2 December – online	2pm-4pm

### \*\*\*COMING IN NOVEMBER – Scrapbooking for beginners\*\*\*

These are just some of our courses/workshops, you can find more courses, 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. 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.



**CONGRATULATIONS!!** Our lovely friends over at Spectrum People have won the “Group” category of BBC Radio 4’s “All in the Mind” awards, after a nomination from one of their volunteers and service users. Find out more about the awards on the BBC website here

<https://www.bbc.co.uk/programmes/articles/2pcrn913xIQMb1bD6wQDkgk/all-in-the-mind-awards-2021> and read more from Spectrum People here

<https://spectrumhealth.org.uk/wakefield-charity-spectrum-people-scoops-radio-4-mental-health-award/>.

## Racism is more than what you see. Let's root it out.

Join the movement.  
#WYHRootOutRacism

It's still safest to meet friends and family outside in the fresh air.

FRESH AIR
TESTING
FACE COVERINGS
APP
HANDWASHING





**SANE**

## Creative Awards Scheme

The SANE Creative Awards Scheme aims to improve the quality of life for people with mental health problems, their carers and families by supporting their artistic aspirations and helping fulfil their creative potential.

Awards will be given to cover or contribute to the cost of materials, specific projects or training courses, or towards providing replacement care in the case of carers who wish to apply. Awards range from £75 to £300.

Proposals can be submitted for works of visual art. For the purposes of the scheme, visual art encompasses all forms of painting, drawing, printmaking, photography, mixed media and digital art.

For more information contact Thomas Andrews  
020 3805 1790  
tandrews@sane.org.uk

SANE, St Mark's Studios, 14 Chillingworth Road, London, N7 8QJ

SANE is working in partnership on this scheme with the Open College of the Arts, the distance learning arm of the University for the Creative Arts. They will be providing advice, guidance and members of the awards judging panel.

## Funding available!

If you're a community or faith organisation with links to Black, Asian, Mixed Race or minority ethnic communities, check out the @NHSOrganDonation Community Investment Scheme, and help us tackle health inequalities around #LivingDonation. Find out more about the Community Investment Scheme here <https://t.co/ZaowJT89wo?amp=1>



Find out more about living donation here  
<https://www.organdonation.nhs.uk/become-a-living-donor/>




**TURNING POINT**  
Inspired by possibility

**NHS**  
Wakefield  
Clinical Commissioning Group

## September Wellbeing Workshops

- Managing Anxiety and Worry - 5/9/21 - 11:00
- Wellbeing Whilst Working - 12/9/21 - 14:00
- Managing Sleep - 19/9/21 - 11:00
- Mindful Pregnancy Part 1 - 15/9/21 - 11:00
- Mindful Pregnancy Part 2 - 22/9/21 - 11:00
- Managing Anxiety and Worry - 26/9/21 - 11:00
- Menopause & Me - 26/9/21 - 14:00
- Depression and Grief - 26/9/21 - 14:00

**SIGN UP NOW**

Sign up now on our website

Telephone: 01924 234 860  
Email: [Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)  
Website: [talking.turning-point.co.uk/wakefield/](http://talking.turning-point.co.uk/wakefield/)



# COVID-19 Update



People aged 20-24 currently have the highest COVID-19 infection rate in England.

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Vaccinated people are far less likely to suffer severe COVID symptoms, be admitted to hospital, or die from the virus. By getting both jabs, you could reduce the chance of being hospitalised by over 92%. Book your COVID-19 vaccination at [nhs.uk/covidvaccination](https://nhs.uk/covidvaccination).

You can now [#GrabAJab](#) if you're 16 or older.

**The COVID-19 vaccine is free to everyone in the UK. This includes all migrants.** Millions of people have had their COVID-19 vaccination in the UK. It is safe and does not contain any animal or harmful ingredients. It is the best way to prevent death or serious illness from COVID-19. **You do not need to have a GP or an NHS number to get the COVID-19 vaccine.** If you don't have an NHS number you can contact your local GP surgery to organise the vaccine or attend a COVID-19 vaccination walk-in centre or pop-up centre. If you have an NHS number, when you are invited for your vaccine, we encourage you to attend. **You will never be forced to have the COVID-19 vaccine and it does not affect your asylum or refugee status. No immigration checks are needed to get tested, treated or vaccinated for COVID-19.** To have the best protection against COVID-19 you normally **need to have two doses** of the COVID-19 vaccine. **Once you have been vaccinated** you will be given a card with information about your vaccine, if you can, take this card when you go for your second vaccination. If you are not given this card, please ask for one.

You can read more about the COVID-19 vaccine in English and other languages here

<https://www.gov.uk/government/publications/covid-19-vaccine-information-for-people-without-an-nhs-number>.

**Anyone in the UK can choose to register with a GP.** Your GP can help you to access healthcare services. You may be asked for proof of your address or ID. **If you don't have proof of your address or ID, tell them you don't have it. You can still register with a GP.** If you have proof of address and ID, try and provide it if you can. **The information your doctor has about you and your health is confidential.**



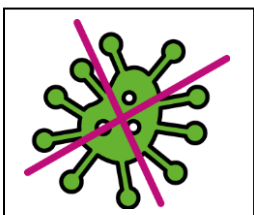
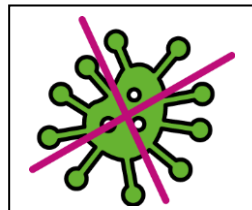
## Travel Checklist

Before you travel, be prepared and check you have:

- ✓ Six months validity on your passport
- ✓ Travel and health insurance cover
- ✓ Valid COVID health documentation and,
- ✓ If carrying food, plant or drink products, know the rules.

**Have all documents ready for inspection.**

Be prepared: [GOV.UK/travel-abroad](https://gov.uk/travel-abroad)



In crowded or enclosed spaces, consider wearing a face covering to help stop the spread of the virus.

FRESH AIR
 TESTING
 FACE COVERINGS
 APP
 HANDWASHING



Are you aged 18-25?

Do you want to feel empowered to get involved with the Canal and River Trust's decision-making and bring fresh, vital perspectives to help us shape the future direction of our organisation?

Do you want to develop knowledge and skillsets that will set you in good stead for employment opportunities, both inside and outside of the Canal and River Trust?

Their brand new Youth Fellowship Programme aims to do all of the above by encouraging and supporting more young people to join their regional and national advisory boards.

The voluntary 12 month programme includes:

1. A four module digital training programme
2. Three in-person professional development training days (subject to Covid-19 restrictions)
3. Management of one 3-6 month social innovation project (SIP)
4. Monthly professional mentoring sessions to deepen your learning
5. Attendance at Advisory Groups / Regional Advisory Boards with the option to join as a full member at the end of your Fellowship
6. Certification, awards and accreditation relevant to the role

To find out more, visit

[https://canalrivertrust.org.uk/specialist-teams/youth-engagement/youth-skills-development-and-employability/become-a-fellow-in-our-new-youth-fellowship-programme?utm\\_source=twitter&utm\\_medium=social&utm\\_campaign=mktg\\_national&utm\\_content=youth\\_engagement\\_2021](https://canalrivertrust.org.uk/specialist-teams/youth-engagement/youth-skills-development-and-employability/become-a-fellow-in-our-new-youth-fellowship-programme?utm_source=twitter&utm_medium=social&utm_campaign=mktg_national&utm_content=youth_engagement_2021)

## Fun events for your wellbeing @THE HUT

**Are you aged 16-24?**

**Do you work with Young People aged 16-24?**

These taster sessions aim to help improve wellbeing and overall health. Why not try a couple of these **FREE** sessions, run by Wakefield Council and partners?

Running on Monday and Wednesday, morning or afternoon, starting 13 September, as taster sessions they include:

Emotional Eating	Managing Anxiety & Worry	Body Image	Craft Based Activity
Indoor Circuit Class	Sports Session	Nutrition Session	Mindfulness
Outdoor Gym	Cooking Demo/Nutrition	Health Walks	Arts/Green Space

Simply complete the form below to book a session and return the form to [youthsupporthub@wakefield.gov.uk](mailto:youthsupporthub@wakefield.gov.uk)



Contact  
[youthsupporthub@wakefield.gov.uk](mailto:youthsupporthub@wakefield.gov.uk) for a copy of the booking form



**ARE YOU 16-25 YEARS OLD?**  
**LOOKING FOR A NEW CHALLENGE?**  
**WANTING TO IMPROVE YOUR CONFIDENCE, TEAMWORK AND EMPLOYABILITY SKILLS?**

**JOIN OUR NEXT.....12 Week Prince's Trust Team Programme**

**20th of September 2021 at Lightwaves Community Centre – Wakefield**

**You will:**

- Take part in a residential, community project and work experience.
- Develop confidence and team work skills.
- Gain a Level 1 Award in Employability Skills.
- Gain valuable experience to update your CV with and practise interview skills.

**TRAVEL COSTS COVERED & DOESN'T AFFECT BENEFITS**

Please contact Alex on 07784360059 or Selina 07784360058 or email [a.cairns@wakefield.ac.uk](mailto:a.cairns@wakefield.ac.uk) for information. The course is based at Lightwaves Community Centre, Wakefield.

## Is that what you meant to say, really?

Okay, so this is the first in a series of hints and tips about creative writing. This one is about the editing process.

So, imagine that you just wrote a story. Say that, when you finished it, you found that the story was about someone called Harold who, aside from his unfortunate habit of not making it to the toilet on time, had an adventure when an alien spaceship crashed in his back garden that then led to him having a meeting with God and a late breakfast.

There you are, in front of your computer proudly reading through your first draft and you're thinking, hmm – this is a pretty nifty piece of work, right?

Well, that might be true. Or there's just a chance that it's not. An author back in the day called Ernest Hemingway once said that 'the first draft of anything is crap' (or words to that effect). What he meant is that the first time you do something (anything), whether it's putting shelves up, putting an engine together or making a Spanish omelette, the results are not going to be as good as if the job was done by a master craftsman / engineer / chef. In fact, you're pretty much guaranteed to have missed something on your first attempt.

So how do we get to the bottom of what might have gone wrong? Well, we should start by asking ourselves questions about what we've produced, and one of those questions should be: 'is that what I meant to say, really?'

You can see how this works, right? You set out to put shelves on the wall and one of them fell down. You assembled the engine and had a few pieces left over. You wanted an omelette on your plate and it ended up on the ceiling. You set out to write a nice story to tell your children at bedtime and you ended up with something that would scare the bejesus out of them. In other words, your plan did not come out exactly right and so you need to make a few changes so that you get to where you wanted to reach.

The takeaway point here is: when you've finished, check what you achieved against what you wanted to achieve, and then adjust accordingly. And here's the good part: this works for pretty much everything in life. You wanted to go for a jog and ended up in front of the telly. You wanted to get to Paris and ended up in Blackpool. You wanted friends and you ended up with pizza. The list goes on, but the story doesn't end there. Make adjustments. Check your result against your plan and change things accordingly. Then, with a little perseverance you'll get the story you wanted and the life you deserve.

Don't give up, my friend. Keep moving on. It'll come.

*Robert Day – Friend of the Recovery College and Dare to Share Participant.*







### Summer Loving Campaign

Wakefield Council's summer loving campaign is now in full swing. The two lucky winners will receive:

- Family bike hire at either Pugneys Country Park, Thornes Park or Aspire@ThePark
- Family swim at any Aspire facility
- Family climb at Aspire@ThePark
- Family tennis game at Aspire@ThePark (equipment included)
- Family golf lesson at City of Wakefield Golf Course

They're asking residents to send photos on social media of what they're enjoying about the District this summer, be it shopping for holiday clothes in a local boutique, spending time with the family visiting a local attractions or enjoying some 'me time' relaxing in a country park.

Entrants need to make sure they tag #SummerLovingWF in your post for a chance to win.

In their second competition, they're asking Wakefield district's youngest residents to draw or paint their favourite summer activity, such as playing football with friends or having a picnic in the park.

Photos of the children's masterpieces should be sent to [covid19communications@wakefield.gov.uk](mailto:covid19communications@wakefield.gov.uk).

*Please note: both competitions close on Friday 3 September. The winners will be announced Friday 20 September.*



### Festival of the Earth



A big part of the district's summer offer is the Festival of the Earth. Three spectacular and immersive experiences were launched last week as part of the amazing Festival of the Earth celebrations.

Visitors to WX (Wakefield's Former Market Hall) can enjoy an immersive and dramatic sound and light installation, called Fire and Ice designed by Ithaca. It gives people the chance to experience the immense changes now happening to the Earth's climate and the impact people's actions are now having on the planet.

The installation, which runs until Sunday 5 September, will guide visitors through an immersive experience that will instil an emotional resonance around the subject matter drawn from two opposing visual and sensory elements, that of Fire (the heat of the sun and the warming planet) and Ice (the shrinking polar ice cap, the diminishing natural world from the lack of climate balance). A fascinating exhibition that will engage all the senses.

And that's not all - taking centre stage in the stunning surrounds of Wakefield Cathedral will be a stunning 7-metre, illuminated replica of Earth. The spectacular touring artwork – Gaia – by artist Luke Jerram features detailed NASA imagery that will enable visitors to see our planet floating in three dimensions.

Gaia will illuminate Wakefield Cathedral, from today until Monday 30 August 2021, (please check website for entry times). It is free to enter and aims to create a sense of wonder for visitors – seeing the planet from an astronaut's perspective, which provokes awe, a profound understanding of the interconnection of all life, and sense of responsibility for taking care of the environment.

For more information about the festival, please visit [www.expwake.co/EarthFestWFD](http://www.expwake.co/EarthFestWFD)

## August Bank Holiday Quiz!

1. When is the start of the meteorological autumn?
2. True or false – more thunderstorms occur during the summer months than at any other time of year?
3. What year was a summer bank holiday first introduced in England, Wales and NI?
4. True or false – the August bank holiday has always been the last Monday of the month?
5. Which country has the most public holidays?
6. What came first, the term “Autumn” or the term “Fall” to describe the season?
7. According to a study in the Journal of Aging Research, those born in the Autumn are more or less likely than those born in other seasons to live to the age of 100?
8. True or false – September was the seventh month of the old Roman Calendar?
9. What is missing from leaves for them to lose their green colour during autumn?
10. What type of tree do conkers grow on?

Can you spot 10 differences between these pictures?



www.sparkling-minds.com



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