



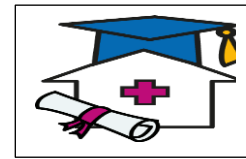
## The Supporter

Newsletter

3 September 2021

**NHS**

**South West  
Yorkshire Partnership**  
NHS Foundation Trust



## 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://www.facebook.com/wakefieldrecoverycollege)

### A poem to remember:

### Halfway to happiness:

Every sunrise  
Has a darkness  
Every darkness  
Has a happiness  
Every emotion  
Has a reason  
every reason  
has a solution  
every solution  
has a positive.

Written by: Abigail Rose - volunteer



shutterstock.com · 2011919936



## FREE Heritage Open Days [#pontefract](#) [#edibleengland](#)

Friarwood Valley Gardens, Pontefract , WF8  
1PL

Friarwood Valley Gardens, Pontefract , WF8 1PL

At the former aviary within the Gardens, there will be volunteer guides who will outline the history of the Valley Gardens and assist with questions

Visit the planted Rose Garden, sensory garden, other walks plus the children's playground, all are supported by the Friends of Friarwood Valley Gardens. This is a public park from 1950 and is a Grade 2 listed Historic Park on the site of a [#medieval](#) [#Dominican](#) [#Friary](#), and former nurseries and market gardens with [#liquorice](#) cultivation. [#Friary](#) & [#hermitage](#) [#blueplaque](#) [#yorkshire](#)

The former aviary building has been around since at least 1840 and was built in the [#Georgian](#) period. Former uses include it reputedly being used as a male card school retreat (a gambling den), and as a packing shed for the on site market gardens.

Sunday 12 September: 1100-1400 open house, just drop in and speak to the volunteers.

<https://www.eventbrite.co.uk/.../heritage-open-days...>

Very limited on-site parking via Friarwood Lane. There is a central ramped walkway off Southgate, should you park in the town centre.

Contact for the day: Colin White.

[www.pontefractcivicsociety.org.uk](http://www.pontefractcivicsociety.org.uk)

Join Pontefract Civic Society on this walk and find out about Gillygate's past. Find out where Pontefract first postmaster lived; the voters that had to walk the gang-plank; the Theatre; the 400-year-old house; the pub where the back became its front entrance, the widening of the street which enabled the building of the printers and the explosion that brought it tumbling down. You have a unique opportunity to view the no longer used premises of the Holmes printing dynasty.

Various dates and times in September

To book your free place go to:-

[EVENTBRITE.CO.UK](http://EVENTBRITE.CO.UK)

Heritage Open Days: Beyond the Façade - Past Retail and Social Gillygate

## Positions

I had a meltdown not long back. I totally lost it. My head was so messed up that everything was black. Let me tell you: if I'd have known then what I know now about the role of decent values, then I would have had a much easier time of it. What I'm going to share with you now are the three values that pulled me out of those dark days into the light.

The beauty that I see in my life now is, in a way, down to the fact that heaven sent you here for me. I know it's a cliché but you're the angel that's saved me. With all I've learned from the past, I just know that this time it's going to be okay. *We're* going to be okay. I know that I'm not going to repeat history.

It's amazing how I've been accepted now. I met your family on Sunday, and it was such a sweet day. We all went into town together and then, after going to your family's place to change, we took a picnic into the countryside and spread the cloth in the shade of a big old oak tree and ate and laughed and drank and ran around and then drank a little more. I tell you; I was giddy by the time we set off back. Then on Monday, you know how it was. We just couldn't get enough of each other. I ended up feeling good from the tips of my toes right up to the top of my head.

So yeah, what about those values. Well, in the dark times I couldn't see any hope for the future. But that's because I wasn't *planning* for one. The thing about the future is that it doesn't come along all by itself. I know that you imagine it should and does, but it's not the *future* that's coming up; it's the *past*. When you don't sit down and figure out what you're going to do with your life then the same things that happened in the past repeat on you. That's what I mean by the future not coming along by itself. Deliberately thinking about what I wanted for the future became very valuable to me. It became the first value on the path to my transformation into a happier person.

I know for a fact that you used to like other people as well as me. Everyone told me so. They said, don't you mess around with that one because you'll never be number one. You'll just be a number. I didn't want to be just another person to play around with. So that's why I'm going to be doing something very special for you. Without going into too much detail, I'm going to do and be everything for you. I'm going to fulfil your every need. Pick almost any room in the house and I'll be there for you. I mean, obviously there are some places where you need a little privacy; but apart from that – I got your back. I'll be jumping through every hoop I can think of to do this for you. If love is an Olympic event, I'm going to win gold.

And that brings me to the second value that I've adopted in order to change my life from dark to light: *giving*. Before this, I was the most selfish person you could imagine. Everything was for me, me, me. Anything I did was solely because I wanted to do it. I was the most important person in the universe, and I made sure that no-one got in the way of that. If someone wanted me to do something and it didn't suit me, then I wouldn't do it. I just sailed on by, content that I was doing okay if I was putting a smile on my face by following my own desires. It didn't matter how many people around me were unhappy so long as I was fulfilled in my own little bubble of happiness. That was before I realised how valuable it was to give to those around me. You have become the centre of my world. I give myself to you.

Actually, you're totally worth anything I could ever give you because you're perfect in every way. You're too good to be true, in fact, but that's not going to stop me from showering an infinite amount of love on you. Like I said, you're worth it because everything that I give to you, I get back double. It just feels great to be with you. It feels tremendous to run by your side instead of running away from life, people, and you all the time.

The third value I've taken on is related to what I just said. It's *trust*. I had such a problem with trusting people before now. I've been betrayed you see. People have come along, and I've tried to trust them, but always, in the back of my mind there's been a fear that they would hurt me and so I held a small part of me back. They must have sensed my fear and my reserve, and it must have caused the inevitable betrayal. People who have the value of trust give everything to those around them and they don't do it out of compulsion, they do it for love. Because my love for you is infinite, and because I'll do anything and everything for you, it's certain that you'll never need anyone else.

This is stuff that I usually don't do, but for you, I kind of want to, because you're there for me and I'm there for you too.

So that's my story. I was in a dark place, but with the help of my newfound values of *planning* for the future, *giving* everything that I have and *trusting* that you and the world will do right by me, I've turned myself around. I'm in a position to be able to spread love and light around me now. Thank you for your part in this, and thanks for listening.

By Robert C Day  
2021

**FREE Wakefield Recovery College courses/workshops for anyone over the age of 18. 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.**

<b>Course</b>	<b>Date</b>	<b>Time</b>
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
Reading for Wellness	15 September online	1.00-3.00pm
An intro to mindfulness	16 September online	2.00-4.00pm
Wellbeing at work	16 September online	2.30-4.00pm
Everyday stress	17 September online	10.30-12.30pm
Boosting self confidence	21 September online	11.30-12.30pm
Understanding anxiety	22 September online	10.00-12.00pm
Overcoming anxiety	7 October online	2.00-4.00pm
Introduction to personality disorder	12 October online	10.00-12.00pm
Accepting change	13 October online	10.00-12.00pm
Lifting your spirits	14 October online	2.00-4.00pm
Journaling for wellbeing	14 October Fieldhead Campus, Wakefield	1.30-3.30pm
Stroke awareness	15 October St Giles Church, Pontefract	2.00-4.00pm
Feeling positive, busting stress	18 October online	11.00-12.30pm
Dare to share	2 November online	1.00-3.00pm
Managing anxiety and worry	4 November online	2.00-3.30pm
Menopause and me	9 November online	10.00-11.30am
Dyslexia awareness	25 November online	10.30-12.30pm
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

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 as we regularly update it.

**\*\*Places on our courses are subject to availability**



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

**Join the movement.**

[wyhpartnership.co.uk/rootoutracism](http://wyhpartnership.co.uk/rootoutracism)



A new movement to challenge racism and address health inequalities across West Yorkshire began on Monday 23 August. The campaign has launched with a series of visuals based on the views and experiences of ethnic minority staff.

*"I'm getting way more stares, people looking at you just because of your skin tone. I'm being faced with racism from kids who are 5-6 years old. Of all the racism I've encountered, that's probably the most shocking, the racism coming from kids."*

Root Out Racism was developed by West Yorkshire and Harrogate Health and Care Partnership and West Yorkshire Violence Reduction Unit, following a recommendation from a partnership review on the impact of COVID-19 on health inequalities. The movement works to improve people's health and wellbeing in Wakefield, Bradford, Calderdale, Harrogate, Kirklees and Leeds.

500 organisations and community allies have already signed up to support, including Wakefield Council, Spectrum Community Health CIC, NHS Wakefield CCG, South West Yorkshire Partnership NHS Foundation Trust, Mid Yorkshire NHS Hospitals Trust and West Yorkshire Police.

Root out Racism is part of a long term commitment to tackling structural and institutionalised racism, as well as addressing health and social inequalities. Over 100 colleagues from black, Asian and minority ethnic backgrounds helped to create the movement, which challenges racism across all aspects of society.

The movement aims to encourage everyone to reflect on what it must feel like to walk in the shoes of people from ethnic minority groups who continue to be impacted by racism and to importantly do something about it by rooting it out and standing together. A series of visual representations of the experiences have been created, and will be displayed across the district in a range of places, including outdoors, buses and social media.

NHS Wakefield CCG Chief Officer, Corporate Director Adults and Health - Wakefield Council and Wakefield Place Integrated Care System (ICS) Health and Care Leader Jo Webster said: "Unfortunately it is a fact that in society abhorrent racism still exists. By standing together we can tackle it head on and show a firm commitment to rooting it out wherever it is and whichever form it takes. It's vital that we all stand up to support the campaign to send a powerful message and takes action to eliminate racism altogether."

To find out more, please visit <https://www.wyhpartnership.co.uk/rootoutracism>

### How you can give your support

If you would like to show your support for the Root Out Racism movement, you can:

- Register to join the movement at <http://ow.ly/lWB250FBmYt>
- Place a twibbon on your profile photo on Twitter: <https://twibbon.com/Support/wyhrootoutracism>
- Help us trend on Twitter by sharing messages with the hashtag #WYHRootOutRacism
- Download our selfie banner from
- Send your selfie photo and a comment showing your support to [wakccg.communications@nhs.net](mailto:wakccg.communications@nhs.net)

Please include the following sentence in your email to indicate your consent for your name, photo and comment to be used to further promote the campaign:

*I give my informed consent for West Yorkshire and Harrogate Health and Care Partnership (WY&H HCP) to use my photo, name and comment to promote the Root Out Racism movement.*

*I confirm I am the person identified. I understand I have the right to withdraw this consent at any time by contacting [wakccg.communications@nhs.net](mailto:wakccg.communications@nhs.net)*

Portobello Community Centre  
Portobello Road  
Wakefield  
WF2 7JJ

Every Tuesday at [Portobello Wakefield](#) 12.30-2.30  
Portobello Craft and Camera Group  
Supportive and social environment offering opportunity of informal learning and sharing skills. From complete beginners onwards - all welcome (18yrs and over)  
Activities include:  
General crafting, knitting, crochet, spinning, weaving, other textiles, art work and print work to name a few!  
Photography:  
Digital Camera work (of all kinds), using editing software, computer work as well as traditional film work including making and using pin hole cameras.  
£2:00 per session includes refreshment

**Don't get caught out - beware of scams!**

**Report scams to Action Fraud:  
0300 123 2040**

**1. COLD CALL  
2. CASH UPFRONT  
3. NO RECEIPT**  
*Just say no!*



Make sure you ask for the total cost of work quoted



Don't be caught out by 'hidden' extras such as machine hire, skip hire, rubbish removal

Trading Standards



**CAREERS FAIR** **FREE EVENT!**

A chance for young people to plan their next steps in life, with the help of training providers and career advisors.

Retail

Construction

Health & Social Care

Childcare

Uniformed Services

Engineering

College Courses and Traineeships



**THURS  
23RD  
SEP  
1PM**

**LIGHTWAVES  
LEISURE CENTRE**

Lower York Street  
Wakefield, WF1 3LJ

**connexions**  
part of Shaw Trust  
WAKEFIELD DIGITAL

FOR MORE INFORMATION, VISIT [CONNEXIONSWAKEFIELD.CO.UK](http://CONNEXIONSWAKEFIELD.CO.UK)

**To ALL Students  
Returning to School**

**If you see any of the following:**

- \*another student struggling to make friends
- \*another student being picked on
- \*a student who is new, shy, or not with the "in crowd"
- \*a student who is eating lunch alone

**Be a Leader! Be a Warrior!**

Say hi. Smile at them. Ask if you can sit with them. Include them. You never know what that person is facing inside or outside of school.

**YOUR KINDNESS WILL  
MAKE A DIFFERENCE IN  
SOMEONES LIFE**



**Be Kind. Feel Good.**

HM Government

NHS

COVID-19

**Let's wear face coverings in crowded places to protect others.**

Let's keep life moving.

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

FRESH AIR TESTING FACE COVERINGS APP HANDWASHING

### Overview of COVID-19 in Wakefield District

Data Released: 29<sup>th</sup> August 2021. Latest data: 24<sup>th</sup> August 2021 (data is available up to 28<sup>th</sup> August 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 measures**

**Cases data: latest 7 days – 18<sup>th</sup> August to 24<sup>th</sup> August**

**1,171** cases in the last 7 days (previous 7 days = 1,246 cases)

**333.1** cases per 100k population (previous 7 days = 354.4)

**42,016** cases since March 2020

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

Date	Rate (per 100,000 population)	Cases
02/06/2021	81.6	287
09/06/2021	79.9	281
16/06/2021	170.4	599
23/06/2021	349.8	1230
30/06/2021	533.9	1877
07/07/2021	661	2324
14/07/2021	711.9	2503
21/07/2021	420.7	1479
28/07/2021	346.7	1219
04/08/2021	374.9	1318
11/08/2021	354.4	1246
18/08/2021	333.1	1171

**Deaths data: Deaths registered up to 13<sup>th</sup> August 2021**

**7** deaths registered in the latest week (previous week = 3 deaths)

**911** deaths since 2020

Wakefield epidemic curve: trend in COVID-19 death registrations in the latest 12 weeks

Date	Deaths
28/05/2021	0
04/06/2021	0
11/06/2021	0
18/06/2021	0
25/06/2021	0
02/07/2021	0
09/07/2021	0
16/07/2021	2
23/07/2021	2
30/07/2021	13
06/08/2021	3
13/08/2021	7

**Hospital data: latest snapshot day 24<sup>th</sup> August**

**51** Wakefield COVID-19 patients in a Mid-Yorkshire Hospital bed (previous date = 40)

Wakefield epidemic curve: trend in the number of Wakefield patients with confirmed COVID-19 in a Mid-Yorkshire Hospital bed, by snapshot day in the last 12 weeks

Date	Patients
11/06/2021	6
18/06/2021	4
25/06/2021	3
02/07/2021	6
09/07/2021	3
16/07/2021	7
23/07/2021	4
30/07/2021	12
06/08/2021	23
13/08/2021	32
20/08/2021	41
27/08/2021	40
03/09/2021	50
10/09/2021	40
17/09/2021	51

**COVID restriction level**

Page 1  
Prepared by Wakefield Public Health Intelligence Team: [phi@wakefield.gov.uk](mailto:phi@wakefield.gov.uk)

What are you loving about the District this summer?  
 Is it having picnics in the park with your family or shopping in local boutiques for holiday clothes? How about visiting one of the district's many attractions or enjoying tasty food in your favourite restaurant?  
 There's so much to love about the Wakefield district, so get that summer loving feeling, and start planning your days out.  
 While you're having fun please remember to be careful, be kind and be safe.

[www.wakefield.gov.uk/about-the-council/coronavirus-information/lets-keep-life-moving](http://www.wakefield.gov.uk/about-the-council/coronavirus-information/lets-keep-life-moving)  
 #SummerLovingWF



**SUMMER LOVING** #SummerLovingWF

Competition time!  
 Tell us what are you loving this summer?

Enjoy your summer safely

wakefieldcouncil

**SUMMER LOVING** #SummerLovingWF

Calling all the district's young artists!

Enter our competition by painting or drawing what you are loving this summer holiday.

Enjoy your summer safely

wakefieldcouncil

Last week's  
Quiz  
answers

1. 1<sup>st</sup> September
2. True
3. 1871 – It was originally intended to give bank employees the opportunity to participate in and attend cricket matches.
4. False - The August bank holiday was on the first Monday of August until 1971.
5. India – they have 21 public holidays!
6. “Fall” - it was in fact in widespread usage in England until relatively recently. Originally a shortening of the phrase *fall of the leaf*, the phrase was common in England in the 17th century. The word autumn entered English from the French *automne* and didn't become common usage until the 18th century.
7. More – The Journal of Aging Research study found that 30 % of US centenarians born during 1880-1895 were born in the autumn months.
8. True – from the Latin Septem for Seven.
9. Chlorophyll
10. Horse chestnut



**Cultivating Wellbeing in Gardens and Nature is a free-to-access online resource** to encourage you to use your garden to spend more time connecting with nature as a tool to restore wellbeing and improve your physical and mental health.

It will help you learn about and experience the health and wellbeing benefits of the great outdoors, which includes looking at our historic connections to nature, how we use gardens and nature, and how we can identify our own connection and affinity to them.

Created with support from Notcutts Garden Centres, the course provides a range of tasks, and an opportunity to explore how you connect to nature, offering new ways to get outdoors and explore all the amazing things that green spaces offer.

All parts are standalone, but to get maximum benefit, we advise you to work through them in order, starting with part one first and then progressing to the more practical elements within part two and three.

The resources include presentations, videos, discussion forums, self-directed activities, and forms for you to complete.

To enrol on the course:

Go to: [www.thrive.org.uk/nature](http://www.thrive.org.uk/nature)



Recruiting volunteers for a Carer's study

Are you  
a carer?

KING'S  
College  
LONDON

WHO?

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

WHAT'S INVOLVED?

You will be asked to complete questionnaires and a card-sorting task, at home and a time that suits you. It should take no longer than 40-60 minutes in total.

WHY?

Resilience is adapting to difficulty. We want to learn more about the different ways of thinking behind resilience, to find new ways to support carer wellbeing.

ENTER A PRIZE DRAW OF GIFT  
VOUCHERS WORTH UP TO £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 [bit.ly/carersstudy](http://bit.ly/carersstudy)



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

## Back to School Word Search

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

SCHOOL  
TEACHER  
STUDENT  
DESK  
PENCIL  
PAPER  
RULER

BOOKS  
CRAYONS  
READING  
MATH  
SCIENCE  
ART  
MUSIC

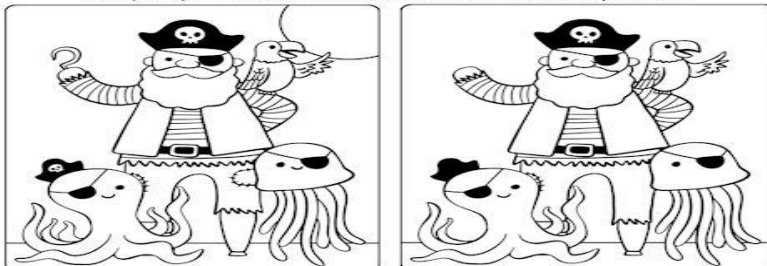
COMPUTERS  
PLAYGROUND  
CLASSROOM  
BUS  
GYM  
LUNCH



Created by [superheroesandteacups.com](http://superheroesandteacups.com) / Graphics from [mycutegraphics.com](http://mycutegraphics.com)

### SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Free printable courtesy of [PrintFree.net](http://PrintFree.net)