

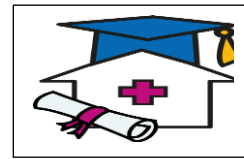


## The Supporter

Newsletter  
1 October 2021



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://facebook.com/wakefieldrecoverycollege)



We are pleased to announce that we are now able to offer a variety of our face-to-face courses from our new venue on the Fieldhead Campus, Caring Garden, Fieldhead Hospital, Wakefield.

Although this is only a temporary venue, we want to make it bright and welcoming for our students and partners.

This is why we need your help!

Would you like to display your artwork, poems you may have written or positive quotes in the venue?

These would need to be on flat paper or card and no larger than A3 size so they can be laminated. Quotes would need the origin of them clearly noted on the page.

If you can help, please email or send them to us at Baghill House Health & Wellbeing Centre, Baghill, Pontefract, WF8 1QW. Please leave your name and contact if you wish us to return them to you.

We look forward to seeing them all.  
Thank you

## Fun Events for Your Wellbeing @ THE HUT

Are you aged 16-24?

Do you work with Young People aged 16-24?

Wakefield Council and partners will be delivering the following FREE sessions that aims to improve wellbeing and overall health.

The sessions will start on 11<sup>th</sup> October on Monday and Wednesdays, morning or afternoon.

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 attached booking form and return to [youthsupporthub@wakefield.gov.uk](mailto:youthsupporthub@wakefield.gov.uk) or call 01977 722777 to book a place.

Self referrals are also welcome!!



The project is funded by the European Social Fund and the Education and Skills Funding Agency, and supported by the Local Enterprise Partnership. EFP Community Grants provide grants to small organisations in the voluntary and community sector to provide support to unemployed & inactive individuals to engage them and move them towards employment through packages of training and support.



Dream Time Creative

## "Emerging Me"

A Free Creative Peer to Peer Level Two Qualification

This course will explore your creative potential whilst learning new skills around the dynamics, facilitation & managing of groups in the role of the tutor, peer or volunteer.

### Are you:

- A woman looking for work or further education and would like to learn new skills to build confidence?
- A woman who can show evidence of being unemployed?
- A woman who is on universal credit?
- A woman who can provide a letter from a career service confirming you are searching for a job?
- A woman who is economically inactive and can show no income from employment.

Each session runs from 10am until 2:30pm with a break and FREE healthy lunch provided each week.

Ask us about Childcare & Travel Funding!

[hellodreamtimecreative.org](http://hellodreamtimecreative.org) for further information.



55 Westgate,  
Wakefield,  
WF1 1BW

### The Dates!

Registration & Taster Day  
9th November 2021

Application Completion  
30th November 2021

12 Week 2022 Course  
1st, 8th, 15th February  
1st, 8th, 15th, 22nd March  
5th, 26th April  
3rd, 10th, 17th May

## How to stay motivated

Being motivated is a struggle for us all at some point,  
We often think it's a "chore" not a "activity"  
Here are some ideas that help me and may help you.

- 1: Put positive notes around your room – that you're likely to read most.
- 2: Change the word "job, chore, task" to a nicer phrase like "activity, necessity" an example is putting your laundry away, see it as a necessity to put it away.
- 3: Put some up-beat music on that makes you want to dance away! – even I dance in my bedroom sometimes!
- 4: Make a daily plan or a weekly planner! – include a rest day! – my rest days always include something that people would see as not a rest, but I enjoy that! – that's all that matters.
- 5: Remember the long-term goal! – like a clean bedroom. – recently I have had to sort out my moving boxes as I'm moving and its one of them tasks, I didn't want to do, I'd have rather gone shopping, but I knew that once I'd done it that's it 😊 it wasn't as bad as I thought either!
- 6: Have someone help motivate you! Always is more fun with someone else!
- 7: Get your favourite drink and biscuits to have while you're working on what you need to do.
- 8: Make it enjoyable!
- 9: Remember, often once you start doing something you are in the mood to do more!
- 10: You'll be proud of yourself! As I know how difficult some days are! Give yourself credit and you'll feel better, want to do more as you'll be super motivated.
- 11: Set a time limit and see it as fun! You have to complete the activity before your time runs out! – you can always extend the time; this is your personal game.
- 12: I find that just randomly jumping out of bed is a start, as that's the hardest part.
- 13: Remember, self-care helps! Give yourself a break too, we all need a rest!

The reason I have written this is because I have episodes where I'm extremely down and I struggle to not sleep all the time, I have had to put things in place to try stop me sleeping and to keep motivated as I feel worse by that! – remember you aren't alone.

Netflix have some good series of staying motivated with cleaning tips etc! it's quite funny and good – have a look.

Written by: Abigail Rose – volunteer.



Course	Date	Time
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
On yer bike – spinning class	Starts 19 October – join as long as you like over a year period	6.30-7.30pm
An introduction to personality disorder	26 October Wakefield Town Hall	10.00-12.00pm
Dare to share	2 November online	1.00-3.00pm
Boogie Bounce	Starts 3 November – join as long as you like over a year period	10.00-11.00am
Managing anxiety and worry	4 November online	2.00-3.30pm
Menopause and me	9 November online	10.00-11.30am
Understanding hearing voices	11 November Fieldhead Campus	10.00-12.00pm
Learn more about IBS	15 November – Fieldhead Campus	12.30-3.00pm
Freedom from Fibromyalgia	22 November (3 weeks) Fieldhead Campus and online	1.00-3.00pm
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
Coping with life using relaxation	7 December online	2.00-3.30pm
Winter wellness	7 December online	10.00-11.30am



## A GREAT DAY OUT AT WHISTLESTOP VALLEY (FORMERLY KIRKLEES LIGHT RAILWAY)

Anyone who is a fan of steam railway engines will enjoy a visit to this popular visitor attraction based in Clayton West. The former colliery railway and working mainline railway (opened in 1879) is now a family visitor attraction featuring a narrow-gauge steam railway amongst other things!

For fans of miniature steam engines this is the place to go. The railway, which is over three and a half miles long, includes an original Victorian railway tunnel and takes passengers on a scenic journey to Shelley. You can join the railway at either station or occasionally in between stops by request.

Whistlestop Valley is staffed by a full team of dedicated experienced staff and volunteers.

There are regular events with visiting locomotives (subject to any subsisting COVID restrictions) some attending from as far away as the Romney, Hythe & Dymchurch railway in Kent and Ravensglass & Eskdale railway in Cumbria.

This year's gala also saw visiting steam traction engines and despite restrictions, the team were fielding all available steam engines on the railway. There was also a steam car operating.

For those of you interested in vintage motor vehicles there are events and rallies with some very interesting cars and buses attending at selected times of the year.

There are annual seasonal events including The Wizard Express and Ghost Trains at Halloween, and Santa Specials and Mince Pie Specials at Yuletide.

The original engine shed now houses a children's indoor play area together with seating and tables. Outside, there is a further large play area and a large jumping pillow for children to play on.

The workshop now houses engineering equipment capable of performing most jobs and repairs on the locomotives and carriages. Tours are sometimes available at events or on request to the staff.

At Clayton West there is a large café serving food and hot drinks.

At Shelley there is an ice-cream parlour with all sorts of sweet treats including waffles and hot drinks if required and a children's play area.

Whistlestop Valley is open on most weekends, Bank Holidays and school holidays throughout the year with trains running on a regular basis. Selected term-time Mondays and Fridays also see the Young Engineers sessions aimed at toddlers, with a shorter train ride and all the inclusive activities at Clayton West.

Please note that the timetables should be checked but all trains start at, and return to, Clayton West.

There is a shop at Clayton West selling a range of souvenirs and toys.

Outside the shop there is a further miniature railway called the Clayton Flyer for children and adults. Here, visitors can ride behind 7¼ inch gauge miniature locomotives operating around the pond.

This is a place of interest to all including train enthusiasts and steam buffs. I am able to fully recommend this having been a volunteer now for a number of years.

However please note that whilst most disabilities can be catered for, any passengers using wheelchairs would need to be able to physically leave the chair in order to ride on the train. Wheelchairs need to be able to fold down and can be carried in one of the carriages. Please check in advance if you are unsure.

Pushchairs can also be accommodated.

Tickets should be purchased in advance via [whistlestopvalley.co.uk](http://whistlestopvalley.co.uk).

All in all, this is a good day out.

RYDER with ERIN 2021



<https://www.bing.com/videos/search?q=clayton+flyer+miniature+railway&docid=608046199645297698&mid=0E3F84137BBE086E52570E3F84137BBE086E5257&view=detail&FORM=VIRE>

This year marks Stoptober's 10-year anniversary, and the Wakefield Clinical Commissioning group are celebrating helping over 2 million people make a quit attempt. 🙌

If you're thinking about quitting, then you can use Stoptober as a time to start your quitting journey. 📱  
Search [#Stoptober](#) for more information.  
[#SmokeFree](#)

**STOP TOBER** | **Better Health** Let's do this | **NHS**

**Stop smoking**

**Start breathing this Stoptober**

**WORD FEST**  
MAKE WORDS COUNT

A month-long festival celebrating the impact of words in every corner of our lives.

**1-31 October 2021**

Wordfest 2021 is packed full of exciting events and activities and Wakefield Libraries have squashed it all into a handy little brochure, which you can view here: <https://bit.ly/WordFestBrochure>  
In the brochure you can find info on all the events running through October and how you can book your place.

[#WordFest](#) [#makewordscount](#) [#EarthFest WFD](#)  
**Wakefield Council Events in Wakefield**

**wakefieldcouncil**

**FROM 1ST OCTOBER, HIV SUPPORT SERVICES ACROSS WAKEFIELD WILL BE DELIVERED BY BHA FOR EQUALITY**

HIV SUPPORT SERVICES INCLUDE

- Emotional and practical support
- Counselling
- Peer support
- Financial and debt support
- Support for new mums
- Information and Training sessions
- Activities

BHA for Equality has over 30 years' experience in delivering HIV support and prevention services in Leeds and Greater Manchester.

If you would like more information or have any questions about this change please contact Rebecca Pang on:  
Email: [Wakefield@thebha.org.uk](mailto:Wakefield@thebha.org.uk)  
Phone: 07770549554

**BHA** for equality in health and social care | **Spectrum** COMMUNITY HEALTH CIC

Mental health problems are common and can affect anyone, including veterans, serving personnel, reservists and their families. It is important to get help and support if you or someone you know has mental health problems. Find mental health information and support for veterans, service leavers, reservists, families and carers: [Mental health support for veterans, service leavers and reservists - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**NHS**

**Look out for your winter vaccines invite.**

Dangerous viruses spread quickly when we're all crowded together inside. That's why it is more important than ever to get vaccinated this autumn.

For more information visit [nhs.uk/wintervaccinations](http://nhs.uk/wintervaccinations)

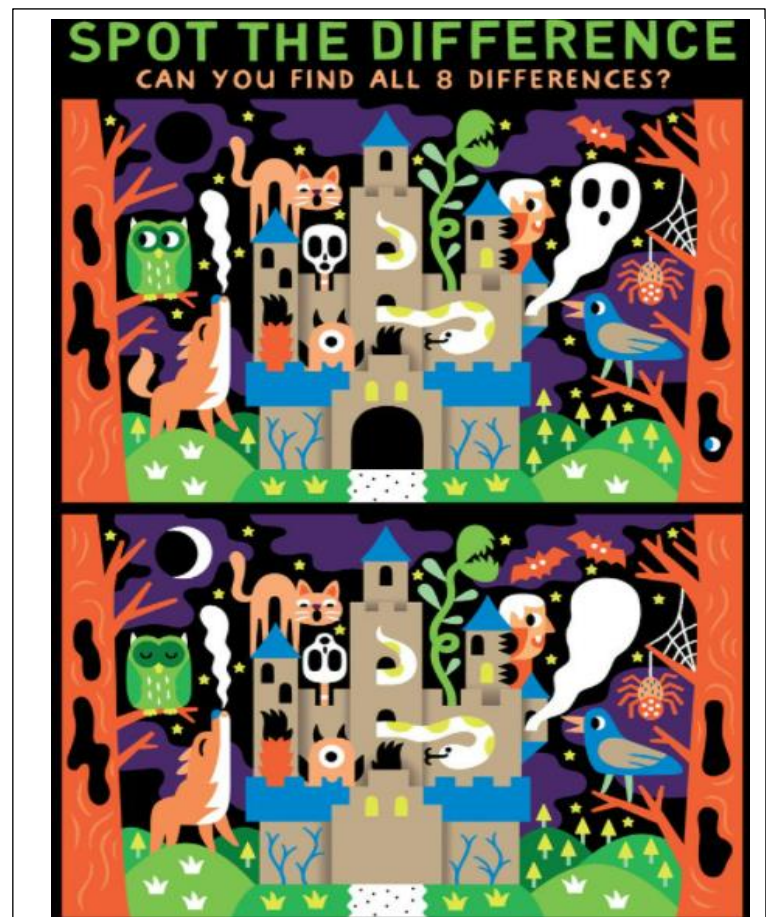
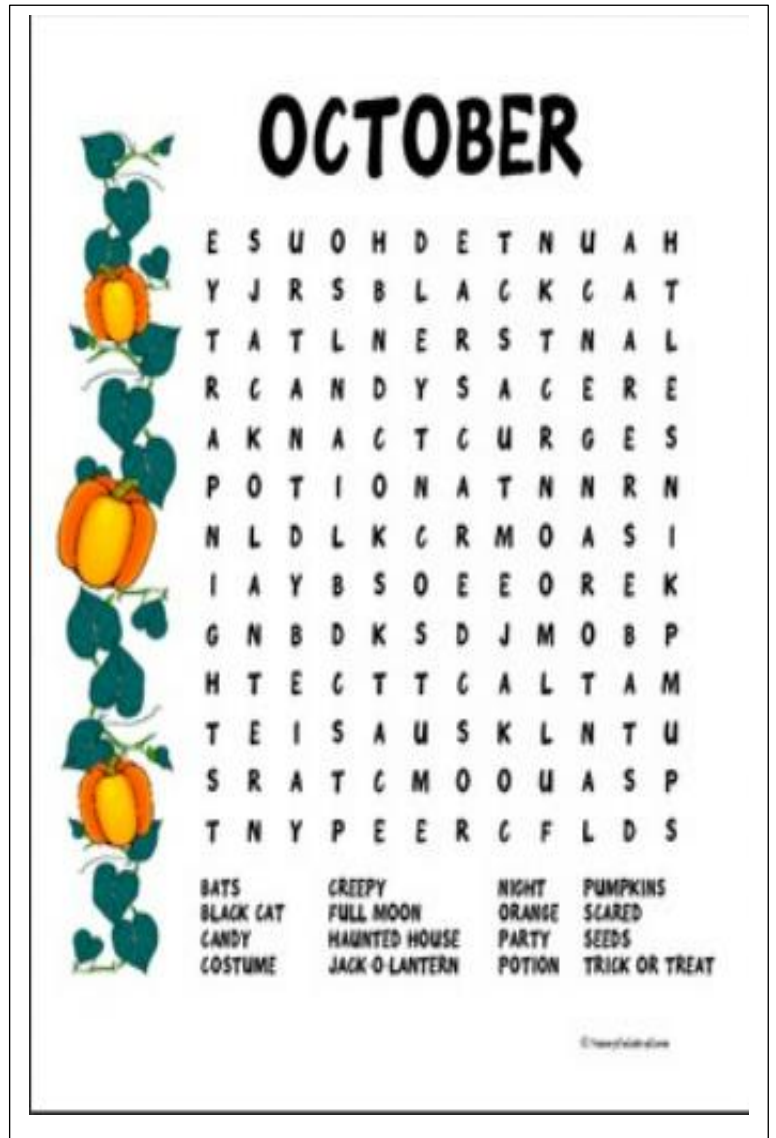
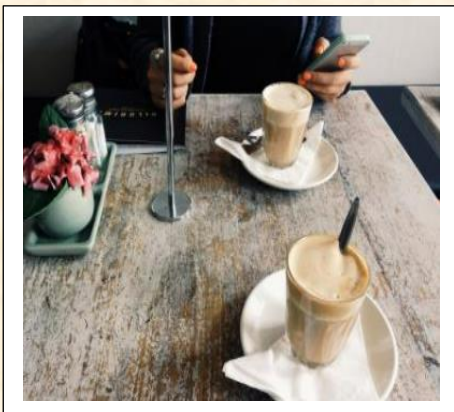
## CHAT

Over the café table they sat  
Two people out for a chat  
They ordered tea and it was brought  
But in a trap, they were caught  
Each produced a mobile phone  
And began to play  
Never a word between them did they say  
Lightening fingers passed over the pad  
Their phones on the table: how sad  
Had the art of communication been lost  
A lifetime together had been to their cost  
Maybe to each other a text was sent  
And well-meaning it was meant  
But it was strange how in silence they sat  
And communicated to each by a different chat  
Maybe the phones went flat or disabled  
For they drank their tea and left the table  
What happened to them we do not know  
For no emotion did they show  
The art of communication had been lost for sure  
So sad that they could speak no more

Sadly, we don't know what happened next.....

Because they only sent a text!

RYDER 2021  
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# PUMKIN SOUP

## Ingredients

- 1 large [onion](#), chopped
- 2 [carrots](#), peeled and chopped
- 2 [garlic](#) cloves
- 1 [bay leaf](#)
- 25g/1oz unsalted [butter](#)
- 2 tbsp [olive oil](#)
- 1 medium [pumpkin](#) (prepared weight about 850g/1lb 14oz) deseeded and roughly chopped
- 1 medium-sized [floury potato](#), such as Maris Piper, roughly chopped
- 1 litre/1<sup>3</sup>/<sub>4</sub> pint vegetable or chicken [stock](#), a little extra may be needed
- 100ml/3<sup>1</sup>/<sub>2</sub> fl oz [double cream](#)
- 3 tbsp [pumpkin seeds](#)
- salt and freshly ground [black pepper](#)



## Method

1. Put the onion, carrots, garlic, bay leaf, butter and half the olive oil into a large pan. Cook over a low–medium heat for about 10 minutes until the vegetables are tender but not coloured.
2. Add the squash and potato, mix to combine and cook for a further 2–3 minutes. Pour in the stock, season well and bring to the boil. Reduce the heat to a gentle simmer, half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when tested with the point of a knife.
3. Pick out the bay leaf and blend the soup until smooth using a stick blender.
4. Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required.
5. Meanwhile, heat the remaining oil in a frying pan over a medium heat and add the pumpkin seeds and fry quickly until the seeds start to pop. Remove from the pan.
6. Ladle the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.

[Pumpkin soup recipe - BBC Food](#)

## Volunteers wanted for Walk Yourself Well groups as part of a brand new upcoming social enterprise 💜

One of the college partners, Be true to You are looking for volunteers for their exciting new venture.

Do you have a passion for walking?

Do you enjoy meeting new people?

Do you enjoy socialising?

Do you have some free time to offer?

Do you have an understanding of mental health and chronic pain conditions?

Do you have an empathic nature?

If this sounds like you and you would like an opportunity to volunteer within a local community interest company, please get in touch and tell them a little about why you think you would be suitable for this role?

They look forward to hearing from you 🦋

[info@betrue toyou.co.uk](mailto:info@betrue toyou.co.uk)



## Why are GP Practices still working differently?

### If the Pandemic is over why aren't GP practices open?

The pandemic is not over. GP practices worked hard to provide a service throughout lockdown and continue to do so. To protect everyone, we must maintain safe infection control and minimise unnecessary physical contact.

#### How are practices working now?

All appointments are being triaged. This helps keep you safe and makes sure the people with the greatest need are seen first. We will see everyone in person who needs to be seen that way.

#### What is triage?

You will be assessed to decide who needs:

- to be seen in person
- a phone consultation
- a video consultation
- help from a community pharmacy.

#### Why do receptionists ask personal questions?

GP reception staff are a vital part of the health care team and ask questions to direct you to the best support. They are skilled in assisting with triage and treat all information confidentially.

#### I wanted to see my GP, so why am I seeing someone else?

Many GP practices now include a range of professionals (e.g. advanced nurse practitioners) who can diagnose and treat health conditions. This ensures that you see the right person at the right time more quickly.

#### What about emergencies

Always dial 999 in a life-threatening emergency. If you need help with minor injuries at any time or urgent care when your GP practice or community pharmacy is closed visit [111.nhs.uk](http://111.nhs.uk) or dial 111 if you do not have internet access.

#### Where else can I get help?

Visit [www.nhs.uk](http://www.nhs.uk) for advice on common symptoms and a list of local services or speak to your community pharmacist first for advice on minor illnesses.

Find your nearest: [nhs.uk/service-search/find-a-pharmacy/](http://nhs.uk/service-search/find-a-pharmacy/)

### Please be patient

Our health services are under enormous pressure, but we are open and here if needed. You can help us and help yourself by making sure you get the right care, in the right place, at the right time appropriate for your needs. Please continue to be kind to our staff, socially distance where possible and wear a face mask in healthcare settings.

Together  
we can  
choose  
well

West Yorkshire and Harrogate  
Health and Care Partnership



## Do I Have Dyslexia?

Explaining Symptoms & Myths for Kids

### You might have dyslexia if:

You have or had trouble with letter reversals (b and d) and words reversals (was and saw).

You have or had troubles with reading aloud.

You have or had trouble with words problems in math.

You have or had trouble learning how to read. The process is slow, labored and not much fun.

You have or had trouble understanding jokes, punchlines, sarcasm and inferences.

You have or had trouble with spelling. "When life gives you melons, you might be dyslexic."

You have or had trouble following a series of written or aural directions.

You have trouble with recalling names or words. "Hey mom! Where is the thing-a-ma-jig in that doohickey?"

You have or had trouble mispronouncing words such as "aminal" for "animal."

You have or had trouble telling directions such as right and left, east and west, and greater than and lesser than.

You have or had trouble with rhyming words.

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

BRING  
THE  
FAMILY!

SAVE THE DATE

## Silver Sunday

The national day for older people

3 OCTOBER 2021

Join us between  
10am and 4pm at  
The Ridings, Wakefield  
for a day of exciting  
activities and events!

BRING A  
FRIEND!

SILVER SUNDAY  
CELEBRATING OLDER PEOPLE



The Ridings  
at the edge of Wakefield