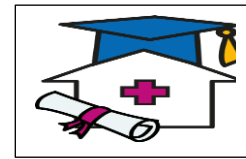




The Supporter

Newsletter
8 October 2021



Wakefield Recovery and Wellbeing College

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



Feeling a bit nervous or anxious about being out and about?

There are places across the district that offer a quiet space with staff who can provide support and assistance.

For a full list of TAKE5 venues visit:

www.wakefield.gov.uk/TAKE5

Look out for



wakefieldcouncil



You may already be aware of an initiative that is growing across Wakefield District called **TAKE5**.

Although for many people the return to a more normal life following the pandemic was welcome, others remain cautious about getting out and about again and may experience anxiety. TAKE5 is a simple idea to provide a calm and quiet place where people can just take some time if they need to. The purpose is not to provide professional support, just a welcoming environment and a listening ear.

At present, all council run libraries, museums, leisure centres and cafes are all TAKE5 champions but are hoping to expand the scheme if people find it beneficial. People can identify TAKE5 venues by the special window stickers and staff badges. Many Community Police Officers are also signed up to the initiative too and the public can identify them by their TAKE5 lanyard.

You can find a full list of locations who are part of the initiative here: www.wakefield.gov.uk/TAKE5

The coronavirus vaccine booster programme has now started [nationally](#). The programme will initially focus on offering immunity reinforcing vaccines to people identified as [clinically at risk](#), aged 50 and over, or at increased risk of exposure and transmission of the virus – which includes frontline health and social care staff. You will be contacted when it is time for your booster vaccine if you are eligible.

You can book your booster vaccine through:

- The national booking system: [Book a coronavirus vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Calling 119
- Contacting your GP practice

Stoptober - Help for smokers to breathe easier this winter.

With winter on the way, now is the ideal time for smokers to join thousands of people across the country who will be taking part in the **Stoptober** campaign.

Smoking damages the lungs and the immune system. This means that it is harder for the body to fight off infections from viruses, such as COVID and flu, and people who smoke may suffer worse symptoms.

This year, Stoptober is offering a range of free support tools for those looking to quit, including online support from the Stoptober app, Facebook messenger bot and online communities, SMS, and daily emails. There is also a Personal Quit Plan that helps people find a combination of stop smoking support that's right for them, with options including expert support from our local Stop Smoking Services in Wakefield, stop smoking aids and digital tools.

As a council we are proud that our smoking rates in the Wakefield district have fallen in recent years and that thousands of people in our local communities are feeling the benefits to their health and therefore are supporting Stoptober campaign.

We encourage anyone who is thinking of giving up, or would like to help a friend or family member give up smoking to visit <https://www.nhs.uk/better-health/quit-smoking> and learn more about 'Stoptober' and the wide range of quitting support options.

You can also contact the dedicated team at Yorkshire Smokefree Wakefield who will give you all the support you need to stop smoking. Call them free from a landline on 0800 612 0011 or free from a most mobiles on, 0330 660 1166 or visit wakefield.yorkshiresmokefree.nhs.uk

The logo for Wakefield Council, featuring the word 'wakefield' in blue and 'council' in green, with a stylized green leaf-like shape above the 'i' in 'wakefield'.

NEW CITY CENTRE HUB! It's in the former market hall, right next to the bus station so it's the perfect location for anyone in the centre or travelling in. And with the new STEP UP signage it's impossible to miss!



We are open 5 days a week and we've already had 27 STEP UP clients making appointments with us – if you're passing pop in and say hello! It's set up for both appointments and drop-ins, so no one misses an opportunity.

STEP-UP

Contact:

01924
303334

Course	Date	Time
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 - online	6.30-7.30pm
Wild Things	Starts 25 October – join as long as you like over a year period - online	11.00-12.30pm
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
Yoga	Starts 5 November – join as long as you like over a year period – online	10.00-11.00am
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
Baking for Christmas	24 November (3 weeks) The Link, Castleford	1.00-3.00pm
Recognising burnout	29 November 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

Just a selection of our college courses – get more details on www.wakefieldrecoverycollege.nhs.uk or ring us on 01924 316946

The Sad Hoodie

I have something called the “sad hoodie” and I thought I’d share this with you as it may be helpful.

It’s basically an everyday oversized hoodie, that’s comfortable and I use it when I’m feeling sad. Seeing as it’s so oversized you can cover most of your face too. Once I’m not feeling sad, I take it off. This is in ALL weather types!

Also, it’s a good tip to let people know if they see you wearing it, to know you are feeling sad and have a talk!

For me, my hoodie is orange, I had it given to me from a friend which is very rare that I do that, so perhaps ask a friend? I got mine from her as one evening I was cold.

It’s now my sad hoodie and she knows that I’m thinking of getting a new one as every so often it needs throwing, but I’m so used to the comfort, oversized and the safety.

I have included a picture of me wearing it! – I look sad because you all need to know, WE ALL FEEL SAD AT SOME POINT, it’s completely normal to have sad days, including myself, I do too.

Try a sad hoodie! It helps me 😊



Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you
4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished this week
11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society
18 Set hopeful but realistic goals for the week ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently
25 You can't do everything! What are your three priorities this week?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Do I Have Dyslexia?

Explaining Symptoms & Myths for Kids

Credit to the Managing Dyslexia Facebook page for this information/imagery

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."

©Erica Warren, LLC

www.learningspecialistmaterials.com

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.

Online Course

Mental Health awareness

An interactive approach to what mental health looks and feels like and what this can look and feel like when our mental health starts to spiral. Useful tips and help to ensure you can recognise the signs and work out a plan to maintain a positive mind set.

Start Date / Time
Wednesday 10 November 2021
11.45 am – 1.45 pm
for 6 sessions

Course reference
C3679803

FREE Online Course

To enrol please quote the course reference either online at enrolonline.wea.org.uk or by ringing **0300 303 3464**

wea.org.uk

Mental Health



The WEA is a charity registered in England and Wales (no. 1144775) and in Scotland (no. 9028282).



West Yorkshire
Combined
Authority

WEA
Adult Learning
Within Reach

Wakefield Inspiring Recovery

Walk for Wellness

Thursday 28th October 2021

13:30-14:30

A monthly walk to improve our mental health and wellbeing while socialising with like-minded People.



Attendees will meet at the Sport Centre entrance by the car park on Thornes Park at 13:25

Contact: 0300 123 1912 option 3, then 4

Speak to a Get Connected Recovery Worker for more information.

FREE STROKE AWARENESS WORKSHOP

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Most of us have seen the F.A.C.E.-adverts on, but do we fully understand the importance of this message?

- o A Stroke is a serious life-threatening condition that can change people's lives.
- o Strokes can strike anyone, any age.
- o Did you know over 400 children a year in the UK have a Stroke (NHS.UK)?
- o Did you know that lifestyle changes can reduce your risk of having a Stroke?

The Wakefield Recovery College has partnered with a Registered Nursing Sister with experience/interest of caring for Stroke patients and a person with lived experience of a Stroke, to offer our students a relaxed, informative workshop on Stroke Awareness.

At the workshop students will learn about the different types of Stroke, ways to help prevent Stroke, and the treatment and recovery from Stroke.

The workshop is FREE and open to anyone over the age of 18, including staff, carers and volunteers.

Places are limited so book early...

Join us at this informative and interactive workshop:

Friday 15th October, 2-4pm
St Giles' Centre, St Giles' Church, Market Place, Pontefract, WF8 1AT

Contact the college/enrol online to book your place:
wakefieldrecoverycollege@swyt.nhs.uk / 01924 316946



With **all of us** in mind.

Wakefield Inspiring Recovery

Introduction to Talking Therapies

In recognition of World Mental Health Day, Talking therapies will be presenting their service.

This will be held in the Socialicious café

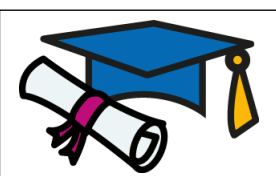
14th October - 1.30 pm



Socialicious, Café: 1A Westwood Street, Wakefield, WF1 1PW

Contact: 0300 123 1912 option 3, then 4

Speak to Get Connected Worker Stephen for more information



Out and About with Open Country

Wild about Wakefield

Countryside Activities programme



KEY to features on activities:



Accessible Toilets



Café or Restaurant



Non-accessible Toilets



Braille guide available



Picnics Only



Scooter Hire



ZONE B Activity



We meet at Thornes Park at 10am, dropping people home around 4.30pm every Thursday with bird watching, butterfly counts and fungi forays all lined up! We charge £30 a day, invoiced every two months, and people are paying for it out of their personalised budgets.

Our Walking group winter meal will be held on our last walk of 2021 - 23rd December. We will be having a buffet at Thornes Park (with shelter in the classroom and polytunnel)

NATURE FORCE GROUP

This work party is a force for nature in Wakefield district. Tasks include scrub clearing, tree planting, wildflower growing and path building. This group is currently full but you can ring to be added to the waiting list.

Our Nature Force group winter meal will be held on our last work day of 2021 - Tuesday 21st December. We will be having a fuddle buffet at Thornes Park (with shelter in the classroom and polytunnel)

TANDEM CYCLING

Run on Wednesday evenings June to October, between 6-9pm, aimed at people who do not have the ability or confidence to ride a solo bike.

Our End of Season meal will be held on our last ride on Wednesday 3rd November at Stanley Ferry Pub from 7.30pm onwards.

WILD WALKERS GROUP



WEEKEND OUTINGS

Open first to anyone with a physical disability or sensory impairment, there are at least two outings each month to a wide range of wheelchair accessible locations. The fully accessible bus costs £8 or £10 and drops you off afterwards if you live locally.

For bookings, ring Ella:

07426 716677

Volunteers needed for a research project



Are you living with Schizophrenia, Bipolar or Schizoaffective Disorder?

Are you supporting someone with these mental health conditions?

Would you like to join our consensus group and help us develop a new physical activity programme for people living with severe mental illness?

What does it involve?

The consensus group will help us to make decisions about the physical activity programme.

You will be invited to 4 meetings with other members of the consensus group between Sept 2021 and Sept 2022. We'll let you know what the meetings will involve before you agree to joining the group.

There will also be some ad-hoc communication – such as email communication, asking your thoughts and checking documents.

You will be offered a £20 shopping voucher for each meeting you attend

Travel expenses also provided

Please get in touch with Mark for more information

Mark.Harper@swyt.nhs.uk

07342 067843

JOIN US IN THE WORLD'S LARGEST STUDY

OF DEPRESSION & ANXIETY
FOUNDED BY THE MAN AND PART OF THE MAN EXPERIENCE



ARE YOU...

- AGED 16+
- LIVING IN ENGLAND
- EVER HAD CLINICAL OR SERIOUS ANXIETY AND/OR DEPRESSION



WE HOPE

40000

PEOPLE WILL TAKE PART

PATIENTS WITH BIPOLAR DISORDER, BDD, OCD, OR RELATED DISORDERS ARE WELCOME TO JOIN

TELL A FRIEND OR SIGN UP TODAY AT WWW.GLADSTUDY.ORG.UK

Want to Play Badminton?

A small group of friendly player's meet every Thursday between 7-9pm at Pontefract Methodist Church for fun and non-competitive games of Doubles and mixed Doubles.

For more Information Please Contact Jackie on 07940 540025

Appletree Webtacular



Come along to Appletree's Webtacular event!

Where: Appletree Community Garden, WF1 SAE
follow the long drive way opposite Newland Street.
When: 29th October 1pm - 6pm

Featuring Local community artist and Author of children's book, The Graffiti Web, Claire Walker! She will be at the event to host an interactive story time, fun for all ages!

Take part in fun creative activities inspired by the creepy crawlies from the story
Rock painting, bookmark making, bug making, sensory walk throughs and you can even 'check in' at a bug hotel

As we approach the autumn dusk join us by the fire pit for soup and *marshmallows!

FB: Appletree Community Garden
Number: 07933 099445
Email: spectrumpeople@spectrum-cic.nhs.uk

Appletree Webtacular has been funded as part of Festival of the Earth, led by Wakefield Council from July to October 2021 across the Wakefield district
#EarthFestWFD

*to best accommodate our local community vegan marshmallows will be provided.





If your summer hanging baskets haven't died already, they probably will soon. But **DON'T THROW THEM OUT** or neglect them to the bottom of your garden! Bring them back to life with a winter hanging basket arrangement!



It's time for some compost! – fill your basket about a third full and make a small hole in the middle for a taller plant.

Taller standing plants for the centre such as Carex 'Frosted Curls', Heather, Ornamental grasses, or Conifers!

Hardy flowers for the outskirts such as Cyclamen, Violas, Pansies or Primroses!

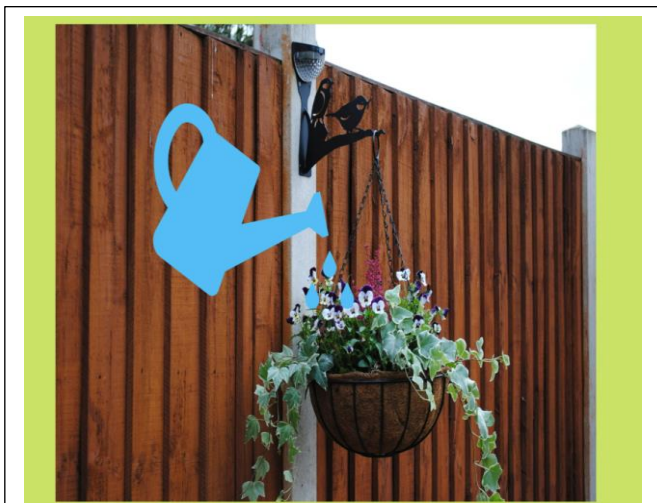
Add a couple of trailing plants for the outside such as the trailing Ivy.

Keep planting all your plants until your basket is full starting with the taller one in the middle and add the smaller ones round the outside, covering with compost as you plant.

Fill up the compost to about an inch from the top of the basket to allow for watering. Water your baskets regularly.

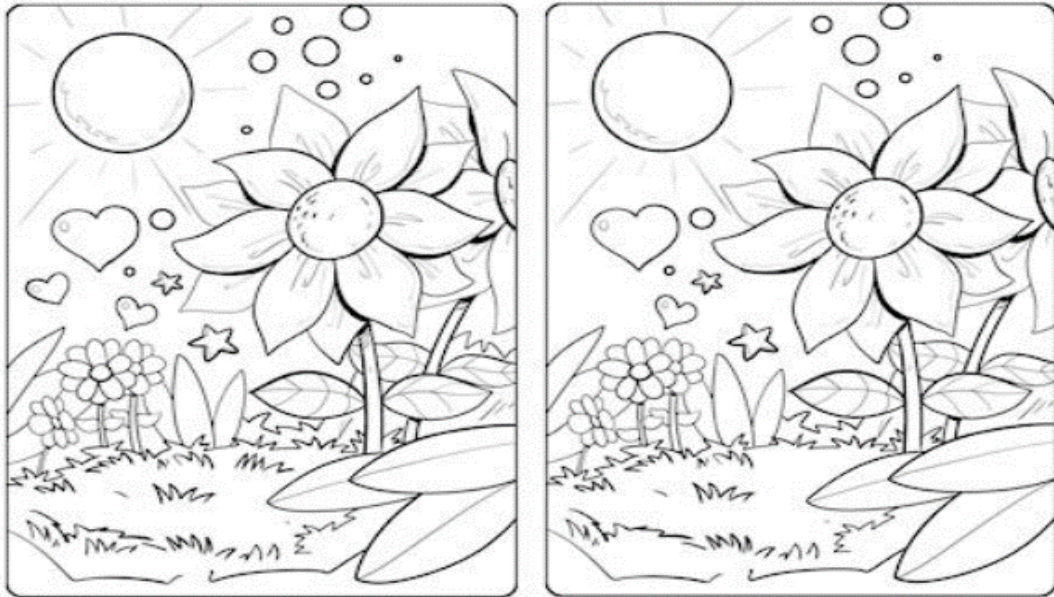
During winter your plants won't grow that much so feel free to pack as many as you can in there! Some may lose leaves or even flowers at times so the more the better!

Why not send us your pictures when you have made one and we can display them on our new Fieldhead Campus venue walls?



SPOT THE DIFFERENCE

Can you spot the 11 differences between these two pictures?



Free printable courtesy of PrintItFree.net

HAPPY AUTUMN

WORD SEARCH

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

- | | | | |
|--------------|-----------|----------|----------|
| Thanksgiving | September | November | Football |
| Harvest | October | August | Apples |
| Autumn | Leaves | Acorn | Rake |
| Fall | Pumpkins | Trees | Hay |

For more word search for kids visit
www.twokidsandacoupon.com

Remember what you need the next time you go shopping

Why not use the free shopping list below – it might save you money if you only buy



what you need each week. Every penny counts!



Grocery List

Items To Get:

Notes:



We've got some questions for you...

We are co-producing a Recovery College for young people, including developing a section of the Recovery College website for young people to access information and much more. We need input from young people to do this though so we have some questions for you...

Which topics would you like to see on the website?
(for example an eating disorder box with information, groups attached)

What informative courses and workshops would you like to attend?
(for example understanding autism, or managing anxiety)

Do you have any other suggestions you would like to add?

P.S. Be sure to check out the Wakefield Recovery and Wellbeing College's website and consider some courses, or some ideas for the young people's Recovery College! Let us know what you'd like to see from a younger person's recovery college.

