



The Supporter

Newsletter

15 October 2021



Every leaf speaks bliss
to me, fluttering from
the autumn tree.

- Emily Brontë



Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

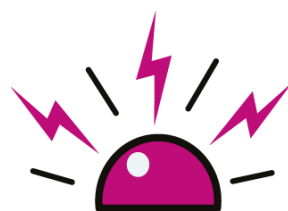
01924 316946

@W5TRC

[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)



BRAND NEW CRAFT WORKSHOP!



Have you missed our crafty courses? We have! We're thrilled to bring you the first face to face craft workshop we've been able to offer this year and what better way to do it than doing something festive!

Our simple rag wreath workshop will guide you through the simple steps needed to make your very own rag wreath to take home and hang up for Christmas. Whilst it looks complicated, it's actually very easy and quicker to do than you might think. We might even throw in a few Christmassy tunes to get us in the mood.

Join us either on:

9 December 1.00-3.00pm at our Fieldhead Campus, Wakefield

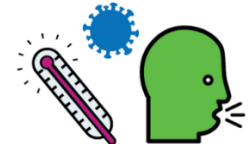
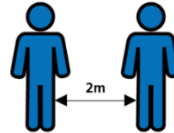
Or

13 December 10.00am-12.00pm at St. Giles' Church and Centre, Pontefract

Course	Date	Time
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	11.00am-12.30pm
An introduction to personality disorder	26 October Wakefield Town Hall	10.00am-12.00pm
Capoeira (pronounced cap-o-ay-ra)	Starts 1 November – join as long as you like over a year period - online	5.30-6.45pm
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	10.00am-12.00pm
Learn more about IBS	15 November – Fieldhead Campus	12.30-3.00pm
Overcoming anxiety	18 November online	2.00-4.00pm
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
Dyslexia awareness	25 November online	10.30-12.30pm
Recognising burnout	29 November online	1.00-3.00pm
Body Image	30 November online	10.00-11.30am
Enhancing self-care and wellbeing	2 December online	2.00-4.00pm
Introduction to personality disorder	6 December online	10.00am-12.00pm
Coping with life using relaxation	7 December online	2.00-3.30pm
Winter wellness	7 December online	10.00-11.30am

This is just a selection of our upcoming courses – get more details and see more of what's on offer online at www.wakefieldrecoverycollege.nhs.uk or ring us on 01924 316946.

STAYING SAFE AT FACE-TO-FACE SESSIONS



Have you accessed the resources on our website?

Student resources

Workbooks, policies, charters and guidance for students attending the Recovery and Wellbeing College. Free of charge and available to everyone.

General resources

General support resources such as self-management/self-help, information from other colleges, videos, podcasts and more. Free of charge and available to everyone.

Professional resources

Information about the history of recovery colleges, journal articles, statistics and guidance for professionals. Free of charge and available to everyone.

Carer resources

Signposting, helplines, guides and other resources for carers (both paid and unpaid) to support carers themselves as well as those they care for.



Are you a victim of Male Domestic Violence?

Gasped are a Charity supporting male victims of Domestic Violence.

Are you a male experiencing domestic violence or have you been affected by it?

Would you like to speak to someone confidentially?

Our independent service offers 1-1 support, advice, information, signposting, liaising on your behalf, if required and counselling.

Please call us for support on **01924 787501** or email us at **resourcecentre@gasped.co.uk**

To find out more information, scan here to visit our website or search

www.gasped.org.uk/maledomesticviolence/



Giving Advice and Support to People in Emotional Distress.



5-5a Cheapside, Wakefield, WF1 2SD



GASPED are delighted to announce that we have received funding to provide support to male victims of domestic violence.

The West Yorkshire Combined Authority have chosen GASPED as one of its partners to deliver on the commitment to improve support for victims and survivors of domestic and sexual violence.

GASPED will provide dedicated practical and emotional support services to help male victims of domestic and sexual violence cope and work to recover from the effects of crime.

Whilst women and girls are disproportionately affected by these crimes, more men are coming forward to speak out and ask for help and GASPED will provide one to one counselling and support.

Stan Foster Operations Manager of GASPED said "Gasped are thrilled to receive funding to support the West Yorkshire Mayor and the Ministry of Justice in delivering this important work, through our work with people suffering the effects of drug and alcohol abuse we have supported many victims of domestic violence in the past and this funding will enable us to reach out to more people suffering from the trauma of violence in our communities"

This work will be funded until 31st March 2022 with an option of an extension until 31st March 2023.

If you have been impacted by any of these issues and would like to speak to someone in confidence, please contact GASPED on 01924 787501 or email

resourcecentre@gasped.co.uk

**You can find out more by visiting our website: gasped.org.uk
Facebook/[gasped.org.uk](https://www.facebook.com/gasped.org.uk)
Twitter @GaspedOfficial**

COVID pass scam

Due to an increase in fraud activity around the NHS COVID pass, we'd like to remind you that:

- the NHS App is free
- the NHS COVID pass is free
- the NHS will never ask for payment or any financial details.

Go to GOV.UK for [more information about the NHS COVID pass scam](#). If you believe you have been the victim of a scam, visit the [Action Fraud website](#).

Post Office card accounts

Our local Job Centre Plus colleagues have told us that Post Office Card Accounts (POca) are to be extended for another year, until November 2022, in order to safely move existing users over to traditional bank accounts or a new Payment Exception Service.

The Department for Work and Pensions is writing to all customers who currently receive payment into a POca, telling them the service is ending and encouraging those who are able to open a bank account to do so.

Those who remain unable to access such services will be migrated onto a new Payment Exception Service, which allows them to choose how they receive their payments.

Mental health crisis learning resources Health Education England (HEE) and Healthy Teen Minds have launched a suite of [mental health crisis learning resources](#) designed for mental health staff, individuals working in health and social care, school staff and students who may encounter young people in crisis. These resources have been designed in conjunction with young people, allowing you to hear directly from them about what helps in a moment of crisis. The tools aim to build individual's confidence to have effective conversations and provide personalised support to a young person in a mental crisis.

(Information shared from the Positive Mental Health Network newsletter)



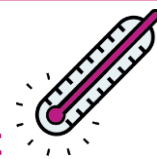
Be True To You
RECOVERY C.I.C



Congratulations to our partner be True To You Recovery CIC who are now a registered social enterprise! Well done Keilly and the team 😊



Warm Home Discount



The [Warm Home Discount](#) (WHD) is a government scheme where the largest energy suppliers' credit £140 onto the electricity bills of certain low-income households each winter. DWP customers who are in receipt of the Guarantee Credit element of Pension Credit on the WHD qualification date (Sunday 4 July) will receive a letter by mid-December telling them whether the discount will be applied automatically by the energy supplier, or if the customer needs to contact the WHD Helpline by the end of February 2022 to submit a claim. The WHD Helpline will be open for calls on Monday 18 October.

Households in receipt of other benefits may also be able to claim a WHD direct from their energy supplier and should contact their supplier as soon as possible.

WAKEFIELD SAFE SPACE



Are you struggling with your mental health?

Are you feeling isolated and alone?

Do you need someone to talk to in confidence?

We offer hope in a crisis!

GASPED



Wakefield Safe Space is open several evenings a week (Thursday-Monday) and the referral lines open from 6pm – midnight. The service is at The Art House, Drury Lane in Wakefield. It's open for social space, phone, zoom and in person support. Text or call for a self-referral or to refer someone at **07776 962 815**.



BRING ME TO LIFE- WOMENS WELLNESS CIC INVITES YOU TO..

Walk it Through



Positive mental health peer support – Women supporting women – Connecting with nature – Walk n Talk

#WalkItThrough Every Wednesday @ 6.30pm –

Meet outside the stadium in Thornes Park

Wakefield



@bringmetolifeww

bringmetolife.co.uk

Things we like about autumn...

To continue with the things we like about autumn series, here are the latest things our readers have told us they love about autumn. Why not go out and try some of them for yourself?

- Pumpkin picking and carving!
- Hallowe'en – all of the decorations and the fun spirit in adults and kids.
- Conker picking.
- Kicking through the leaves.
- Making homemade soup and eating this with crusty bread rolls.
- Collecting pinecones ready for Christmas crafts.
- Getting the garden ready for winter.



Giving the gift of sight after death can help those waiting to have their sight saved or restored **#IDonation**

 Organ Donation



Questions to ask your child

What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

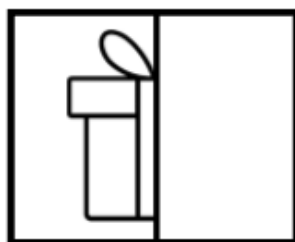
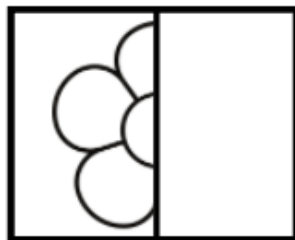
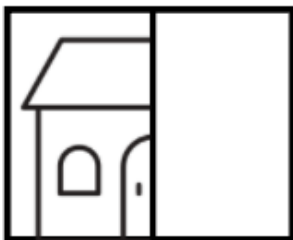
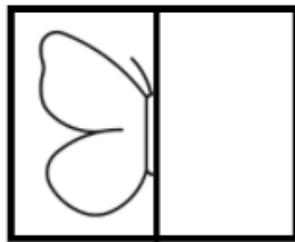
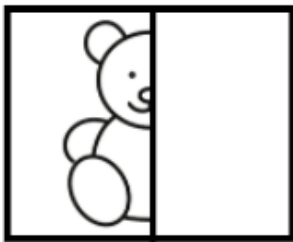
How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

SYMMETRY

Complete these pictures by drawing the other half.



HALLOWEEN: HIDE-AND-SEARCH

How many of the following hidden Halloween things can you find?
Count the same ones in the box below and write the correct number on the blank line.



This week's local health information



In total, almost 255,000 residents in Wakefield District have received at least one dose of a COVID-19 vaccine. This is about 83% of the population and is higher than the national average of 79%.



To date, more than 236,000 residents in the Wakefield district have received two doses of COVID-19 vaccine. This is a second dose vaccination rate of about 77% - higher than the national average of 73%.



Everyone in Wakefield aged over 12 is now eligible. Full details about how to book your vaccines are available [here](#). Anybody who cannot go online can instead call the service on 119 to book their jab.

Key to fighting COVID-19 this winter is boosting immunity. The booster campaign is now being rolled out to those most at risk from serious illness from COVID-19. This includes:

- People living in elderly residential care homes.
- Adults aged 50 years or over.
- Frontline health and social care workers.
- Anyone aged 16 to 49 years with underlying health conditions that put them at higher risk of severe COVID-19, and adult carers.
- Adult household contacts of immunosuppressed individuals.

If you are eligible, you will be invited to get a booster vaccine when it is your turn, and at least six months after your second dose. The booster programme will last throughout the autumn. The flu jab and COVID-19 booster vaccine could be offered at the same appointment. **This year it is extra important to get your flu jab if you are offered one as there are concerns that flu levels could be very high this winter.**

Did you know that it's Stoptober? We'd 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> to 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. Visit wakefield.yorkshiresmokefree.nhs.uk