



The Supporter

Newsletter

22 October 2021



NHS
South West
Yorkshire Partnership
 NHS Foundation Trust

**“Being a pathfinder is to
 be willing to risk failure
 and still go on.”**

-Gail Sheehy

Wakefield Recovery and Wellbeing College

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Andy's Mole

Deep down at the bottom of the lawn
 I live quite happily from dusk to dawn
 I dig and tunnel along and enjoy
 Having your lawn to dig and destroy
 But my harmony has been disturbed
 In a nice lawn that has been superb
 Someone has been digging in my neat heap
 And digging down very deep.

To think to catch me it's not fair
 By setting traps and a snare
 Those windmills stuck in the lawn so deep
 Don't even disturb my sleep
 And those moth balls are quite a treat
 In my bathroom smell quite sweet
 Ringing those bells at night
 Will only give the neighbours a fright.

I go as fast as I can to avoid a snare
 Occasionally shovelling up earth for air
 I leave a nice heap on the lawn
 As I shovel from dusk to dawn
 I like to keep you guessing where I am
 So that you are left in a jam
 I want a lovely lawn on which to stroll
 Amongst all that earth I secretly stole.

It's not me in your trap
 I am happily taking a nap
 It's not me I am not around
 But have happily dug new ground
 One more heap for you to complain
 Before I'm off this summer to Spain
 I won't be up all night digging in vain

Kind wishes and all the best
 I've got news for you, I've left a nest
 Soon there will be a dozen more or less
 Digging up your lawn and making a mess
 But in the autumn I will return to war
 And dig up your lawn once more!



RYDER 2021
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Note to readers and anyone who has had a mole in their garden...

This is a true story about a friend who runs a hotel in Cornwall and one summer was plagued by moles digging up the lawn.

I wrote this poem put it in an envelope with a muddy paw print on it and when he wasn't about I put this in the mole trap for him to find.

As far as I know he rarely caught one.



Things we like about autumn...

We're back again this week with more of the things readers have told us they love about autumn, in the hope that those who don't share the same love of the longer nights and colder days might be able to find some joy in trying some of these things out.

- Binge watching favourite TV shows on catch up telly, like Downton Abbey and Bake Off.
- Going to firework displays.
- It's that much closer to Christmas – I get to plan, make lists of what I need to do, buy gifts and start thinking about all the festive food I will get to enjoy!
- Seeing all the different colours as the leaves and trees change.
- That autumnal smell, mixed with crisp, fresh air.
- Watching all of the Hallowe'en films and spooky TV shows.
- Reading a good spooky book – something by Stephen King is always a good shout at this time of year.
- Browsing all of the new books that come out of this year, planning on what I want to buy (authors love to bring things out at this time of year as they sell for Christmas gifts!)

Join our team and take on dementia!



We are searching for an approachable and knowledgeable BAME Specialist Community Dementia Support Worker to work in the vibrant and passionate service in Wakefield and Five Towns. This is an amazing opportunity to have a rewarding career providing support and guidance to people with dementia and their carers. We strive to help people to maintain independence, improving their sense of well-being, and putting people in more control of their own lives. We promote a person-centred service so that our support is unique to each individual, based upon their own aspirations and needs

£20,363 - £21,603 actual per annum (depending on skills and experience)

Please contact Katty Keyhani - katty.keyhani@alzheimers.org.uk for more information about our exciting role!

PARENTS Online to offer support five nights a week

From 4 October, the PARENTS Online platform which provides real-time emotional support to parents over a digital chat function, has become available five nights a week, Monday-Friday (6pm-9pm) across West Yorkshire. [Find out more about the service.](#)

Free suicide prevention tool

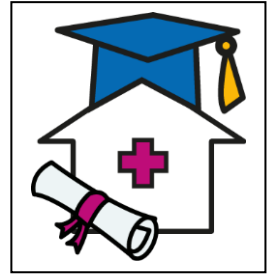
Last month, "R;pple" - an interceptive tool designed to present a visual prompt when a person searches for harmful keywords or phrases relating to the topic of self-harm or suicide - launched its web browser extension for Google and Microsoft Edge. [Read more about R;pple and how to install.](#)

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.

Preparing yourself...

- If you wish to make notes, please bring paper or a notebook. You will also need a pen/pencil to complete the course evaluation.
- Please bring any personal items such as tissues with you as we are unable to provide them at this time. Please do not bring any unnecessary items such as shopping bags into the building.
- Unfortunately, we cannot provide food or drink during the sessions. We also ask you not to bring food but encourage you to bring your own drink
- Please do not arrive any earlier than 5 minutes to the session to ensure social distancing is maintained. If you arrive early, you may be required to wait outside so please ensure you are dressed for the weather.



When you arrive...

- You will be asked if you have any symptoms of COVID-19 and asked to use hand sanitiser (as well as regularly throughout the session).
- If the venue has a QR code to assist with NHS COVID-19 Track and Trace, please ensure you check in.
- Everyone will be required to wear a face covering whilst moving around the building. If you are exempt, please let reception staff/facilitators know.
- A group facilitator will meet you in reception and escort you straight into the group room.

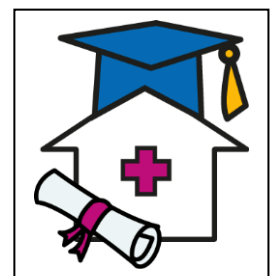


During the course...

- Masks/face coverings must be worn whilst moving around the building, however they can be removed whilst you are seated.
- You are reminded that there is to be no physical contact between yourself and anyone and please remain in your "designated area" ensuring the group can maintain 2-metre social distancing.
- Please do not share any handouts, or any other materials, with anyone else.
- Bring an extra layer of clothing with you as wherever possible, ventilation will be increased. So, it might get a bit chilly if you're sat next to a window!
- If you need to leave the room for any reason, please let a facilitator know. You will need to use hand sanitiser on return to the group. However, we ask you not to leave the group to answer telephone calls unless this has been pre-arranged with a facilitator.

After the course...

- Please complete the evaluation form and questionnaire and place them in the box before leaving the room.
- Attendees will be led out the building by facilitators one at a time (for Drury Lane and Baghill House Health and Wellbeing Centres), or as per the community venue protocol when in other venues. Please be patient and let the facilitator know if you need to leave the room first.
- You are responsible for ensuring your face covering is taken home and disposed of/washed correctly.





Pumpkin soup - [Pumpkin soup recipe - BBC Food](#)

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/1¾ pint vegetable or chicken stock, a little extra may be needed
- 100ml/3½fl 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.

THE FALL

Autumn comes, dark days are here,
Shivering cold nights are drawing near.
Distant echoing voices piercing the air,
Colours distant where once they would flare.

The wind it blows over lake and sea,
Animals go to hibernate, the birds they flee.
Tree branches against the sky like lace,
A flower droops that once showed its face.

The seasons change, where do they go?
Spring brings the sun, winter the snow.
The fall brings fog, leaving the summer's shine,
Drifting towards another year, on into time.

Susan 2021
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Wakefield Inspiring Recovery

Music Works

TURNING POINT
Music, can help us!

- Find Peace
- Fight Anxiety and Stress
- Get Inspired
- Lift Moods
- Build self confidence
- Help Sleep

Join in our discussion about music!

Thursday 4th Nov. 2021

From 13:30



1a Westmorland Street, Wakefield, WF1 1PN

There is limited spaces so please confirm your attendance

Contact: 0300 123 1912 option 3, then 4

Speak to Get Connected Worker Stephen for more information

Everyone Welcome

Wakefield Inspiring Recovery



ALCOHOL AWARENESS WEEK 2021

JOIN US TO DISCUSS

HOW ALCOHOL CAN AFFECT FAMILY LIFE

- Are you aware of how much you are drinking?
- How do others feel about the amount you drink?
- What messages does this send to your children?
- Does alcohol get in the way of your family life?

LET'S SUPPORT EACH OTHER



Socialicious, 1a Westmorland Street, Wakefield, WF1 1PN

Thursday 18th November 2021

Starts@ 1.30pm to 2.30pm

Please call to confirm attendance as there is limited capacity:

0300 123 1912 option 3 then 4 (Ask to speak to Pat)

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.



wakefieldcouncil



↑↑↑ What's coming up near me??? ↑↑↑

Hallowe'en Quiz



1. What is the word Hallowe'en an abbreviation of?
2. What were Jack O'Lanterns carved from before pumpkins were used?
3. Where did bobbing for apples originate?
4. Which song contains the line "it was a graveyard smash"?
5. Which Whitby-inspired novel was written by Bram Stoker?
6. What was Dr. Frankenstein's first name?
7. What do pumpkins grow on – stalks, trees, vines or bushes?
8. Where would you celebrate The Day of the Dead instead of Hallowe'en?
9. In the UK and USA, what would you say when knocking on the door of a neighbour on October 31st?
10. Complete the Macbeth witches' famous phrase...
*"Double, double,
 toil and trouble;
 fire burn and
 cauldron ..."*?



If you're not sure you want trick or treaters this year and want to remain socially distanced, pop this helpful poster from the West Yorkshire Police in your window to let your neighbours know.



Live Well Wakefield present Self Management Support for Long Covid

Are you living with the effects of Long Covid? Do you struggle with fatigue, making decisions and difficult emotions? Their 6 week self-management course can offer tools and techniques to help support your general health and wellbeing whilst you meet and share with others online who have been affected by Covid. The course is also helpful for those living with/caring for anyone with Long Covid. To book your place or to find out more, call Paul Boyd from the Live Well team on 01924 255363 or email Paul.Boyd1@nhs.net

This week's local health information



LET'S KEEP LIFE MOVING THIS WINTER

"I wear a mask to keep my business open this winter"

wakefield.gov.uk/letskeeplifemovingwinter



wakefieldcouncil



Do you want to learn more about how vaccines work. Click here:

[Winter Vaccines Explained – with Dr Amir Khan, Dr Dawn Harper and Dr Karan Ranj - YouTube](#)



Vaccines are our best protection this winter.

It's easy for us to pass on COVID-19 or flu viruses without knowing. This winter there are two essential vaccines you'll need to protect yourself and your loved ones. Find out if you're eligible now at nhs.uk/wintervaccinations

Stop the spread this winter.



The flu virus kills almost 11,000 people and hospitalises tens of thousands more in England in an average year. It's more important than ever to get your flu jab this year.

Find out if you're eligible for a free flu vaccine at nhs.uk/wintervaccinations

Stoptober has driven over one million quit attempts to date and it's the biggest mass quit attempt in the country. If you can stop smoking for 28 days, you're 5 times more likely to stay smokefree for good. [Visit the Yorkshire Smokefree Service online](#) or by calling 0800 612 0011 from landlines or 0330 660 1166 from mobiles to find out more.

STOP TOBER IS BACK

Search **Stoptober** for help and support to quit smoking.

BECAUSE THERE'S ONLY **ONE YOU**