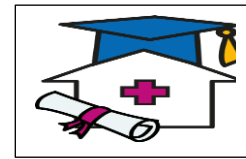




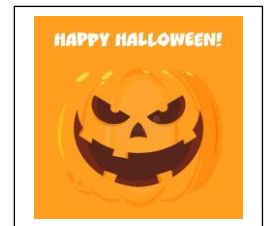
## The Supporter

Newsletter  
29 October 2021



### 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)



### Having my eyes opened...something we should all attend

This week I had the pleasure of attending one of our face-to-face courses, 'An Introduction to Personality Disorder'. As I am usually working from home it was like a breath of fresh air to get out there into the community and meet up with some lovely people, our students and one of our facilitators, Hannah.

My busy role with the Recovery College is based around administration, and I don't always get the chance to attend as many of our courses that I would like to, however, I'm really pleased I had the opportunity to join this one.

By attending the course, it made me realise that there is nothing like listening first-hand to the experiences and views of some of our students, some living with the condition, to give you a clearer picture of their experiences and struggles they deal with daily. Along with the professional input from Hannah, and the discussions held in the group, I now have a much better understanding of the myths and stigmas some of our service users/students must deal with everyday whilst living with this condition.

I would encourage anyone out there, including staff from the Trust and other services to take up the opportunity of attending any of our free, informative courses or workshops. I am confident they will provide you with the added knowledge and skills to help you understand more around the lived experience of our service users/students, which in turn will help you support them through their recovery journey.

I would like to thank the students on this course for sharing their experiences by being open and honest, I realise for some this wasn't an easy thing to do. Also, to Hannah, our facilitator who has a vast understanding of the condition and clearly simplified the presentation around what our students wanted to know.

Best wishes  
Janette

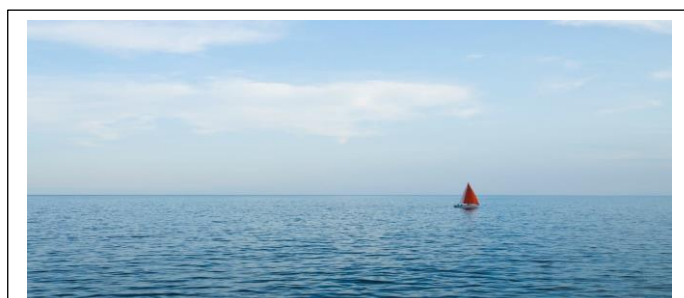




## 10 Tips for stress reduction



1. **GET UP 15 MINUTES EARLIER THAN USUAL.** This will give you some extra time at the start of your day. Use this time to shower longer, have an extra cuppa or take a more leisurely drive to work.
2. **GO OUTDOORS.** Whether you go for a walk in the countryside or do some gardening, nature grounds us. Take time to notice the sights, sounds, and smells of nature and allow yourself to feel refreshed and relaxed.
3. **LOOK AROUND.** Take a moment to really look at what is around you whether you are at home, work or out and about. When you act in this mindful way you see things you may have never noticed were there before.
4. **CONNECT WITH SOMEONE YOU LIKE.** Make time to call a friend for a chat. Making time for the important people in our lives is essential.
5. **LAUGH.** Make sure you have the opportunity for fun and having a good laugh. Watch a funny film, go to a comedy at the theatre, read a funny book or share jokes with a friend. Whatever you do, laughing is good for you. It's an easy way to relieve tension and it's free!
6. **SIT AND ENJOY A HOT DRINK.** Make sure it's decaffeinated, take your time and savour it slowly. Be mindful of the aroma as well as the taste.
7. **LIMIT YOUR CAFFEINE INTAKE.** Caffeine is in things such as coffee, cocoa, Lucozade, tea, or cola and can increase feelings of anxiety if drunk excessively. Consumption after 4pm can affect your sleep so have a cut-off point.
8. **BE PREPARED TO SAY NO!** You don't have to agree to everything that is asked of you. You can say 'no' in a polite but firm way. If you don't have time, or just don't want to do it, you have the right to say no. You don't have to apologise or explain yourself either!
9. **LEARN SOMETHING NEW.** CPD and new learning will inspire you and keep life interesting. Learning is good for the brain. Join a class or take an online course!
10. **GET ENOUGH SLEEP.** Having enough sleep will affect how you feel physically and mentally. A long-term lack of sleep can seriously affect our health in many ways. How much someone needs varies but as a rule aim for 7-8 hours per night.



<b>Course</b>	<b>Date</b>	<b>Time</b>
<b>On yer bike – spinning class</b>	Starts 19 October – join as long as you like over a year period - online	6.30-7.30pm
<b>Wild Things</b>	Starts 25 October – join as long as you like over a year period - online	11.00-12.30pm
<b>Dare to share</b>	2 November online	1.00-3.00pm
<b>Boogie Bounce</b>	Starts 3 November – join as long as you like over a year period	10.00-11.00am
<b>Managing anxiety and worry</b>	4 November online	2.00-3.30pm
<b>Yoga</b>	Starts 5 November – join as long as you like over a year period – online	10.00-11.00am
<b>Menopause and me</b>	9 November online	10.00-11.30am
<b>Understanding hearing voices</b>	11 November Fieldhead Campus	10.00-12.00pm
<b>Learn more about IBS</b>	15 November – Fieldhead Campus	12.30-3.00pm
<b>Creative writing – basic</b>	18 November – online (4 weeks)	1.30-4.00pm
<b>Freedom from Fibromyalgia</b>	22 November (3 weeks) Fieldhead Campus and online	1.00-3.00pm
<b>Baking for Christmas</b>	24 November (3 weeks) The Link, Castleford	1.00-3.00pm
<b>Recognising burnout</b>	29 November online	1.00-3.00pm
<b>Dyslexia awareness</b>	25 November online	10.30-12.30pm
<b>Body Image</b>	30 November online	10.00-11.30am
<b>Introduction to personality disorder</b>	6 December online	10.00-12.00pm
<b>Coping with life using relaxation</b>	7 December online	2.00-3.30pm
<b>Mindful breathing</b>	13 December – online	10.30-12.00pm

Just a selection of our college courses – get more details from our website [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
 Ring us on 01924 316946  
 Email us at [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

# Support for Carers

Up to 3 free one-hour online or in person sessions



*'I enjoyed the sessions, they were a big help & I will continue to use the techniques. Thank you'*

Offload, have a conversation and learn techniques to help with anxiety, stress, grief, isolation, overwhelm, relationships and other difficulties.

Supportive, safe and confidential one-to-one sessions with a trained practitioner on your phone, on Zoom or in person.

Call/text/whatsapp Clare now to arrange your first session at a time that suits you: **07984115927**

[contact@aswellbeing.co.uk](mailto:contact@aswellbeing.co.uk), [www.aswellbeing.co.uk](http://www.aswellbeing.co.uk)



Live Well Wakefield

## Self Management "Virtual" Courses 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?

Our 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-19. The course is also helpful for those living with/caring for anyone with Long Covid

Topics include:

- Managing pain and fatigue
- Dealing with difficult emotions like stress and anxiety
- Relaxation techniques to support your wellbeing
- Working effectively with your healthcare team
- Decision-making and communication skills
- Building confidence by setting weekly achievable goals

The sessions last for 1.25 hours with a scheduled break and run on 2 consecutive days each week over 6 weeks

**Interested? Then why not give us a call**

For more information contact Live Well Wakefield on 01924 255363, or email [Paul.Boyd1@nhs.net](mailto:Paul.Boyd1@nhs.net)

Self-Management

## Wakefield Inspiring Recovery



### International Men's

### Health Day

Thursday 25th November 2021

13:30-14:30

This is an online Get Connected event, whereby attendees will learn new coping mechanisms to benefit their mental health and know where to access help.

We will be joined by Andy's Man Club to learn more



This will be held online via WEBEX where you will need a smart phone or a PC, access to Wi-Fi and an e-mail address to attend.

Contact: 0300 123 1912 option 3, then 4

Speak to Get Connected Worker Carlo for more information.

## 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)**

What we like about autumn...

We're back with another instalment letting everyone know the things you've told us you like about Autumn...

- The clock change! I love getting an hour back of my day (to sleep in or do something fun).
- The food – time for unusual Hallowe'en foods, hearty meals and parkin cake.
- Sunsets and sunrises – with the longer nights and shorter days, it means I'm up and about to watch the sunrise, and it's not too late to watch the sunset.

## Wakefield Inspiring Recovery



### Walk for Wellness



Thursday 11th November 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 13:30  
Contact: 0300 123 1912 option 3, then 4  
Speak to a Get Connected Recovery Worker for more information.

## SCOPE = Equality for disabled people

Our new free Starting Line Employment Course is due to start

### November 2021

**Starting Line** is a free seven-week pre-employment group support course, delivered by Scope. The course consists of 14 modules, delivered on 2 half days a week, plus a weekly one to one with an Employment Adviser. We work with disabled people to:

- Understand individual career goals and create a tailored action plan.
- Grow in confidence and independence.
- Write a CV.
- Develop interview skills.
- Develop core employability skills such as assertiveness and time management.
- Discuss reasonable adjustments and speak positively about disability.
- Find and apply for work, volunteering, training, or education opportunities.



#### The service is open to people who are:

- Disabled - including if you have a mental health condition (e.g. anxiety, depression), learning difficulty, physical or sensory impairment, autism, and long-term health conditions.
- Aged 16 and over.
- Unemployed.

Referrals for Starting Line can be made by completing the referral form on our [website](#).

We are more than happy to speak to people first, prior to them signing up, to make sure it is the correct provision for them. We can provide adjustments, if needed, to access the service.

Please call: Sue - 07734 540 763 / Emma - 07776 650 740 / Andy - 07767 111 854

## Born and Bred in Wakefield

### Born and Bred in Wakefield

#### Priority Setting Workshop

16 November 2021, 10AM – 12PM, via Zoom



Born and Bred in Wakefield (BaBi Wakefield) is a new project which links routinely collected data to inform research projects, to learn more about how local families can live healthier, happier lives.

This exciting new initiative aims to link existing data across health, education and social care, creating a picture of families' lives over time. Women are asked during their pregnancy for their permission to access and use information that is routinely collected about themselves and their child for research purposes. This is called an electronic birth cohort study.

The concept was originally set up in Bradford, as Born in Bradford (BiB). Now called BiB4ALL, it has grown to be embedded into regular care. It has shown that it is possible to link data from maternity, health visiting, GP, social care and education services. Once connected, the data will be used by researchers, in collaboration with local services and commissioners, to help improve health, care and services through research and planning. [This video explains how it works.](#)

The aim is to create a series of BaBi cohorts across the country, each providing health intelligence which can help shape local services. The data can also be brought together as one, to help answer research questions nationally. BaBi cohorts are currently being established in Doncaster, East London, Leeds and Nottingham, as well as Wakefield and Bradford.

#### What to expect from the workshop

The aim of this workshop is to bring people together to discuss what is important in Wakefield regarding child health and development, so that we understand local priorities. This will inform the research that is carried out as part of BaBi Wakefield in the future.

People from a variety of backgrounds are being invited to take part, including parents, midwives, health visitors, clinicians, service commissioners and researchers.

The workshop will include a short presentation explaining the study in more detail, with the opportunity to ask questions. There will also be smaller group discussions where you will be asked to consider the health development areas you think the research should prioritise, with people from similar backgrounds (session one) and from different services (session two).

#### How to register

To book your place, please email [midyorks.babiwakefield@nhs.net](mailto:midyorks.babiwakefield@nhs.net) by the 9<sup>th</sup> of November 2021. Prior to the session, a link to the Zoom workshop and a more detailed agenda will be shared.

BaBi Wakefield is a collaboration, supported by Wakefield Research Hub, including:

- Conexus GP Confederation
- Mid Yorkshire Hospitals NHS Trust (MYHT)
- NHS Wakefield Clinical Commissioning Group (CCG)
- South West Yorkshire Partnership Foundation Trust (SWYPFT)
- Wakefield Council
- Yorkshire Ambulance Service (YAS)

WAKEFIELD FAMILIES TOGETHER



South West  
Yorkshire Partnership  
NHS Foundation Trust



## We're searching for volunteers

### With your help, we can do more for local people.

By volunteering with us, you can give your community a voice in everything we do whilst building new friendships, improving your confidence and boosting your CV with experience in a health and care environment.

We've got a number of volunteer roles that all play part in making a difference to people's lives by providing non-clinical support people who use our services and our staff teams. No matter what your background, there's something for you.

Give us a call  
if you are  
interested

## A craft idea to make you feel happy

Written by, Abigail Rose, Volunteer

Hello everyone reading this,

For me, looking at pictures of my family, how far I have come in recovery and simple pictures can make me smile and realise why the hard days are worth getting through! Or even winter sadness.

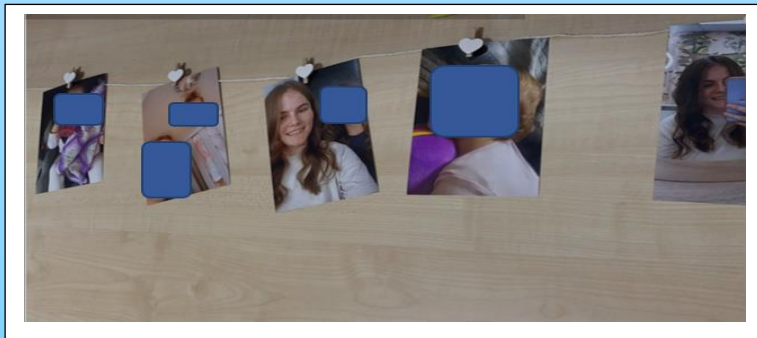
I got some string/thin rope, some pegs (I chose love hearts on them) and printed out pictures, with the idea I am going to put 6 rows of them above my bed, with fairy lights.

This is the layout, I have covered faces for people's privacy, but you can see mine, the rope, and the pegs with love hearts on, I hope it gives you the idea of the craft idea.

For pictures I use free prints, <https://www.freeprints.co.uk/> usually an app on your phone.

The love heart pegs and rope/string was from amazon, [https://www.amazon.co.uk/Brand-Wooden-White-Heart-Wedding/dp/B075N867MS/ref=asc\\_df\\_B075N867MS?tag=bingshoppinga-21&linkCode=df0&hvadid=80195686213092&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4583795261506243&psc=1](https://www.amazon.co.uk/Brand-Wooden-White-Heart-Wedding/dp/B075N867MS/ref=asc_df_B075N867MS?tag=bingshoppinga-21&linkCode=df0&hvadid=80195686213092&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4583795261506243&psc=1) it doesn't say it comes with string but it does!

The one I have used I purchased from Tesco for about 50p, as I wanted a lighter colour 😊.



South West  
Yorkshire Partnership  
NHS Foundation Trust

### Wakefield Recovery & Wellbeing College:

A step by step guide of how to apply for a course with us.

Step 1: open up our website

(<https://www.wakefieldrecoverycollege.nhs.uk/>)

Step 2: click on the courses and enrolment

(<https://www.wakefieldrecoverycollege.nhs.uk/courses-and-enrolment/>)

Step 3: scroll down to the bottom of the page and you will see "enrolment form" click that to enrol online

(<https://mindrecoverynet.org.uk/providers/profile/wakefield-recovery-college/>)

Step 4: if you scroll down the page, you will see the details to fill in and courses you want to select and click submit when complete. Top tip- look at our courses first at

(<https://www.wakefieldrecoverycollege.nhs.uk/courses-and-enrolment/view-all-courses/>)

Remember you can always call the college on: 01924 316946 or email [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk) to apply for our courses if you are struggling to apply online!

We look forward to having you at the recovery college, Wakefield.

Written by: AR - volunteer

[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)

With all of us in mind.

### Portobello Craft and Camera group - £2.00 per session

📍 Portobello Community Centre, Portobello Road, Portobello, Wakefield, WF2 7JJ

🕒 Duration: 2 hr

🌐 Public - Anyone on or off Facebook

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.

Tel: 07830 302207

All places must be booked, leave your name and contact details, meet every Tuesday



# If you're worried about money and live in Wakefield district, we can help.



Talk to us if you're affected by:

- ✓ Loss of £20 Universal Credit uplift
- ✓ Loss of employment or furlough payments
- ✓ Issues with your landlord or mortgage
- ✓ Increases in your bills
- ✓ Debt
- ✓ Low benefits payments

**Come and talk to our benefits advisors at an event near you.**

Drop in for free refreshments and an independent benefits check to see what you might be entitled to.



## Drop in at any of these venues for free, impartial help:

### South Elmsall

Westfield Centre, 26 Westfield Lane, WF9 2PU  
☎ 01977 642 335

Monday 8th November 9:00am-3:00pm

### Eastmoor

Eastmoor Community Project, St. Swithun's Community Centre, Arncliffe Road, WF1 4RR ☎ 01924 361 212

Tuesday 9th November 1:30pm-6:30pm

### Castleford

Castleford Heritage Centre, Queen's Mill, WF10 1JL  
☎ 01977 556 741

Wednesday 10th November 1:30pm-6:30pm

### Kinsley & Fitzwilliam

Kinsley & Fitzwilliam Learning & Community Centre, Wakefield Road WF9 5BP ☎ 01977 610 931

Thursday 11th November 8:30am-1:30pm

### Pontefract

St. Mary's Centre, The Circle, Chequerfield, Pontefract WF8 2AY  
☎ 01977 705 341

Friday 12th November 1:30pm-6:30pm

### Lupset

St. George's Community Centre, Broadway, Lupset WF2 8AA  
☎ 01924 369 631

Monday 15th November 1:30pm-6:30pm

### Knottingley

The Addy, Opp. 93 Sycamore Avenue, Knottingley WF11 0PJ  
☎ 01977 670 953

Tuesday 16th November 1:30pm-6:30pm

### Airedale

Airedale Library, The Square, Castleford WF10 3JJ  
☎ 01974 256 040

Wednesday 17th November 9:30am-2:30pm

### Chapelthorpe

St. James' Church Lane, Chapelthorpe WF4 3JG  
☎ 01974 256 031

Thursday 18th November 1:30pm-6:30pm

### Havercroft & Ryhill

Havercroft & Ryhill Community Learning Centre, Mulberry Place, WF4 2BD ☎ 01226 727 824

Friday 19th November 8:30am-1:30pm

### Featherstone

The Chesney Centre, Regent Street, WF7 5EW  
☎ 01977 723 484

Monday 22nd November 8:30am-1:30pm



For further information scan the code or visit [wakefield.gov.uk/benefits-support/](http://wakefield.gov.uk/benefits-support/)



► Adult course guide

## There's a WEA course for you

### West Yorkshire Autumn Courses 2021



Adult Learning Within Reach



Enrol online at [wea.org.uk](http://wea.org.uk) or call 0300 303 3464

wea.org.uk 0300 303 3464

### Detective Movies

FREE\*

C3680028 | Saturdays 13/11/2021 - 13/11/2021 at 10-1pm | 1 Sessions

Venue: Online Learning

Tutor: Stephen Brown

The course is to consider what it is that has been enduringly attractive about detective movies. We will examine a variety of sleuths, how they and the plots reflect whatever were and are the concerns of their eras and how cinema expresses these.

### Growing in Confidence

FREE\*

C3679802 | Tuesdays 2/11/2021 - 21/12/2021 at 2-4pm | 8 Sessions

Venue: Online Learning

Tutor: Cynthia Augustine

To equip adults with the knowledge and skills to help improve their personal confidence and wellbeing.

### Improve your Digital Skills

FREE\*

C3679986 | Mondays 1/11/2021 - 22/11/2021 at 1-3pm | 4 Sessions

Venue: Online Learning

Tutor: Julie Carroll

Build up your confidence and skills in using digital devices and performing digital tasks. Understand about the importance of online safety and security and your digital footprint.

### Designing a Garden

FREE\*

C3679985 | Mondays 1/11/2021 - 06/12/2021 at 7-9pm | 6 Sessions

Venue: Online Learning

Tutor: Julie Carroll

The aim of this online course is to look at designing a garden from scratch or it may be you wish to redesign what you currently have. Could it be a community area you are looking to develop? Ideas, suggestions and practical tips for all.

### Introduction to Archaeology

FREE\*

C3679801 | Tuesdays 2/11/2021 - 21/12/2021 at 11:30-1:30pm | Sessions

Venue: Queen's Mill Castleford Heritage Trust, 1 Aire St, WF10 1JL

Tutor: Johnathon Kenny

We will look at continue to look at how archaeology works and tells stories about our pasts. We will also look at the ways in which communities can get involved

### Introduction to Skin Care and Makeup

FREE\*

C3679886 | Tuesdays 2/11/2021 - 14/12/2021 at 10-12pm | 7 Sessions

Venue: Online Learning

Tutor: Juliana Gilmartin

This course aims to identify skin types and appropriate skincare products to provide an even coverage for a basic day make-up.

### Last week's quiz answers

- 1 – All Hollow's Eve
- 2 – Turnips
- 3 – Ancient Rome
- 4 – Monster Mash
- 5 – Dracula
- 6 – Victor
- 7 – Vines
- 8 – Mexico
- 9 – Trick or treat
- 10 – Bubble

**West Yorkshire Fire and Rescue Service** ✓  
 24 October at 16:01 · 🌐

We want everyone to have a #HappyHalloween next week! 🎃  
 ...But please remember to celebrate safely.

- 🕯️ Use LED candles in pumpkins where possible
- 🕯️ Extinguish any real candles thoroughly
- 👤 Be careful around flames, especially when wearing costumes.



## 2022 Calendar

We are very pleased to announce that we are again working with **The Prince of Wales Hospice** to produce our 2022 Pontefract Calendar. The theme will feature Pontefract locations, and a couple of hospice events.



**THE PRINCE OF WALES HOSPICE**

**PONTEFRACT CIVIC SOCIETY**

Available from **Suzie's Boutique**, Hospice shop, **Michelle's flowers**, **Mauds Café** and online.  
 Raising funds for both charities, but predominantly the Hospice.  
**£6.50**

DOWNLOAD THE FREE NHS APP

**HEALTH BENEFITS AND SERVICES**

Access NHS health benefits and services including your COVID Pass



DOWNLOAD THE FREE NHS APP

**ORDER REPEAT PRESCRIPTIONS**

Request a new repeat prescription and choose a pharmacy for your prescriptions to be sent to



## Halloween Treats


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

**Find the following hidden words:**

- candy
- cupcake
- pumpkin
- sweets
- treat
- trick
- yum
- gum
- boo



## Tricky Halloween Word Search



c	s	c	a	r	y	m	m	u	m	o	o	n
j	k	a	f	l	o	w	e	r	e	w	k	t
h	c	y	r	e	t	s	n	o	m	l	h	r
c	w	k	i	n	d	k	i	h	o	d	s	i
t	l	o	g	i	r	e	g	a	o	w	p	c
i	h	o	h	k	a	l	h	l	r	y	i	k
w	y	p	t	p	c	e	t	l	b	p	d	o
c	d	s	e	m	u	t	s	o	c	e	e	r
h	b	t	n	u	l	o	c	w	a	e	r	t
b	o	i	m	p	a	n	a	e	l	r	i	r
l	n	r	h	a	u	n	t	e	d	c	p	e
a	e	i	b	m	o	z	m	n	r	j	m	a
c	s	p	a	s	n	i	l	b	o	g	a	t
k	w	s	t	s	o	h	g	w	n	a	v	g

- bat
- black
- bones
- broom
- caldron
- cat
- costumes
- creepy
- dracula
- frighten
- ghosts
- goblins
- halloween
- haunted
- monster
- moon
- mummy
- night
- owl
- pumpkin
- scary
- skeleton
- spider
- spirits
- spooky
- trick or treat
- vampire
- werewolf
- witch
- zombie