



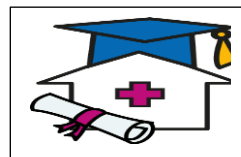
The Supporter

Newsletter

12 November 2021

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust



Wakefield Recovery and Wellbeing College

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



Calling all Carers

The Wakefield Recovery and Wellbeing College would like to invite all carers and those working with carers to join us online at the next **Carers Network meeting**, on the **Thursday 2nd December 1.00pm-3.00pm, via MS Teams**.

The meeting is to inform Carers in our local communities, about things happening in the area (as well as across the South West Yorkshire NHS Trust) district.

If you would like to attend, please let us know by Tuesday 30 November, so that we can add your name/email address to the meeting attendees and arrange for the teams joining link to be sent directly to you.

Contact: 01924 316946
Email: wakefieldrecoverycollege@swyt.nhs.uk

We look forward to hearing from you. And if you'd like to tell your story as a carer, please let us know as we'd love you to speak at the meeting 🙏



Adult Eating Disorders at Yorkshire and the Humber Clinical Network (NHS England and NHS Improvement) are conducting a patient and carers survey and are working to ensure they can capture the community's patient and carers voice around eating disorder pathway development.

Patient and Carer Survey:

https://forms.office.com/Pages/ResponsePage.aspx?id=0e138yrDUEaGY5_D7HILhDCcBGMgijVGtBd4Q5IRDfFUNUMxMVFVUUM2T0NOUzlySFIBRVg1WU9OQy4u

If you are a patient or carer and would be interested in completing this survey, just click into the above link...

Thank you



Carers Wakefield and District

Calling all Carers (old and new)

For more information check out [Carers Wakefield & District](#)

CARERS RIGHTS DAY AND AGM

This year we will be holding our AGM alongside our event to celebrate national Carers Rights Day. We will hold our AGM following which we will have an information event with three workshops for carers to attend. The workshops will focus on subjects close to carers hearts and carers will have the chance to attend all three workshops. We will also be inviting other organisations to bring information stands and all those attending will be provided with an individual packed lunch to enjoy in place of our normal buffet.

The event will be held on

Thursday 25th November

at

Sandal Rugby Club, Standbridge Lane, Sandal, WF2 7DY

AGM to start at 9.00am

Carers Rights Day event to start at 9.45am and finish around 1.30pm

Workshops:

- ♦ Wakefield Council recently commissioned a survey which highlighted that many Carers worry about what would happen to their loved ones if something happened and they were unable to provide their usual level of care. They are keen to work with Carers to develop contingency planning arrangements for situations such as this which may arise from time to time.
- ♦ Alison Wright will hold a presentation on wills and trusts and power of attorney.
- ♦ Citizens Advice Bureau will present on benefits and the services that they provide.

Places are limited so please ring (01924) 305544 by 9th November to book a place. Please can you let us know of any special dietary requirements that you may have.

If you are unable to attend in person or would prefer to join us online, then please contact us with your email address as we are hoping to have the facility to allow carers to attend the event virtually.



Mid Yorkshire Hospitals NHS Trust are looking for volunteers with lived experience of mental illness to support the Trust's vision in the striving for excellence in complex needs forward plan. This lived experience can be personal or as a carer of someone with a mental illness. We are seeking two members to join our complex needs delivery group who can support Mid Yorkshire Hospitals to improve the care of patients with complex needs (learning disabilities, autism, dementia, delirium, mental health).

For further information on how you can support the Trust to improve the care and treatment of those with a complex need please contact Richard Bunn (Matron for Complex Needs) on 01924 543692.

Become a champion

Help people to have a choice

Support people to think about their future wishes

Listen to people who are experiencing loss and bereavement



Do you support people or groups in your community? Would you like to get a better understanding of:

- Ways people can make choices about their future care wishes
- How you might support people who are bereaved
- What further information and support is available to people

Join our Webinar

Thursday 2nd December 12:30 – 16:00

OR

Tuesday 18th January 09.30-13.00

For further details contact:

janec@st-gemma.co.uk / Janet.Millard@wakefieldhospice.co.uk

BE MY CARER

Be the role model they need

wakefield.gov.uk/fostering



wakefieldcouncil

INVESTORS IN PEOPLE Accredited 1997-2022

The Mid Yorkshire Hospitals NHS Trust

- ✓ Proactive graduate nurse employer
- ✓ Ongoing support during first year of practice
- ✓ Friendly supportive team culture
- ✓ Robust induction training
- ✓ Ongoing professional development
- ✓ Comprehensive award winning preceptorship programme

Graduate nurse virtual recruitment events

Take part in our event on Saturday 27 November 2021.

If you would like to receive an invite to one of our virtual recruitment events, to meet some of the team, have a personalised nursing career discussion and leave with a job offer, please apply in advance via www.jobs.nhs.uk under the reference number 377-GN2022.

For more information please contact the staffing team on midyorks.nursestaffingsupport@nhs.net

Working together making a difference

#BePartOfMYTeam

Course	Date	Time
On yer bike – spinning class	Starts 19 October – join when you like, over a year period	6.30-7.30pm
Wild Things	Starts 25 October – join when you like over a year period	11.00-12.30pm
Boogie Bounce	Starts 3 November – join when you like over a year period	10.00-11.00am
Yoga	Starts 5 November – join when you like over a year period	10.00-11.00am
Learn more about IBS	15 November – Fieldhead Campus	12.30-3.00pm
Creative writing – basic	18 November – online (4 weeks)	1.30-4.00pm
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
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
Effective breathing and mindfulness	13 December – online	10.30-12.00pm

Free courses out now!

Just a selection of our college courses – to find out more details or enrol on a course, check out our website

www.wakefieldrecoverycollege.nhs.uk

Ring us on 01924 316946

Email us at wakefieldrecoverycollege@swyt.nhs.uk

We are busy planning our next terms programme of courses and would be interested to hear from you with regards to what topics you would like to learn more about. They can be practical as well as covering health and wellbeing conditions. What about you men out there, what would you like us to cover? We are waiting to hear from you....

REMEMBER THE 5TH OF NOVEMBER

Flames shoot up to the sky
Coloured lights from rockets upward fly
Exploding showers of myriad colours bright
The evening sky once dark now light.

WHIZZ BANG
LOUDLY RANG

Jumping jacks to give a fright
Around your feet at night

Smoke from the bonfires to fill your eyes
Look up to the skies
Sparklers in our hand
Look so grand
Silver showers circle round
Sparks fall harmlessly to the ground
Children gaze in wonder
As fireworks explode with thunder.

Bonfires burn with flames and smoke upright
Late into the autumnal night
Then die down to embers burning
Chestnuts in fire turning
Parkin sweet and sticky
Pinning Catherine wheels to posts – so tricky
They spin and whizz then expire
Has it all finished we enquire?

Smoke is all that we then remember
On that fifth of November
But we remember that old plot
Unsuccessful was it not?

So, history still has a say:
In what we do today.

RYDER 2021
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News about our Creative Writing course

Thursday 18 November 2021 ... now postponed to the new year

1.30pm-4.00pm – over 4 weekly sessions

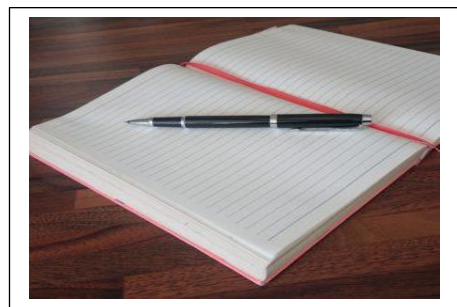
Have you ever wanted to write an article for a magazine, a short story, a poem or even a book? Why didn't you? If the reason was that you lacked the confidence in your creative writing, then this is the course for you.

Over the sessions, you will work through exercises to help you develop your writing flare and word power. You will look at what makes a "good piece of writing" and how you can improve. You will work in groups most of the time, but some individual work will be involved.

This course is aimed at students who want to be able to express themselves in the written word. It is not therefore important to be a strong speller or have any formal qualifications in English, just a wish to improve your current skills. This course will involve some handwritten work and may involve some work at home after the class. Equipment will be provided, and each student must be able to commit to attend all 4 weeks of the course.

Still places available, we have had great feedback from previous students on this course who have now gone on to more advanced courses.

Interested? Then go to our website and enrol
www.wakefieldrecoverycollege.nhs.uk
or give us a call 01924 316946



Christmas Market

AT THE RUSTIC ARMS

Saturday 11th December
12^{pm} - late

Free Entry

Shop Local This Christmas
Festive Food
Christmas Gifts

Beautiful Arts & Crafts
Band/Choir
Hot Drinks & Mulled Wine

STALLHOLDERS PLEASE CALL US FOR A PITCH

THE RUSTIC ARMS

7 LONG LANE | ACKWORTH | PONTEFRACT | WF7 7EZ
w: therusticarms.co.uk | t: 01977 705673

NHS
South West Yorkshire Partnership
NHS Foundation Trust

Christmas rag wreath workshop

Monday 13 December 2021
10.00am – 12.00pm
St Giles Church, Market Place, Pontefract
Hosted by Wakefield Recovery and Wellbeing College



Limited places so we would advise that you book your place early

Enrol on our website
www.wakefieldrecoverycollege.nhs.uk

Or give us a call
01924 316946


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.

Free to attend and materials provided
Materials may not be the same as the picture advertised on this flyer

www.southwestyorkshire.nhs.uk

With all of us in mind.



We keep getting asked for the opening hours of our new Collective Craft Inn (with 11 resident local crafters), so here they are...

9am – 3pm every day.

18 Wakefield Road, Ackworth

The Inscribery / Craft Inn workshop is down the drive or via gate on Bell Lane (Fish shop end). We have an ever increasing number of craft **WORKSHOPS** too, so call in for a list or visit <https://www.inscribery.co.uk/workshops>



Pontefract Reads
Toddler Tales
We're going indoors!

Thursdays 10-11am
St. Mary's Community Centre

Storytime, activities and books to share. Limited places available

Message Pontefract Reads on Facebook or email pontefractreads@gmail.com



Grow Wakefield
31 October at 22:46 · 🌱

Grow Wakefield are looking for wheelchair users to help with making sure our mini allotment plots at **CISWO Thornycroft** centre in Pontefract are as accessible as possible. Anyone interested in helping with the design or interested in a plot please get in touch. 🌱🌱

Colour 'N' Chat

Come meet new people, have a chat, relax and colour away your lockdown blues in this free activity!

Open to all ages!

Where: Airedale Library
The Airedale Centre The Square
Castleford WF10 3JJ

When: Every Monday
(10am-12pm)

FB: Spectrum People
Number: 07720 899781
Email: spectrumpeople@spectrum-cic.nhs.uk

There's a cafe on site



COMMUNITY NEWS



Guided imagery



Guided imagery or visualization is a powerful strategy that anyone can use. Use the power of your senses to help you to focus your imagination in a positive way.

Guided imagery is a form of meditation and can be used interchangeably with the term guided meditation or self-hypnosis.

Guided imagery can deliver messages deep inside – positive, healing or motivating messages – through using simple images or sensations that are received in a relaxed state.

Evidence Based Research

It has been reported, through many studies over the last 40 years, that guided imagery has a positive impact on health and well-being as well as on attitude, behavioural change, and peak performance. Check out the following facts:

- It can heighten short-term immune cell activity, and it can speed up healing.
- It's been shown to reduce blood loss during surgery and the need for pain relief afterwards.
- Less than 10 minutes of hypnotic guided meditation can reduce stress, blood pressure, cholesterol, and haemoglobin A1C levels in the blood.
- Guided imagery lowers anxiety and pain.
- It increases intention in weight loss and smoking cessation.
- It can increase performance in sports, confidence in acting, singing, exams and public speaking.
- And it has been proven beneficial during medical procedures e.g., chemotherapy, radiotherapy, biopsy, and dialysis.

Remember:

- Guided imagery works best when you are relaxed. Don't worry about "doing it right". You will get better with practice.
- Imagery is generally more powerful in a group setting. So, a support group or class is a great way to start.
- It's more effective when you engage all your senses. E.g., music, if chosen carefully, will increase the effects of guided imagery.
- Imagery that provokes emotion is generally more effective.
- Use the same body posture and hand-positioning each time you practise. This will create an "anchor" that conditions you to respond immediately to the posture.
- To prevent falling asleep, sit up. You are likely to drop off to sleep during a session if you aren't used to being relaxed and awake at the same time.
- If you do fall asleep, you will still benefit from listening.
- Don't worry if your mind wanders or you lose track. This is common.
- Normal responses include feeling extremely relaxed and/or feeling extremely aware, with heightened senses; becoming tearful; coughing or swallowing; yawning, feeling heaviness or lightness in your limbs; feeling floaty; tingling along the top of the scalp or in your hands and feet, or experiencing minor, involuntary muscle-twitches.
- After time spent in guided imagery any aches and pains may have gone and you may feel free from any stress

PREPARATION

Switch off your mobile phone and go to a place where you won't be disturbed.

Sit comfortably in a chair. Have your legs uncrossed, both your feet flat on the floor and let your hands lie loose in your lap.

Close your eyes and imagine every single muscle in your body to be completely relaxed, relaxing each one in turn and imagining a wave of relaxation flowing over your body. Start to steady your breathing.

Don't rush... you cannot hurry guided imagery!

EXITING THE ROUTINE

There are easy three ways you can finish the routine:

- simply open your eyes when you feel ready
- set a small timer/alarm for whatever length of time you wish
- tell yourself you will open your eyes after whatever length of time you wish

Fixed term temporary job opportunities with our college

Recovery College Co-ordinator

Mental Health Primary Care - IAPT

South West Yorkshire Partnership NHS Foundation Trust, Wakefield

Band 5 Recovery College Co-ordinator – Fixed term temporary contract until the end of March 2022, full time, 37.5 hours per week (1.0 WTE). Secondment opportunities considered. The Wakefield Recovery and Wellbeing College have an exciting opportunity to expand their offer to under 18s (as part of ...

Salary:

£25,655 to £31,534 pa

Posted:

09/11/2021

Job Type:

Fixed term

Closing Date:

23/11/2021

Staff Group:

Additional Professional Scientific & Technical

Job Ref:

378-W0591

Recovery College Co-ordinator

Mental Health Primary Care - IAPT

South West Yorkshire Partnership NHS Foundation Trust, Wakefield

Band 5 Recovery College Coordinator – Fixed term temporary contract until the end of March 2022, part time, 30 hours per week. Secondment opportunities considered. The Wakefield Recovery and Wellbeing College have an exciting opportunity to be a key part of the eating disorders and disordered ...

Salary:

£25,655 to £31,534 pa

Posted:

09/11/2021

Job Type:

Fixed term

Closing Date:

23/11/2021

Staff Group:

Additional Professional Scientific & Technical

Job Ref:

378-W0593

For more information, please visit our NHS jobs website – South West Yorkshire Partnership Trust - <https://www.jobs.nhs.uk/>

Or contact our Principal Lindsey Taylor-Crossley on 01924 316946

New Ways November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS

Happier · Kinder · Together



Worried about money? We can help.

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

South Elmsall

Westfield Centre, 25 Westfield Lane, WF9 2PW ☎ 01977 642 335

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

Eastmoor

Eastmoor Community Project, St. Swithun's Community Centre, Ancliffe Road, WF7 4BB ☎ 01924 361 212

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

Castleford

Castleford Heritage Centre, Queen's Mill, WF10 1SL ☎ 01977 936 741

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

Kinsley & Fitzwilliam

Kinsley & Fitzwilliam Learning & Community Centre, Wakefield Road WF9 1DP ☎ 01977 616 331

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

Pontefract

St. Mary's Centre, The Circle, Chequerfield, Pontefract WF9 2BF ☎ 01977 705 341

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

Lupset

St. George's Community Centre, Broadway, Lupset WF2 8AA ☎ 01924 362 821

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

Knottingley

The Addy, Opp. 83 Spycroft Avenue, Knottingley WF10 0PQ ☎ 01977 616 953

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

Airedale

Airedale Library, The Square, Castleford WF10 3JJ ☎ 01977 724 040

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

Chapelthorpe

St. James' Church Lane, Chapelthorpe WF4 2JG ☎ 01924 256 031

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

Havercroft & Ryhill

Havercroft & Ryhill Community Learning Centre, Mulberry Place, WF4 2BD ☎ 01926 727 824

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

Featherstone

The Cheamy Centre, Regent Street, WF7 5EW ☎ 01977 721 484

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

Talk to us if you're affected by:

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

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



For further information, visit www.wakefield.gov.uk/benefit-support

Be True To You Recovery C.I.C

One of our college partners, Be True To You Recovery C.I.C are looking for a volunteer with specific skills and knowledge in the benefit system.

Are you a friendly, welcoming & empathic individual? Do you have some free time to offer to our new service who will supporting clients with mental health and chronic illnesses? Do you have a knowledge and understanding of the benefit system and experience of applications?

🦋 Your Role:

- Assisting clients in the navigation of the benefit system
- Making calls on their behalf with their consent
- Attending face to face assessments if required
- Filling out and filing applications for the client
- Reporting to your supervisor

🦋 Skills You Require:

- Good communication skills both written and verbal
- Understanding of the benefit system
- Understanding and empathy in relation to mental health and chronic illness
- Organisation and time management skills
- Ability to meet deadline for applications
- Ability to work independently and seek support from your supervisor if/when required

🦋 What You Will Receive:

- Being part of a new Social Enterprise and part of a team
 - Opportunity to further develop skills and add the experience to your CV
 - Induction, DBS, and access to training sources
 - Reasonable expenses
 - Supervision
 - Access to staff wellbeing
- Please email us at enquiries@betrue toyourrecoverycic.org with your cv and a brief description of why you feel this role is suitable for you 🦋

7 November at 16:26

Posted: