



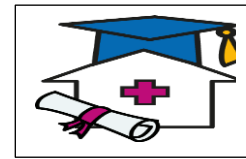
## The Supporter

Newsletter

19 November 2021

**NHS**

South West  
Yorkshire Partnership  
NHS Foundation Trust



## Wakefield Recovery and Wellbeing College

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HERE  
TO  
HELP



## 'Chill out foods'

Science says that different foods can affect the way we feel. Some foods may enhance your mood whilst others may make you feel low. Good nutrition is important in keeping our mind and body healthy and helps us to feel good. Smart food choices can ward off symptoms of depression

Look at the list below and try to include good mood food in your diet. Try to moderate your intake of foods that can cause lows. The old saying 'Everything in moderation' is a sensible attitude to take when it comes to eating.

Try to ensure that your plate is colourful. Eating a 'rainbow' of food helps to give the variety of nutrients our body needs to function properly.

The best nutritional plan to prevent depression is likely to be a varied diet with plenty of fruits, vegetables, whole grains, nuts, beans, and foods rich in omega-3 fatty acids. While you increase these healthy foods, cut down on the processed and pre-packaged foods you eat.

### Good mood foods include:

#### Brazil nuts

One of the best sources of selenium, studies have shown that people who are low in it have increased rates of depression, irritability, anxiety and tiredness.

#### Oily fish

People who are deficient in omega-3 fatty acids may be more susceptible to depression and low mood. Eating salmon, mackerel and sardines regularly will keep your brain healthy and improves your mood.

#### Oats

Oats are an effective mood booster because of their low glycaemic index (GI) – they slowly release energy into the bloodstream. Oats also contain the mood-boosting mineral selenium.

#### Bananas

Bananas contain the amino acids, ~~vitamins~~ and mood-boosting carbohydrates. Vitamin B6 helps convert the tryptophan into the **mood-lifting hormone serotonin**. This helps to boost your mood and also aids sleep.

#### Lentils

Lentils help increase the brain's production of the feel-good neurotransmitter serotonin. They also help to stabilise your blood sugar levels, keeping your mood even. Plus, they're high in folate – deficiencies in folate have been linked to depression. And finally, lentils can also help boost your iron levels.

### **Cottage cheese and turkey**

Cottage cheese and turkey breast help increase your intake of the amino acid tryptophan and also helps to make the hormone melatonin, which regulates sleep. Poultry also contains tyrosine, which can help reduce symptoms of depression.

### **Spinach and other leafy green vegetables**

Deficiencies in B vitamins have been linked to depression. These foods relax muscles and calm your nerves.

### **Water**

Water is extremely important for our bodies to function properly. When we're dehydrated, it can really affect our ability to concentrate.

### **Cereal**

Calcium has been shown to help reduce your levels of stress and anxiety, and fortified breakfast cereals are a great source, as well as prawns, sardines, [tofu](#) and cooked spinach.

### **Dark chocolate**

A small square of dark chocolate causes the brain to release endorphins and boost serotonin levels.

### **Oysters**

Oysters have so many benefits when it comes to your mental health. They're high in zinc, which is essential for energy production and brain health, plus zinc levels have been found to be deficient for depression sufferers. Oysters also contain a protein that's rich in the amino acid tyrosine.

Other good food choices include Marmite which is high in B vitamins; celery which has been shown to lower blood pressure; blueberries, broccoli, [oranges](#) and peppers – all high in vitamin C which lowers stress hormones.

### **Some foods can put you in a bad mood and should be consumed in moderation:**

#### **Caffeine**

Caffeinated drinks can cause dehydration, leave you feeling irritable, [jumpy](#) and prone to withdrawal headaches.

#### **Sugar**

Sugary foods give an instant [pick-me-up](#) but this will be followed by a sudden slump or energy crash. And with it your mood will go down.

#### **Alcohol**

Alcohol can briefly produce a pleasant and relaxed state of the mind but drink too much and you'll feel irritable, [moody](#) and anxious the day after.

Choose your food carefully, eat mindfully and enjoy!

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**Telephone: 0300 303 4787**  
**Email: [helpline@kcrasac.co.uk](mailto:helpline@kcrasac.co.uk)**  
**Webchat: [www.kcrasac.co.uk](http://www.kcrasac.co.uk)**

Kirklees, Calderdale and Wakefield Rape and Sexual Abuse Centre (RASAC), provide support for people who have experienced rape or sexual violence, over the ages of 13, living in Kirklees, Calderdale or Wakefield. Their Therapeutic Team offer a wide range of support, including Counselling, Art Therapy, Group Therapy, Reiki, Support Sessions and a Helpline service.

RASAC are running a **Male Therapeutic Group** for survivors of rape and sexual abuse in **January 2022**. Prior to this, they are holding a **Male Service User Led Consultation Group** on **Tuesday 30/11/2021 from 10:00am- 13:00pm** to hear from the men who may access this group and discuss; what they would want to group to look like; what they would want it to cover and what would support them in feeling more comfortable in accessing group support.

<b>Course</b>	<b>Date</b>	<b>Time</b>
<b>On yer bike – spinning class</b>	Starts 19 October – join when you like, over a year period	6.30-7.30pm
<b>Wild Things</b>	Starts 25 October – join when you like over a year period	11.00-12.30pm
<b>Boogie Bounce</b>	Starts 3 November – join when you like over a year period	10.00-11.00am
<b>Yoga</b>	Starts 5 November – join when you like over a year period	10.00-11.00am
<b>Creative writing – basic</b>	New date out soon!	
<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>Winter Wellness</b>	7 December - online	10.00-11.30am
<b>Effective breathing and mindfulness</b>	13 December – online	10.30-12.00pm
<b>Stroke awareness</b>	16 February 2022 – Fieldhead Campus	10.00-12.00pm
<b>Learning more about IBS</b>	28 February 2022 – Fieldhead Campus	12.30-3.00pm

## 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](http://www.wakefieldrecoverycollege.nhs.uk)

Ring us on 01924 316946

Email us at [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

We are busy planning our next terms programme of courses and would love 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.... 😊



South West  
Yorkshire Partnership  
NHS Foundation Trust

Wakefield  
Recovery and Wellbeing College

## Effective breathing and mindfulness

Monday 13 December 2021  
10.30am – 12.00pm

ONLINE via Microsoft teams

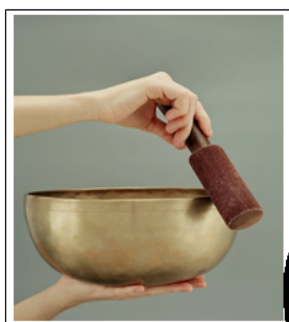
Life can be very fast paced and it can be easy to rush through each day, taking things for granted and without paying much attention to the detail of how we breathe or what we experience.

How often do we allow ourselves to simply 'be' rather than rush around doing things? We are essentially Human Beings but more often than not we could describe ourselves as 'Human Doings'!

Taking a moment to breathe effectively and add mental wellbeing. Research shows us that there are many benefits of mindfulness and breathing effectively. We will focus on improving sleep quality and calming anxiety.

This workshop will introduce you to some effective breathing and mindfulness techniques and give you a chance to practise these in a safe environment and we will finish the session with a relaxing guided visualisation.

Book early – by enrolling via our website  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
or ring us 01924 316946



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

With all of us in mind.



Touchstone (registered charity No. 1012053) is a leading voluntary sector agency providing high quality services to improve the health and wellbeing of local people

Wakefield Safe Space – Crisis Support Worker  
NJC Scale Points 12 – 17, starting at £22,183 pa / pro rata  
16.5 hrs per week (Touchstone)  
16.5 hrs per week (Gasped)  
Bank staff hours are available

These roles are fixed term for up to October 2023, with the possibility of being extended.

Wakefield Safe Space is open Thursday - Tuesday between the hours of 5pm-1am (soon to open 7 days a week) at the Art House, Drury Lane.

Touchstone has been awarded NHS funding to run a Wakefield Safe Space in the early evening and at night delivered in partnership with Spectrum people and Gasped. The Wakefield Safe Space offers a non-clinical, listening space with the aim of diverting people, who would be better supported elsewhere, away from Accident and Emergency (A&E) and other crisis services in Wakefield.

We are seeking experienced and enthusiastic individuals to work as part of the Wakefield Safe Space team. Wakefield Safe Space provides person-centred, trauma informed support to up to 12 individuals per evening. The post holder will support people in acute distress, including one to one support, support planning and liaison with local services.

We wish to recruit someone with personal experience of mental distress and substantial experience of supporting people in crisis, including working with people at risk of suicide and self-harm and supporting people from BME and LGBT communities.

Flexible working is a requirement of this role covering daytime, evenings and some weekends. This is to ensure effective delivery of the service, partnership work and team support.

Closing Date: 28<sup>th</sup> November 2021  
Interviews will be held on: 8<sup>th</sup> December 2021

Touchstone is an equal opportunities organisation, a Trans Positive employer and applications are welcome from all sections of the community, particularly, BME and LGBT communities and/or people with disabilities who are under-represented within Touchstone. Further information can be obtained from our equal opportunities policy. Please note that we do not hold a sponsor licence and we do not intend to offer sponsorship for this particular role. You should therefore ensure that you have/will have the right to work in the UK to be able to undertake this role, if appointed, you will be required to provide relevant right to work documents at the point of an offer being made to you. Applications can be obtained by visiting [www.touchstonesupport.org.uk](http://www.touchstonesupport.org.uk) or by e-mailing [recruitment@touchstonesupport.org.uk](mailto:recruitment@touchstonesupport.org.uk)



## Could you be a Volunteer Befriender with Age UK Wakefield District?

Currently they have around 90 lonely & isolated older people living in the Wakefield District on their Befriending Waiting List, waiting to be matched with a Volunteer Befriender

A Befriender telephones or visits their Befriending client once a week, for around an hour, to provide friendship, conversation & companionship.

Do you have one hour a week spare to make a friendly telephone call or to visit someone in their home, have a cuppa, play a board/card game, look at old photos, help to read mail, cook a meal together and share an interest etc.? Full training is provided, and they apply & pay for your DBS check. They also pay out of pocket expenses.

You must be aged 18 or over to become a volunteer befriender. They have many clients waiting in WF7, WF8 and WF9 areas.

If you would like to know more about this or any of their other volunteering roles, please contact or email

**Tracy Shaw, Volunteer Service Manager**  
[volunteering@ageukwd.org.uk](mailto:volunteering@ageukwd.org.uk)

Please note that emails often land in junk folders, so if you don't hear back from them check your junk folder.

Please do get in touch to find out more and arrange an interview, it would be wonderful to clear their waiting list and make some new friendships before Christmas.

## Women's Self Defence Workshop



**Fighting Fit Studio**  
1 Milner Way Ossett WF5 9JE

Friday 26th November 7pm

£10

FIGHTING FIT

RUNNING FIT

Please get in touch with [paula@familyfituk.com](mailto:paula@familyfituk.com) or 07948 623270 to book if this is of interest – limited places



## The Yorkshire “Speak Their Name” suicide memorial quilt project:

Wakefield Recovery and Wellbeing College are launching a new project aiming at supporting people who have been affected by suicide.

**Karen Sykes**

November 11, 2021

The idea behind the Yorkshire Speak Their Name Quilt came from the beautiful Greater Manchester Speak Their Name Suicide Memorial Quilt, created last year. You can watch a video [here](#) that gives the full story to this. We now want to create a Yorkshire Speak Their Name Suicide Memorial Quilt.

We are reaching out to anyone across the region of Yorkshire who has lost a loved one, family member, friend or colleague and is either in the region of Yorkshire or has a connection to Yorkshire and would like to be involved and create a memorial square; you are all very welcome. We will be supporting everyone involved to help them create their square. Nobody needs to be skilled in embroidery or crafting as there will be lots of support and help. Also, by reaching out we hope to bring together, but at the same time to provide support to, those of us left behind by sharing various craft and art skills and coming together as a community to support each other.

We are hoping to hold virtual and community meetings starting in early 2022. At the end of the summer 2022 we hope to meet to bring all our squares together into one big quilt to remember our loved ones lost to suicide which we can share to raise awareness, and this be presented on 10th September 2022, World Suicide Prevention Day.

If you have been bereaved by suicide and would like support, please visit the bereavement section of the West Yorkshire suicide prevention website [here](http://www.suicidepreventionwestyorkshire.co.uk) ([www.suicidepreventionwestyorkshire.co.uk](http://www.suicidepreventionwestyorkshire.co.uk)).

**Watch out for more news about this project as we are planning some interest sessions and workshops, to start in the early new year. In the meantime, if you would like to register your interest, please get in touch with the Wakefield Recovery and Wellbeing College.**



## Letter from a soldier on the western front – World War 1

This is my note Auntie I am well  
I shall not say of this living hell  
I hated our separation at the last  
Said our final goodbyes now long past  
Thousands thinking it was great  
Let's to war before it's too late  
Too late for whom I wonder  
My heart soon to be rent asunder  
The noise and confusion loud  
Dark and evil like a menacing cloud.

I write to you daily - Auntie and Sis  
You will think of me and surely miss  
In front of me your kind gift  
Each time I open it my spirit's lift  
A reminder of better days long past  
When youth seemed forever to last  
A gift away from home  
Whereas a boy I would happily roam  
A train and boat to take away those  
dreams  
Now sadly long gone, far away it seems  
A grown man trying not to cry  
Waiting for the ink to dry  
The ink was wet from my tear  
Burning through my soul to sear  
I cannot tell you where I am  
Waiting to be a sacrificial lamb  
Many slaughtered on the sand  
White stones now lay in foreign land.

A one-line telegram  
Sent of late to mam  
From the front signed regrets:  
A Commanding officer's final epithets.

Is there yet a letter to be sent?  
Or is this to be my final document?



## To the reader.

This poem is inspired by the following:

In 2019 I came into possession of a writing case from WW1. It was a gift to a soldier from his aunt. Inside is a note saying that this was Chuck's case and a short poem. I do not know what happened to Chuck.

It is uplifting but tinged with sadness. All I know of him is that his name was Charles.

RYDER 2021

(Part of my Remembrance Day collection written in 2019)

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## A SMALL CARDBOARD BOX

**A small oblong box is all that's left  
A life gone and dusted so bereft  
Life wrapped up spent and lost  
At what great warrior's cost?  
Pouch munitions belt and cap  
Now for an auction purchase snap  
His bugle carried for so long  
Worldly possessions have all now gone.  
In his day he was fit and strong  
Was it all so badly wrong?  
Sitting on his horse so proud  
Harness bright and bugle loud  
Neatly folded up like the past  
Unfortunately, life does not long last.  
Now under a table waiting for a sale  
Everyone passing by without a hail  
Sorted through and cast aside  
This was the soldier's last ride  
Time has run out on the clocks  
Now his life left in a khaki box.**

Ryder Parfitt 2018  
All rights reserved.

## To the reader

This was written after attending an auction of militaria in North Yorkshire. I found a box of personal effects when viewing items prior to the sale. This was someone who had been in the Royal Household Cavalry. Everything was neatly folded up his belt hat bugle and side pouch even dummy bullets. All placed in this cardboard box hidden under a table. It seemed to me that his whole life had been packaged up into a box at the end. I was not only touched but saddened.

Part of my Remembrance Day poems collection



**We are looking for a Service User to join the ‘Complex Rehabilitation Project’s Oversight Board’.**

The complex rehabilitation project is a review and redesign of inpatient mental health services in the West Yorkshire region. The oversight board will be an important part of decision making, service redesign for our new and improved mental health rehabilitation services.

**We would like a male service user who has a diagnosis of Psychosis and has been supported in long term locked inpatient services in the Yorkshire region to join our project oversight board.**

The board needs to make sure that its work is guided by people with the right knowledge and skills, and it is important that this includes people who have experience of locked rehabilitation inpatient services. Your unique perspective as a service user will help to improve service user and carer experience for others.

The oversight board will meet *monthly/6 weekly for 2 hours to:*

- Learn from lived experience
- Oversee and monitor the progress of the project
- Celebrate achievements and identify new priorities
- Support each other and value the experience each group member brings
- Support the co design principles of the project

<b>As a board member we’d ask you to:</b>	<b>You’d have a chance to:</b>
<ul style="list-style-type: none"> <li>• Prepare for the meetings beforehand</li> <li>• Listen and assess information</li> <li>• Give your perspectives using your lived experiences</li> <li>• Consider the views of others</li> <li>• Contribute to decision making and setting priorities</li> </ul>	<ul style="list-style-type: none"> <li>• Work in a team</li> <li>• Be a critical friend and ask questions</li> <li>• Contribute to service developments</li> <li>• Develop skills for working with people</li> <li>• Support NHS staff teams</li> <li>• Make a difference</li> </ul>

We will support you before, during and after the board meetings and we will reimburse your expenses in line with NHS policy.

The oversight board is a friendly and professional group, with a passionate focus to listen and where possible to incorporate the views of people and carers with the lived experience of using inpatient mental health services. We see it as part of our job to make sure you are fully supported before, during and after the meetings and feel part of the group.

If you are interested in becoming a service user representative please get in touch with John or Hollie,  
[john.kerslake@nhs.net](mailto:john.kerslake@nhs.net) 07831 990327  
[hollie.harkin@nhs.net](mailto:hollie.harkin@nhs.net) 07586 134119



## News for Unpaid Carers

Working with leading national charity Carers UK, NHS England are giving unpaid carers free access to new digital resources. [The Digital Resource for Carers](#) is an online platform that hosts a wealth of resources for carers to help build resilience in their caring role. The resources can help care providers also and includes e-learning, guides and comprehensive signposting, access to MyBackUp, a simple contingency planning tool for what might happen in an emergency, and Jointly, Carers UK's care co-ordination.

Carers UK have also published [guidance for health professionals](#) which explains how the offer works and includes an access code to provide unpaid carers as well as ideas and tips for how to refer them for support. [https://www.carersuk.org/images/Downloads/DRC\\_guide.pdf](https://www.carersuk.org/images/Downloads/DRC_guide.pdf)



## Fun General Knowledge Quiz

1. The average person does what 13 times a day?
2. Coprastastophia is a fear of what?
3. Native to the Caribbean, what sort of animal is the mountain chicken?
4. True or False – can you sneeze in your sleep?
5. What is the cross between a donkey and a zebra called?
6. In which country are there 6 villages called Silly, 12 called Billy and 2 called Pratt?
7. What is the most common colour of toilet paper in France?
8. What is Scooby Doo's full name?
9. What is the collective noun for a group of Unicorns?
10. Where was the first fortune cookie invented?

## Find the Differences

Can you find 10 differences between these pictures?



Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Listen to the Beat

DIRECTIONS: Find and circle the music genres in the grid. Look for them in all directions including backwards and diagonally. Do you have a favorite that we missed?



- |                |         |         |
|----------------|---------|---------|
| ALTERNATIVE    | FOLK    | R AND B |
| AMBIENT        | FUNK    | RAP     |
| BLUES          | GOSPEL  | REGGAE  |
| CLASSICAL      | HIP HOP | ROCK    |
| COUNTRY        | JAZZ    | SKA     |
| DANCE          | LATIN   | SOUL    |
| DISCO          | NEW AGE | TRANCE  |
| EASY LISTENING | OPERA   | WORLD   |
| ELECTRONIC     | POP     |         |