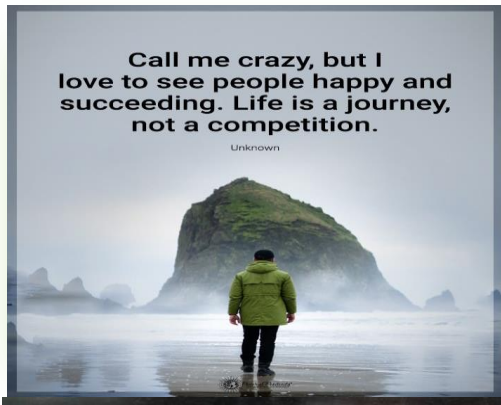




The Supporter

Newsletter

26 November 2021



Wakefield Recovery and Wellbeing College

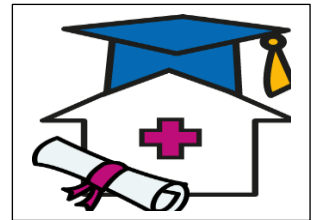
www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

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



My Booster jab story

I'm one of many people who have a phobia about having injections, some of whom like myself may keep putting it off through fear and getting anxious and uptight about the thought of them. My arm even hurts when I think of injections....

I'm a person who makes snap decisions and doesn't like pre booking appointments for injections, due to ruminating about it for days before the appointment and making myself feel even more anxious.

So, this weekend I made a quick decision to go to the vaccination centre at Navigation Walk, Wakefield, where staff told me I didn't need an appointment.

On arrival, even though feeling apprehensive, I found everyone to be so welcoming and friendly, I'd had my booster jab before I even thought about it.

Their system worked like clockwork. I had to wait 15 mins after the jab to make sure I was ok, then I was on my way home again, so pleased I had taken up the opportunity to have the injection, so I could feel safer in continuing caring for my elderly mother, without risking her health as well as my own from the Covid virus.

So, if like me, you want the jab, but are reluctant to get it through fear and anxiety, don't let it put you off. The staff and nurses at the vaccination sites are used to reassuring people and giving you support, just let them know how you are feeling. You are not on your own!

Best wishes - Janette

People aged 40-49 can now make an appointment online for the #COVID19 booster.

If it's been five months since your second dose, you'll be able to book your booster for when you reach six months.

Book <https://www.nhs.uk/.../book-or-manage-a-booster-dose-of.../>

HM Government **NHS**

COVID-19 BOOSTER VACCINE UPDATE

40-49 year-olds will be offered a booster dose **6 months** after their second dose

BOOK ONLINE NOW

NHS

Get vaccinated

Covid-19 vaccination walk-in service

Navigation Walk, Wakefield

Pfizer
Monday 22 – Saturday 27 November: 08:15 – 19:30
Sunday 28 November: 08:15 – 15:00

Now offering vaccinations for **12 - 15 year olds**

Sunday 28 November: 16:00 – 19:30


HOPEFUL FAMILIES 12m · 🌐

What are your future career aspirations? Do you want to work with technology, or in construction, or as a teacher?

Hopeful Families are able to help participants reach their career goal with funding to help you access training, support with your job applications, improve your confidence and self esteem, and so much more.

Contact the Hopeful Families team on 01924 666269 or email info@positive-people.org.uk to see how we can help!

#HopefulFamilies @groundworkyorkshire The National Lottery Community Fund Pluss #TNLComFundESF



"Our son wants to go to the Christmas pantomime trip with school 🎅

#AllIWantForChristmas is to stop paying off the loan we took out of a loan shark and offer my son this wonderful trip he wants so much."

If you think you are borrowing from a loan shark, act now and get help.

You can safely and confidentially report a loan shark to Stop Loan Sharks. Their team is here to speak to you any time, day or night.

Give them a call here 📞 <https://www.stoploansharks.co.uk/>

If you're having financial issues and aren't sure who to turn to for help - Hopeful Families may be able to help you. Our team of dedicated Family Mentors and Progression Coaches are on hand to get back on track.

Contact the Hopeful Families team on 01924 666269 or info@positive-people.org.uk to see how we can help!

#HopefulFamilies Groundwork Yorkshire The National Lottery Community Fund @plussinspires #TNLComFundESF



St George's Community Centre are offering this free course
 Direct Line: 01924 330263
 Reception: 01924 369631

GSCS COURSE



There will be an induction prior to this.
 7th February
 9:30-3:30
 10 Days

You Will gain the following qualifications
 Health & Safety
 FREE CSCS Card
 Guaranteed interview post completion

For more information ask Reception



SMILE TO CHRISTMAS WITHOUT LOAN SHARKS


CALL OUR 24/7 **CONFIDENTIAL** HELPLINE
0300 555 2222

STOP LOAN SHARKS
 Intervention . Support . Education

#AllIWantForChristmas

We are now nearly two years into the pandemic. We have seen great sacrifices made by NHS staff and the public and have joined together to support one another throughout this time. We cannot now afford to be complacent. The virus is still out there. We must continue to make these sacrifices and support each other. This is still our challenge to be dealt with. Only now by pulling together can we work to overcome this major challenge. We are aided by the vaccinations roll outs. However, we must not be led into a false sense of security and continue to be careful in our daily lives. Great progress has been made but it is not over yet. Please thank all NHS staff and volunteers and continue to support them by being cautious in our actions and ventures and continue to combat this disease. We can then hope for better times ahead to be achieved by that spirit of co-operation recently demonstrated.

RYDER 2021



ON EMLEY MOOR IN NOVEMBER

Dusk falls quickly
Creeping up on us
The final fingers of light
Point across the sky in
Shafts of glorious red
The sun now hidden behind the clouds
Sends down shafts of light
Towards the earth
In perfect formations
And finally sinks across the
HORIZON
In a stream of
YELLOW, ORANGE and GOLD

A solid stone TOWER
Like a lone SENTINEL
Points ever upwards
Its outline bold against the evening sky
Standing black in the fading light.
MAJESTIC
Beaming out to all its message.

Against the blue background of the sky
The cloud like vapour trails
Form a background of white above the tower
In curves like a celestial highway outlined against the
blue sky
Then turning to gold as dusk closes
The fading light emphasises the clouds
As night falls
Evening draws in the
COLD of late November
As we gaze in wonder at the fading LIGHT

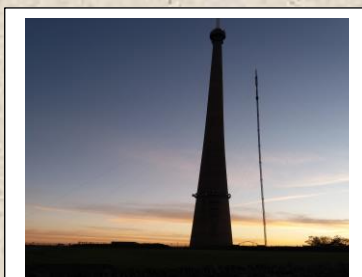
The STONE walls built into the dale:
SOLID
IMMOVABLE
Here and there broken in gaps
To be repaired later
Each stone hewn by manual labour to fit
Like a stone jigsaw puzzle
Now completed with each coping stone: a fitted edge.

A WARM fire crackling in the grate -
BECKONS
Beaming out warmth and good cheer

Shadows lengthen as we withdraw
To the warmth of the fire
And the smell of roasting coffee
Brings us in

RADIATE:
Warmth AND GOOD CHEER
with heart and soul
To others
As Yuletide draws near.

RYDER 2021
ALL RIGHTS RESERVED

A photograph of a group of people sitting outdoors in a circle, engaged in conversation. They are smiling and appear to be in a relaxed, supportive environment. The background shows greenery and a bright sky.

mental health
communication
mindfulness
sensory art
togetherness

CARE TO TALK

Care to Talk is a peer support group for adults who wish to interact with others who are experiencing poor mental health symptoms.

Every Friday @ 11:30am to 1:30pm
St. Mary's Community Centre,
The Circle, Chequerfield,
Pontefract WF8 2AY
Contact Joanne 07835 108239

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

Turning Point Talking Therapies

TURNING POINT
Inspired by possibility

Long Covid support

Covid-19 has affected people both emotionally and physically. Being ill for a prolonged period of time can be distressing and impact their mental health and wellbeing. People may report feeling anxious, low in mood, depressed or frustrated with the changes to their life that having long Covid has brought.

We are offering a Living well with Long COVID online group. This follows a low intensity CBT treatment plan with each session lasting 60 minutes for 6 consecutive weeks.

The topics covered include:

- The link between Long COVID and our mood and quick tips
- Changing behaviours: Activity levels & Pacing
- Changing behaviours: Behavioural Activation & physical activity
- Managing fear and anxiety: Unhelpful thoughts
- Managing fear and anxiety: Worry and problem solving
- Maintaining progress after the course

We can also offer a range of one to one therapy options

Clients can self-refer to the service either online via www.talking.turning-point.co.uk/wakefield/refer-yourself or by calling us on 01924234860

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
Creative writing – basic	New date out soon!	
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
Winter Wellness	7 December - online	10.00-11.30am
Effective breathing and mindfulness	13 December – online	10.30-12.00pm
BADASS (Combat workout)	19 January 2022 – join when you like over a period of 10 weeks - Vibe Fitness, Normanton	11.00-11.45am
Stroke awareness	16 February 2022 – Fieldhead Campus	10.00-12.00pm
Learning more about IBS	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

Ring us on 01924 316946

Email us at 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.... 😊

Adult transition.

Transition isn't just moving from hospital, it can be moving home, GP's or anything to you that isn't easy and may be stressful.

Personally, I had a recent event where I did move home, from hospital to home.

I openly admit I under-estimated the stress us as adults under-go when moving, I found myself exhausted, emotionally and physically.

I was so eager to be in my home that I didn't really want to stop going shopping, unpacking, and finding my feet in the community.

I mentally found this challenging too - let's be honest being an adult isn't easy, as what comes with good is also the jobs we don't like.

I think my focus here, is to tell you, what you are going through, it's okay to take a break and to continue later, we are in control, even if you don't feel it.

Remember that list of jobs you created, will be available to do the day after or the day after that, your well-being is priority.

Do it in your pace, controlled.

Here's some things that helped me during moving:

- 1: Having a day where I could sleep if I wanted - I did too.
- 2: Being able to pre-plan - for example, planning how many boxes, how I'd move.
- 3: I had a "moving home" book, that was full of from furniture items I had / needed, to my drawings of a home.
- 4: Accepting help around me, advice and that it isn't easy to move.
- 5: Being told that alone moving home is one of the most stress-full things.
- 6: Remembering the end result, is always worth it.

Take time for you!

Written by,
Abigail Rose - volunteer.

This useful information Abigail has kindly put together for our students really does make you think I should take out more time for me!

Would you like a course focusing on taking the stress out of moving home? Changing GP's etc Please let us know and we will offer one in our new year programme of courses and workshops.....




FRIARWOOD
CHRISTMAS TRAIL
Saturday 11th December 11-3pm
Enjoy a winter walk around the gardens and complete the list below

- Spot the snowman
- Sing your favourite song on stage
- The tree of candy canes (how many can you find)
- Find Santa and his grotto
- Christmas Crackers (Look for letters to spell a word)
- Skip to the North Pole
- Find Rudolfs flashing nose
- The tree of Winter
- Strike a pose in the photo area
- Rock around the Christmas tree

MERRY CHRISTMAS FROM FRIENDS OF FRIARWOOD VALLEY GARDENS

What a great idea!




Charity Retail Association
The voice of charity retail

Be a Good Cause Santa Claus!

By buying Christmas presents from our charity shops, you're helping to...

- 🌱 Raise money for patients and families at your local Hospice.
- 🌱 Promote reuse, giving items a longer life.
- 🌱 Provide retail jobs and volunteering opportunities in The Five Towns.
- 🌱 Spread the word about the vital care we can provide.

THE PRINCE OF WALES HOSPICE



Alcohol: the national guidelines

You don't need to be drinking heavily to be at risk of health harms. Generally, the risk increases with how much alcohol is consumed. So how much can you drink?

In 2016, the safe drinking limit was lowered to **14 alcohol units per week** for men and women – that's roughly six pints of beer, or seven glasses of wine.

Drinking within safe limits reduces your risk of developing alcohol-related health problems. It's recommended to spread your units over **three or more days** – don't binge.

If you're not sure what an alcohol unit is, or how many units you might be drinking, take a look at our unit guide below.

Men and Women should not regularly drink more than 14 units of alcohol per week.

No more than 6 pints of 4% lager or ale (568ml = 1 pint)



or
No more than 5 pints of 4% cider (568ml = 1 pint)



or
No more than six 175ml glasses of 13% wine



or
No more than twenty-four 25ml glasses of 40% spirits



Units

Knowing your units will help you to keep your drinking to a minimum and decrease the chances of causing serious damage to your health.

1.5 units 125ml ABV 12%  small glass red/white/rosé wine	2.1 units 175ml ABV 12%  standard glass red/white/rosé wine	3 units 250ml ABV 12%  Large glass red/white/rosé wine
2 units ABV 3.6%  pint of lower-strength lager/beer/cider	3 units ABV 5.2%  pint of higher-strength lager/beer/cider	1.7 units 330ml ABV 5%  bottle of lager/beer/cider
2 units 440ml ABV 4.5%  can of lager/beer/cider	1.5 units 275ml ABV 5.5%  Alcopop	1 unit 25ml ABV 40%  single small shot of spirits*

* Gin, rum, vodka, whisky, tequila, sambuca. Large (35ml) single measures of spirits are 1.4 units.

Spectrum, Wakefield Council and Age UK have joined together to promote alcohol awareness highlighting in particular drinking amongst older people and have produced a safer drinking leaflet. Read more information by clicking into the link below: -

<https://spectrumhealth.org.uk/campaigns/alcohol-awareness-week-2021>



Further help

If you do decide to ask for support, don't be worried about approaching your doctor. When you visit the GP, your alcohol intake could be assessed using a number of different tests:

The Alcohol Use Disorders Identification Test – a screening test to determine whether you might need to change your drinking habits.

The Fast Alcohol Screening Test – to check whether your drinking has reached dangerous levels. You may also need to fill in an alcohol assessment questionnaire.

Several organisations in the Wakefield District provide support for people with an alcohol misuse problem (see overleaf).

Useful Contacts

Inspiring Recovery
Specialist alcohol recovery service for Wakefield
0300 123 1912

Wakefield Council
Local authority providing support for residents
0345 8 506 506
www.wakefield.gov.uk /

Age UK Wakefield
Service for older people providing wide support
01924 552114
www.ageuk.org.uk/wakefielddistrict/

Drinkline England
Support helpline providing information and advice
0300 123 1110
www.drinkaware.co.uk

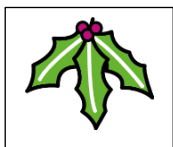
Addaction
A treatment agency
0844 477 9400
www.addaction.org.uk

Alcoholics Anonymous
A fellowship organisation
0800 9177 650
www.alcoholics-anonymous.org.uk

Alcohol Concern
Information and advice about treatment centres
020 7928 7377
www.alcoholconcern.org.uk

CRAFT INN – 18 Wakefield Road, Ackworth, Pontefract

Why not treat yourself and meet local crafters, enjoy mince pies and mulled wine, music and lights and a chance to purchase beautiful homemade gifts... in a fun and friendly atmosphere....



Cycle for Health

Improving health and wellbeing through targeted cycling support

What is Cycle for Health?

Cycle for Health is a programme that provides a route into regular activity, building fitness and self-esteem.

Designed specifically for adults identified as having poor mental or physical health, the 12-week package of support develops skills and grows confidence through cycle training and led bike rides.

Created in West Yorkshire as part of the West Yorkshire Combined Authority's City Connect programme, it is an excellent example of how targeted cycling initiatives in areas of income and health inequality can achieve positive behaviour change, public health benefits and sustainable transport goals.

How is Cycle for Health delivered?

Courses are delivered in small groups of no more than 12 participants, with qualified instructors and rider leaders, as a two-hour session each week.

The course delivers a steady and achievable increase in activity, and participants are encouraged to set targets.

Bikes are provided, and locations are selected which offer links to green spaces and traffic-free cycle routes.

At the end of the course, participants are signposted to other cycling opportunities to help them continue to develop.

- Wakefield - Thornes Park Stadium

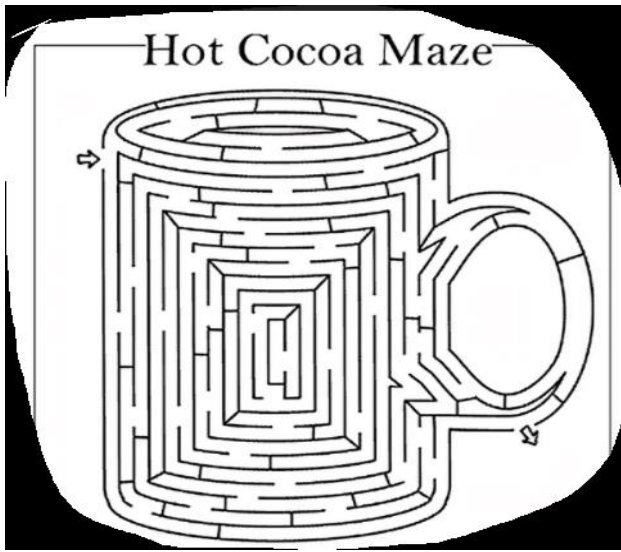
More venues will be activated in 2022

More information: email: cycleforhealth@cyclingsuk.org or ring 01483 904562

Last week's Quiz answers

1. Laughs
2. Constipation
3. Frog
4. False
5. Zeedonk
6. France
7. Pink
8. Scoobert Doo
9. A blessing
10. San Francisco

Hot Cocoa Maze



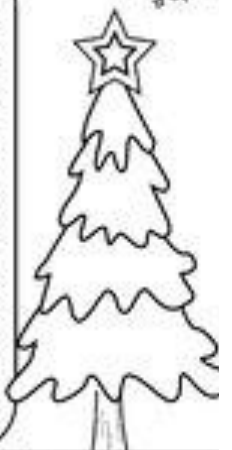
Name _____

WARM WINTER WISHES!

Find and circle the words.



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



BLIZZARD	EVERGREEN	ICE FISHING	SNOWDRIFT
CANDLE	FIRE	ICICLE	SNOWMAN
CHILLY	FROSTY	LIGHTS	SWEATER
CHIMNEY	FROZEN	LOG	TDASTY
COLD SNAP	GLOVES	PARKA	TOGUE
COZY	HEATER	SKIING	TURTLENECK
CRACKLING	HOCKEY	SLEDDING	WOODSTOVE

Can you name these famous UK Towns? – answers next week



1-



2-



3-



4-



5-



6-