



**The Supporter**  
 Newsletter  
 10 December 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://facebook.com/wakefieldrecoverycollege)



# 24 Days of Fitmas

#MoveMoreSWYPFTly this festive season and get inspired to become more physically active with our #24DaysOfFitmas calendar.

**How to get involved:**

Follow @allofusinmind on Twitter for your daily exercise video demonstration

Let us know you're taking part on social media by using the hashtags #MoveMoreSWYPFTly #24DaysOfFitmas and tagging @allofusinmind @mo\_nav

Have fun and do yourselves proud!

DECEMBER 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Santa tip toe without waking the children! High knees - 2 mins	<b>2</b> Squat up the chimney! 10 squats x2 sets	<b>3</b> Rudolph run! Jogging on the spot - 2 mins	<b>4</b> Elf-ercise day 1 exercise of choice or take a daytime walk
<b>5</b> Elf kicks! Butt kicks - 1 min x2 sets	<b>6</b> Lunge dasher! 10 basic lunges - 1 on each leg	<b>7</b> Presents delivered! 10 star jumps x3 sets	<b>8</b> Santa tip toe without waking the children! High knees - 3 mins	<b>9</b> Squat up the chimney! 15 squats x2 sets	<b>10</b> Rudolph run! Jogging on the spot - 3 mins	<b>11</b> Elf-ercise day 1 exercise of choice or take a daytime walk
<b>12</b> Elf kicks! Butt kicks - 1 min x3 sets	<b>13</b> Lunge dasher! 15 basic lunges - 1 on each leg  Curious Motion dance session* 12.30pm	<b>14</b> Presents delivered! 15 star jumps x3 sets  Curious Motion dance session* 6pm	<b>15</b> Santa tip toe without waking the children! High knees - 2 mins x2 sets  Lines Actually* 12.30pm	<b>16</b> Squat up the chimney! 20 squats x2 sets  Lines Actually* 6pm	<b>17</b> Rudolph run! Jogging on the spot - 4 mins  Curious Motion dance session* 12.30pm	<b>18</b> Elf-ercise day 1 exercise of choice or take a daytime walk
<b>19</b> Elf kicks! Butt kicks - 2 mins x2 sets	<b>20</b> Lunge dasher! 20 basic lunges - 1 on each leg	<b>21</b> Presents delivered! 20 star jumps x3 sets	<b>22</b> Santa tip toe without waking the children! High knees - 2 mins x3 sets	<b>23</b> Squat up the chimney! 20 squats x3 sets	<b>24</b> Rudolph run! Jogging on the spot - 5 mins	<b>25</b> Well done! Merry Fitmas! 
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

**What's on in the community?**




## Depression & Grief Workshop

**Running over MS Teams on  
Sunday 19th December 10:30am-12pm**

**Book on by emailing us or calling the  
service - our contact details are below.**

Telephone: 01924 234 860  
 Email: Wakefield.talking@turning-point.co.uk  
 Website: talking.turning-point.co.uk/wakefield/



# Xmas Carol Concert

Thursday 16th December 2021

## Featherstone Male Voice Choir and North Featherstone J&I School Choir

Tickets: £5 Adults £3 Children

Venue  
 Featherstone Working Men's Club WF7 6JG  
 Club open 5.30pm Show starts at 6pm  
 Tickets available from:  
 Dr Jackson Charity Shop Hemsworth  
 North Featherstone J&I School  
 Featherstone Working Men's Club

## Free Youth Activities!



Wakefield Youth Work Team have come together with the Pontefract Active and Inspired Project, to organise some activity evenings for young people aged 12 – 16 years old



It will include a game of Bowling and Football. Light snacks and drinks will also be provided!

The sessions will take place on:  
**Wednesday 8<sup>th</sup> December 2021**  
 and  
**Wednesday 15<sup>th</sup> December 2021**



For more information, contact our administration team via email:  
[youthwork@wakefield.gov.uk](mailto:youthwork@wakefield.gov.uk)






## MEALS ON WHEELS DELIVERY SERVICE

Family run business based in Pontefract providing good old fashioned homemade meals delivered direct to your door. All meals are made from fresh ingredients, chilled and delivered to you. Then stored in the fridge until needed.

**ALL MEALS ARE MICROWAVABLE  
NO FUSS – NO PREP  
NO AGE LIMIT  
FREE DELIVERY (5 MILE RADIUS)**

**FOR MORE INFORMATION AND TO  
REQUEST A MENU PLEASE CONTACT  
07801407347  
EMAIL- l\_rcatering@outlook.com**

**OR FIND US ON FACEBOOK  
MEALS ON WHEELS- L R CATERING**







## Yorkshire Imperial Band

**Solo Euphonium, Soprano, Front Row  
Cornet and a BBb Bass.**

We are looking for the final parts of our rebuilding jigsaw. We've been joined by some great people, and fantastic players and we probably have some of the strongest sections we've had for a number of years. Now it's just these final positions to really get us back to full throttle. Are you the star for the top of our tree?

We are based in Ossett, West Yorkshire, 5 minutes from junction 40 (M1). We rehearse Tuesdays and Thursdays 8pm.


For more information and a chat about our vacancies, see our website or contact MD Garry Hallas: [garryhallas@hotmail.com](mailto:garryhallas@hotmail.com)



Abuse of any form will not be **tolerated, accepted, or ignored.**

**zero TOLERANCE**

We do not accept any form of abuse or aggression towards our staff.




Fancy making some cranberry and orange shortbread biscuits?  
This recipe went down well in last week's Christmas bakery course, look at the students' tasty baking results and look out for our next baking course!

### Ingredients

- 225 g plain flour
- 75 g caster sugar
- 150 g butter
- 2 oranges – zest and juice
- 50 g dried cranberries

Metric – US Customary

### Instructions

1. In a large bowl, sift the flour and add the butter, and rub it in until the flour resembles breadcrumbs.
2. Add the sugar, cranberries, orange zest and juice and knead gently until the mixture forms a dough.
3. Work the dough into a large sausage shape.
4. Transfer to the fridge for at least one hour.
5. Use a sharp knife to cut the roll into 1/2 cm thick slices and spread them on a baking tray.
6. Bake for 20 minutes at 180 degrees Celsius (350 Fahrenheit) or until the cookies are firm to touch, but careful not to bake them for too long, otherwise the colour will turn into golden brown, and we want a light golden colour.
7. The cookies will still be soft when out of the oven, but will harden once cooled.



Recipe – Cranberry and orange shortbread biscuits  
[Cranberry Orange Shortbread Cookies - My Gorgeous Recipes](#)

# December Kindness 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Contact an older neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2022	



**ACTION FOR HAPPINESS** Happier · Kinder · Together 

BRING ME TO LIFE WOMEN'S WELLNESS CIC

## WE ARE LOOKING FOR VOLUNTEERS!

For 2022 we are looking for volunteers... Do you have any of the following?

- SOCIAL MEDIA AND MARKETING SKILLS
- FUNDRAISING EXPERIENCE
- A DESIRE TO LEAD WALKS AND/OR HOST GROUPS
- A SKILL OR PRACTISE THAT YOU WOULD LIKE TO MAKE ACCESSABLE TO OUR SERVICE USERS ON A VOLUNTARY BASIS

Help us work towards our vision of empowered and well-supported women throughout Wakefield, leading the way in managing their own emotional health and wellbeing, educating their families and children in positive mental health to not survive but thrive.

Please send an expression of interest to [catherine@bringmetolife.co.uk](mailto:catherine@bringmetolife.co.uk)



INVESTORS IN PEOPLE Accredited (2017-2022) 

The Mid Yorkshire Hospitals NHS Trust

### Graduate nurse virtual recruitment events

Take part in our event on Friday 17 December 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](http://www.jobs.nhs.uk) under the reference number 377-GN2022.

For more information please contact the staffing team on [midyorks.nursestaffingsupport@nhs.net](mailto:midyorks.nursestaffingsupport@nhs.net)

Working together making a difference #BePartOfMYTeam

TOGETHER WE CAN CHOOSE WELL 

## NHS 111

VISIT [111.NHS.UK](http://111.NHS.UK) OR CALL 111 IF YOU NEED MEDICAL HELP QUICKLY. 24/7




TOGETHER WE CAN CHOOSE WELL


# Christmas Day lunches for those alone or in need

Don't forget book early!!!

Event/activity	Christmas Day Lunch
When will it be held	25 December 2021
Where will it be held	The Spring Community Café/Shop Barnsley Rd Sandal Wakefield WF2 6EG
Who is organising	St Helen's Church
Who can attend	Single people/couples feeling isolated with nowhere to go for Christmas
Contact for details	Mark Buckley 01924 256966
Is booking required?	Yes - booking is essential
Is there a cost	No but donations are welcome

Event/activity	Christmas Day Lunch
When will it be held	25 December 2021 12.30pm
Where will it be held	New Spring Church, Illingworth Street, Ossett, WF5 8AL
Who is organising	John Ledgeway
Who can attend	Anybody (up to 30)
Contact for details	John Ledgeway – <a href="mailto:hello@newspringchurch.net">hello@newspringchurch.net</a> / 07875313029
Is booking required?	Yes
Is there a cost	No

  
**South West Yorkshire Partnership**  
 NHS Foundation Trust





## The 15 days of Christmas!

**20 December 2021 – 3 January 2022**

Online at

[www.facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)  
[www.twitter.com/w5trc](https://www.twitter.com/w5trc)  
[www.instagram.com/wakefieldrecoverycollege](https://www.instagram.com/wakefieldrecoverycollege)  
<https://www.wakefieldrecoverycollege.nhs.uk/resources/>





Over the period that the Recovery College shuts down for Christmas to allow our team to catch up on the year's final jobs and have a well-deserved bit of R&R, the College's social media pages will have a different activity for you to try, a different wellness tool to practice or a different thing it needs your help with being posted online every day. During this period, and as always, we will also have self-help and self-management resources available on our website, along with additional activities and workbooks for you to work through and keep you busy over the festive period under our resources section.

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

With all of us in mind.

## Are you a victim of Male Domestic Violence?

Gasped are a Charity supporting male victims of Domestic Violence.

Are you a male experiencing domestic violence or have you been affected by it?

Would you like to speak to someone confidentially?

Our independent service offers 1-1 support, advice, information, signposting, liaising on your behalf, if required and counselling.

Please call us for support on **01924 787501** or email us at [resourcecentre@gasped.co.uk](mailto:resourcecentre@gasped.co.uk)

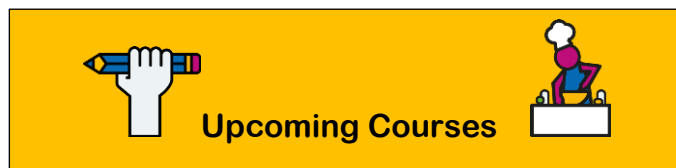
To find out more information, scan here to visit our website or search [www.gasped.org.uk/maledomesticviolence/](http://www.gasped.org.uk/maledomesticviolence/)



Giving Advice and Support to People in Emotional Distress.

5-5a Cheapside, Wakefield, WF1 2SD





**Upcoming Courses**

<b>Course</b>	<b>Date</b>	<b>Time</b>
<b>On yer bike – spinning class</b>	Started 19 October – join when you like, over a year period	6.30-7.30pm
<b>Wild Things</b>	Started 25 October – join when you like over a year period	11.00-12.30pm
<b>Boogie Bounce</b>	Started 3 November – join when you like over a year period	10.00-11.00am
<b>Yoga</b>	Started 5 November – join when you like over a year period	10.00-11.00am
<b>Creative writing – basic</b>	New date out soon!	
<b>BADASS (Combat workout)</b>	19 January 2022 – join when you like over a period of 10 weeks - Vibe Fitness, Normanton	11.00-11.45am
Coping with Pain	Part 1 21 January 2022 Part 2 28 January 2022 - online	11.00am – 12.00pm
<b>Improving your sleep</b>	7 February 2022 – online	1.00-3.00pm
<b>Feeling positive busting stress</b>	10 February 2022 – online	11.00-12.30pm
<b>Boosting self-confidence</b>	14 February 2022 – online	11.00-12.30pm
<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
<b>Coping with life by using relaxation</b>	7 March 2022 - online	11.00-12.30pm
<b>An introduction to personality disorder</b>	29 March 2022 – Fieldhead Campus	1.00-3.00pm
<b>Caring for me and you</b>	26 April 2022 – St Giles Centre, Pontefract	10.00-12.30pm

**College opening hours, Christmas & New Year:**

Close: Friday 17 December 2021 at 12.00pm



Re-open: Tuesday 4 January 2022 at 8.00am



Watch this space... courses for 16–25-year-olds to be launched in the New Year – more details to follow....



## There is strength in asking for help

Join men like you in our free, safe and anonymous space today



Sign up at [Qwell.io](https://www.Qwell.io)

Our team is still here to provide mental health and emotional wellbeing support over the holiday period.



### Chat Availability Dates and Times

<b>Thursday 23/12/21</b> 12pm - 10:00pm	<b>Monday 27/12/21</b> 4pm - 8:00pm	<b>Friday 31/12/21</b> 12pm - 6:00pm
<b>Friday 24/12/21</b> 12pm - 8:00pm	<b>Tuesday 28/12/21</b> 4pm - 8:00pm	<b>Saturday 1/01/22</b> 4pm - 8:00pm
<b>Saturday 25/12/21</b> 4pm - 8:00pm	<b>Wednesday 29/12/21</b> 12pm - 10:00pm	<b>Sunday 2/01/22</b> 6pm - 10:00pm
<b>Sunday 26/12/21</b> 6pm - 10:00pm	<b>Thursday 30/12/21</b> 12pm - 10:00pm	<b>Monday 3/01/22</b> 4pm - 8:00pm

Find support today by visiting [Qwell.io](https://www.Qwell.io)

With Christmas fast approaching, we are only too aware that for many people, it isn't the magical time of year it is for some. If you're finding things difficult this year, why not give the **24/7 mental health support line** for local people a call on **0800 183 0558** for support, information, advice, signposting and more.

# Volunteers needed for a research project



Are you living with  
Schizophrenia, Bipolar or  
Schizoaffective  
Disorder?

Are you supporting  
someone with these  
mental health  
conditions?

Would you like to join our  
consensus group and help us  
develop a new physical  
activity programme for  
people living with severe  
mental illness?

## What does it involve?

The consensus group will help us to  
make decisions about the physical  
activity programme.

You will be invited to 4 meetings  
with other members of the  
consensus group between Sept 2021  
and Sept 2022. We'll let you know  
what the meetings will involve  
before you agree to joining the  
group.

There will also be some ad-hoc  
communication – such as email  
communication, asking your  
thoughts and checking documents.

You will be offered a £20 shopping  
voucher for each meeting you  
attend  
Travel expenses also provided

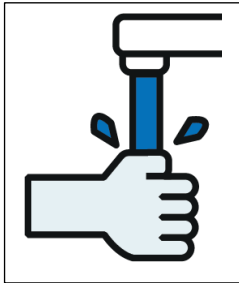
Please get in touch with  
Mark for more information

 [Mark.Harper@swyt.nhs.uk](mailto:Mark.Harper@swyt.nhs.uk)

 07342 067843



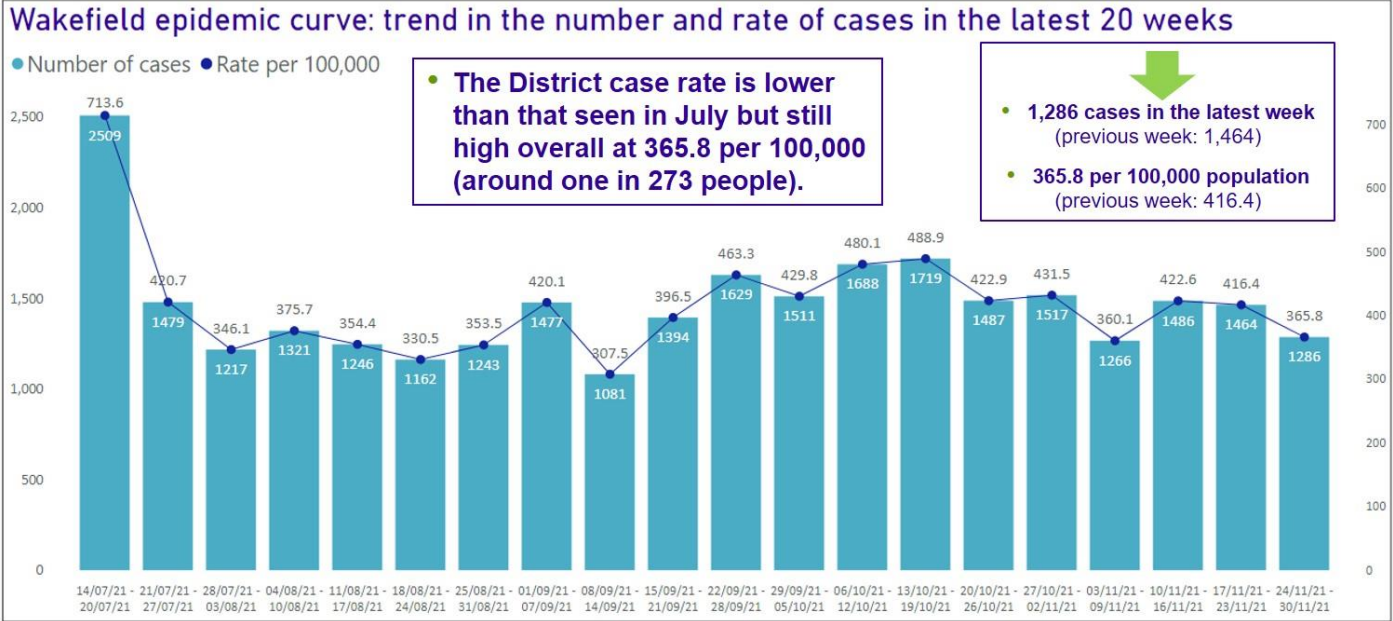
# Local COVID-19 Updates



## COVID-19 weekly data

### Overview of COVID-19 in Wakefield District

Data released: 6 December 2021



GOV.UK/coronavirus

**NHS**  
Counter Fraud Authority

## BE ALERT TO VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.

PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS

The **NHS** will:

- ⊗ NEVER ask for payment - the vaccine is free
- ⊗ NEVER ask for your bank details
- ⊗ NEVER arrive unannounced at your home to administer the vaccine
- ⊗ NEVER ask you to prove your identity by sending copies of personal documents such as your passport

FAKE

FAKE

FURTHER GUIDANCE AND SUPPORT

National Cyber Security Centre

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). Suspicious text messages should be forwarded to the number 7726 which is free of charge.

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

**CrimeStoppers.**

If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; [actionfraud.police.uk](http://actionfraud.police.uk) or via phone 0300 123 2040.

If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; [covidfraudhotline.org](http://covidfraudhotline.org) or phone 0800 587 5030.

The Mid Yorkshire Hospitals NHS Trust

20h

More than half of women who test positive for COVID-19 in pregnancy have no symptoms at all, but some pregnant women can get life-threatening illness from COVID-19, particularly if they have underlying health conditions. In the later stages of pregnancy, women are at increased risk of becoming seriously unwell with COVID-19.

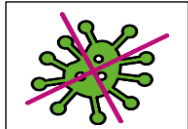
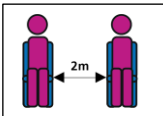
Book your vaccine now [nhs.uk/covidvaccine](https://nhs.uk/covidvaccine)

#MidYorksNHS #NHSCOVIDvaccine

**NHS**

### COVID-19 in Pregnancy

More than half of women who test positive for COVID-19 in pregnancy have no symptoms but some pregnant women can get life-threatening illness.





# Getting Ready for Christmas



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

CANDY CANE  
 CHRISTMAS  
 ELF  
 HOHOHO  
 HOLLY  
 JOLLY  
 JOY  
 LIGHTS

MISTLETOE  
 NOEL  
 ORNAMENTS  
 PRESENTS  
 REINDEER  
 RUDOLPH  
 SANTA  
 SLEIGH

SNOW  
 STAR  
 STOCKINGS  
 TINSEL  
 TRAIN  
 TREE  
 WINTER  
 WREATH



## Spot 10 differences

