



The Supporter

Newsletter

17 December 2021

Wakefield Recovery and Wellbeing College



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A massive thank you!

As we come to the end of what has been a turbulent year for most, we wanted to say a massive thank you to all of our volunteers, partners, staff and tutors that have stuck with us throughout the challenges of 2021 to be able to offer such a varied range of courses and workshops, on a variety of platforms, and therefore have enabled us to support our students and their families and carers. We couldn't do what we do without each and every one of you. Merry Christmas and a Happy New Year from all of us here at the College. We can't wait to see you all in 2022!

CHRISTMAS MENU

ROAST TURKEY DINNER- £7.80
Roast Turkey, Sausage meat stuffing and Pigs in Blankets, served with Honey Roast Parsnips, Carrots, Swede, Sprouts, Roast and Mashed Potatoes.
(Option of Gammon or Chicken instead of Turkey)

DESSERT- £ 3.50
Christmas Pudding served with Brandy sauce or Custard
OR
Homemade Trifle

CHRISTMAS EVE DELIVERIES AVAILABLE

MEAL & DESSERT £9.50

Don't fancy cooking on Christmas Day, then why not treat yourself to a fresh cooked dinner by ordering from Meals on Wheels – local deliveries
Text or call 07801407347 – book soon!



We've had great fun these last couple of weeks making rag wreaths with some of our lovely students. It looks complicated, but once you get the hang of it, it's a great way of spending a couple of hours relaxing. The students made some fabulous designs, and we are waiting for more pictures to show you.

Yorkshire Blankets kindly made up the wreath packs for us, it must have taken them hours to cut up all the strips of materials. Thank you to everyone.

We will be putting on a new course next term, watch out for the dates....

A CHRISTMAS RAP FOR CHRISTMAS PRESENT

Christmas lights
Dark winter nights
Frosty morning
Winter dawning

Be of good cheer
The time of the year
To be jolly
Gather in the holly.

Shopping
Stopping
Café chat
How's that?

Time to greet
Time to meet
Time to bake
Christmas cake

Blanketing snow
Cheeks aglow
Log fires blaze
Drinks raise

Hot coffee
Sweet banoffee
Mulled wine
Panto time

Mince pies
Presents surprise
Carols sing
Church bells ring

Lights display
Santa's sleigh
Send out beat
Lots to eat

Fire glare
Turkey fare
Christmas pud
Tastes so good.

Glad rags out
Time to get about
Families greet
Friends meet

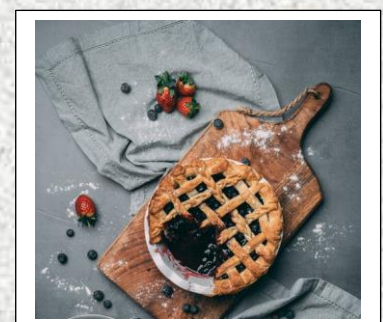
Childhood memories
Christmas trees
Fairy lights
Parcels bright

On chimney piece stockings placed
Father Christmas sets off a pace
Presents round the tree
Gifts for you and me
Friends gather round the fire
Opened parcels to admire

Spread good cheer:
It's that time of the year
Have a Merry Christmas
And a Happy New Year.

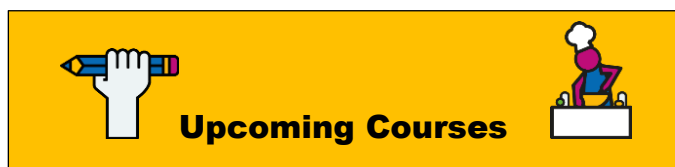
RYDER 2021

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We promised you new courses – here are some of them! There's even more on the website...

Course	Date	Time
Small acts of kindness	24 January 22, Fieldhead Campus, Wakefield	11.00-1.00pm 3 weeks
Managing anxiety Male & Female groups	25 January 22, online	1.00-2.00pm 3 weeks
Understanding eating disorders	17 February 22, Fieldhead Campus, Wakefield	12.30-2.30pm
Speak their name	28 February 22, Fieldhead Campus, Wakefield	10.00-12.00pm 3 weeks
Dyslexia awareness	10 March 22, online	10.30-12.30pm
Freedom from fibromyalgia	14 March 22, St Giles Church, Pontefract	1.00-3.00pm 3 weeks




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!	
BADASS (Combat workout)	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
Improving your sleep	7 February 2022 – online	1.00-3.00pm
Feeling positive busting stress	10 February 2022 – online	11.00-12.30pm

Boosting self-confidence	14 February 2022 – online	11.00-12.30pm
Stroke awareness	16 February 2022 – Fieldhead Campus	10.00-12.00pm
Learning more about IBS	28 February 2022 – Fieldhead Campus	12.30-3.00pm
Coping with life by using relaxation	7 March 2022 - online	11.00-12.30pm
An introduction to personality disorder	29 March 2022 – Fieldhead Campus	1.00-3.00pm
Caring for me and you	26 April 2022 – St Giles Centre, Pontefract	10.00-12.30pm

College opening hours over the Christmas and New Year period:


Close: Friday 17 December 2021 at 12.00pm
Re-open Tuesday 4 January 2022 at 8.00am





Supporting healthy living for the people of Wakefield

South West Yorkshire Partnership NHS Foundation Trust



Wakefield

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

Self-Management





st george's

HELPING IN SCHOOLS

LEVEL 2

17TH JANUARY

9.45-2.45

CALL 01924 369631 TO BOOK A PLACE


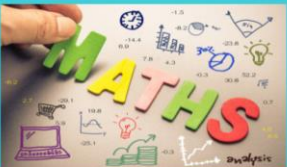
ENGLISH & MATHS LI/L2

Assessment 2nd February

Start: 9th February

For 26 Weeks

9:30-12:30

You will gain a certificate in Functional Skills Level 1 and Level 2 English and Maths

For more information call us on 01924 369631.



What is My Support Space?

My Support Space is an online resource designed to help you manage the impact that crime has had on you. It is a **free, safe, secure and confidential** space where you can choose how you want to be supported after crime.

It's easy to create an account

Registering for an account with My Support Space is quick and easy. We don't need many details from you. Sign up at mysupportspace.org.uk/Moj

You can access My Support Space from any computer, tablet or smartphone with internet access.



How can it help me?

Once you've created your account you can access a range of tools to help you cope and move forward after crime.

You can work through a series of interactive guides which address your specific needs. The guides feature videos, techniques, activities and tips, and can be completed at your own pace. You can save your progress and revisit where you left off at any time.

You can also create an online diary, find useful resources and request direct support.

Who is it suitable for?

My Support Space is for people aged 16 and over who have been affected by crime and traumatic events and feel able to cope, but who may need help to move forward.

Create your account at mysupportspace.org.uk/Moj



March 2020 | P2601 | © 2020 Victim Support

Looking after our mental health and wellbeing during the festive season

As the fairy lights start to appear on our streets and the shops start filling with stocking fillers it is important to remember that the festive season can be a time that adds extra pressure on us.

Whether it is planning the meal you are cooking for everyone or socialising more than you have been used to over the past year, it's important to factor in some time over this period to look after ourselves and prioritise our own wellbeing.

Be gentle and kind to yourself

It is ok to prioritise your own needs and to put in place the things that will help you through. Take time to consider what will help you and talk to those around you so they know what you need and expectations can be more easily managed. Don't feel pressured to have the Christmas other people think you should have; think about what you want and how you can do this.

Plan ahead

Think about what you need to do before Christmas and make a list, schedule in time to get things done. If you can't get something done think about whether or not it actually needs to be done and if not take it off the list. Plan something nice to look forward to after the Christmas period; it can really boost our mood to have something to look forward to.

Look after yourself

Take time for yourself, don't get lost in the myriad of things you are doing for everyone else. Allow yourself to feel different to those around you, it is ok if you are not as thrilled and excited as others, your feelings are equally as valid as anyone else's. Have boundaries and remember it is ok to say no to things. Set in your mind when the festive period begins and ends for you, this is a good way of reminding yourself it won't last forever!

Keep talking

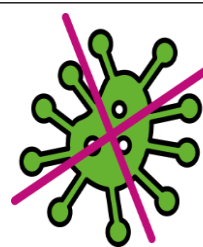
Remember to talk to those around you and let them know what you need from them. Ask what they expect from you and talk this through so you are on the same page. You will likely find others are feeling the pressure too and it can really help to have someone to talk to that gets how you are feeling.



**It's OK not to be OK
this Christmas**



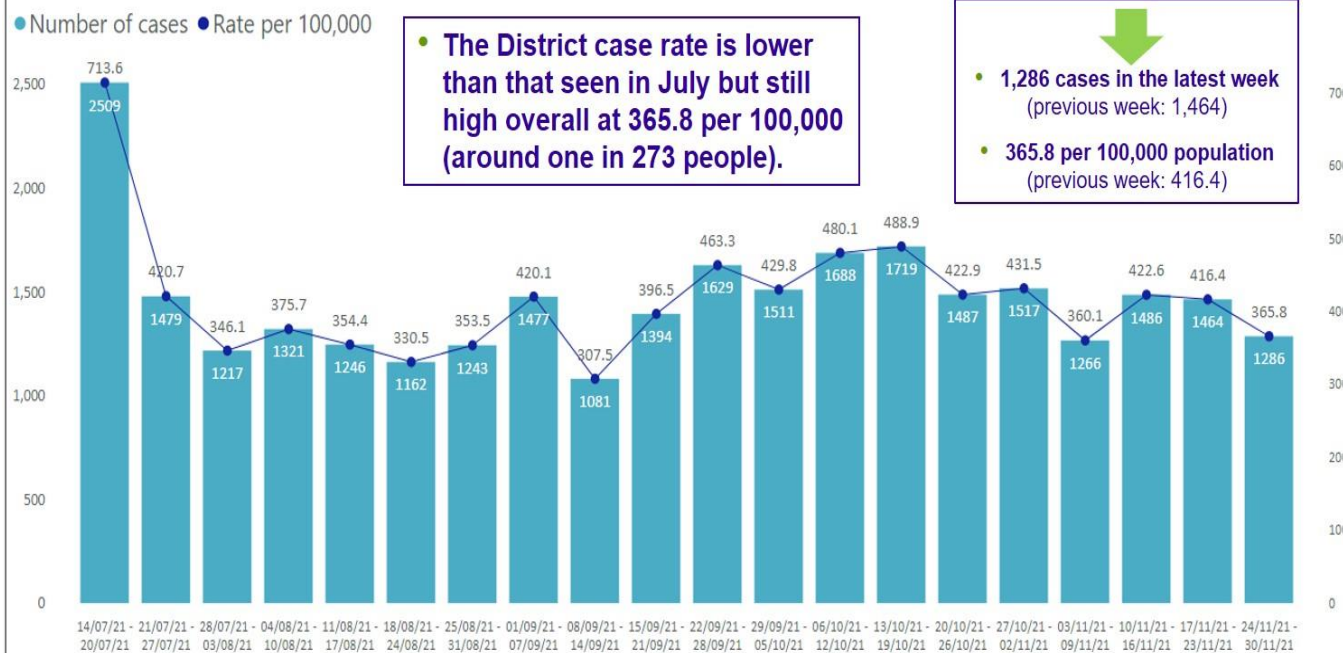
Local COVID-19 Updates



Overview of COVID-19 in Wakefield District

Data released: 14 December 2021

Wakefield epidemic curve: trend in the number and rate of cases in the latest 20 weeks



Wakefield Recovery and Wellbeing College

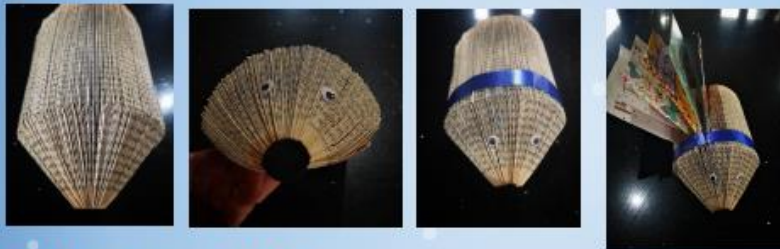
What is the event/activity	The 15 days of Christmas! Over the period that the Recovery College shuts down for Christmas to allow our team to catch up on the year's final jobs and have a well-deserved bit of R&R, the College's social media pages will have a different activity for you to try, a different 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.
When will it be held	20 th December 2021 – 3 rd January 2022 inclusive
Where will it be held	Online - on Facebook, Instagram, Twitter and on the resources page of our recovery college website.
Who is organising	Wakefield Recovery & Wellbeing College
Who can attend	Anyone! 😊
Who should people contact for further details	Wakefield Recovery & Wellbeing College – wakefieldrecoverycollege@swyt.nhs.uk / 09124 316946.
Is booking required?	No 😊
Is there a cost	No 😊
Is there a web page/Facebook page etc with more information	www.facebook.com/wakefieldrecoverycollege www.twitter.com/w5trc www.instagram.com/wakefieldrecoverycollege https://www.wakefieldrecoverycollege.nhs.uk/resources/

Crafty Christmas ideas

Christmas Craft Countdown

You will need:

A book
Scissors
Glue
Decorations



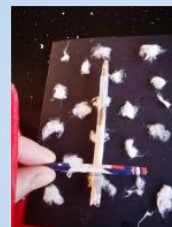
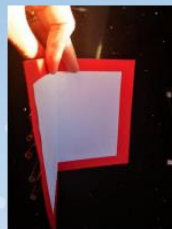
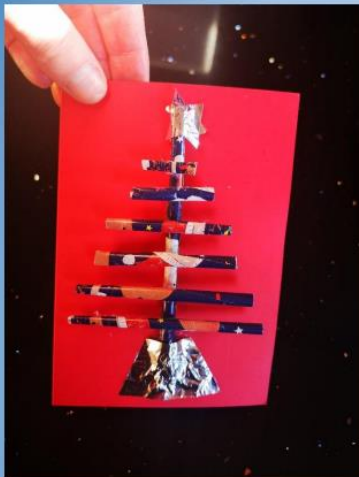
Hedgehog Christmas Card Holder

1. Fold over the top corner of the first page of your book
2. Fold the rest of the page over to meet the edge of the page
3. Continue steps 1 & 2 until all pages are folded
4. Trim off the front/back cover of the book
5. Decorate your hedgehog with what you have in your home! Try tinsel, baubles, glitter anything to bring sparkle!
6. You can use your hedgehog to hold your Christmas cards if you have limited space or to hold your letters?

Tina Dransfield for Spectrum People



Christmas Craft Countdown



You will need:

Card
Scissors
Glue
Decorations
Assorted paper
Tin foil

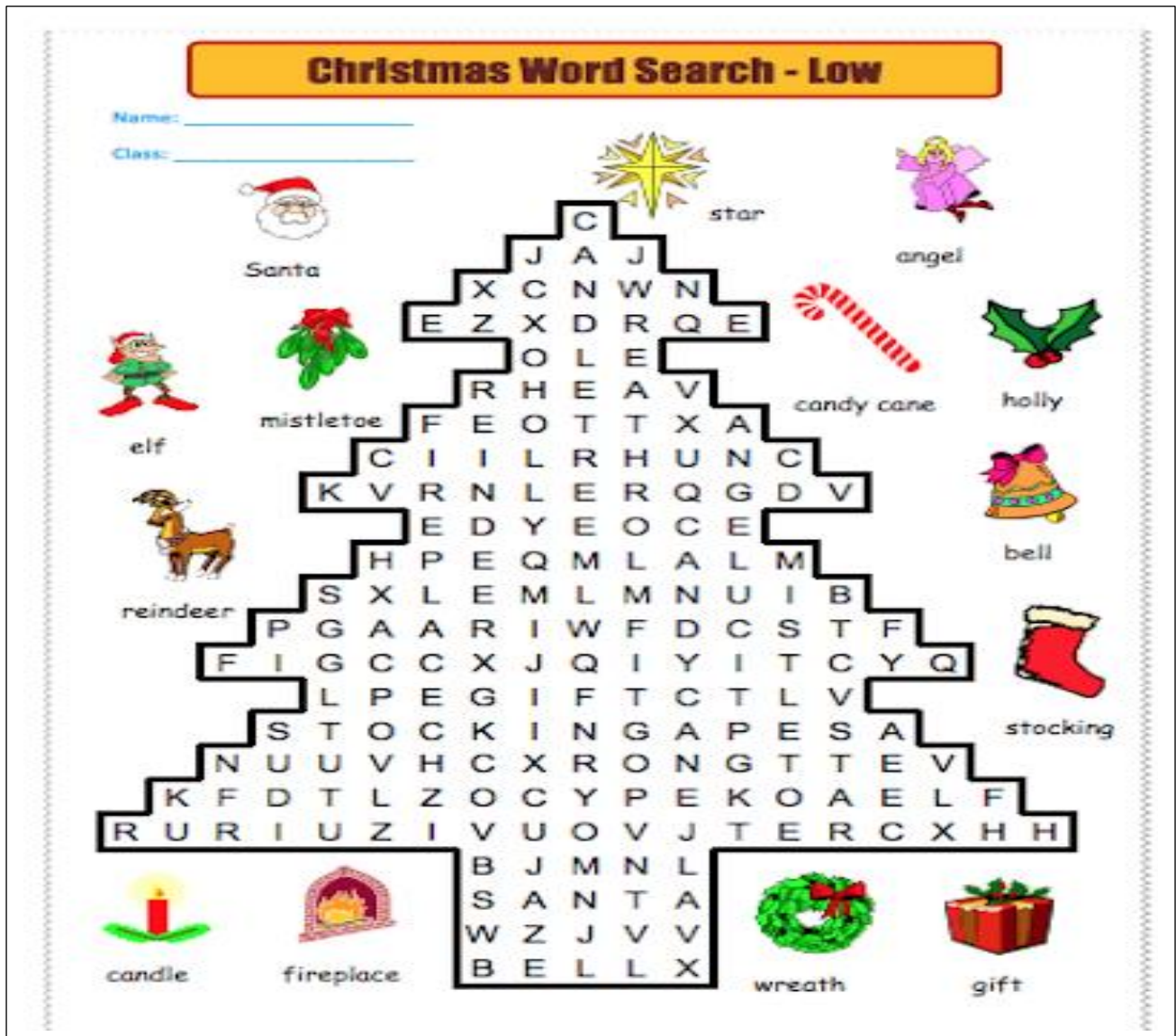
Christmas Card

1. Fold in half a piece of card & cut a piece of paper smaller than the card and glue inside
2. Using scrap pieces of any paper roll into tubes – use a skewer or similar to help get you started. Glue the end of the paper and roll the paper on to itself so the tube does not undo
3. Make as many tubes as you want branches for your tree
4. Use a long tube for the trunk of the tree, stick it on your card vertically.
5. Glue tubes horizontally from the bottom, starting with the longest until you reach the top.
6. Cut out a base/bucket and a star and glue onto the tree

Tina Dransfield for Spectrum People

Tina.dransfield@spectrum-cic.nhs.uk





Dying for a pint?

Drinking and driving can cost you...
your licence
your car
your job
your life...

#WYPTheCost

Safer Roads

Wipeout?

Drug driving can cost you...

Your licence
Your car
Your job
Your life...

#WYPTheCost

Safer Roads

Get help

If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.

If your life is at imminent risk, please call 999 for immediate help.

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

[TEXT US](#)