



## The Supporter

Newsletter

07 January 2022



### Wakefield Recovery and Wellbeing College

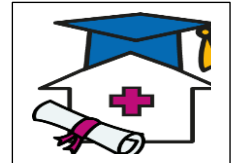
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

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

01924 316946

@W5TRC

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



### Happy New Year!!

And just like that, we're back! Did anyone else blink and miss the Christmas holidays?

As you'll probably have seen, the Omicron variant of Covid-19 is with us. This means that the new year brings us new challenges and will see some changes with how we deliver face to face courses, but don't worry, nothing has been cancelled (see the final page for more information).

We hope you all missed us? We can't wait to see you book on to more exciting new courses!

### The Ghost of Christmas and New Year Past

Christmas and New Year have now past  
So quick, seems it did not long last  
Friends came in and chilled out  
With party hats and loud shout  
People have come to chat and stay  
Now feels quiet as time slips away  
Everyone with cheer and song  
Now returned home and gone.

At midnight Big Ben chimes out  
Another year has passed without a doubt  
As we count down those ringing chimes  
Take time to remember those good times.

Let's hope for some good cheer  
As dawn breaks on another year.

RYDER 2022

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**HAVE A HAPPY NEW YEAR EVERYONE**

# #WALKITTHROUGH

WOMEN'S ONLY  
WALK AND TALK  
PEER SUPPORT  
GROUP

WEDNESDAYS @THORNES PARK,

WAKEFIELD @ 6.30PM

MEET OUTSIDE THE STADIUM



#WOMENSUPPORTINGWOMEN  
#MENTALWELLNESS

# Department of Works and Pensions Updates – December 2021

## Fit note temporary changes

From Friday 17 December 2021 to 26 January 2022 inclusive, DWP is making temporary changes to support the rollout of COVID-19 booster jabs.

Self-certification for sickness will be extended from seven to 28 days for people accessing Statutory Sick Pay (SSP), and there will be no requirement for a fit note to access other benefits, such as UC and ESA.

**These requirements will be reinstated from 27 January 2022.**

- The guidance on SSP for employers on gov.uk has been amended and can be found [here](#).
- The Universal Credit: Health Conditions and Disability guide on gov.uk has been amended and can be found [here](#).
- Fit Note: guidance for patients and employees on gov.uk has also been amended and can be found [here](#).

## Proposed Benefit and Pension rates for 2022 to 2023

The proposed new rates for all DWP benefits and pensions have been published and can be found [here](#). The increases will be effective from Monday 11 April 2022. The press release announcing the new benefit rates can be viewed [here](#).



Audio walks - talk the walk! Tom's latest audio walks are for the fascinating World Heritage Site of Saltaire, beautiful Lindley Wood Reservoir in Washburndale, a scenic stroll around Spofforth Spires gritstone rock formations and taking in York in the autumn. Why not listen to them as you lounge by the fire with a cup of tea and a sponge finger?

Find the walks on [www.opencountry.org.uk/audio-walks/](http://www.opencountry.org.uk/audio-walks/)

## Update – Wakefield Recovery and Wellbeing College



This term we have made the decision not to print a prospectus, due to us having to make constant updates to the prospectus course programme to comply with covid-19 restrictions. All the courses we offer are subject to change.

We have recently invested in a great new website [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk) which allows us to update it regularly with any changes. It also gives the college the opportunity to add any up-to-date news we would like to share with everyone. Here you will find details of the courses we have on offer, with a quick course guide for easy reading, along with information on how you can enrol. We have stories from some of our lovely students, lots of resources from our partners to help support you and even information about how you can volunteer with us. And not forgetting copies of our weekly newsletter 'The Supporter'. Why not check it out for yourself and let us know what you think, let us know if you have any ideas of what we could include.....

## STEP UP City Centre Shop

Our Hub in the city centre continues to go from strength to strength, with partners and advisors from all STEP UP specialisms working there to support residents and businesses with all their needs. We're open from Monday to Friday, 9am-4:30pm so feel free to pop in and say hello!

Here we've got Mark, who helps those unemployed residents find their perfect job, poster-girl Shabana, who specialised in helping people become self-employed, and Nathan who's on hand to help anyone who's employed to progress further or change career. Team work makes the dream work!



Advice Training Upskilling Vacancies

01924 303 334 | [stepup@wakefield.gov.uk](mailto:stepup@wakefield.gov.uk) | [www.stepupwakefield.com](http://www.stepupwakefield.com)



## STEP-UP

### Knottingley Community Shop launch

This month saw the launch of the brilliant Community Shop in Knottingley – a not for profit organisation that provides discounted food, a cafe as well as training space for provide skills for residents, plus much more. It's a fantastic space and we're looking forward to being able to work in partnership to help Knottingley residents find work, change career and learn new skills.



Meet with employers who are recruiting now if you are looking for work or speak to providers in the local area who can support with health concerns.

New Year for a new start.

Call 01924 303334 if you'd like to register your attendance ahead of the day or have questions or just turn up on the day.

## Job Recruitment and Wellbeing Fair

Pontefract Library

Wednesday 12 January  
10am - 2pm



Advice Training Upskilling Vacancies

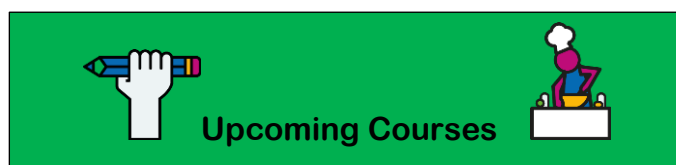
01924 303 334 | [stepup@wakefield.gov.uk](mailto:stepup@wakefield.gov.uk) | [www.stepupwakefield.com](http://www.stepupwakefield.com)

**STEP-UP**  
Employment and Skills



## New courses out now!

| Course                                   | Date  | Time                     |
|--|---|--------------------------|
| Dare to share                            | 11 January 22, online                       | 1.00-3.00pm<br>6 weeks   |
| An introduction to mindfulness           | 20 January 22, online                       | 2.00-4.00pm              |
| Small acts of kindness                   | 24 January 22, Fieldhead Campus, Wakefield  | 11.00-1.00pm<br>3 weeks  |
| Managing anxiety<br>Male & Female groups | 25 January 22, online                       | 1.00-2.00pm<br>3 weeks   |
| Lifting your spirits                     | 27 January 22, online                       | 2.00-4.00pm<br>3 weeks   |
| Understanding eating disorders           | 17 February 22, Fieldhead Campus, Wakefield | 12.30-2.30pm             |
| Overcoming anxiety                       | 17 February 22, online                      | 2.00-4.00pm              |
| Speak their name                         | 28 February 22, Fieldhead Campus, Wakefield | 10.00-12.00pm<br>3 weeks |
| Enhancing self-care                      | 3 March 22, online                          | 2.00-4.00pm              |
| Dyslexia awareness                       | 10 March 22, online                         | 10.30-12.30pm            |
| Freedom from fibromyalgia                | 14 March 22, St Giles Church, Pontefract    | 1.00-3.00pm<br>3 weeks   |



| Course                                 | Date   | Time              |
|--|--|-------------------|
| <b>On yer bike – spinning class</b>    | Starts 11 January 22 – join when you like, up to October 22      | 6.30-7.30pm       |
| <b>Wild Things</b>                     | Starts 10 January 22 – join when you like, up to October 22      | 11.00-12.30pm     |
| <b>Boogie Bounce</b>                   | Starts 12 January 22 – join when you like up to October 22       | 10.00-11.00am     |
| <b>Yoga</b>                            | Starts 14 January 22 – join when you like up to October 22       | 10.00-11.00am     |
| <b>BADASS (Combat workout)</b>         | 19 January 2022 – Vibe Fitness, Normanton (may change to online) | 11.00-11.45am     |
| <b>Coping with Pain</b>                | Part 1 21 January 2022<br>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 |



**Check out our website for lots more information about our courses, self-help guides, news, and copies of our newsletter!**

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

Happy New Year..... Are you ready to boost your wellbeing through deep relaxation, as you are taken on a journey with the therapeutic sounds of the Himalayan Singing Bowls and Hand Pan. On Saturday 15th January, session begins 7:45pm at [Santosha Yoga Studio Pontefract](#)

The benefits are limitless, as your mind and body are able to relax, boosting your health and wellbeing, by enabling the opportunity for your nervous system to reboot and realign towards a more balanced state, your body is able to reset, to restore and repair itself, during a state of natural rest, so that you are left feeling totally relaxed and rejuvenated..... Tickets available now, click the link below to book your place and I look forward to welcoming you to this, the first session of the new year.....a new year, a new YOU.

<https://www.eventbrite.co.uk/e/230505346697>

Bright Blessings,  
Christian  
SoundJourney by Christian



**Group Soundbath Relaxation PONTFRAC**

Santosha Yoga Studio  
Saturday 15th January 2022  
7:45pm - 8:45pm  
[www.soundjourneybychristian.co.uk](http://www.soundjourneybychristian.co.uk)

Having fun when you're out in pubs and bars is normal but feeling uncomfortable is not 😊  
Don't worry though, ask the staff for Angela and they'll discreetly help you 🙋  
[bit.ly/3p31dZ1](http://bit.ly/3p31dZ1)



**ASK FOR ANGELA**

IN VENUES AROUND THE WAKEFIELD DISTRICT AND STAFF WILL HELP YOU GET OUT OF YOUR SITUATION DISCREETLY WITHOUT FUSS

Wakefield Police, Wakefield Council, Safer Together logo.

Often you can just want to get home at the end of a night 🍷  
But be sure you know which taxis are licensed and which aren't to keep you safe 🚕  
● Don't get in the taxi if in doubt 🙋 [bit.ly/3CSjuwM](http://bit.ly/3CSjuwM)



**GET HOME SAFE**

Wakefield Police, Safer Together logo, Wakefield Council logo.



**We would like to share with you three of our students' fabulous festive wreaths they made just before Christmas – watch out for our next wreath making course coming up soon!! With a different theme next time!**



The Mid Yorkshire Hospitals NHS Trust

19h · 🌐

♥ We are currently receiving some calls from patients cancelling their appointments for important consultations with our specialists. Whilst we recognise that this may be because people want to keep themselves safe and stay at home, please be assured that despite how busy our staff are, we are doing everything possible to continue to deliver services, and in a safe and COVID secure way. We would urge all our patients to still attend for planned appointments, diagnostic scans and procedures as it could be vital for your care. ♥

♥ Further information can be found on our website here 🗨️ <https://bit.ly/3mV9zSI>

#MidYorksNHS



The Mid Yorkshire Hospitals  
NHS Trust

Information  
regarding  
appointments



**Find where to get rapid lateral flow tests**



<https://maps.test-and-trace.nhs.uk/#/>

## Become a Trust volunteer responder

What is a responder?

A volunteer responder is someone who responds to pressures placed on the Trust.

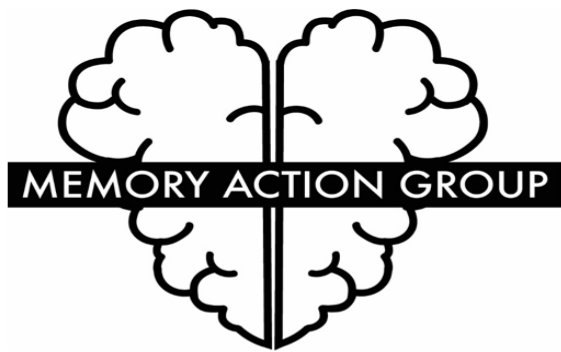
There are several ways to do this: • Helping in one of our services supporting staff • Supporting flu clinics • Supporting Trust events • Helping to engage with people for feedback on how to improve services

What skills are required? We only require your time, enthusiasm, compassion, good communication and listening skills. The offer is flexible, and you would only need to volunteer three or four times a year.

How much time do I have to give? We ask you to sign up for a year or longer if you wish. You would be expected to attend 3 or 4 times a year to one of the responder calls... You will be placed on our responder list and contacted when pressures arrive. It may only be for a week or longer. Each time you do attend, it would count as one of your 3 to 4 responder sessions.

All you have to do is ensure you keep up to date with your annual mandatory training.

If you are interested in this role, please contact volunteer services at [volunteer@swyt.nhs.uk](mailto:volunteer@swyt.nhs.uk)



A PEER SUPPORT GROUP FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS

### Drop in Centre

At West Wakefield Methodist Church (**Lower Hall**),  
Thornes Road, Wakefield, WF2 8QR

Open every Wednesday 2pm – 4pm  
and every Friday 2pm – 4pm

For Further information contact Jan on 01924 365213,  
07963 568892 or [jan.archbold@outlook.com](mailto:jan.archbold@outlook.com)

Facebook: Wakefield Memory Action Group

### WEEKEND OUTINGS

Open first to anyone with a physical disability or sensory impairment, there are at least two outings each month to a wide range of wheelchair accessible locations. The fully accessible bus costs £8 or £10 and drops you off afterwards if you live locally. For bookings, ring Ella: 07426 716677



### WILD WALKERS GROUP

We meet at Thornes Park at 10am, dropping people home around 4.30pm every Thursday with bird watching, butterfly counts, and fungi forays all lined up! We charge £30 a day, invoiced every two months, and people are paying for it out of their personalised budgets.



Ring Ella: 07426 716677

## Happier January 2022

| SATURDAY   | SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|---|---|--|---|---|
| 1 Find three things to look forward to this year         | 2 Make time today to do something kind for yourself          | 3 Do a kind act for someone else to help brighten their day | 4 Write a list of things you feel grateful for and why      | 5 Look for the good in others and notice their strengths       | 6 Take five minutes to sit still and just breathe           | 7 Learn something new and share it with others            |
| 8 Say positive things to the people you meet today       | 9 Get moving. Do something active (ideally outdoors)         | 10 Thank someone you're grateful to and tell them why       | 11 Switch off all your tech at least an hour before bedtime | 12 Connect with someone near you - share a smile or chat       | 13 Take a different route today and see what you notice     | 14 Eat healthy food which really nourishes you today      |
| 15 Get outside and notice five things that are beautiful | 16 Contribute positively to your local community             | 17 Be gentle with yourself when you make mistakes           | 18 Get back in contact with an old friend                   | 19 Focus on what's good, even if today feels tough             | 20 Go to bed in good time and allow yourself to recharge    | 21 Try out something new to get out of your comfort zone  |
| 22 Plan something fun and invite others to join you      | 23 Put away digital devices and focus on being in the moment | 24 Take a small step towards an important goal              | 25 Decide to lift people up rather than put them down       | 26 Choose one of your strengths and find a way to use it today | 27 Challenge your negative thoughts and look for the upside | 28 Ask other people about things they've enjoyed recently |
| 29 Say hello to a neighbour and get to know them better  | 30 See how many people you can smile at today                | 31 Write down your hopes or plans for the future            |   |  |   |   |

ACTION FOR HAPPINESS

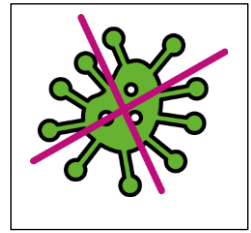
Happier · Kinder · Together



# January

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

|           |          |            |          |
|-----------|----------|------------|----------|
| HIBERNATE | FURNACE  | MONTH      | FREEZING |
| KING      | SKIING   | SHOVEL     | WINTER   |
| FIRST     | BLIZZARD | BOOTS      | FOG      |
| SNOW      | JANUARY  | RESOLUTION | ICE      |



## Update Covid-19 guidance – face to face courses

We take the safety of our students and facilitators / staff seriously and continually seek guidance from our Infection and Prevention and Control (IPC) team here at the Trust.

From today, anyone attending a face-to-face course with the college will be required to wear one of the Trust's recommended face masks, unless exempt from wearing a face covering. If you are exempt, it is important you let the college know before attending.

Masks will be provided, and we ask that everyone takes responsibility to dispose of the masks safely by using the bin provided or dispose of them safely when they leave the building. You will be required to wear a face *mask* and a face *covering* will not be sufficient.

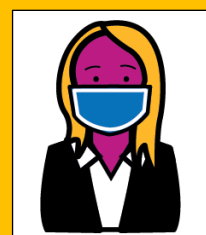
The 2-metre ruling will still apply, and hand gel will be provided for use.

Chairs/tables etc. are thoroughly cleaned with clinical wipes before and after the group.

If you have any possible mild signs of covid-19 symptoms, for example a sore throat/mild tickly throat, snuffle, headache, cough then please **do not attend** the course and let the college know.

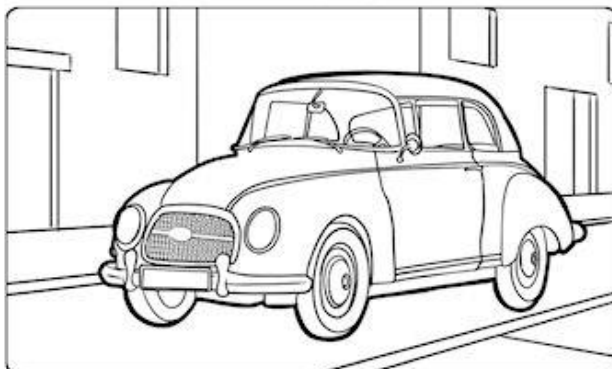
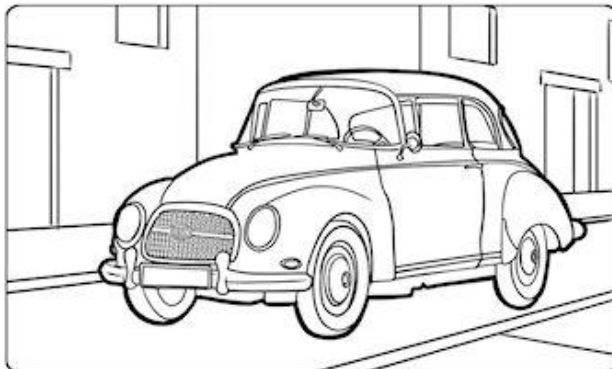
If you have any questions, please don't hesitate to give us a call.

Thank you



## SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Free printable courtesy of PrintFree.net