



The Supporter

Newsletter

14 January 2022



Wakefield Recovery and Wellbeing College

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wakefieldrecoverycollege@swyt.nhs.uk

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British Society for
immunology

How do vaccinations work?

NHS

Vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness



Different types of vaccines work in different ways to offer protection.

But with all types of vaccines, the body is left with cells that remember how to deal with that virus if we are infected in future.

Dr Donald Palmer, Associate Professor of Immunology

British Society for
immunology

Is COVID vaccination safe and are there any side effects?

NHS

Millions of people have had a coronavirus (COVID-19) vaccine.

Reports of serious side effects are very rare. Most side effects are mild, shouldn't last longer than a week and include a sore arm from the injection, feeling tired, a headache, feeling achy, feeling or being sick. You may also get a high temperature or feel hot or shivery 1 or 2 days after your vaccination. You can take painkillers such as paracetamol if you need to. If your symptoms get worse or you're worried, call 111



Dr Bola Owlabi, GP and Director of Health Inequalities

British Society for
immunology

Can the vaccine give me COVID?

NHS

No. The current vaccines we are using in England do not contain any active COVID virus. So it cannot give you COVID-19 disease.



The vaccine activates your immune response. If you have symptoms of COVID-19 around the same time as being vaccinated, you may have caught COVID-19 before the vaccine had taken effect and your body had time to develop immunity.

Dr Dammy Pinheiro,
Postdoctoral Research Associate, Imperial College London

British Society for
immunology

Can I get vaccinated against COVID-19 if I don't have a GP or Id?

NHS

COVID-19 testing, treatment and vaccination is free to everyone



Your NHS wants to help you to stay safe against COVID-19. To get vaccinated

- You do not need proof of address
- You do not need an NHS number
- Your details will not be shared for immigration purposes

Having both doses of your COVID-19 vaccination and booster, reduces your risk of being hospitalised due to COVID

Dr Yassin Elfaki
Postdoctoral Research Fellow at University College London

Covid-19 vaccination walk-in service

Navigation Walk, Wakefield

Saturday 15 January:

08:15 - 13:15 (Pfizer, 12-15 year olds only)

14:15 - 19:30 (Pfizer)

Sunday 16 January:

08:15 - 13:15 (Pfizer)

14:15 - 19:30 (Pfizer, 12-15 year olds only)



West Yorkshire Police have launched their campaign

TALK TO SOMEONE



🙄 Are you struggling to control your emotions?

👨👩 Are you experiencing feelings of anger towards your parents, carers, or other members of your family?

😡 Do you feel like you're sometimes getting angry or violent?

It's perfectly normal to experience these types of feelings, but it can become a problem if it starts to affect your behaviour towards others, particularly those who are caring for you.

If you find yourself doing any of the below, it's important that you talk to someone and get some support:

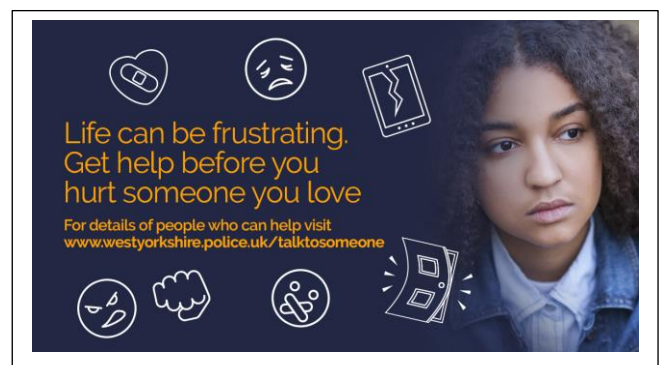
- 🖊 Hitting or physically hurting people
- 🗣 Shouting at people
- 🌀 Losing control
- 🗑 Breaking things
- 🧠 Controlling or threatening people
-

There are lots of reasons why young people can have feelings of anger and you may demonstrate them in different ways, but there are also ways to try and manage your anger. Some of the websites below have lots of advice on things you can try to do to help with this.

It may also help to talk about how you're feeling, this could be with someone you know, such as family or friends, or you could talk to a teacher, counsellor, or nurse at school. You can also see your doctor.

There are a variety of local and national helplines that you can call - if you would prefer to remain anonymous. Some of these organisations also offer text or email services if you would rather not speak on the phone.

For more information visit: [Talk to Someone | West Yorkshire Police](https://www.westyorkshire.police.uk/talktosomeone)



Courses/workshops available to book now!

Course	Date	Time
An introduction to mindfulness	20 January 22, online	2.00-4.00pm
Small acts of kindness	24 January 22, Fieldhead Campus, Wakefield – date may change	11.00-1.00pm 3 weeks
Managing anxiety Male & Female groups	25 January 22, online	1.00-2.00pm 3 weeks
Lifting your spirits	27 January 22, online	2.00-4.00pm 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 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 3 weeks
On yer bike – spinning class	Starts 11 January 22 – join when you like, up to October 22	6.30-7.30pm
Wild Things	Starts 10 January 22 – join when you like, up to October 22	11.00-12.30pm
Boogie Bounce	Starts 12 January 22 – join when you like, up to October 22	10.00-11.00am
Yoga	Starts 14 January 22 – join when you like, up to October 22	10.00-11.00am
BADASS (Combat workout)	26 January 2022 – online with a view to changing to a face-to-face course at Vibe Fitness studios, Normanton w/c 14 February 10 weeks	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

St Marys Community Centre
The Circle
Chequerfield
PONTEFRAC T
WF8 2AY



INTRODUCTION TO CROCHET

In this course we will look at the basics to get you started in the wonderful world of crochet. The tutor will talk you through how to get started, including information about different hooks and yarns, and then we will get cracking with learning the 5 basic stitches you will need to start you on your journey. We will learn how to work "flat" and "in the round", how to read crochet patterns, how to make a granny square and by the end you should have all the skills required to make basic garments such as hats, scarves, and mittens

- **Dates:** 17/01/2022 - 28/03/2022
- **Duration:** 10 sessions
- **Start Time:** Mon 13:00
- **Location:** PONTEFRAC T
- **Tutor:** Victoria Bould
- **Reference:** C3680258
- **Availability:** places available
- **Status:** Enrolling ([online](#))
- **Fee:** this course is free

[Craft, Craft - General: Introduction to Crochet \(C3680258\) \(wea.org.uk\)](#)



Free courses

Managing Fatigue after Covid (Parts 1 & 2)

Wednesday 26 January (Part 1) and 02 February 2022 (Part 2) 14:00- 15:00 both sessions

Friday 11 February (Part 1) and 18 February 2022 (Part 2) 14:00 - 15:00 both sessions

Monday 21 March (Part 1) and 28 March 2022 (Part 2) 11:00- 12:00 both sessions

General Self-Management Courses (Start dates)

Monday 24th January 2022, 13:00-15:30

New Beginnings Courses (Start dates)

Tuesday 8th February 2022, 13:00-15:30

More information: [Live Well Wakefield](#)

Tel: 01924 255363



**Wakefield
Adult
Education
Service**

01924 303302
manygates@wakefield.gov.uk
www.wakefield.gov.uk/adulteducation
wakefieldadulteducation



Learning for Life & Work



wakefieldcouncil

Take time out and enjoy!



PONTEFRAC'T'S VERY OWN COMMUNITY CHOIR ARE BACK AND WE ARE
LOOKING FOR ALTOS AND MEN!

(Sorry, unfortunately we have no spaces for sopranos at present)

We sing varied music around the local community and we have high standards without
taking ourselves too seriously!

We aren't bossy or cliquey because we are self run where everyone has a voice.

We are mixed voices, mixed ages and mixed abilities, so you don't need to have experience
or be able to read music, and there are no auditions either!

We meet in Pontefract on Wednesdays, 3.15 - 5.15pm

Our fees are low and paid weekly with no minimum sign up period and your first week is
free.

Everyone is welcome so we will try to accommodate your other commitments and we are a
genuinely friendly bunch.

Our rehearsals and performances are all risk assessed and our MD carries a first aid
certificate and enhanced DBS.

We have public liability insurance in place.



W: liquoricesingers.wixsite.com/liquorice

E: liquoricesingers@yahoo.com

Life has been tough for everyone lately and singing has been scientifically proven to be
great for your mental health, so what have you got to lose?

NEST BOX BUILDING Tuesday 15th February
Come join our Nature Force group as we show
you how to make your own bird nesting box down
at Appletree Allotment, Wakefield

For more information contact



Ella: 07426716677

ECO DAY Tuesday 8th March Come join us as we
celebrate being eco warriors together down at our
base at Thornes Park, Wakefield

For more information ring Ella: 07426716677



**Free dance for mental wellbeing online sessions
for NHS and social care workers**

[Register](#) for these free dance classes to help and
support you to #MoveMoreSWYPFTly
From Strictly's Darcey Bussell and dance
psychologist, Dr Peter Lovatt.

<https://move-assure.com/>



We are pleased to invite you to our Soup and
Starlings event on Wednesday 19th January at
RSPB Fairburn Ings, near Castleford.
The event, which will be run between 12-5pm,
will be an opportunity for us to get
[#OutThereTogether](#) to witness the starling
murmuration, one of nature's best winter
spectacles, as well as look and listen for other
wildlife on the accessible reserve. We will finish
off the day with complimentary soup and other
hot drinks.

Booking is essential! Please give Ella a call on
07426 716677 to enquiry or book on.
[Spectrum People](#)



Soup & Starlings



Enjoy one of nature's most
incredible spectacles, a
starling murmuration,
along with a woodland
walk followed by soup and
hot drinks



Date: Wednesday 19th January

Time: 12pm - 5pm

Venue: RSPB Fairburn Ings Visitors
Centre, Newton Lane, Castleford,
WF10 2BH

Booking essential!



Wakefield-based charity Open Country helps people with a disability to access
and enjoy the countryside. Spectrum People are an independent charity that
provides meaningful activities and support to vulnerable people across the
district. Together the charities are running a series of events to help bring
people together in the great outdoors.

Call 07426 716677 or

[email wakefield@opencountry.org.uk](mailto:wakefield@opencountry.org.uk)

Thank you to Wakefield & District Health & Community
Support Ltd for funding this event



January is the typical time of year when some people think about making a new year's resolution to Stop Smoking! How many times have you tried and failed? At least you tried and you can try again, this time by taking a look at the tips we have for you....

Stopping smoking not only improves your physical health but also is [proven to boost your mental health and wellbeing](#). Quitting can improve mood, and help relieve stress, anxiety, and depression.

<https://www.nhs.uk/live-well/quit-smoking/stopping-smoking-mental-health-benefits>

Quitting tips

You have made a great decision to give up smoking. Here are some tips to help you succeed.

Once you have picked your quit date, remember to add it to your calendar.

1. List your reasons to quit.
2. Tell people you're quitting.
3. If you have tried to quit before, remember what worked.
4. Use stop smoking aids.
5. Have a plan if you are tempted to smoke.
6. List your smoking triggers and how to avoid them.
7. Keep cravings at bay by keeping busy.
8. Exercise away the urge.
9. [Join the Facebook group](#) for support and advice.



Good luck. Throw away all your cigarettes before you start. Remember, there is never "just 1 cigarette". You can do it!

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



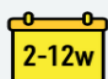
After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

Quick easy mid-week meal



- Serves 4
- 5 mins to prepare and 15 mins to cook
- 364 calories / serving
- Dairy-free

Ingredients

- 1 tbsp olive oil
- 1 red onion, cut into 1.5cm wedges
- 200g tin Danish ham, drained and cut into 1cm chunks
- 2 x 250g pouches microwave basmati rice (or 500g cooked basmati rice)
- 1 tsp allspice
- 200g frozen peas
- 432g tin pineapple slices, cut into chunks
- 3 tbsp reduced-salt soy sauce
- 15g fresh coriander, roughly chopped

Method

1. Heat the oil in a large saucepan over a medium-high heat. Fry the onion for 2 mins each side, without stirring, until softened and slightly charred. Remove from the pan and set aside.
2. Add the ham, reduce the heat to medium and fry for 5 mins to brown slightly. Stir through the rice, allspice, 50ml water, the onion, peas, and pineapple chunks. Cook for 5 mins to heat through, then stir through the soy sauce and the coriander to serve.

Serve with buttered crusty or garlic bread

More recipes: <https://realfood.tesco.com/recipes/>

Name: _____

Date: _____

Healthy Eating

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

Diet	Carrots	Peas	Nuts
Butter	Tomatoes	Eggs	Potatoes
Beans	Fish	Meat	Fruit
Vegetables	Protein	Carbohydrates	Fat
Minerals	Vitamins		



If you'd like to get fitter, meet new people or brush up your football skills, why not try one of our Walking Football groups?
Open to anyone over 50, our groups are free to try and can be a great way to get more active in 2022

#WalkingFootball

<https://buff.ly/2KtuV48>

Could 2022 be a fresh start for you?

A1 Football Factory
Thursday Mornings

Hemsworth Terriers
Saturday Afternoons



We are DELIGHTED to be opening our doors for the men of Hemsworth on January 31st! 🙌🙌🙌

We are a talking group for men over the age of 18 who may be going through a storm, may have been through a storm or may feel there is a storm brewing in their lives....

We are:

- ✅ Non-Judgmental
- ✅ Free-to-Attend
- ✅ One of over 70 similar clubs running across the UK

Our first night runs from Hemsworth Town Council Community Centre @ 7pm on January 31st with sessions running every Monday @ 7pm except on Bank Holidays from then on....

GIVE US A TRY 😊

Wakefield Museums
@ Castles

Home
Education

Exploring Ancient Roman Artefacts

In this exciting Home Education session, children aged 7 and up will have the opportunity to handle real Roman artefacts from the Wakefield Museums' collection and discover how ancient objects can help us to understand the past.

There will also be fun, multisensory activities to help children imagine what life was like in our area in Roman times, from the clothing styles that people wore and the jobs they did to the languages they spoke and the foods that they ate.



Please note: Herbs, honey and fish sauce will be used during the multisensory activities for children to smell - but not taste. If you have any concerns about the use of these items in the session please contact us before booking: museumslearning@wakefield.gov.uk

This session is delivered in partnership with the Community & Family Learning Team at Wakefield Council's Adult Education Service.

Who: Home educated children aged 7 and up and their accompanying adults

Where: Pontefract Castle

When: Tuesday 25th January - choose from 10:30am to 12pm or 1:30pm to 3pm

Cost: £6 per child - accompanying adults are free

To book visit <https://bit.ly/WMandCEvents>



Adults who are able to will be required to wear face masks during this session.



Art Appreciation Spring 2022

Fridays Fortnightly 10.30-12.00 2022

An informal chance to discuss different artist, from masters to abstract. Slide shows, notes and books to browse.

Occasional gallery trips

7th Jan	American Landscape Artists
21st Jan	Life and works of Paula Rego
4th Feb	Rachel List Exhibition Pontefract Museum TBC
18th Feb	Contemporary Art of 20thC
4th March	Tamara Lempicka
18th March	Joshua Reynolds
1st April	TBC



Contact Jeanette for more details

jeanette.bannister@castlefordheritagetrust.org.uk

Queens Mill 01977 556741

