



The Supporter Newsletter 21 January 2022



Wakefield Recovery and Wellbeing College

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- facebook.com/wakefieldrecoverycollege




British Society for immunology **NHS**

Can I have the vaccine if I am pregnant or planning a baby?

Yes – it's recommended by the Royal College of Obstetricians and Gynaecologists and Royal College of Midwives as the best way to protect you and your baby from COVID-19.

Sadly, data shows that 1 in 5 most critically ill COVID patients is pregnant and unvaccinated



I want to reassure families that there is no evidence to suggest that any COVID-19 vaccines used in England are unsafe for you or your baby and there is no evidence that they will cause any problems for those wanting to become pregnant in the future.


Professor Jacqueline Dunkley-Bent, OBE
Chief Midwifery Officer

This week's Covid Q&A

British Society for immunology **NHS**

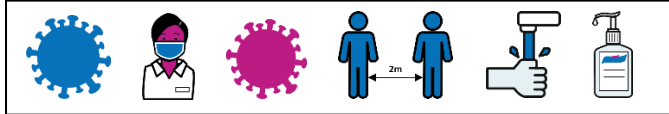
Why do I need a booster?

Immunity can reduce over time. There are many other diseases where more than one vaccination is needed to give the best protection.



Your booster dose will help improve the protection you have from your first two doses, giving you longer-term protection against getting seriously ill from COVID-19. It also offers better protection against the Omicron variant.

Jennifer Pearson, Regional Lead Nurse (Midlands)
Chief Nursing Officer Chief Midwifery Officer BME Strategic Advisory Group



NHS

Covid-19 vaccination walk-in service

Navigation Walk, Wakefield

Saturday 22 January 10.30am- 3.30pm
Sunday 23 January 08.30am- 1pm


British Society for immunology **NHS**

Can people who practice their religion get vaccinated?

COVID vaccination has been supported by many faith bodies.

The COVID vaccines used in England do not include animal products. Also, the amount of ethanol (a type of alcohol) used is less than what is found in bread.

Many Churches, Imams, Rabbis and scholars of other faiths have advised people they can have the vaccination.



Dr Joseph Omofuma, Pastor and GP



TOGETHER WE CAN

protect each other



Winter protection

There's lots you can do to protect yourselves and vulnerable friends, family and neighbours this season.

Keeping warm in winter

Keeping warm can help to prevent colds, flu and more serious health problems, such as, heart attacks, strokes, pneumonia and depression.

Follow these steps:

- **Heat your home to at least 18°C (65°F).** You might prefer your main living room to be slightly warmer.
- **Keep your bedroom window closed on winter nights.** Breathing cold air can be bad for your health as it increases the risk of chest infections.
- **Keep active when you're indoors.** Try not to sit still for more than an hour or so.
- **Wear several layers of light clothes.** Several layers trap warm air better than one bulky layer.
- **Make sure you're receiving all the help that you're entitled to.** There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. Visit www.simpleenergyadvice.org.uk and www.gov.uk/browse/benefits/heating for further information.



Courses/workshops available to book now!

Course	Date	Time
Small acts of kindness	Now starting 9 March 2022 Fieldhead Campus, Wakefield – date 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
Creative writing	3 March 2022 - Online	1.30-3.30pm
Coping with life by using relaxation	7 March 2022 - Online	11.00-12.30pm
Exploring resilience	8 March 2022 – Fieldhead Campus	10am-12pm

An introduction to personality disorder	29 March 2022 – Fieldhead Campus	1.00-3.00pm
THRIVE	11 March 2022 -Fieldhead Campus	10.30am-12.30pm
Caring for me and you	26 April 2022 – St Giles Centre, Pontefract	10.00-12.30pm
An introduction to poetry	28 April 2022 – Online	10.30am-12.30pm

Being Well : Free resources online

- **HEADSPACE app. free guide to mindfulness and meditation (personally pay in app for further provisions)**
- **BREATHE: Sleep & Meditation app**
- **MIND www.mind.org.uk- mental health charity provides support and advice 0300 1233393**
- **CALM : Campaign Against Living Miserably, free app particularly focused on supporting male mental health
Call 0800 58 58 58 - 5pm-midnight every day or visit the website**
- **GROCERY AID Helpline :
<https://www.groceryaid.org.uk/get-help/groceryaid-helpline/>**
- **MINDFULNESS DAILY (app)**
- **PAPYRUS - for people under 35 works for the prevention of young suicide
Call 0800 068 41 41**
- **SAMARITANS - for all
Call 116 123 or online**

Would you like to have a free online or in person mental fitness session from some inspiring speakers at your place of work?

State of Mind Sports are currently working with former rugby players and other athletes to deliver bespoke sessions, which can be delivered online or face-to-face.

Find out more about the sessions [visit the State of Mind website.](#)



"I think what has been presented will have had an enormously positive impact on a lot of our construction workers in general. It will have no doubt affected everyone who attended but these guys respond better to their peers so the positive impact yesterday will have had will be immeasurable.

It's not easy to get up and put a story like that out there, but if it gets one person to seek help for themselves or someone around them job done!" - **Gavin Cattanach at Sellafield**





SOCIAL MEDIA, ONLINE TRAUMA AND YOUTH VIOLENCE

What is the project about?

We are carrying out a research project on behalf of the West Yorkshire Violence Reduction Unit (WYVRU) to help us understand more about how social media, violence and the emotional harm that might be experienced could be connected. This research is focusing on the experiences of young people up to the age of 25.

Why are we doing this research?

Previous research has identified that social media may be a contributing factor in violence impacting young people. It is also known that social media can have damaging effects on the mental health of young people and that young people are at risk of various online harms when using social media. We are looking to understand more about these areas so that we can recommend appropriate interventions and inform WYVRU where funding might have the greatest effect.

Who are we?

The research is being conducted by [Social Finance](#). We are a not-for-profit based in London that works on a range of social issues, including housing and homelessness, health and social care, children's services, domestic abuse and education.

Who are we looking to speak to?

We would like to speak to young people, parents and carers, and professionals that work with young people in order to understand the issues from different perspectives.

What will be involved?

The research sessions will mostly be 45 minutes to 1 hour in length and will be conducted either online or in person. The session will involve us asking questions about young people's experience of social media, online trauma and violence.

We will also be distributing surveys for young people and professionals to respond to anonymously.

If you take part in a research session and/or the survey, more information regarding confidentiality, safeguarding and consent will be provided prior to your involvement.

What's in it for me?

The information that we collect through this research will be used to inform WYVRU prevention and support strategies to try and reduce harm to young people. This is a key opportunity to have young people's voices at the centre of this work. Where possible and appropriate, we will look for opportunities for the young people that we speak to to be involved in further development of this research and future interventions development.

What next?

We would be very grateful if you would be happy to be involved in the research. If you think this is something you would like to do, or if you have any further questions, please contact Jessica Hughes-Nind at jessica.hughes-nind@socialfinance.org.uk.

Take time out and enjoy!

A Look inside

Box of hope
 Look inside to find my love
 Take me out
 And find the treasure that you
 betrothed
 With my father's blessing
 I may have you
 To have and hold
 Have my hand in marriage
 And hold
 Box my love forth
 And gain with love
 You've boxed my hope
 In a box of love
 In hopes, hope.

By Shannon



Have your say on health and wellbeing support in the Wakefield District



Are you involved in your local community and want to make a difference?
Can you tell us what's needed in your area and make local voices heard?

We're looking for Community Interviewers to join us

As a Community Interviewer you will be **trained** and **employed** to talk to people in your local community about health and wellbeing issues and challenges that matter to them, and how charities and community groups across the Wakefield District can help meet these needs.

Take part if you are

- **Aged 16+** living within the Wakefield District.
- **Active role in the community** (no qualifications or experience necessary).
- Can commit to approx. **4 hours per week** to end of February 2022.

Receive these rewards

- **Training and support** in peer research to help you deliver interviews.
- **Real Living Wage** (£9.50 p/h) or vouchers, plus expenses.
- **Flexibility** of face to face or remote working.
- **Satisfaction** that you have helped shape the future of Wakefield.

Apply now

For an informal discussion and to apply email emma.baker@rocketsciencelab.co.uk or call James Ward on 07508 918075. Also visit: www.whats-up-wakefield-district.carrd.co

#WALKITTHROUGH

WOMEN'S ONLY
WALK AND TALK
PEER SUPPORT
GROUP

WEDNESDAYS @THORNES PARK,
WAKEFIELD @ 6.30PM
MEET OUTSIDE THE STADIUM



#WOMENSUPPORTINGWOMEN
#MENTALWELLNESS

Self-Care

IDEAS FOR A BAD DAY

BREATHE DEEPLY

EXERCISE

TRY AFFIRMATION

COOK YOUR
FAVOURITE MEAL

LISTEN TO MUSIC

REFRESH
MORNING ROUTINE

WALK
IN NATURE

COOK YOUR
FAVORITE MEAL

WRITE 5 THINGS
YOU LOVE

WATCH YOUR
FAVORITE MOVIES

Carers Count



The Prince's Trust Team Programme

- Community Project
- Career Planning
- Presentation skills
- Planning for Progression
- Work Placement
- Supporting Others
- Teamwork

Start date - 24/1/22
End date - 15/4/22

- ✓ Confidence building
- ✓ Develop new Skills
- ✓ Nationally recognised Qualification

Are you aged 16-25 and looking for self-development?

Join the Prince's Trust TEAM programme and take part in a 12-week personal development course delivered at your local Prince's Trust team base and online.

You will get an opportunity to participate in an overnight residential, free of charge. You Might be eligible for a £30.00 a week bursary based on your personal circumstances

You must be 16 years of age as of 31st August 2021.

CONTACT Wakefield TEAM Leader
Able-gail Wilkinson
M: 07580 971977
E: able-gail.wilkinson@askham-bryan.ac.uk
www.askham-bryan.ac.uk



Training for Employment



What is Training for Employment?

We are offering up to six months paid employment through our Training for Employment Programme. This programme helps adults who are unemployed and living in a WDH property back into work through training, work skills, support and mentoring.



Available positions

The main work is currently building fencing on our estates. Please be advised that this work will involve outdoor work and manual handling. Some opportunities may be available in other areas, such as caretaking and landscaping. Each position is for 30 hours per week.



Eligibility Criteria

- Aged 19 or over, registered as living in a WDH property and currently unemployed.
- Basic literacy skills to complete the relevant training requirements, such as site safety.
- Commitment to progressing through the programme and moving on to further employment at the end of the scheme.



How do I apply for the programme?

Please phone our Community Employment Team on **01977 788825** or email **CommunityEmploymentAdvisors@wdh.co.uk**

Wakefield Inspiring Recovery



Walk for Wellness

Thursday 27th January 2022

13:30-14:30

A monthly walk to improve our mental health and wellbeing while socialising with like-minded People.



Attendees will meet at the Sport Centre entrance by the car park on Thornes Park at 13:30

Contact: 0300 123 1912 option 3, then 4

Speak to a Get Connected Recovery Worker for more information.

Quick easy mid-week treat



Ingredients

- 1 punnet strawberries
- a dash of sugar
- meringues, broken up
- cream, softly whipped

Preparation time

less than 30 mins

Cooking time

no cooking required

Serves

Serves 4

Method

Mash the strawberries with a little sugar, fold in the broken meringues and gently fold in the softly whipped cream. How simple is that!

Positive Thinking

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

values

assertiveness

selfconcept

accomplishment

attitude

social

mental

life skill

peerpressure

wellness

challenge

control

physical

Positive

good decision

interest

respect

honesty

feelings

emotional

Self Esteem

support system

body image

success

thoughts

happiness

health

