



## The Supporter

Newsletter

28 January 2022



### Wakefield Recovery and Wellbeing College

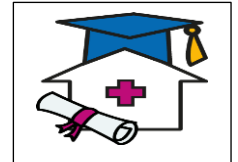
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

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

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### Welcome to our latest FAQ's special!

**“I’m booking a place as a professional, why do I have to have an Individual Learning Plan (ILP) appointment? I would normally just book and attend without anything else to do.”**

**We’ve been getting asked questions like this more and more lately, along with some other key areas, so thought we’d take some time answer these and talk about how important these brief 15-minute telephone appointment ILPs are and why they’re a must.**

No matter in what capacity you are attending the Recovery College in (as a service user, professional, carer, friend/family member, or a member of the public who’s just interested in coming along) or how you are coming to the college (face to face or online), absolutely everyone who attends anything with the college is offered the same service, following the same processes so that we can ensure we have all the information we need to know about you to make the sessions as safe and comfortable as we can for you, your fellow attendees and your facilitators.

Whenever you fill out one of our enrolment forms, your places on the courses/workshops you’ve expressed an interest in is *only reserved until you have completed your ILP appointment*. After this, we will book you a space on the things you’re interested in joining and confirm this with you. If you can’t attend your ILP appointment we send you, it’s not a problem at all as long as you let us know so that we can reschedule this to a time that suits you better. If you fail to turn up to an ILP appointment without letting us know, we will try you once more within 10 minutes just in case you weren’t able to get to the phone in time. After this, if we still can’t reach you, we will send you a message to let you know we’ve tried to get in touch and ask you to get back to the college within a week if you are still interested in attending the sessions you’ve expressed an interest in attending on your enrolment form. If we still don’t hear from you, we will remove your reserved places on any courses/workshops and will archive your enrolment. You will not be sent any joining links for online courses/workshops and would not be allowed entry to any face-to-face bookings if you have not completed your ILP appointment so due to room capacity limitations and for the safety of all involved online or face to face (including yourself).

## “What’s ReQoL, what does it stand for and why do I need to fill one out?”

ReQoL stands for Recovering Quality of Life and is one of the only validated co-produced outcome measures, meaning that the questions were all designed together by professionals and people with lived health experiences. It’s also one of the only outcome measures that looks at quality of life, and whether someone’s *quality of life* has improved based on things they have been involved with, rather than simply “are you well/are you ill”. We use ReQoL-10, which asks you to think about 10 statements about your general wellbeing and activities you’d done and, thinking about the 7 days before you complete the ReQoL, rate how frequently these statements have applied to you. There’s also 1 question about your physical health. There are no right or wrong answers, and all of your responses are only ever known by our core college team.

We ask all of our students/attendees to complete a ReQoL at their ILP appointment (this is called a baseline score) and then another after each course completed with us. Being used as an outcome measure, this hopefully then enables us to see that we’re running the college correctly and giving people the tools, information and interactions that they need to live a quality of life they wish to live, following our Trust mission of helping people reach their potential and live well in their community.

## “Do I need to let you know if I can’t make it to a course/workshop for any reason or if I’ve changed my mind?”

Yes, absolutely! This is so that we can offer your place to someone who may be on the waiting list. If you simply don’t turn up (online or to a face-to-face course), someone else may miss out on a place that they really need to help their wellbeing. It also means the class aren’t waiting for you to start the session.

## “When will I receive my joining link for my online course/workshop?”

We usually send out joining links to online courses 1 to 3 days before a course or workshop is due to begin. We used to send these earlier, however, after feedback from students saying that they would often lose their joining link email if it was sent too early, we started to send this as late as possible so that it would be more visible in people’s email inboxes.

We send everyone confirmation of their booking (with details of time, date, location, etc.) on confirming their places at their ILP appointment and we send another reminder 3 days before any course or workshop begins. We used to send reminders before every session of a course, but again after listening to our students who told us they were getting too many emails from us, we now only send the 1 reminder per course or workshop (3 days before the first session).

The reason the timing of your joining link is a little flexible and can be between 1 and 3 days is because of a few reasons:

- If you have a course that starts on a Monday, we need to send the link on the Thursday or Friday as we’re not open at the weekend.
- We’ve seen an increase of people sending us last minute enrolments and, whilst this isn’t usually possible for us to accommodate, where we can accommodate this we will. In this case, we need to wait until everyone’s booked on before we send out the joining link.
- Throughout January, and looking forward to February and March of this year, the college is very short staffed due to issues beyond our control. Because of this, some tasks are taking the team longer to complete than would be usual. It’s also the reason your enrolment form might take us a little longer to process at the moment. We know our students are all a great bunch and ask that you’ll excuse us any delays during this time.

## “When will you get back to face-to-face/in-person courses?”

Whilst we haven't got all of our courses listed a face to face, we have already got face-to-face courses planned in for 2022. We've had a limited amount of courses running face to face since the start of the year, just to be on the safe side and protect our staff, volunteers and students from the Omicron variant wave of the pandemic. We're planning on bringing more face-to-face courses and workshops back the week commencing February 14<sup>th</sup> and hope to bring in more and more as things settle down and become safer for all.

Don't worry though if you've particularly benefitted from our online offer throughout the pandemic though as this will not be going anywhere. We will still be offering some of our courses exclusively online moving forward, with some face-to-face courses also having the option to join online if you're unable to get to a face-to-face session.

## “How do I get referred into the Recovery & Wellbeing College? Do I need to be referred?”

The great thing about the way that the College works is that you don't need to be referred into it, like you would do for more traditional NHS services, from anyone like your GP or healthcare professional. We work on a self-enrolment basis, which means that you decide if and when you would like to attend anything with us, what you would like to join, how many of our courses you would like to do and for how long! We have no time-limit to the length of time that you can keep attending things with us, as we know that circumstances and experiences can change very regularly, meaning you might need our support at different times of life.

## “Is there an age limit at the Wakefield Recovery & Wellbeing College?”

No...There is no upper age limit at all (our oldest students have been in their 90s!). we do currently have a lower age limit though of 18 for face-to-face courses or 16 for online courses (with a responsible adult around for support in case it's needed).

## “Is there a Recovery & Wellbeing College for under 18s?”

Anyone 16 or 17 years old can currently enrol and attend our online courses (with a responsible adult around for support in case it's needed). Excitingly though, we're currently busy setting up a recovery and wellbeing college for 16 and 17 year olds that can be attended face-to-face, will be co-produced by young people with experience of certain challenges and health conditions, and will offer course and workshop topics that our young people tell us they would like to learn more about. This isn't a quick process, and we need local young people to get involved, so, if you're between 16 and 25 and you'd like to get involved, get in touch with us at [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk).

Whilst we can't offer anything at the moment to people under the age of 16, there are plans in the future to be able to expand our new under 18's recovery college offer to 14 and 15 year olds. Because of what's involved in setting up a great recovery college, this won't happen overnight and will take time. Don't worry though, as we're working closely with the Young Lives Consortium and children and young people can engage in their offers already. Why not check out the [www.WF-I-CAN.co.uk](http://www.WF-I-CAN.co.uk) webpage to see some things already happening in the district.

## Take a look at a few of our courses and workshops coming up in the next couple of months...

<b>BADASS (Combat workout)</b>	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 You can join this at any time 😊	11.00-11.45am
<b>Speak their name information session</b>	31 January 2022 – Online	10.00-11.00am
<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>Recognising burnout</b>	11 February 2022 – Online	1.00-3.00pm
<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>Understanding eating disorders</b>	17 February 2022 – Fieldhead Campus	12.30-2.30pm
<b>Overcoming anxiety</b>	17 February 2022 – Online	2.00-4.00pm
<b>Speak their name</b>	28 February 2022 – Fieldhead Campus for 3 weeks	10.00am-12.00pm
<b>Learning more about IBS</b>	28 February 2022 – Fieldhead Campus	12.30-3.00pm
<b>For those who give too much: Everyday stress</b>	2 March 2022 – Online for 2 weeks	1.00-3.00pm
<b>Creative writing</b>	3 March 2022 – Online for 4 weeks	1.30-3.30pm
<b>Coping with life by using relaxation</b>	7 March 2022 - Online	11.00am-12.30pm
<b>Exploring resilience</b>	8 March 2022 – Fieldhead Campus for 5 weeks	10.00am-12pm
<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 for 6 weeks	10.00am-12.30pm
<b>An introduction to poetry</b>	28 April 2022 – Online for 5 weeks	10.30am-12.30pm



**Did you know...**our Yoga, Capoeira, Boogie Bounce, On Yer Bike! and Wild Things courses are what we call “roll-on-roll-off” courses. This means that you can join at any point, for as long (or as little) as you like, until they conclude in the middle of autumn 2022. Dare to share also works like this, but doesn’t run for quite as long.

# WOMEN'S SELF-DEFENCE WORKSHOP

Sunday 6th February  
@ The Brig, 1 St Mary's  
Road Normanton WF6  
2JH, 2.30pm

FREE Workshop delivered by a  
Qualified Martial Arts  
instructor with the British  
Karate and Kickboxing  
Association.

Email [catherine@bringmetolife.co.uk](mailto:catherine@bringmetolife.co.uk)  
to book your place



Helping to create a society in which older people are valued and recognised;  
improving the quality of life for older people

## Job Vacancy

### MCST Programme Co-ordinator

<b>Salary:</b>	£21,164 per annum - £11.00 per hour
<b>Hours:</b>	2 x 18.5 hours posts
<b>Contract Term:</b>	Fixed Term for 12 month
<b>Holidays:</b>	25 days plus bank holidays (pro rata for part-time hours)
<b>Location:</b>	Blended Community, home / office working (Office base is 7 Bank Street, Castleford WF10 1JD) with travel throughout the Wakefield Metropolitan District
<b>Responsible to:</b>	Mental Health Lead

#### Job Role:

The successful candidates will lead on the development and facilitation of our Maintenance Cognitive Stimulation Therapy programme. These sessions will be a safe and enjoyable space for service users / carers, enabling those living with mild to moderate dementia to engage in meaningful activities and feel enabled to express their view thoughts and current support needs. You will support people living with dementia and their carers, providing signposting and onward referral where needed within our Connecting Care service. You will keep up to date with local support services, administration duties to include recording of accurate data to support reporting required for commissioned services.

You will work with existing and partner Organisations developing pathways to support and signpost service users to appropriate agencies.

**Closing Date:** 12.00 noon – Tuesday, 8<sup>th</sup> February 2022

**Interviews:** w/c 14<sup>th</sup> February 2022

*If you are committed to providing a quality service in a manner that promotes dignity, respect and independence for older people we would like to hear from you.*

To apply please download a Recruitment Pack from [www.ageukwd.org.uk](http://www.ageukwd.org.uk) or email [jobs@ageukwd.org.uk](mailto:jobs@ageukwd.org.uk)

For further enquires please ring **Katie Thomas** on **01977 552114** or email [katiethomas@ageukwd.org.uk](mailto:katiethomas@ageukwd.org.uk)

Age UK Wakefield District, 7 Bank Street, Castleford, WF10 1JD  
Registered Charity No: 1096511 Registered in England and Wales  
(Age UK Wakefield District aims to be an Equality & Diversity employer)

# Sunshine

Pretty garden of friends  
blossoming and vibrant.

Tugs of smiles  
warmth spreading through my  
heart  
from those special to me.

Wings from volunteering  
climbing mountains, signing up for  
a course  
inhaling the views at the top of the  
world  
when I have completed a course  
buzzing with ideas at groups  
a glow embraces me at work.

I can dip into my bottomless pool of  
creativity  
sink into the bliss that things I enjoy  
brings.

I have the sunshine within me.

By Halima, 2022.

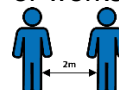


Rules on self-isolation changed this week, people now are able to leave self-isolation after a **negative lateral flow test no earlier than day five and a second 24 hours later.**

You can find out more here:

<https://www.gov.uk/government/news/self-isolation-for-those-with-covid-19-can-end-after-five-full-days-following-two-negative-lfd-tests>

Whilst face covering general guidance also changes this week, you are still required to wear masks throughout the duration of any course or workshop with us.





# Horbury Integrative Therapies

'Every Mind Matters'

Cate, one of our lovely volunteers and founder of Horbury Integrative Therapies, has provided us with some wonderful relaxation and meditation practices...why not read more and give this practice a go this week...

## Guided Imagery

Guided imagery or visualization is a powerful strategy that anyone can use. Use the power of your senses to help you to focus your imagination in a positive way.

Guided imagery is a form of meditation, and can be used interchangeably with the term guided meditation or self-hypnosis.

Guided imagery can deliver messages deep inside – positive, healing or motivating messages – through using simple images or sensations that are received in a relaxed state.

### Evidence Based Research

It has been reported, through many studies over the last 40 years, that guided imagery has a positive impact on health and well-being as well as on attitude, behavioural change and peak performance. Check out the following facts:

- It can heighten short- term immune cell activity, and it can speed up healing.
- It's been shown to reduce blood loss during surgery and the need for pain relief afterwards.
- Less than 10 minutes of hypnotic guided meditation can reduce stress, blood pressure, cholesterol and haemoglobin A1C levels in the blood.
- Guided imagery lowers anxiety and pain.
- It increases intention in weight loss and smoking cessation.
- It can increase performance in sports, confidence in acting, singing, exams and public speaking.
- And it has been proven beneficial during medical procedures e.g. chemotherapy, radiotherapy, biopsy and dialysis.

### Remember:

- Guided imagery works best when you are relaxed. Don't worry about "doing it right". You will get better with practice.

- Imagery is generally more powerful in a group setting. So a support group or class is great way to start.
- It's more effective when you engage all of your senses. E.g. music, if chosen carefully, will increase the effects of guided imagery.
- Imagery that provokes emotion is generally more effective.
- Use the same body posture and hand-positioning each time you practise. This will create an "anchor" that conditions you to respond immediately to the posture.
- To prevent falling asleep, sit up. You are likely to drop off to sleep during a session if you aren't used to being relaxed and awake at the same time.
- If you do fall asleep, you will still benefit from listening.
- Don't worry if your mind wanders or you lose track. This is common.
- Normal responses include: feeling extremely relaxed and/or feeling extremely aware, with heightened senses; becoming tearful; coughing or swallowing; yawning, feeling heaviness or lightness in your limbs; feeling floaty; tingling along the top of the scalp or in your hands and feet, or experiencing minor, involuntary muscle-twitches;
- After time spent in guided imagery any aches and pains may have gone and you may feel free from any stress

## PREPARATION

Switch off your mobile phone and go to a place where you won't be disturbed.

Sit comfortably in a chair. Have your legs uncrossed, both your feet flat on the floor and let your hands lie loose in your lap.

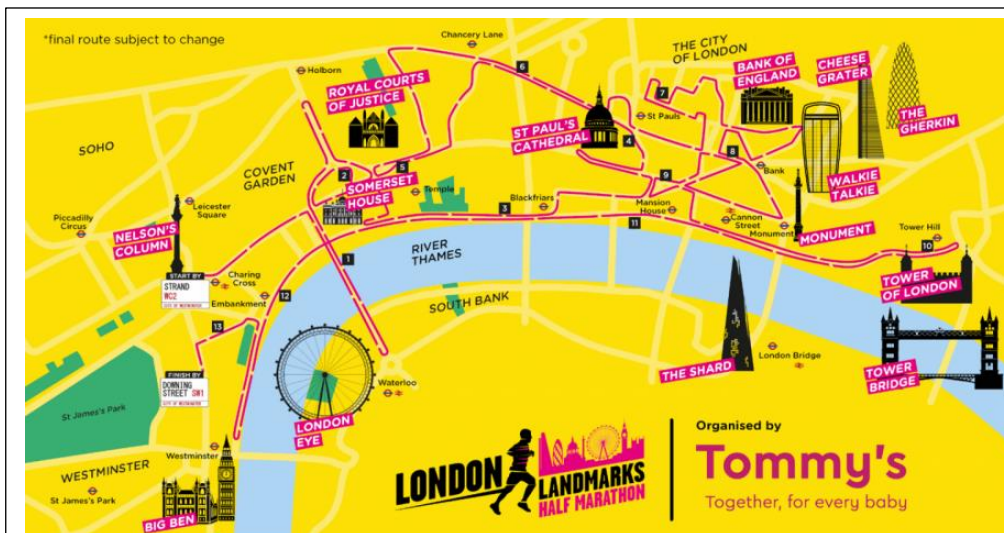
Close your eyes, and imagine every single muscle in your body to be completely relaxed, relaxing each one in turn and imagining a wave of relaxation flowing over your body. Start to steady your breathing.

Don't rush... you cannot hurry guided imagery!

## EXITING THE ROUTINE

There are easy three ways you can finish the routine:

- simply open your eyes when you feel ready
- set a small timer/alarm for whatever length of time you wish
- tell yourself you will open your eyes after whatever length of time you wish



Only 2 places remaining!  
Looking for a new challenge in 2022?

Join the @EyUpCharity team at the London Landmarks Half Marathon in April and help bring health and happiness to Yorkshire folk!

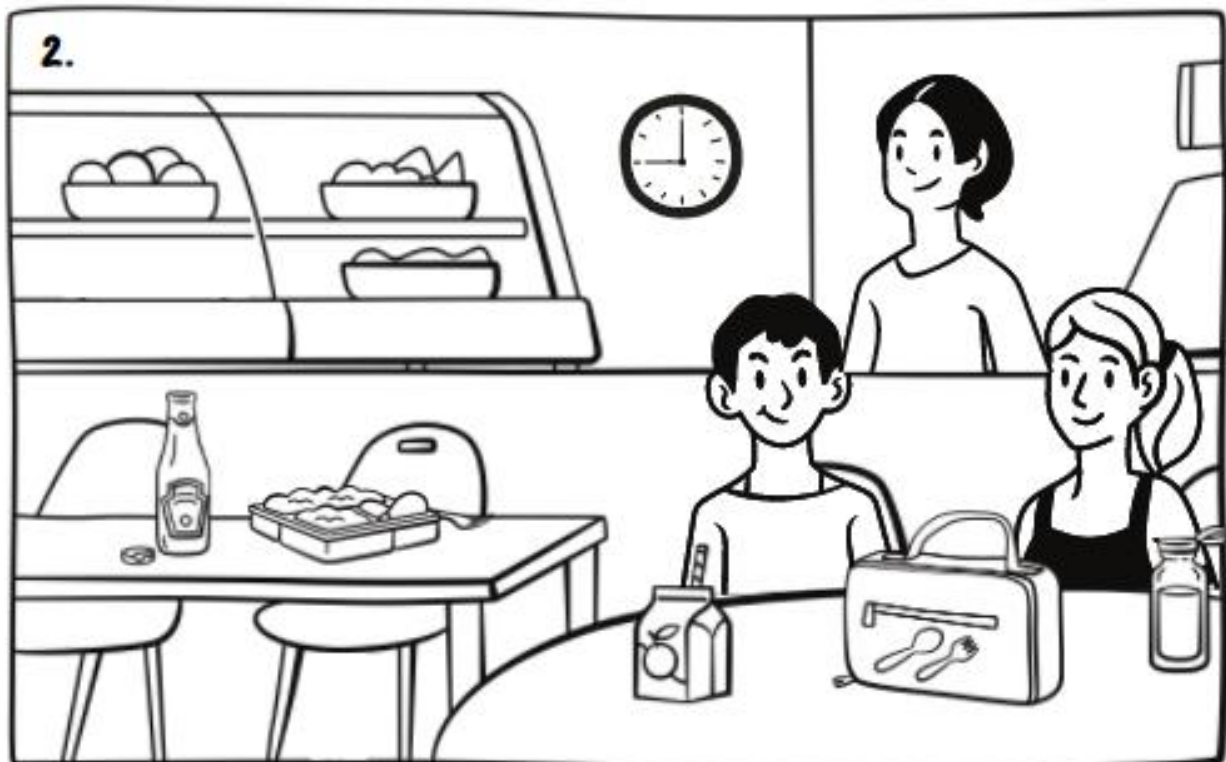
Email

[eyup.charity@swyt.nhs.uk](mailto:eyup.charity@swyt.nhs.uk) to get signed up!



# SPOT THE DIFFERENCE

## COLORING SHEET



How many differences can you find this week? We've found at least 12...can you find any more???