

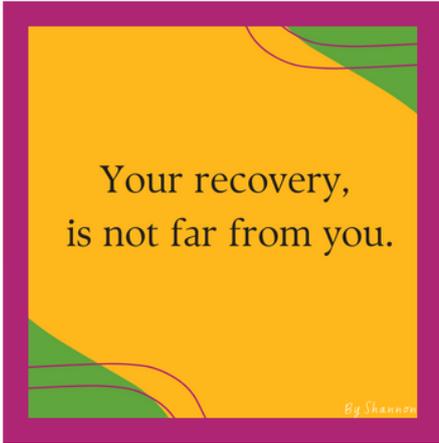


# The Supporter Newsletter

23 September 2022



South West  
Yorkshire Partnership  
NHS Foundation Trust



01924 316946



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



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



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



@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefelddiscoverycollege

With **all of us** in mind.



QUEEN  
ELIZABETH II

1926 - 2022

Have a look at the courses that are coming up soon at the Wakefield Recovery College and the Wakefield Discovery College.

## What's coming up at the Wakefield Recovery College

**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

Wednesday's  
**Boogie bounce**  
10am-11am

26th September  
**Creative writing**  
10.30am-1pm

Wednesday's  
**Creative fitness**  
11am-12pm

28th September  
**Bookbinding**  
10.30am-12pm

29th September  
**Money talks**  
10am-12pm

29th September  
**Living with long-covid and post-covid**  
1pm-2.30pm

5th October  
**Coping with pain**  
2pm-3pm

6th October  
**Bill busting**  
10.30am-12pm

6th October  
**Recognising burnout**  
2pm-4pm

7th October  
**Autism awareness**  
10am-12pm

11th October  
**Boosting self-confidence**  
2pm-3.30pm

12th October  
**The M word; Menopause awareness**  
2pm-4pm

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946

**Wakefield**  
Recovery and Wellbeing College  
Home of the Discovery College

# What's coming up at the Wakefield Discovery College



Self care -  
Self soothe

Creative  
Fitness  
30th September  
10am - 11am

Managing  
Depression  
30th September  
1pm - 3pm

Wellbeing in  
the Woods

3rd October  
11am - 2pm

Managing  
Anxiety

4th October  
10.30am - 12pm

Street  
Dance

5th October  
12pm - 12.45pm

Looking after  
your sleep

11th October  
10.30am - 12pm

Medication  
and me

14th October  
1pm - 3pm

Introduction to  
Journaling

21st October  
1pm - 3pm

Self - Advocacy for  
Young People with  
Learning Disabilities

24th October  
10am - 2pm



Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)  
01924 316946

**Discovery College**  
Part of Wakefield Recovery and Wellbeing College

We are open for enrolments but don't forget if you are already enrolled you can give us a call to book on to the courses- no need to fill in another enrolment form.

Keep an eye on our website [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk) for up-to-date information on courses and workshops. And don't forget, for now, as we have to follow NHS England guidance, we must all still wear a face mask when mobile indoors at any of our courses/workshops (but we can now take these off when we're sat down) and adhere to 1m social distancing.

# WHAT IS CUCKOOING? DO YOU KNOW SOMEONE AT RISK?

## What is Cuckooing?

Cuckooing is when a drug dealer, or a person they might know, exploits a person with vulnerabilities by taking over and using their home to store, sell or use drugs.

## How does it start?

A drug dealer, or someone known to the occupier, will try to make friends with them.

They may offer them free or cheap drugs and in return ask if they can take drugs or meet other drug dealers at their home or keep drugs at the house.

They may ask if they can stay with them or move in, or invite others to stay without permission.

The occupier may be threatened physically or verbally if they do not allow this to happen.

## The risk of cuckooing

If drugs are found in their property, there is a risk the occupier will end up being interviewed or arrested.

They could lose access to benefits or be evicted by a housing provider. The property could also be subject to a closure order, which would mean no one would be allowed entry to the home for up to six months.

Police would like occupiers, and those acting on behalf of occupiers, to contact them immediately if they think they are a victim of cuckooing. This will enable police to work with the Specialist Outreach Team to help keep them safe.



**CrimeStoppers.**  
0800 555 111  
100% anonymous. Always.

Programme  
**PRECISION**  
Working together to  
tackle serious and organised  
crime in West Yorkshire



## What to do if you know of someone that is being cuckooed?

We would like to support anyone that is a victim of cuckooing by working with partners to safeguard victims and identify the criminals.

It is extremely important that you keep us informed of any exploitation or criminality so that we can begin a multi-agency approach in tackling the issue.

If you know of someone who is a victim, there are a variety of ways you can get in contact with us:

- Inform a local Police Officer
- Attend your nearest Police Station
- Report online via the 'report it' page on the West Yorkshire Police website or speak to one of our colleagues via the online chat
- If you are a partner, through the Partnership Intelligence Portal
- Call 101
- Or, if you would like to remain anonymous please call:

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.

## Further support

The first step for those who are a victim of cuckooing is to talk to someone, this could be you, a family/friend or a support worker. There are also other services that can offer support for cuckooing and other issues:

### For practical advice and support:

**Citizen's Advice Bureau –**  
03444 111 444

To talk through any issues or concerns:

**Samaritans – 116 123 (free, 24/7) or**  
email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Got a problem with drugs?

**Talk to someone who has been there:**  
**Narcotics Anonymous (NA) –**  
<https://ukna.org/>  
for more information and location of meetings or call their helpline (10am – midnight) 0300 999 1212

### PARTNERSHIP INTELLIGENCE PORTAL –

Are you an organisation/business that could help us understand the threat of serious and organised crime within our community?

Report information direct to the heart of West Yorkshire Police's Intelligence function.

<https://www.westyorkshire.police.uk/partnership-intelligence-portal>

**Cycle for Health** | we are **cycling UK**

Join a **FREE 12 week course** to help you to improve your health and fitness

Community cycling for adults of any age with a long-term health condition

West Yorkshire Combined Authority

## What is a Cycle for Health course?

It is a 12-week package of support to develop bike riding skills, confidence and fitness through cycle training and led bike rides.

Cycle for Health is designed specifically for adults with poor mental or physical health.

It is run as a two hour session once a week for 12 weeks. Group size is maximum 12 people and we provide bikes and helmets.

Experienced cycle instructors and ride leaders accommodate health issues and participants progress at a pace that suits the group.

## Who can take part?

**Cycle for Health is for people:**

- With poor mental or physical health
- Not doing regular exercise
- 18 years or older
- Who can ride a bike for a short distance - even if that hasn't been for many years



## Why cycle?

**Cycling is amazing. It's life changing and Cycling UK believes everyone has the right to cycle and be given the skills to ride with confidence.**

Cycle for Health was created in West Yorkshire as part of the West Yorkshire Combined Authority's CityConnect programme.

Courses provide a route into regular physical activity, building fitness and self-esteem.

"The instructors were very supportive and after a few sessions I was confident enough to ride on the cycle greenway. Riding has given me a real sense of achievement and increased my belief in my own abilities. I have also made new friends."  
Tony, Participant, Cycle for Health Leeds

## Courses are taking place at different venues across West Yorkshire in 2021 - 2022

Meet like-minded people in a positive, welcoming environment to enjoy a new activity and discover cycling routes in your local area.

Contact the project team at **Cycling UK** for more information

T 01483 904562

E [cycleforhealth@cyclenguk.org](mailto:cycleforhealth@cyclenguk.org)



Where: Thornes Park Stadium, Horbury Road, Wakefield, WF2 8TY

When: Friday 1pm – 3pm

Start Date: Friday 30th September



Care. Compassion. Community.

# Open Day

As part of Hospice Care Week we'd like to invite you to find out more about what we do, and the services we provide.

*Join us* Wednesday 12 October

Visit our market place, meet our team and get to know your local hospice.

9am - 5pm | Halfpenny Lane, Pontefract, WF8 4BG

Lets  
*Celebrate*  
Hospice Care



Refreshments available from



[www.pwh.org.uk](http://www.pwh.org.uk)

01977 708868

Registered Charity 514999

**WE NEED YOU**

**STOPTOBER QUITTER**



Did you stop smoking during Stoptober last year or previous years? We want to hear your stories! Direct message us today!



## SEND Career's 'Next Steps' Event



Wednesday 5th October 2022

Premier Suite  
Pontefract Racecourse  
WF8 4QD

**1pm - 7pm**

- Onsite Parking
- Drop in event
- Meet Exhibitors



Wakefield Employment Hub, in partnership with The Preparing for Adulthood (PFA) Team, are hosting a Special Educational Needs and Disabilities event for all Year 9 and above young people who have SEN/SEND needs.

For more information

Wakefield Employment Hub  
[employmenthub@wakefield.gov.uk](mailto:employmenthub@wakefield.gov.uk)  
01924 302057

The 5 Day Officer, Annette Patrick  
[anpatrick@wakefield.gov.uk](mailto:anpatrick@wakefield.gov.uk)  
07467734653

Anxiety UK

MANAGING ANXIETY



STAY PRESENT & PRACTICE MINDFULNESS

TAKE CARE OF YOUR BODY  
Eat well, exercise and sleep



Focus on what is within your control

AVOID UNHELPFUL MEDIA COVERAGE



MAINTAIN HEALTHY RELATIONSHIPS

SUPPORT OTHERS  
Helping others in turn helps ourselves



MAINTAIN ROUTINES

SEEK HELP

Contact your GP and Anxiety UK



UK Government

Help is available for every household

Find out more:  
[gov.uk/HelpForHouseholds](http://gov.uk/HelpForHouseholds)



FREE  
course



## Coping with the cost of living workshops

Does the big shop always leave you a bit short at the end of the month? Would you like some tips on how to make things in life a bit more affordable/easier to pay for? Perhaps you've had some unexpected bills you haven't budgeted for and don't know how you'll pay for it or who to turn to for support? Maybe you've never felt confident in talking to your energy company, insurance company or even your bank to see if they could save you money or help you to manage your money well. Christmas is on its way, are you worrying about finding the money to pay for presents and food?

The Recovery College is offering these free and friendly workshops to support you to find simpler ways of budgeting and help take away some of the needless stress. Come along and join us for some informative penny saving tips as well as learning new crafting skills!!

### Online workshops

Money talks: Thursday 29 September 10.00-12.00pm

Bill Busting: Thursday 6 October 10.30-12.00pm

Green Doctors energy advice: Thursday 13 October 11.00-12.00pm

Homemade Christmas craft ideas: Thursday 10 November 10.00-12.00pm

With **all of us** in mind.

**NHS**

South West  
Yorkshire Partnership  
NHS Foundation Trust

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946

Wakefield  
Recovery and Wellbeing College  
Home of the Discovery College



## Witches and Wizards

This October half term visit Pontefract Castle for a cackling good time!

Meet our very own witch brewing her secret potions, create a creepy craft and follow our eerie trail.

Halloween costume optional.

Join us:

Wednesday 26 - Sunday 30 October  
10am - 3pm each day

[www.wakefield.gov.uk/museums-and-castles](http://www.wakefield.gov.uk/museums-and-castles)  
[www.wakefield.50thingstodo.org/](http://www.wakefield.50thingstodo.org/)

**Free admission**

No need to book

Pontefract Castle, Castle Chain, Pontefract, WF8 1QH



50  
years  
of  
five

Regional Strategic Funding by  
ARTS COUNCIL  
ENGLAND

wakefieldcouncil



## 11-16 year olds STEAM Club

**TIMES** 11.00am - 12.30pm & 1.30pm - 3.00pm  
**LOCATION** National Coal Mining Museum  
**PRICE** FREE, transport cost support available.

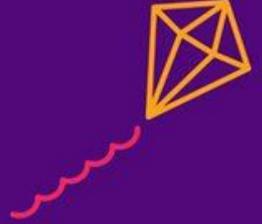
Enjoy a creative twist on your STEM subjects using authentic materials to explore some of the skills used in mining.

16 October	Turbines
27 October	Circuits
28 October	Engineering Coal Removal
20 November	Lung Dissection
20 December	First Aid Underground
15 January	Metal Ore Smelting
16 February	Gas Tests
17 February	Gas Mask Making
19 February	Neutralising Mine Water

Book : [www.ncm.org.uk/whats-on/steam-club/](http://www.ncm.org.uk/whats-on/steam-club/)  
 Email: [bookings.assistant@ncm.org.uk](mailto:bookings.assistant@ncm.org.uk)  
 Or call: 01924 848806

# HOME START

Wakefield & District



## Volunteer Coffee Morning Bring a Friend!

Upstairs @ Mocha Moocho, Wakefield  
 Wednesday 12th October  
 9.30am to 12pm



Join us for coffee and cake - Look forward to seeing you all there!

# KNOWING ME KNOWING YOU

FRIDAY, 30th SEPTEMBER

1pm - 2.30pm



Why are some people so last minute whereas you like to be well prepared in advance?

How do you cope with people who are so different from you?

What type are you? Come along and find out!

[www.eastmoorcommunity.co.uk](http://www.eastmoorcommunity.co.uk)  
 St Swithun's Community Centre  
 Arncliffe Road, Eastmoor  
 Wakefield WF1 4RR  
 01924 361212

IF YOU WOULD LIKE TO KNOW MORE ABOUT THIS COURSE PLEASE CONTACT RECEPTION FOR FURTHER DETAILS.

EASTMOOR  
COMMUNITY PROJECT LTD



### The Prince's Trust Team Programme

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

For regional contacts, locations and term dates click on the QR Code



### 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 2022.

FOR FURTHER INFORMATION, CONTACT OUR PRINCES TRUST TEAM AT [PRINCESTRUST@ASKHAM-BRYAN.AC.UK](mailto:PRINCESTRUST@ASKHAM-BRYAN.AC.UK) OR 01904 772277





# Take a break

Our Queen Departed.

Elizabeth, Queen of many lands,  
Now we see your life backwards.  
Through shifting sands,  
Slowly ebbing through the glass  
Of the lens; your images slowly changing, ageing,  
Through the time passing

Why didn't we cherish what we had?  
A Queen of style and timeless class.  
Why did I never meet you?  
I was never so good!  
But I saw you from afar and from a foot!

When you came to Tremough Campus,  
I cringed in the glamour of your star.

I saw you close at the Silver Jubilee; the Golden and the Platinum you were away from me.

The Trooping the Colour I'll never forget.  
Your eyes not looking on me my only regret.

And as we all now fear the future or feel trepidation.  
We believe, like you, the grandchildren will uphold your reputation.

We've shown our worth on the global stage;  
Pomp and pageantry of a bygone age.  
All four countries of the United Kingdom;  
The Commonwealth and farther dominion,  
Owe a debt to you for your love and service.

Today I wish you hadn't gone!  
You've left us for a heavenly home.  
Gone to meet your loved ones and ancestors who need you too,  
For the loyalty and devotion which epitomised you

Beverley Aitcheson September 2022