



The Supporter Newsletter

25 November 2022



South West
Yorkshire Partnership
NHS Foundation Trust

LEARNING TO
UNDERSTAND
A SUBJECT,
IS THE COURSE
THAT'S WELL
LED.
By Shannon.

01924 316946

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk

[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)
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@WakefieldDC

@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.

Six things we can all do to help each other

West Yorkshire
Health and Care Partnership

1

Health and care services are still here to help and safe to use. Save time by seeking medical advice and booking appointments online visit the NHS App or your GP practice website.

2

If something's not right but you know it's not life-threatening and you can't get to your GP practice, or the pharmacy is closed, visit www.111.nhs.uk or call NHS 111 for advice if you don't have access to the internet.

3

Use 111.nhs.uk if it's not an emergency and you need health advice quickly. The friendly team at NHS 111 will be able to help you get the care you need.

4

Get boosted by having your flu and COVID-19 vaccines when offered. If you are pregnant or have a long-term medical condition, get your free jabs as soon as possible.

5

Stay well and protect yourselves and others around you. Find self-care tips and local services information at togetherwe-can.com. Visit wyhealthiertogether.nhs.uk for trustworthy healthcare advice for parents and carers.

6

Continue to be kind to our staff and each other, including wearing a face mask whenever it makes sense to do so.

Please look out for your neighbours who may live alone or be lonely

Please look out for your neighbours who may live alone or be lonely

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

28th November

**Christmas
hessian hearts**

10am-12pm

1st December

**Enhancing self-
care & wellbeing**

1.30pm-3.30pm

5th December

**Tackling
loneliness**

1.30pm-3pm

8th December

Quitting smoking

1.30pm-2.30pm

11th January

**Creative
fitness**

11am-12pm

24th January

**Managing
anxiety**

10.30am-12.00pm

25th January

**Journaling for
wellbeing**

10am-12pm

26th January

**Boosting self-
confidence**

10.30am-12pm

26th January

**Everyday
first aid**

1.30pm-3pm

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
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



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

**Managing
depression**

**30th November
10am - 11.30am**

**Managing
anxiety**

**1st December
1.30pm- 3pm**

**Coping with
challenges**

**1st December
10am- 12pm**

**Christmas
gong making**

**2nd December
12.30pm- 2.30pm**

Quit smoking

**5th December
11am- 12pm**

**Dyslexia
awareness**

**8th December
10.30am- 12.30pm**

**Accepting
change**

**3rd February
1pm - 3pm**

**Youth first
aid**

**6th February
1.30pm - 2.30pm**

**Journaling for
wellbeing**

**20th February
1pm - 3pm**

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
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 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.

**FREE
course**

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

Creative fitness – trying something new for a better physical & mental wellbeing

Have you always hated the gym? Perhaps you've never found a kind of exercise or activity to keep you fit and healthy that you've actually enjoyed? Maybe you, like many many people, find gyms and fitness classes intimidating, anxiety provoking and uncomfortable? During our 12 week creative fitness course, run in partnership with Vibe Fitness, you'll get the opportunity to try some completely new and unusual fitness styles and classes that will show you what alternative (and most importantly fun!) types of exercise are out there. You'll try things such as Boogie Bounce, rocking out with drumsticks in Pound, combat style sessions in the form of Badass and Boxercise, and stretching and toning using giant rubber bands in Body Bands! You'll get to see the positive effect that this will have on your mental wellbeing, as well as your physical wellbeing, and will do so in a comfortable, welcoming, small and friendly setting.

11th of January 2023- 11.00am-12.00pm

12 Weeks

Vibe Fitness,

26 Wakefield Road, Normanton, WF6 2BT



**Face to
face
18+**



Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

With **all of us** in mind.

COVID-19, flu, and other respiratory infections

Respiratory infections, such as colds, flu, and COVID-19, are common at this time of year. Here's how you can keep safe.

Winter jabs

Vaccines offer the best defence against flu and COVID-19. The vaccines won't stop you catching the viruses, but they make you much less ill, and reduce the spread.

NHS COVID-19 boosters are now available for people over 50 and those at higher risk. It's also not too late to get your first or second dose if you haven't had them.

If you are eligible for a booster, you will be contacted by the NHS when it is your turn to make an appointment.

Please get your flu jab if you are eligible. They are available at your GP practice and community pharmacies.

It is safe to have the COVID-19 and flu vaccinations at the same time, but this may not always be possible. You can book each jab as soon as you are invited.



Choosing the right care this winter

Hospitals, GP practices, and other healthcare services can get very busy in winter. Getting the right care at the right time is important to keep well. Here is a guide to what services can help you, and when you should use them.

Only call 999 or go to A&E in serious or life-threatening situations.

If you need health advice quickly, but it's not an emergency, you can speak to a pharmacist. They can help with advice, and over the counter remedies if possible.



Visiting healthcare appointments and hospitals

You must wear a face covering if you attend a healthcare appointment or if you are visiting someone in hospital.

You must not visit someone in hospital if you have symptoms of a respiratory infection, such as a cough, cold, or sore throat.

When GP practices are closed, support for urgent same day health requirements can be accessed through GP Care Wakefield:

- Monday to Friday 5pm – 9.30pm
- Saturdays 9am - 5pm
- Sundays 9am - 3pm

Please call your usual practice number and you will be redirected to the service.

For urgent, non-life-threatening illnesses or injuries, King Street Walk In Centre in Wakefield is open from 10am to 10pm every day including bank holidays. You can call them on **01924 882350**.

Pontefract Urgent Treatment Centre (UTC) is available and open 24 hours a day, 365 days a year. To book an appointment, please ring NHS 111.

NHS 111 is available 24 hours a day, seven days a week. They can help if you have an urgent medical problem and are unsure of where to get help. Go to **111.nhs.uk** (for people aged 5 and over only) or call **111**.



Hygiene

Wash your hands, and clean the surfaces in your home or office regularly.

Feeling unwell?

Stay at home where possible or keep your distance from others if you feel unwell, to stop the spread of germs.

Fresh air

If meeting indoors, a supply of fresh air can help to stop the spread of respiratory infections. However, this may not always be possible in winter, as it may be too cold to open a window or door.

Keep warm, keep well

Living in a cold home can be very bad for your health. There are more colds and flu viruses circulating during the colder months and a cold home could make your symptoms worse. For some people, a cold home can increase the chances of having a heart attack, stroke, pneumonia, depression or low moods.

What temperature should my house be?

- **18 degrees** for healthy and active people under 65.
- **20 degrees** for people over 65, young children and babies or people with an existing illness.

Top tips for keeping warm and well

- You can use a hot-water bottle or electric blanket to keep warm while you are in bed, but do NOT use both at the same time.
- Eat well. Food is energy, which helps to keep your body warm. Try to have hot meals and drinks.
- Wrap up warm. A few thin layers of clothing will keep you warmer than one thick layer. Shawls or blankets will help when sitting.
- If you can, keep active round the house. This will help to keep your joints moving and keep you warm.
- Check in on your friends, family and neighbours to make sure they are keeping warm and well.

Warm spaces

Warm Spaces are places in your local community where people can gather for free in a warm, safe, welcoming place and enjoy a hot drink or food and some company.

Everyone has a right to be warm, so expect a warm welcome from the staff and volunteers when you visit.

To find your local Warm Space and the opening times visit www.wakefield.gov.uk/more-money-in-my-pocket/warm-spaces

Worried about the cost of bills or being able to keep your home warm?

You can find local support and advice on housing, energy bills and insulation, health, money and benefits by visiting www.wakefieldcouncil.com/costofliving

You might be eligible for the Healthy Housing scheme if you privately rent or own your home and need support with cold and damp, high fuel bills, a broken heating or hot water system or poor and hazardous housing conditions. Visit www.wakefield.gov.uk/housing/healthy-housing for more information.



Get ready for winter

To prepare for winter it's a good idea to:

- Stock up your cupboards with tinned goods and household items, so that you are not caught out by bad weather.
- Top up your credit and pre-payment meters. If you are worried about the cost of your energy bills, please visit www.wakefield.gov.uk/more-money-in-my-pocket
- If you take regular medication, order more from your GP when you are down to your last seven days' supply. Many pharmacies can deliver to your home – why not give your local pharmacy a call to check? Please remember when taking any medicines to follow the advice of the doctor, nurse or pharmacist. When using medicine bought over the counter, always read the instructions and never go over the suggested dose.



Winter Wellness

Have a healthy winter

For tips and advice this winter
www.wakefieldcouncil.com/winter-wellness

wakefieldcouncil

Worried about putting the heating on?



Find your nearest Warm Space and enjoy hot refreshments and some company.

wakefieldcouncil.com/
WarmSpaces

Working together to improve services for unpaid carers



Information packs outlining place-specific information and support for unpaid carers have been created for Primary Care professionals to help them identify unpaid carers and signpost them to support services.



Our ambition is to have a pack in every GP surgery in our area by the end of 2022



is offering you a

WARM SPACE

Warm spaces are places in your local community where people can gather for free in a warm, safe, welcoming place and enjoy a free hot drink and food with company

STARTS THURSDAY 24TH NOV

Thursday 9am - 1pm

Friday 9am - 1pm

extra days being added next week

Everyone has a right to be warm, so expect a warm welcome from our staff and volunteers when you visit

Funded by



Wakefield Road, Kinsley WF9 5BP

Tel: 01977 610931

Made with PosterMyWise

Visit our WARM SPACE at St Swithun's Community Centre Starts Monday 14th November Monday - Wednesday 3.30-7pm

EASTMOOR COMMUNITY PROJECT LTD

- Free Food and Hot Drinks available
- Games, crafts, film club, IT opportunities
- iSpace; football and sport games on Monday 3.45-4.45pm
- Fun Activities and Games on Tuesday 4.30-5.30pm
- Quiet area to read and relax

Expect a warm welcome from the staff and volunteers when you visit



ST SWITHUN'S COMMUNITY CENTRE,
Arncliffe Road, WF1 4RR
t: 01924 361212



Help for Households

Help is available now for every household

There are over 40 schemes to help with the cost of living.

See what you're eligible for at:
gov.uk/helpforhouseholds

Better Health every mind matters



Feeling anxious? Simple breathing exercises could help.



Search Every Mind Matters

info@theurbancommune.co.uk

OPEN MIC CALLOUT

acoustic performers wanted

Wednesday 30 November
as part of Artwalk Wakefield

slots available between 5pm - 8pm



URBAN Commune
www.theurbancommune.com

UTHINK CREATIVE HUB
Westgate Retail Park
Ings Road
Wakefield
WF2 9SD





GIVE A GIFT



WE'RE CALLING FOR DONATIONS OF CHILDREN'S TOYS TO GIVE TO THOSE IN NEED THIS CHRISTMAS.

New or pre-loved Drop off by Monday 12th December

Suitable for boys and girls, babies to teenagers Toys, games, cars, dolls, gift vouchers etc.

DONATION POINTS

Groundwork Yorkshire
Environmental & Business Centre,
Merlyn-Rees Avenue, Morley,
LS27 9SL
Monday - Friday
9am - 4pm
leeds@groundwork.org.uk

Hopeful Families
Wakefield Kirkgate Station,
Station Masters House,
Monk Street, WF1 4EL
Monday
9am - 3pm
Or contact 07971 880 423
erika.smith@groundwork.org.uk



Hopeful Families offers opportunities to build hope, confidence and skills for people who are not in work. It is funded by the European Social Fund and the National Lottery Community Fund.

TURNING POINT
inspired by possibility



Inspiring Futures

Drug & Alcohol Prevention, Treatment and Recovery Service for any persons under the age of 25 within the Wakefield District

At Turning Point Inspiring Futures, we provide support and advice for younger people under the age of 25 experiencing problems with drug and / or alcohol use, to stop or reduce that use and minimise the harmful effect that may have. We offer:

- * One-to-one Key Work Sessions
- * Recovery Planning
- * Harm Reduction Advice
- * Structured Groupwork Programmes
- * Working with Schools and Other Providers

We also offer a Family and Carers advice service in Partnership with Family Action and access to support from our Mental Health Nurse linked to Child and Adolescent mental Health Service

Contact us on: 0300 123 1912



Turning Point - Registered Charity 234887
Standon House 21 Mansell Street London E1 BAA
Created in RightMarket - 30/11/2021 - 09:58:28

SCAN ME



Mindful Menopause

Your menopause, your way



A 5 week course facilitated by MenoHealth leader- Sue Copeland in partnership with Bring Me To life Women's Wellness CIC:

Over 5 weekly 1 hour sessions you will get an opportunity to discuss all about the menopause, hot flushes, HRT, self-care, anxiety and sleep, in a safe and supportive group.

- WHEN: Monday 9th, 16th, 23rd, 30th January & Monday 6th February
- TIME: 6.30PM - 7.30PM
- WHERE: St Mary's Community Centre, Pontefract

Email catherine@bringmetolife.co.uk for more information and to book



KNOW THE 4Ts OF TYPE 1 DIABETES

TOILET
THIRSTY
TIRED
THINNER

A registered charity

SAMARITANS

Whatever you're facing
We're here to listen

Call free day or night on
116 123

Email
jo@samaritans.org

samaritans.org

Take a break

Merry Christmas

Christmas rag wreaths

Our Workshop was a big hit look at the Christmas rag wreaths made in the workshop.

