



The Supporter Newsletter

24 March 2023



South West
Yorkshire Partnership
NHS Foundation Trust



01924 316946



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefelddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefelddiscoverycollege

With **all of us** in mind.



College update

The team are pleased to welcome its students to our colleges. We are delighted to receive such positive feedback from lots of people attending. Our courses can get booked up quickly, which is why we have reserve and waiting lists in place.

Please be kind and remember we need you to confirm that you will be/will not be attending a course you are booked on at least 7 days before the course starts.

When you receive your booking confirmation, why not write a reminder in your diary, on a calendar or post it note, as a prompt to get in touch with us? We also send you a reminder 10 days before your course begins. Just two minutes of your time contacting us helps the College to offer places fairly to everyone and gives our tutors the time to prepare any workbooks or materials needed on the course.

Thank you.

The College is now able to send our students text messages but unfortunately we cannot receive incoming text messages.

If you need to contact the college please either ring or email us. If there is no reply by phone please leave your name and telephone number and we will contact you as soon as possible.



The college would like to hear your ideas of what course topics you would like us to offer next term.
Any ideas?
Then please get in touch with us



Would you like to spare a hour or two of your time working with our team as a volunteer?
If so, why not give us a call and we can tell you more....



Reminder, all courses with the College close for enrolment two weeks before the start date, you can still enrol and we will add your name to the waiting list





Yorkshire Ambulance Service NHS Trust

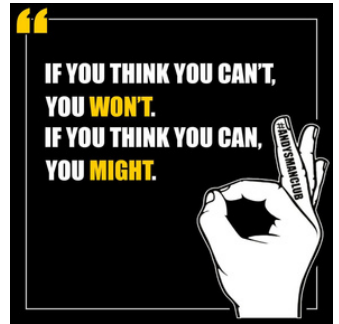
3h · 🌐

If you take certain tablets or insulin, fasting during Ramadan could lead to low blood sugars. It's important to know the symptoms and to test your blood sugars more often during the fast.

Learn more. <http://ow.ly/RFJa50NnJA2>



DIABETES AND RAMADAN



Defibrillator Heart Restarter

Anyone can use it
No training necessary



For an unconscious person
NOT breathing normally



Call 999

Start CPR

Switch on defibrillator

Follow its instructions

Resuscitation Council (UK)



NHS
Yorkshire
Ambulance Service
NHS Trust



HOW TO DO CPR

Cardiopulmonary resuscitation, or CPR for short, is a simple life-saving technique given to someone in cardiac arrest. It aims to take over the job of the heart and lungs by keeping blood and oxygen flowing through the body.

1

CHECK FOR DANGER

Look around for risks to make sure you won't be putting yourself in danger by helping.



2

CHECK FOR RESPONSE

Gently shake the person by the shoulders and ask if they can hear you.



3

SHOUT FOR HELP

If you don't get a response and the person is not breathing or not breathing normally (do not put your face next to theirs when checking), they are in cardiac arrest and you should shout for someone to help you.



4

CALL 999

Call 999 and make sure an ambulance is on its way. You will be talked through what to do and given the location of a defibrillator if there is one nearby.



5

COVER MOUTH AND NOSE WITH CLOTH

If you think there is a risk of infection, place a cloth, towel or piece of clothing loosely over the patient's mouth and nose.



6

START HANDS-ONLY CPR

Put your two hands together and interlock your fingers, place your hands in the centre of the chest and push hard and fast to the beat of 'Stayin' Alive' or Baby Shark. Keep going until professional help arrives or the person starts to regain consciousness.



7

USE A DEFIBRILLATOR

Please see our 'How to use a defibrillator' poster.



24 hour Mental Health Helpline

0800 183 0558

Support, advice, information and guidance. A confidential helpline for anyone seeking support for their mental health or their carers.

Available to anyone registered with a GP in:
• Calderdale • Kirklees • Wakefield • Leeds • Barnsley

Service provided by:
NCHA
Care and Support



Crafting4good are looking for new large premises in the centre of Wakefield - can you help?



If so please contact Adele
01924 965712 or
adele@crafting4good.org

WY-FI+ launch event

If you're passionate about improving services for people with multiple and complex needs, book your free place at the launch of WY-FI+ in Wakefield.

WY-FI+ is a navigator service which connects vulnerable adults to essential support services and helps them to address their health needs, encouraging positive lifestyle changes.

In this morning session, Spectrum will introduce our new brand for WY-FI+ and showcase how we support people with multiple needs, including those affected by:

- Homelessness
- Addiction
- Repeat offending
- Mental ill health
- Domestic abuse

There will be complimentary refreshments and snacks.

When: **Wednesday 26 April, 9:30am-12pm**

Where: **Spectrum Community Health CIC
One Navigation Walk,
Wakefield,
WF1 5RH**

[Click to book your place!](#)

A helping hand for
our local community



**FREE
course**

Freedom from fibromyalgia

This introductory course, run in conjunction with Be True To You Recovery CIC, Kelly will provide an overview of fibromyalgia, what it is and how it affects people in different ways. Throughout this course we will explore the different areas of our lives and how we can make adjustments to reduce our symptoms and allow for a better quality of life. The course will cover nutrition, sleep, pain management, relationships, employment & finance, mental health, mindset & values. This is an interactive course where you can share your experiences if you wish to do so. We will also provide some resources, direction to future support & guidance to building a support network for your recovery journey. You are not alone and there is hope for recovery. Please bring anything that would make you more comfortable; cushions, layers of clothing or a bottle of water and an open mind! If you are unable to attend this as a face-to-face course, please let us know as you can also access this course online via Microsoft Teams

25th of April 2023- 1.00pm-3.00pm

Pontefract Library
Shoemarket, Pontefract WF8 1BD

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.

Wakefield Recovery and Wellbeing College Home of the Discovery College

**Wakefield Recovery and Wellbeing
College**

Opened in 2014 as part of the NHS
offering support for people age 18+

Wakefield Discovery College
Launched in 2022 as part of the
Wakefield Recovery and Wellbeing
college for young people aged 16-25

The college encompasses all health and wellbeing, both physical and mental, through education, learning and peer support. Recovery is a personal journey which means something different to each of us but you are not alone!

**Join our
Community**

**Discover
Hope**

**Find your
Identity**

**Create
Meaning**

**Be
Empowered**



We run short courses and one off workshops to support you to; understand and manage health conditions, find new skills and interests, build strengths and inner resources, engage in physical activity and become an expert in your own self-care.



Our sessions are from a non-clinical focus and are co-produced and co-facilitated by experts in their field and peers with lived experience. Our sessions are developed with partners in the community, charities, Trust staff and volunteers.



We are open to anyone - if you want to improve your own wellbeing or knowledge in a particular area, enrol with us! You do not need to be in poor health to start your journey. You might want to support yourself or think that gaining knowledge and skills would benefit someone else, everyone is welcome.



All our sessions are free of charge and you are able to access one or more of our courses at a time.



We are not postcode restricted and no referral is required! You can enrol on our website, over the phone or via a paper form. This will lead on to a conversation with a member of our team to complete an Individual Learning Plan to understand your specific needs and book you on to our sessions.



You can be part of our community for as long as you like but our aim is to support you to access community services when you feel ready. Many of the volunteers who facilitate our sessions were once students at the College, so in time and with growing confidence the opportunities are endless!

6 Week Recovery Programme



An initial telephone consultation
&

Your own personalised 'Health & Wellbeing Prescription'
includes access to
Recovery Wellness Action Plan workshop
Nutrition workshop
Weekly movement sessions
&

A beautiful mixture of Yoga, Acupuncture, Reiki, EFT,
Hypnotherapy & Creative Arts over the 6 week

Programme one launches in May
@ The Ferrybridge Community Centre

*Eligibility criteria applies
Please email for a referral form
enquiries@betrue-to-you-recoverycic.org



Funded by
**COMMUNITY
FUND**

With all of us in mind.

If you would like to find out more, you can contact us at:
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)
[@wakefieldrecoverycollege](https://www.instagram.com/wakefieldrecoverycollege)
[wW-RecoveryCol](https://www.youtube.com/channel/UCwW-RecoveryCol)
[wakefieldrecoverycollege](https://www.linkedin.com/company/wakefieldrecoverycollege)

With all of us in mind.

Home Safety advice to read with your child before they try to do the crossword...



Kids Corner



Turn off all electrical appliances before you go to bed at night, such as televisions, games consoles, mobile phone chargers etc. you do not need to turn off your fridge / freezer!!



Make sure you have an escape route planned just in case of emergency and ensure everyone in the house practices this so they know what to do. This can be a fun game to play with younger children.



Keep all escape routes clear, make sure there are no trip hazards on your exit routes around the house. If there aren't, clear these away, you wouldn't be able to see them if smoke was hindering your vision and it could prevent you from escaping from the property.



Too much clutter in your rooms can help intensify the spread of the fire.



Make sure you have a mobile phone or a house phone in your bedroom at night. Using a phone is the easiest way of alerting the emergency services to your situation.



Close all internal doors at night time. This will help keep a fire back from spreading around your house and help your escape from the property.



Ensure you test your smoke alarms regularly, we advise to test weekly. A smoke alarm is your early warning to a problem in your house. A smoke alarm also needs to be cleaned approximately every 6 months to keep the sensors clear - you can use a vacuum.



Keep your house keys where everyone in the house can find them and know where they are. Don't have them in a place that is visible from the outside.



Once your out of the property, don't go back in for any reason. Once out, stay out!



Fill in the missing letter to make a word of something you would find in your kitchen. Use the list of letters below to help you. Cross the letter out when you have used it

U	C		P
	H	O	
G	M	U	
		A	N
A	P	O	
	T		P

U

G

A

B

P

T



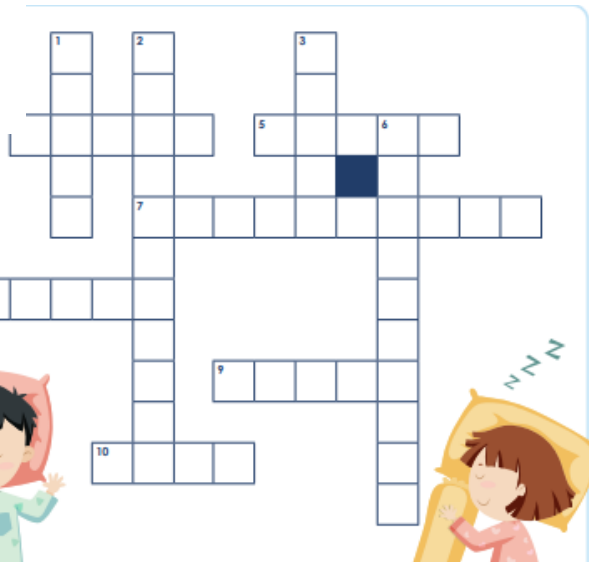
TOP TIP:
Make sure you don't distract your mum and dad when they are cooking. Leaving cooking unattended can start a fire!



Share your finished work with us @WYFRS #FireSafetyFun



FIND 5 DIFFERENCES BETWEEN PICTURES



Across

- You need to close these on a night to help keep the fire back if one starts.
- Plan a what and make sure everyone knows how to escape?
- What will sound to alert you to a fire in your home?
- Too much of what can intensify the spread of a fire in your home.
- These need to be kept clear so you can get out in an emergency.
- What do you need to keep where everyone knows where they are should they be needed in an emergency?

Down

- A fire gives off poisonous what when it burns?
- If you have a fire in your house, what service to you need to ask the operator for when you ring 999?
- What would you need to use to call the emergency services?
- Turn off your what before you go to bed at night?

Are your finished work with us @WYFRS #FireSafetyFun

TOP TIP:
Work in pencil so you can rub out any mistakes!



Water Safety

There are many hidden dangers, when entering canals, rivers and reservoirs, that have tragically taken lives.

The number of accidental drownings in our region is on the rise.

Anything below 15°C is defined as cold water and can seriously affect your breathing and movement, so the risk is significant all year round, even on hot days, and even for strong swimmers.

Please #BeWaterAware



West Yorkshire
Fire & Rescue Service

Float to Live

- Lean back extend arms and legs
- Control your breathing
- Call for help or swim to safety



If you see someone in difficulty
in the water call 999 ask for FIRE

#BeWaterAware
westyorkfire.gov.uk

Do you work
from home?

then read
this
important
information

Making your office or workspace safe from fire

- Ensure all your electrical work equipment such as PCs, laptops, phones and printers are in good working order.
- If you don't have enough plug sockets for your office equipment, consider getting a certified electrician to install some extra sockets.
- Only use chargers and adaptors which you have purchased with your equipment – or those recommended by the manufacturer.
- Don't overload plug sockets – use this overloading socket tool here .
- Replace any old block adaptors with 4-way multi-gang adaptors.
- Don't overload your 4-way multi-adaptors or daisy-chain them by joining them together.
- Watch out for signs of plugs getting hot or showing signs of scorching.
- Keep combustibles such as paper, fabric etc. away from your equipment, including the wiring and sockets.

During your working day

- If you smoke, smoke outside your property and ensure that cigarettes are extinguished properly when done.
- Take regular breaks from looking at your screen.
- Keep drinks away from any electrical equipment.
- Avoid trailing wires which may cause a trip hazard.
- Always use your laptop on a hard surface if possible – this will allow for appropriate ventilation.
- If you have an office chair, make sure it doesn't get tangled up in any trailing wires.
- Store any papers and files safely and away from any exit routes and sources of heat.
- At meal breaks, take care not to be distracted when cooking – this might be more difficult than usual if you have children at home or your phone is always ringing.

The college ran a Pebble Painting workshop this week for the first time and the feedback from our students was really positive, so much so, we are going to run another course later in the year. All our students did a great job of painting the pebbles, especially as they had never tried this craft before. See the photos below of their work. Well done everyone

Some of the feedback included:-



- 'delivery of the course was excellent'
- 'really inviting course'
- 'learnt a new skill to take away'
- 'need the course to be a longer time'
- 'would like to do a more advanced course'
- 'Friendly and helped me meet new people'



Watch out on our 'I'm looking for a course' section on our website for the next course date!



EXPLOITATION CAN HAPPEN TO ANY CHILD, ANYWHERE.

Question what you think you know.
Question what you see and hear.

TAKE ACTION NOW AND HELP KEEP CHILDREN SAFE

SAY SOMETHING, IF YOU SEE SOMETHING SUSPICIOUS.

Crimestoppers  OR Police
0800 555 111 **101**

For more information about how you can prevent this from happening visit stop-ce.org
or to help give children a voice donate online at stop-ce.org/donate



Allerton Bywater, Kippax, Methley and Villages Police and Communities Together (PACT) Meetings

The Police and Communities Together Meetings for residents in the Allerton Bywater, Kippax, Methley and Villages ward areas, will be held at:

St Mary's Church Annexe, Station Road, Allerton Bywater WF10 2DH

All meetings will be held on Wednesday's evenings at:

19:30 hours – 20:30 hours

The meetings will be held on the below dates:

29th March 2023

21st June 2023

13th September 2023

6th December 2023

28th February 2024

Officers look forward to meeting and speaking with residents in person about local priorities, issues and concerns.

Join us and have a say in how your local neighbourhood, is policed.



80,000 people in the UK view sexual images of children online.



Are you worried someone you know is one of them?

It's difficult to think about, and harder to talk about - but you can talk to us.

HELP IS AVAILABLE FOR OFFENDERS AND THEIR LOVED ONES
#STOPITNOW

DON'T IGNORE ANY WORRIES YOU HAVE.
VISIT get-help.stopitnow.org.uk
OR CALL THE CONFIDENTIAL STOP IT NOW!
HELPLINE ON 0808 1000 900

stop it now!
Together we can protect



WEST YORKSHIRE
POLICE



Controlling behaviour, financial abuse or violence is Domestic Abuse



If you SUFFER, SEE or SUSPECT, find help here:

www.westyorkshire.police.uk/elderabuse
Call 101 for non-emergencies or 999 in an emergency

 **West Yorkshire Violence Reduction Unit**
Tackling Violence Together

 **Office of the Police & Crime Commissioner**
West Yorkshire

 **WEST YORKSHIRE**
POLICE

What's coming up at the Wakefield Recovery College



What's coming up at the Wakefield Discovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

16-25
year olds

Self-advocacy &
Confidence Building for
People with Learning
Disabilities

24th March
10am - 2pm
Wakefield Town Centre

**Coping with
challenges**

29th March
12pm - 1pm
Online

**Managing
anxiety**

19th April
1.30pm- 3pm
Online

**Dyslexia
awareness**

20th April
10.30am - 12.30pm
Online

**Scrapbooking
for wellness**

21st April
1pm - 3pm
Wakefield Town Centre

Youth first aid

21st April
10.30am - 11.30am
Wakefield Town Centre

**Looking after
your sleep**

3rd May
1.30pm-3pm
Online

Creative Fitness

3rd May
7th June
More dates available
3pm - 4pm
Normanton

**Managing
depression**

10th May
1pm - 2.30 pm
Wakefield Town Centre

**Accepting
change**

15th May
1pm-3pm
Online

**An Intro to
Personality Disorder**

5th June
10am - 12.30pm
Wakefield Town Centre

Youth first aid

30th June
11am - 12pm
Wakefield Town Centre

If you would like to find out more, you can
contact us at:
www.wakefieldrecoverycollege.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk
01924 316946

Discovery College
Part of Wakefield Recovery and Wellbeing College

What's on in the community

Citizens Advice Drop in Service

FREE, Confidential & Independent information & advice on welfare benefits, debt & money, consumer rights, problems at work, housing, family & more.

**EVERY FRIDAY
10AM - 12 NOON**

ST MARY'S COMMUNITY CENTRE
THE CIRCLE
CHEQUERFIELD, PONTEFRAC
WEST YORKSHIRE
WF8 2AY

01977 705341
stmarys@stmaryscommunity.co.uk



citizens advice Wakefield District

Happy Healthy Holidays

Nutritious Food and Refreshments Provided **FREE** For Children 0 - 11 years

Happy Healthy Holidays is back this Easter!
at Pomfret Family Hub
Wednesday 12th April 2023 @ 10.30 - 14:30

Happy Healthy Holidays offers a range of exciting activities that are **FREE** to children and young people who are in receipt of and eligible for benefits-related free school meals

Come along for lots of fun activities!

- Face Painting
- Plant Pot Painting
- Pebble Painting
- Potting Plants
- Animal Farm
- All FREE and much more...

To book your place contact:
Pomfret Family Hub
Rookhill Road
Pontefract
WF8 2DD
Tel: 01977 722644

Find and book FREE local activities by visiting:
www.wakefield.gov.uk/schools-and-children/happy-healthy-holidays
or scan the QR Code



Department for Education

ST MARY'S COMMUNITY CENTRE

IT WELCOME TO LEARNING EVENT APRIL 2023

Meet the staff and see the centre! Get advice and information about the range of IT courses we have to offer!

Courses available for all levels.

All IT courses are FREE!



CONTACT THE CENTRE ON 01977 705341 OR VIA EMAIL
stmarys@stmaryscommunity.co.uk

St Mary's Community Centre
The Circle, Chequerfield
Pontefract
WF8 2AY

Open Country

out there together

Open Morning

Come along to meet the Open Country team and find out about our four countryside day service groups. Open to any adult with a learning disability or autism, as well as their carers and family members.

Saturday 1st April 2023, 10am - 12pm
Thornes Park Nursery, Off Thornes Road, Wakefield, WF2 8QE

A great opportunity to try your hand at one of our four weekday activity day services - Trailblazer Group, Nature Force Group, Walking Group or the Wild Things Group. Taster activities are available with our friendly staff and volunteers. Booking preferred please.




07426 716677
wakefield@opencountry.org.uk
www.opencountry.org.uk/wakefield

COMMUNITY FUND



PARTY WITH A PICNIC IN THE PARK

Friday 5th May 3.15 til 5.15

Celebrating the Coronation of King Charles III

ENTERTAINMENT FROM THE LOVELY ELLEN ROY AND COPY CATS
MEET THE ROYAL MICKEY AND MINNIE

Facepainting, balloon modelling, tug of war, adult and childrens egg and spoon races, fun games plus much more

Pick up a ticket for your free picnic at Havercroft and Ryhill Community Learning Centre Mon - Fri 9 til 4.
Tickets can be collected up to 26th April. There is limited availability, so get one before they're gone!