



# The Supporter Newsletter

21 April 2023



01924 316946



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



[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
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@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefielddiscoverycollege

With **all of us** in mind.

## AFFIRMATIONS

FOR

# Anxiety



**THIS IS ONLY TEMPORARY**



**I AM IN CONTROL**



**I CAN TAKE THINGS ONE STEP AT A TIME**



**I'VE MADE IT THROUGH BEFORE AND I'LL MAKE IT THROUGH AGAIN**



**ANXIETY DOES NOT DEFINE ME**

Hello readers,

The team here at the College hope you are continuing to enjoy reading the weekly newsletter. Can you believe we are now on edition 151 and 'The Supporter' is circulated to thousands of readers a week. Thank you to everyone who helps by sending copies out to their service users, colleagues, patients, parishioners, volunteer, carers and others. As our College district is not restricted, this allows us to reach out far and wide and welcome students to the College from as far as Wales, the Midlands, Northumberland and even Portugal.

Do you have any ideas of topics you would like to see in future editions? If so then please let us know and we will try to include them, thank you.



### Emergency Alerts: What you need to know



This April, the Government will send a test alert to people's smartphones and tablets. This is for their Emergency Alerts system, alerting people about situations like severe flooding and fires in their area.



The test alert will be sent to everyone on **Sunday 23rd April**.

It will include a text message, will vibrate and make a siren noise for around 10 seconds.



You can opt out of getting an alert.

You won't get a message if your device is either on Airplane mode, turned off, is Wi-Fi only or is incompatible.



To opt out, you need to take these steps:

- 1) Search your settings for 'emergency alerts'.
- 2) Turn off 'severe alerts' and 'extreme alerts'.



The college can now send text messages to students, however our system does not accept incoming text messages at this time....

Don't forget to contact the college at least 7 days before your course/workshop starts to let us know if you are attending or not. Unfortunately if we don't hear from you by this time there is a risk your place may be cancelled



We are testing Emergency Alerts on mobile phones across the UK **23 April**

Our new way to warn you when lives are in danger  
Find out more at [gov.uk/alerts](http://gov.uk/alerts)



# Job and volunteering opportunities



**st george's**

## WE ARE HIRING

**QUALIFIED EARLY YEARS PRACTITIONER**

- Working at Childcare @ Sandal
- Full time 37hrs per week
- Pay dependant on age, experience and qualification (minimum level 2 required)

**ENQUIRE NOW**

**CONTACT US**  
Phone: 01924 369631  
Email: [recruitment@stgeorgeslupset.org.uk](mailto:recruitment@stgeorgeslupset.org.uk)

## JOB CLUBS!

Join Our Session

**Tuesday**  
9:30-4:00 - Castleford Library

**Wednesday**  
9:30-12:00 - South Elmsall Library  
1:00-3:30 - Pontefract Library

**Thursday**  
12:00-2:00 - Soup4EM South Kirkby

\*appointments available on other days, contact the team to book\*

**MORE INFO**  
Contact Beth on 07872060010 or Koren on 07816546879 or alternatively email [hello@newground.co.uk](mailto:hello@newground.co.uk)



Revision   newground together 

Could you support an older person as they regain confidence to go back out in the local community?



01977 552114



## Step Out Volunteers

### Community & Enterprise Development Manager- Nova Wakefield District


Location: Wakefield District  
Hours: 37.5 hours per week  
Contract: Permanent  
Salary: £36,500 per annum  
Application deadline: 09/05/2023

This is an exciting time to join Nova as we launch our newly written business plan. You will lead a highly skilled team and support them in their essential work within communities and VCSE Sector Organisations across Wakefield District. We're a friendly bunch to work with and you'll get a range of brilliant benefits!

For more information, visit: <https://www.nova-wd.org.uk/jobs/community-enterprise-development-manager>

## Wakefield Recovery and Wellbeing College

Home of the Discovery College



The Wakefield Recovery and Wellbeing College and the Discovery College provides free courses and workshops that can help anyone aged 16+ with their wellbeing and recovery journey.

Recovery is a personal journey! It's about building lives, creating opportunities, taking control and instilling hope. Your journey may involve you becoming an expert in your own self care, finding new skills and interests or building on your strengths and inner resources.

**Our courses can support with all of this!**

### Volunteering with the College

We welcome anyone over the age of 16 who feels they have the understanding and expertise to work with and share their experiences with our students.

Being a volunteer at the Wakefield Recovery and Wellbeing College is an opportunity to boost your skills, as well as give something back if you wish. We have lots of roles available and we would welcome and support anyone who would like to volunteer within the College.

Co-Producer	Co-Facilitator	In-reach Co-Facilitator	Study Partner
Supportive Administration	Study Partner	Promotion and Marketing	

If you'd like to get involved, but aren't quite sure about committing to be a volunteer, we also have "Friends of the Recovery College" opportunities (which also encompasses our Discovery College). This is a more informal way of getting involved with things like shaping what the Colleges look like, looking at future courses to see if they fit with what our audience expect, or even contributing to the weekly newsletter "The Supporter".

**Whatever your motivation – we can help you do it.**

If you can get involved or if you want to know more about what is going on, get in touch, we would love to hear from you.

01524 310346  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
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[wakefieldrecoverycollege@nhs.uk](mailto:wakefieldrecoverycollege@nhs.uk)  
[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)  
[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)  
@WRF Recovery Coll  
@WakefieldDC  
@Wakefieldrecoverycollege  
@Wakefieldrecoverycollege

With all of us in mind.

## Wakefield Recovery and Wellbeing College

Home of the Discovery College



## Courses out in the community

### Course Details

Reference Number:  
C3681892  
Dates:  
05/06/23 - 17/07/23  
Time:  
1pm - 3pm  
Venue:  
St Marys Community  
Centre  
The Circle  
Chequerfield  
Pontefract  
WF8 2AY  
Cost: £53.20\*

## Crochet For Summer

Join us for this course where we will use crochet to get us set up for the summer season. We will look at making summer hats, barefoot sandals and other summer accessories to help protect from the sun and enjoy the summer in style.



### How To Enrol

Please register your interest by referencing the course number and emailing [wyskills@wea.org.uk](mailto:wyskills@wea.org.uk)

\*If you earn under £21,255 or receive a means-tested benefit your course will be fully funded.

**WEA**  
Adult Learning Within Reach

West  
Yorkshire  
Combined  
Authority

The WEA is a charity registered in  
England and Wales (1112775) and in  
Scotland (SC039239).

FREE

inspire  
arts  
group

Tuesday 1pm to 4pm

all equipment supplied - free hot drinks

the **URBAN**  
Commune  
creative wellbeing hub  
[www.theurbancommune.com](http://www.theurbancommune.com)

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



### Online Self Management Programmes

#### New Beginnings for Mental Health

A 7-week programme for those living with depression and/or anxiety. Tools and techniques to help improve our mental health

#### General Self-Management

A 6-week programme for anyone living with any type of long-term health condition. Tools and techniques to help us stay healthy and improve our wellbeing

#### Cancer-Thriving and Surviving

A 6-week programme for those who have finished their cancer treatment. Tools and techniques to help manage the impact of cancer and focus on moving forward after treatment. Family members also welcome

Dates can be found on our programmes/workshops page by visiting our website: [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)

Contact Live Well Wakefield on 01924 255363 or email [paul.boyd@swyt.nhs.uk](mailto:paul.boyd@swyt.nhs.uk)



## THE COMMUNITY COSTUME EMPORIUM WORKSHOPS!

JOIN EMPATH ACTION CIC FOR EASY TO FOLLOW WORKSHOPS WHERE WE WILL LEARN HOW TO USE FUN SEWING AND ARTISTIC TECHNIQUES TO UPDATE OR EVEN REPAIR FAVOURITE PIECES OF CLOTHING THAT ARE PAST THEIR BEST! TO BOOK YOUR PLACE EMAIL [hi@empathaction.org](mailto:hi@empathaction.org)

### WORKSHOPS

TASTER SESSION: LEARN THE PRINCIPLES OF REUSING AND REPURPOSING AS WE MAKE VALENTINES AND RHUBARB THEMED KEEPSAKES.

1. APPLIQUE. RECYCLE OLD PATTERNED FABRIC AND SEWING ONTO ANOTHER SQUARE OF FABRIC.
2. SASHIKO USING A SQUARE OF FABRIC LEARN HOW TO REPAIR JEANS WITH AN ART FROM JAPANESE SEWING.
3. SASHIKO 2: CONTINUING WHAT WE LEARNED IN WEEK 2.
4. BORO 1: USING A SQUARE OF FABRIC LEARN HOW TO RENEW CLOTHES. A JAPANESE ARTFORM COMBINING WITH SASHIKO.
5. BORO 2: CONTINUING OUR WORK FROM WEEK 4 WITH BORO AND SASHIKO.
6. STENCILLING/STAMPING. USING A SQUARE OF FABRIC, AND FABRIC PAINT.
7. FABRIC PAINTING 1. USING A SQUARE OF FABRIC, AND FABRIC PAINT. INCLUDING NATURAL DYEING USING TEA, COFFEE TO GIVE NATURAL FIBRE CLOTH A VINTAGE LOOK.
8. FABRIC PAINTING 2. EXPLORING MORE OF WHAT WE LEARNED IN WEEK 7.
9. EMBROIDERY 1. DECORATE A SQUARE OF FABRIC WITH EMBROIDERY STITCHES, AND OTHER EMBELLISHMENTS SUCH AS LACE, BEADS, BUTTONS AND SEQUINS ETC.
10. EMBROIDERY 2. CONTINUING WHAT WE LEARNED IN WEEK 9.

### DATE + TIME

WEDNESDAY FEB 15 - 11AM TO 1PM

WEDNESDAY MARCH 1 - 11AM TO 1PM

WEDNESDAY MARCH 8 - 11AM TO 1PM

WEDNESDAY MARCH 15 - 11AM TO 1PM

WEDNESDAY MARCH 22 - 11AM TO 1PM

WEDNESDAY MARCH 29 - 11AM TO 1PM

WEDNESDAY APRIL 19 - 11AM TO 1PM

WEDNESDAY APRIL 26 - 11AM TO 1PM

WEDNESDAY MAY 3 - 11AM TO 1PM

WEDNESDAY MAY 10 - 11AM TO 1PM

WEDNESDAY MAY 17 - 11AM TO 1PM



## Improve Your Skills in Excel

YOU WILL NEED:  
a basic knowledge of Microsoft Excel.

YOU WILL LEARN:  
various formulas and functions, including statistical functions and using logical 'IF' functions;  
working with multiple worksheets;  
conditional formatting;  
working with charts and graphs.

This FREE COURSE will  
boost your confidence

Wednesdays 10am-2pm at **St George's**  
3rd May - 21st June 2023



To register your interest please email [wyskills@wea.org.uk](mailto:wyskills@wea.org.uk) quoting the course reference number **C3681846**.



# Vegetable pasta bake

## Ingredients

Red and yellow pepper - cut into bite size chunks  
150g fresh cherry tomatoes  
400g tin of tomatoes  
2 garlic cloves (optional)  
300g penne pasta (or other pasta)  
150g mozzarella cheese, chopped and drained  
2 tablespoons pesto  
2-3 tablespoons parmesan cheese  
salt and pepper to taste



## Method

Put oven on at 190 degrees (C) electric or gas mark 5

Add all the veg and garlic to a baking tin, except tomatoes.

Drizzle with olive oil.

Place in middle of the oven until veg is soft

Remove from the oven and stir.

Add tomatoes and pesto and return to the oven to cook for a few minutes.

In a pan boil the penne pasta as shown on the packet.

Remove cooked veg from the oven, give it a stir and add 4-6 tablespoons of water used to cook the pasta into the tray and stir again.

Add the mozzarella cheese and the drained pasta.

Season with salt and pepper and return to the oven until the cheese has melted.

Once melted take out of the oven and sprinkle with parmesan cheese.

Serve with salad or jacket potato and garlic bread.



## Wellbeing Word Search

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

relaxation	believe	positivity	activity
selfcare	connectedness	fun	discover
change	purpose	beauty	selfappreciation
enjoyment	goal	wellbeing	health
wisdom	inspire		

## Gardening

### Word Search Puzzle



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



CLIPPERS	RAKE	SUNSHINE
COMPOST	SEEDS	TILLER
FLOWERS	SHEARS	TROWEL
GARDEN HOSE	SHOVEL	VEGETABLES
GLOVES	SNAILS	WATER
HERBS	SNIPS	WATERING CAN
HOE	SOIL	WEEDS
PLANTING	SPADE	WHEELBARROW





## Looking after your health



### NOT FEELING PEACHY DOWNSTAIRS? **NO BUTTS**

EARLY BOWEL CANCER DIAGNOSIS SAVES LIVES. CONTACT YOUR DOCTOR IF YOU HAVE:

@Lorraine f t i  
**#NOBUTTS**  
More information at [itv.com/Lorraine](http://itv.com/Lorraine)

- B**lood in your poo or from your bottom
- O**bvious change in your bowel habit
- W**eight loss you can't explain
- E**xtrême tiredness for no apparent reason
- L**ump and/or pain in your tummy

If you notice anything unusual see your doctor or nurse as soon as possible. Early diagnosis could mean a better chance of successful treatment.

**Lorraine**

**itv1**

**itvX**

supported by  
**Bowel Cancer UK**  
Beating bowel cancer together

## Spring COVID-19 vaccinations

People aged 75 or above, or who have a weakened immune system, can book now



Wakefield District Health and Care Partnership

1 d ·

People aged 75 or above, or those with a weakened immune system, can now book their spring COVID-19 vaccine.

You can book at <https://orlo.uk/OeUul>, through the NHS App, or by calling 119.

## Choose well for your mental health

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

Are you aged 18 or over and living in Barnsley, Calderdale, Kirklees or Wakefield?

Do you want to know:

- How you can look after your mental health and wellbeing?
- Where you or others can go for mental health and wellbeing support locally?



Download the 'choose well for mental health' guide at:

[www.southwestyorkshire.nhs.uk/choosewell](http://www.southwestyorkshire.nhs.uk/choosewell)  
or scan the QR code



If you require a copy of this information in any other format or language please contact the Trust.

With all of us in mind.

## 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:

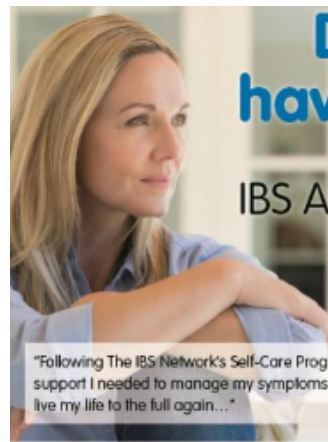
**NCHA**  
Care and Support



Everyone has concerns about their child at times. Family Hubs are here and open if you need help and support. Find out more [wakefieldfamilies.together.co.uk](http://wakefieldfamilies.together.co.uk)

## Do you have IBS?

April is IBS Awareness Month



"Following The IBS Network's Self-Care Programme has given me the support I needed to manage my symptoms and the tools to help me live my life to the full again..."

Don't suffer alone. Talk to us. We provide advice and ongoing support, working alongside specialist healthcare professionals.

The IBS Network is the national charity supporting people living with IBS.

For more information visit  
The IBS Network website  
[www.theibsnetwork.org](http://www.theibsnetwork.org)  
Email: [info@theibsnetwork.org](mailto:info@theibsnetwork.org)  
Telephone: 0114 272 3253

**ibsnetwork**  
helping you better...  
Registered Charity No. 1073208

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

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

16-25  
year olds

### Looking after your sleep

3rd May  
1.30pm - 3pm  
Online

### Creative Fitness

3rd May  
7th June  
13 September  
3pm - 4pm  
Online / 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

### Wellbeing in the woods

26th June  
11am - 2pm  
Fieldhead Campus

### Youth first aid

30th June  
11am - 12pm  
Pontefract

### Managing Anxiety

10th July  
10.30am - 12pm  
Online

### Understanding hearing voices

8th September  
1pm - 3pm  
Wakefield Town Centre



26th Jun

If you would like to find out more, you can  
contact us at:  
[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

# What's coming up at the Wakefield Recovery College

**25th April**

Freedom from  
Fibromyalgia  
Pontefract / Online  
1pm-3pm

**3rd May**

Understanding  
Anxiety  
Wakefield Town Centre  
10am-12pm

**5th May**

Boosting Self-  
Confidence  
Online  
2pm-3.30pm

Starting 10th May  
Wednesdays  
Creative fitness  
Normanton  
11am-12pm

**15th May**

Tackling Loneliness  
Wakefield  
1pm-2.30pm

18th May  
10th July

Everyday First Aid  
Wakefield - Pontefract  
10am-11.30am

**22nd May**

Coping with Pain  
Online  
11am-12.30pm

23rd May  
One off

Meet & Greet Session  
for the Course:  
Veterans moving forwards:  
Building a brighter future  
Barnsley  
10am-11am

**6th June**

Veterans moving forwards:  
Building a brighter future  
6-weeks course  
Barnsley  
10am-2pm

**8th June**

Scrapbooking for  
Wellness  
Wakefield  
10am - 12pm

**8th June**

Exploring Resilience  
Wakefield  
1pm - 3pm

**9th June**

Boogie Bounce  
Normanton  
10am-10.45am

**12th June**

Improving your sleep  
Online  
11am - 1pm

**14th June**

Self-care and self-  
sooth  
Wakefield  
10am - 1pm

**19th June**

Learning more about  
IBS  
Online  
1pm - 3pm

**21st June**

Connecting with the 5  
senses  
Wakefield  
10am - 1pm

**28th June**

Improving your  
mindset  
Wakefield  
10am - 1pm

**30th June**

Understanding  
Hearing Voices  
Pontefract  
1pm- 3pm

**4th July**

Tackling Loneliness  
Pontefract  
10am - 12pm

**5th July**

Accepting Change  
Online  
1pm - 3pm

**10th July**

Everyday First aid  
Pontefract  
10am-11.30am

**13th July**

Dyslexia Awareness  
Online  
10.30pm-12.30pm

**18th July**

Feeling Positive,  
busting stress  
Online  
3.30pm - 4.30pm

**19th July**

Managing  
Depression  
Online  
1pm - 3pm

**20th July**

Recognising Burnout  
online  
1pm - 3pm

**27th July**

Managing Fatigue with  
Health Conditions  
Online  
1pm - 2pm

Starting 30th August  
Wednesdays  
Creative fitness  
Normanton  
11am - 12pm

Starting 1st September  
Fridays  
Pump  
Normanton  
10am-11am