

# Keeping Connected

With Kirklees & Calderdale  
Recovery Colleges



We would love to hear from you and share any good news or your stories of how you are keeping yourselves well during this difficult time. Please get in touch / submit articles to: [Recovery.kirklees@swyt.nhs.uk](mailto:Recovery.kirklees@swyt.nhs.uk). Please note all content correct at time of writing.

## A letter from your Principal

Dear Learner,

Welcome to our third weekly newsletter from the Recovery College – **Keeping Connected**. We hope you are remaining well in these challenging times. Here are three words - kindness, connectedness and community. These words resonate with me because their meaning is so pertinent to the situation we find ourselves in as individuals, as a community and as a country. They are the words and actions that will see us through the coronavirus outbreak. Communities are made of people, not buildings, not places. People, who have tough times, people who have good times, people being kind and people making connections. So please stay in touch and tell us what keeps you well and puts a smile on your face and take up the offers of help and support as we build our community together, as the Queen said earlier this week. "Our nation's history has been forged by people and communities coming together to work as one".

Matt Ellis

10 April 2020

## Helplines

Kirklees Council alongside local citizens and organisations have set up a dedicated **COVID 19 Community Response**

**Helpline.** For anyone who is in need of support please contact them on **01484 226919** or click on the following link for more details <https://www.kirklees.gov.uk/beta/advice-support-and-sharing/covid-19-community-response.aspx>



**KBOP Emergency Advice Support Helpline** offers immediate help and information to anyone in Kirklees about benefits, housing, food provision and accessing medication queries. Please call on **07562 252940**

**IAPT** is for people who are experiencing problems with anxiety or low mood. You can contact them on **01484 343700** or visit their website: [askforiapt.co.uk](http://askforiapt.co.uk)



## Recovery College Recommends....

Want to stay connected to friends and family but not sure how? Follow this link for instructions on how to video message your loved ones <https://www.howtogeek.com/186267/the-3-easiest-ways-to-video-chat-online-or-on-the-go/>

If you are struggling with your mental health whether due to Coronavirus or otherwise, this is great website for support and advice <https://www.mind.org.uk/>

Although the Recovery College is temporarily closed it doesn't mean you have to put a halt to your learning. Click on the link to discover a wide variety of topics for you to explore <https://www.ted.com/talks>

"Before you judge a man, walk a mile in his shoes. After that who cares? He's a mile away and you've got his shoes!"

Billy Connolly



**Make Space** is a relaxed, inclusive art community, focused on wellness through creative group work. Proudly supported by CLEAR Kirklees, their peer led sessions aim to provide engaging, collaborative art based projects where everyone is encouraged to share their skills in a nurturing and informal setting.

As you know, here at the Recovery College this kinda thing really floats our boat and we are excited to work in partnership with Make Space later in the year when they plan to deliver some sessions at the RC. This is in addition to our usual craft courses delivered by our amazing volunteers! For the time being, like ourselves, they have had to suspend their face to face groups due to the current pandemic. However, they have created 'Make Space at Home' kits which contain art supplies with prompts on how to make simple but effective crafts. These have been hugely popular but there are still a few kits remaining and they have kindly offered these to our learners. So if you would like to receive one of these please email:

[makespacecommunity@gmail.com](mailto:makespacecommunity@gmail.com)

## Music Quiz

*Below are some clues to some well-known bands, all you need to do is figure them out, for example: Metal Woman = Iron Maiden. Easy right?*

1. Sharp Lamp
2. Veg with Shiner
3. Extinct Reptile
4. Unemployment Card
5. Her Majesty
6. Dark Sunday
7. Babes on the Slab
8. Out of Focus
9. Revolvers and Flowers
10. Law Enforcers
11. Silhouettes
12. Worn on the Wrist
13. B.A, BSc, B.Eng
14. Area for Young Males
15. Winter Woollies
16. Soak Three Times
17. Insanity
18. Warm Galaxy
19. Coloured Friday
20. Three of the Elements

## Bridget's 'All in One Buns'

For any of our learners who have attended our STEPS course, you will already know what an amazing lady the Facilitator, Bridget is. You will also know what a fab baker she is too, as she brings a homemade cake in for each session! Here is one of her recipes....

### Ingredients

- ¼ packet of margarine or butter (250g packet)
- 4 heaped tablespoons - self raising flour
- ½ teaspoon of baking powder
- 4 heaped tablespoons – castor/granulated sugar
- 1 (large) egg
- 2 tablespoons of milk
- 2 tablespoon of cherries/ choc drops/ coconut/sultanas

### Method

- Wash hands – put on apron
- Heat oven to 180 degrees/ Gas mark 7
- Put 6 bun cases in a bun tray
- Put all the ingredients in a bowl and mix with a wooden spoon
- Mix until smooth and shiny (you can beat quite hard)
- Quickly mix in the cherries/ chocolate drops /coconut or sultanas
- With a teaspoon carefully spoon the mixture into the bun cases

Put in the oven using oven gloves for 12 – 15 minutes

Take out of oven when risen and golden brown

Take out of bun tin and put on wire cooling rack to cool

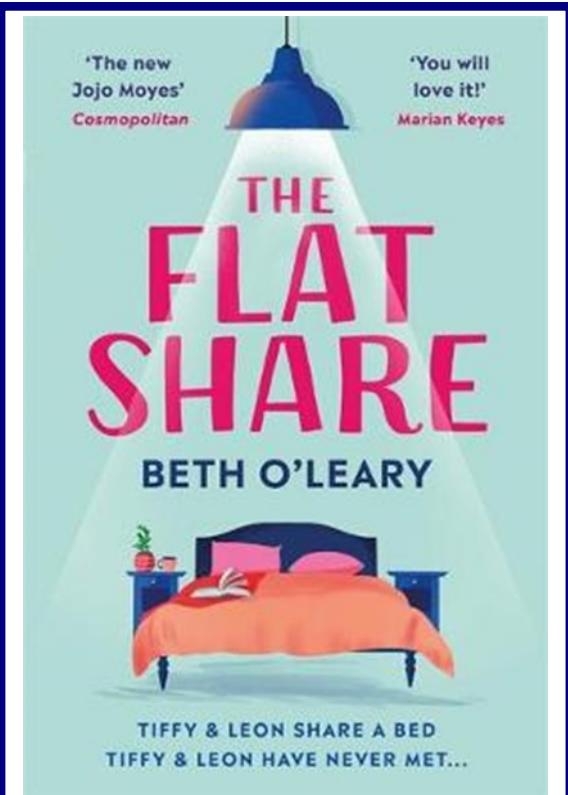
You can ice and decorate the buns when they are cold

## Answers to last week's Football Quiz

1. Luton
2. Wolves
3. Crystal Palace
4. Man United
5. Sheffield Wednesday
6. West Ham
7. Wimbledon
8. Leeds
9. Charlton
10. Brighton
11. Queens Park Rangers
12. Spurs
13. Leicester
14. Arsenal
15. Newcastle
16. Liverpool
17. Middlesborough
18. Huddersfield
19. Fulham
20. Hull



# Culture Club....



## Book Review

I love to read, whether that's a psychological thriller, a literary classic or just a good ol' fashioned love story and I have subsequently spent far too much money in Waterstones over the years! So last week during my annual leave I downloaded several new books to my ipad (other electronic devices are available) including 'The Flat Share.'

Within the first two chapters (and after I had figured out the logistics of the plot) I was hooked! This debut novel was an absolute joy and possessed that rare quality of being able to make me laugh out loud. The main characters were instantly likeable and I raced through each chapter to discover what else was in store for each of them. It also reduced me to tears at times but that is never a difficult task anyhow!

So, if you want something light that you can get really absorbed in and forget about everything else for a short while, I would heartily recommend this lovely little paperback.

Rachel Dunn

*One of our very talented learners, Jayne has kindly submitted this poem. Although we may not be able to visit the seaside at the moment, this lovely little ditty will make you feel like you're there!*

### Living on an Island

When living on an Island,  
The one thing you will see  
is at least a yearly pilgrimage to be beside the sea.

It kind of pulls you to it,  
like the moon controls the tide,  
once you spot the ocean,  
your happy deep inside

When you are born in Blighty,  
the seaside is a treat,  
Candy floss and doughnuts,  
fruity rock and fudge.  
The smell of hotdogs fill the air,  
mmm, never mind the bulge!

Children's laughter a joyous sound,  
as they dig upon the sand, whilst  
grandad in his deckchair surveys this sandy land.

The fishermen call out loudly  
offering trips out of the bay,  
(maybe if you have your sea legs or else it could leave  
you feeling grey!)

When you live on this little Isle of ours,  
the ocean reels you in,  
roll up your trousers, dip your feet, give them a salty  
treat!  
there is nothing like it anywhere,  
to make you feel upbeat.

Watch the ocean ebb & flow,  
relax your weary soul,  
be taken by the time that's now  
No need for an end goal.

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Meet Libby.

[https://www.kirklees.gov.uk/beta/  
libraries/kirklees-libraries.aspx](https://www.kirklees.gov.uk/beta/libraries/kirklees-libraries.aspx)





The photo above has been submitted by one of our lovely volunteers, Michael (aka Inspector Gadget). The view is from near his home in Birstall, looking across to Emley Moor. It just proves you don't have to go far from your own front door to see a wonderful vista!

## Wellness Recovery Action Planning

A long standing friend of the Recovery College, Heather is a fully trained WRAP (Wellness Recovery Action Planning) Facilitator.

She is also, in my opinion, wise beyond her years and an inspiration to many. Here are some positive words, based on the principals of WRAP that she shared with us recently.

"I have **Hope** that despite the fear and cynicism, we will get through this.

I know that we can **Educate** ourselves and be a source of good information that reassures people.

I know that one of the positive aspects of the response is that people really understand why **Support** is key to survival.

I know that through our network, we can support each other and that by using **Self Advocacy** to ask for help, we can get through scary times.

I know that if we take **Personal Responsibility** for tending to our own needs, in the moments we can do that, we remain strong for those who we want to support."

## TRASH THE ASH!

Now may not feel like this is the right time to stop smoking but a new study from China shows smokers with Covid-19 are much more likely to experience severe symptoms. The Coronavirus attacks the respiratory system so don't put yourself at greater risk.

Get help to stop smoking now from our expert team <https://yorkshiresmokefree.nhs.uk/> or call 0330 6601166 (free from most mobiles)

