
Friday 17th April 2020

Positive Mental Health Network Newsletter

Week 14 (Lockdown week 4)



Postcards from Wakefield 2020



The Postcards from Wakefield Project is being launched this year from our Facebook page '[Postcards from Wakefield](#)'. Please make sure to like our page, so you can join in. We will soon be asking you to host an online event – this will help us to promote the postcards widely and enable your group members to be involved too. Details will soon be on our Facebook page. Keep checking in and if you're not sure – please ask.

Throughout this pandemic, there are numerous positive and heartwarming stories of individuals, families, communities and even strangers across the world, banding together for good. Lots of little acts of kindness are being shared quietly in the background. The very act of staying home is a massive act of love and care, keeping vulnerable and older people safe. It would be lovely to capture some of those stories. Like Captain Tom (see below), everyone can do something good, for themselves and for others. Please submit your pictures, photos, thoughts, ideas, tips on keeping sane, heartwarming stories or words of appreciation using our Postcards. Please remember these will be shared online.

Hopefully we can print and display them around the District (funding permitting).

Coming soon

**Postcards
from
Wakefield
2020**

**Launching from our
Facebook page**

**'Postcards from
Wakefield'**

**Please make sure to
like our Facebook
page, so we can
include you**

tleach@wakefield.gov.uk

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Covid-19 Support

Wakefield Council Support is available for Wakefield residents. Telephone 0345 8 506 506 and select Option 3

You can also contact your local **Community Hub** – use your postcode to search on the [Volunteer Wakefield](#) website or visit Nova's website

Government guidance: Advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

and how to help others <https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2>

Every Mind Matters: Information about managing anxiety and supporting mental wellbeing during the pandemic. [nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/)

Plus tips for staying home: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Working from Home: Videos and tips on reducing isolation when working from home <https://mhfaengland.org/my-whole-self/> -

Mind: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Samaritans – Coronavirus Advice: <https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Wakefield Council Support for Businesses during the pandemic: www.wakefield.gov.uk/business

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Wakefield Samaritans New Check in and Chat Service:

Wakefield's Samaritans '**Check in and Chat Service**' is a newly formed support resource and a safety net to help with heightened anxiety, where you can share your feelings if needed, during Covid-19. You can directly refer yourself for a chat by completing a referral form or via the Councils Contact Centre 0345 8 506 506, choose option 3.

Referral Form: <https://ciac.identify.digital/>

Does your mood need a little nudge?

Moodnudges are concise messages designed to lift your mood and raise your spirits, one gentle nudge at a time www.moodnudges.com/

Wakefield United Mental Health Facebook group: great social media site
<https://www.facebook.com/groups/1138665036326193/>

NHS Staff: If you have friends or family working for the NHS - if they have a valid NHS email address AND an EE mobile phone number, they can get unlimited data until October by registering their number at <https://ee.co.uk/nhs-unlimited-data-allowance>

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Funding

Live Well Wakefield Small Grants – Coronavirus Resilience Fund

Deadline: **5pm on 24 April 2020**

<https://nova-wd.us4.list-manage.com/track/click?u=afc5fc96d90f07aaf69a2f386&id=9942aacfba&e=3b4a798b7d>

Tesco Bags of Help Fund

<https://tescobagsofhelp.org.uk/grant-schemes/tesco-cv-fund/>

West Yorkshire Office of the Police and Crime Commissioner Extraordinary Fund

Projects working to safeguard vulnerable people and support their communities to deal with the fallout of Coronavirus are urged to apply to the West Yorkshire's Police and Crime Commissioner's (PCC) £150,000 extraordinary grant round.

<https://www.westyorkshire-pcc.gov.uk/news-events/news/pcc-launches-extra-ordinary-ps150000-grant-round-help-support-communities-with-impact-covid-19>



#Wakefield Cares

A new fund was launched, on 1st April for the Wakefield district to give people the support they need during the crisis.

£400,000 has already been pledged by, NOVA, Wakefield and District Health and Community Support, Community Foundation for Wakefield District, WDH and Wakefield Council to match the first £100,000 raised

through the #WakefieldCares public appeal – this will allow each £1 donated to generate £5 worth of frontline aid.

Please consider making your donations via: <https://www.justgiving.com/campaign/Wakefieldcares>

#WakefieldCares: If you are publishing good news on social media, using the hashtag will demonstrate the vast amount of help and support being provided by the voluntary and community sector throughout the Wakefield District.

Creative Minds Funding

Due to the Current situation with COVID 19 Creative Minds and partner organisations are operating very differently due to the current restrictions. Many partners are keeping in touch with participants via social media and are offering online creative activities and are looking at distance activities. We are therefore making projects that respond to the current crisis our main priority. By this we mean arts, recreation and physical activity you can do in the home or garden to keep you occupied, stimulated, connected, fit and well. This could be using social media and other online options or perhaps it could more activities that could be posted to people. An important element to these projects is that though they might start remotely they should lead to less socially distancing type projects as restrictions are lifted over time. Prior to the pandemic we were developing ways in which Creative Minds could respond to the 'tackling loneliness' campaign and now this work seems more important than ever.

We feel very lucky to be working with such creative and caring organisations and we feel confident that, as partners you will rise to the challenge and we are looking forward to seeing all your fabulous ideas. Because a quick response to this situation is needed we have slimmed down the application process and we have shortened the length of time the funding round is open for. Attached is the temporary application form and guidance.

- Closing date: **5pm Tuesday 28th April 2020**
- Funding decision: will be made by **11th May 2020**
- Applicants to be informed by **13th May 2020**
- Projects projected to start: by end of **May/early June**.
- We will endeavour to get payments through asap but there may be some lag time.

- As ever we would like prioritise the services users and carers using or accessing our services
- We appreciate the time it takes to complete an application, but due to work capacity we will only reply to successful application at this stage
- **We will be looking for bids from £100 to £3000 max with normal funding rules applied.**

Please could you get in touch if you have a project idea but are unsure about anything?

Ash Mahmood
Creative Minds Development Worker
Creative Minds Team – Developing Creative Approaches in our Health Service
South West Yorkshire Partnership NHS Foundation Trust
Fieldhead Hospital, Ouchthorpe Lane, Wakefield WF1 3SP
Arshad.mahmood@swyt.nhs.uk<mailto:Arshad.mahmood@swyt.nhs.uk> or
creativeminds@swyt.nhs.uk<mailto:creativeminds@swyt.nhs.uk>
M: 07342059213

You can become a Nova Member free of charge and find regular funding updates from their website. <https://www.nova-wd.org.uk/>

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Loneliness: University College London is recruiting as many people as possible, to take part in a study into how loneliness, social isolation and physical distancing are affecting our mental health.

The study is open to all adults in the UK and involves answering a 15-minute online survey now and a shorter 10-minute follow-up survey once a week whilst social isolation measures are in place.

The link to the survey is here: <https://www.marchnetwork.org/research>

Coping with bereavement: Cruse has dedicated content on its site <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>. There is general guidance on the [NHS.UK website](https://www.nhs.uk) and Age.UK has some information on [coping with bereavement](#) and [arranging a funeral](#) (funeral page is COVID19 specific).

Later Life Training: Are uploading videos on physical activity for older adults while at home on their YouTube channel each day, as well as broadcasting them live on Facebook three times a day. You can access them here:

https://www.youtube.com/channel/UCqen30veJkDw_izbDFMyb6w

Scams

Keep Safe from Scams: Please let any vulnerable family, friends or neighbours know to be vigilant. Here are the top scams (provided by West Yorkshire Trading Standards)

Emails (often contain malicious attachments or links for you to open):

- Asking for NHS donations
- Offering medical advice to keep you safe from Coronavirus
- Job scams – social media adverts for employment opportunities with upfront fees for vetting checks
- Fake holiday refund websites
- Miracle cures for Coronavirus – there aren't any

Be careful opening email links. Stay protected online. Make sure your computer has up-to-date anti-virus software installed. Don't take medical advice from anyone other than your GP. Don't send any money up-front for jobs and if you're unsure – don't click on email links.

Doorstep Callers

- Pretending to be from Age UK, with clipboards offering to do shopping. If anyone asks for money up front, or your bank card details – they are frauds. Tell them thank you, but no thank you.

If you feel pressured, ask the person to leave. Support is best from trusted family or neighbours. Be vigilant of strangers offering services at the door. Don't make snap decisions. Take time to talk to someone you trust before you make any decisions. Check ID badges and contact associations to check membership registrations yourself. Obtain this number yourself, not from the person at the door.

Report scams to Action Fraud 0300 123 2040. Report complaints to Citizens Advice Consumer Helpline 0808 223 1133

Free scams e-learning - developed by the National Trading Standards Scams Team
<https://www.friendsagainstscams.org.uk/>



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Step-up (service for employment opportunities): Wakefield Council's Step-Up team is on-hand to support residents who find themselves unemployed or furloughed, to access a range of employment opportunities across the district, help update CVs and suggest online training courses. Please contact: 01924 303334, or visit www.wakefield.gov.uk/step-up

Open Country: Please see our website blogs here – <http://www.opencountry.org.uk/10-wildlife-gardening-tips-to-do-from-home-even-in-the-smallest-of-outdoor-spaces/>

We will be updating every week or so with new tips for our members and friends (fitness, wellbeing, cooking, craft ideas). If you can use anything from here, please do.

Skills for Care Guide: This document is aimed at Care Workers, but it's an easy read, useful document for anyone to learn more about building resilience and wellbeing

<https://nhs.uk/11-list-manage.com/track/click?u=34e6d82c88bd284cf112fd927&id=c24e6dc646&e=e96646d879>

Information for glasses and contact lens wearers during the pandemic:

<https://www.specsavers.co.uk/coronavirus-staying-healthy>



Tom's 100th birthday

Walk for the NHS

(Just Giving)

Congratulations to Captain Tom Moore, who walked a hundred lengths of his back garden. People from around the world have been supporting him, and our NHS. Just shows, you're never too old <https://www.justgiving.com/fundraising/tomswalkforthenhs>



Over the last few weeks and during remote working the Spectrum People team has continued its social prescribing work by phone – for those we already support and new referrals. We have also spent lots of time supporting Campaigning artist and poet Dawn Bland during these tough times; her poems and artwork say what many are feeling - urging people to stay at home and thanking all our key workers.

Merry-go-round Dawn Bland

Feels like the whole world has come to a halt.
Stop this merry go round,
I want all this to stop!

Covid-19 is causing carnage,
people dying day by day.
It's causing heartbreak!

People struggling behind closed doors,
domestic violence increasing day by day.

People too scared to reach out.
They don't want to put more pressure on the NHS.

Suicide rate is going up day by day,
when is this heartbreak going to end?

Day by day we think we're a day closer to stopping this deadly virus.
Key workers, carers and volunteers doing their utmost best.

Small minded people still going out in groups,
I wish they would realise this isn't a joke!
Until you listen this merry-go-round is never going to stop,

Please, stay home. Stay safe.



As explained above Spectrum People continues to offer Social Prescribing to the community. We realise and understand the impact the current situation has on those we support and the wider community. Anyone can refer themselves or anyone they know who is facing particularly challenging circumstances for social prescribing, check-ins and appointments by phone.

You can contact us in the following ways, please note that due to home working it may take us longer to respond to enquiries.

Mobile: 07720 899 781

Email: Spectrumpeople@spectrum-cic.nhs.uk

New Horizons:

Our weekly New Horizons Group is now meeting 'Virtually' on a weekly basis via the App - ZOOM.

If you are wanting a chat, or support then you can either ring me or email me at the number/address on our flyer. OR If you would like to join us every Wednesday at 2pm via ZOOM then please download the App into your phone or computer and let me know.

I have added our ZOOM meeting link to this email and a picture of the ZOOM app logo so you can recognise the correct feature.

Stay safe everybody

<https://us04web.zoom.us/j/6622496312?pwd=MmYwQzZlYzFEUXdRRzJtZFh0dndNZz09>



Have you recently lost a loved one through dementia or have seen a loved one move into long term care? Then a warm welcome awaits you at our friendly self-support group

NEW HORIZONS

If you would like to come along and join us for a chat, cake and company then please contact:
Jill O'Connell on 07519 671853
Email: jilloconnells@gmail.com

****STARTS 15TH JANUARY 2020****

Every Wednesday 2-4pm
WEST WAKEFIELD METHODIST CHURCH
Thornes Road, Wakefield WF28QR



Life after Lockdown

The impact of the pandemic will be with us for a long time. The effect on the economy and livelihoods are already being assessed. The voluntary and community sector will suffer its own diverse and unique issues. In order to enable us to start thinking of the impact and what can be done to support groups, please could you let Tracy know

- What impact is already being felt by your group
- What impact on your group are you anticipating in the future
- What are you most worried about for the future of your group
- What could we collectively do, to help ensure a brighter future for your group and its members after lockdown

tleach@wakefield.gov.uk



STAY AT HOME 

PROTECT THE NHS

 **save lives**

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home