

We would love you to share your own good news stories or 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) or write to us at Recovery College c/o Folly Hall Mills, St Thomas Road, Huddersfield HD1 3LT Please note all content correct at time of writing.

Dear Learner, I have pleasure in introducing our 5<sup>th</sup> weekly edition of Keeping Connected. This week we heard that the lockdown, as expected, has been extended for another 3 weeks. This means we won't be running any face to face courses until at least the end of May, possibly longer. Last week I mentioned about the reality of the lockdown and the impact it is having on our wellbeing. We had a post on the Kirklees Recovery College Facebook page this weekend of someone who admitted to feeling depressed and isolated. It was a bravely honest post that brought many comments of support, kindness and appreciation. Being vulnerable to others when you need help is not a weakness, it is in fact a strength. If there is one thing this virus is teaching us it is that we are interdependent on each other and that we are all vulnerable. To admit this is acknowledging the reality of how things are. Admitting we need support or feel a certain way is the first step towards being more resilient and it enables others to seek support they need. Thank you for posting and being vulnerable with us. If you want an example of the difference any of us can make no matter how vulnerable then you have only to look at Captain Tom (see below). Stay safe, reach out and keep in touch.

**Matt Ellis, Principal**

**24 April 2020**

## Good News Stories

Although you have likely seen this story in the news, it is too good a tale not to repeat! Captain Tom Moore is a 99 year old War Veteran. Having recently been in hospital he wanted to raise some money for the NHS and decided to walk 100 laps of his 80 foot garden before his hundredth birthday next week. Initially he hoped to raise £1000 for the worthy cause but as news spread and more people heard about his sponsored walk, the money kept flooding in. At the time of writing, he has raised in excess of £26 million! He is also number 1 in the music charts having joined forces with Michael Ball and the NHS Voices of Care Choir with a rendition of "You'll Never Walk Alone". This very humble, Keighley born gent is the epitome of true Yorkshire grit and has given the world something to smile about, when we really didn't feel like smiling!



## Recovery College Recommends....

<https://www.nhs.uk/oneyou/every-mind-matters/>

A great website for good mental health during the pandemic and beyond

[www.futurelearn.com](http://www.futurelearn.com)

Enjoy a wide variety of free online courses from leading UK & International Universities

## Animal (& Bird) Quiz

Delighted to hear that lots of you are enjoying our weekly quiz. Let's see how you get on this week!

1. Naked
2. Out of Breath
3. Slang for 500 notes
4. This snake is good at Maths
5. Mum is after a seat in Church
6. What you do with a Mattress
7. 'Babe' costs 21 shillings
8. Uncle's wife is always hungry
9. What you hit the ball with in Cricket
10. You wouldn't want to play these at cards
11. You may be this if you have a sore throat
12. Farm animal worth 50 Points
13. Seven were swimming in a Christmas Carol
14. Mum's sister runs away to get married
15. Untamed Dullard
16. Monochrome Crossing
17. A bird found at the end of a long piece of string
18. You might find one of these in a culinary hole
19. These are very expensive
20. The slow moving winner of this Aesop Fable

## Answers to last week's TV Quiz

1. Top Gear 2. Eggheads 3. Cash in the Attic  
4. Watchdog 5. Antiques Roadshow 6. QI 7. Not Going Out 8. Countdown 9. Dr Who 10. Saturday Night Take Away 11. Friends 12. Silent Witness 13. Cold Feet 14. Pointless 15. The One Show 16. Blue Planet 17. Call the Midwife 18. Who wants to be a Millionaire? 19. Loose Women 20. Endeavour

We are so thrilled that many of you are feeling inspired to write and are willing to share your fabulous works with us! Please see below a wonderful little ode from one of our lovely learners , Marina in Calderdale.....

*So your stuck inside*

*It's not so bad you know*

*You can stand and watch the sun glow*

*The beauty that the moon dies and the sun does rise*

*Sit in your very own chair*

*Take the time for some love and self care*

*Think about you and others too*

*If you feel alone please don't neglect the phone*

*Take some time maybe have a glass of wine*

*Even if your tired please get inspired*

*Even if it's dark outside behind the day there is sun*

*So be creative and have some fun*

*Not for long ,don't be blue*

*You know we will get through*

*So please be aware and most of all, take care*

**SS DANCE & WELLBEING**  
DANCE | WELLBEING | PASSION



### **Mondays**

**9.30AM FITNESS FUSION MORNING JAM**

**6.30PM FITNESS FUSION LIVE**

### **Tuesdays**

**5.30PM FITNESS FUSION LIVE**

### **Wednesdays**

**9.30AM FITNESS FUSION MORNING JAM**

### **Fridays**

**9.30AM FITNESS FUSION MORNING JAM**

**10.15AM ABS 'N' TONE LIVE**

As well as facilitating our fab 'Dance Fusion' Course, Sophie at SS Dance & Wellbeing has set up some on-line classes while we're in lockdown.

This includes a chair based exercise class for older/less mobile learners which is completely **free!** To join follow the link here: [https://www.facebook.com/groups/209948443564378/?ref=pages\\_profile\\_groups\\_tab&source\\_id=341217592736767](https://www.facebook.com/groups/209948443564378/?ref=pages_profile_groups_tab&source_id=341217592736767)

## Culture Club.....



Well, we did say this space was for doodlings and drawings! You would be forgiven for thinking that this is a portrait of our very own Principal, Matt (I know the similarities are uncanny!) However that is not the case and this is just a little cartoon I sketched following last week's Fun Fridays link. For anyone who has sat alongside me in one of our craft sessions you will know that I'm really not an arty person but I really enjoyed Pete McKee's Art tutorial for beginners and just wanted to prove that if I can do it, anyone can!

By Rachel Dunn

*The art of letter writing—in this age of texts and social media, it is easy to forget the simple pleasure of sitting down and writing to a friend or relation. Although instant communication does have its uses!*

*Volunteering Kirklees are looking for individuals to write a **one-off** letter to an isolated person living in a local care home and we think this is a fabulous project for us at the Recovery College to participate in! If you would like to get involved or want more details : [visit: https://volunteeringkirklees.org.uk/job/volunteering-kirklees-4/](https://volunteeringkirklees.org.uk/job/volunteering-kirklees-4/)*

*Alternatively, if you are feeling isolated and would like to receive a letter please contact the Recovery College in the first instance*



We are currently in the process of putting together a Recovery College playlist and would love you to contact us with your favourite **uplifting** songs to add to our collection. Several people have already provided us with their top tunes via our Facebook page and we now have some fantastic hits from Van Morrison, The Beach Boys, Don Henley and The Proclaimers to name but a few. I must admit I have found it really interesting discovering your musical preferences and have loved singing along to some long forgotten songs as well as coming across a few I have never heard before! So in the words of one of my Dad's faves by Eddie Cochran **"C'mon Everybody!"**

### Weird & Wonderful Wellness Tools

When we are feeling down or fed up we can utilise our own individual wellness tools to help lift our mood. These could be something like taking your dog for a walk, a soak in the bath or watching your favourite box set. However, it would be pretty boring if everyone's wellness tools were identical. Alex from Creative Minds uses something a little different. With a passion for the prehistoric, he loves nothing more than foraging for fossils on the North Yorkshire Coast but obviously that is not an option at present. Instead he has used his time to give his collection a bit of spring clean and as you can see he has done rather a grand job. So next time you see him and ask what he's been up to, he's likely to say "bin polishing mi fossils!"



When you go out and see the empty streets, the empty stadiums, the empty train platforms, don't say to yourself "it looks like the end of the world." What you're seeing is love in action. What you're seeing in that negative space, is how much we do care for each other, for our Grandparents, for our immune-compromised brothers and sisters, for people we will never meet.

People will lose jobs over this, some will lose their businesses, and some will lose their lives. All the more reason to take a moment, when you're out on your walk, or on your way to the store or just watching the news to look into the emptiness and marvel at all of the love.

Let it fill and sustain you.

It isn't the end of the world. It is the most remarkable act of global solidarity we may ever witness.

*Paul Williams (Singer/Songwriter)*



A new public awareness campaign has commenced highlighting that if anyone is at risk of, or experiencing domestic abuse, help is still available. It aims to reassure those affected by domestic abuse that support services remain available during this difficult time. It encourages members of the public to show their solidarity and support for those who may be suffering, by sharing government digital content or a photo of a heart on their palm, to show victims that they are not alone and to convey to perpetrators that domestic abuse is unacceptable in any circumstances.

For support contact the Freephone, 24 hour National Domestic Abuse Helpline Number on **0808 2000 247** – run by Refuge or go to: [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

**#YOUARENOTALONE**



For anyone with family in Dewsbury or Pindersfields Hospital you can now email a message for your loved ones to the address below and it will be passed on:  
[Midyorks.messagefromhome@nhs.net](mailto:Midyorks.messagefromhome@nhs.net)



**Recovery College Contact:**

**07717 867911**



**Recovery.kirklees@swyt.nhs.uk**

**Recovery.calderdale@swyt.nhs.uk**



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