

Helping You to Help Yourself

Looking after your own health, choosing appropriate treatments and managing long-term conditions are key roles in life. This ensures that you have access to the support that you need within and beyond health services, to better manage your own health and wellbeing on an on-going basis.

Self-management is a term used to include all actions taken by people to recognise, treat and manage their own health and wellbeing. People may do this independently or with the help of

the Council, the NHS or other voluntary organisations.

Self-management offers support to recognise your own strengths and abilities. It also helps you build knowledge, skills, confidence and resilience to manage the impact of your symptoms, enabling you to live an independent and fulfilling life.

If you would like to know more about self-management, read on for some advice on this topic.

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Parkinson's UK Self-Management Programme

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

What is Parkinson's UK self-management programme

The Parkinson's self-management programme is designed to help you guide your life with the Parkinson's condition and plan for the future.

The aim is to share experiences and discuss the practical and emotional impact of Parkinson's.

The programme is for people with Parkinson's, their partners and carers, and is available through face-to-face or online groups.

What do those taking part talk about

The groups are discussion based and topics include:

- The importance of making connections with others
- Looking ahead and at relationships
- Focusing on what's important to you
- Taking care of yourself physically and emotionally
- Planning for the future and developing a personal self-management plan

What are the benefits of taking part

Self-Management means working out and doing what you personally can to take control, live positively, and achieve a quality of life that's meaningful for you.

People say that as a result of taking part in the groups they feel armed with information and knowledge, they are also more confident, positive, in control and able to move forward. By meeting and talking to others, people also feel less alone.

Those taking part also gain greater self-awareness and insight.

Who is self-management for

The Parkinson's self-management programme can help you whether you're recently diagnosed or you've been living with the condition for some time.

Self-management also works for partners, carers and people in a close supporting role – who are equal members of each self-management group. The self-management programme is a good opportunity to inform others of your experiences and how the diagnosis of a loved one has affected you and your needs.

Online groups

The online self-management groups meet online by live video so everyone can see each other – this makes it feel very much like a face-to-face group. You don't need to be a computer expert and Parkinson's UK will guide you through getting set up.

Face-to-face groups

People often describe these groups as welcoming, friendly and supportive. Tea and coffee are on hand and there's usually a fair amount of laughter along the way. People can make new friendships and stay in touch.

If you're interested in taking part or just want to find out more, please get in touch:

Visit parkinsons.org.uk/selfmanagement

Email: selfmanagement@parkinsons.org.uk

Or call: 020 7963 3924



Live Well Wakefield Self-Management Services

The Live Well team understand the uncertainties of living with or caring for a person with a long term condition, or self-managing aspects of life which are sometimes difficult. The team practise every day the tools and techniques that you can learn by attending any of the services. Live Well Wakefield want you to develop and improve the quality of your life.

The Live Well team can guide you through support available to help you manage a long term health condition. This could be your own long term health condition or someone you care for.

There are a range of options available which are tailored to meet your individual needs:

The Expert Patient Programme (EPP)

A 6 week self-management course (each session lasts 2.5 hours) for anyone who has a long-term health condition of any kind. This could be a physical or a mental health. It is a free course and runs at a variety of local venues across the Wakefield district.

Workshops

Live Well Wakefield offer a variety of self-management workshops which are based around; feeling positive, busting stress, using relaxation, scam busting, keeping warm and well during winter. Each workshop runs for 1 or 2 hours and take place at a variety of community venues across the Wakefield district.

S.M.a.S.H. (Self-Management and Self Help)

These are groups organised run by volunteers. The groups are drop ins, so there is no need to book a place or commit to attending on a monthly basis. They are aimed at anyone who wishes to improve their self-management skills. These groups offer a space for people to come together in an informal environment, where they can share tips, ideas and make new friends over a cuppa in a fun, supportive atmosphere.

Volunteering

All courses, workshops and groups are facilitated by dedicated volunteers. Each one will have received intensive training and decided to share the skills that they have learnt and are using to help others.

Why would someone choose this service?

- 99% of those who attend a course or workshop say they would recommend attending to a friend or family.
- All our courses/workshops are offered in an easily accessible community venue close to where you live. We are flexible and can offer courses/workshops for your community groups and support groups.
- Courses/workshops are arranged to take place at times that suit you.

The service is completely free and confidentiality is assured

If you are interested in finding out more:

call on 01924 255363

Email: admin.epp@swyt.nhs.uk

Or visit: www.livewellwakefield.nhs.uk



Wakefield Recovery College

Recovery is a personal journey - it's about building lives, creating opportunities, taking control and instilling hope.

Wakefield and 5 Towns Recovery College offers a wide range of recovery-focused, educational courses that can help you on your recovery journey.

- Find your skills
- Discover your strengths
- Explore your potential to volunteer
- Recognise yourself

The College provides condition-specific courses, such as living with anxiety and busting stress. In addition, a number of educational courses are available, including creative writing and IT for beginners.

The College is based at Drury Lane Health and Wellbeing Centre in Wakefield. Courses take place here and at lots of community venues across Wakefield and the 5 Towns.

The Wakefield and 5 Towns Recovery College has been developed in partnership with people who have experience of health problems, health professionals and local people - ensuring that courses are offered to support the needs of those in our local community.

You can find out more about the College:

Web: wakefieldrecoverycollege.co.uk

Tel: 01924 316946

Email: wakefieldrecoverycollege@swyt.nhs.uk

Wakefield Recovery College Values:

- Everyone should be given the opportunity to reach their potential
- The college will aim to be fully accessible for people with disabilities
- Everyone has the equal right to enjoy all opportunities that life can provide
- Their work is based on the principle that hope, mental health and wellbeing are essential to every person

Turning Point Talking Therapies are here to help

Aim of Talking Therapies

To provide fast acting psychological treatment to people with common mental health problems, such as low mood, anxiety and general stress.

If you are registered with a GP surgery in the Wakefield District you can access Turning Point by contacting them directly. This service is delivered in partnership the NHS.

Difficulties treated at Turning Point

Stress
Depression and Low Mood
Anxiety and Worry
Obsessive Compulsive Disorder (OCD)
Panic Disorder and Panic Attacks
Specific Phobias
Low Self-Esteem or Low Confidence
Social Anxiety

Post Traumatic Stress Disorder

Health Anxiety

Anger

Chronic Pain and Long Term Health Conditions

Treatments we offer:

Stress management
Guided self help
Bibliotherapy (the use of books as therapy in the treatment of mental/psychological disorders)

Cognitive Behavioural Therapy

Eye Movement Therapy

Interpersonal Therapy

Counselling

Couples Counselling

On-line Therapy

One to One sessions

Group Therapy

Healthy Living Workshops

Assessment and treatments available 7 days a week

Find out more or refer by:

Web: talking.turning-point.co.uk

Email: Wakefield.talking@turning-point.co.uk

Tel: 01324 234860

**If you are not registered with a GP surgery in the Wakefield district, you can do so by contacting your surgery of choice directly. Please visit www.nhs.uk and click 'Find a GP' for a full list of GP surgeries.*

Digital Resource for Carers



The Digital Resource for Carers, which has been developed by Carers UK, is now available in the Wakefield district. This online resource offers valuable, up to date information for Carers to support them in their caring role. All products and resources are free to access.

The core elements of the Digital Resource are:

- **About Me:** an e-learning resource that helps carers identify and build networks of support and promotes their self-care
- **Jointly App:** Carers UK's care co-ordination app for people sharing care
- **The role of good nutrition when caring for someone:** an e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after
- **Upfront Guide to Caring:** a simple assessment tool to guide people new to caring, or seeking support for the first time, to operate the Carers UK website

- **Carers Rights Guide:** this guide helps carers understand their rights as a carer and where to go for financial or practical help
- **Being Heard - a self-advocacy guide for carers:** which helps carers develop the skills to support yourself
- **Technology and care:** Information on how technology can support caring, what solutions are available and how to access relevant products and services
- **Access to local services:** Information about local services for Carers and how to access local support to help Carers in the Wakefield district in their caring role

To use the Digital Resource:

- go to www.carersdigital.org
- to create new account, type in your email address and a personal password which you need to remember, and the free access code **DGTL7298**
- Alternatively you can call: **01924 305544**

Learning Disabilities and Autism Carers Development Day

Following on from last year's success, Carers Wakefield & District are again holding their annual Learning Disabilities and Autism Carers Development day for those carers caring for a loved one with a learning disability or Autism.

The event will be held at:

Sandal Rugby Club, Standbridge Lane, Sandal, WF2 7DY

On:

Thursday 4 October

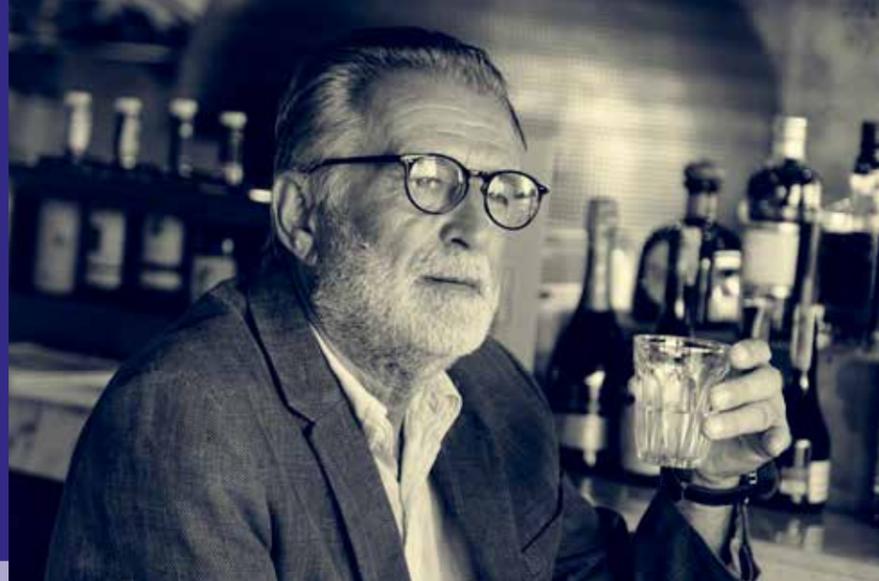
From:

9.30am -2pm

The day will consist of several small group presentations/discussions from the Beat Autism organisation, the Shared Lives service and Alison Wright (Wills, Trusts and Power of Attorney). There will be the opportunity to meet and talk with other carers and professionals, along with a variety of information stands. Lunch will also be provided on the day. Please come along and take advantage of the opportunity to gather useful information, meet other carers and give your own views on issues that matter to you.

If you would like to book a place then please telephone **01924 305544** with details of any special dietary requirements that you may have.


Carers
Wakefield & District
Helping Carers Care



Alcohol Awareness and You

Drinking responsibly reduces your likelihood of developing alcohol-related health conditions, as well as helping to improve your general health and wellbeing.

- One way you might choose to do this is by **limiting the number of drinks** you have in one session. This will also make you less vulnerable to other alcohol-related incidents, including trips and falls.
- Another method of drinking responsibly is to **drink less frequently**. Drinking less might give you more energy to devote to other things you enjoy, from reading a book to spending time with your friends and loved ones.
- Drinking less alcohol could also **improve your health** in other ways - including helping you to sleep better at night and to have more restful sleep.

If you're worried about your drinking or need support to help you cut down, please contact the following services for help and advice:

Spectrum Community Health CIC
Tel: 01924 311400
Web: www.spectrumhealth.org.uk
Email: info@spectrum-cic-nhs.uk

Age UK, Wakefield
Tel: 01977 552114
Web: www.ageuk.org.uk/wakefielddistrict
Email: admin@ageukwd.org.uk

As we grow older, our bodies become more sensitive to the effects of alcohol - making us feel 'tipsy' faster than we might have done before. This is because as we age, our bodies take longer to fully metabolise and break down the toxins in alcohol.

Harmful drinking can sometimes be thought of as a 'hidden problem' among older people, which can make it difficult to find the support you need or to speak to someone if you have any concerns. However, struggling with alcohol is more common than you might think: a recent survey found that 1 in 3 people with alcohol problems develop them later in life.

The risks of harmful drinking

Harmful drinking amongst older people is on the rise. Although drinking to excess can be harmful at any age, some risks tend to increase as we get older. Older people are more vulnerable to trips or falls at home than other age groups and between 2016 and 2017, people aged 65 and over formed 30% of alcohol-related hospital admissions in England.

Whether you enjoy drinking on special occasions or have grown used to a daily tittle, drinking too much alcohol can cause you to:

- React more slowly
- Lose your sense of balance, leaving you vulnerable to trips and falls
- Lose body heat more quickly
- Increase your risk of liver disease and other alcohol-related health problems

Drinking heavily can also worsen some conditions which are more common amongst over-55s, including high blood pressure.

There are many reasons why a person may begin to drink beyond the safe limits. Circumstances such as retirement, bereavement, loneliness or poor mental health can all contribute to alcohol misuse in older people – so if you're struggling with drinking, it's important to know how to get help.

How do I know if I'm drinking too much?

To stay with safe drinking guidelines, the NHS recommends that men and women should not regularly drink more than 14 units per week - that's roughly six pints of lower-strength beer or six small glasses of wine. If you do enjoy the odd drink, learning more about units is a good way to help keep track of your intake and reduce risks.



ManyVoices Adult Community Choir

ManyVoices is a brand new adult community choir directed by Geraldine Gaunt. The choir is based at Manygates Music Centre and rehearses on Wednesday evenings in term time from 6.45pm to 8pm.

ManyVoices Choir enables adults to increase their self confidence and resilience, whilst also interacting with other people in a social setting. No previous experience is necessary and you don't have to read music to be a member. Membership to Music Centres and other WMS groups costs just £35 per term. This allows you to attend as many activities as you wish and/or suitable for.

If you would like to join or go along to a free taster session please contact:

Manygates Music Centre
 Manygates Lane
 Wakefield
 WF2 7DQ
Tel: 01924 303306
Email: music@wakefield.gov.uk



Coal Industry Social Welfare Organisation (CISWO)

The Coal Industry Social Welfare Organisation (CISWO) is a UK wide charity which has focus on delivering community and personal welfare services to mineworkers, former mineworkers and their wives, widows and dependants.

CISWO offer help and advice with any health-related, financial, or other personal issue.

Amongst services offered by CISWO are:

- Confidential home visiting service
- Support at times of personal difficulty
- Benefits advice and help
- Access to funds for those facing financial hardship
- Help with independent living
- Information on health and disability issues
- Assistance with convalescence and holidays

CISWO do their utmost to provide free support, to individuals where possible.

To find out more about the services they provide, please contact:

Coal Industry Social Welfare Organisation
 Yorkshire Coalfield Resource Centre (Thornycroft)
 Halfpenny Lane
 Pontefract
 West Yorkshire
 WF8 4AY
Tel: 01977 703384
Web: www.ciswo.org.uk



Useful Contacts

Contacts:

DIAL Wakefield (Disabled Information and Advice Line)

Castleford Civic Centre, Ferrybridge Road, Castleford WF10 4JH
Tel: 01977 723 933
Email: advice@dialwakefield.co.uk
Fax: 01977 724081

Carers Wakefield and District

25 King Street, Wakefield WF1 2SR
Email: info@carerswakefield.org.uk
Website: www.carerswakefield.org.uk
Tel: 01924 305 544

Wakefield Council

Town Hall, Wood Street, Wakefield WF1 2HQ
Email: helpinghands@wakefield.gov.uk
Website: www.wakefield.gov.uk
Tel: 01924 305 202

Age UK Wakefield District

7 Bank Street, Castleford WF10 1JD
Email: admin@ageukwd.org.uk
Website: www.ageukwd.org.uk

Alzheimers Society Wakefield & Five Towns

21 King Street, Wakefield WF1 2SR
Tel: 01924 373 264
Email: wakefield@alzheimers.org.uk

Don't forget your flu jab!

Don't put off getting the flu vaccination; if you are eligible you should get it now. If you have a long-term health condition, even one that is well managed, you are at greater risk of severe complications if you catch flu.

Those recommended to have the jab include:

- Everyone aged 65 and over
- Everyone living in a residential or nursing home
- Everyone who cares for an older or disabled person

If you are under 65 but have a medical condition you should get the flu jab. These conditions include:

- Respiratory disease such as asthma
- Obstructive pulmonary disease (COPD) or bronchitis
- Heart disease, such as heart failure
- Kidney disease
- Liver disease, such as hepatitis
- Neurological conditions such as Parkinson's disease
- People with problems with their spleen
- People with a weakened immune system due to conditions such as HIV and AIDS, or as a result of medications such as steroid tablets or chemotherapy



If you are caring for someone else, it's vital for you to get the jab. By looking after your own health, you will be able to look after that of those you care for.

For advice and information about the flu jab, speak to your GP, practice nurse or pharmacist.

To find out more and watch a short video visit

www.wakefield.gov.uk/flu

Comments and suggestions

We aim to make Helping Hands interesting and relevant to you. If you have any comments, or suggestions on what you would like to read here, then email helpinghands@wakefield.gov.uk or call **01924 305 202**

"This pair of prosthetic hands are attached to the ends of two telescoping, multi-jointed chrome rods which fasten into a thin plastic case designed to be worn on the back.". Helping Hands is an artifact that provides the wearer with five new equipment slots (much like the Multiple Arms mutation): Left Robo-Arm, Left Robo-Hand, Right Robo-Arm, Right Robo-Hand, and Robo-Hands. Helping Hand (Japanese: ã¸ããã Help) is a non-damaging Normal-type move introduced in Generation III. It is TM03 in Pok mon: Let's Go, Pikachu! and Let's Go, Eevee!. Helping Hand is an increased priority move that will increase the damage done by the user's ally this turn by 50%. It will fail if there is no adjacent ally, or if the ally has already acted this turn. It can still affect an ally behind a substitute or in the semi-invulnerable turn of a move like Fly or Dig. Helping Hand targets the user. Helping Hands. Rank I - Earthen Heart Rank 39. When you cast an Earthen Heart Ability, you restore 495 Stamina. Rank II - Earthen Heart Rank 50. When you cast an Earthen Heart Ability, you restore 990 Stamina. Helping Hands is a Skill in Elder Scrolls Online (ESO), this skill can be found and is a part of the Earthen Heart Skill Line .  Champion Points That Affect Helping Hands. ?? ?? ?? Equipment Sets That Affect Helping Hands. ?? ?? ?? Notes & Other Useful Information. Class: Dragon Knight.