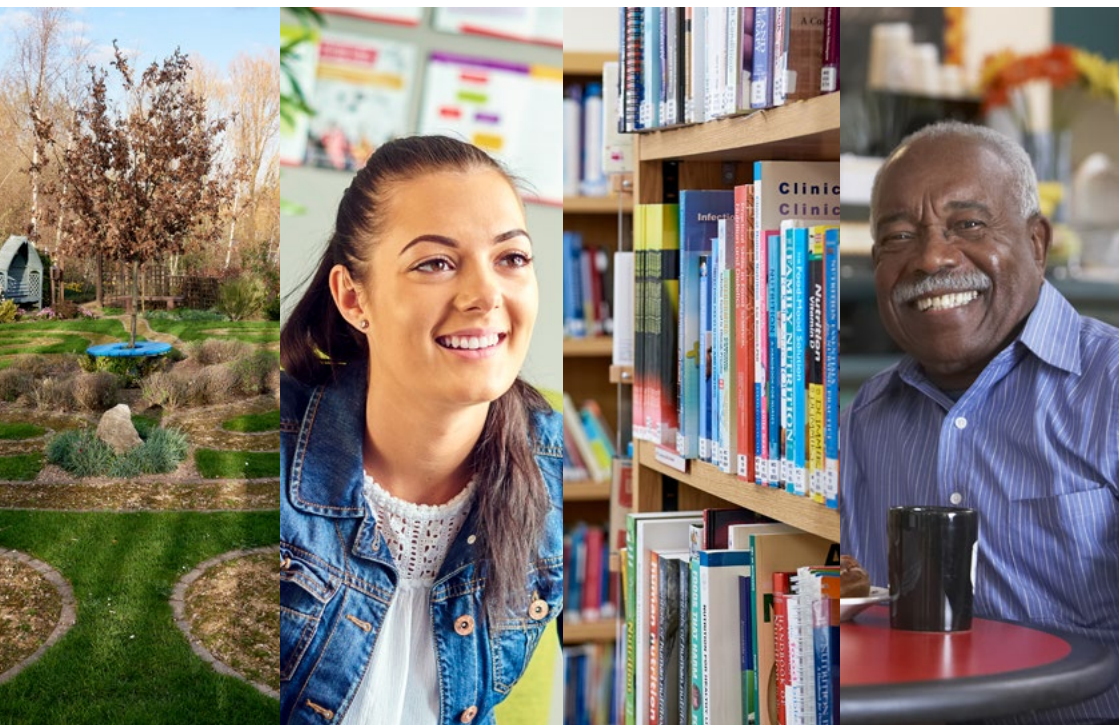


January -
July 2020



South West
Yorkshire Partnership
NHS Foundation Trust



Wakefield and 5 Towns Recovery College

Find your skills, discover your strengths, explore
your potential and recognise yourself

With **all of us** in mind.

Welcome to our recovery college

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Throughout the prospectus you will see these symbols



Stats*



Student quotes*

* sourced from students' evaluation forms completed at the end of each course and from a trust wide survey/outcome measure looking at the social return on investment at all the recovery colleges

Introduction to Wakefield and 5 Towns Recovery College

We are delighted to welcome you to the Wakefield and 5 Towns Recovery College, brought to you by the South West Yorkshire Partnership NHS Foundation Trust.

For those of you reading a Wakefield and 5 Towns Recovery College prospectus for the first time... Welcome! We're all a really friendly bunch and all of the courses and workshops you'll see on offer in here are informal, as far away from a traditional college/school as you can imagine, and most importantly, have had design and delivery influence of someone with lived experience of the illness, condition or skill that the course is about.

For those of you who have been with us before...Welcome back! We're over the moon that you gave us a 99% recommendation rating to your friends and family last year and that you've come back to learn more with us. We hope you like our new courses and workshops, such as "Easy Meals", "Trailblazers" and "Coping with Pain", as well as our firm favourites, such as "Stroke Awareness", "Improving Your Sleep" and "Pottery for Beginners".

Our new online enrolment form and Customer Relationship Management system is well and truly up and running now with most of our students now booking their places online. Not only is this a quicker way to book on to the courses you love, but it's also easier to get booking confirmation and reminders from us as the system will automatically email you (if you give us an email address) or text you (if you've not got an email address but do have a mobile phone number). On top of all of this, it helps us go that extra mile in our Trust's "Going Green" initiative, reducing our impact on our environment.

We've also got some very exciting news! 2019 saw our first two Recovery College babies being born and welcomed to the team! Two of our wonderful volunteers brought their bundles of joy in to the world in June and October and we hope you'll all join us in sending them huge congratulations and wishing them all well.

As always, Janette (our College Secretary) and I would like to thank all of our volunteers, partners and extended team members for their continued support, hard work and contributions to the Wakefield and 5 Towns Recovery College and its students; your efforts really are making a difference to the lives of our students and local communities.

On behalf of all the team here, I would like to wish you well for the new term and hope you enjoy your courses and workshops.

Lindsey – Recovery College Principal

What happens when I enrol?

You can now enrol quickly and easily online at www.wakefieldrecoverycollege.co.uk, fill out your personal details, the courses you're interested in and then click submit at the bottom of the form. You'll just need to click submit once, and then wait for the green box that pops up acknowledging your form has been submitted. After that, it's over to our team! Alternately, at the back of the prospectus you will find an enrolment form, complete with a student charter and equality monitoring information form. We ask that you fill this in, sign it and forward it to the college. If you have any difficulties in completing the paper or online form please contact us and we will arrange support with this. Contact details are on the back of the prospectus.

Please note that courses/workshops close for enrolments two weeks before their start date, with some courses filling up very quickly. Make sure you get your enrolment form in early to avoid disappointment.

Individual Learning Plans

We offer information, advice and guidance about each course and workshop and its content. Once the college receives your enrolment you will be offered an appointment to meet with a member of the college team to spend time going through your individual learning plan (ILP). As your course/s or workshop/s progress, we will help you to identify your goals, hopes and ambitions for your recovery journey. Within the learning plan there is an opportunity to discuss any learning support needs you may have. We will do everything we can to support you. An individual review appointment is also available for you at the end of your learning if you should wish for one.

Feedback

We want to create an environment that encourages learning and where learners feel they are supported. Feedback from students, visitors, volunteers and staff is vital to how we develop and co-produce the college and the courses we deliver. We hope to do this through regular evaluation and our development and planning groups and we welcome your comments and ideas. Don't forget – this is your Recovery College after all.





Wakefield and 5 Towns Recovery College partnerships

The Wakefield and 5 Towns Recovery College has been developed in partnership with South West Yorkshire Partnership NHS Foundation Trust staff, volunteers, people with lived experiences of mental and physical ill health and with organisations across the Wakefield district and the surrounding areas. We would like to express our sincere thanks to those people in these partnerships, as without them and their support, the Wakefield and 5 Towns Recovery College would not be able to deliver the services that it does and help people on their own recovery journey.



South West
Yorkshire Partnership
NHS Foundation Trust

Admiral nurses

The admiral nurses support families living with the effects of dementia across the Wakefield district. They focus on the needs of the family to better understand dementia and the progression of the condition. Admiral nurses provide support for carers, working in partnership with fellow services and agencies across the locality.



Alzheimer's Society

The Alzheimer's Society provide information and support for all types of dementia, running Forget-Me-Not cafes and Singing for the Brain groups across the Wakefield district. They run Dementia Friends sessions, Schools Information Programmes and Information Courses for Carers of people with dementia.



Apple Tree Allotment & Community Garden, from Wakefield Council's Health Improvement team

The Health Improvement team offers support to identify and develop opportunities to embed and improve health and wellbeing across the district, with a specific focus on increasing activity and reducing obesity as well as preventing ill health and reducing inequalities.



Battle Scars

Battle Scars' philosophy is to support, educate and bring everybody together. Initially Leeds based, their community group was formed in 2016 to help to remove the stigma and increase the understanding around self-harm, as well as help people feel supported and no longer alone. With rapid growth, they became a registered charity in England and Wales in 2018 and now run survivor-led groups and workshops in Leeds and Wakefield, offering support and education to those who self-harm, their families, friends and carers and to professionals or anyone else who is trying to understand self-harm and eating disorders.



Comets

Comets is dedicated to fusing fitness & fun through activities such as running, buggy walks and cycling. The club started as a small group of likeminded individuals who wanted to increase their fitness who started running and exercising together and decided to form the Comets. They are currently working with the West Yorkshire 'Mums Team' initiative to encourage more women to participate in exercise and sport with some choosing to lead these activities. They are also a supporter of the 'This Girl Can' campaign. This campaign resonates with all of the group leaders and many group members, summing up their Comets ethos of 'Any Girl Can'. Their team consists of fully qualified leaders (Leadership in Running Fitness, Walking for Health & Level 1 Breeze / British Cycle coach leaders) who hold DBS certificates and First Aid qualifications. All of their enthusiastic team volunteer to lead Comets activities.



Creative Minds

Creative Minds is all about the use of creative approaches and activities in healthcare; increasing self-esteem, providing a sense of purpose, developing social skills, helping community integration and improving quality of life. They develop community partnerships to not only co-fund but also co-deliver projects for local people.



Cycling UK

Cycling UK want people of all ages, backgrounds and abilities to be able to cycle safely, easily and enjoyably. Cycling UK has championed the cause of cycling for almost 140 years. They promote all forms of cycling, protect the interests of existing and would-be cyclists, and inspire people of all ages, backgrounds and abilities to discover the joys of cycling.



Dementia Friends

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change



people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. Dementia Friends is about learning more about dementia and the small ways you can help, from telling friends about the Dementia Friends programme to visiting someone you know living with dementia, every action counts.

EASTMOOR
COMMUNITY PROJECT LTD

St. Swithuns Community Centre, Eastmoor Community Project

Eastmoor Community Project is based at St Swithuns Community Centre, a busy and welcoming building based in the heart of Eastmoor Estate. They run a variety of activities, social groups, workshops and community events throughout the year. Their aim is to respond to their community, to provide suitable resources and support people to thrive and achieve. They run a well-being project called 'Building Blocks to Resilience' which focuses on health and well-being support, enabling their local community to develop coping strategies and support networks to help them maintain good health. They also operate a community café, providing home cooked and healthy food options. Their facilities are available to hire, with a variety of meeting rooms including a conference suite and activity hall. Everyone walking through their doors can expect a friendly welcome and support to access their services.



Greater Awareness and Support for People Encountering Drugs

GASPED

GASPED (Greater Awareness and Support for People Encountering Drugs) is a unique service, that delivers a range of support for people affected by their loved ones drug and alcohol misuse.

Gasped provide practical and outcome focused emotional help, information and support to parents, partners, grandparents, families and carers of people who misuse legal or illegal drugs, prescription drugs and alcohol. Gasped services include; Person centered counselling and one to one support to give families the coping skills required to help themselves and support their loved one better; Community based support groups; 24 hour helpline; Crisis intervention; Drop in service throughout the Wakefield area for support and advice; Hypnotherapy and complimentary therapies; Training workshops in the form of relaxation techniques, awareness of co-dependency, and importance of boundary setting.

Gasped also partner ANDYSMANCLUB, which meet every Monday evening at 7.00pm at the Gasped offices. ANDYSMANCLUB is a safe place for men to talk about worries and anxieties that concern them, without being judged. The biggest killer of men aged between ages nineteen and fifty in Yorkshire is suicide; Gasped in partnership with ANDYSMANCLUB are working to reduce those figures.



Live Well
Wakefield

Live Well Wakefield

In the Live Well Wakefield Service they understand that there are many things that can affect our ability to feel healthy and remain independent. They appreciate this and can offer individual support to help address these needs. They can do this by offering individual, personalised support either in your own home or in the community, help you navigate services such as health and social care or tell you about community groups and activities in your own area. They can also offer you courses and workshops to help you self-manage your long term condition.



Managing Dyslexia

Managing Dyslexia is a community group run in local libraries for adults with dyslexia. Learners are helped to develop their English skills, but also to look at coping strategies and peer support to help deal with their disability in everyday life. The groups meet every week, deliver dyslexia awareness sessions to the public, fund raise to keep the groups running and have a lot of fun!



Mindful Movers

Mindful movers are a free run, walk and talk group based in Thornes Park, Wakefield, offering a safe, supportive and inclusive environment for anyone wanting the physical and mental health benefits of exercise. The group is friendly and welcoming with fully qualified leaders on all activities, covering a variety of running and walking distances based on the ability of the group; no-one is ever left behind. The group meets on Friday mornings 10-11am inside Thornes Park stadium (where there are lockers, toilet and drink facilities). Thornes Park Stadium has a large free carpark and is also on major bus routes.



Northern College

Northern College is a provider of adult education services. The college's main mission is to provide outstanding adult residential and community education for the empowerment and transformation of individuals and communities. Northern College can provide fully funded courses at their residential college. They specialise in bringing people back into education, equipping them with the confidence, study and life skills necessary to get the best from their programme of learning. Many people attending college are unemployed, in recovery from drug and alcohol addictions or mental health issues, ex-offenders or from areas of high socio-economic disadvantage. The college has a strong history of working with community groups and helping to develop the skills of their staff, including volunteers. Northern College's role within recovery colleges is to facilitate groups of students attending community learning courses.



Open Country

Open Country is a Harrogate-based charity that seeks to enable anyone with any disability to access the countryside. They achieve this through a variety of countryside activities and the provision of training, advice and information. After nearly 25 years working in North Yorkshire, they launched a new outreach project, *Wild about Wakefield*, in September 2017. The project offers day services with a difference: a weekly walking group, weekly nature-based activities, a seasonal tandem cycling club and weekend outings. They work with adults with learning and physical disabilities as well as those with mental health conditions. Based from Thornes Park and with the provision of a minibus, volunteers and equipment, they aim to engage over 90 new members with the outdoor world, enabling them to access the countryside in exciting new ways.





ORCHA

The Organisation for the Review of Care and Health Applications, is the trusted source for health app advice. By increasing access to health apps, building awareness of their benefits, and facilitating trust amidst the complex data privacy landscape, ORCHA empowers people and professionals to embrace digital health.

With over 327,000 health apps currently available, ORCHA's stringent App Review process breaks through the noise of unregulated and untrustworthy apps. Members of the public can use ORCHA's App Finder to discover the best health apps for their own, personal needs, with all apps scored by ORCHA according to their Data and Security, Clinical Assurance and User Experience.

As the world's leading health app evaluation and advisor organisation, ORCHA is constantly striving to fulfil its mission to make digital healthcare accessible to everyone. Through increased clarity and trust, ORCHA believes this can be achieved.



Pro-Fit Personal Training

At Pro-fit personal training they believe in you achieving your potential and making a difference to people's lives to live a happy healthier lifestyle. Their mission is to combine exercise, nutrition and motivational coaching along with amazing customer service to help people achieve phenomenal results.



Stride Theatre

Stride Theatre offers a variety of theatre based workshops and projects that are accessible and affordable for all. They run weekly sessions for adults and children, school based workshops, as well as running a variety of community based projects and performances across the Wakefield District. Their work is person centred and aims to develop self-confidence and communication.



Think Crea8tive

Think Crea8tive Group CIC actively promotes and develops the use of creativity in local communities within England by working with individuals, families, groups and other organisations in a common effort to advance education, recreation, research, provide facilities in the interests of social welfare, and widen opportunity for social cohesion with the objective of improving the conditions of life for the local community. They passionately believe that the Arts, and in particular learning music, is of great benefit and importance to our mental health and well-being and should be able to be accessed pre-birth and throughout our lives. They work in local communities delivering a variety of projects and training to enable everyone to have access. Think Crea8tive Group CIC is a consortium of music educators and clinical experts specialising in expressive musical skills through an intervention approach to mental health and wellbeing through music.



Together

Wakefield Advocacy Together Hub provides range of statutory services, for adults, across the Wakefield District, including IMHA/Independent Mental Health Advocacy (This may help if you are detained in hospital, or under a Community Treatment Order, because of mental health illness.), IMCA/Independent Mental Capacity Advocacy (For people who are not able to explain what they want to happen when serious decisions need to be made on their behalf.), Care Act Advocacy (To assist when going through a care and support assessment, a care and support planning process, a care and support review, a safeguard process.) and PRPR/Paid Relevant Persons Representative (For residents in a Care Home that have been authorised to remain there for their own safety by the Local Authority (DoLS/Deprivation of Liberty Safeguard). Together offer a free and confidential service and can provide support through helping you understand your rights, listening to your views and wishes, helping you to make your own choices, strengthening your voice and getting it heard, and help to consider options to find the best solution for you.



Turning Point Talking Therapies

Turning Point Talking Therapies' services are designed to provide quick and easy access to a range of psychological therapies – so you can get the help you need, when you need it. If you are feeling down, worried, depressed or anxious, they can help, whether that be face-to-face, over the phone or with online support through My Turning Point, their digital therapy tool.

Turning Point was founded 50 years ago to reach out to people and support them to find a new direction in their lives. This has always remained the case. Today they are a social enterprise, providing specialist and integrated services which focus on improving lives and communities across mental health, learning disability, substance misuse, primary care, the criminal justice system and employment.



Vibe Fitness

Vibe Fitness is a community fitness centre based in Normanton West Yorkshire. They run a variety of sessions for both adults and children, such as Boogie Bounce (trampoline fitness), Zumba Fitness, Zumba Step, Strong by Zumba, PiYo (pilates and yoga), BADASS Combat, Bounce Dancefit, Kettlebells, Pump barbell workout, Pound, BodyBand resistance band training, Streetdance, Cheer and more. Their aim is to make fitness classes accessible to all abilities of fitness levels. And most of all...to make it fun!



Wakefield Events and Functions

Wakefield Council Events and Functions Service offers a variety of unique and prestigious venues across the Wakefield District, including Wakefield, Ossett and Pontefract Town Halls, Castleford Civic Centre and Agbrigg and Belle Vue Community Centre. Whether you are looking to host a concert for 500 people or need a small meeting room for a one to one, they have something for you. They provide a complete catering service, bar facilities, AV equipment and full event coordination, nothing is too much trouble. Please contact them on eventsandfunctions@wakefield.gov.uk or call 01924 305830 to speak to one of their friendly team who will tailor the perfect package for you.



Wakefield Libraries

Wakefield libraries offer a network of welcoming library branches and mobile libraries in communities across the Wakefield District. It is free to join the library at any age and they offer free books, audiobooks, e-books and magazines to borrow, as well as free computers and internet access in their branches. All libraries have free Wi-Fi and space to study and relax, some have coffee machines and cafes on site. A huge range of events for all age groups from story times to job clubs are on offer on a weekly basis across the district, the vast majority of which are also free.



West Yorkshire Archive Service

West Yorkshire Archive Service (WYAS) are the county archive service for West Yorkshire. They have five offices in Wakefield, Leeds, Bradford, Kirklees and Calderdale. We are part of West Yorkshire Joint Services who are jointly funded by the five borough councils in West Yorkshire. They aim to collect and permanently preserve the unique documentary history of our region and hold records dating from the twelfth century through to present day - that is over 800 years of history! All of their offices can help you to discover your family history, learn about your local area and care for your history and collections.



Wool Couture

In 2015 Claire left her role as Director of Transformation in the NHS after 15 years. She had been crafting all of her life to help her anxiety and depression and especially loved knitting and crochet. By the end of 2015 she had literally knitted so much that she decided to sell a scarf on ETSY. It sold within day, so she sold another, and another. Then people started asking for the wool she used and the patterns she had written, so she started putting together DIY craft kits. By early 2016 she had made and sold so many kits and items that she decided to give it a proper go, setting up the business in her dining room and garage (and that's where it stayed for a year!).

In their first year, Wool Couture got a contract with John Lewis and Free People and grew their sales to around £300K, deciding to move into their first proper unit and having to move again within the year! They developed macramé and weaving kits, going on to manufacture their own knitting needles, hooks and weaving looms, then developed a baby range and some new yarn. They have just converted an old pub into their new manufacturing and retail premises and started an online shop (you can use the code "lovewool2019" to get 10% off) and they now employ 10 people, turning over around £800k per year!



Yorkshire Smokefree Service

Smoking is the biggest cause of preventable illness in the UK including Wakefield; smoking rates in our area still remain higher than national average. At Yorkshire Smokefree Wakefield they provide free confidential advice and support to help the people of Wakefield who would like to stop smoking. They have a range of clinics at different venues and times throughout the district which are run by their friendly specialist advisors. They also have specialist advisors within pregnancy and secondary care. If you or anyone you know would like to stop smoking or just have a chat, then please contact the team on 01924 252174 or 0800 612 0011 (from a landline).

Wakefield Council brings 'magic tables' to libraries for people with dementia & learning difficulties

Wakefield Libraries are proud to offer Tovertafel, a magic table stimulating both physical and emotional activity encouraging social interaction that creates moments of happiness.

The technology works by projecting games onto a table, with colourful objects such as flowers or space ships that can be moved around and made larger or smaller by hand movements. This stimulates the body and mind and encourages social interaction.

The magic tables not only aim to bring fun and enjoyment to the lives of people with moderate to advanced dementia and learning difficulties but for people of all ages in the community to enjoy.

You can find a Magic Table at Wakefield One, Pontefract, Airedale, Sandal, and Normanton libraries. Please contact the library if you require further information. Contact details are available on the Council's website:

www.wakefield.gov.uk/libraries



Have you thought about volunteering?

Do you have...

A practical skill or interest in gardening, knitting, craft, cooking, or something else?

An experience that you would like to educate others about, perhaps in mental or physical ill health?

A desire to support and encourage others?



Then why not become a volunteer with the Wakefield and 5 Towns Recovery 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 and 5 Towns Recovery College is an opportunity to boost your skills, as well as give something back. We would welcome and support anyone who would like to volunteer within the college, providing you with a dedicated volunteer supervisor, regular contact with the team, reimbursement of travel and material expenses you acquire when carrying out your volunteer duties and personal and educational development opportunities.

If you would like to know more, please phone us to find out more on **01924 316946**, email us at wakefieldrecoverycollege@swyt.nhs.uk, or visit the Trust's dedicated volunteering website at www.southwestyorkshire.nhs.uk/work-for-us/volunteering.

If you are interested in volunteering with the Wakefield and 5 Towns Recovery College, Part of the South West Yorkshire NHS Partnership Foundation Trust, please complete our volunteer expression of interest form and return to our Volunteer Services team at: **Volunteer Services, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP.**

With your help, we can do more for local people.

South West Yorkshire Partnership NHS Foundation Trust provides mental health, community, and learning disability services to help people reach their potential and live well in their communities.

We're committed to making volunteers part of our teams and we're delighted you want to join us. We need your valuable skills and experience so that we can go the extra mile for people who use our services. You can help us make a difference to the care we provide.

We've got a number of volunteer roles that all play part in making a difference to people's lives by providing non-clinical support people who use our services and our staff teams. No matter what your background, there's something for you.

By volunteering with us, you can give your community a voice in everything we do whilst building new friendships, improving your confidence and boosting your CV with experience in a health and care environment.

Who can volunteer?

If you're over 16, you can volunteer with the Trust. We welcome anyone who can bring skills and life experiences, and encourage applications from people from all communities and backgrounds

Support and training

We'll provide training to help you in your volunteer role, reimburse you for out of pocket expenses, and our staff will give you regular support.

How soon can I start?

We'll aim to contact you within a week of receiving your interest form; it may take a little longer before you're called in for an informal chat. This depends on the demand and number of volunteering opportunities available at the time of your application.

How to apply

Complete this short form and send it back to our volunteer services, then we'll contact you to chat through the next steps.

Post: Volunteer services, South West Yorkshire Partnership NHS Foundation Trust, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 35P

Phone: 01924 316426

Or apply online at www.swyt.nhs.uk/volunteering

Interest form

Name:

Address:

Telephone:

Mobile:

Email:

How would you like to be contacted? (please tick a box)

☐

Post

☐

Phone

☐

Email

We're only able to offer volunteer placements to people over 14.

Please tick the box to confirm you are 14

☐

If known, which volunteering role/department are you interested in?

Role:

Department:

What type of volunteering are you interested in?

☐

Catering/café

☐

Teaching/training roles

☐

Surveys/research

☐

Office based

☐

Buddying/peer support

☐

Involvement and engagement

☐

Faith related roles

☐

Events/fundraising/promotion

☐

Meeting representatives

☐

Information and signposting

☐

Other



Tell us why you'd like to volunteer with the Trust:

Please provide a short summary of your skills, experience, education and training:

Becoming a member of our Trust gives you the opportunity to get involved and shape our future while staying informed through regular updates. Please tick if you would like to become a member

Yes☐

No☐

Signature:

Print name:

Date:

Office use only section

Comment:

Department:

Name:

Signed:

Dated:

Date received by volunteer service:



Our courses



Supporting recovery

An introduction to personality disorder

POPULAR
- Book
early

This workshop is for people who are interested in learning about what personality disorder means and how it may affect them or somebody they care about. It will include:-

- An overview of what personality disorder means
- The main categories and types
- How personality disorder affects people
- Different ideas about what causes personality disorder
- Treatments and approaches available
- Self help

Duration:

2 hours – 1 session

Date and time (Baghill House):

Friday 28th February 2020 – 1pm-3pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW

Date and time (Drury Lane):

Friday 1st May 2020 – 1pm-3pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE



" I would certainly recommend the recover college. I have had some very good help from them. "



Arthritis & you

This workshop aims to provide information and awareness of ways of living well with arthritis. In this session you will gain:-

- An understanding of what arthritis is in all its forms
- An understanding of how to manage arthritis
- Knowledge of pain triggers and how to deal with them
- Support and information available, nationally and internationally

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Thursday 11th June 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Autism awareness

This short workshop looks at the life and experiences of someone living with a diagnosis on the autistic spectrum and the fascinating insight and experiences of a family member looking outside in.

You will learn about the characteristics associated with autism and have a chance to ask our facilitators questions.

Duration:

2 hours – 1 session

Date and time (Baghill House):

Friday 27th March 2020 – 10am-12pm

Venue:

Baghill House Health & Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

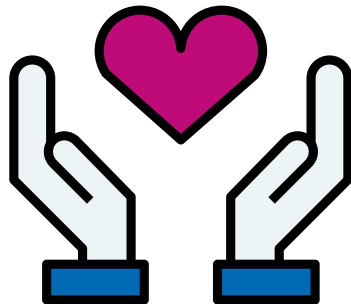
Date and time (Drury lane):

Tuesday 9th June 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

99% of students last year were extremely likely or likely to recommend us to friends and family.



Body image

With the idea of the “ideal” body image being plastered everywhere nowadays, it’s not uncommon to compare ourselves to others or want to look different. This short workshop, delivered in partnership with Turning Point Talking Therapies, aims to explore the “ideal” body image through the years, scrutinise media representations of body image, look at the vicious and virtuous cycles of body image and look at ways of feeling more positive about your own body image.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Thursday 21st May 2020 – 10am-12pm

Venue:

Drury Lane Health & Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE

Coercive control; a brief overview

This workshop will provide participants with a good understanding of what coercive control is and the different tactics of abuse which may be experienced. It will describe some of the ways you may be able to identify coercive control is happening and participants will be given information about appropriate support services and ways of helping.

Duration:

1 hour 30 minutes – 1 session

Date and time (Baghill House)

Friday 12th June 2020 – 10am-11:30am

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW



Over three quarters of our students have been able to put the things they learned with us in to practice.



Coping with life by using relaxation

This workshop, facilitated by Live Well Wakefield, will help you to:-

- Identify what relaxation is and the benefits
- Identify what we could do to relax
- Have a go at a few relaxation techniques to use at home
- Set an action plan for when at home

The small group is very informal and we will be showing you things we use to help us cope with life when it all feels a bit too much.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Monday 27th April 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House):

Wednesday 1st July 2020 – 10am-12pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW

Coping with pain

NEW
COURSE

This workshop, facilitated by Live Well Wakefield, will help you to:-

- Meet and share with others who live with chronic pain
- Look at additional tools/techniques for managing persistent pain problems
- Practice some pain management techniques
- Make a plan to help manage pain at home

The small group is very informal and we will be showing you things we use to help us cope with persistent pain.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Friday 20th March 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House):

Wednesday 10th June 2020 – 10am-12pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW



Emotional eating

In this short workshop, delivered in partnership with Turning Point Talking Therapies, students will learn what emotional eating is, the vicious and virtuous cycles of emotional eating, where to get further support around emotional eating and will examine triggers and explore coping strategies.

Duration:

2 hours – 1 session

Date and time (Baghill House):

Friday 5th June 2020 – 1pm-3pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW

**" Very inspiring.
Brilliant. I have
gained so much
from each and
every course. "**



Feeling Positive, busting stress

This workshop, facilitated by Live Well Wakefield, includes:-

- Identifying how stress could affect you
- Raising awareness of things you can do to reduce your stress
- Learning a few stress busting exercises
- Setting a plan of things you would like to work on when at home

The aim of the workshop is for you to test your foot in the water by learning different tools that could help you to cope when you are feeling stressed.

Duration:

2 hours – 1 session

Date and time (Drury Lane)

Thursday 23rd January 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House)

Wednesday 29th January 2020 – 10am-12pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW



Getting to grips with assertiveness

During this short workshop, delivered in partnership with Turning Point Talking Therapies, students will gain an understanding of assertiveness, explore reasons we may be unassertive and the effects of this, look at various communication styles and discover various ways to practice assertiveness skills.

Duration:

2 hours – 1 session

Date and time (Baghill House):

Friday 3rd April 2020 – 10am-12pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

Healthy body, healthy mind

This workshop aims to provide tools & guidance for those dealing with mental ill health on a daily basis, by showing how healthy eating & being active can have a positive impact on a day to day basis.

You'll get to speak with one of the team who used healthy living and exercise to combat her depression, and her personal trainer who supported her with this plan.

In your first week, you will be classroom based for a theory session, learning from those who have already been through the process. Weeks two, three, four and five will be based at Total Fitness in Wakefield, using all of their facilities, and in various outdoor community locations. In week six, you will be back in the classroom looking at what everyone has learned, gained and their next steps.

Please note there will be an assistance dog in this session; please do not enrol if you have a fear of or allergy to dogs.

Duration:

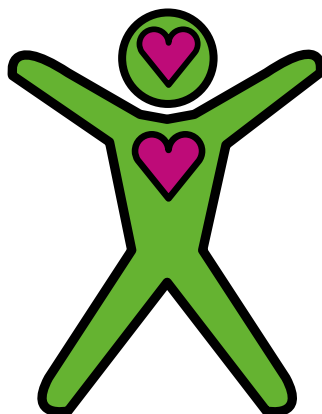
2 hours – 6 sessions

Starting date and time (Wakefield Town Hall):

Tuesday 25th February 2020 – 12:30pm-2:30pm

Venue:

Wakefield Town Hall, Wood Street, Wakefield, WF1 2HQ (weeks 1 and 6) and Total Fitness, Silkwood Park, Fryers Way, Ossett, WF5 9TJ (weeks 2, 3, 4 and 5).



Improving your sleep

This introductory workshop could be for you if you are interested in understanding ways of improving your sleep. During the workshop we will be talking about:-

- Stages of sleep
- How and why sleep may be disrupted
- Some techniques which people have been found to be helpful in improving their sleep

The training team will include a person who has experience of poor sleep and a person with professional expertise.

Duration:

2 hours – 1 session

Date and time (Baghill House) :

Monday 10th February 2020 – 1pm-3pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

Date and time (Drury Lane):

Thursday 14th May 2020 – 1pm-3pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Knowing more about dementia

This workshop, facilitated by local Dementia Friends Champions, will support people to understand the environmental challenges that can be experienced by someone living with dementia and how making simple changes to the home environment can enable a person to live well with dementia in their own home.

The workshop will aim to give students: -

- Understanding of the five key things everyone should know about Dementia
- Understanding of the role they can play in making Dementia Friendly communities
- The opportunity to turn their understanding into action.

Duration:

2 hours – 1 session

Date and time (Drury Lane) :

Thursday 19th March 2020 – 10am – 12pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House):

Thursday 16th July 2020 – 10am – 12pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW



“ I am now able to do things I’ve wanted to do for ages. ”



Learning more about IBS

NEW
COURSE

Sometimes just listening and learning helps when you have a diagnosis of Irritable Bowel Syndrome (IBS). This non-medical course is facilitated by 2 people with over 40 years lived experience of different symptoms of the condition between them.

This course aims to help you take control of your IBS by looking at how your gut works, diet, lifestyle and alternative approaches.

If you want to understand more about the symptoms of IBS and where to find further useful information from, then come along a join this free, friendly, interactive course.

Duration:

2 hours – 2 sessions

Starting date and time (Drury Lane):

Monday 3rd February 2020 – 1pm-3pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Starting date and time (Baghill House):

Monday 20th April 2020 – 1pm-3pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

Living with anxiety

POPULAR
- Book
early

Ever wondered what anxiety is? Would you like to know how to manage anxiety better or support someone you love?

If you have answered yes to any of these questions then this interactive workshop could be for you. This workshop has been developed to explore what anxiety is, bust the myths you may have heard about anxiety and explore practical ways of managing the symptoms of anxiety. During this course we will:-

- Introduce and explain anxiety
- Explore the impact of anxiety on someone's day to day life
- Discuss treatment options for anxiety
- Discover management strategies for anxiety

The training team will include an individual who has experienced anxiety and an individual with professional expertise.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Friday 31st January 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Starting date and time (Baghill House):

Friday 19th June 2020 – 10am-12pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW



Looking at bi-polar disorder

2020
REFRESH

This 2 hour session produced by both health care professionals and people with lived experience has been designed to help people appreciate the symptoms of bi-polar disorder and how it is managed. There will also be information and tips on how to stay well and where to go for support.

This workshop is open to anyone who has been affected by bi-polar disorder, either after being diagnosed themselves or caring for someone who has been diagnosed.

Duration:

2 hours – 1 session

Date and time (Drury Lane)

Wednesday 1st April 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House):

Wednesday 15th July 2020 – 10am-12pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

Managing panic attacks

Panic attacks can be an incredibly scary thing, however, with the right tools and knowledge about panic attacks, they can be managed much more easily and effectively.

During this short workshop, delivered in partnership with Turning Point Talking Therapies, students will explore the myth that panic attacks are rare, look at what panic attacks are (including the signs and symptoms), examine what might cause a panic attack and discuss how to successfully manage panic attacks.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Wednesday 12th February 2020 – 10am-12pm

Venue:

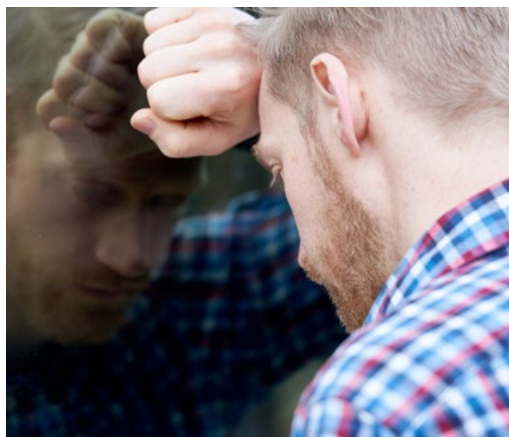
Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House):

Monday 4th May 2020 – 1pm-3pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW



“ I have mixed with others which I haven’t done for a long time, so that’s a plus for me. ”



Medication & me

This informal and friendly workshop will provide you with the opportunity to find out more about medication.

Have you or someone you care for just started a course of medication or are due to start one soon?

Have you been taking medication for a while and don't know what it does or how it works?

Find out about the main types of medication prescribed in the mental health, how they work, their impact on the body, benefits and potential side effects.

Duration:

2 hours 30 minutes – 1 session

Date and time (Wakefield Town Hall)

Friday 22nd May 2020 – 10am-12:30pm

Venue:

Wakefield Town Hall, Wood Street, Wakefield, WF1 2HQ

New beginnings

This course, facilitated by Live Well Wakefield, is aimed at people who are living with any mental health condition. The course aims to offer people:-

- Tools to address many of the common symptoms experienced when living with a mental health condition
- Advice around healthy eating in relation to mental health
- Discussions around what is “mental health”
- Tools to manage depression and maintain positive thinking

Duration:

2 hours 30 minutes – 7 sessions

Starting date and time (Drury Lane)

Thursday 6th February 2020 – 10:30am-1pm

Venue:

Drury Lane Health & Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Starting date and time (Pontefract Library)

Monday 11th May 2020 – 10:30am-1pm

Venue:

Pontefract Library, Shoemarket, Pontefract, WF8 1BD



Most of our students are aged between 30 and 59, but our youngest student was 19 and our oldest student last year was 88 years old!



Seasonal Affective Disorder (S.A.D)

Is your mood lower in the winter months?

Do you find it harder to get through certain seasons of the year?

Do you lose interest in things when the clocks go back?

Do you find that your depression comes and goes depending on the season each year?

If you, or someone you know, answers yes to any of these, then you might want to come and find out more about Seasonal Affective Disorder (S.A.D) in this two hour workshop offered in partnership with Turning Point Talking Therapies.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Monday 27th January 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE

Understanding anxiety

Do you want to gain an understanding of anxiety?

Then this workshop may be for you. It will explore:-

- The vicious cycle of anxiety
- How anxiety impacts on life
- How anxiety can be managed

This is a great opportunity to explore anxiety with others who are experiencing the same thing.

The training team will include a person who has experience of anxiety and a person with professional expertise.

Duration:

2 hours – 1 session

Date and time (Baghill House)

Friday 6th March 2020 – 10am-12pm

Venue:

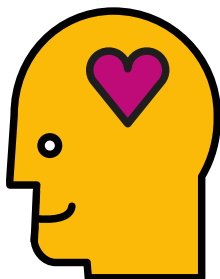
Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW

Date and time (Drury Lane)

Wednesday 20th May 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE



**We filled over
1200 free course
places last year.**



Understanding eating disorders

During this two hour workshop, students and tutors will have an open discussion around eating disorders, aiming to increase awareness of the complex world of this topic, challenging myths and looking at the reality of living with and supporting someone with an eating disorder.

Together, we will explore different types of eating disorders, the impact of eating disorders on physical and mental health, possible causes and coping techniques.

Duration:

2 hours – 1 session

Date and time (Baghill House):

Tuesday 24th March 2020 – 1pm-3pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

Date and time (Wakefield Town Hall):

Thursday 25th June 2020 – 1pm-3pm

Venue:

Wakefield Town Hall, Wood Street, Wakefield, WF1 2HQ

Understanding hearing voices

This introductory workshop could be for you if you are interested in developing an awareness of what the experience of hearing voices may mean to you or someone you care about.

We will be talking about:-

- How common hearing voices is
- Different ways of understanding hearing voices
- Some useful ways that people have found to help with hearing voices

The training team will include a person who has experience of hearing voices and a person with professional expertise and is run in partnership with the Wakefield Hearing Voices Network.

Duration:

2 hours – 1 session

Date and time (Baghill House):

Tuesday 12th March 2020 – 10am-12pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

Date and time (Drury Lane):

Thursday 18th June 2020 – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



“ Outstanding. ”



POPULAR
- Book
early

2020
REFRESH

Understanding and managing depression

This introductory workshop could be for you if you are interested in developing an awareness of what the experience of depression may mean to you or someone you care about. During the course we will:-

- Introduce and explore the nature of depression
- Discuss the impact of depression on life
- Discuss diagnosis and treatment options
- Explore practical ideas for tackling depression

The training team will include a person who has experience of depression and a person with professional expertise.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Tuesday 12th May 2020 – 1pm-3pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House):

Monday 22nd June 2020 – 1pm-3pm

Venue:

Baghill House Health and Wellbeing
Centre, Walkergate, Pontefract, WF8 1QW

POPULAR
- Book
early

Understanding and managing self-harm

This two hour workshop's aim is to provide students with a better understanding of self-harm, as well as tools and ideas on how to manage such behaviour.

The workshop is run by people with personal experience and is full of activities and games designed to make learning fun and encourage discussion.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Monday 30th March 2020 – 1pm-3pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House):

Monday 1st June 2020 – 1pm-3pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW

**484 people enrolled
with us last year.**



Understanding post-traumatic stress reactions

This workshop is for people who are experiencing post-traumatic stress reactions, including post-traumatic stress disorder (PTSD) and the people who care for, or support, them. We will look at why post-traumatic stress reactions persist and teach some ways of managing the different symptoms.

This workshop will focus on:-

- Understanding common reactions to very distressing or traumatic situations
- Strategies that can be used to cope with symptoms such as flashbacks
- How to start rebuilding life after a traumatic experience

The training team will include a person who has experience of post-traumatic stress disorder and a person with professional expertise.

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Wednesday 26th February 2020 – 1:30pm-3:30pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE

Date and time (Baghill House):

Monday 16th March 2020 – 10:30am-12:30pm

Venue:

Baghill House Health and Wellbeing
Centre, Walkergate, Pontefract, WF8 1QW

Date and time (Baghill House):

Monday 18th May 2020 – 10:30am-12:30pm

Venue:

Baghill House Health and Wellbeing
Centre, Walkergate, Pontefract, WF8 1QW



Increasing your knowledge and skills

Annual health checks for people with a learning disability – what are they?

NEW
COURSE

Why are annual health checks so important for people with a learning disability?

If you or someone you know has a learning disability and are over 18 years of age, come along to hear about how to prepare for an annual health check (available to people over the age of 14 years of age).

This session is run by a learning disability nurse and expert by experience. If you would like to know more about annual health checks, reasonable adjustments and easy read health information available come to this informative and informal session.

Duration:

1 hour 30 minutes – 1 session

Date and time (Drury Lane):

Friday 27th March 2020 – 10am-11:30am

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Dyslexia awareness

This informal dyslexia awareness session, offered in partnership with Managing Dyslexia, aims to provide attendees with a better awareness of what dyslexia means, help them to recognise the signs and offer support. Students will:-

- Develop an understanding of dyslexia and its impact on the person
- Engage in a practical activity to demonstrate the difficulties faced by those living with dyslexia
- Recognise the signs of dyslexia
- Learn reasonable adjustments and coping strategies
- Experience a Q&A with people living with dyslexia

Duration:

2 hours – 1 session

Date and time (Drury Lane):

Thursday 9th July – 10am-12pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

10%



.....

of the population have dyslexic symptoms, 4% severely (by far the largest disability group in the UK)

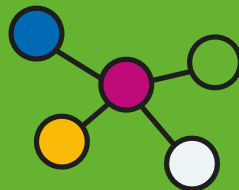
7 million



dyslexic people in the UK.

85% are adults and many don't realise they have dyslexia.

It occurs as part of a SPECTRUM OF DIFFICULTIES



and can occur with other conditions (ADHD, ASD, Dyspraxia, Dyscalculia, Dysgraphia).



Easy meals

This course aims to provide students with an understanding of the basic skills required to cook quick and easy meals.

In small groups, with dedicated facilitators, students will learn about the techniques and equipment used in cooking, how to follow a recipe and health, safety and hygiene in the kitchen.

Students will cook different meals each week and at the end of the course should be comfortable cooking for themselves and others.

Duration:

2 hours 30 minutes to 3 hours – 2 sessions

Starting date and time (Wakefield Baptist)

Tuesday 21st April 2020 – 1pm-4pm

Venue:

Wakefield Baptist Church, Belle Isle Avenue, Wakefield, WF1 5JY



Fire safety at home – some practical and hands on training

Have you ever wondered how you would actually use a fire extinguisher if you needed to? Perhaps you're not certain how you might safely find your way out of your home if it were filled with smoke? Do you have a fire blanket at home and aren't quite sure what it's for or to use it? Maybe you've never heard of a fire blanket?

In our two hour practical fire safety training session, taught by an experienced fire safety advisor and previous fire fighter, you'll get the opportunity to:

- Learn about the things needed to start or fuel a fire and how we can reduce the risk of fire in the home by being more aware of these.
- See some of the consequences of not being fire aware.
- Learn about the different types of fire extinguisher and what each of these are for.
- Learn how to safely tackle a small fire, using fire extinguishers and a fire blanket.
- Learn how to safely make your way out of a smoke filled room (please note the "smoke" used in the practical is non-harmful and simply mimics the limited visibility caused by real smoke).

Duration:

2 hours – 1 session

Date and time (Fieldhead):

Wednesday 25th March 2020 – 10am-12pm

Venue:

Facilities Meeting Room and Fire Training Unit, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

Date and time (Fieldhead):

Wednesday 8th July 2020 – 1pm-3pm

Venue:

Facilities Meeting Room and Fire Training Unit, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

Local history uncovered

This workshop is for those who are new to archives and want to know a little more about their local or family history. During this absolute beginner's introduction to historic archive collections, offered in partnership with the West Yorkshire History Centre, students will learn what they are, what they can tell us and how you can use them, as well as how they can help you in your research, family history and local history interests. Over the four weeks, students will explore:

- What the heck are archives (both in the history centre and online)?
- Family history (including how to start or grow your own family tree)
- The Stanley Royd Collection (history of mental health care in West Riding)
- House History (learning about the land your house sits on and everything about its owners)

Duration:

1 hour 30 minutes – 4 sessions

Starting date and time (West Yorkshire History Centre):

Wednesday 17th June 2020 – 1:30pm-3pm

Venue:

West Yorkshire History Centre, 127 Kirkgate, Wakefield, WF1 1JG



Spanish for beginners

Would you like to learn some basic Spanish?

Would you like to be able to ask questions and understand some simple Spanish in various situations?

In this Spanish for beginners course students will learn vocabulary around introductions, food and drink, hotel basics, transport and directions, shopping and medical needs.

Duration:

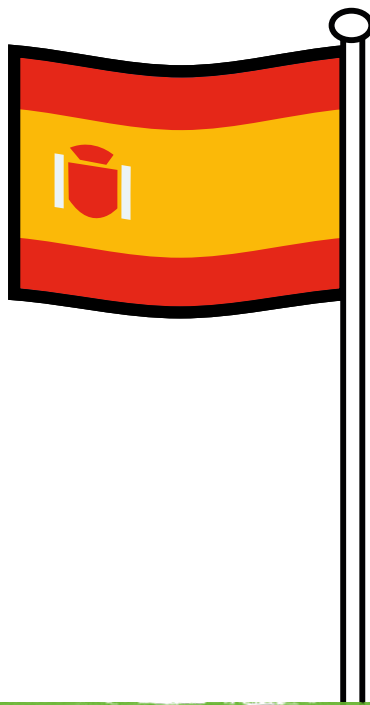
2 hours – 4 sessions

Starting date and time (Wakefield Town Hall):

Tuesday 25th February 2020 – 1pm-3pm

Venue:

Wakefield Town Hall, Wood Street, Wakefield, WF1 2HQ



Stroke awareness

Would you know what signs to look for if you think someone may be having a stroke? Do you care for someone who has experienced a stroke? Do you have health problems yourself and would like to learn more about stroke prevention? Are you a health care professional who would like to increase your knowledge and skills about stroke? This workshop offers you the opportunity to understand what a stroke is and what you could do to help cut the risk of having a stroke.

On completion of this workshop students will be able to:-

- Understand the causes of stroke
- Understand what action to take if someone is suspected of having a stroke
- Identify interventions to reduce the risk of stroke
- Understand the importance of a healthy lifestyle in stroke prevention

Duration:

2 hours – 1 session

Date and time (The Link)

Tuesday 5th May 2020 – 10am-12pm

Venue:

The Link, Beancroft Road, Castleford, WF10 5BP

Trailblazers

Join us for a taster session to learn the basics of path work in one of our local parks. We will be learning about the importance of making paths accessible for multiple users. We will learn about the different types of aggregates used public pathways and we will be doing some path repair work. Points about manual handling and use of different path repair tools will be covered too.

Please note, you will need to wear weather-appropriate clothing, study shoes and will need to bring a packed lunch and drinks with you.

Duration:

5 hours, 30 minutes – 1 session

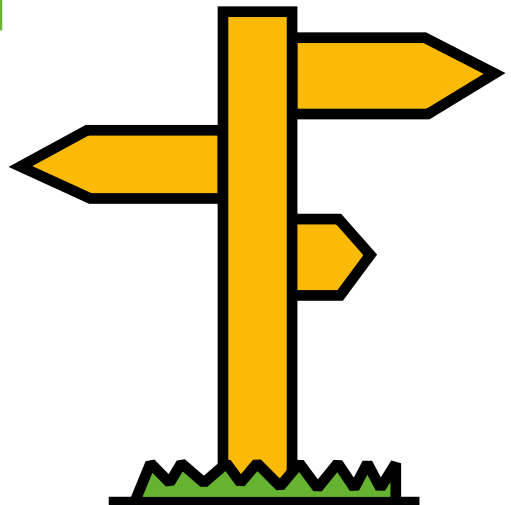
Date and time (Thornes Park):

Friday 13th March 2020 – 10am-3:30pm

Meeting point:

Open Country, Thornes Park Nursery Office,
Thornes Road, Wakefield, WF2 8QE

" I have loved this course. The lady who taught us was very helpful and answered all questions. "



Transgender awareness

This workshop aims to provide students with an understanding of what is meant by transgender, the words and language related to transgender (looking at what is and is not acceptable), the procedure through transgender changes and the legal issues surrounding gender change.

This workshop is delivered by those with lived experience.

Duration:

2 hours – 1 session

Date and time (Wakefield Town Hall):

Thursday 11th June 2020 – 1pm-3pm

Venue:

Wakefield Town Hall, Wood Street,
Wakefield, WF1 2HQ

Understanding learning disability

During this session you will hear about growing up with a learning disability and the support available to live a healthy happy life.

If you would like to know more about living with a learning disability come along to this informal and fun session

This session is run by a learning disability nurse and expert by experience.

Duration:

1 hour 30 minutes – 1 session

Date and time (Drury Lane):

Friday 14th February 2020 – 10am-11:30am

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE



" As a student nurse the course will help me refer patients to other courses and get involved. "



Expanding your interests

Aromatherapy – the use of essential oils derived from plants

NEW
COURSE

Would you like to hear how aromatherapy could improve your wellbeing? This course is aimed at anyone who would like to find out more about how the history of essential oils, how they work and explore the different ways to use essential oils in your everyday life.

Duration:

2 hours 30 minutes – 2 sessions

Starting date and time (Wakefield Town Hall):

Tuesday 30th June 2020 – 10am-12:30pm

Venue:

Wakefield Town Hall, Wood Street, Wakefield, WF1 2HQ

Baking basics

POPULAR
- Book
early

This course aims to provide students with an understanding of the basic skills involved in baking, but this time with a Christmas spin!

In small groups, with dedicated facilitators, students will learn about the techniques and equipment used in baking, how to weigh and measure, how to follow a recipe and health, safety and hygiene in the kitchen. Students will bake a different festive product each week, such as shortbread and mince pies, in a relaxed setting (perhaps even with a Christmas song or two along the way!).

Duration:

2 hours 30 minutes to 3 hours – 4 sessions

Starting date and time (The Link):

Tuesday 21st January 2020 – 1pm-4pm

Venue:

The Link, Beancroft Road, Castleford, WF10 5BP



Creative fitness - trying something new for better physical & mental wellbeing

Have you always hated the gym? Perhaps you've never found a kind of exercise or activity to keep you fit and healthy that you've actually enjoyed? Maybe you, like many many people, find gyms and fitness classes intimidating, anxiety provoking and uncomfortable?

During our four week creative fitness course, you'll get the opportunity to try some completely new and unusual fitness styles and classes that will show you what alternative (and most importantly fun!) types of exercise are out there. You'll try things such as bouncing on mini trampolines, rocking out with drumsticks, and stretching and toning using giant rubber bands!

You'll get to see the positive effect that this will have on your mental wellbeing, as well as your physical wellbeing, and will do so in a comfortable, welcoming, small and friendly setting.

Duration:

45 minutes – 4 sessions

Starting date and time (Vibe Fitness):

A 45 minute session each week – starting date in March 2020 to be confirmed – please register interest.

Venue:

Vibe Fitness, Normanton

Couch to 5K

Over the course of 8 weeks we, alongside Comets and the Mindful Movers, will take you from total running beginner through to completing a 5 kilometre Parkrun event. We will follow the NHS Couch to 5K scheme to progress steadily and develop both running technique and fitness.

This course is a fun introduction to running where the experienced and UKA qualified leaders will provide support and encouragement throughout to help you on your running journey. Who knows, you might be tackling half marathons next (some of our previous participants have gone on to do this!).

Duration:

1 hour – 10 sessions

Starting date and time (Thornes Park):

Friday 24th January 2020 – 10am-11am

Meeting point:

Thornes Park Stadium reception, Thornes Park, Horbury Road, Wakefield, WF2 8TY

" It gave me time away from caring for mum and I enjoyed socialising and learning new skills. "



Craft taster

POPULAR
- Book
early

2020
REFRESH

These taster sessions are designed to introduce you to various crafting methods using lots of different mediums. We will be looking at traditional crafting techniques and more modern creations too. These sessions are led by an experienced crafter and are suitable for all levels of experience. The sessions may include topics such as:-

- Rock painting (one of the latest trends!)
- Book folding
- Owl cushions
- Card making
- Canvas painting
- Wild floral art design
- Pin cushions

Duration:

2 hours – 7 sessions

Starting date and time (Drury Lane):

Monday 1st June 2020, 1:30pm-3:30pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



Creative writing

NEW
COURSE

Have you ever wanted to write an article for a magazine, a short story, a poem or even a book? Why didn't you? If the reason was that you lacked the confidence in your creative writing, then this is the course for you.

Over the sessions, you will work through exercises to help you develop your writing flare and word power. You will look at what makes a "good piece of writing" and how you can improve. You will work in groups most of the time, but some individual work will be involved.

This course is aimed at students who want to be able to express themselves in the written word. It is not therefore important to be a strong speller or have any formal qualifications in English, just a wish to improve your current skills.

This course will involve some hand written work and may involve some work at home after the class. Equipment will be provided and each student must be able to commit to attend all 4 weeks of the course.

Duration:

2 hours – 4 sessions

Starting date and time (Baghill House):

Wednesday 5th February 2020 – 1:30pm-3:30pm

Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

Starting date and time (Drury Lane):

Wednesday 13th May 2020 – 1:30pm-3:30pm

Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

Floral art design

Come along and have fun with flowers and floral art design, even if you're a beginner! With our experienced and qualified florist, you can learn how to make modern/contemporary designs, fit for any occasion, that you will enjoy creating. You will learn different types of design, the principles of design and how to make designs suitable for gifts or at home.

Please note, we will be using artificial flowers for your pieces of work, but should you wish to use fresh flowers to take home with you, you will be required to purchase these yourself and bring them to the course to use.

Duration:

2 hours 30 minutes – 4 sessions

Starting date and time (Drury Lane):

Friday 24th April 2020, 10am-12:30pm

Venue:

Drury Lane Health and Wellbeing Centre,
Drury Lane, Wakefield, WF1 2TE

Learn to knit and crochet

This is a taster course for beginners wanting to learn to knit and/or crochet.

In these sessions, you will learn basic skills which will enable you to follow simple patterns.

After the first session you will need to make a small contribution to buy some supplies yourself. The total cost will vary, depending on what you choose.

Duration:

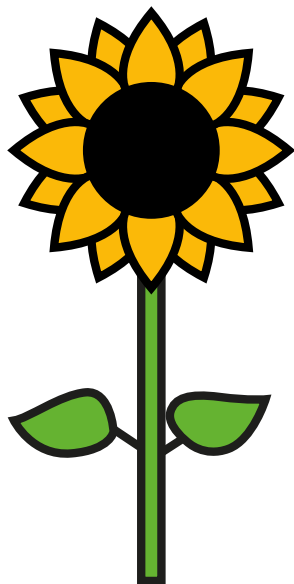
2 hours – 4 sessions

Starting date and time (Baghill House):

Monday 24th February 2020 – 10am – 12pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW





Pottery for beginners

This short course will teach basic skills in working with clay, coiling skills and also simple decoration skills.

Equipment will be provided, however students will need to ensure they wear clothing that will get dirty due to the nature of the course. It is recommended to bring an apron.

Duration:

2 hours – 3 sessions

Starting date and time (Baghill House):

Tuesday 3rd March 2020 – 1:30pm-3:30pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW

2020
REFRESH

Reading for pleasure

This course is aimed at anyone who is wanting to get into reading but is unsure of where or how to begin. We will look at short stories and quick reads with the aim of making reading a pleasure.

Over six weeks we will look at characters and plots and enjoy the benefits that reading can bring. There is an opportunity also to join the library and take home books, all of which is free.

Duration:

1 hour – 6 sessions

Starting date and time (Wakefield Library):

Friday 7th February 2020 – 10am – 11am

Venue:

Wakefield Library, Wakefield One, Burton
Street, Wakefield, WF1 2EB



NEW
COURSE

Writing short form poetry

This four week informal course offers an introduction to short form poetry, both in appreciation and how to write it.

Featuring various styles of short form poetry, we will read, discuss and then proceed to try and write our own!

Duration:

1 hour – 4 sessions

Starting date and time (Baghill House):

Wednesday 3rd June 2020, 1pm-2pm

Venue:

Baghill House Health and Wellbeing Centre,
Walkergate, Pontefract, WF8 1QW





Our student and volunteer stories

// Hi, my name is Martin. I am a service user but am also a qualified advanced City and Guilds Florist. I have won competitions and exhibited at Harrogate/Tadcaster flower shows. I have even made bouquets for a Wakefield celebrity's mum! Flowers certainly make people smile and friendships are made with them. Flowers cheer us up and brighten the hearts of us all.

The recovery college to me means making classes fun, friendly, sociable and creative environments, helping students to achieve a positive effect on their mental wellbeing (it does for me every time I work with flowers!). For myself and my students I feel and know it's a positive way of spending time and the floral art design course can teach very good coping strategies.

In our floral art design course, I aim to teach you how to make stunning and distinctive floral designs, suitable for gifts or to compliment any interior/home. //

**Martin, Wakefield and 5 Towns Recovery College
service user and volunteer**

// I suffer from bi-polar disorder and have had a lot of depression over the last two years, isolating myself and hardly leaving the house. My social worker told me about the courses at the recovery college and I have attended a lot of the mental health courses.

The one I learnt most from was the emotional eating course because I also suffer from an eating disorder. It was very informative and I learnt a lot about myself. I also enjoyed the course about personality disorders and am proud that I have been able to complete the courses.

I have higher self-esteem through attending the courses and volunteering now has helped me in particular. //

**Nicola, Wakefield and 5 Towns Recovery College
student and volunteer**



//

Following a long period of ill health, as part of my recovery the Jobcentre Plus suggested volunteering with the Wakefield and Five Towns Recovery College. The role of meet and greet was recommended to help with my anxiety and low confidence.

Volunteering was something I'd never done before and was quite daunting to even think about. After dawdling quite a bit, I eventually joined. At the beginning my confidence was so low I was reluctant to even ask aloud in the waiting room if anyone was doing a course.

As well as volunteering for the Recovery College, I also attended various courses like the anxiety and depression courses, which I found a great help. In another course, we even did Tai Chi!

Now three years later, having improved my confidence and social skills too, I also volunteer with the Richmond Fellowship and with Sustain Wakefield, to help to run their respective Games Group and pool / snooker club.

//

Steven, Wakefield and 5 Towns Recovery College volunteer

//

The Recovery College itself is a fantastic part of mental health services, as it allows its students to not only learn self-management skills, but also learn practical skills.

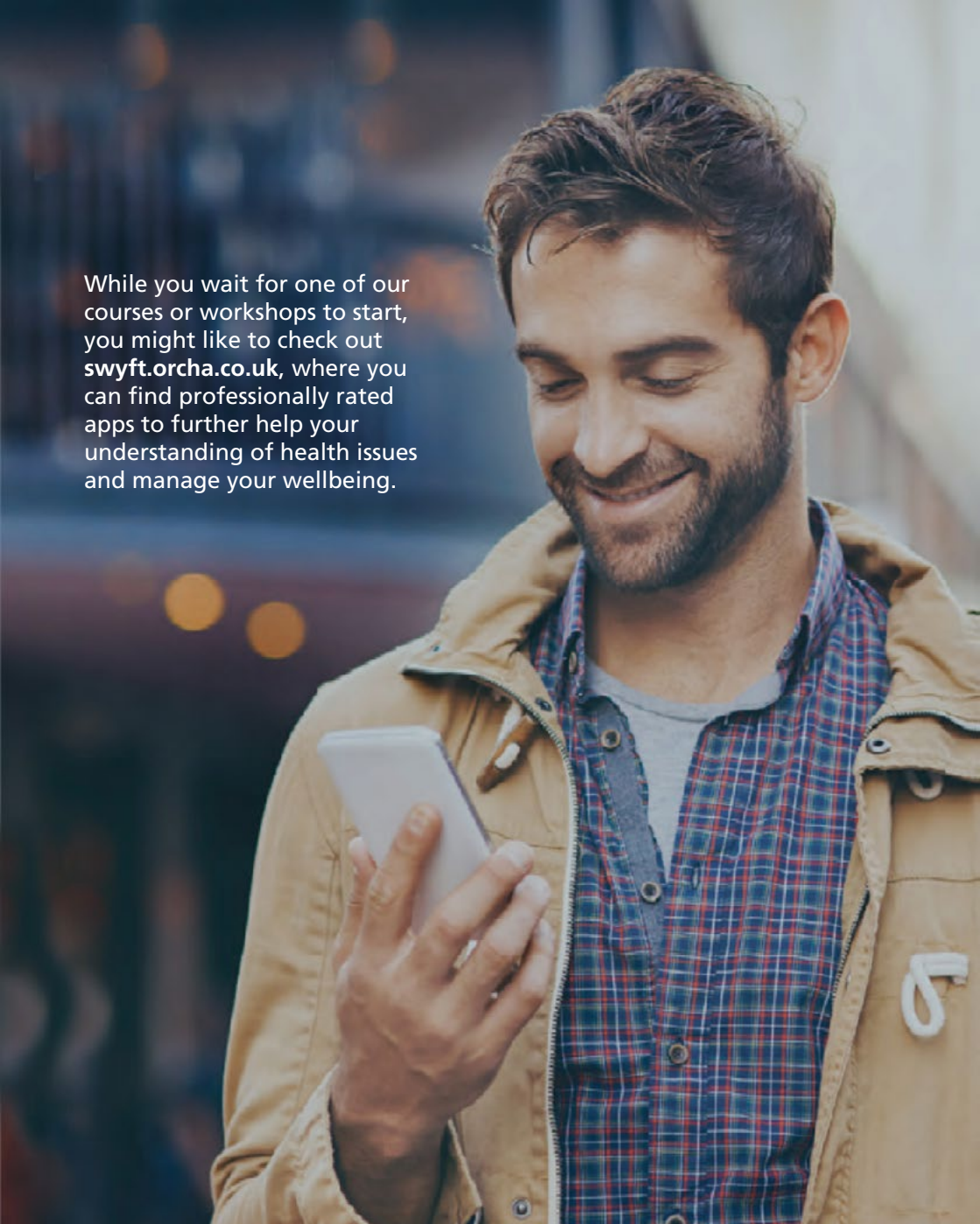
I enrolled during my transitory period between college and university as a family member put me in contact with Principal Taylor-Crossley. At the time I didn't have any real expectations of what volunteering would be like. Facilitating a group in the recovery college around my studies over the last two years has helped me to develop my confidence and speaking skills.

Having now finished university, I've gone on to be nominated for several awards and have recently become employed in the trust working with patients on a daily basis, and I have the Recovery College to thank for giving me the necessary skills to engage and the drive to work in the NHS.

//

Liam, Wakefield and 5 Towns Recovery College student



A man with short brown hair and a beard is smiling while looking at a white smartphone. He is wearing a tan jacket over a blue and red plaid shirt. The background is blurred with warm, bokeh lights.

While you wait for one of our courses or workshops to start, you might like to check out swyft.orchha.co.uk, where you can find professionally rated apps to further help your understanding of health issues and manage your wellbeing.





Live Well
Wakefield

General self-management courses (EPP)

Venue: Pontefract Library

Date: Mondays – 6th January 2020 – 10th February 2020

Time: 10:30am-1pm

Venue: Nova Wakefield

Date: Fridays – 31st January 2020 – 6th March 2020

Time: 1pm-3:30pm

New Beginnings

Venue: Hemsworth Library

Date: Tuesdays – 14th January 2020 – 25th February 2020

Time: 10:30am-1pm

Feeling positive, busting stress

Venue: Hemsworth Library

Date: Monday 24th February 2020

Time: 1:30pm-3:30pm

Coping with life by using relaxation

Venue: The Link, Castleford

Date: Tuesday 7th January 2020

Time: 1:30pm-3:30pm

Coping with Physical Pain

Venue: Queens Avenue Community Centre, Pontefract

Date: Tuesday 10th March 2020

Time: 10am-12pm

Boosting self-confidence

Venue: Queens Avenue Community Centre, Pontefract

Date: Tuesday 7th January 2020

Time: 10am-12pm

Nova

wakefieldcouncil
working for you

**Book these courses directly
with the Live Well team:**



01924 255363



swy-tr.livewellwakefield@nhs.net



www.livewellwakefield.nhs.uk



Livewellwakefield



sms@livewellwakefield



Don't forget...

All courses close two weeks before start dates.



If you have not enrolled on a course and completed your Individual Learning Plan (ILP) with us before attending a course, you may be turned away for health and safety reasons. There may also not be enough space in the room to accommodate you as many of our courses become fully booked very quickly.

You **do not** have to be referred in to the recovery college by any professional (including a GP) but instead need to enrol yourself to book a place.



Frequently asked questions

What is a recovery college and who is it for?

In a nutshell, a recovery college offers educational courses and workshops that have a focus around recovery and helping people on their individual recovery journey. Courses are available to anyone over the age of 18.

Our Recovery College has been developed and delivered in partnership with people who have experience of health problems, family members, volunteers from our communities and people employed by local health and education services. Many of the courses have been written in partnership and will be taught in partnership.

Where is the Recovery College?

We are based at Drury Lane Health and Wellbeing Centre in Wakefield city centre, with a second home at Baghill House Health and Wellbeing Centre in Pontefract. We also offer some courses in community venues.

How large are the Recovery College class sizes?

We try to keep class sizes small, certainly much smaller than you would have experienced at school. Each course will have a maximum of 15 students, though many are smaller than this.

What will it cost me to attend?

Nothing! All of our courses and workshops are free to attend. There may be some courses that require you to make a very small contribution to materials after your first class.

How do I enrol? Do I need to be referred?

You do not need to be referred to attend anything with the Recovery College. Simply complete an enrolment form online at www.wakefieldrecoverycollege.co.uk, or send us a paper copy (available at the back of this

prospectus). If you have any language or literacy issues, please get in touch via phone on 01924 316946

Will I be guaranteed a place once I have sent in my enrolment form?

All of our courses have a maximum group size, so places are offered on a first come first served basis. Some of our courses require a minimum number of students to attend to be able to run.

Will there be any tests, assessments or exams?

No. Some course facilitators may provide you with the odd fun activity to do at home.

Will I get a certificate?

Yes, you will be presented with a Bronze, Silver or Gold certificate following your attendance at a course or workshop. Bronze certificates are presented to students who attend some of the course sessions, Silver certificates are presented to those who attend most of the course sessions and Gold certificates are presented on completing all the course sessions or a full individual workshop.

I struggle with reading or writing, can I still attend?

Yes. We will work closely with you to support you in any way we can. Please give us a call if you would like to discuss your needs with us or if you require more information.

I have a disability/mobility problem, can I still attend?

Yes. We will work closely with you to support you in any way we can. Please give us a call if you would like to discuss your needs with us or if you require more information.

Can I bring a friend, relative or carer to support me?

Yes, but they will need to enrol and actively participate in the course as well; all of our Recovery College attendees are classed equally as students. Please ensure that you let a member of the team know so that you can be placed together.

Can I get help with my childcare?

No, sorry. We are unable to provide any crèche facilities. You will need to arrange your own childcare provision.

Can I get help with transport?

No, sorry. We are unable to provide any transport or expenses for this. You will need to arrange your own transport to and from the recovery college. Volunteers will be reimbursed for any travel costs associated with their work for the Recovery College.

Will attending the Recovery College have an impact on my benefits?

No. There will only be an impact on benefits if you study over 16 hours a week or receive a student loan.

What if I cannot attend one week?

Because places are limited, we ask that if you enrol you are able to commit to the full course. However, we understand that sometimes life gets in the way and just ask that you let us know beforehand if you are unable to make it. If you are unable to attend for more than one week, you will unfortunately have missed too much of the course and be asked to re-enrol for a later date.

If you fail to attend three courses that you have enrolled on in one term, we will reluctantly have to withdraw your reserved place from any further courses in that term and request that you re-enrol on the next term.

Can I re-enrol on the same course?

We understand that students may not have retained everything from a course the first time round and would like another go; however, as places are limited, we ask that students only re-enrol on a course once to ensure that those who have never attended our Recovery College have the opportunity to do so.

Do I need to bring anything with me or buy any materials for a course?

You will need to bring a bottle of water or a drinks flask as there is not always somewhere for you to make a drink. Some courses require you to bring something to take your produce home in, such as the baking basics, and some may require you to bring some items in after your first session, such as books for the book folding workshop. You will be advised if you need to bring anything once you have enrolled.

Can I be a volunteer and attend courses?

Absolutely – we encourage our volunteers to attend courses with us.

How can I get in touch with the Wakefield and 5 Towns Recovery College?

You can call us on:

01924 316946

Email us:

wakefieldrecoverycollege@swyt.nhs.uk

Find us on Facebook at:

www.facebook.com/wakefieldrecoverycollege

Find us on Twitter:

@W5TRC

Or send us something in the post to:

**Wakefield and 5 Towns Recovery College
Drury Lane Health and Wellbeing Centre
Drury Lane
Wakefield
WF1 2TE**



Term Times

January 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2020

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

March 2020

M	T	W	T	F	S	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

April 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2020

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2020

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

The next Recovery College term will start the week of the 17th August 2020.

College Closed	
School Holidays (no courses running, college still open)	

Quick course guide

*** Indicates a new or rejuvenated course

January 2020

Start date	Time	Duration	Course	Venue	Page
Tuesday 21st	1pm-4pm	4 sessions	Baking basics	The Link	37
Thursday 23rd	10am-12pm	1 session	Feeling positive, busting stress	Drury Lane Health & Wellbeing Centre	22
Friday 24th	10am-11am	10 sessions	Couch to 5K	Thornes Park Stadium	38
Monday 27th	10am-12pm	1 session	Seasonal affective disorder (S.A.D.)	Drury Lane Health & Wellbeing Centre	28
Wednesday 29th	10am-12pm	1 session	Feeling positive, busting stress	Baghill House Health & Wellbeing Centre	22
Friday 31st	10am-12pm	1 session	Living with anxiety	Drury Lane Health & Wellbeing Centre	25

February 2020

Start date	Time	Duration	Course	Venue	Page
Monday 3rd	1pm-3pm	2 sessions	Learning more about IBS	Drury Lane Health & Wellbeing Centre	25
Wednesday 5th	1:30pm-3:30pm	4 sessions	Creative writing	Baghill House Health & Wellbeing Centre	39
Thursday 6th	10:30am-1pm	7 sessions	New beginnings	Drury Lane Health & Wellbeing Centre	27
Friday 7th	10am-11am	6 sessions	Reading for pleasure	Wakefield Library, Wakefield One	41
Monday 10th	1pm-3pm	1 session	Improving your sleep	Baghill House Health & Wellbeing Centre	24
Wednesday 12th	10am-12pm	1 session	Managing panic attacks	Drury Lane Health & Wellbeing Centre	26
Friday 14th	10am-11:30pm	1 session	Understanding learning disability	Drury Lane Health & Wellbeing Centre	36
Monday 24th	10am-12pm	4 sessions	Learn to knit & crochet	Baghill House Health & Wellbeing Centre	40
Tuesday 25th	12:30pm-2:30pm	6 sessions	Healthy body, healthy mind	Wakefield Town Hall (weeks 1 & 6) Total Fitness, Wakefield (weeks 2, 3, 4 & 5)	23
Tuesday 25th	1pm-3pm	4 sessions	Spanish for beginners	Wakefield Town Hall	34
Wednesday 26th	1:30pm-3:30pm	1 session	Understanding post-traumatic stress reactions	Drury Lane Health & Wellbeing Centre	31
Friday 28th	1pm-3pm	1 session	An introduction to personality disorder	Baghill House Health & Wellbeing Centre	18



March 2020

Start date	Time	Duration	Course	Venue	Page
To be confirmed	To be confirmed	4 sessions	Creative fitness - trying something new for better physical & mental wellbeing	Vibe Fitness	38
Tuesday 3rd	1:30pm-3:30pm	3 sessions	Pottery for beginners	Baghill House Health & Wellbeing Centre	41
Friday 6th	10am-12pm	1 session	Understanding anxiety	Baghill House Health & Wellbeing Centre	28
Tuesday 12th	10am-12pm	1 session	Understanding hearing voices	Baghill House Health & Wellbeing Centre	29
Friday 13th	10am-3:30pm	1 session	Trailblazers	Thornes Park Nursery	35
Monday 16th	10:30am-12:30pm	1 session	Understanding post-traumatic stress reactions	Baghill House Health & Wellbeing Centre	31
Thursday 19th	10am-12pm	1 session	Knowing more about dementia	Drury Lane Health & Wellbeing Centre	24
Friday 20th	10am-12pm	1 session	Coping with pain	Drury Lane Health & Wellbeing Centre	21
Tuesday 24th	1pm-3pm	1 session	Understanding eating disorders	Baghill House Health & Wellbeing Centre	29
Wednesday 25th	10am-12pm	1 session	Fire safety in the home	Fieldhead Hospital	33
Friday 27th	10am-11:30am	1 session	Annual health checks for people with a learning disability – what are they?	Drury Lane Health & Wellbeing Centre	32
Friday 27th	10am-12pm	1 session	Autism awareness	Baghill House Health & Wellbeing Centre	19
Monday 30th	1pm-3pm	1 session	Understanding & managing self-harm	Drury Lane Health & Wellbeing Centre	30

April 2020

Start date	Time	Duration	Course	Venue	Page
Wednesday 1st	10am-12pm	1 session	Looking at bi-polar	Drury Lane Health & Wellbeing Centre	26
Friday 3rd	10am-12pm	1 session	Getting to grips with assertiveness	Baghill House Health & Wellbeing Centre	23
Monday 20th	1pm-3pm	2 sessions	Learning more about IBS	Baghill House Health & Wellbeing Centre	25
Tuesday 21st	1pm-4pm	2 sessions	Easy meals	Wakefield Baptist Church	33
Friday 24th	10am-12:30pm	4 sessions	Floral art design	Drury Lane Health & Wellbeing Centre	40
Monday 27th	10am-12pm	1 session	Coping with life by using relaxation	Drury Lane Health & Wellbeing Centre	21

May 2020

Start date	Time	Duration	Course	Venue	Page
Friday 1st	1pm-3pm	1 session	An introduction to personality disorder	Drury Lane Health & Wellbeing Centre	18
Monday 4th	1pm-3pm	1 session	Managing panic attacks	Baghill House Health & Wellbeing Centre	26
Tuesday 5th	10am-12pm	1 session	Stroke awareness	The Link	35
Monday 11th	10:30am-1pm	7 sessions	New beginnings	Pontefract Library	27
Tuesday 12th	1pm-3pm	1 session	Understanding & managing depression	Drury Lane Health & Wellbeing Centre	30
Wednesday 13th	1:30pm-3:30pm	4 sessions	Creative writing	Drury Lane Health & Wellbeing Centre	39



May 2020 (cont.)

Start date	Time	Duration	Course	Venue	Page
Thursday 14th	1pm-3pm	1 session	Improving your sleep	Drury Lane Health & Wellbeing Centre	24
Monday 18th	10:30am-12:30pm	1 session	Understanding post-traumatic stress reactions	Baghill House Health & Wellbeing Centre	31
Wednesday 20th	10am-12pm	1 session	Understanding anxiety	Drury Lane Health & wellbeing Centre	28
Thursday 21st	10am-12pm	1 session	Body image	Drury Lane Health & Wellbeing Centre	20
Friday 22nd	10am-12:30pm	1 session	Medication & me	Wakefield Town Hall	27

June 2020

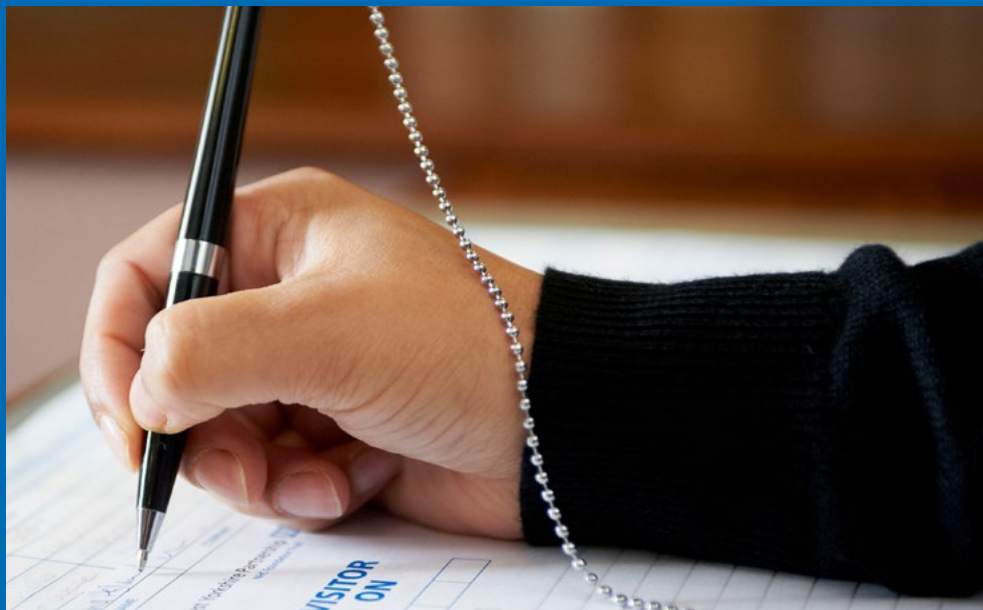
Start date	Time	Duration	Course	Venue	Page
Monday 1st	1pm-3pm	1 session	Understanding & managing self-harm	Baghill House Health & Wellbeing Centre	30
Monday 1st	1:30pm-3:30pm	7 sessions	Craft taster	Drury Lane Health & Wellbeing Centre	39
Wednesday 3rd	1pm-2pm	4 sessions	Writing short form poetry	Baghill House Health & Wellbeing Centre	41
Friday 5th	1pm-3pm	1 session	Emotional eating	Baghill House Health & Wellbeing Centre	22
Tuesday 9th	10am-12pm	1 session	Autism awareness	Drury Lane Health & Wellbeing Centre	19
Wednesday 10th	10am-12pm	1 session	Coping with pain	Baghill House Health & Wellbeing Centre	21
Thursday 11th	10am-12pm	1 session	Arthritis & you	Drury Lane Health & Wellbeing Centre	19
Thursday 11th	1pm-3pm	1 session	Transgender awareness	Wakefield Town Hall	36
Friday 12th	10am-11:30am	1 session	Coercive control – a brief overview	Baghill House Health & Wellbeing Centre	20
Wednesday 17th	1:30pm-3pm	4 sessions	Local history uncovered	West Yorkshire History Centre	34
Thursday 18th	10am-12pm	1 session	Understanding hearing voices	Drury Lane Health & Wellbeing Centre	29
Friday 19th	10am-12pm	1 session	Living with anxiety	Baghill House Health & Wellbeing Centre	25
Monday 22nd	1pm-3pm	1 session	Understanding & managing depression	Baghill House Health & Wellbeing Centre	30
Thursday 25th	1pm-3pm	1 session	Understanding eating disorders	Wakefield Town Hall	29
Tuesday 30th	10am-12:30pm	2 sessions	Aromatherapy – The use of essential oils derived from plants	Wakefield Town Hall	37

July 2020

Start date	Time	Duration	Course	Venue	Page
Wednesday 1st	10am-12pm	1 session	Coping with life by using relaxation	Baghill House Health & Wellbeing Centre	21
Wednesday 8th	1pm-3pm	1 session	Fire safety in the home	Fieldhead Hospital	33
Thursday 9th	10am-12pm	1 session	Dyslexia awareness	Drury Lane Health & Wellbeing Centre	32
Wednesday 15th	10am-12pm	1 session	Looking at bi-polar	Baghill House Health & Wellbeing Centre	26
Thursday 16th	10am-12pm	1 session	Knowing more about dementia	Baghill House Health & Wellbeing Centre	24



Enrolment form



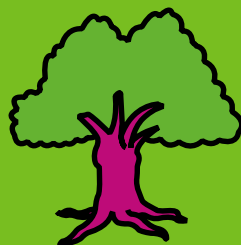
To celebrate our 5th anniversary (the gift of wood), we are going green to help the environment. We've listened to our students and are proud to now offer a modern, more accessible, paper free online automated enrolment form. If you would like to book on a course, please visit www.wakefieldrecoverycollege.co.uk and complete our new online form.

If you have any difficulties with this, or prefer the more traditional way, please send us in this paper enrolment form to :

Wakefield and 5 Towns Recovery College

Drury Lane Health and Wellbeing Centre
Drury Lane
Wakefield
WF1 2TE

Please be aware that if you provide us with an email address and/or mobile number, confirmation of course bookings and reminders will automatically be emailed/text to you.



Wakefield and 5 Towns Recovery College

Student enrolment and course booking form – can also be completed on line; please visit
www.wakefieldrecoverycollege.co.uk

Your details:

Title (please circle): Miss Mrs Ms Mr Dr Other		First name:	Surname:
Date of birth:	Age at enrolment:	Current address: Post code:	
Gender:			
Landline telephone number:			
Mobile telephone number:			
Email address:			

EMERGENCY CONTACT INFORMATION

This is the person we would contact in case of emergency

Name of contact:	Relationship to you:	Their contact telephone no:
------------------	----------------------	-----------------------------

How can we contact you?

We promise we will not bombard you! We will usually contact you by post, but please tick all options that you are happy for us to contact you by:

☐ Telephone

☐ Text

☐ Post

☐ E mail

Chosen course (s) / workshop (s):

What would you like to achieve from attending each course?

Course title:	Start date :	I would like to:
Course title:	Start date :	I would like to:
Course title:	Start date :	I would like to:

Background information:

This information is for monitoring purposes only and will be kept confidential.

Please tick all that apply:

Someone who is/has used mental health services ☐ currently ☐ previously

A friend, family member or carer of someone who uses mental health services: ☐ currently ☐ previously

☐ A SWYPFT member of staff

☐ A staff member from another service

☐ Other (please specify)

☐ Prefer not to say

Individual and learning needs

The Recovery College is committed to supporting all of our learners. Please tell us you have any specific support or learning requirements that you think we should be aware of and how we can help with these. These may include, but are not limited to, large print course materials, level building access, extra breaks, one to one support to help to work towards your learning plan?

Please tick: ☐ Physical disabilities

☐ Mental health diagnosis

☐ Learning disabilities

☐ Dyslexia

☐ Autistic spectrum disorder (including Asperger's syndrome)

☐ Allergies (Please give details)

☐ Other (Please give details)

☐ None

How did you hear about us?

☐ Mental health services - NHS

☐ Mental health services – Non-NHS

☐ Family/friend

☐ Event

☐ Former student

☐ GP

☐ Prospectus

☐ Flyer/poster

☐ Website

☐ Social media (Facebook/Twitter)

☐ Other (please specify)

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Equality and diversity monitoring

To ensure that we provide the best service for our community, and not knowingly discriminate against any section of society, it is important for us to gather the following information. You do not have to answer any of these questions, but we would be very grateful if you would.

Date of birth:		I prefer not to say		
Age at enrolment:				
Race (taken from the Census categories 2011)				
White <input type="checkbox"/> English/Welsh/Scottish / Northern Irish/British <input type="checkbox"/> Irish <input type="checkbox"/> Gypsy or Irish Traveller <input type="checkbox"/> Any other White background, please specify:	Mixed/multiple ethnic groups <input type="checkbox"/> White and Black Caribbean <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Asian <input type="checkbox"/> Any other mixed/multiple ethnic background, please specify:	Asian/Asian British <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese <input type="checkbox"/> Any other Asian background, please specify:	Black/African/ Caribbean/Black British <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black/ African/Caribbean/ Black British background, please specify:	Other ethnic group <input type="checkbox"/> Arab <input type="checkbox"/> Any other ethnic group, write in: <input type="checkbox"/> I prefer not to say
Language		Country of birth		
What is your main language? <input type="checkbox"/> English <input type="checkbox"/> Other (including sign languages) Please specify: If English is not your main language, how well can you speak English? <input type="checkbox"/> Very well <input type="checkbox"/> Well <input type="checkbox"/> Not very well <input type="checkbox"/> Not at all		<input type="checkbox"/> England <input type="checkbox"/> Wales <input type="checkbox"/> Scotland <input type="checkbox"/> N. Ireland <input type="checkbox"/> EU Country <input type="checkbox"/> Non EU Country <input type="checkbox"/> I prefer not to say		
Religion/belief				
<input type="checkbox"/> No religion <input type="checkbox"/> Agnostic <input type="checkbox"/> I prefer not to say	<input type="checkbox"/> Christian (including C of E, Catholic, Protestant and all other denominations)	<input type="checkbox"/> Sikh <input type="checkbox"/> Muslim <input type="checkbox"/> Hindu	<input type="checkbox"/> Buddhist <input type="checkbox"/> Jewish	<input type="checkbox"/> Any other religion/belief, Please specify:
Disability Do you consider yourself to have of the following? (Please tick all that apply)				
<input type="checkbox"/> I do not have a disability <input type="checkbox"/> Long standing illness <input type="checkbox"/> Mental health condition	<input type="checkbox"/> Learning disability <input type="checkbox"/> Physical impairment <input type="checkbox"/> Cognitive impairment (e.g. Dementia, Autism, ADHD)	<input type="checkbox"/> Speech impairment <input type="checkbox"/> Other, please state:	<input type="checkbox"/> I prefer not to say	
Gender	Sexual orientation	Caring Responsibilities	Perinatal information	
<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Live in a gender other than that assigned at birth. <input type="checkbox"/> I prefer not to say	<input type="checkbox"/> Heterosexual ("straight") <input type="checkbox"/> Gay (homosexual) <input type="checkbox"/> Lesbian <input type="checkbox"/> Bisexual <input type="checkbox"/> Other (Please specify) <input type="checkbox"/> I prefer not to say	Do you currently look after a relative, neighbour or friend who is ill, disabled, frail or in need of emotional support? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to say	Have you had a baby in the last 12 months? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to say	
Employment status		Marriage and Civil Partnership status		
<input type="checkbox"/> Employed (full time) <input type="checkbox"/> Employed (part time) <input type="checkbox"/> Unemployed, seeking work <input type="checkbox"/> Student <input type="checkbox"/> Long term sick or disabled	<input type="checkbox"/> Care giver <input type="checkbox"/> Veteran <input type="checkbox"/> Homemaker <input type="checkbox"/> Volunteer <input type="checkbox"/> Retired <input type="checkbox"/> I prefer not to say	(Please tick one box) <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Co-habiting <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced <input type="checkbox"/> Separated <input type="checkbox"/> In a same sex civil partnership <input type="checkbox"/> I prefer not to say		

Recovery College Student Charter

The Recovery College aims to create an environment that encourages learning and where students feel they are supported. This charter is designed to help students to understand what is expected from you and of us, whilst accessing the college.

What you can expect from us:

We will respect you as an individual at all times. We will do this by:

- Respecting your values, opinions and beliefs
- Equality of opportunity, free of harassment and discrimination
- Helping people that support you to access courses e.g. a career, friend or interpreter
- Behaving in a way that fosters a shared understanding and mutual respect
- Encouragement to take responsibility for your own learning and development
- Opportunities for you to comment on and review the courses and facilities on offer
- Clear information about the courses on offer
- The chance to celebrate success
- Suitably trained facilitators and volunteers who are committed to the quality of your experience and to their own professional development

What we expect from you:

- Respect the rights, choices, beliefs and opinions of others
- Commit to attending course/workshop you have enrolled on
- Do my best to inform the college ahead of time, if I am going to be late or miss a session and return from my breaks in a timely manner
- Respect the college environment and equipment
- Ensure mobile phones are on silent/turned off before entering any learning area
- If I act in a way that may put myself or others at risk, I understand I may be asked to leave the course
- Avoid the use of language or terminology that might offend others
- Do not attend the college if under the influence of alcohol or substances, because it affects my ability to learn and/or ability to conduct myself respectfully.
- I agree to behave appropriately within the learning environment and accept guidance from the course facilitator
- Keep us informed of any special needs or requirements you have so we can support you in the best way possible
- Seek early advice and support whenever you need clarification, or if you have a problem
- I will keep any personal/private information heard during any course strictly confidential

By filling out this form and enrolling on these courses, I am confirming that I will attend these courses and abide by the College's code of conduct. I understand that failure to attend these courses without contacting the Recovery College beforehand may result in a period of time where I am unable to attend any courses that I have enrolled on or was planning to enrol on. I also understand that if I am in danger, or there is a risk to myself or others, the information that I have given may be shared with others to ensure everyone's health and safety. We shall let you know if we have to share this information.

Name.....

Signature.....

Date.....

Please return your completed four page enrolment form to:

Wakefield & 5 Towns Recovery College, Drury Lane Health & Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



Did you know there are three other community based recovery colleges within the South West Yorkshire Partnership NHS Foundation Trust?

If you have enjoyed your experience with the Wakefield and 5 Towns Recovery College and want to explore our sister recovery colleges, or perhaps are looking for a course and haven't seen it yet in our prospectus, why not get in touch.

If you are an inpatient on one of our forensic wards, speak with your nursing team to find out more about how you can access the Forensic Recovery College.

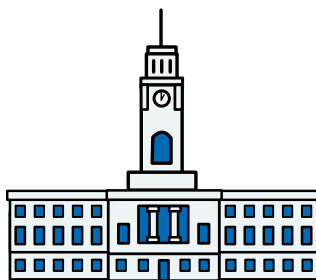
The Exchange Recovery College

33 Gawber Road
Barnsley
S75 2AH

01226 730433

barnsley.recoverycollege@swyt.nhs.uk

www.barnsleyrecoverycollege.co.uk



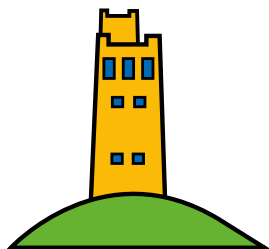
Discover: Recovery College Kirklees

Pathways
Nettleton Road
Mirfield
WF14 9AQ

01924 481060

recovery.kirklees@swyt.nhs.uk

www.kirkleesrecoverycollege.co.uk



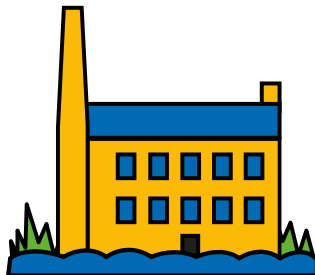
Recovery College Calderdale

Hope Street Resource Centre
Hope Street
Halifax
HX1 5DW

01422 393339

Calderdale.recovery@swyt.nhs.uk

www.calderdalerecoverycollege.co.uk





**Finished with this
prospectus?...**



**...why not give it to
someone you know?**



**Wakefield and 5 Towns Recovery College
Drury Lane Health and Wellbeing Centre
Drury Lane
Wakefield
WF1 2TE**



01924 316946



wakefieldrecoverycollege@swyt.nhs.uk



wakefieldrecoverycollege.co.uk



facebook.com/wakefieldrecoverycollege



@W5TRC

If you would like this information in an alternative coloured paper, in large print or in an alternative print, please contact us on the above details.

