

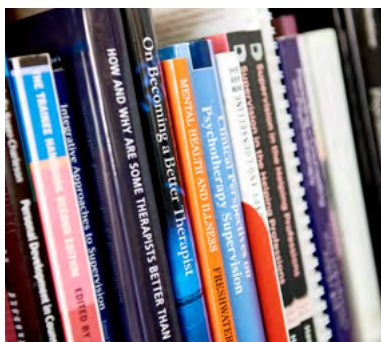
January -
July 2019

NHS

South West
Yorkshire Partnership
NHS Foundation Trust



Wakefield and 5 Towns Recovery College



Find your skills, discover your strengths, explore
your potential to volunteer 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.

As usual, Janette (our College Secretary) and I would like to start this prospectus off by offering a massive **thank you** to 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. This year, alongside our sister recovery colleges within the Trust, we have piloted some new outcome measures in the hope of capturing some of the impact that the college is having. We have found that not only are the colleges helping to give people the motivation, encouragement and tools they need to look after their own health and wellbeing, but those who complete a course have been found to decrease their contact with health services by 60%. So truly and sincerely, thank you for everything you have done, are doing and will continue to do to help our students on their recovery journey.

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 100% 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 "Man's the Word", "Sew Simple" and our "Alcohol Free February" challenge, as well as our firm favourites, such as "Living with Anxiety", "Dyslexia Awareness" and "Book Folding".

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?

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 either by post or email. If you have any difficulties in completing the 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.

Learning support

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.



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.



Athelas CIC

Athelas CIC cares about people and nature. They know that people face difficult times in life and that many of us face challenges in either our work or our personal life. Athelas CIC wants to help. By working with nature and the outdoors they believe they can help people feel better about themselves.



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.



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.



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

In the Live Well Wakefield Service we understand that there are many things that can affect our ability to feel healthy and remain independent. We appreciate this and can offer individual support to help address these needs. We 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. We 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!



Groundwork

Groundwork is the environmental charity with the green heart. They're dedicated to changing places and lives until everywhere is vibrant and green, every community is strong enough to shape its own destiny and everyone can reach their full potential.



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.



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.



Wakefield Adult Education

Wakefield Council's Adult Education Service delivers education and skills to adults across Wakefield district in local, easily accessible locations. The service supports a whole range of learners, from people with no qualifications to those wanting to improve their skills and re-train. So, if you are someone who is looking to improve your employment prospects, gain a new skill or support your children's education with our exciting and inspiring family learning events, our service can help and support you in your journey.

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.

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).



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 14 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 14, 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

Advocacy in mental health

This workshop, provided in Partnership with Together, will help create an understanding of Statutory and Non-Statutory advocacy; the course will explain if this can help you, or someone you know, during an hospital admission or in the community. The workshop will also help you to understand how to increase self-advocacy skills. Advocacy in mental health will address overcoming barriers, and challenging decisions, to aid resolving issues and achieving a positive outcome throughout your journey within mental health services.

This workshop will also include information on the Mental Health Act and Mental Capacity Act, including some myths and need-to-know information about implications of being placed on a Section.

Duration:

2 hours – 1 session

Starting date and time (Wakefield Town Hall):

Thursday 14th March 2019 – 10:30am-12:30pm

Venue:

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

NEW
COURSE

Alcohol free February - Could you feel better, sleep better and save money by taking a break from alcohol during February?

Would you like to sleep better, have more energy, experience less anxiety, be more productive, save money and decrease negative thoughts? Then take part in our up to a month-long alcohol-free challenge in February, and find out how you feel when you take a break from alcohol.

Although drinking alcohol can be a pleasurable experience, alcohol can create risks to our physical health and mental health. A lot of people would like to cut down or take a break from drinking. However, because of the chemical nature of alcohol, a strong drinking culture and widely-held assumptions about alcohol this can be hard to do without the appropriate knowledge and guidance.

This course will encourage students to take a break from alcohol (for a week, a fortnight, or the full 28 days in February – you choose!) and find out how they feel after an alcohol free period. We will share ideas and tips for managing unwanted thoughts and emotions, urges to drink, handling social situations, making the most of alcohol free time, and getting back on track if students drink alcohol during the challenge.

Duration:

1 hour – 4 sessions

Starting date and time (Drury Lane):

Thursday 24th January 2019 – 12pm-1pm

Venue:

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

An introduction to mindfulness

Mindfulness is a skill which we can all learn. It involves an ability to become aware of what is happening in the present, moment by moment rather than being on automatic pilot, without worrying and judging. Being mindful provides us with opportunity to respond to difficult events and situations in new ways.

This introductory workshop looks at the origins of mindfulness, core practices and its potential to be used to combat stress. Together, we will explore the various tools and techniques used to gain a better understanding of mindfulness and its purpose.

Duration:

2 hours – 1 session

Date and time (Wakefield Town Hall):

Tuesday 29th January 2019 – 10am-12pm

Venue:

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

An introduction to personality disorder

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):

Tuesday 7th May 2019 – 10am-12pm

Venue:

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

Date and time (Drury Lane):

Tuesday 16th July 2019 – 10am-12pm

Venue:

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

“ This course has increased my confidence, given me coping skills, enabled me to share my experiences and increased my motivation. ”



After attending a recovery college course, students involved with mental health services found their contact with services decreased by 60%.



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 (Wakefield Town Hall):

Tuesday 14th May 2019 – 10am-12pm

Venue:

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

Date and time (Baghill House):

Thursday 27th June 2019 – 10am-12pm

Venue:

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

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 10th May 2019 – 10am-12pm

Venue:

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

Date and time (St. Swithun's):

Tuesday 23rd July 2019 – 1pm-3pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR

Body image

NEW
COURSE

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:

1 hour 30 minutes – 1 session

Date and time (Drury Lane):

Friday 19th July 2019 – 10:30am-12pm

Venue:

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

Caring for carers

NEW
COURSE

As carers, we often forget to (or struggle to find time to) make time for ourselves and look after our own wellbeing. During this short workshop, delivered in partnership with Turning Point Talking Therapies, we will look at the signs and symptoms of stress, the unwritten rules carers often place upon themselves, self-compassion, ways to cope with things that we are unable to change, relaxation techniques, and advice from the Carer's Trust.

Duration:

1 hour 30 minutes – 1 session

Date and time (Drury Lane):

Monday 29th April 2019 – 10:30am-12pm

Venue:

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

Date and time (Baghill House):

Tuesday 23rd July 2019 – 10.30am-12pm

Venue:

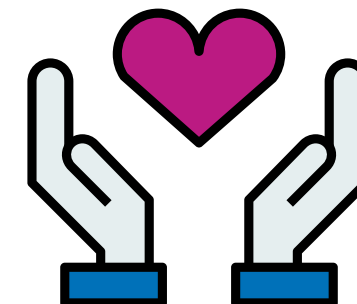
Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW



“ Helped me to feel less isolated and showed me how to find solutions to problems. ”



70% of students who were initially unmotivated to look after their own health and wellbeing, became motivated to do so after attending a course with us.



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 (Baghill House):

Friday 5th April 2019 – 10am-12pm

Venue:

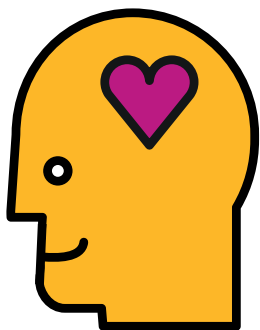
Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

Date and time (Drury Lane):

Friday 12th July 2019 – 1pm-3pm

Venue:

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



Emotional eating

NEW
COURSE

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:

1 hour 30 minutes – 1 session

Date and time (Baghill House):

Friday 22nd March 2019 – 10:30am-12pm

Venue:

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



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

Starting Date and Time (Drury Lane)

Monday 24th June 2019 – 1pm-3pm

Venue:

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

Starting Date and Time (Baghill House)

Monday 15th July 2019 – 10am-12pm

Venue:

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

100% of students would recommend us to their friends and family.



Getting to grips with assertiveness

NEW
COURSE

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:

1 hour 30 minutes – 1 session

Date and time (Wakefield Town Hall):

Wednesday 5th June 2019 – 10:30am-12pm

Venue:

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

Date and Time (Baghill House):

Friday 5th July 2019 – 10:30am-12pm

Venue:

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



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) :

Friday 1st March 2019 – 10am-12pm

Venue:

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

Date and time (Drury Lane):

Monday 1st July 2019 – 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

Starting date and time (St. Swithun's):

Thursday 13th June 2019 – 10am – 12pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR



“ Informal, fun and I didn't feel out of my depth. ”



Let's talk about suicide

In this friendly and confidential session students will learn about the facts and common myths about suicide, be able to listen to personal experiences about suicide, as well as professional views and approaches to talking about suicide.

Importantly, students will find out where they can go to get advice and support if they are worried about themselves or someone else.

Duration:

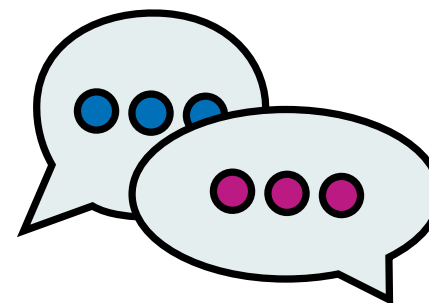
1 hour 30 minutes – 1 session

Starting date and time (Drury Lane):

Thursday 4th April 2019 – 10am-11:30am

Venue:

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



Lifting your spirits: Enhancing inner strength & wellbeing

The course aims to provide participants with the opportunity to explore, experience and develop 7 spiritual tools (meditation, visualisation, appreciation, listening, play, creativity, and reflection) to enhance their inner strength and wellbeing, in a safe and relaxed setting by a trained and experienced tutor. You will be able to learn how to access inner resources that can sustain you through difficult and challenging times.

This course is not about asking you to force yourself to think positively or suppressing your feelings. It is about providing tools to allow you to choose a way of using your thoughts more positively. It offers practical tools for self-help during times of depression, anxiety and illness to instil feeling of hope and support. It recognises that we have a vast capacity to build resilience on a physical, emotional, mental and spiritual level. The 7 tools you will learn will enable you to support yourself, enhancing your sense of wellbeing and 'lift your spirits'. It will facilitate processing our thoughts and experiences from a place of stillness and without judgement.

The teaching is done through facilitated experiential learning with time for reflection and sharing in a supportive environment.

Duration:

2 hours 30 minutes – 5 sessions

Starting date and time (Wakefield Town Hall)

Tuesday 29th January 2019 – 1pm-3:30pm

Venue:

Wakefield Town Hall, Wood Street, Wakefield, WF1 2HQ (sessions 1, 2 & 5)

and

Wakefield County Hall, Bond Street, Wakefield, WF1 2QW (sessions 2 & 3)

Living with anxiety

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 (St. Swithun's):

Tuesday 26th February 2019 – 1pm-3pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR

Date and time (Drury Lane):

Friday 5th April 2019 – 10am-12pm

Venue:

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

Date and time (Baghill House):

Friday 7th June 2019 – 10am-12pm

Venue:

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

Managing panic attacks

NEW
COURSE

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:

1 hour 30 minutes – 1 session

Date and time (Drury Lane):

Monday 11th February 2019 – 10:30am-12pm

Venue:

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

Date and time (Baghill House):

Friday 3rd May 2019 – 10:30am-12pm

Venue:

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



Man's the word

NEW
COURSE

This workshop has been designed in collaboration with men, for men who find it difficult to talk about how they feel and their emotions.

During our Man's the Word workshop, students will look at:

- Which emotions are typically more difficult to communicate
- Why there are difficulties in communicating these feelings
- Ways in which to help students to communicate how they feel
- Ongoing support in the local community.

This course is a male-only course.

Duration:

2 hours – 1 session

Date and time (Baghill House):

Tuesday 22nd January 2019 – 1pm-3pm

Venue:

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

Date and time (St. Swithun's):

Tuesday 9th July 2019 – 1pm-3pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR



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

Starting date and time (Drury Lane)

Thursday 31st January 2019 – 10:30am-1pm (6 sessions)

Venue:

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

Starting date and time (Drury Lane)

Thursday 25th April 2019 – 10:30am-1pm (7 sessions)

Venue:

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



Pregnancy and perinatal health

Perinatal mental health incorporates pre conception, pregnancy and post birth up to one year.

In this workshop we will look at the perinatal pathway, support and services available, case studies, things to look out for, provide information and will look at the experiences and impact on all of those around mum, mum to be and baby.

This workshop is available to women, men, parents, expectant parents, carers and anyone who has a general interest in perinatal health.

Duration:

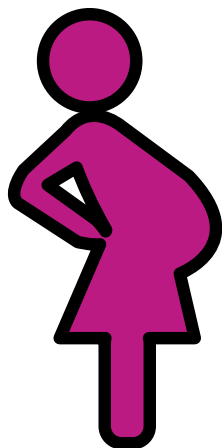
2 hours – 1 session

Date and time (Drury Lane):

Thursday 9th May 2019 – 1pm – 3pm

Venue:

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



The heart of wellbeing

This course aims to provide students with the opportunity to explore, experience and develop their inner strength and wellbeing, in a safe and relaxed setting by a trained and experienced tutor. Facilitation is done through experiential learning with time for reflection and sharing in a supportive environment.

This course is not about asking you to force yourself to think positively or about suppressing your feelings. It is about providing tools to allow you to choose a way of using your thoughts more positively by offering practical tools for self-help during times of depression, anxiety and illness to instil feeling of hope and support. It recognises that we have a vast capacity to build resilience on a physical, emotional, mental and spiritual level.

Duration:

2 hours – 4 sessions

Starting date and time (Wakefield Town Hall):

Tuesday 5th February 2019 – 10am-12pm

Venue:

Wakefield Town Hall, Wood Street,
Wakefield, WF1 2HQ (sessions 1 & 4)
and Wakefield County Hall, Bond Street,
Wakefield, WF1 2QW (sessions 2 & 3)



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 1st February 2019 – 10am-12pm

Venue:

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

Date and time (Drury Lane)

Wednesday 27th March 2019 – 1pm-3pm

Venue:

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

Date and time (Baghill House)

Friday 24th May 2019 – 1pm-3pm

Venue:

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

Date and time (Drury Lane)

Wednesday 3rd July 2019 – 10am-12pm

Venue:

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

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):

Thursday 28th March 2019 – 1pm-3pm

Venue:

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

Date and time (Wakefield Town Hall):

Thursday 20th June 2019 – 1pm-3pm

Venue:

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



Understanding & 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 (Baghill House):

Friday 25th January 2019 – 10am-12pm

Venue:

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

Date and time (Drury Lane):

Wednesday 20th March 2019 – 1pm-3pm

Venue:

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

Date and time (Baghill House):

Friday 17th May 2019 – 1pm-3pm

Venue:

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

Date and time (Drury Lane):

Wednesday 10th July 2019 – 10am-12pm

Venue:

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

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 30 minutes – 1 session

Date and time (Drury Lane):

Wednesday 13th February 2019 – 1pm-3:30pm

Venue:

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

Date and time (Drury Lane):

Wednesday 12th June 2019 – 1pm-3:30pm

Venue:

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



Understanding therapy

This workshop aims to help students to understand more about what therapy is and what it might involve. We will have a look at some common myths about therapy, look at how certain therapies work and explore some of the different types of therapy that are available, including:

- CBT
- Person-centred therapy
- EMDR
- DBT
- Expressive therapies such as art psychotherapy

Duration:

3 hours – 1 session

Date and time (Baghill House)

Friday 8th February 2019 – 10am-1pm

Venue:

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

Date and time (Drury Lane)

Friday 8th March 2019 – 12pm-3pm

Venue:

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

Ways to quit

In preparation for National No Smoking Day on the 13th March 2019, the Yorkshire Smokefree service is offering this brief workshop to provide students with information about the dangers of smoking and the products available to support and help you stop smoking. The workshop will help you to break your habit of smoking and discuss the challenges and highlights of stopping smoking with people who have been through it themselves.

Duration:

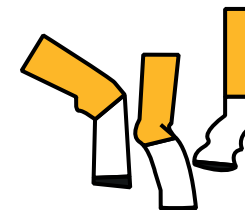
2 hours – 1 session

Date and time (Drury Lane):

Tuesday 12th March 2019 – 10am-12pm

Venue:

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



Ways to Quit is being run in partnership with Yorkshire Smokefree to help get people ready and motivated for this year's **National No Smoking Day on the 13th March 2019**

NHS
Yorkshire
Smokefree service

Increasing your knowledge and skills

Basic Life Support (BLS)

This short workshop will teach students the basic skills of life support. By the end of the session students will have learnt:-

- How to administer CPR
- Safe use of a defibrillator (AED)
- How to safely deal with choking
- Recognition of cardiac arrest symptoms

Although you can attend this workshop in isolation, we recommend that students also attend our basic first aid workshop.

Duration:

1 hour – 1 session

Starting date and time (Fieldhead):

Monday 1st April 2019 – 1pm-2pm

Meeting Point:

Physical Health Room, Learning and Development Centre, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

Starting date and time (Fieldhead):

Monday 22nd July 2019 – 1pm-2pm

Meeting Point:

Physical Health Room, Learning and Development Centre, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

Digital Down-low

NEW
COURSE

During our Digital Down-low workshop, in partnership with Groundwork, students will learn ways to manage budgets better using a whole host of online free apps and websites, basic budgeting and third party specialist organisations who can help.

Students will also learn how to stay safe whilst online, what to look out for, how to avoid phishing & scams, avoid being hacked on social media, using social media responsibly, using email better, how to recognise real from fake financial communications, what to do if something goes wrong and locking down your accounts.

Duration:

4 hours – 1 session

Date and time (Groundwork):

Monday 17th June 2019 – 10am-2pm

Venue:

Groundwork, Kirkgate Train Station, Monk Street, Wakefield, WF1 4EL



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

Starting date and time (St. Swithun's):

Friday 1st February 2019 – 10am-12pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR

Starting date and time (Wakefield Town Hall):

Friday 26th April 2019 – 10am-12pm

Venue:

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

English for fun; How to apply English skills to everyday life

Would you like to improve your reading and writing skills?

We are offering a course where you can develop basic English skills to help with future prospects or just to improve your general wellbeing. Whether it is help with reading, spelling, punctuation and grammar or writing a letter, the facilitator will personalise the study plan that is best for you so that you can work on areas of your choice at your own pace.

Enjoy the opportunity to develop some English skills in a relaxed, fun and supportive learning environment.

Duration:

2 hours – 5 sessions

Starting date and time (Wakefield Town Hall):

Monday 24th June 2018 – 1pm-3pm

Venue:

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



Local history uncovered

NEW
COURSE

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 23rd January 2019 – 10:30am-12pm

Venue:

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

Maths for fun; How to apply maths to everyday life

Would you like to improve your maths skills?

We are offering a course where you can develop basic numeracy skills to help with budgeting in the home, future prospects or just to improve your general wellbeing. The course aims to help you develop the skills necessary for employment and everyday life.

Enjoy the opportunity to develop some numeracy skills in a relaxed, supportive learning environment where you have the freedom to work on areas of your choice at your own pace.

Duration:

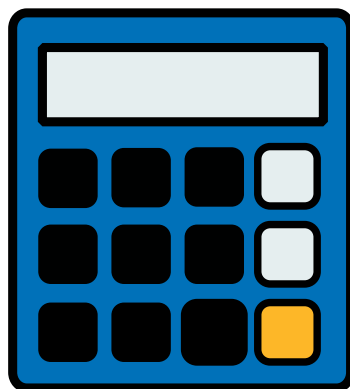
2 hours – 5 sessions

Starting date and time (Wakefield Town Hall):

Monday 13th May 2019 – 1pm-3pm

Venue:

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



Sew Simple

NEW
COURSE

Have you ever needed to sew a button back on but were unsure how to do it? Have you ever had a pair of trousers just that little bit too long and needed to alter them but didn't know what to do? Have you ever had a hole in an item of clothing and had to throw it out as you weren't sure how to sew it up? Then why not try out this three hour workshop, teaching the basics of sewing!

The workshop will be a fun and informal session, looking at simple hand-stitching techniques that everyone can do at home.

Duration:

3 hours – 1 session

Date and time (Baghill House):

Tuesday 5th March 2019 – 1pm-4pm

Venue:

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

Date and time (St. Swithun's):

Friday 21st June 2019 – 1pm-4pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR

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 (St. Swithun's):

Thursday 13th June 2019 – 1pm-3pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR

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 (Baghill House):

Tuesday 21st May 2019 – 10am-12pm

Venue:

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

“ I learned a new hobby! ”

“ It gave me strength. ”

Expanding your interests

An introduction to poetry

This course is designed to give students the space to develop an understanding of different poetry styles and the skills to be able to create such poetry themselves.

Over 6 weeks, students will hear poetry written by their experienced tutors and guest speakers and have the chance to learn and practice Acrostik poetry, Haiku poetry, non-rhyming poetry, Lyric poetry, Sonnet poetry and have the opportunity for a week of freestyle! Students will also be able to try their hand at creative writing if they find a style of poetry is not for them.

Duration:

2 hours – 6 sessions

Starting Date and Time (St. Swithun's):

Monday 25th February 2019 – 1pm-3pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR

Aromatherapy – the use of essential oils derived from plants

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 (St. Swithun's):

Tuesday 23rd April 2019 – 10am-12:30pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR

Baking basics

This course aims to provide students with an understanding of the basic skills involved in baking.

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 product each week.

At the end of the course students will be able to bake scones, sponge, biscuits and pastry in a relaxed setting.

Duration:

3 hours – 4 sessions

Starting Date and Time (The Link):

Tuesday 18th June 2019 – 1pm-4pm

Venue:

The Link, 51 Beancroft road, Castleford, WF10 5BP

Book folding

Book folding is a great way to reuse old, unwanted, hard cover books by following a pattern. Marking two measurements and making two folds on each page, a design or word begins to appear.

During the workshop we will fold a heart design into the centre of your chosen book.

Please note: You will need to bring along a couple of old books to practice your designs on.

Duration:

2 hours – 1 session

Date and Time (St. Swithun's):

Monday 4th March 2019 – 10am-12pm

Venue:

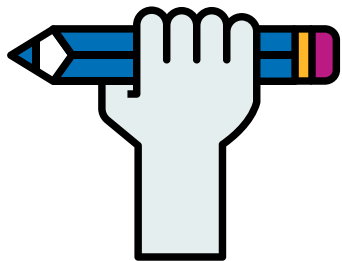
St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR

Date and Time (Baghill House):

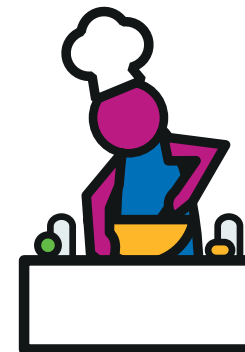
Monday 3rd June 2019 – 10am-12pm

Venue:

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



We filled over
460 places on our
courses last term.



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 – 8 sessions

Starting date and time (Pontefract Park):

Wednesday 6th February 2019 – 10am-11am

Meeting point:

The Duck Pond, Pontefract Park, Park Road, Pontefract, WF8 4QD

Starting date and time (Thornes Park):

Friday 3rd May 2019 – 10am-11am

Meeting point:

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



Craft taster

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:-

- Felt
- Paper
- Sewing
- Toys
- Buttons and beads

Duration:

2 hours – 6 sessions

Starting date and time (Drury Lane):

Monday 10th June 2019 – 10am-12pm

Venue:

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

We now work with 22 partnerships with various local and national organisations and charities to deliver our courses and workshops.



Creative writing

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 (St. Swithun's):

Wednesday 5th June 2019 – 1pm-3pm

Venue:

St. Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR



Cycle4Health

Cycle4Health is a 12 week course designed especially for those trying to improve their health and fitness.

The course is completely free of charge, with full equipment provided, including a bike and helmet and is open to anyone over the age of 18.

Cycling UK's dedicated and experienced instructors are trained to help people of all abilities to build confidence and gain the skills they need to cycle more. Your instructors will work with you to help you develop your cycling techniques and discover new cycling routes in your local area.

Duration:

2 hours – 12 sessions

Starting date and time (Thornes Park):

Thursday 7th March 2019 – 1:30pm-3:30pm

Venue:

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



Dance and movement for wellbeing

Dance and movement can be used as a form of communication, linking body awareness with emotional awareness. Some of the benefits with engaging with dance can be a feeling of relaxation and a sense of wellbeing. It can also provide a way of expressing how you are feeling.

This workshop does not involve any choreographed steps and no previous experience in dance is required in order to take part.

In this workshop you will be introduced to the benefits of dance and movement through experiencing some of the movement ideas that I use to develop a sense of wellbeing.

Duration:

1 hour – 3 sessions

Starting date and time (Elizabethan Gallery):

Wednesday 1st May 2019 – 10:30am-11:30am

Meeting point:

Elizabethan Gallery, Brooke Street, Wakefield, WF1 1QW



Our student numbers have increased by over 140% within 3 years!

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:

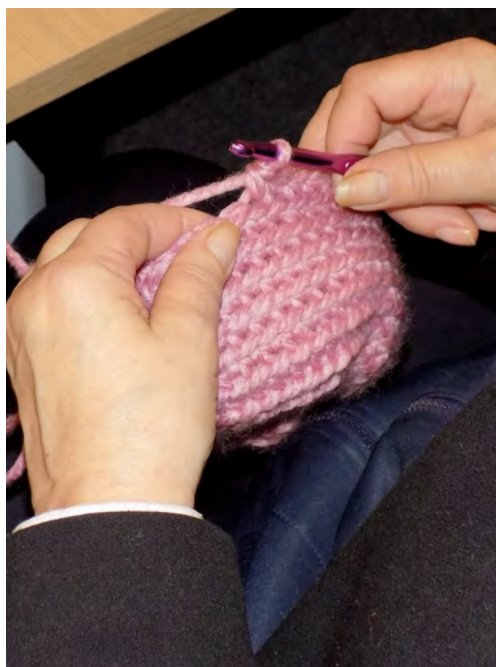
2 hours – 4 sessions

Starting date and time (West Yorkshire History Centre):

Monday 21st January 2019 – 10am-12pm

Venue:

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



Mindful crafting

Pause and think only on the moment. This is a great way for students to spend time with other people especially if they are socially isolated or struggle to find ways to interact with others, however it is also perfect for anyone who wants to become more mindful. During this short workshop aimed at all abilities, offered in partnership with Groundwork, students will learn how to sculpt and paint paper flowers.

No expectations are placed with anyone, no stress, no need to stay for the whole session, do as much or as little as you want. You are in control. Mindful meditation and the principles of mindfulness are covered in every session to give each student a skill to take away; a way of being mindful.

Duration:

4 hours – 1 session

Date and time (Groundwork):

Monday 25th March 2019 – 10am-2pm

Venue:

Groundwork, Kirkgate Train Station, Monk Street, Wakefield, WF1 4EL

NEW
COURSE

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 (plus a week for glazing and firing in between)

Starting date and time (Baghill House):

Tuesday 25th June 2019 – 1pm-3pm

Meeting point:

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



“ This craft will help me to fill my day and help my concentration. Everything was explained well and I felt at ease enough to ask if I was unsure about anything. ”



Our student and volunteer stories

“ I first became aware of the NHS Recovery College at an open day hosted while volunteering for the Richmond Fellowship in Wakefield, in September 2015. I was very interested in the concept of the college and was invited to join them by Lindsey Taylor-Crossley on completion of my time with the Fellowship.

In January 2016 I became a volunteer with the College as a meet and greeter within the college, this meant meeting students at various venues as they attended for a course, I would welcome them to the college and direct them to their class. I was also given the chance to sit in on classes. During this time, I was given the opportunity to attend Northern College in Barnsley for a peer mentoring course, on successful completion in November 2016, I was qualified to carry out “one to one” support to help with issues students may have.

I undertook a Level Two Diploma in Social Studies in September 2016 for 9 months which finished in May 2017. During this course I decided that a new career as a counsellor was where my future was leading me. I applied for a space on the Level III Counselling course at Dearne Valley College and was accepted to start in September 2017. I knew that my knowledge of counselling techniques was limited so during the period between May and August 2017 I went on a number of short courses from counselling techniques to psychology to increase my knowledge.

I also wanted to play a further role within the Recovery College, so I became a co-facilitator helping to present Basic First Aid and Basic Life Support courses to other volunteers and students within the college, calling on previous skills learnt. I was fortunate enough to receive a volunteer award in 2017 for the greatest Educational Achievement, which I was very surprised but grateful to be given. The Level III course started in September 2017 until May 2018 when the final exam was taken. I have continued to co-facilitate the First Aid courses, however I have also co-facilitated courses on Post Traumatic Stress Disorder (PTSD).

After the completion of the Level III course I applied for a space on the Level IV Course in Therapeutic Counselling and been accepted on the course which commences in January 2019 for two years at Wakefield College, which if successfully completed I will be a qualified counsellor. I am so grateful to Lindsey Taylor-Crossley and the team in Wakefield for their continuing support they have graciously shown me during this fantastic journey. In closing I would just say if I can achieve all of this during recovery from PTSD and depression so can you. Best of luck.

”

Ian, Wakefield and 5 Towns Recovery College volunteer

“ I have been with the Recovery College now for a few months. At first I was shy and didn't want to go. I plucked up the courage to attend and it was the best thing I ever did. I was made to feel welcome in a warm and relaxed environment; I even talked to the group and contributed to the group. Not only did I impress others with my knowledge but I also impressed myself. I have since signed up to other courses to gain knowledge and to meet new people.

The support has been amazing and fantastic. I was so proud when I received a certificate in the post.

”

Daniel, Wakefield and 5 Towns Recovery College student

“ When I first came to the Recovery College I had low confidence and believed I couldn't achieve anything. I went on a book folding course and I was shown how to fold a book into a love heart. I ordered my own patterns book and I have now sold some as Christmas presents. Everyone says how great they are. I can now do any patterns - here are two pictures of what I can do and I am really proud of what I can now achieve.

”

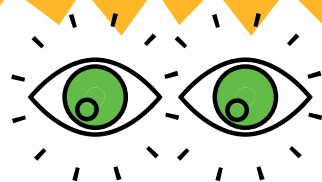
Emma, Wakefield and 5 Towns Recovery College student



Photo courtesy of Emma, Recovery College student

Watch this space...

Although we have previously only offered our courses to those over eighteen years of age, this term we have brought in a change!



During school holidays, working alongside teenage volunteers, we hope to bring a series of workshops open to teenagers who are unable to access our usual courses and workshops. These will not be in the prospectus, but will be co-produced, co-facilitated and advertised on an ad-hoc basis via our website, social media and posters in our typical venues. Keep your eyes open for any updates or get in touch if you would like to know more.

If you are over fourteen years of age but under eighteen and want to get involved in volunteering to co-produce and/or co-facilitate these sessions, please get in touch at wakefieldrecoverycollege@swyt.nhs.uk or on 01924 316946.

**14-18
years**



General self-management courses

Venue – Queen's Avenue Community Centre
Date: Tuesday's – 15th January 2019 to 19th February 2019
Time: 10.30am – 1pm

Venue: West Wakefield Methodist Church
Date: Monday's – 21st January 2019 to 25th February 2019
Time: 10.30am – 1pm

New Beginnings Courses

Venue: Nova Wakefield
Date: Thursday's – 24th January 2019 to 7th March 2019
Time: 10.30am – 1pm

Venue: Drury Lane H&WB Centre
Date: Thursday's – 31st January to 14th March 2019
Time: 10.30am – 1pm

Persistent Pain Courses

Venue: Airedale Library
Date: Wednesday's – 13th February 2019 to 20th March 2019
Time: 1pm – 3.30pm

Managing Breathlessness

Venue: Airedale Library
Date: Friday 22nd February 2019
Time: 10am – 12pm

Coping with Physical Pain

Venue: Airedale Library
Date: Monday 11th March 2019
Time: 1pm – 3pm

Venue: Hemsworth Library
Date: Tuesday 19th March 2019
Time: 10am – 12pm

Feeling Positive Busting Stress

Venue: Airedale Library
Date: Wednesday 23rd January 2019
Time: 1pm – 3pm

Venue: Queens Avenue Community Centre
Date: Tuesday 26th February 2019
Time: 10am – 12pm

Coping with Life Using Relaxation

Venue: Agbrigg Community Centre
Date: Friday 15th February 2019
Time: 1pm – 3pm

Venue: Nova Wakefield
Date: Thursday 14th March 2019
Time: 10am – 12pm

Book these courses directly with the Live Well team:



01924 255363



swy-tr.livewellwakefield@nhs.net



www.livewellwakefield.nhs.uk



[Livewellwakefield](https://www.facebook.com/Livewellwakefield)



[sms@livewellwakefield](https://twitter.com/sms@livewellwakefield)



**Quitting smoking
is all about finding
what works for you**
CALL 01924 252174

NHS
Yorkshire
Smokefree service



Free, friendly
confidential help
available for you
locally



Prescription requests
available for
products to help you
stop smoking



Tips on how to break
the habit and cope
with your cravings

Our Ways to Quit course is being run in partnership
with Yorkshire Smokefree to help get people ready
and motivated for this year's **National No Smoking
Day on the 13th March 2019.**

See page 29 for more details

**You are up to four times more likely to stop smoking
with specialist support than by going it alone**



yorkshiresmokefree.nhs.uk



facebook.com/ysmokefree

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.



Frequently asked questions



What is a recovery college?

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.

The Wakefield and 5 Towns 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.

Who is the Wakefield and 5 Towns Recovery College for?

Anyone over the age of 18.

Where is the Wakefield and 5 Towns 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 Wakefield and 5 Towns 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 (available in the prospectus and on our website www.wakefieldrecoverycollege.co.uk) and send it in to us by post or email (details below).

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, a Silver certificate is presented to those who attend most of the course sessions and a Gold certificate is 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 Wakefield and 5 Towns 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're 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 Wakefield and 5 Towns Recovery College.

Will attending the Wakefield and 5 Towns 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 the Wakefield and 5 Towns 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 wool for the learn to knit and crochet course. 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 2019

| 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 | | | |

March 2019

| 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 |

May 2019

| 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 | | |

July 2019

| 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 2019

| 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 | | | |

April 2019

| 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 | | | | | |

June 2019

| 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 |

The next Wakefield and 5 Towns Recovery College term will start on **Monday 19th August 2019.**

College Closed

School Holidays (no courses running, college still open)

Directions

Drury Lane Health and Wellbeing Centre

The easiest way to reach us is by using public transport. We are conveniently located in the centre of Wakefield close to Westgate train station and only a few minutes' walk from the bus station. Please be aware that parking on site is reserved for Disabled and Parent & Child only.

By train

The nearest train station to Drury Lane is Wakefield Westgate which is a short walk away. Walk out of the station approach and cross Mulberry Way; walk up the pedestrianized area to Drury Lane. The Health and Wellbeing Centre will be facing you across the road, clearly signed. Wakefield Kirkgate Station on the free city centre bus route which stops at Wakefield Westgate station; alight here.

By bus

For buses travelling into Wakefield Bus Station change to the free city centre bus and alight at Wakefield Westgate rail station, which is a short 5 minute walk away, and follow the directions above.

For buses travelling from the Dewsbury and Horbury directions, the nearest bus stop is on Westgate – stop W5/W4 walk down the hill past the theatre, turn left at the traffic lights into Drury Lane walk past York House and the Drury Lane Health and Wellbeing Centre is on the right clearly signed.

For more information about how to reach us via public transport visit:

www.wymetro.com or call 0113 245 7676.

By car

The hub is located in the centre of Wakefield in an area where traffic is often slow-moving. There is also very limited parking on-site which is reserved for Disabled (Blue Badge Holders) and Parent & Child only. For these reasons we do recommend using public transport wherever possible. If this is not an option and you need to drive, please allow extra time for your journey and finding a parking space in a local car park.

Satnav postcode for drop off or disabled parking: WF1 2TE

There are public car parks a short walk away off Westgate or at Merchant Gate near Wakefield Westgate Railway Station. Disabled parking for blue badge holders is available on site.

Baghill House Health and Wellbeing Centre

By train

The nearest train station to Baghill House is Pontefract Baghill which is a short 5 minute walk away, however there is no regular service to and from Baghill so please plan your journey before you set off to ensure you come to the right station. Tanshelf and Monkhill stations are both within half a mile radius of Baghill House

By bus

For buses travelling in the direction of Pontefract bus station:

The nearest bus stop is South Baileygate – stop number 45025616:

- Get off the bus just before the car wash on South Baileygate
- Head up the slight hill past the car wash – look out for cars pulling in when you cross this entrance
- Follow the path round to the left onto Walkergate
- Baghill House is on your left – look for the sign “Baghill House Health and Wellbeing Centre” on the building’s side

For buses travelling away from Pontefract bus station:

The nearest bus stop is North Baileygate – stop 45018266

- Get off the bus opposite The Olde Taven pub
- Cross the road at the zebra crossing and head towards the car wash
- The main entrance is clearly sign posted, in the front of the new building.

By car

Satnav postcode: WF8 1QW

From Pontefract town centre:

- Travel on Northgate with the bus station and pharmacy on your right
- After 300 metres bear left to keep on the road and onto North Baileygate
- In 450 metres turn right at the junction onto South Baileygate, A645
- After 200 metres turn left onto Walkergate.
- The entrance is first left after about 20 metres on your left hand side – look for the sign “Baghill House Health and Well Being Centre” on the side of the building. There is limited parking available and public car parks are a short walk away at Baghill Station. Disabled parking for blue badge holders is available on site.



Quick course guide

*** Indicates a new or rejuvenated course

January 2019

| Start date | Time | Duration | Course | Venue | Page |
|----------------|--------------|------------|-------------------------------------|---|------|
| Monday 21st | 10am-12pm | 4 sessions | Learn to knit & crochet | West Yorkshire History Centre | 38 |
| Tuesday 22nd | 1pm-3pm | 1 session | Man's the word *** | Baghill House Health & Wellbeing Centre | 25 |
| Wednesday 23rd | 10:30am-12pm | 4 sessions | Local history uncovered *** | West Yorkshire History Centre | 32 |
| Thursday 24th | 12pm-1pm | 4 session | Alcohol Free in February | Drury Lane Health & Wellbeing Centre | 16 |
| Friday 25th | 10am-12pm | 1 session | Understanding & managing depression | Baghill House Health & Wellbeing Centre | 28 |
| Tuesday 29th | 10am-12pm | 1 session | An introduction to mindfulness | Wakefield Town Hall | 17 |
| Tuesday 29th | 1pm-3:30pm | 5 sessions | Lifting your spirits | Wakefield Town Hall | 23 |
| Thursday 31st | 10:30am-1pm | 6 sessions | New beginnings | Drury Lane Health & Wellbeing Centre | 25 |

February 2019

| Start date | Time | Duration | Course | Venue | Page |
|----------------|--------------|------------|---|---|------|
| Friday 1st | 10am-12pm | 1 session | Dyslexia awareness | St. Swithun's Community Centre | 31 |
| Friday 1st | 10am-12pm | 1 session | Understanding anxiety | Baghill House Health & Wellbeing Centre | 27 |
| Tuesday 5th | 10am-12pm | 4 sessions | The heart of wellbeing | Wakefield Town Hall | 26 |
| Wednesday 6th | 10am-11am | 8 sessions | Couch to 5K *** | Pontefract Park & Racecourse | 36 |
| Friday 8th | 10am-1pm | 1 session | Understanding therapy | Baghill House Health & Wellbeing Centre | 29 |
| Monday 11th | 10:30am-12pm | 1 session | Managing panic attacks *** | Drury Lane Health & Wellbeing Centre | 24 |
| Wednesday 13th | 1pm-3:30pm | 1 session | Understanding post-traumatic stress reactions | Drury Lane Health & Wellbeing Centre | 28 |
| Monday 25th | 1pm-3pm | 6 sessions | An introduction to poetry | St. Swithun's Community Centre | 34 |
| Tuesday 26th | 1pm-3pm | 1 session | Living with anxiety | St. Swithun's Community Centre | 24 |

March 2019

| Start date | Time | Duration | Course | Venue | Page |
|---------------|-----------------|-------------|---------------------------|---|------|
| Friday 1st | 10am-12pm | 1 session | Improving your sleep | Baghill House Health & Wellbeing Centre | 22 |
| Monday 4th | 10am-12pm | 1 session | Book folding | St. Swithun's Community Centre | 35 |
| Tuesday 5th | 1pm-4pm | 1 session | Sew simple *** | Baghill House Health & Wellbeing Centre | 33 |
| Thursday 7th | 1:30pm-3:30pm | 12 sessions | Cycle4Health *** | Thornes Park Stadium | 37 |
| Friday 8th | 12pm-3pm | 1 session | Understanding therapy | Drury Lane Health & Wellbeing Centre | 29 |
| Tuesday 12th | 10am-12pm | 1 session | Ways to quit | Drury Lane Health & Wellbeing Centre | 29 |
| Thursday 14th | 10:30am-12:30pm | 1 session | Advocacy in mental health | Wakefield Town Hall | 16 |

March 2019 (cont.)

| Start date | Time | Duration | Course | Venue | Page |
|----------------|--------------|-----------|---------------------------------------|---|------|
| Wednesday 20th | 1pm-3pm | 1 session | Understanding and managing depression | Drury Lane Health & Wellbeing Centre | 28 |
| Friday 22nd | 10:30am-12pm | 1 session | Emotional eating *** | Baghill House Health & Wellbeing Centre | 20 |
| Monday 25th | 10am-2pm | 1 session | Mindful crafting *** | Groundwork, Kirkgate Train Station | 39 |
| Wednesday 27th | 1pm-3pm | 1 session | Understanding anxiety | Drury Lane Health & Wellbeing Centre | 27 |
| Thursday 28th | 1pm-3pm | 1 session | Understanding hearing voices | Baghill House Health & Wellbeing Centre | 27 |

April 2019

| Start date | Time | Duration | Course | Venue | Page |
|---------------|--------------|------------|--|---|------|
| Monday 1st | 1pm-2pm | 1 session | Basic Life Support (CPR & AED) *** | Wellbeing & Learning Centre, Fieldhead Hospital | 30 |
| Thursday 4th | 10am-11:30am | 1 session | Let's talk about suicide | Drury Lane Health & Wellbeing Centre | 23 |
| Friday 5th | 10am-12pm | 1 session | Living with anxiety | Drury Lane Health & Wellbeing Centre | 24 |
| Friday 5th | 10am-12pm | 1 session | Coping with life by using relaxation | Baghill House Health & Wellbeing Centre | 20 |
| Tuesday 23rd | 10am-12:30pm | 2 session | Aromatherapy – The use of essential oils derived from plants | St. Swithun's Community Centre | 34 |
| Thursday 25th | 10:30am-1pm | 7 sessions | New beginnings | Drury Lane Health & Wellbeing Centre | 25 |
| Friday 26th | 10am-12pm | 1 session | Dyslexia awareness | Wakefield Town Hall | 31 |
| Monday 29th | 10:30am-12pm | 1 session | Caring for carers *** | Drury Lane Health & Wellbeing Centre | 19 |

May 2019

| Start date | Time | Duration | Course | Venue | Page |
|---------------|-----------------|------------|---|---|------|
| Wednesday 1st | 10:30am-11:30am | 3 sessions | Dance and movement for wellbeing | Elizabethan Gallery | 38 |
| Friday 3rd | 10am-11am | 8 sessions | Couch to 5K | Thornes Park Stadium | 36 |
| Friday 3rd | 10:30am-12pm | 1 session | Managing panic attacks *** | Baghill House Health & Wellbeing Centre | 24 |
| Tuesday 7th | 10am-12pm | 1 session | An introduction to personality disorder | Baghill House Health & Wellbeing Centre | 17 |
| Thursday 9th | 1pm-3pm | 1 session | Pregnancy & perinatal health *** | Drury Lane Health & Wellbeing Centre | 26 |
| Friday 10th | 10am-12pm | 1 session | Autism awareness | Baghill House Health & Wellbeing Centre | 18 |
| Monday 13th | 1pm-3pm | 5 sessions | Maths for fun | Wakefield Town Hall | 32 |
| Tuesday 14th | 10am-12pm | 1 session | Arthritis & you | Wakefield Town Hall | 18 |
| Friday 17th | 1pm-3pm | 1 session | Understanding & managing depression | Baghill House Health & Wellbeing Centre | 28 |
| Tuesday 21st | 10am-12pm | 1 session | Stroke awareness | Baghill House Health & Wellbeing Centre | 33 |
| Friday 24th | 1pm-3pm | 1 session | Understanding anxiety | Baghill House Health & Wellbeing Centre | 27 |

June 2019

| Start date | Time | Duration | Course | Venue | Page |
|----------------|--------------|---------------------------|---|---|------|
| Monday 3rd | 10am-12pm | 1 session | Book folding | Baghill House Health & Wellbeing Centre | 35 |
| Wednesday 5th | 10:30am-12pm | 1 session | Getting to grips with assertiveness *** | Wakefield Town Hall | 21 |
| Wednesday 5th | 1pm-3pm | 4 sessions | Creative writing | St Swithun's Community Centre | 37 |
| Friday 7th | 10am-12pm | 1 session | Living with anxiety | Baghill House Health & Wellbeing Centre | 24 |
| Monday 10th | 10am-12pm | 6 sessions | Craft taster | Drury Lane Health & Wellbeing Centre | 36 |
| Wednesday 12th | 1pm-3:30pm | 1 session | Understanding post-traumatic stress reactions | Drury Lane Health & Wellbeing Centre | 28 |
| Thursday 13th | 10am-12pm | 1 session | Knowing more about dementia | St. Swithun's Community Centre | 22 |
| Thursday 13th | 1pm-3pm | 1 session | Transgender awareness | St. Swithun's Community Centre | 33 |
| Monday 17th | 10am-2pm | 1 session | Digital Down-Low *** | Groundwork, Kirkgate Train Station | 30 |
| Tuesday 18th | 1pm-4pm | 4 sessions | Baking basics | The Link | 35 |
| Thursday 20th | 1pm-3pm | 1 session | Understanding hearing voices | Wakefield Town Hall | 27 |
| Friday 21st | 1pm-4pm | 1 session | Sew simple *** | St. Swithun's Community Centre | 33 |
| Monday 24th | 1pm-3pm | 5 sessions | English for fun | Wakefield Town Hall | 31 |
| Monday 24th | 1pm-3pm | 1 session | Feeling positive, busting stress | Drury Lane Health & Wellbeing Centre | 21 |
| Tuesday 25th | 1pm-3pm | 3 sessions (over 4 weeks) | Pottery for beginners | Baghill House Health & Wellbeing Centre | 39 |
| Thursday 27th | 10am-12pm | 1 session | Arthritis and you | Baghill House Health & Wellbeing Centre | 18 |

July 2019

| Start date | Time | Duration | Course | Venue | Page |
|----------------|--------------|-----------|---|---|------|
| Monday 1st | 1pm-3pm | 1 session | Improving your sleep | Drury Lane Health & Wellbeing Centre | 22 |
| Wednesday 3rd | 10am-12pm | 1 session | Understanding anxiety | Drury Lane Health & Wellbeing Centre | 27 |
| Friday 5th | 10:30am-12pm | 1 session | Getting to grips with assertiveness *** | Baghill House Health & Wellbeing Centre | 21 |
| Tuesday 9th | 1pm-3pm | 1 session | Man's the word *** | St. Swithun's Community Centre | 25 |
| Wednesday 10th | 10am-12pm | 1 session | Understanding & managing depression | Drury Lane Health & Wellbeing Centre | 28 |
| Friday 12th | 1pm-3pm | 1 session | Coping with life by using relaxation | Drury Lane Health & Wellbeing Centre | 20 |
| Monday 15th | 10am-12pm | 1 session | Feeling positive, busting stress | Baghill House Health & Wellbeing Centre | 21 |
| Tuesday 16th | 10am-12pm | 1 session | An introduction to personality disorder | Drury Lane Health & Wellbeing Centre | 17 |
| Friday 19th | 10:30am-12pm | 1 session | Body image *** | Drury Lane Health & Wellbeing Centre | 19 |
| Monday 22nd | 1pm-2pm | 1 session | Basic Life Support (CPR & AED) *** | Wellbeing & Learning Centre, Fieldhead Hospital | 30 |
| Tuesday 23rd | 10:30am-12pm | 1 session | Caring for carers *** | Baghill House Health & Wellbeing Centre | 19 |
| Tuesday 23rd | 1pm-3pm | 1 session | Autism Awareness | St. Swithun's Community Centre | 18 |

For more information, please visit www.wakefieldrecoverycollege.co.uk



Enrolment form

Please make sure you fill out all sections of this form and return to:

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

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: | |
| Gender: | | | |
| Landline telephone number: | | | |
| Mobile telephone number: | | | |
| | | Post code: | |
| 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):

| | | |
|---------------|--------------|--|
| Course title: | Start date : | What would you like to achieve from attending each course? 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?

☐ From a member of SWYPFT staff ☐ Family/friend ☐ Former student

☐ Prospectus ☐ Website ☐ Flyer/poster

☐ Social media (Facebook/Twitter) ☐ Event ☐ GP

☐ Mental health services ☐ Other (please specify)

CONTINUED OVERLEAF - PLEASE COMPLETE AND RETURN ALL FOUR PAGES

Recovery College Student Charter

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: | | <input type="checkbox"/> 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, write in: | 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, write in: | 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, write in: | Black/African/ Caribbean/Black British <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black/ African/Caribbean/ Black British background, write in: | 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 | | |

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.

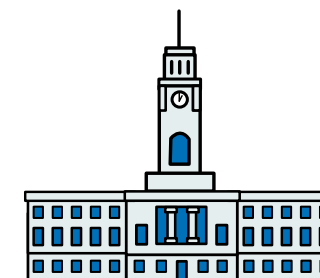


The Exchange Recovery College

33 Gawber Road
Barnsley
S75 2AH

01226 730433

barnsley.recoverycollege@swyt.nhs.uk
www.barnsleyrecoverycollege.co.uk

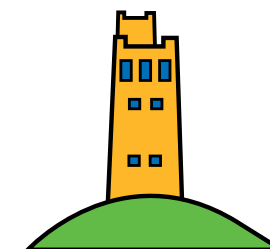


Discover: Recovery College Kirklees

Pathways
Nettleton Road
Mirfield
WF14 9AQ

01924 481060

recovery.kirklees@swyt.nhs.uk
www.kirkleesrecoverycollege.co.uk

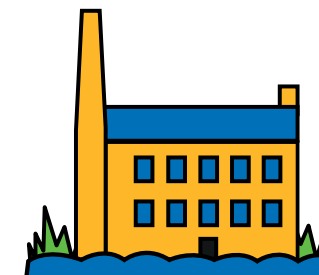


Recovery College Calderdale

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



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[@W5TRC](https://twitter.com/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.



**Find us on
Facebook**