



The Supporter

Newsletter

2 July 2021

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust



Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

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

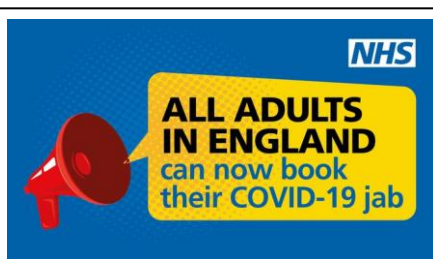
wakefieldcouncil
working for you

Wakefield Council is investing £1.5 million in parks and public open spaces in 2021. They are asking local residents to complete a short survey to understand the benefits of parks to you and what they need to do to deliver those. The survey takes approximately 9 minutes to complete. [Go to survey](https://www.surveymonkey.co.uk/r/wkfpops)

<https://www.surveymonkey.co.uk/r/wkfpops>



Open Country are pleased to be running free **Yoga for Beginners** classes on a Tuesday at 6pm – 6.50pm. The weekly class will be run by a professional, fully trained Yoga Instructor called Davina. A few of you might remember she ran a free introductory class back at the beginning of the year for Open Country also. Please get in touch with Open Country directly on 01423 507227 if you would like to attend and they will send you the Zoom link and passcode. Please also let them know when signing up if you have any medical conditions Davina may need to know about.





Team Mate



TUESDAY 15TH JUNE
Wellbeing at Work



TUESDAY 22ND JUNE
Managing Anxiety & Worry



TUESDAY 29TH JUNE
Loneliness & Isolation



TUESDAY 6TH JULY
Assertiveness



TUESDAY 13TH JULY
Panic



TUESDAY 20TH JULY
Managing Sleep

These workshops are delivered by **Turning Point Talking Therapies** and will focus on men's mental health with an open group discussion followed by physical activity. The workshops are for 18+ and will run from **6pm-8pm** at **Wakefield Trinity RLFC, The Mobile Rocket Stadium, Doncaster Road, Wakefield, WF1 5EY**



Get in touch to register your interest
info@wakefieldtrinityfoundation.co.uk

**TURNING
POINT**
inspired by possibility





LET'S KEEP GOING

Your pubs and bars love welcoming you to watch the Euros

Protecting each other today for a brighter tomorrow




European Union
European Regional Development Fund




HM Government



Wakefield Lateral Flow Testing service

Where can I collect tests from?

- Eastmoor Community Project
- St Mary's Community Centre (Pontefract)
- Havercroft & Ryhill Learning Community Centre
- Wakefield Market Hall
- Castleford Holywell Lane Day Centre
- Kinsley & Fitzwilliam Community Centre



24 hour Mental Health Helpline

0800 183 0558

Support, advice, information and guidance. A confidential helpline for anyone seeking support for their mental health or their carers.

Available to anyone registered with a GP in:
• Calderdale • Kirklees • Wakefield • Leeds • Barnsley

Service provided by:
NCHA
Care and Support





July Wellbeing Workshops



- Managing Anxiety & Worry - 02/07/2021 - 14:30
- Wellbeing Whilst Working - 05/05/2021 - 12:30
- Panic Workshop - 08/07/2021 - 17:30
- Mindful Pregnancy Part 1 - 14/07/2021 - 11:00
- Mindful Pregnancy Part 2 - 21/07/2021 - 11:00
- Body Image - 14/07/2021 - 12:30
- New Parents Workshop - 14/07/2021 - 13:00
- Needlephobia Workshop - 14/07/2021 - 14:30
- Helping with Grief - 16/07/2021 - 13:00

SIGN UP NOW

Sign up now on our website

Telephone: 01924 234 860
 Email: Wakefield.talking@turning-point.co.uk
 Website: talking.turning-point.co.uk/wakefield/





SHOUT ALL ABOUT US

St George's is looking for
 a creative and community focused
Communications Officer to help promote
 and celebrate our work.

Find out more at

www.stgeorgeslupset.org.uk



Our amazing colleagues at Spectrum CIC have just completed the #Carefor10, 10 peaks challenge across 10 days! We'd like to say a huge congratulations to them all and would like to thank Dr Linda Harris for her fab photos of their climbs. You can head to @SpectrumCIC to find out more about their journey!



Join the anti-racism movement

#WYHRootOutRacism

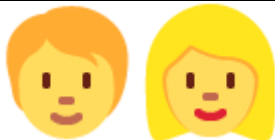
Are you a parent or carer?

Have your say on emotional wellbeing support for young people



Are you are a parent or carer?

Wakefield's Clinical Commissioning Group (the Wakefield CCG) want your views about how wellbeing support for children and young people should be provided.



Let them know your views by completing a short anonymous survey, which will help the local NHS create the right services



<https://smartsurvey.co.uk/s/wellbeingparentcarer>



Wakefield's Speciality Markets are back! Head down to Pontefract Town Centre for this month's market, celebrating high quality, handcrafted and unique products and crafts you won't find on the high street. The next date for your diary is Sunday 18 July 2021, 10am-4pm outside the Wakefield Cathedral. To find out all o the summer's dates ahead, visit the council's webpage

<https://www.wakefield.gov.uk/markets/speciality-markets>. You can also find out more about Wakefield's Festival Of The Earth, running between July and October by following @eventsinwakey on Twitter.



NHS CHARITIES TOGETHER

YOU'RE INVITED TO A TEA PARTY LIKE NO OTHER

SUPPORTING:
EYUP! CHARITY

The NHS celebrates its birthday on 5th July. So join us for the NHS Big Tea, a national outpouring of gratitude to our NHS champions. Brew your thank you for every nurse, hospital porter, cleaner, clinician and paramedic – who have given so much to care for us.

#NHSBigTea

Help us thank our NHS heroes and celebrate the NHS birthday on Monday 5th July at 3pm (or whenever works best for you!)



Get the kettle on, host a partea and raise some brass for @EyUpCharity



Register your fundraising event here:

<https://www.southwestyorkshire.nhs.uk/get-involved/eyup-charity/nhsct-big-tea-2021/>

Any child could be exploited by criminals



Signs to be aware of...



BEHAVIOUR?
Disrespectful, secretive, change in attitude.



LOTS OF MONEY?
Unexplained money, different phone, expensive clothes.



POPULAR?
Frequent texts and calls at all hours. New friends, might be older.



DISTANT?
Signs of harm or depression. Missing school.



UNUSUAL ITEMS?
Balaclava, debit cards, drugs, knives.

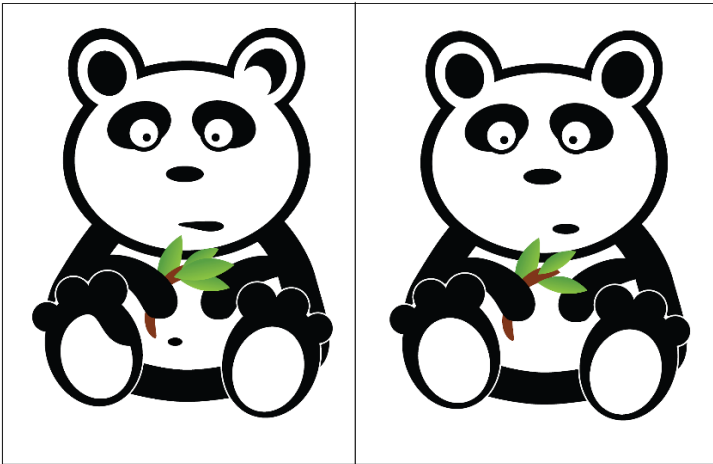


JOURNEYS?
Frequent and repeat trips. Leaving without explanation.

The parent or child is never to blame. For help and advice visit: www.westyorkshire.police.uk/CCE



SPOT THE FIVE DIFFERENCES



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Summer Quiz

- 1 – When does the Summer Solstice happen every year in the UK?
- 2 – Which month does the Summer Solstice happen in the southern hemisphere?
- 3 – Which world-famous sporting event happens at SW19 5AE?
- 4 – What year was the UK's driest summer on record?
- 5 – True or false – It has been known to snow in June in the UK?
- 6 – True or false – The Eiffel Tower grows taller in the summer?
- 7 - Which pop star featured in the film "Summer Holiday" in the 1960s?
- 8 – Which TV soap is set in Summer Bay?
- 9 – Name all three summer zodiac signs?
- 10 – What vitamin do we get directly from sunlight?

Answers in next week's newsletter!

SOLSTICE OVER STONEHENGE

As the morning star fades from view
The sun gradually creeps above the horizon
Changing the purple hue of night:
Into the glowing brightness of day.

The sun clips the edge of the monolithic stones:
They stand guard over the entrance to the circle
As they have for a millennia
Who created them?
One of the greatest mysteries of all time

Allow yourself to be transported back in time
For a moment to a much simpler universe:
A moment for reflection.

Midsummer has now arrived.

The sun climbs much higher
The early shadows recede
The circle remains intact
After thousands of years
Still providing mysteries to be solved.

The stones stare back at us
Reflecting the past
Awaiting the future
Faceless
Permanent
Civilizations have come and gone
But the stones remain a focal point
Silent
Sentinels
Never revealing their secret
Grounded:
Despite changes

The sun approaches its zenith
Hot
Very hot
Nothing moves on the horizon
Time stands still
An eternity in passing

The clouds like cotton wool drift
Across the sky
And wild flowers fill the air with scent
A peace settles over all time.
Remain focused and grounded
In the times ahead
Silently
Contemplating

And waiting for the evening star to appear.

RYDER 2021 (all rights reserved)

Just turn up ... no need to book and it's free



PeerTalk[®]

BATLEY

Peer Support Group
for those living with
depression, anxiety
and related conditions

Facing
Depression
Together

PeerTalk[®]

Find out more at:

-  07719 562 617
-  peertalk.org.uk
-  @peer_talk
-  @peertalk1
-  enquiries@peertalk.org.uk
-  [peertalkcharity](https://www.instagram.com/peertalkcharity)

EVERY WEDNESDAY 11.00^{am} – 12.30^{pm}

Jo Cox House
90 Commercial Street
Batley
WF17 5DS

The PeerTalk Charitable Foundation, registered charity no.1169830.