

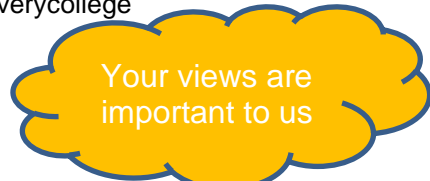


The Supporter Newsletter 30 July 2021



Wakefield Recovery and Wellbeing College

- www.wakefieldrecoverycollege.nhs.uk
- wakefieldrecoverycollege@swyt.nhs.uk
- 01924 316946
- @W5TRC
- facebook.com/wakefieldrecoverycollege



GLAD Study Recruitment Leaflet v1.1 REC Ref: 18/LO/1218 Date: 25/09/2018



An exciting opportunity to get involved in the largest ever study of anxiety and depression!

Are you:

- Aged 16+?
- Living in the UK?
- Suffering from clinical levels of depression and/or anxiety, or suffered from these in the past?

What is the GLAD study?

The GLAD Study is a project set up to explore **risk factors** in individuals who have experienced **depression and/or anxiety, including those with a diagnosis of bipolar disorder, OCD, or related disorders**, at any time in their lives.

It aims to **better understand** depression and anxiety in order to **find and develop more effective treatments**.

Find out more by going to www.gladstudy.org.uk

How do I take part in the GLAD study?

You can take part in the GLAD study by following the sign-up steps.

These are designed to be easy to complete and are:

1. Register on our website, www.gladstudy.org.uk, and read the information sheet
2. Provide your **consent** using our online form
3. Complete an **online questionnaire** to see if you are eligible. This takes around 30 minutes
4. Send a **saliva DNA sample** through the post



Once you have completed these steps, you will be able to see information on the website about a number of optional questionnaires or other research studies that are being carried out. You can choose to take part in these studies should you wish to.

Once you are enrolled in the GLAD study, you are free to withdraw at any time if you choose

Who can I contact if I have more questions?

If you are interested in joining the GLAD study but have more questions, you can visit our FAQ page at www.gladstudy.org.uk/faqs

Alternatively you can contact us via:

- Email: gladstudy@kcl.ac.uk
- Freephone: 0800 634 4504
- Phone: 0207 848 1638
- Facebook: @JoinGladStudy
- Twitter: @GladStudy
- Instagram: @GladStudy

Find out more by going to www.gladstudy.org.uk

Help us to stay safe and keep caring



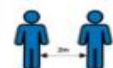
Please wear a mask and practice social distancing in our buildings

We will wear PPE and masks to keep you safe



Please wear your mask in our buildings

We will practice social distancing to keep you safe



Please help us by doing the same in our buildings

Walking Football

Working with Age UK Wakefield District and Sport England, Pontefract Squash & Leisure club are holding weekly, indoor sessions for players over 50 years.

Fridays 2pm, meet at reception

This is a slower paced version of the beautiful game and suitable for all, from complete beginners to those with skills to make Gazza tear up...again!

If you are interested in joining in or would like more info, get in touch and register your interest 01977 793333

Walking football is also available to play outside at West End Terriers, Hemsworth, for more info, call 07879 841342



01977 552114

www.ageukwd.org.uk

Registered Charity No: 1096511
Registered in England and Wales



01977 793333

www.pontesquash.com

What is free, easy to take, has an immediate effect and you don't need a GP to get some?
Its name...EXERCISE!

Did you know it can reduce your risk of major illnesses such as stroke, heart disease, cancer, and type 2 diabetes by up to 50% and lower your risk of early death by up to 30%.

Do you keep telling yourself I need to get some exercise and get fit, but I will start tomorrow? No more excuses, look at these great local activities you can join in with, meet new people and have fun whilst getting fit... come on take that first step to a healthier you....

INDOOR CRICKET AT DENHALE ARC



Come along and enjoy our 10 week cricket program.

- * Learn new skills
- * Meet new people
- * Stay active



COST: FREE
TIME: 1.00-2.00pm
STARTING: TUESDAY 3rd AUGUST



DENHALE ACTIVE RECREATION CENTRE,
Denhale Avenue, Wakefield, WF29EF,
staff@disabilitysportyorkshire.org 01924 372382



Family Fun and Fitness



Fridays 18.00-19.00

Rugby themed activities and games for all the family (whatever your age)

Come and join us - just £5 per family

Castleford RUFC, Willowbridge Lane,
Whitwood, Castleford WF10 5PD



Mindful Movers

@MMrunwalktalk - Community group

Mindful Movers



We are a friendly run walk talk group who use Thornes's park as our main base to move more together. We cater for all abilities as we break into a walking or running group. we sometimes add in other activities, but these are always optional. The focus is to increase wellbeing through moving more in green space and socialising with peers. We support each other and have formed many friendships. For more information contact: - 07742 428216

runwalktalkmm@gmail.com



Recovery College Course guide



Course	Date	Time
Dare to share	Every Tuesday from 3 August – can join any week	
Accepting change	4 August online 2 weeks	1.00-3.00pm
Recognising Burnout	5 August online & 9 September	10.30-12.30pm
Reach Out Family & Carers support group	5 August online	Ring college to book a place 2.00-3.00pm
Understanding anxiety	17 August online	10.30-12.30pm
Music appreciation group	19 August online	Ring college to book a place 2.00-3.00pm
Coping with life using relaxation	23 August online	11.00-12.30pm
Caring for me & you	7 September 6-week course Wakefield Town Hall	10.30-1.00pm
Assertiveness	14 September online	10.00-11.30am
Caring for carers	15 September online	4.00-5.30pm
Wellbeing at work	16 September online	2.30-4.00pm
Understanding eating disorders	21 September online	1.00-3.00pm
Boosting self confidence	21 September online	11.30-12.30pm
Fondant crafting	5 October Wakefield Baptist Church	10.00-12.00pm
Stroke awareness	15 October St Giles Church, Pontefract	2.00-4.00pm
Feeling positive, busting stress	18 October online	11.00-12.30pm
Incredible edible gardening club	Fieldhead Hospital Caring Garden (every Tuesday)	1.00-3.00pm – can join any week

(some courses may be more than 1 week)

You can find more information about all our groups and how to enrol by visiting our website

www.wakefieldrecoverycollege.nhs.uk or by giving us a call on 01924 316946.



Getting out and about!

Free entry



Yorkshire Day is on!
In 1951 Friarwood Valley Gardens was officially opened as a public park. Let's celebrate our 70th birthday!

Yorkshire Day in the Valley Gardens
Sunday 1st August
11am - 4pm

Friarwood Valley is where liquorice was cultivated as a crop from medieval times to the 20th century. We have cultivated a few plants in Friarwood Valley Gardens to represent its unique history.

What's on in the Valleys:

- Donkey rides
- Bouncy Castle
- Birds of prey
- Band Concert
- Punch and Judy
- Tree Trail
- Dinosaur Trail
- Children's games and activities
- And more...

Logo: Friends of Friarwood Valley Gardens



What's on my doorstep?

Groundwork
CHANGING FACTS
CHANGING LIVES

Come and find out about your local area this Summer and Autumn

Free events at Fryston Country Trails - refreshments included

- > Open to all ages
- > Most Tuesdays throughout the Summer and Autumn
- > Come and find out about the Trails, its history, the animals and plants and people's memories about the area.

Places need to be booked, please contact Ian at Groundwork on phone - 07730 765552
email - leeds@groundwork.org.uk

Fryston Trails Community Centre, Wheldon Road, Castleford, WF10 2SJ

www.groundwork.org.uk

CityConnect, West Yorkshire Combined Authority, Spectrum PEOPLE

If these activities sound interesting to your children, please follow this link to book their place- <https://pontefractcollieriesfccic.coordinate.cloud/>



PONTEFRACT COLLIERIES IN PARTNERSHIP WITH YOUNG MINDS MATTER PRESENTS HAPPY HEALTHY HOLIDAY PROGRAMME

WWW.PONTEFRACTCOLLIERIES.COM

CLUB PARTNERS MONKHILL SANDWICHES WILL PROVIDE LUNCH PACKS

ST GILES FOOD SHARE - PACKING AND DISTRIBUTION OF INGREDIENTS FOR A TWO COURSE MEAL, WHICH WILL PROMOTE HEALTHY EATING FOR EACH FAMILY TO TAKE HOME AND ENJOY AT THE END OF EACH DAY.

YOUNG MINDS MATTER - FOR ARTS AND CRAFTS ACTIVITIES.

AUGUST 9TH - SEPTEMBER 3RD



Wakefield Museums & Castles

FESTIVAL OF THE EARTH

@WAKEFIELDMUSEUMS, @WAKEFIELDCASTLES, @WFCASTLES

Image: A yellow dragon sculpture in a garden setting.

Dragons in the Garden – Pontefract Castle Thursday 5 August 10.30am, 1.00pm or 2.30pm – book your tickets at

<https://www.eventbrite.co.uk/o/wakefield-museums-and-castles-10728523622>

Lots more local activities to book for the kids such as Seaside on Tour, making bottle feeders – check out the link above

Wakefield Council
working for you

Support and advice

Kooth is an online counselling service that is available to all young people in Wakefield aged between 11 and 25 years old. 📱💻

Kooth is free and can be accessed 24 hours a day, seven days a week.

👉 www.kooth.com

Kooth is now available for young people aged 18 to 25.

Visit Kooth for **free, safe and anonymous** support to your mental wellbeing

Discussion boards

Start or join a conversation on all sorts of topics. There are 100's of topics to choose from.

Magazine

Doodles, creative pieces, and personal experiences by young people and the Kooth team.

Chat with the team

Connect with our team through message or live chat about anything that's on your mind.

Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

We'll be here **when you need us.**

kooth

Sign up for free at Kooth.com



Wakefield Safe Space



Are you struggling with your mental health?

Are you feeling isolated and alone?

Do you need someone to talk to in confidence?

WE OFFER 'HOPE IN A CRISIS'

At The Art House, Drury Lane, Wakefield
Referral lines open from 6pm –midnight

In person, zoom & phone support available
FRI, SAT AND SUN

Text or Call: 07776 962 815



August Wellbeing Workshops

- Managing Sleep - 04/08/2021 - 14:30
- Emotional Eating - 05/08/2021 - 10:00
- Needlephobia Workshop - 11/08/2021 - 15:30
- Loneliness and Isolation - 17/08/2021 14:30
- Depression and Grief - 19/08/2021 - 13:00
- Mindfulness - 19/08/2021 - 17:30
- Assertiveness - 25/08/2021 - 14:30
- New Parents Workshop - 16/08/2021 - 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/



NEW BEGINNINGS



Live Well Wakefield's free, online self-management course, New Beginnings for Mental Health, starts Tuesday 13 August 10:30-13:00 (An introductory session takes place 6 August, 10:30-11:30) If you have a mental health condition, such as anxiety or depression you may benefit from taking part in this 7-week course. To book a place, or for more information email paul.boyd1@nhs.net. Please note you will need the free app Microsoft Teams to access this course

A PEER SUPPORT GROUP FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS

Drop in Centre

At West Wakefield Methodist Church, Thornes Road, Wakefield, WF2 8UR

Open every Wednesday 2pm – 4pm

and every Friday 2pm – 4pm

For Further information contact Jan on 07963 568892 or Jill on 07519 671853 or jan.archbold@outlook.com

Facebook: Wakefield Memory Action Group





Cycle for Health Partnership with **we are cycling UK**

Join a **FREE 12 week course** to help you to improve your health and fitness

Community cycling for adults of any age with a long-term health condition

CityConnect Partnership with **West Yorkshire Combined Authority**

What is a Cycle for Health course?

It is a 12-week package of support to develop bike riding skills, confidence and fitness through cycle training and led bike rides.

Cycle for Health is designed specifically for adults with poor mental or physical health.

It is run as a two hour session once a week for 12 weeks. Group size is maximum 12 people and we provide bikes and helmets.

Experienced cycle instructors and ride leaders accommodate health issues and participants progress at a pace that suits the group.

Why cycle?

Cycling is amazing. It's life changing and Cycling UK believes everyone has the right to cycle and be given the skills to ride with confidence.

Cycle for Health was created in West Yorkshire as part of the West Yorkshire Combined Authority's CityConnect programme.

Courses provide a route into regular physical activity, building fitness and self-esteem.

"The instructors were very supportive and after a few sessions I was confident enough to ride on the cycle greenway. Riding has given me a real sense of achievement and increased my belief in my own abilities. I have also made new friends."
Tony, Participant, Cycle for Health Leeds

Who can take part?

Cycle for Health is for people:

- With poor mental or physical health
- Not doing regular exercise
- 18 years or older
- Who can ride a bike for a short distance - even if that hasn't been for many years

Courses are taking place this summer and autumn at venues across West Yorkshire. Meet like-minded people in a positive, welcoming environment to enjoy a new activity and discover cycling routes in your local area.

Contact the project team at Cycling UK for more information
T 01483 904562
E cycleforhealth@cyclenguk.org

Cycle for Health Partnership with **we are cycling UK** **CityConnect** Partnership with **West Yorkshire Combined Authority**

Re-opening our Wakefield Talking Shop – Turning Point Talking Therapies

On Monday 19th July, in line with government guidance, Turning Point Talking Therapies re-opened their Wakefield Talking shop for pre-booked face to face appointments. Whilst their availability is limited, they appreciate that many prospective clients have been waiting for news of their re-opening and thank them for their support in letting them know that face to face appointments are available alongside video and telephone appointments.

They are still following guidelines around social distancing and ask that clients wear face masks around the building, unless exempt. All procedures are explained to clients before their face-to-face appointment and their helpful admin team are on hand to support people arriving at the shop. Unfortunately, at the moment, they are unable to offer a drop-in service and anyone coming to their shop must have an appointment.



National Coal Mining Museum for England posted a job.

23 July at 09:59 · 🌐

An exciting opportunity has arisen at the National Coal Mining Museum. We are looking to recruit a number of enthusiastic Mine Guides to deliver engaging tours and share their stories and experiences, but most of all – ensure that the Museum continues to be one of the most fun days out in the region!

This role is perfect for enthusiastic and knowledgeable former coal miners to bring your passion for mining to the guided tours of the Museum's underground experience, reliving and recounting your own personal experiences and answering all types of mining related questions from visitors, to really create a picture of what life down the mine was really like.

This is a customer facing role, therefore excellent interpersonal skills, and a love for the heritage of coal mining are a must along with the required technical skills of either an Electrician, Fitter and/or Locomotive Driver/Shunter.

We are open Wednesday to Sunday and willing to discuss flexibility in terms of contracted hours and shift patterns.

Do you have a story to tell? If so, please apply for the opportunity to share it with us, and join us on our mission to bring the exciting story of coal mining to life!

Working hours: variable/flexible

Annual salary: £18,977 (FTE).

Closing date: 15th August

How to Apply: Please see our website <https://www.ncm.org.uk/opportunities> for more information and to download our Application Form.

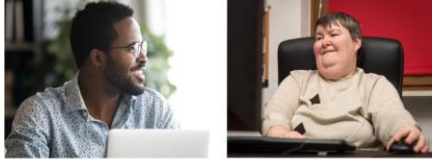
JOB OPPORTUNITY



If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

We don't always know the answers, but it helps to share the question. Join our group for family, friends and carers dealing with a loved one's mental health.

Reach



Out!



Family and Carers Support Group

Online on Microsoft Teams Every Four Weeks

Next Meeting
5th August 2021 from 2PM

To join, call Wakefield Recovery
College on 01924 316946
or email
wakefieldrecoverycollege@swyt.
nhs.uk

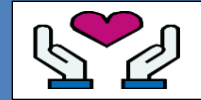
With all of us in mind.

Support is just as important for carers as it is for the person with the mental or physical illness. Caring can be difficult but it can also be positive and a rewarding experience.

If you support someone with a mental or physical illness you may face practical, financial, and emotional problems from time to time.

Our 'Reach Out' support group aims to help answer some of your questions by finding out more information for you and supporting each other in a friendly environment.

Come along have a cuppa, chat, and join in with others, who like yourself are carers, all welcome



The Dangers of Open Water

Swimming in open water can result in drowning!



Cold water shock can paralyse your ability to move - resulting in drowning



ONLY swim where there is supervision or a lifeguard



Water that looks calm on the surface may have a fast current underneath



Do not be tempted to swim if you have been drinking



The depth of water can be deceptive and there may be dangerous hazards under the water



Public Health England



Many of us enjoy the **hot weather** but remember to look out for others.

Older people, people with long term health conditions and young children may need help keeping cool.

Please have a talk with your family/friends about the dangers of swimming in open water



Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S
W D C S E M A G N S U O S H S K O O B C
F A O I C E C R E A M T O V E P I J Z I
X N T B K G W L P H R Q E L R U T D R N
P O T E L O C S M A N B Y L I M A F E C
U M A V R I Z D W J G S R O F Q C X L I
C E G N S M O B R I Y N G T N H A S K P
H L E P F U E Q D L M C I Z O J V G N W
N I O T M R E L A X O M Y L B S N E I D
G P K Z R A J K O B H V I W E I Q F R A
S T M I X E C Y A N L D H N D V C O P U
D K E Q N O F R Z Q A J W A G B A H S G
N S L A M G B V E Y C A E X I D M R Z U
E J E M H E T C S M F R Q K T A P W T S
I D A L C S E I R O M E M R A Y I B N T
R H J U Z W T M A K B U I C V L N Q E X
F B E G A Z N S T R O P S D U R G L Y M
V A K R B X U W Q H S G N I E O N A C L
M G Y L U J D P S E N Z B E A C H I F R

August
barbecue
beach
biking
bonfires
books
camping

canoeing
cottage
family
friends
games
hammock
hiking

holidays
ice cream
July
lake
lemonade
memories
picnics

pool
popsicles
puzzles
reading
relax
road trips
sports

sprinkler
strawberries
summer camp
swimming
traveling
vacation
watermelon

Tree Valley Academy

Colour the picture in after you have done the puzzle

Find 10 differences.

