



The Supporter

Newsletter

10 September 2021



South West
Yorkshire Partnership
NHS Foundation Trust



Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk

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facebook.com/wakefieldrecoverycollege



Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes
6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost
13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself
20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing
27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Face to Face courses are back!!

After almost a whole 12 months of only being able to offer online sessions, the College is extremely pleased to announce that we will be (slowly) bringing back face to face courses from Tuesday 7th September. We've worked very hard with and would like to thank our infection prevention and control team, our estates team, and our partners to enable us to bring these sessions back to you. We will of course still be offering online courses as well, as we know that not only do some people prefer courses delivered this way, but also it has enabled some people to attend who would not normally have been able to.

Read more on our NEWS page on the website www.wakefieldrecoverycollege.nhs.uk.

What's out there - support in the community



🍎 Eat Well, Be Healthy 🍌

The Communities Active team have developed a 12 Week Weight Management Program, covering all aspects of Diet and Nutrition.

Starts 23rd September 2021 (every Thursday for 12 weeks)
Where?? - Normanton Library, Wakefield Libraries

~~~~ What's Included???? ~~~~

- 👤 Nutritionist support throughout.
 - 📅 Weekly weigh in sessions
 - 📱 App support away from the sessions.
 - 👉 Interactive weekly workshops
- AND
- 👉 Its **FREE!!!!!!** 😊

To Book your place email the communities active team at communitiesactive@coalfields-regen.org.uk

#EatWellBeHealthy #CommunitiesActive #KnottingleyActive
#HealthyLives #NutritionSupport
#NutritionandDiet #12WeekChallenge #WeightManagement



A NEW WEEKLY DROP IN SESSION AT ST MARYS COMMUNITY CENTRE, THE CIRCLE, CHEQUERFIELD, PONTEFRACT, WF8 2AY

EVERY FRIDAY

10am-12pm

Free and confidential information and advice on-

Welfare Benefits & Universal Credit- Entitlement, challenging decisions, help with forms...

Work- Redundancy, pay, terms and conditions, dismissals...

Consumer- Faulty goods, problems with services, holidays, building work...

Housing- Landlord and tenant disputes, disrepair, evictions...

Family- Ending a relationship, looking after people, death...

And much more!

At the weekly drop in session our adviser will assess how best to assist you and will arrange further appointments (telephone or in person) if necessary, including referrals to our own Citizens Advice team of

- Debt advisers
- Fuel advisers
- Universal Credit Help to claim advisers

We are a good place to start as we can also signpost you to more appropriate local or national organisations for specialist help if required.

Citizens Advice Wakefield District is a registered charity. Although part of the national Citizens Advice network we are independent and run locally for the residents of Wakefield District.

Telephone: 0800 144 8848 or visit: wakefielddistrictcab.co.uk



No matter how tiny the feet
The footprints left on our lives and in our hearts
Will remain with us FOREVER.



We are holding a support group for anyone affected through baby loss.

Our first group is on the 15th September 2021 at 6pm until 8pm.

Everyone is welcome.

We are located at 1-3 Providence Street, Wakefield, WF1 3BG

(Just behind the bus station - street parking and a public car park is available)

Please note we are not professionally trained counsellors

Any questions please do get in touch on 01924 208 809

**1 in 4
WOMEN**



PREGNANCY OR INFANT LOSS



FREE Wakefield Recovery College courses/workshops for anyone over the age of 18. You can find more information and how to enrol by visiting our website www.wakefieldrecoverycollege.nhs.uk or by giving us a call on 01924 316946.

Course	Date	Time
Recognising burnout	9 September online	10.30-12.30pm
Assertiveness	14 September online	10.00-11.30am
Caring for carers	15 September online	4.00-5.30pm
Reading for Wellness	15 September online	1.00-3.00pm
An intro to mindfulness	16 September online	2.00-4.00pm
Wellbeing at work	16 September online	2.30-4.00pm
Everyday stress	17 September online	10.30-12.30pm
Boosting self confidence	21 September online	11.30-12.30pm
Understanding anxiety	22 September online	10.00-12.00pm
Overcoming anxiety	7 October online	2.00-4.00pm
Introduction to personality disorder	12 October online	10.00-12.00pm
Accepting change	13 October online	10.00-12.00pm
Lifting your spirits	14 October online	2.00-4.00pm
Journaling for wellbeing	14 October Fieldhead Campus, Wakefield	1.30-3.30pm
Stroke awareness	15 October St Giles Church, Pontefract	2.00-4.00pm
Feeling positive, busting stress	18 October online	11.00-12.30pm
Dare to share	2 November online	1.00-3.00pm
Managing anxiety and worry	4 November online	2.00-3.30pm
Menopause and me	9 November online	10.00-11.30am
Dyslexia awareness	25 November online	10.30-12.30pm
Body Image	30 November online	10.00-11.30am
Introduction to personality disorder	6 December online	10.00-12.00pm
Winter wellness	7 December online	10.00-11.30am

The Recovery College team are working behind the scenes to organise more face-to-face courses to take place in community venues, subject to Covid-19 guidelines. Keep checking our website as we regularly update it.

****Places on our courses are subject to availability**

Be True To You Life Coaching

FIBROMYALGIA AWARENESS

Q & A SESSION

✨ Zoom 17.00 - 18.00
 Friday 10th September
 Message for the link

<https://www.facebook.com/Be-True-to-You-Life-Coaching->

#ANDYSMANCLUB

SUICIDE IS THE BIGGEST KILLER OF MEN UNDER 45
1 MAN EVERY 2 HOURS

ALL OUR GROUPS MEET MONDAY 7PM

TO FIND YOUR NEAREST GROUP VISIT OUR WEBSITE
WWW.ANDYSMANCLUB.CO.UK



#ITSOKAYTOTALK

#ANDYSMANCLUB

✉ info@andysmanclub.co.uk

📘 [andysmanclub](https://www.facebook.com/andysmanclub)

📷 [andysmanclubuk](https://www.instagram.com/andysmanclubuk)

🐦 [@andysmanclubuk](https://twitter.com/andysmanclubuk)

#ITSOKAYTOTALK

Andys Man Club
2 September at 16:59 · 🌐

BEER OR DRINK MATTS 🍺 🍻

We was going to wait to tell you but why wait?

They are ordered 🍷

If you would like to put them in your cafe, pub, restaurant or sports clubs or any place that has drinks...

Drop us an email 📧 📧

info@andysmanclub.co.uk

Are you a victim of Male Domestic Violence?

Gasped are a Charity supporting male victims of Domestic Violence.

Are you a male experiencing domestic violence or have you been affected by it?

Would you like to speak to someone confidentially?

Our independent service offers 1-1 support, advice, information, signposting, liaising on your behalf, if required and counselling.

Please call us for support on **01924 787501** or email us at resoucecentre@gasped.co.uk

To find out more information, scan here to visit our website or search www.gasped.org.uk/maledomesticviolence/



Giving Advice and Support to People in Emotional Distress.

📍 5-5a Cheapside, Wakefield, WF1 2SD



Walking Back To Wellness



Book Now!

Free Fun Walking Fit Meets
Ossett & Horbury

Email paula@familyfituk.com
or text 07948 623270
to book your place

Get Outdoors

Meet New Friends

Be More Active

Have Fun!



Delivered in partnership with








Finding things tough? Not feeling yourself? 💚

There's a 24-hour confidential helpline available to anyone registered with a GP in Barnsley, Calderdale, Kirklees, Leeds and Wakefield.

📞 Call 0800 183 0558.

It's free, and they advise, listen, and direct you to a local service that can help.

#TogetherWeCan Choose Well. 💚



Feeling down and need someone to talk to?

TOGETHER WE CAN
STAY HEALTHY



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

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Online on Microsoft Teams Every Four Weeks



Music has infinite power to reach the gap between the heart and the soul to create immeasurable and ineffable joy...

The Recovery College Music Society Appreciation

Next session: Thursday 16th of September 2021 from 2pm

To join, call Wakefield Recovery College on 01924 318846 or email wakefieldrecoverycollege@nhs.uk

With all of us in mind.

Our popular music group starts soon
Ring the college to book your place

Our first SMAsh Meeting back is at
Airedale Library

The Square, WF10 3JJ
Monday The 13th of September
12noon till 2pm

Come join us as we meet up in person for the first time since the lockdown due to Covid-19
Just 50p Towards Costs

[Smash Wakefield | Facebook](#)



WARNING
These are not sweets and can be poisonous if eaten!



A SHARED VISION

Our City of Culture bid is rooted in the **Creative Wakefield Framework**, a multi-partner action plan, developed by the Creative Wakefield Network and Board. Our shared vision:

'To drive forward an outstanding quality of life for everyone. A happy, prosperous, welcoming, and inclusive place where culture and creativity is everywhere and for everyone.'

WE ARE WAKEFIELD DISTRICT

Wakefield is full of character; we're tough, we're honest. Our shared stories reflect our heritage, creativity, quirky non-conformist movement and an outlook where we 'dare to be different'. We're not without some stubborn health, social and economic inequalities, but we're ambitious.

Wakefield - City (District) of Culture, just dare us!



City of Culture

Wakefield Council's exciting and ambitious bid to become **#CityofCulture2025** is part of their overall recovery strategy following the disruption caused by the COVID-19 pandemic.

#Wakefield2025 will bring long-term benefits to people across the district and will help them to attract more visitors and investment, boost jobs, increase skills and business opportunities and create even more exciting opportunities to take part in arts and cultural activities.

You can watch the video developed to support their bid [here](#). (right click, open hyperlink)

wakefieldcouncil
working for you

Have you found the best way to convey it?

Writing's one of those things that can be done in all kinds of ways. Making up a shopping list is much the same as penning a best-selling novel. They might seem to be a world apart, but they both involve the same skill: putting one word after another.

When you write anything it's always best to use your imagination. Always believe that there are things out there in the world that you haven't discovered yet, but that have the potential to be important to you. Take, for example, the radio. Until just recently, the only thing a radio meant to me was something to listen to. Then, a friend told me that she was going to host her own radio show. I didn't realise what a game changer this was at first. I thought that only talented and fortunate people got to speak on the radio so imagine my surprise when, after sending an email to the owner of the radio station, he told me to come on in and do my own show! So, I did. And it was great. And I'm going to do it again this week!

Life is full of all sorts of opportunities like this. You only need to listen to the people around you to find them. Sometimes it's difficult to hear the messages, but if you listen with the right kind of mind-set then you can set yourself up to have all sorts of new and interesting experiences. And that's what I mean about using your imagination. When you go through life thinking that you don't have anything to offer the world then that's precisely what you'll give. But if you imagine what it would be like to hunt out and use the clues that life puts your way then that kind of openness to change will move you towards more new places than you ever thought possible.

But what's that got to do with writing, I hear you say. Well, here's the thing – writing is a really good channel for your imagination to run freely along. Next time you put together a shopping list, try this: add something to your list that you haven't had in a long time, or maybe even something you've never had. Perhaps it's as simple as a fruit (or a bread or a brand) that you've not tried since you were a kid. The thing is, it's not particularly what you put on the list that's important, it's the fact that you've added it to the list. It's the fact of being open to change that sets you on the path to freedom.

In the same way, every single type of writing can do that same thing for you: diary entries, notes on post-its, blog entries, short stories, observations on life, jottings about your childhood, chapters in a novel or epic sagas written in iambic pentameter. At the start of every single piece of writing, including the grandest of novels, is something that we use every day of our life: a word. And after that is another word. Put a few of those together and pretty soon you've got a sentence. And here's the coolest thing of all: it's entirely up to you as to what kind of sentence you write for yourself.

When you use the same words you've used in the past then you'll end up with the same kind of life that you've had up until now, which is fine if you enjoy your life, but if you don't, then now's a great time to change. The words you use to write your shopping list or your novel are the same ones that you will use to describe your future. So do yourself a favour my friend, and write yourself an absolutely fantastically coloured, extravagantly described, wonderfully populated and beatifically sweet one. Have fun!

By Robert C Day – Friend of the Recovery College



A Free Creative Peer to Peer Level Two Qualification

This course will explore your creative potential whilst learning new skills around the dynamics, facilitation & managing of groups in the role of the tutor, peer or volunteer.

Are you:

- A woman looking for work or further education and would like to learn new skills to build confidence?
- A woman who can show evidence of being unemployed?
- A woman who is on universal credit?
- A woman who can provide a letter from a career service confirming you are searching for a job?
- A woman who is economically inactive and can show no income from employment.

Each session runs from 10am until 2:30pm with a break and FREE healthy lunch provided each week.

Ask us about Childcare & Travel Funding!

helloedreamtimecreative.org for further information.

The Dates!

Registration & Taster Day
9th November 2021

Application Completion
30th November 2021

12 Week 2022 Course
1st, 8th, 15th February
1st, 8th, 15th, 22nd March
5th, 26th April
3rd, 10th, 17th May

Autumn Word Search

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

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY
HAYRIDE
LEAVES
PUMPKIN

SCARECROW
SMORES
TURKEY
THANKS

West Yorkshire and Harrogate Health and Care Partnership launches regional suicide prevention portal

This World Suicide Prevention Day (Friday 10 September) West Yorkshire and Harrogate Health and Care Partnership will launch a comprehensive website dedicated to helping people with suicidal thoughts and those concerned for the mental wellbeing of anyone who lives in West Yorkshire.

The [West Yorkshire Suicide Prevention website](#) is an information portal coproduced by a group of organisations including voluntary, NHS and local authorities who are all working to reduce death by suicide in the region.

Key content on the site includes:

- Details of organisations that support people who are feeling suicidal in each area of West Yorkshire – Bradford, Calderdale, Kirklees, Leeds and Wakefield
- Information about the [West Yorkshire Suicide Bereavement Service](#), which offers 1-to-1 and group peer support to anyone who has lost a friend, family member or colleague to suicide
- News and information about suicide prevention partners locally and nationally, including specialist support for men.

Hundreds of health and care organisations, including the NHS and Councils, have come together with a shared ambition to reduce the suicide rate by 10% across West Yorkshire; this is one of the Partnership's 10 big ambitions.

National figures published by the Office of National Statistics on 1 September 2020 show that Yorkshire and the Humber region had the highest suicide rate in England at 12 suicides per 100,000 population over a three-year period between 2017 and 2019. In West Yorkshire and Harrogate, there has been an increase from 10.6 per 100,000 between 2016-18 to 11.88 between 2017 and 2019 (latest available figures).

Jessica Parker, Suicide Prevention Project Manager, for West Yorkshire and Harrogate Health and Care Partnership Suicide Prevention Programme said: “Only by working in collaboration with people who live in our communities across West Yorkshire, can we reduce deaths by suicide.

“We want to continue to normalise conversations about mental health and suicide. Asking someone about whether they feel suicidal, will not increase the chances of them taking their own life, indeed it could prevent suicide.

“We hope that this new website will make it clear that there is support available and give the right information about where to go for help.”

The launch of the [West Yorkshire Suicide Prevention website](#) follows the Partnership's '[Check-in](#)' campaign launched in February this year, which aims to reduce suicide among health and care staff and promote a wellbeing culture by normalising the conversation around suicide. West Yorkshire and Harrogate is the third largest partnership of its kind in England. There are approximately 260,000 unpaid carers and well over 110,000 staff across the area. The Check-In campaign is continuing to inspire new action and most importantly, it is supporting open and honest discussions around mental health and suicide to take place in the workplace.

You can follow the West Yorkshire and Harrogate Health and Care Partnership on Twitter www.twitter.com/WYHpartnership and also join the conversation around World Suicide Prevention Day using #WSPD2021.