



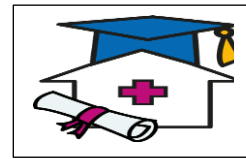
The Supporter

Newsletter

24 September 2021



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



Did you know that Open Country runs a yoga class every Tuesday evening via Zoom? The free session runs from 6pm to 6.50pm every week at a beginners level and is taught by professional Yoga Instructor Davina.

Do get in touch if you fancy giving it a whirl!

Welcome to our 75th edition of 'The Supporter' Newsletter. We hope you are continuing to find the information we are providing useful and interesting.

If there is anything you would like to share with our readers, please get in touch with the college. Best wishes Janette

INDOOR CRICKET AT DENHALE ARC



Come along and enjoy our weekly disability cricket program.

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



COST: FREE
TIME: 1.00-2.00pm
DAY: TUESDAYS

To book your place and receive your Zoom passcode please contact:
Ella: 07426716677 at Open Country



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



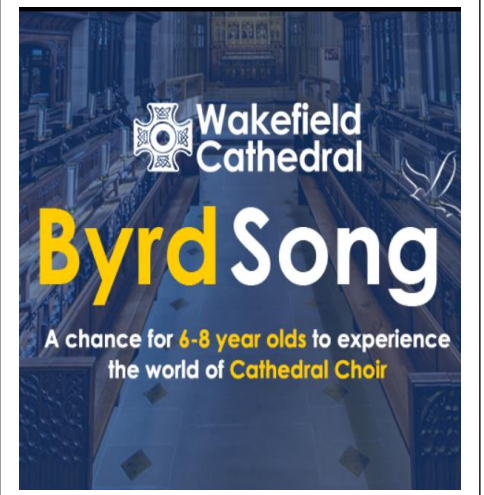


Autumn – preparation season

Written by: Abigail Rose – volunteer.

Autumn to me is the season we can start to prepare for the season ahead for example our winter wardrobe, winter plans, Christmas, make our home or bedrooms cosier and start to settle down earlier as its darker earlier which releases melatonin in our brains to let us know “it’s time to sleep” – I know this about the melatonin from one of my previous consultants – it’s interesting to know! But winter isn’t always easy for me either as sometimes I feel worse when it’s darker which means I must tackle the anxiety, low moods with the good too! – knowing that a lot of people feel the same way helps me – I was told by a consultant of mine that it’s common for people to feel worse in winter times plus being on wards, you experience it too but I also think autumn gives me the perfect reasons to have more hot chocolates, shopping trips, fluffy pyjamas (as it won’t be too warm) also you can focus on the events coming up, Halloween, Christmas etc. – for me, I don’t really like Halloween (sorry to all you Halloween lovers) but Christmas is definitely my favourite as it gives me happy relaxed vibes (I don’t like the business in shops though which is why online is amazing). I love the leaves, the pinecones (I have collected three that I keep constantly in the front of my backpack! – I checked for bugs etc. don’t worry). Isn’t it exciting though? Despite the negatives the positives are just lovely about autumn going into winter!

Perhaps we could do a crafts class or chat to gain ideas from each other for over the seasons coming ahead! What do you think?



Wakefield Cathedral have exciting news to share! 🎵

Do you have a child aged 6-8 who loves music, loves singing but you're not sure how to help them delve further into their hobby? If you answered 'Yes' then they have the solution for you! 'Byrd Song' is a brand-new choir at Wakefield Cathedral, giving children in Year Two to Four the opportunity to see what it is like singing in a Cathedral Choir environment (a truly unique experience!)

The chance to sing songs, meet new friends and have a taste of choir life... and what's more it's completely FREE! Find out more and how to get involved today by visiting

<https://www.wakefieldcathedral.org.uk/./music.../byrd-song>



<https://fb.me/e/4jHSlyiON>

Commences on October 2nd for 6 weeks with a break for half term on Oct 16th

HarperCollinsChildren'sBooks
Presents

The Tiger Who Came to Tea



seven stories
The National Centre for Children's Books

Tiger Tea Party

Pontefract Library

Saturday 25 September 11:30-12:30

Book on 01977 727692 or pontefractlibrary@wakefield.gov.uk

The Tiger Who Came to Tea is visiting Pontefract Library so we're having our own tea party to celebrate. Have tea inspired by the book with the tiger and create your own special tiger mask to take home.

wakefieldcouncil
working for you



FREE woodland sessions

come and experience the woodlands in a supported environment whilst learning new skills such as carving, woodland management, woodcraft skills cooking and much more ...

WHEN
Thursday Morning
10am - 12pm year long programme

WHERE
Bulcliffe Woods
Denby Dale Road, Bretton,
Wakefield.
vanessaathelascic@gmail.com

Tel: 07933955928.

People's Health Trust is an independent charity investing in local neighbourhoods to help create a society without health inequalities. It works closely with each of the regional and county lotteries raising money through The Health Lottery, and distributes grants.

www.peopleshealthtrust.org.uk

"Active Communities supports people to create and shape local projects that will help their community or neighbourhood to become even better. Active Communities projects aim to develop social links and ties and support residents to discuss and act on things that are important to them."

funded
through



GETTING THERE

The postcode is WF4 4JN and the grid reference of the site on Ordnance Survey land ranger 110 map is SE 288 148. Please note that the post code in sat. navs. takes you to a point passed the campsite entrance when coming from Wakefield.

The approach road to the site is via a wide, gated, concrete roadway.

For those who wish to use public transport there are bus stops near the site entrance on Denby Dale Road.

BENEFITING

Anyone currently experiencing mild to moderate mental health issues living in and around Wakefield especially in WF1 WF2 or WF4

Please get in touch
Email or phone

COME AND
SHARE A CUP OF
TEA AROUND
THE FIRE AND
LEARN NEW
SKILLS

Active Listening

Listening Heaven

Robert C Day

If you want to know the real core of the being of a person then just listen to them. Don't guide them, interject on them, question them about something *you* find interesting or sit there picking your mental nose – just listen intently as if all the secrets of the universe are contained in what you're hearing, because they are.



Happiness is finding someone who can listen to you. Bliss is finding someone you're interested in listening to. Heaven is when they are both the same person.

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
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
Music appreciation group	14 October	2.00-3.00pm Ring college to book
THRIVE	15 October Fieldhead Campus, Wakefield	10.30-12.30pm
Feeling positive, busting stress	18 October online	11.00-12.30pm
'Reach Out' Family and Carers support group	30 October online	2.00pm-3.00pm Ring college to book
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
Coping with life using relaxation	7 December online	2.00-3.30pm
Winter wellness	7 December online	10.00-11.30am

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

My eating disorder tested me, but I have found a better me in the process.



“I love
the person
I’ve become,
because I fought
to become her.”

- Kaci Diane

FRESH HUES

Hello.

I'm unsure how to address this but I want to.

I have anorexia caused by trauma, it nearly destroyed me and everyone around me. I want to let you know, it's okay to feel how you do but please, accept help, reach out, because my life has changed because of an eating disorder, for good and bad, and I'm lucky to say I survived but sadly some aren't.

I won't state my figures, numbers or too much deep detail because truthfully, I still feel pain mentally because it took me to places, I never believed would happen; I hated myself so much that I didn't want to be alive, weight defined me for a long time and I still struggle some days but most days, I'm in control, I'm learning to love myself more every-day.

Trust the process, it takes time.

Here we go...

I was told “Abigail you are the weight of a child”. I cried in her arms, but I didn't believe her, I felt the weight on me, I saw it, I thought “why is everyone lying to me, I'm clearly massive, ugly and worthless” but yet everyone pushed against that. I got forced treatment upon me, to save my life. At the time I was angry, I thought “I was a joke, and no one understood”. I felt the loneliest I have ever felt.

Little did I know that I was lying to myself. I was force fed via ng, cannulas, surgical lines, bedbound, re-learned to walk, was on crutches for 6 months, lost all my strength physically and mentally; I was losing everything yet still the number mattered. My menstrual cycle stopped, I didn't care despite the fact the thought of having my own children has been my dream from a childhood, anorexia was taking everything, including relationships with others.

I was told I didn't have long left, to the point they called my family to tell them and that's after so much denial, damage to my body, laid in an ICU bed (I actually recently wrote to the ICU staff after years to thank them) peg fed, unable to even brush my teeth because of the fear of toothpaste and calories... the “self-punishment” with every sip of water, the loss of my thick curly hair, the pale complexion worse than a ghost, the body that looked from a horror movie, the body I abused to make a disorder happy but yet even in the morgue it wouldn't be, my families cry's and the sob that hit me most was my own mum's; she begged over the phone “Abby I can't lose you, I'm your mummy” (I get a lump in my throat typing this). I didn't realise how much I was needed, loved and had a whole team behind me, willing to do anything,

Continues.....

My sister messaged me saying she loved me and couldn't lose me. She was pregnant and made every effort to make me aware bump (my beautiful niece) wanted to meet her auntie, have cuddles and loves me.... She even came to hospital during the pandemic as doctors weren't sure how I would be and she wrote on my board the list of all the people who love me, stuck a picture of the baby scan, and cuddled me, with my mum holding my hand.

She messaged me with a quote too saying, "I thought about quitting but then I noticed who was watching".

And that changed my life. The denial slowly stopped and with every part of help I accepted (including being on oral intake baby milk) I started to live, it took months and months, years even, and therapy.

And here I am, under-going therapy, learning to love each part of my body, self-love and much more. I no longer am controlled by such monster inside me. I control me.

I want you to know from this that eating disorders aren't a number, it's a disorder, it doesn't define you. You only have one life, you are perfect, but it may be manipulating you. Accept help today, please, because you are needed.

I understand awareness is needed for the extreme pain eating disorders cause, the help needed for all ages but especially young people because as I have been down that dark road, that nearly stole me from myself permanently. Thankfully I'm here and I want to be able to help others because of my pain and turn it into something good.

I want you to know, I still have bad days, I'm not saying this is easy but I'm saying you're worth it, you're worth help, you deserve to eat, to love yourself and to be free.

You are you and that's good enough.

I'd like to share more of my story, more of the inner details but perhaps if anyone wants to hear it, to not feel as alone, we can arrange a meeting but for now, I'm letting you know the extreme basics. – YOU ARE NOT ALONE

Love from,

Abby.

"I love
the person
I've become,
because I fought
to become her."

- Kaci Diane

Facebook support group – Battle Scars



<https://www.facebook.com/groups/182423148780739/>

[Facebook support group - Battle Scars \(battle-scars-self-harm.org.uk\)](https://www.facebook.com/groups/182423148780739/)



Closed Facebook group for people who want support to manage their behaviour

THE CAFÉ IN THE GARDEN (A HIDDEN GEM)

Ladies in a circle round a table
Chatter
The sun beats down on the garden
Peaceful
Serene
An alcove table in which to sit
Bright red fuchsias bloom and bee's hum
A perfect hiding place
Unseen
To see all
Listen to all
And hear nothing.

Round to the right
A merry bubbling waterfall
Gurgles happily away
Skirted by a low wall
A magnificent view leads the eye
Away across the valley
To the wooded hills in the distance

Light streams in, excellent for the artist's pen
A perfect garden
Myriad coloured flowers bloom

Slopes downwards
To a small building:
Full of fresh fruit and vegetables.

Tea is served
Toasted sandwiches
And cakes
Do you dare to resist them?

Quiet
Unhurried
Peaceful
An oasis from the hustle and bustle

Each table an oasis of calm
Each group of people on
Their own island
Under a sunshade

After eighteen months order is temporarily restored.
Strive to discover peace and order in a changing universe
And preserve the status of serenity

RYDER 2021

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WF-I-CAN
SLEEPTEMBER⁷

Are you an early bird or night owl?

Do you find going to sleep tricky?
Or find waking up hard?

Do you start to think about things just before you go to sleep?

Wednesday 29th Sept
4:15- 5:45 (Online)

Come along and meet Sara, our 'sleep expert' who will share top tips and answer your questions!

To book your place, visit:
www.wf-i-can.co.uk/sleeptember/

Free goodie bag for people attending!

For young people aged 11+

As part of:



As part of the Sleep Charity's annual awareness campaign, they are offering a number of different things throughout September:

- Each week they will be publishing a new Sleepتمبر challenge on WF-I-Can, please visit: [Challenge of the Day - WF-I-Can](#) and more sleep information and useful links at: [Sleep Matters - WF-I-Can](#)

- They are also holding a webinar that young people (11-19) are invited to attend on Wednesday 29th September 4:15-5:45 PM. Come along and meet our local 'sleep expert' Sara from the Primary Intervention Team (CAMHS), who will be sharing top tips, how to overcome difficulties with sleep and answering your questions! Each participant will receive a free goodie bag!

The link to book is: [sleeptember - WF-I-Can](#)

If you would like to attend the webinar with the young person that you are booking for, please do feel free to join.