



The Supporter Newsletter 5 November 2021



Wakefield Recovery and Wellbeing College

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- wakefieldrecoverycollege@swyt.nhs.uk
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Meditation



Meditation is simply about attention... where you direct it, and how it alters your awareness. It is different to sleep, and slightly different hypnosis or other types of relaxation and your mind remains alert.

Meditation does not need to be linked to a religion or belief system.

Recently, meditation has become a valuable tool for finding relaxation and stress relief in a demanding, fast-paced world.

There are many ways to meditate. You can meditate while being still or moving, but it is easiest to learn by sitting comfortably in a quiet place for several minutes twice a day, every day. There are 2 basic steps: to focus on a single word or phrase (perhaps "peace" or "peaceful") or simply to focus on your breath; and to disregard all other thoughts.

If we focus on a single word, thought or image, we enter a state of calm that increases our mental alertness, while relaxing our other body systems.

Meditating twice a day for 15-20 minutes has been shown to be the most effective. Make an effort to practice every day, even if it's initially only for a few minutes, maybe first thing in the morning and last thing at night. Use a quiet place. Make sure you are comfortable by either sitting on the floor, or a straight-backed chair, with feet flat on the floor and hands resting on your lap. For meditation, don't feel tempted to lie down as this might make you fall asleep!

It is most important to clear your mind of anxiety and your body of physical tension. Begin by closing your eyes and letting your breathing become slow and gentle. As you breathe out release the tension in your body. Focus on each part of your body in turn, and as you exhale, feel the area relax.

By focusing on a chosen word or your breath; let it have your whole attention. Continue to breathe slowly and naturally. Just let your breaths come and go. If you are using your breath as a focus, you may also want to focus on a 'peaceful' colour as you breathe in.

Do not force your mind to concentrate, just let it rest on your chosen focus. Just acknowledge any other thoughts and let them go again.

Gradually let yourself return to the room. Open your eyes but stay sitting for a minute or two. Wiggle your fingers and toes and stretch gently before you stand up. You should also have a drink of water to ground yourself. Meditation takes practise so persevere! Practise at least once a day for 5 minutes, gradually lengthening the time.



10 more tips for stress reduction



11. **LIST THINGS THAT MAKE YOU FEEL HAPPY AND AT PEACE.** Include things that are free or inexpensive as well as the bigger things. Look at your list regularly and put time aside to include things on a daily basis. It can be the simple things like sitting with a warm drink in the garden, watching the sunrise or gazing at a starry sky.
12. **COLOUR.** Get yourself an adult mindful colouring book, paint or sit and colour with a child. Focussing your mind on colouring will relax and calm your brain.
13. **FIND JOY IN WHAT YOU LIKED TO DO AS A CHILD.** Whether it is fairground rides or splashing through waves, you can still participate as an adult.
14. **CONNECT WITH ANIMALS.** Take your dog for a walk, cuddle your cat, feed the ducks, or visit a zoo. It has been proven that connecting with animals has a positive effect on our well-being.
15. **TAKE UP A NEW HOBBY OR REKINDLE AN OLD ONE.** Taking part in something productive provides mental stimulation and gives you a break from the usual routine. Spend time doing something you really enjoy.
16. **READ FOR PLEASURE.** Whether it is a novel or a magazine, reading is a form of escapism. Join a book club and add in the power of conversation and connecting with other people.
17. **TREAT SOMEONE.** Giving makes us feel better so go ahead and buy your friend a bunch of flowers or cook someone a meal. It will make you both feel better.
18. **PAMPER YOURSELF.** Have a massage, get your nails done or simply lie in a warm bath with essential oils, candles, and music. Self-care is not selfish – it is essential to our well-being.
19. **HAVE A BREAK.** It has been said that two nights away from our usual routine is as beneficial as two weeks! You don't have to go far, and it needn't be expensive. Try switching off your phone and having a break from technology while you are away.
20. **BE GRATEFUL.** Set time aside each day to list what you are thankful for. By writing even the smallest things down, you will have a record to refer to when you are feeling empty or want an excuse to smile.



Course	Date	Time
On yer bike – spinning class	Starts 19 October – join when you like, over a year period	6.30-7.30pm
Wild Things	Starts 25 October – join when you like over a year period	11.00-12.30pm
Boogie Bounce	Starts 3 November – join when you like over a year period	10.00-11.00am
Yoga	Starts 5 November – join when you like over a year period	10.00-11.00am
Menopause and me	9 November online	10.00-11.30am
Understanding hearing voices	11 November Fieldhead Campus	10.00-12.00pm
Learn more about IBS	15 November – Fieldhead Campus	12.30-3.00pm
Creative writing – basic	18 November – online (4 weeks)	1.30-4.00pm
Freedom from Fibromyalgia	22 November (3 weeks) Fieldhead Campus and online	1.00-3.00pm
Baking for Christmas	24 November (3 weeks) The Link, Castleford	1.00-3.00pm
Recognising burnout	29 November - online	1.00-3.00pm
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
Effective breathing	13 December – online	10.30-12.00pm

Free courses out now!

Just a selection of our college courses – to find out more details or enrol on a course, check out our website www.wakefieldrecoverycollege.nhs.uk

Ring us on 01924 316946

Email us at wakefieldrecoverycollege@swyt.nhs.uk

Colour and relaxation

Science says that looking at colours can relax you and that colour can have an enormous impact on us, psychologically, emotionally, and even physically. For instance, red shades tend to trigger your stress response, making you more anxious, while lighter shades calm you down.

It is said that the use of colour can help to positively influence our mental wellbeing, by:

- Wearing colour
- Decorating with colour
- Drinking or eating colour
- Visualising with colour (e.g., [colour breathing](#))

Enjoy experimenting with colour around your home to create a relaxation living space:

BLUE

Peaceful, calm, and gentle, it helps calm your mind, slow down your heart rate, lower your blood pressure and reduce anxiety.

VIOLET

Violet has the capacity to bring balance and make you feel inner peace. Studies suggest that the power of meditation can be ten times greater under violet light.

GREY

Many of us think of grey as a dull, boring and a bit depressing colour. But the truth is grey has a very soothing and cooling presence and can create a relaxing atmosphere.

PINK

Pink promotes tranquillity and peace. Feng Shui believes pink soothes and balances various energies in a room.

GREEN

Green is a restful and quiet colour. Symbolizing nature, green is one of the comforting colours that helps us stay calm and refreshed.

YELLOW

This positive colour that makes you feel lively and energetic the moment you lay your eyes on it. Use in small amounts to feel happy but relaxed.

WHITE

White is the right colour to be surrounded with in times of stress, to get clarity of your thoughts.



Why not sit down, have a cup of tea, and relax colouring this picture in?



empowering young adults to overcome life challenges

- S:** Security and Safety
- E:** Esteem - Prestige and feeling of accomplishment
- L:** Love and belonging needs including social needs
- P:** Physiological needs - food, water, warmth, rest
- H:** Happiness - sense of well-being and contentment

SELPH

Selph aims to grow your resilience & improve your mental wellbeing. Through group activity, we seek to improve your support networks, increase your self-esteem, and improve your capacity to manage your own wellbeing more effectively.



What to expect

- A youth worker will call you or contact via social media & chat
- Meet in-person in a park or a coffee shop
- Small group activities - meet other people with your youth worker
- Skills workshops, e.g. speaking with confidence & independent living
- Work on personal development plan & personal goals

SCAN ME



To register your interest, simply fill out the form... youth-association.org/current-projects-2/selph...or get in touch on social media



The Youth Association
01924 333400
youth-association.org



/TheYouthAssociation

@YouthAssocUK

/the_youth_association

@YouthAssocUK



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Winter Wellness Workshop

Tuesday 7 December 2021
10.00am - 11.30am

Online via Microsoft Teams

There is something about the cold, dark winter months that can leave people feeling blue and sometimes you feel you cannot explain why.

This workshop, hosted in partnership with Turning Point Talking Therapies, will increase awareness of what seasonal depression can look like, and how it differs from the "winter blues". We will discuss and outline some of the possible causes, raise awareness about what the treatment options are available and look at how to access these.



To join the workshop – go to our website www.wakefieldrecoverycollege.nhs.uk and simply complete the enrolment form. The workshop is open to anyone over the age of 18 and is completely free of charge.

www.southwestyorkshire.nhs.uk



With all of us in mind.



Team Mate



MONDAY, 29TH NOVEMBER
WINTER WELLNESS



MOBILE ROCKET STADIUM
DONCASTER ROAD
WAKEFIELD, WF1 5EY



MONDAY, 6TH DECEMBER
COPING WITH THE FESTIVE SEASON



5:30-7PM

ATTENDEES ARE WELCOME TO EITHER SESSION OR BOTH IF PREFERRED



EMAIL [INFO@WAKEFIELDTRINITYFOUNDATION.CO.UK](mailto:info@wakefieldtrinityfoundation.co.uk)
TO REGISTER YOUR INTEREST



FREE
for all adults 18+

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Dyslexia awareness workshop

Online course

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
- Recognise the signs of dyslexia
- Learn reasonable adjustments and coping strategies
- Experience a Q&A with people living with dyslexia



Thursday 25 November 2021
10.30am-12.30pm

Online via Microsoft Teams

To enrol:
www.wakefieldrecoverycollege.nhs.uk
01924 316946

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

With all of us in mind.

Sexual health



Most importantly, sex should make you feel good about yourself.

- If something doesn't feel right or that this isn't you, or you feel pressured into having sex, then you should put on the brakes until you feel comfortable.
- Sex may be a big topic among your friends, but you can set your own limits and go at your own pace, you have your entire life to explore sex!

- If your partner is reluctant to wear a condom "because it feels better" maybe let them know why you think it's necessary, that sex feels good for you when you don't have to worry about unwanted pregnancy or STIs.
- Most universities will have an active and engaging LGBTQ+ community, it can be a great way to meet other underrepresented students and get additional support.

If you're sexually active it is important to get tested every few months or so (maybe take a friend for moral support).

- Getting an STI does not make you 'dirty' and you shouldn't feel ashamed and is more common that you think. The most important thing is you get it treated to protect yourself and others.

- If you do find out you're pregnant, first things first is to remember that you're not alone – many women have found themselves in your position. It will be scary, but with the right support you can do this, many universities provide sexual health and pregnancy support for women.

Safety first - always wear a condom.

Mental health



- The dreaded 'hangxiety'. It's okay to feel bad or remorseful but remember that alcohol is a depressant so will be contributing to your negative feelings in a big way.

You can't go back in time and change what happened the night before, so be kind to yourself and think about what you might change in the future.

If you are worried that you or someone you know is at risk of seriously harming themselves then call 999 immediately.

- Starting university and leaving home for the first time is an exciting and new experience, of course, like anything new it will bring with it a whole roster of emotions. It's okay to feel emotional, miss your home and be nervous about new surroundings. It's important to talk about how you're feeling, don't bottle it up.

- Binge drinking a few nights a week will start to have a knock-on effect to your mental and physical health. Try having alcohol-free days or space out drinks with non-alcoholic ones.
- Stress can manifest itself in lots of ways, check in with yourself regularly to make sure it isn't having too big an impact on your daily life. Things like poor sleep, lack of focus, tension headaches, low moods or overeating.

Samaritans are open 24/7 for free by calling 116 123.

Sharing your worries and concerns with housemates or friends may allow you to support each other, it's likely they will be feeling similar.

- It's important to speak to someone if you're struggling with your mental health. Your university will have a pastoral carer and a mental health support team you can each turn to, otherwise you could visit your GP.

Turning Point talking therapies have produced a great safety guide for people attending university. The above inserts are part of the guide – see their full guide here: -



TP-Uni_Guide-spread s.pdf

A safer uni life

This helpful guide covers everything you need to enjoy a safe university experience, filled with tips and advice on things you may have forgotten after over a year of lockdown.

TURNING POINT Wakefield

November Wellbeing Workshops

- Mindful Pregnancy Part 1 - 3/11/21 - 10:30
- Wellbeing Whilst Working - 7/11/21 - 10:30
- Mindful Pregnancy Part 2 10/11/21 10.30
- Managing Sleep - 14/11/21 - 1:30
- Winter Wellness - 21/11/21 - 10:30
- Managing Anxiety and Worry - 21/11/21 1:30
- Winter Wellness - 28/11/21 - 10:30

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/

What's happening in our community

The Wakefield Council are offering free Careers and Progression Drops in. Do you fancy a career change or looking to progress further, why not give them a visit at St Mary's Community Centre, Chequerfield, Pontefract



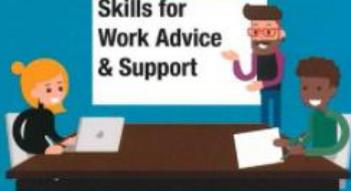

Careers & Progression Drop in Sessions

Are you aged 19+ and living in the Wakefield District? Would you like help with your career or next steps? We are holding drop in sessions with our Careers and Progression Advisors at St Marys.

Speak to one of our Advisors!

Wednesday 3rd November
 Tuesday 16th November
 Wednesday 1st December
 Tuesday 14th December
 11:30 – 13:00
 Café area

Skills for Work Advice & Support



Come along to the café for help and guidance with changing your career/progressing onto another course.



FOOD BANK

Items Needed for our Christmas Food Hampers

- Tins of Ham
- Tins of Salmon
- Gravy
- Christmas Puddings
- Christmas Cake
- Biscuits
- Custard
- Fresh Apple or Orange Juice
- Dilute Cream Crackers
- Mince Pies
- Christmas Crackers
- Crisps
- Selection Boxes
- Box of Chocolates

One of our partners, The Link, 51-53 Smawthorne Lane, Castleford, WF10 5BP are appealing for items for their foodbank to hand out to families at Christmas. The families are nominated by schools in the Castleford and surrounding areas.

Please have a look at their list and if you could kindly help by donating an item or 2 it will be gratefully received.

If you are looking at doing a collection of specific items, can you please let them know so they don't have duplicates of some items.

All donations can be dropped off on Thursday evening between 6-7.30pm or at a prearranged time. All items will need to be in by 13th December at the latest thank you

Email: foodbankatthelink@gmail.com

Ossett Community Centre, Prospect Road, Ossett. WF5 8AN

Crafty Coffee Morning

CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING GIVE

TAKE A LISTEN, BE THERE, FEEL CONNECTED. NO LIMIT YOU CAN, BRING YOUR OWN, MOVE YOUR HOME. SUPPORTS THE LOCAL COMMUNITY. SPREADS THE WORD OF GRATITUDE. BE A PART OF THE COMMUNITY. Your time, your presence.

Join us for coffee and crafts hosted by the wellbeing hub, every first Friday of the month 10am- 12 noon.

If you prefer you can enjoy your coffee in the pleasant surroundings of our garden. Lots of fabric and wool, knitting patterns, card making materials and a large selection of books, DVD's and CD's for sale as well as a selection of handmade items.

We need volunteers!

The Prince of Wales Hospice shops have lots of opportunities available, even if you can only spare a couple of hours a week.

To find out more, visit pwh.org.uk/volunteer



THE PRINCE OF WALES HOSPICE
 Reg. Charity Number: 514999

EASY STREET

Easy Street is any street that criminals find inviting due to poor home security and maintenance.

Think about your own home. Is it inviting for all the wrong reasons? Follow our check list to improve your home security



Insecure doors and windows, it's easy to forget to lock up when you're in a rush.



Check your doors and windows meet minimum security standards of PAS 24.



Internal lights and external dusk till dawn lighting can reduce the risk of being burgled.



Protect your valuables inside your home by keeping them out of sight.



You can grow your own security with defensive planting such as hardy bushes and shrubs.

Speak to our Crime Prevention Officers for more information or visit: www.westyorkshire.police.uk/burglary



With the clocks going back on 31st October, and the darker nights getting longer, it will mean it's getting darker earlier in the afternoon - which may provide opportunities for burglars.

Please ensure you keep your house well lit, particularly if you're late back from work and your home maybe in darkness for longer.

Timer lights are a good and inexpensive option to make your house look lived in. Consider the points raised above in the latest West Yorkshire Police campaign. [Easy Street Burglary Campaign 2021 | West Yorkshire Police](#)

Information in this newsletter was correct at the time of printing. Thank you to our volunteers Abigail at Cath for their articles, this week