



## The Supporter

Newsletter

3 December 2021

**NHS**

**South West  
Yorkshire Partnership**  
NHS Foundation Trust

**Remember to be  
kind to yourself.  
You're important too.**



#SpreadTheKindness

## Wakefield Recovery and Wellbeing College

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

01924 316946

@W5TRC

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



We are on the lookout for contributions for our weekly newsletter. Would you like to share your recovery journey with our readers or send us a poem or a piece of creative writing you have done? What about a favourite recipe or details on how to make craft items, such as cards, felt hearts, or indeed any ideas you may have. Are you part of a community group and you would like to tell our readers more about your group? We'd love to hear from you ...

Just send us an email or give us a call.....

## What has the college been up to?

It's December! Can you believe it?? Christmas is on the way and we've been busying ourselves with planning our new courses for 2022 and getting ready for "The 15 Days of Christmas" – whilst the team are taking their well-deserved break over Christmas, the college will be shutting its doors for a couple of weeks. During this time, there will be fun activities, wellbeing prompts and lots to see on our social media pages to keep everyone busy of the Christmas period. The 15 Days of Christmas will start on Monday 20<sup>th</sup> December and will wrap up (see what we did there) on Monday 3<sup>rd</sup> January, ready for us all returning on Tuesday

4<sup>th</sup> January. 🎄🎅🎁🎅🎁🎄

We'd also like you to give a warm welcome to our new team member – Kia, who joined us this week! 😊

## 24 days of Fitmas Join Mo and start your fitness programme early!

**NHS**  
South West  
Yorkshire Partnership

This time next week we will be launching our #24daysofFitmas where our colleague Mo Navsarka will help us all stay physically active throughout December. From 1 December join Mo and us on our social media channels for this festive #AdventCalendar of health and fitness #MoveMoreSWYPFTly 🎅🎄



## Community News



### CHRISTMAS DECORATIONS £20

Sunday 12<sup>th</sup> December 10am – 12 noon

Email [wild.owl.design@gmail.com](mailto:wild.owl.design@gmail.com) to book



### PASTEL DRAWING £15 (For those who say 'I Can't draw')

Friday 21<sup>st</sup> January & 18<sup>th</sup> February 12.30-2.30pm

Email [bizhallas@icloud.com](mailto:bizhallas@icloud.com) to book



### NEEDLE FELTING BROOCH £20

Friday 25<sup>th</sup> February 12.30-2.30pm

Email [jallott1433@gmail.com](mailto:jallott1433@gmail.com) to book



### MACRAME PLANT HANGER £20

Friday 21<sup>st</sup> January 6-8pm & 25<sup>th</sup> February 6-8pm

Email [hellio@throwbackthreads.co.uk](mailto:hellio@throwbackthreads.co.uk) to book



### EASTER RAG WREATH £20

Friday 25<sup>th</sup> March 6-8pm

Email [hellio@throwbackthreads.co.uk](mailto:hellio@throwbackthreads.co.uk) to book



### HOW TO TAKE BETTER PHOTOS - PHONE, COMPACT, AND DSLR CAMERAS £20

Thursday 13<sup>th</sup> January 6-8pm

Phone Jeff on 07518093198 to book



More information and more workshops to follow on [www.inscribery.co.uk/Craft-Inn](http://www.inscribery.co.uk/Craft-Inn)

Learn how to create your own stunning fresh flower Christmas arrangements – free event – see details below

Event by Queen's Mill Castleford

Queen's Mill Castleford

Free

[www.eventbrite.co.uk/e/flower-arranging-for-christmas-tickets-201760159067](http://www.eventbrite.co.uk/e/flower-arranging-for-christmas-tickets-201760159067)

Public · Anyone on or off Facebook

Create stunning flower arrangements to brighten up your house for the festive period.

Do you see all the beautifully decorated rooms in the glossy Christmas magazines but are stuck for ideas of how to decorate your own home? Then come along and see Karen from Castleford Flower Club create some simple, quick and easy arrangements.

Using beautiful flowers, seasonal foliage and a few accessories, she will create stunning arrangements to brighten up your house for the festive period. Light refreshments will be served.

This wonderful afternoon is free of charge so why not join Karen at the iconic Queen's Mill in Castleford for an afternoon not to be missed? Add a touch of homemade charm or elegant sophistication to your Christmas and create colourful decorations and memorable gifts that are suitable for everyone's home this festive season.

## NEIGHBOURHOOD POLICING TEAMS

npt



### West Yorkshire Police Pontefract NPT Chequerfield- Pact Meeting Dates

Wednesday 1st December	2021
Wednesday 12th January	2022
Wednesday 23rd February	2022
Wednesday 6th April	2022

6pm St Mary's Community Centre  
Chequerfield Pontefract

[www.westyorkshire.police.uk](http://www.westyorkshire.police.uk)



## Edgelands Arts – Walking in Mind

Airedale Senses - Tieve Tara Medical Centre:



### Walking in Mind Airedale Senses



Tieve Tara Medical Centre  
(Park Drive, Castleford WF10 2QP)

Tuesday 30<sup>th</sup> November 2021  
11:00am – 2:00pm (including a walk to Well Wood)

Tuesday 7<sup>th</sup> December 2021  
10:00am – 12:00pm and repeated at 1:00pm – 3:00pm

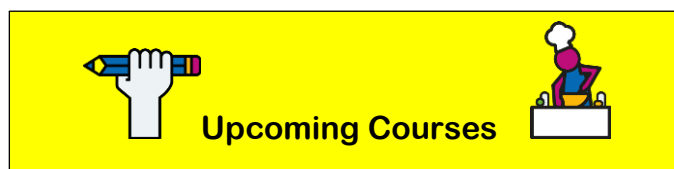
Tuesday 14<sup>th</sup> December 2021  
10:00am – 12:00pm and repeated at 1:00pm – 3:00pm

Come and walk with us in green spaces around Tieve Tara, gathering inspiration for creative activities such as, poetry, silk painting, collage, soundscaping, song writing. Book your FREE place with Spectrum People by emailing: [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk) or calling 07542 028297 or 07720 899781.

Funded by Edgelands Arts and Creative Minds in association with Spectrum People



The Neighbourhood Team will be available to speak to at the St Mary's Community Centre, Pontefract. If you live in the area and need advice, why not go along, and speak to them face to face?



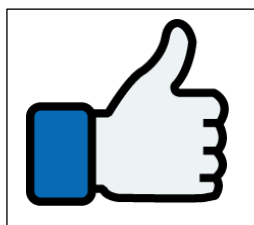
Course	Date	Time
On yer bike – spinning class	Starts 19 October – join when you like, over a year period	6.30-7.30pm
Wild Things	Starts 25 October – join when you like over a year period	11.00-12.30pm
Boogie Bounce	Starts 3 November – join when you like over a year period	10.00-11.00am
Yoga	Starts 5 November – join when you like over a year period	10.00-11.00am
Creative writing – basic	New date out soon!	
Coping with life using relaxation	7 December - online	2.00-3.30pm
Effective breathing and mindfulness	13 December – online	10.30-12.00pm
BADASS (Combat workout)	19 January 2022 – join when you like over a period of 10 weeks - Vibe Fitness, Normanton	11.00-11.45am
Improving your sleep	7 February 2022 – online	1.00-3.00pm
Stroke awareness	16 February 2022 – Fieldhead Campus	10.00-12.00pm
Learning more about IBS	28 February 2022 – Fieldhead Campus	12.30-3.00pm

Check out our website regularly, as we are launching new courses all the time....

**New course out soon!!**

What courses would you like to see being offered?

Let us know.... email us on [wakefieldrecoverycollege.nhs.uk](mailto:wakefieldrecoverycollege.nhs.uk)



The Yorkshire Speak Their Name Suicide Memorial Quilt Project has been founded by two people bereaved to suicide, with the aim of supporting others bereaved by suicide across the region of Yorkshire. The Yorkshire Speak Their Name Suicide Memorial Quilt project has been inspired by the Speak Their Name Greater Manchester (GM) Suicide Memorial Quilt

2020. <https://www.youtube.com/watch?v=9eNCSZ-9kzs>

Our project vision is to create a Yorkshire Speak Their Name Suicide Memorial Quilt that will create a lasting beautiful memory of loved ones who have died to suicide. This is a positive project and out of such tragedy will bring hope and something.

The quilt will be made up of individual 10cm x 10cm cotton squares individually designed by those who have been bereaved by suicide in Yorkshire. Each square will represent the unique memories of the family member or friend who has died and was from or lived in any of the Yorkshire regions.

The final quilt once completed will be displayed in Yorkshire on 10th September 2022, International World Suicide Prevention Day.

The Yorkshire Speak Their Name Suicide Memorial Quilt will provide a positive opportunity for anyone bereaved to suicide in Yorkshire and support individuals in an inclusive open way through art and craft.

For more information contact us at [yorkshirespeaktheirname@gmail.com](mailto:yorkshirespeaktheirname@gmail.com)

Follow us on Twitter @Yorkshire\_STN

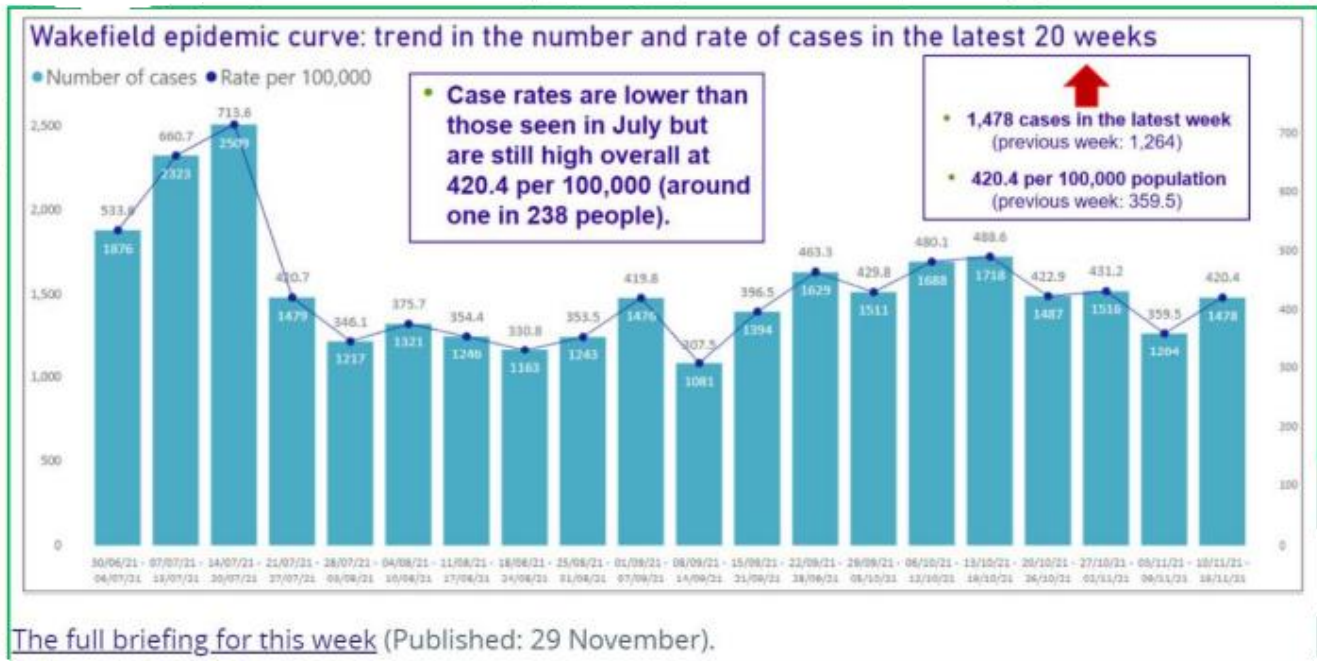
Karen Sykes and Pat Sowa.

The Wakefield Recovery and Wellbeing College is honoured to be able to support this project and we will shortly be offering quilting workshops for our students to come along to.

Keep checking the website/newsletter for the launch dates....



## Local COVID-19 Updates



## Grab a jab

- You can book appointments through the NHS website [www.nhs.uk/CovidVaccination](https://www.nhs.uk/CovidVaccination) or by calling 119.
- [Additional information about COVID-19 vaccinations](#) (please see menu options for specific information)
- [Information about Flu vaccinations](#)

### **Spectrum Community Health CIC, One Navigation Walk, Hebble Wharf, Wakefield, WF1 5RH (pre-booked appointments - some walk-in appointments are available)**

Some walk-in appointments are available, but please [book your appointment](#) (through the NHS website [www.nhs.uk/CovidVaccination](https://www.nhs.uk/CovidVaccination) or by calling 119) if possible. You may need to wait if you come for a walk-in appointment (please make sure that you dress appropriately for the weather conditions, in case you have to wait).

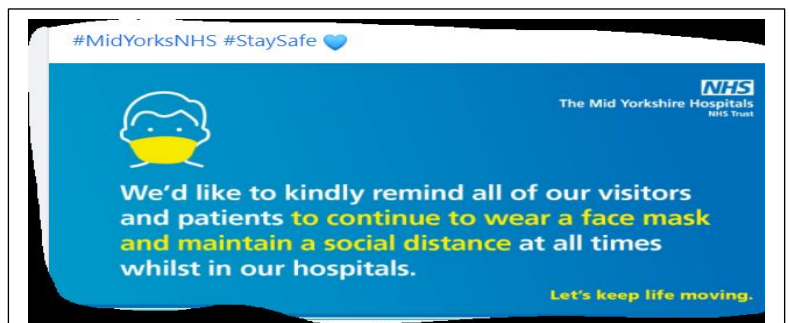
Appointments are available at this site for first and second doses (must be eight weeks since the first dose), third doses (for those who are eligible) and booster vaccinations (must be six months after the second dose - [find out who can have the booster vaccine](#)).

- Monday 29 November to Tuesday 30 November - 8.30am to 7.30pm (16's and over)
- Wednesday 1 December to Thursday 2 December - 8.30am to 7.30pm (Over 18's)
- Friday 3 December to Sunday 5 December - 8.30am to 7.30pm (16's and over)

Bespoke vaccination sessions for 12-15 year olds are taking place on the following dates and times:

- Sunday 12 December, 4pm to 7.30pm

It is strongly advised that appointments are booked through the NHS website [www.nhs.uk/CovidVaccination](https://www.nhs.uk/CovidVaccination) or by calling 119, however walk-in appointments will also be available, but you may have to queue.



**Can you name these famous towns?  
Answers from last week**

1. Oxford
2. Whitby
3. Caernarfon
4. Bournemouth
5. St Andrews
6. Scarborough

**The Carleton's  
December Dog Walk**

**Sunday 12th December**  
**Meet at 11am in the car park to  
 set off by 11.15am**  
**£5 per person this gets you a  
 drink and a breakfast  
 sandwich on your return.**

**PADDY AND POPPY ARE VERY  
 EXCITED TO SEE ALL THEIR  
 FRIENDS!!!**

**Christmas Dog Walk**

Sunday 12th December, £5 per person.  
 Meet 11am in the car park and receive  
 a breakfast sandwich and drink on your  
 return.

A winter walk and opportunity for  
 everyone to get together and make new  
 festive friends and canine chums.

For any more information don't  
 hesitate to give us a call on 01977  
 703797.

7667@greeneking.co.uk

Carleton Pub, Ackworth Road,  
 Pontefract

**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'**

In person 1:1 OR social space  
 Zoom & phone support also available  
**THURSDAY - TUESDAY**  
 Text or Call: 07776 962 815

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

**Nova**  
 Supporting healthy living for  
 the people of Wakefield

**Live Well Wakefield**  
 New Beginnings for Mental Health

This free on-line course runs over 7 weekly sessions  
 via your laptop or tablet and can help anyone over 18  
 who is living with depression or anxiety

Why not join us on-line for 7 weekly sessions of just  
 2.5 hours each and learn some tools and techniques to  
 improve your quality of life

Introductory session on Tuesday 8 February 2022  
 Course runs Tuesday 15 February-29 March 2022  
 From 13:00-15:30

Topics include:

- Advice around healthy eating in relation to mood
- Techniques around relaxation and managing anxiety
- Tools to manage depression and improve our communication skills with our healthcare teams

To book a place or for more information email  
 paul.boyd1@nhs.net

**Self-Management**

# Equality Involvement Communication and Membership

[Equality Involvement Communication and Membership - YouTube](#)

Read more about the South West Yorkshire Partnership NHS Trust strategy by clicking into the  
 link above – With all of us in mind