



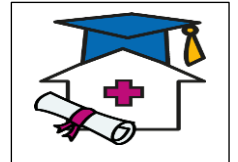
## The Supporter

Newsletter  
4 February 2022

### 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)



It's February! We can all wave goodbye to what always feels like the longest month of the year and we can instead look forward to the huge amount going on in the district. Take a look at just some of the things on offer...



## Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	
7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today						

ACTION FOR HAPPINESS

Happier · Kinder · Together

**Wakefield**  
Recovery and Wellbeing College

**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

**Have your say!**

**Aged 16 - 25?**

**We need your help!**

We want to offer courses and workshops for young people under 18 who want to learn and understand more about health conditions that may affect them or somebody close to them and how to manage these conditions and the impact it may have on their lives.

We want young people to be able to speak to people who have been or are currently going through the same thing and we need your help to help us work out how to do this.

We need to know what you think it should be called, how you want it to run, what is important for us to know and we need your help co-producing it.

So, if you'd like to get involved with setting up and developing a recovery college for under 18's, (even if you only have a spare 10 minutes or just want to be involved via telephone, questionnaires... your opinion is important) then please get in touch, it would be great to hear from you.

You can contact Rachel on 07774 006482 or 01924 316946, send us an email ([wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)) or get in touch with us on any of our social media platforms and we will get back to you.

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

With **all of us** in mind.

YOUR HOME...  
YOUR HAPPY PLACE



Bring Me To Life - Women's Wellness CIC invites you to an online interactive workshop with Home Stylist Rachel Smith @ Clutter is the Enemy. Rachel will discuss the importance of being intentional in our homes and the impact our homes can have upon our mental health.

Please join us on zoom- 24/02/22 at 7pm.  
Email [catherine@bringmetolife.co.uk](mailto:catherine@bringmetolife.co.uk) to book your place

With...

**Clutter**  
is the  
enemy



## 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](mailto:resoucecentre@gasped.co.uk)

To find out more information, scan here to visit our website or search

[www.gasped.org.uk/maledomesticviolence/](http://www.gasped.org.uk/maledomesticviolence/)



Giving Advice and Support  
to People in Emotional  
Distress.



5-5a Cheapside,  
Wakefield, WF1 2SD



TURNING  
POINT



## TIME TO TALK

**7TH  
FEB  
12PM**

This Thursday is 'Time to Talk' day and to mark this on Monday 7th February we are hosting a lunchtime webinar where you can log in and listen to a qualified therapist teach you strategies to improve your mental wellbeing by beating low mood and anxiety. Take a step away from life for 45 minutes and think about what changes you can start to implement today

TURNING  
POINT



Our workshops are presented remotely by one of our trained therapists for anyone aged 16 or over and registered with a Wakefield and 5 Towns GP. They last around 90 minutes and there is no pressure to talk. Join on your phone, laptop or tablet.



### Free Online Health Webinars-February 2022

**Sunday 6th Feb**

**10.30am-12pm Emotional Eating**  
**1.30pm- 3pm Managing Panic Attacks**

**Sunday 13th Feb**

**10.30am-12pm Managing Anxiety and Worry**  
**1.30pm-3pm Improving your Sleep**

**Sunday 20th Feb**

**10.30am-12pm Caring for Carers**  
**1.30pm- 3pm Managing Anger and Irritability**

**Sunday 27th Feb**

**10.30am- 12pm Living well with Menopause**  
**1.30pm-3pm Living well with Chronic Pain**

TURNING  
POINT



To sign up to these workshops, and many more Turning Point Talking Therapies wellbeing workshops, visit <https://talking.turning-point.co.uk/wakefield/how-we-help/therapy-groups-and-workshops/free-online-workshops/>. Did you know that you don't need a health care professional to refer you in to their talking therapies service or their workshops; Turning Point Talking Therapies take self-referrals too! This means that you can give them a call yourself or fill out a self-referral form online yourself if you feel you need to talk to someone to help with your mental health and wellbeing.



## Take a look at a few of our courses and workshops coming up in the next couple of months...

<b>BADASS (Combat workout)</b>	Join at any time from 26 January 2022 – online with a view to changing to a face-to-face course at Vibe Fitness studios, Normanton w/c 14 February. 10 weeks	11.00-11.45am
<b>Improving your sleep</b>	7 February 2022 – Online	1.00-3.00pm
<b>Feeling positive busting stress</b>	10 February 2022 – Online	11.00-12.30pm
<b>Recognising burnout</b>	11 February 2022 – Online	1.00-3.00pm
<b>Boosting self-confidence</b>	14 February 2022 – Online	11.00-12.30pm
<b>Stroke awareness</b>	16 February 2022 – Fieldhead Campus	10.00-12.00pm
<b>Understanding eating disorders</b>	17 February 2022 – Fieldhead Campus	12.30-2.30pm
<b>Overcoming anxiety</b>	17 February 2022 – Online	2.00-4.00pm
<b>NEW COURSE!! Managing difficult emotions</b>	21 February 2022 – Online for 6 weeks	1pm-2pm
<b>Speak their name (only for those bereaved by suicide)</b>	28 February 2022 – Fieldhead Campus for 3 weeks	10.00am-12.00pm
<b>Learning more about IBS</b>	28 February 2022 – Fieldhead Campus	12.30-3.00pm
<b>For those who give too much: Everyday stress</b>	2 March 2022 – Online for 2 weeks	1.00-3.00pm
<b>Creative writing</b>	3 March 2022 – Online for 4 weeks	1.30-3.30pm
<b>Coping with life by using relaxation</b>	7 March 2022 - Online	11.00am-12.30pm
<b>Exploring resilience</b>	8 March 2022 – Fieldhead Campus for 5 weeks	10.00am-12pm
<b>An introduction to personality disorder</b>	29 March 2022 – Fieldhead Campus	1.00-3.00pm
<b>Caring for me and you (only for carers)</b>	26 April 2022 – St Giles Centre, Pontefract for 6 weeks	10.00am-12.30pm
<b>An introduction to poetry</b>	28 April 2022 – Online for 5 weeks	10.30am-12.30pm



**Did you know...**our Yoga, Capoeira, Boogie Bounce, On Yer Bike! and Wild Things courses are what we call “roll-on-roll-off” courses. This means that you can join at any point, for as long (or as little) as you like, until they conclude in the middle of autumn 2022. Dare to share also works like this, but doesn’t run for quite as long.

## Managing difficult emotions

📍 Online only

### Online courses

SHARE: [f](#) [t](#)

Emotions are a key part of being human, however, sometimes they can begin to feel overwhelming and this can be difficult to manage.

Join us for this six-week course that will provide insights into your emotional reactions and will teach skills in how to cope more effectively with difficult emotions before they begin to feel overwhelming.

This course is applicable for anyone who is interested in learning more about managing their emotions or learning more about emotions generally. We ask that students commit to attending all six sessions in order to fully benefit from the course material.

### At Online only

### Start dates and time



## Small acts of kindness

📍 Fieldhead Campus, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

### Expanding your interests

SHARE: [f](#) [t](#)

Join artist Saima Kaur to share stories of kindness that you have received or given – small acts that have brought you joy and made life a little easier. With a bit of a twist, we will be sharing and then stitching these stories onto cloth. You do not have to know how to embroider as full instructions will be given.

The end piece will be added to many more to form a final piece of art to be displayed in Wakefield Town Centre in May 2022.

### At Fieldhead Campus



## BADASS (a combat workout)

📍 Online only

### Expanding your interests

SHARE: [f](#) [t](#)

Brought to you by Bounce Dancefit, this combat, cardio & conditioning class will have you getting into shape in style.

This easy to follow session will have you toning muscles, burning calories, improving your balance and jamming out all to the beat of BADASS tunes. We are taking our love for dance fitness to a whole new level.

Build your Confidence Be Fierce Find Your Inner BADASS.

This course is offered to you alongside our partner Vibe Fitness and is available to join at any time up to the final session.


The course will initially be offered online with a view to moving on to a face to face group in February at Vibe Fitness studios, Normanton (subject to change due to covid regulations).





**st george's**  
**ESOL**

24 week course at St George's Community Centre,  
Broadway, Lupset, Wakefield WF2 8AA



**Induction 16th February 10am**  
**Starts 2nd March**  
**Weekly 10 - 12:30pm**  
For more information/ to book  
call 01924 369631 or  
email [info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk).

**st george's**  
**ENGLISH + MATHS**  
**Level 1 + 2**

Assessment: Wed 2nd Feb  
Course start date: Wed 9th Feb

Wednesdays 9.30-10.30am  
Weekly for 26 weeks

**Course outcome:**  
You will gain a certificate in Functional Skills Level 1 and  
Level 2 in English and Maths.

St George's Community Centre, Broadway, Lupset,  
Wakefield WF2 8AA.

For more information/ to book:  
phone 01924 369 631 or email  
[info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk).



**FREE**  
**COURSE**

**st george's**



**DIGITAL  
INCLUSION**

By the end of the course you will  
have achieved Level 1 awards in:

- Employability (IT units; IT User Fundamentals, Using the Internet, Using email),
- Customer Service,
- Creating an Online Profile Using Social Media,
- Maintaining Personal Well-Being.


**Mon 14 - Wed 23**  
**February 2022**  
(excluding weekend dates)  
**9.30am-2.30pm**  
Register now!  
01924 369 631  
[info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk)

**#SkillUpWithStGeorges**

**WOW! Just look at some of the things on offer this month at St. George's Community Centre. To find out more, give them a call on 01924 369631.**

**st george's**  
**CSCS COURSE**

You will get a qualification in Health + Safety, a FREE CSCS card PLUS a guaranteed interview upon completion.



<b>STARTS</b> 21ST FEBRUARY	<b>10 DAY COURSE</b> 9.30AM - 3.30PM	<b>INDUCTION</b> 14TH FEBRUARY AT 10AM
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**i** For more information/ to book  
call on 01924 369 631 or  
email [info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk).

**CREATIVE  
CRAFTS**

New course starting  
Monday 7th February  
10.15am-12.15pm  
West Wakefield Methodist Church

**FREE, fun course**  
Pop along and do  
some easy crafts  
to brighten your  
day!

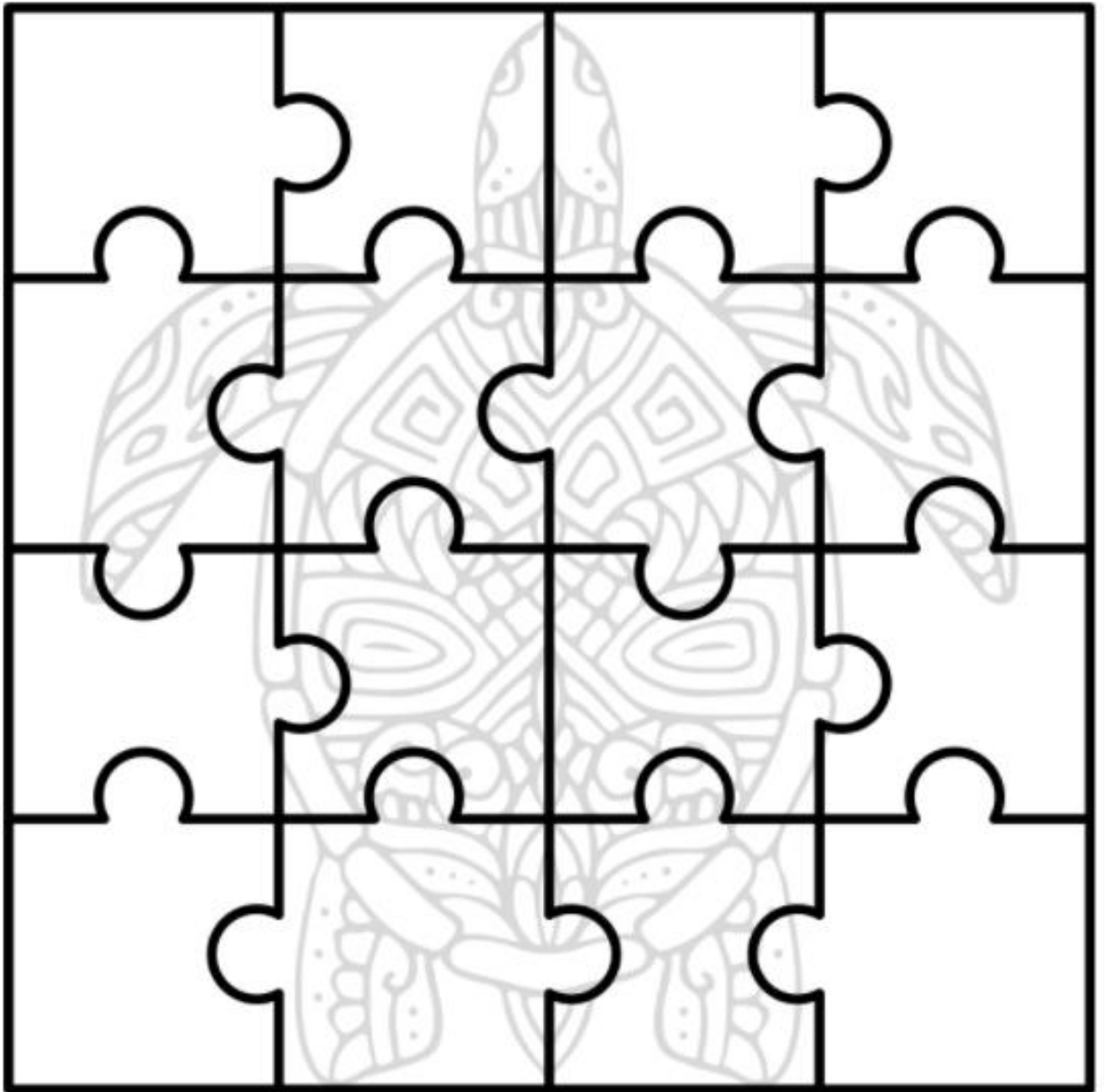
Interested? Contact  
01924 369631  
[info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk)



# FIND YOUR INNER PIECE

## Mindful colouring puzzle

**Instructions:** Colour in the picture, then cut around the pieces. Ask a friend or family member if they can put your puzzle back together.





## JANUARY (A WINTER WALK)

The trees are BARE  
THE COLD  
Eats into every fibre  
Of one's being.

FOG  
Swirls around,  
The ground is soft underfoot  
The leaves crushed into the  
ground.

For a moment the gloom lifts and  
The SUN  
Breaks through  
For a few seconds  
And is gone.

PERCHANCE  
I spy a SPIDER'S web  
A MASTER of engineering  
Like a miniature Forth rail bridge



GLISTENING  
SHIMMERING  
In the late afternoon light  
How long did it take to build?  
An ARCHITECT of web spinning  
beauty  
Shall I look for his website?

The surroundings take on  
A magical ethereal air  
One moment I can see the  
Old bell tower  
GREEN  
CLEAR  
BRIGHT  
In the afternoon sunlight  
Then it vanishes into the gloom.

As I retrace my steps  
The FOG  
Draws its winter cloak around me  
again

As the evening stillness surrounds  
There can be heard the soft  
HOOT  
Of an owl  
Repeating its message  
CLOSING the day.

As darkness falls:  
LISTEN TO and OBSERVE  
The RHYTHMS of life  
They are SOLACE to the soul.



RYDER 2022  
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