



The Supporter Newsletter

22 April 2022

there are
so many
beautiful
Reasons
to
be
HAPPY.



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk



01924 316946



@W5TRC



facebook.com/wakefieldrecoverycollege



28-DAY BUILD BETTER HABITS CHALLENGE

START TODAY

Week 1

HEALTH

- | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-------------|-------------|-------------------|---------------|----------------|-------------|------------|
| | | | | | | |
| Drink Water | Go Meatless | Healthy Breakfast | Stay Hydrated | Snack on Fruit | No red Meat | Less Sugar |

Week 2

FITNESS

- | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
|---------|-------------|----------|--------|---------------|---------|-------------|
| | | | | | | |
| Stretch | Take a Walk | Try HIIT | Rest | Dance Workout | Stretch | Take a Walk |

Week 3

CAREER

- | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
|---------------|-----------|-----------------|-------------|-----------|------------|----------------|
| | | | | | | |
| Write To-Do's | Deep Work | Tidy your Space | Review Week | Deep Work | Go Offline | Plan your Week |

Week 4

RELATIONSHIPS

- | Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |
|------------------|-------------------------|----------------------|-----------------------|-----------------------|-------------------------|------------------|
| | | | | | | |
| Call a loved one | Share an Inspiring Post | Check up on a Friend | Schedule a Video Call | Journal Your Feelings | Take yourself on a Date | Self care Sunday |

Wakefield Recovery College
NHS Foundation Trust
App Store

Take a look at a few of our courses and workshops coming up in the next couple of months (green courses are face to face)...

Easter Holidays from the 9th to the 24th of April 2022.

Caring for me and you (Only for carers)	26 April 2022 – St Giles Centre, Pontefract for 6 weeks	10.00am-12.30pm
Creative fitness – trying something new for a better physical & mental wellbeing	27 April 2022 – Vibe fitness	11.00am-12.00pm
An introduction to poetry	28 April 2022 – Online for 5 weeks	10.30am-12.30pm
Coping with pain	29 April 2022 – Online for 2 weeks	11.00am-12.00pm
For those that give too much: Everyday stress	9 May 2022 – Online	1.00pm – 3.00pm
Recognising burnout	10 May 2022 – Online	10.00am-12.00pm
Book folding	11 May 2022- Fieldhead Campus	10.00am-12.00pm
Accepting change	13 May 2022 - Online	1.00pm-3.00pm
Understanding post-traumatic stress reactions	16 May 2022 – Online	10.00am-11.00am
Boosting self-confidence	23 May 2022 – Online	10.00am-11.30am
The M Word; Menopause awareness	25 May 2022 – Online	11.00am-12:30pm
Recognising burnout	25 May 2022 – Fieldhead Campus	11.00am-1.00pm
Speak their name (only for those bereaved by suicide)	6 June 2022 – St Giles Centre, Pontefract for 3 weeks	1.00pm-3.00pm
Understanding hearing voices	9 June 2022 – Online	10.00am-12.00pm
Feeling positive, busting stress	10 June 2022 – Online	11.00am-12.30pm
Medication and me	10 June 2022 - Fieldhead Campus	1:30pm-3:30pm
Exploring resilience	15 June 2022 – Fieldhead Campus	10.00am-12.00pm
Improving your sleep	21 June 2022 – Fieldhead campus	1.00pm-3.00pm
Dyslexia awareness	23 June 2022 – Online	10.30am-12.30pm
Scrapbooking for wellness	14 July 2022 Fieldhead Campus	12.00pm-2.00pm

Understanding post-traumatic stress reactions	12 July 2022 - Online	11.00am-12.00pm
Coping with life by using relaxation	22 July 2022- Online only	2.00pm-3.30pm

Summer Holidays beginning from the 27th July 2022.

Other courses coming soon include...

Learning more about IBS

Managing difficult emotions

Everyday stress

Boogie Bounce (in the studio!)

Understanding and managing depression

Journaling for wellbeing

Zumba Step

Badass (in the studio!)

Effective breathing and mindfulness

Keep an eye on our website www.wakefieldrecoverycollege.nhs.uk for up-to-date information on courses and workshops. And don't forget, for now, as we have to follow NHS England guidance, we must all still wear a face mask when indoors at any of our courses/workshops and adhere to 2m social distancing.

KNOW THE SIGNS OF STRESS

PHYSICAL SIGNS:

- DIFFICULTY BREATHING
- PANIC ATTACKS
- BLURRED EYESIGHT OR SORE EYES
- SLEEP PROBLEMS
- FATIGUE
- MUSCLE ACHES AND HEADACHES
- CHEST PAINS AND HIGH BLOOD PRESSURE
- INDIGESTION OR HEARTBURN
- CONSTIPATION OR DIARRHOEA
- FEELING SICK, DIZZY OR FAINTING
- SUDDEN WEIGHT GAIN OR WEIGHT LOSS
- DEVELOPING RASHES OR ITCHY SKIN
- SWEATING
- CHANGES TO YOUR PERIOD
- EXISTING PHYSICAL HEALTH PROBLEMS GETTING WORSE



BEHAVIOURAL SIGNS:

- FINDING IT DIFFICULT TO MAKE DECISIONS
- UNABLE TO CONCENTRATE
- UNABLE TO REMEMBER THINGS, OR MEMORY FEELING SLOWER THAN USUAL
- CONSTANTLY WORRYING OR HAVING FEELINGS OF DREAD
- SNAPPING AT PEOPLE
- BITING NAILS
- GRINDING YOUR TEETH OR CLENCHING YOUR JAW
- LOSS OF INTEREST IN SEX
- EATING TOO MUCH OR TOO LITTLE
- SMOKING OR DRINKING TOO MUCH
- FEELING RESTLESS, LIKE YOU CAN'T SIT STILL
- CRYING OR FEELING TEARFUL
- SPENDING OR SHOPPING TOO MUCH
- NOT EXERCISING AS MUCH AS USUAL OR EXERCISING TOO MUCH
- WITHDRAWING FROM PEOPLE AROUND YOU

COPING WITH STRESS

 TALK WITH YOUR FRIENDS AND FAMILY	 MAINTAIN YOUR ROUTINE WHERE POSSIBLE
 FOCUS ON ACTIVITIES YOU ENJOY	 ACKNOWLEDGE YOUR FEELINGS
 KEEP A HEALTHY LIFESTYLE	 DON'T USE ALCOHOL, CIGARETTES OR RECREATIONAL DRUGS
 DISCONNECT FROM SOCIAL MEDIA	 TALK TO A HEALTHCARE PROFESSIONAL

If you feel you're struggling to cope, the West Yorkshire Staff Mental Health and Wellbeing Hub is here for you.

Call 0808 196 3833 8am - 8pm every day, go online for self-help resources or self-refer for therapy at workforce.wyhpnership.co.uk/



Night OWLS is a confidential support line for children and young people in crisis. Helping them, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield.



We're available
8pm – 8am

Call this number free: **0800 148 8244**
Text us on: **07984 392700** (charges may apply)
Chat to us on: **wynightowls.org.uk**

May Day

Westgate Greening & Growing Project Launch

May Pole Dancing
Spring Flower Planting
Plant Pot Painting
Free Rainbow Veggie BBQ & Refreshments



Westgate Chapel Gardens

May 1st @ 1pm



Team Time Creative CIC





GROW WAKEFIELD

WELLBEING IN THE WOODS ACTIVITY SESSIONS

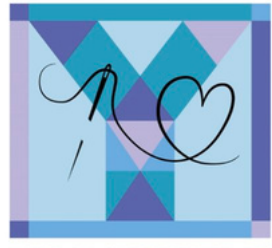
A FREE 6 week course for adults covering shelter making, fire making, knot skills, elderwood art, cooking on a fire, whittling and more

EVERY MONDAY FROM 11 AM UNTIL 2 PM
NEXT COURSE STARTS MONDAY 23RD MAY THEN FURTHER STARTS THROUGHOUT THE YEAR
LOCATION: FIELDHEAD WOODS, WF1 3SN

Contact Andy@Grow-Wakefield.co.uk or ring Andy on 07971 098510 for more information







HELLO,

IF YOU ARE READING THIS, IT'S PROBABLY BECAUSE YOU HAVE BEEN BEREAVED BY SUICIDE OR KNOW SOMEONE WHO HAS BEEN. WE ARE ALSO BEREAVED BY SUICIDE AND ARE VERY SORRY FOR YOUR LOSS. WE HOPE THAT YOU WILL DECIDE TO TAKE PART IN OUR PROJECT TO CREATE A MEMORIAL QUILT FOR YORKSHIRE.

THE YORKSHIRE SPEAK THEIR NAME SUICIDE MEMORIAL QUILT PROJECT HAS BEEN FOUNDED BY THREE PEOPLE BEREAVED TO SUICIDE, WITH THE AIM OF SUPPORTING OTHERS BEREAVED BY SUICIDE ACROSS THE REGION OF YORKSHIRE.

IF YOU ARE BEREAVED BY SUICIDE AND WOULD LIKE TO CREATE A MEMORY SQUARE WITH OTHERS AND CONTRIBUTE TO THE YORKSHIRE SPEAK THEIR NAME QUILT IN A SUPPORTIVE AND FRIENDLY ENVIRONMENT WHY NOT COME ALONG TO ONE OF OUR WORKSHOPS?

Karen, Anna & Pat

You are welcome
Anyone bereaved to suicide in Yorkshire is welcome to take part

You really don't need to have any craft or sewing skills

Materials / ideas will be provided in the workshops

You can contribute a square without coming to the workshops if you prefer. Contact us by email for information

Please get in touch for more information

Twitter @yorkshire_STN
 Facebook (private group for those bereaved by suicide in Yorkshire)
 Yorkshire Speak Their Name Quilt Group
 Email yorkshirespeaktheirname@gmail.com



CRAFTORIUM



When?

THURSDAYS
7, 14, 21, 28
10:30 AM - 1PM

A NEW ADULT CRAFT GROUP FROM
EMPATH ACTION CIC

**CRAFT ACTIVITIES
 AND SOMEWHERE
 TO CHAT**

#empathcrafters

www.empathaction.org

The Spectrum of Eating Behavior



Up to 75% of women report engaging in disordered eating behaviors or symptoms consistent with eating disorders*

*According to a 2008 survey conducted by UNC and SELF Magazine

Healthy Eating Behaviors

Eat when you're hungry
 Stop when you're satisfied
 Enjoys food and eating
 Eats a wide variety of food
 Doesn't restrict or limit foods out of fear
 Positive body image

Disordered Eating

Obsession with weight control
 Chronic dieting
 Caloric restriction, like skipping meals
 Fears and anxieties around food
 Compensatory behaviors, such as "making up" for a binge by restricting, purging, or over-exercising
 Worries about body image

Eating Disorder

Anorexia Nervosa
 Bulimia Nervosa
 Binge Eating Disorder
 Other Specified Feeding or Eating Disorder (OSFED)
 Avoidant Restrictive Food Intake Disorder (ARFID)



Is it stress or anxiety?

Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
 - Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.



NIH National Institute of Mental Health

www.nimh.nih.gov/stressand anxiety

Art and Craft for Wellbeing

A relaxed and informal group, practically and experimentally exploring a range of arts and crafts materials, techniques and projects, which may be therapeutic, thought-provoking and creative.

You will have the opportunity to input into the selection of projects and skills together with your group and will work on a variety of new projects from planning to completion, with additional support where needed.

Start Date / Time
Wednesday 27 April 2022
(No Session 1st June 2022)
4.30 pm – 6.30 pm
for 11 sessions

Course reference
C3680629

Venue
St Giles Church
Market Place
Pontefract
WF8 1AT

Free Course

To enrol please quote the course reference either online at enrolonline.wea.org.uk or by ringing 0300 303 3464

Course for West Yorkshire residents only.



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



wea.org.uk

Creative Crafts



Wakefield District City of Sanctuary

Family Afternoon

Create a mini garden
Lemon Balm, Mint and Ladybirds
Saturday 30th April 2022
2pm – 4pm
The Art House
Drury Lane, WF1 2TE

During the afternoon people can

- Design their own flower tubs
- Find out about Ladybirds
- Learn about different types of mint
- Plant a variety of seeds and cuttings

Be prepared to roll up your sleeves and have fun.

Free sessions – Everyone welcome

For more details please contact Linda@wdcos.org.uk or text/ring 07311 283964;

Registered Charity No. 1187477

5 personal qualities which might make you suited for a job in... counselling

Reliable
For the relationship between you and your patients to be most effective, trust and dependability is key.

Good listener
This is an essential part of counselling and what you'll spend the majority of your time doing.

Intuitive
You'll need to have strong observational skills so that you can pick up on any signals inside and respond as you see necessary.

Easy to talk to
Having a friendly and non-judgemental outlook will mean that people feel comfortable talking about some of their most private fears with you.

Empathetic
Compassion and empathy are vital in allowing you to provide the best support, and make positive changes suited to each individual.

Our next Counselling Skills course starts on 25th April 2022.

This qualification is useful for anyone who would like to develop their use of counselling skills for use in either work or a personal capacity. These may be learners who wish to progress towards further qualifications or learners who wish to study this programme in order to complement other programmes (e.g. health and social care, children's care, learning and development, voluntary and community work).

Sessions to run four days a week, for 10 weeks
Mon, Tues, Weds, Thurs 9:30am – 12:30pm

All online with Zoom & Canvas
enrol onto the initial assessment today C3680724

enrolonline.wea.org.uk

Phone: 0300 303 3464
Course fee: Free

The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).

Counselling Skills L2



Sessions to run four days a week, for 10 weeks
Mon, Tues, Weds, Thurs 1pm – 4pm

Sessions to run four evenings a week, for 10 weeks
Mon, Tues, Weds, Thurs 6pm – 9pm

EMPOWER

The EMPOWER project. A programme of FREE activities which seeks to empower and build the confidence of WOMEN and GIRLS to use parks and green spaces across the Wakefield district.

Brought to you by:

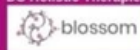


CATHERINE
Founder & Director
Bring Me To Life - Women's Wellness CIC



PAULA
Co Founder & Co Director
Family Fit CIC

In Partnership With:
DS Holistic Therapies



Funded By:



8 weeks of FREE activities for women and girls (12+)

4TH APRIL - 28TH MAY

#womensupportingwomen
#EMPOWER
#wakefieldwomen

Activities include:

- Boxercise
- Walk 'n' Talk's
- Buggy Walks
- Running for beginners
- Yoga
- Self Defence
- Mindful Walks

See inside for full timetable of activities

WWW.BRINGMETOLIFE.CO.UK/EMPOWER

WWW.BRINGMETOLIFE.CO.UK/EMPOWER



**ARE YOU 16-25 YEARS OLD?
LOOKING FOR A NEW CHALLENGE?
WANTING TO IMPROVE YOUR CONFIDENCE,
TEAMWORK AND EMPLOYABILITY SKILLS?**

wakefield
colleges



12 week TEAM Programme

TRAVEL COSTS
COVERED.
DOES NOT
AFFECT
BENEFITS.

Starting 3rd of May 2022

**At Lightwaves Community
Centre, Wakefield**

Build Confidence

Develop Teamwork

Improve Communication

Go On Work Experience

Go On A Residential

Plan A Community Project



Please contact Selina
07784360058 or email s.wainwright@wakefield.ac.uk for more
information.

May-July 2022



Feeling stuck?
Want to deepen your
connection with yourself and
nature?

TRIBE

- Fully Funded places available for people NOT in Education or Employment
- 8 week course

See our website for more information
contact us via our website or email

www.runwalktalk.co.uk

runwalktalkmm@gmail.com



@Mrunwalktalk

Edgelands Arts Workshop

Join artists from Edgelands Arts in a free informal workshop to explore new creative activities and share ideas. Take some time out for yourself and create!

No previous experience is necessary and all materials and equipment are provided



Workshops will be on 28 April, 5 May, 12 May, 19 May, 26 May, 2 June, 9 June, 16 June

They will be held at Tieve Tara Medical Centre
Address: Park Dale, Castleford, WF10 2QP

Places are limited. Booking is essential. To book, call Tina Dransfield on
07720 899781 or email spectrumpeople@spectrum-cic.nhs.uk



This project is part-funded by the UK Government through the UK Community Renewal Fund.



safeTALK

Places available on the upcoming SafeTALK Training
(Wednesday 27th April, 9:30-1:30)

Venue: The Samaritans, 37-39A Charlotte Street,
Wakefield, WF1 1UL

About SafeTALK:

Know what to do if someone is thinking about suicide by following the easy to remember TALK steps - Tell, Ask, Listen and Keep-safe. These practical steps offer immediate help to someone having thoughts of suicide and help you both move forward to connect with more specialised support.

- Identify people thinking of suicide.
- Overcome barriers in talking about suicide.
- Identify reasons we may miss, dismiss or avoid suicide.
- Practice using the 4-step model of suicide alertness.
- Connect people at risk of suicide with further appropriate help.

"SafeTALK is informative, clear and concise I feel much more confident to ask people if they are thinking about suicide and know how to help them."

Places are free for those that live, work or learn in the Wakefield District. Including Hemsworth and District, Normanton, Castleford, Pontefract, Knottingley, Havercroft and Ryhill.

To book your place on Eventbrite:

<https://www.eventbrite.co.uk/.../safetalk-training...>

Covid-19 vaccination walk-in service

Navigation Walk, Wakefield

Tuesday 19 April:

08:15 - 19:30 (Adults 18+)

Wednesday 20 April:

CLOSED

Thursday 21 April:

08:15 - 19:30 (Adults 18+)

Friday 22 April:

14:15 - 19:30 (5-11 year olds)

Saturday 23 April:

08:15 - 13:30 (Adults 18+)

14:15 - 19:30 (Adults 16+)

Sunday 24 April:

08:15 - 13:30 (5-11 year olds)

14:15 - 19:30 (12-15 year olds)



Positive Thinking

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



values	life skill	good decision	support system
assertiveness	peerpressure	interest	body image
selfconcept	wellness	respect	success
accomplishment	challenge	honesty	thoughts
attitude	control	feelings	happiness
social	physical	emotional	health
mental	Positive	Self Esteem	