



The Supporter Newsletter

29 April 2022

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk



01924 316946



@W5TRC



facebook.com/wakefieldrecoverycollege



31-Day Build Better Habits Challenge

start today

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
week 1 - Health	 Drink water	 Go meatless	 Healthy breakfast	 Stay hydrated	 Snack on fruit	 No red meat	 Less sugar
week 2 - Fitness	 Stretch	 Take a walk	 Try HIIT	 Rest	 Dance workout	 Stretch	 Take a walk
week 3 - Career	 Write to-do's	 Deep work	 Tidy your space	 Review weekly tasks	 Deep work	 Go offline	 Plan your week
week 4 - Relationships	 Call a loved one	 Share an inspiring message	 Check up on a friend	 Schedule a video call	 Journal your feelings	 Take yourself on a date	 Self-care Sunday

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)...

Courses and workshops

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	10 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
Journaling for wellbeing	9 June 2022 - Fieldhead Campus	10.30am-12.30pm
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
Learning more about IBS	21 June 2022 – Online	10.00am-12.30pm
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...

Managing difficult emotions

Everyday stress

Boogie Bounce (in the studio!)

Understanding and managing depression

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.



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



12 week TEAM Programme

TRAVEL COSTS
COVERED.
DOES NOT
AFFECT
BENEFITS.

Starting 3rd of May 2022

At Lightwaves Community

Centre, Wakefield

Build Confidence

Improve Communication

Go On A Residential

Develop Teamwork

Go On Work Experience

Plan A Community Project



Please contact Selina

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

Feeling stuck?
Want to reconnect with
yourself & nature?

TRIBE

@MMrunwalktalk
coming soon...





MAY
14

Build our Futures Children's
and Young People's Summit

by Wakefield Council's Youth Work Team

29 followers

Follow

Free

Date and time

Sat, 14 May 2022

12:00 - 16:00 BST

Location

Wakefield College

Margaret Street

Wakefield

WF1 2DH

To book tickets for Children and Young People aged 11-19 yrs (25 if with additional support needs). Go to the Eventbrite website. If you are an adult or professional who would like to attend please email BuildOurFutures@wakefield.gov.uk and we will register you for the event.

The Build Our Futures Youth Summit is a chance to hear what has been done since last year's Summit, and discuss issues that affect young people in Wakefield and ask what still needs to happen?

Food is provided

Photo's and video's will be taken at the event

Build Our Futures 'Our Identity, Uniquely Me!' 2022 Summit



Saturday 14 May 2022, 12pm - 4pm

Wakefield College, Margaret Street, WF1 2DH

Join an event celebrating young people's voices and help to influence change and enhance the experience of growing up in the Wakefield district.

Visit bit.ly/BOFSummit2022 to book your place,
or email BuildOurFutures@wakefield.gov.uk



**Anyone, no matter
who they are, can be
a victim of stalking.**

www.suzylamplugh.org/am-i-being-stalked-tool
in English, Urdu, Gujarati, Turkish, Bengali, Punjabi,
French, Arabic, Polish, Tamil and Portuguese



**NATIONAL
STALKING
HELPLINE**

**FREEPHONE
0808 802 0300**

www.suzylamplugh.org/refer-someone-to-us

**LONDON
STALKING
SUPPORT**

**#StalkingAwareness
#RightToBeSafe**

suzylamplugh LIFE
trust SAFE

**Children aged
5 to 11 are now
eligible for the
COVID-19
vaccine.**



NHS

TOGETHER WE CAN
PROTECT EACH OTHER

West Yorkshire
Health and Care Partnership

NHS

111.nhs.uk can give
you urgent medical
help and advice.



**COVID-19 has
affected us all**

NHS

Health and wellbeing support is available

Telephone:
0800 069 6222
7am to 11pm daily

Text:
FRONTLINE
to 85258



Suicide vs. Suicidal

Considered a tragedy

Everyone feels bad

Everyone is present

Everyone wishes they "saw the signs"

Everyone wishes they hadn't done it

If someone is suicidal, please take them seriously – it could save their life.



Considered attention seeking

Everyone feels irritated

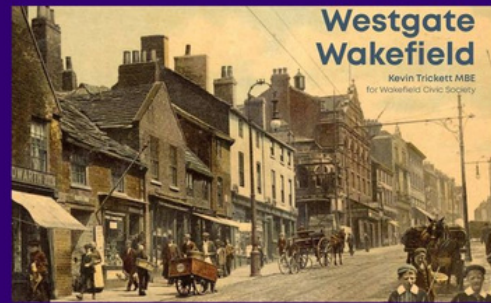
Everyone tries to avoid them

Everyone dismisses them

No one believes they'll ever do it



@RealDepressionProject



Westgate Wakefield

Kevin Trickett MBE
for Wakefield Civic Society

Writing History -
Exploring the History of Westgate
with Kevin Trickett, MBE
Wakefield Library
10th of May, 14:30 -16:00

Free event, book your place at

www.eventbrite.co.uk and
search writing history or
scan the QR code.

☎ 01924 305376

✉ wakefieldlibrarymuseum@wakefield.gov.uk

🌐 wakefield.gov.uk/libraries

📍 Wakefield Libraries

📱 @WFLibraries

📱 @WFLibraries



Wakefield Council
working for you



Digital Confidence Building for Work & Everyday Life

This course will help to build your digital knowledge and capability.

Empowering yourself with the knowledge will enable you to be more efficient with daily digital expectations both at work and at home.

If you want to become more empowered in your use of digital technology this is the course for you!

When: 6th May – 22nd July

Where: On-Line

How long: 11 sessions

Time: Friday, 09:15am – 11:15am

Cost: The course is free

Reference: C3680696

Book today:
www.wea.org.uk
0300 303 3464



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039226)



Digital Confidence

WEA
Adult Learning
Within Reach

Looking Good Feeling Good

Are you interested in learning about different skin types, hair conditions and types of make-up?

This free course will look at how you can adapt make-up from day to evening wear and we'll also focus on hand and nail care.

For beginners and improvers

When: Thursday 5th May – 23rd June
Time: 10am – 12 noon

Where: Wakefield West Methodist Church, Thomas Road, Wakefield, WF2 8UR

How long: 7 sessions

Cost: this is a **FREE** course

Book today:
Online www.wea.org.uk or by calling:
0300 303 3464

Reference: C3680448



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039226)



Next Steps: Beauty, Skin & Hair.

WEA
Adult Learning
Within Reach



NHS
Health Education England

Boost: A Volunteer Peer Support Pilot

Online Launch Event on Zoom
Wednesday 4th May, 1pm – 2.30pm

What is it?

An information event for an exciting new project that will be **Upskilling, Highlighting and Diversifying** Peer Support Volunteers.

Get involved!

Learn the benefits for your service and how you can get involved.

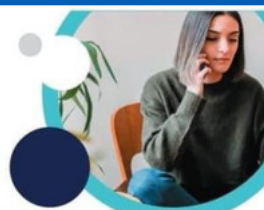
To Book Contact

alex.garbutt@leedsmind.org.uk
leedsmind.org.uk

Registered charity no. 219830



NIGHT OWLS
Overnight West Yorkshire
Listening/Advice Service



Night OWLS can help you if you...

Feel you have nowhere to turn

Are feeling confused or finding it hard to think straight

Feel you can't go on living

Are feeling unsafe

Are in a crisis

Are caring for a young person

Are finding it hard to cope with life

Just want to talk

Are feeling angry, lonely, anxious or depressed

We're available
8pm – 8am
for children, young people, parents and carers across West Yorkshire

Call this number for free:
0300 200390

Text us on:
07984 392700

Chat to us on:
wynightowls.org.uk



OPEN SESSION

Peer Leadership Development Programme

Tuesday 10th May
via MS Teams Link

11am-12pm

Hear all about the Peer Leadership Development Programme, gain insight from previous Peer Leaders and those working within the healthcare system providing the opportunity to ask questions.

To join email:
Tracey.Lowe6@nhs.net

"It could really change your life"
-Naheen Ali, Peer Leader

THE HEPWORTH WAKEFIELD

PRINT FAIR

10-12 JUNE

THE HEPWORTH WAKEFIELD

PRINT FAIR

10-12 JUNE

THE HEPWORTH WAKEFIELD

PRINT FAIR

10-12 JUNE

Your relationship
Your family
It's in your hands

If you are worried about your behaviour towards your partner and would like to change, help is at hand.

www.westyorkshire.police.uk/inyourhands

Respect Freephone 0800 800040
or Email advice@respectphoneline.org.uk
www.respect.org.uk



VIP RED BAG



Are you 14 and over with a learning disability in Wakefield?

You are eligible for a **free** VIP Red Bag to take with you to medical appointments.

Your **VIP Red Bag** holds all the important information about you so healthcare staff know how best to treat you.



To claim your free bag contact: thevipredbag@choicesupport.org.uk



www.facebook.com/vipredbag

www.twitter.com/vipredbag



citizens advice

Drop-in
Tuesdays
10am - 2pm

St George's
Community Centre,
Broadway, Lupset

01924 369631

info@stgeorgeslupset.org.uk



GET SUPPORT AND ADVICE



WORD FEST
MAKE WORDS COUNT

#WordFest #MakeWordsCount
1-31 May




Goggles and Giggles
Pre-school children and their parents/carers will be taken on a journey of discovery, exploring all the senses through hands-on science experiments, storytelling, rap and song.

Normanton Library
Tuesday 10 May 2022
10:00am and 11:00am
Booking required

@WFLibraries WakefieldLibraries bit.ly/WordFestWFD
@WFLibraries @WFLibraries

wakefieldcouncil

WORD FEST
MAKE WORDS COUNT

#WordFest #MakeWordsCount
1-31 May




Renewi Adult Craft
Come along and be creative. Make a shopping bag out of an old T Shirt. All materials provided.

Normanton Library
Thursday 12 May
2-3pm

@WFLibraries WakefieldLibraries bit.ly/WordFestWFD
@WFLibraries @WFLibraries

wakefieldcouncil

the national sleep
helpline

Need help with sleep issues?
SUPPORTING THE NATION'S SLEEP



CALL US
03303 530 541

SPEAK TO TRAINED SLEEP ADVISORS
Available Sunday - Thursday
7pm - 9pm

POWERED BY the sleep charity
IN PARTNERSHIP WITH Furniture Village


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Yorkshire Smokefree Service

0800 612 0011 / 0330 660 1166
FREE from landline / FREE from most mobiles

Barnsley Calderdale Doncaster Sheffield Wakefield




GREEN SKILLS

An amenity horticulture and grounds maintenance course for unemployed people in Wakefield

www.groundwork.org.uk

@GroundworkYorkshire

FOR MORE INFORMATION CONTACT

Amanda Scrimgeour Tel: 07813 364219
Email: AmandaScrimgeour@groundwork.org.uk



GREEN SKILLS

An amenity horticulture and grounds maintenance course for unemployed people in Wakefield

THORNES PARK, 101 THORNES RD, WAKEFIELD WF2 8QD
(TO BE CONFIRMED)

> Groundwork has been commissioned by Wakefield Council and West Yorkshire Combined Authority, to deliver an innovative green skills training programme to unemployed adults aged 25 years plus from Wakefield. The programme will run from 9 - 3 pm for one day a week for 8 weeks, commencing 29th April 2022. Each participant will receive lunch for the day while you are on site

During the programme you will work, under the guidance of a horticultural team leader on a variety of soft and hard landscaping, learning new skills within the horticulture industry but also soft skills such as working as a team, confidence building, resilience, leading and decision making. During this time you will complete a NOCN level 1 qualification in Horticulture.

Learners will need to get themselves to and from site on time, we will be working in community settings in Wakefield. Our working day will be 9 am - 3 pm with 30 minutes for lunch. We will provide appropriate PPE though learners will need to dress appropriately, in layers, for outside working.

Numbers are limited to 15 per course. The courses planned are:
29 April, 9 May, 13 May, 20 May, 27 May, 3, 10, 17 June 2022

Interested or have any questions? Please contact Amanda don't miss this fantastic opportunity.

www.groundwork.org.uk

@GroundworkYorkshire

FOR MORE INFORMATION CONTACT
Amanda Scrimgeour Tel: 07813 364219
Email: AmandaScrimgeour@groundwork.org.uk

Wakefield Council
working for you

West Yorkshire
Combined
Authority

UK Government



Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.

Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Discussion boards

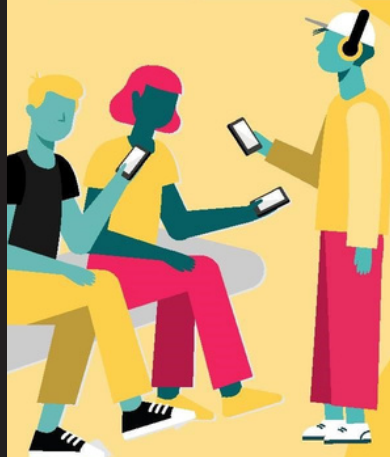
Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Daily journal and goal setting

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Mini activity hub

Select from a growing menu of fun, therapeutic and useful activities.



How to sign up

- 1 Head to **Kooth.com**
- 2 Click on the 'Join Kooth' button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were born.
- 5 Click on the **gender**, **ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

Where to find us



kooth.com



@Kooth_UK



Kooth_UK & Kooth Podcast



Kooth-Podcast

"You matter because you are you, and you matter to the last moment of your life."

Coffee Morning

10:00 am- 12:00 pm

Wednesday, 4 May

Lock Lane Sports Centre, Castleford



The Prince of Wales Hospice would like to invite you for an open coffee morning to celebrate and promote Hospice care. This will give you the opportunity to ask questions, share thoughts and meet some of our Hospice team.

The first 20 people will receive a goodie bag on the day.



THE PRINCE OF WALES HOSPICE
Registered Charity No: 514999



hospiceUK



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

ability	achieve	ambition	believe
compassion	courage	create	dependable
determined	dreams	driven	empower
enjoy	excellence	fearless	focus
goals	gratitude	happiness	happy
hard-work	honest	hope	imagination
inspire	integrity	kindness	knowledge
life	love	memories	motivated
nice	opportunity	optimistic	outstanding
passion	perseverance	persist	positivity
possibilities	pride	smart	spirited
strength	success	talent	trust
understanding	victory		

