

The Supporter Newsletter

6 May 2022



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk



01924 316946



@W5TRC



facebook.com/wakefieldrecoverycollege



30 WAYS TO DE-STRESS

- | | | |
|--------------------------|------------------------|-------------------------|
| 1 GET MOVING | 11 LISTEN TO MUSIC | 21 SOLVE A PUZZLE |
| 2 EAT HEALTHY | 12 TAKE DEEP BREATHS | 22 DANCE |
| 3 MEDITATE | 13 TAKE A WALK | 23 RELAXING BATH |
| 4 LAUGH MORE | 14 GIVE OR GET A HUG | 24 STRETCH YOUR BODY |
| 5 TEXT A LOVED ONE | 15 TRY AROMA-THERAPY | 25 TIDY YOUR SPACE |
| 6 LEARN TO SAY NO | 16 RECITE AFFIRMATIONS | 26 DOODLE |
| 7 TRY YOGA | 17 EXPLORE A HOBBY | 27 READ A BOOK |
| 8 JOURNAL | 18 EXPRESS GRATITUDE | 28 TRY BAKING |
| 9 GET SOME SLEEP | 19 USE YOUR SENSES | 29 REDUCE SCREEN TIME |
| 10 DO SOMETHING CREATIVE | 20 GET A MASSAGE | 30 SPEND TIME IN NATURE |



@thefabstory



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	Every Wednesday – Vibe fitness	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
Hopeful families introductory session	23 May 2022 – Fieldhead Campus	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

Summer rag wreaths	23 June 2022 – St. Giles' Centre	10.30am-12.30pm
The inner scream: Understanding self-harm	23 June 2022 – Fieldhead Campus	1.00pm-4.00pm
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...		
Everyday stress	Managing difficult emotions	Zumba Step
Boogie Bounce (in the studio!)		Badass (in the studio!)
Understanding and managing depression		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.



NHS

Urgent mental health support 24/7

If you are experiencing a mental health crisis, there is support available across the country.

Find your local 24/7 urgent helpline at nhs.uk/urgentmentalhealth

Wakefield Spring Jobs Fair

Friday 13 May
Lightwaves Leisure Centre

STEP-UP

"Come to our next Jobs & Skills Fair"

Hundreds of jobs available

Platform One, Hemsworth
Wednesday 18 May, 3pm to 7pm

Advice Training Upskilling Vacancies

01924 303 334 | stepup@wakefield.gov.uk | www.stepupwakefield.com

Hannah, STEP-UP advisor

wakefieldcouncil

NHS

111

Help us help you

Loneliness

Loneliness is an issue that can affect us all, young or old, at any point in our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated.

You should not blame yourself for feeling like you are struggling, now or at any other time.

Feeling lonely

Loneliness has no common cause. Sometimes it can be triggered by a life event or change in situation, or it may not be triggered by anything at all.

We all experience feeling lonely in different ways. This means there are a range of ways we can try to overcome loneliness, and we need to identify the help and support that works for us. It's really important to remember that loneliness and difficult feelings can pass.

While loneliness is a feeling we can all relate to, sometimes admitting we feel lonely is much harder. We want people to talk more openly about feeling lonely and the impact that loneliness can have.

Sometimes it can feel easier to reach out to someone else who may be feeling lonely. There are plenty of simple actions you can take to help lift someone out of loneliness and in doing so, it might help you to feel less lonely too.

1. Keep in touch with those around you

Talk to friends and family. Sometimes a friendly chat can make a big difference, whether someone is around the corner or further away.

Whether you choose to meet up in person, or chat on the phone, via video calls or on social media, all contact can help remind you that you are not alone.

Make sure to check in regularly – most of us love hearing from people we have lost contact with. Creating a routine of checking in with others and being more sociable can be good, as it can make it easier to reach out at the time you feel lonely.

Messaging old friends or colleagues, or setting up a group chat on a messaging app like WhatsApp or Messenger may help them and you feel more connected.



2. Join a group

Find a group with a shared interest. Being part of an offline or online group or club is a great way to make connections and meet people. Think about activities that you would like to try out and look for groups centred around these.

The people around you may also be able to introduce you to a group they belong to. This could be anything, from gaming and singing to cooking or sport.

Also remember to be welcoming to newcomers and seek to involve others in the conversation, especially those who may be lacking confidence.

3. Do things you enjoy

Filling your time doing more things you like can stop you from focusing on feelings of loneliness and is good for your wellbeing.

Spending time outdoors in green space, doing exercise and listening to podcasts and radio shows are just some of the ways to boost your mood and occupy your mind.



4. Share your feelings – but do not compare

Being able to talk about how you feel with others can help with loneliness, and hearing a familiar voice or seeing a friendly face makes us feel less isolated.

However, try not to compare yourself with others. Remember that many people may only share the good things happening to them on social media, so comparing can make you feel lonelier.

Plus, we can never be sure of what someone else is going through.



5. Help someone else feel connected

Reach out to others – think about people you know who might be feeling lonely and make an effort to connect with them.

Remember that feeling lonely for a long time can make it harder for people to make new connections. It may be difficult for people experiencing loneliness to respond to your friendly contact at first, so be patient and kind.

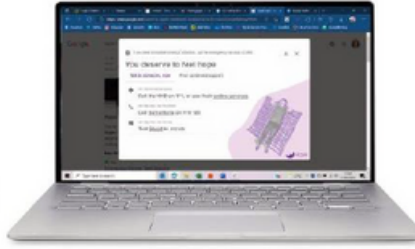
Try to keep in touch with those around you too. If you pass neighbours or acquaintances on the street, take the time to smile, wave and chat. You could offer to swap phone numbers or create a local group chat to stay connected.

Think about making time to volunteer – it's a great way to meet people and connect, and seeing the benefits of your actions can really help to boost your mental wellbeing.



Our Purpose

To provide you with a voice, choice, empowerment and control at a time when you are most vulnerable. We ensure immediate mental health support is presented to individuals following a harmful online search via innovative technology and consisting of a choice of help and resources to prevent self-harm and suicide.



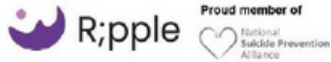
Supported by



How to Download R;pple

- 1 Visit Google Chrome Web Store - <https://chrome.google.com/webstore>
- 2 Search for Ripple Tool and Download for free.
- 3 Going forward, any searches conducted on Google Chrome relating to self-harm or suicide will trigger the R;pple tool, providing mental health support at a time when you need it the most.

R;pple is also available via Microsoft Edge, Safari, Mozilla Firefox, Opera.



How you can help

- Do you know a school, college or university in need of some support with student mental health?
- Do you work for a business that could benefit from an additional layer of mental health support?
- Have you been impacted by suicide or struggled with your mental health?

Please get in touch - my goal is to stop any other sisters waking up and feeling how I feel when I open my eyes each morning following the suicide of my brother, Josh.

You never know who you might be saving.

Alice Hendy
Founder

Contact Us

- www.ripplesuicideprevention.com
- info@ripplesuicideprevention.com
- Alice Hendy - Ripple Suicide Prevention
- Ripple Suicide Prevention
- Ripple Suicide Prevention
- Rippletools



HEARING VOICES DROP IN & MULTI SPORTS AT THE DENHALE ARC



Come along and enjoy our weekly drop in session followed by multi sports activities.

The sessions are designed to help support those who hear voices and people who may be caring for those who hear voices to manage stress and maintain positive mental wellbeing.

The support offered in the group if usual is by a mental health professional and two mental health service users who are facilitators also. Student psychology trainees are also normally encouraged to attend the sessions.

COST: FREE
TIME: 12.00-2.30pm
DAY: TUESDAYS
STARTING: JUNE 2022



DENHALE ACTIVE RECREATION CENTRE, Denhale Avenue, Wakefield, WF29EF, 01924 372382 staff@disabilitysportyorkshire.org

More money in your pocket

You might qualify for increased benefits or grants. Come and meet our team of advisors if you are:

- ✓ Finding it hard to make ends meet
- ✓ Finding it difficult to pay your bills
- ✓ In rent or mortgage arrears
- ✓ In need of energy saving support
- ✓ Unemployed or working part-time with reduced income
- ✓ Lost the £20 Universal Credit uplift
- ✓ In debt or at risk of losing your home
- ✓ A carer or have a disability and you are living on low income



Drop in for free refreshments and an independent benefits check to see what you might be entitled to

Find out more at www.wakefield.gov.uk/benefit-support

Yorkshire Smokefree Service

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

Barnsley Calderdale Doncaster Sheffield Wakefield



Shirley was determined to stop smoking, mainly for health reasons, but had her reservations about being able to stop smoking. She struggled at times but wanted to let other people know and encourage them, that if she can do it then anyone can. She did struggle at times but pushed through those difficult times by knitting blankets for her grandchildren. "I never thought I would be able to stop smoking, but the support I received from my stop smoking advisor was absolutely marvellous and I am over the moon to be a no smoker!! I have more energy now. I have saved money for treats and saving even more for a holiday.

Shirley, Wakefield



Paws, For Thought: You, And Your Pet, Smoke Free Together!

Have you ever considered how smoking can affect your pet, and that your pet can help you to become, and stay smoke free? Let's talk it over with a coffee and you may be surprised how much your pet can help your quit attempt and in turn you can help them stay happy and healthy too!

We are often aware of how second and third hand smoke affects people, but did you know that being exposed to smoke in the home affects our pets too?

Research has shown that our pets can be exposed to a significant amount of smoke when living in a smoker's home and will often suffer from the same problems as we do such as breathing difficulties and even asthma, skin allergies and eye problems. Cats are particular at risk as they groom themselves and digest the smoke particles and toxins that have settled in their coats, which can lead to mouth cancer. Our feathered friends also suffer the effects of passive smoking as they have very sensitive respiratory tracts and they also groom their feathers. Even if you smoke with the doors or windows open, the smoke still circulates around the home and settles in house dust, carpets, rug's and other soft furnishing's. Dog's noses are particularly sensitive and act as big air filters. Long nosed dogs are particularly at risk of nose cancer and shorter nosed dogs are at more risk of lung cancer. Fish are also at risk as nicotine dissolves easily in water and is toxic to them.

If your health is on the top of your list of reasons why you want to quit smoking why not have your pet's health on the top of your list too. This will be another motivation to start your quit attempt and will also help you stay smoke free. Why not spring clean your house with pet friendly cleaning products, starting with your pets bedding and move on to the rest of the home including the carpets and soft furnishings and curtains where there are toxins, residue's and deep, rooted smells from tobacco smoke. This new freshness in the home will help you keep motivated not to smoke. Why not treat your pet to some special pet grooming products leaving him smelling sweet and smoke free! You'll want him to smell like this all the time from now on! If you smoke in your car then de tox it by giving it a valet and treat yourself to a fabulously smelling air freshener.

If you smoke outside, then your furry friends are at risk from discarded cigarette butts in the garden as these contain nicotine, heavy metals and toxins and can be accidentally eaten by your pet. Why not give your outside space a spring makeover too? It does not have to be expensive or time consuming. Just small changes can make a real difference to how you view your space and what your space is used for. Removing all ashtrays and old cigarette butts is a start. Think how you might like to use your outside space and create a space that is yours to enjoy being in that does not involve the daily ritual and bind of going out for a cigarette. Make your outside space a smoke free zone that is inviting, stimulating and a positive environment for you to be in. Changing, your space in small ways often changes perspective in bigger ways!

As your health starts to improve from the day you stop smoking and your energy levels increase and breathing becomes easier, then your dog will benefit from this too. You'll have extra energy to throw the ball in your new smoke free garden, or go on more walks with your dog. This will also help you keep busy, and the fresh air and exercise will help with any withdrawal symptoms too.

It's worth remembering that pets are sensitive and at risk from nicotine in any form so if you are using NRT (nicotine replacement products) or electronic devices, be mindful of where and how you use them and how you discard your products, so your pets are not at risk. Some of the signs of nicotine poisoning in pets can be vomiting, being lethargic, unsteady, shaking, a fast heart rate, drooling and seizures and your vet should be consulted

Our pets are important family member's and we can protect their future health and well being as well as our own by being smoke free together!



YORKSHIRE
SPEAK THEIR NAME
SUICIDE MEMORIAL QUILT

Speak their name

6th June
1pm-3pm
St.Giles' Centre

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.



YORKSHIRE
SPEAK THEIR NAME
SUICIDE MEMORIAL QUILT

“ORAL HISTORIES OF MENTAL HEALTH”

We are developing an Oral History Archive at the Mental Health Museum to document the stories of the people of South West Yorkshire.

HOW CAN I GET INVOLVED?

We have planned several sessions in both Wakefield and Huddersfield so that you can find dates and locations to suit you. Advance booking is essential.

Briefing Session - come along to find out more about the project.

4th May 22 / 1-3pm (Mental Health Museum) **OR** 5th May 22 / 1-3pm (S2R Create Space)

Community Reporter Training - become a Community Reporter to gather and curate stories in your community.

18th & 25th May 22 and 6th and 13th July 22 / 10.30am-3pm (Mental Health Museum) **OR** 19th & 26th May 22 and 21st and 28th July 22* / 10.30am - 3pm (Heritage Quay)

*Venue for 28th July TBC

Drop-in Story Gathering Session - come along to share YOUR story with us.

9th June 22 / 1-3pm (Heritage Quay) **OR** 22nd June 22 / 1-3pm (Mental Health Museum)

Book Your Place

If you would like to get involved, you need to register online in advance:
<https://forms.gle/PEXereC9ypKc5Pfx9>

Alternatively, for more information, call the Mental Health Museum on **01924 316360**, leave a message and we will be in touch to have a chat and, if you want, register you.



COMMUNITY FUND



European Union
European Social Fund

Hopeful Families Employment Support - reaching out to a Diverse Community

Hopeful Families is funded by the European Social Fund and the National Lottery Community Fund.

23rd May- Fieldhead Campus

POUND
ROCKOUT. WORKOUT.

**SWEAT
SCULPT
ROCK**

THURSDAYS 6:45PM

Join Now

MINDBODY. app

Check our schedule and choose a time for your next visit, right from your phone.



17TH
MAY
6PM

**FREE
YOGA**

**EMPOWER
PROJECT**



Any child could be exploited by criminals



The parent or child is never to blame.
For help and advice visit:
www.westyorkshire.police.uk/CCE

Signs to be aware of ...



BEHAVIOUR?
Disrespectful, secretive, change in attitude.



LOTS OF MONEY?
Unexplained money, different phone, expensive clothes.



POPULAR?
Frequent texts and calls at all hours. New friends, might be older.



DISTANT?
Signs of harm or depression. Missing school.



UNUSUAL ITEMS?
Balaclava, debit cards, drugs, knives.



JOURNEYS?
Frequent and repeat trips. Leaving without explanation.



SZUKASZ PRACY

LUB KURSÓW DOSZKALAJĄCYCH ?

POMOŻEMY

Stworzyć lub ulepszyć Twoje CV
Znaleźć najlepsze dla Ciebie kursy doszkalające
Wypełnić aplikację o pracę

DORADZIMY

Jak i gdzie szukać pracy, która najlepiej odpowiada Twoim kwalifikacjom
Jak wygląda Twój lokalny rynek pracy

Nie znasz języka ?
Pomożemy Ci uzyskać kwalifikacje językowe.

Spotkania dla klientów indywidualnych oraz grup

call us 01924 365 644 online MJLanguages

CZUJESZ, ŻE STRES ZWIĄZANY Z SZUKANIEM PRACY CIĘ PRZERASTA?

Zadzwoń, a wspólnie znajdziemy rozwiązanie !



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



JEŻELI JESTEŚ OSOBĄ, KTÓRA

- Poszukuje pracy
- Poszukuje kursu doszkalającego
- Chciałaby udoskonalić swoją znajomość języka angielskiego
- Chciałaby zbudować lub udoskonalić swoje CV
- Chciałaby zacząć pracę, ale nie wie gdzie ją znaleźć
- Bezowocnie szuka zatrudnienia od dłuższego czasu i wpływa to na jej stan psychiczny

W OFERCIE RÓWNIEŻ:

- Aplikację o status osoby osiedlonej
- Pomoc przy aplikowaniu o benefit
- Pomoc dla osób bezdomnych
- Pomoc przy aplikacjach mieszkaniowych
- Pomoc dla osób bez środków do życia



MJ LANGUAGES
Polish Community Centre CIC

01924 365 644

online MJLanguages

Thompsons House, 8A Thompsons Yard, Wakefield WF1 2TP
support@mjlanguages.co.uk

ZADZWOŃ PO DARMOWĄ PORADĘ



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

In Spring

Sunshine is great when the rays appear
Plants arise now spring is here
Rain at times like tears clearing eyes
Intriguing to see how the seasons change and life adapts
New life arrives with poise and grace
Growth and change is all around, as spring is sprung above ground

By Shannon
28/04/2022

Wakefield
Recovery and Wellbeing College

Hopeful families introductory session

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

23 May 2022

HOPEFUL FAMILIES

10am-11:30am

This will be a relaxed and interactive session which will give people a chance to network with each other and tell us their stories, backgrounds, aspirations and goals for the future.

Hopeful Families will assist individuals who attend to overcome obstacles which prevent them from reaching their goals, empower them to achieve whilst helping them to maintain wellbeing and good mental health.

This session is mainly aimed at people who are currently unemployed and from an ethnic minority background wanting to explore their options regarding work, training or education. We will have Urdu/Punjabi speaking staff to hand. However, all ethnicities are welcome to attend.