

The Supporter Newsletter

13 May 2022



Talking about
mental illness
on social media
is so
~~ATTENTION
SEEKING~~
Brave & important



www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

@W5TRC

facebook.com/wakefieldrecoverycollege



Meaningful May 2022

SUNDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

MONDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

TUESDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

WEDNESDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why

THURSDAY

5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

FRIDAY

6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

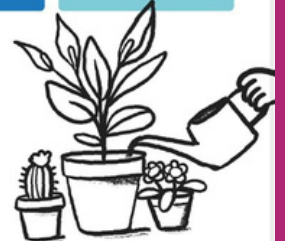
SATURDAY

7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight



ACTION FOR HAPPINESS

Happier · Kinder · Together

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

Creative fitness – trying something new for a better physical & mental wellbeing	Every Wednesday – Vibe fitness	11.00am-12.00pm
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
Book folding	24 May 2022 – Fieldhead Campus	12.00pm-2.00pm
Recognising burnout	25 May 2022 – Fieldhead Campus	11.00am-1.00pm
The M Word; Menopause awareness	25 May 2022 – Online	11.00am-12.30pm
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.

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.



kooth

Chat, listen, share, understand.
We can all feel lonely at times. And that's ok.

Mental Health Awareness Week
9th of May - 15th of May

Join our mental health and wellbeing community today to **chat with a professional and connect with peers** by visiting **kooth.com**

1 in 6 people report experiencing a mental health problem.

Our specially trained Wellbeing team are here to help.

Call: **01977 724403** / Email: **wellbeing@wdh.co.uk**

Mental Health UK

This #MentalHealthAwarenessWeek...

Let's Connect!

mentalhealth-uk.org/mhaw **9 - 15 May 2022**

Say hello to someone new today!

#MENTALHEALTHAWARENESSWEEK #BEKIND #DOSOMETHINGNICETODAY

Making a Difference
Trust Honesty Respect Compassion Teamwork

Looking After your Mental Health at Work

1. Talk about your feelings

- Talking about feelings helps maintain positive mental health
- It is not a sign of weakness, it is part of taking charge
- Speak to colleagues/a manager if you can
- Make sure there is somebody in your life to discuss work pressures (e.g., friends/family)

2. Keep active

- Exercise could be a sport, or simply a walk
- Experts recommend 30 minutes of exercise 5 days a week
- Make exercise a part of the work day (e.g., a lunchtime walk)



3. Eat well

- What we eat affects us both in the short and long-term, mentally and physically
- Plan mealtimes at work (e.g., bringing food from home)
- Eat away from desks
- Try giving up or reducing caffeine



4. Drink sensibly

- Drinking to alleviate adverse feelings can lead to long-term issues, such as addiction, which can lead to poorer mental health



8. Do something you're good at

- Doing activities that you enjoy can help beat stress
- E.g., cooking, gardening, or sports
- Achieving something boosts your self-esteem



7. Take a break

- A change of scene or a change of pace is good for your mental health
- E.g., a book or podcast during the work commute, a 30 minute lunch break at work, or a weekend exploring somewhere new
- Sleep is essential to our mental health and concentration

6. Ask for help

- You may be able to access occupational health support through your line manager or HR service
- The first port of call in the health service is your GP, who may refer you to a specialist or counsellor



5. Keep in touch

- We may not always get along with those we work with, which may need to be addressed, or self-care focused on at these times
- Speak to trusted colleagues if you can
- Try and maintain relationships with friends and family



Questions to ask your child

#SUPPORTING PARENTS | YOUNGMINDS

What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

How are you finding things at school at the moment?

What are you worried about when you lie in bed and can't sleep?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

Can you show me what you like about gaming?

How do you feel about things changing?

What do you think could help you to feel better?

Job vacancy



After a very successful pilot project, we are very grateful to gain National Lottery Community Fund backing to continue and grow our Wild about Wakefield work. We will be using the three-year Lottery funding, totaling almost £300,000, to help build our activities in Wakefield, including new staff employment. The new roles will include a full-time Countryside Activities Officer (developing our Walking, Wild Things and Weekend Outings groups), part-time Countryside Activities Officer (developing our Adapted Cycling, Adventure and Trailblazer groups) and part-time Support Officer (carrying out important office admin work to help our activities blossom). For more information on these new job posts or how to apply, email Ella on wakefield@opencountry.org.uk or ring 07426 71677. Please note that the deadline for all job applications is 5pm on 31st May 2022. #OutThereTogether

Who you can call this
Mental Health Awareness Week



0300 123 3393
Open 9am-6pm weekdays

SAMARITANS

116 123
Always open



0800 58 58 58
Open 5pm - midnight

If you're in Wales:



0800 132 737
Always open

If you're under 25:



0808 808 4994
Open 4pm - 11pm

Lift someone out of loneliness

Better Health every mind matters

WF-I CAN

WE ALL HAVE GOOD AND BAD DAYS AND NEED A BIT OF HELP SOMETIMES

WWW.WF-I-CAN.CO.UK

Logos: Young Wives, Wakefield Council, ONE TO ONE DEVELOPMENT TRUST, MNS

CRAFTORIUM

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

A NEW ADULT CRAFT GROUP FROM
EMPATH ACTION CIC

#empathcrafters
www.empathaction.org

CRAFT ACTIVITIES AND SOMEWHERE TO CHAT

MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsically linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news

the coalfields regeneration trust | wakefield council working for you

Are you 18+, Unemployed or working part time living in Castleford, Normanton, Knottingley or Ferrybridge?
We are delivering a FREE...

CREATIVE WORKSHOP AT RIVERSIDE PAINT A POT

Monday 6th June 11am
Riverside Paint A Pot
Aire Street
Castleford
WF10 1JL

Embrace your creative side
Relax and have fun

Eligible customers that attend the workshop will get to paint a chosen pot before it's glazed and fired. *Limited Spaces*
Refreshments will be provided

To check to see if you are eligible please contact:
Email: mikayla.harper@coalfields-regen.org.uk
Text/Call: 07719556729

Logos: UK Government, West Yorkshire Combined Authority, Riverside Paint a Pot

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

SPOTLIGHT ON LONELINESS



The Prince's Trust Team Programme

- Community Project
- Career Planning
- Presentation skills
- Planning for Progression
- Work Placement
- Supporting Others
- Teamwork

Start date - 30/5/22
End date - 19/8/22

- ✓ Confidence building
- ✓ Develop new Skills
- ✓ Nationally recognised Qualification

Are you aged 16-25 and looking for self-development?

Join the Prince's Trust TEAM programme and take part in a 12-week personal development course delivered at your local Prince's Trust team base and online.

You will get an opportunity to participate in an overnight residential, free of charge. You Might be eligible for a £30.00 a week bursary based on your personal circumstances

You must be 16 years of age as of 31st August 2021.

CONTACT Wakefield TEAM Leader
Able-gail Wilkinson
M: 07510 971977
E: able-gail.wilkinson@askham-bryan.ac.uk
www.askham-bryan.ac.uk

THIS MENTAL HEALTH AWARENESS MONTH WE ARE SENDING LOVE TO THOSE WHO..

- SUFFER FROM A MENTAL HEALTH ISSUE
- DEAL WITH SUICIDAL THOUGHTS
- FEEL MISUNDERSTOOD BY SOCIETY
- FEEL ALONE IN THEIR SUFFERING
- ARE SCARED TO SPEAK UP
- ARE IN THERAPY

Team programme

ASKHAM BRYAN COLLEGE

AGED 16-25, UNEMPLOYED & LOOKING FOR SOMETHING NEW?

THE NEXT TEAM PROGRAMME STARTS:
Monday 23rd May 2022

Join the Prince's Trust TEAM programme and take part in 12 action packed weeks which could change your life for the better.

Have fun, increase your confidence and gain qualifications, skills and experience. The programme is free - benefits aren't usually affected.

CONFIDENCE SKILLS QUALIFICATION

TEAM LEADER: Dave Potter 07772 660698

Email: david.potter@askham-bryan.ac.uk Facebook: David Potter

BASED AT: Central Methodist Church, Newgate, Pontefract, WF8 1NB

Conversation Guide: Talking to someone about mental health

Spotting the signs of poor mental health - notice the changes



Physical symptoms

- Headaches
- Muscle tension/back ache
- Tight jaw/grinding teeth

Behavioural symptoms

- Raised heart rate/faster breathing
- Changes in appetite
- Stomach problems
- Difficulty sleeping
- Avoiding and blaming others
- Eating more, eating less or comfort eating
- Using alcohol, substances or smoking

Emotional symptoms

- Irritable
- Frightened
- Worried/anxious
- Angry
- Feeling overwhelmed
- Fear
- Shame



Cognitive symptoms

- Worrying about the past or future
- Racing thoughts
- Panic attacks
- Problems concentrating
- Memory lapses/forgetting things
- Difficulty making decisions
- Unable to think clearly

Dos and don'ts to having a supportive conversation

Do choose the right environment

Consider who else is around and can potentially overhear the conversation - if on the phone or online, could you use headphones to allow for greater privacy? Ask them: where would you like to talk?

Try not to multitask, it's important to convey that you are dedicating your full attention to the conversation.

Do ask open questions

Ask them "How are you today?" or "I've noticed you haven't seemed yourself lately, how are you feeling?" - Sometimes making it about the present can prevent the ubiquitous "I'm fine" response. Offer reassurance that you are there to listen.

Don't assume you know the answers

You're not expected to be an expert. If you don't know what to say, remember that you don't need to find an answer, or even understand their feelings. Listening will let them know you care.

Don't challenge, ignore or invalidate

Don't silver-line situations or try to make the person feel better. If someone says they feel worthless and we respond,

"No you're not, don't be silly" we are invalidating what they have said.

Don't compare

Sometimes we can draw up a story comparing their situation to someone else's or your own. In some instances, this can show empathy, but it can also sometimes turn into you telling your story rather than listening to them.

Do reflect back and clarify

If someone says something that isn't clear and you don't know what they mean, repeat back what they have said and ask them to explain. Don't put words in their mouth.

Do show empathy rather than sympathy

Empathic responses show that you're trying to see where the person

is coming from. Sympathy usually expresses pity, so say something like "That must be awful, I'm so sorry." Instead of "I'm sorry for you"

Do empower the person

Ask: "What do you think would help?" rather than tell them what you think would help. Give information rather than advice. This makes it empowering.

Don't try to find an easy solution

What would help someone or what they want to happen will be different for everyone so don't try to 'fix' or give advice as your first response.

Don't diagnose

You are not in a position to diagnose a mental illness. This is not your role, even if you've gone through something similar yourself.



Signposting

Learn more about mental health conditions



SCAN ME

Find out more



SCAN ME

Join Clic for free



SCAN ME

To find support in your local area, or if you or someone is experiencing a crisis, visit www.mentalhealth-uk.org/support-and-services/



Find support



SCAN ME

Worried about your mental health? See your GP

You might find it hard to talk about how you feel, but every GP has mental health training. They're ready to offer the right support.

What will happen?

Your GP might prescribe medication, offer talking therapy or suggest lifestyle changes. They can also refer you to a specialist team if they think you're affected by a more serious condition.

Make the most of your visit

- See if there is a GP in the practice with a mental health interest
- Ask for a double appointment if you think you'll need more time
- Write down your feelings and symptoms
- Write down any questions
- Take someone you trust with you

You have the right to see any GP in the practice

If you're away from home and need to see a GP, you can get emergency treatment or register as a temporary resident with one nearby.

See how you can help yourself

There is always treatment and support available from the NHS. But you also have the power to help yourself.

Talk about it

Being open about your mental health may seem scary, but a friend or relative should be happy to listen.

You can also call a support line to talk to a skilled listener, or meet other people at a support group who have similar issues and will understand.

Other things you can do

- Exercise or get outdoors, even if it's just for a walk
- Breathing exercises
- Learning ways to relax, such as meditation
- Yoga
- Eating healthy foods regularly
- Follow a daily routine to give your life more structure
- Get enough sleep
- Keep a mood diary to be more aware of your symptoms
- Do something creative like writing, art or music
- Meet people at a local club or society
- Volunteering

It might be hard to see the signs

If a relative, friend or someone else you know has a mental health issue, they may tell you. But if they don't, any of these signs could suggest something's wrong:

- Anxious or irritable
- Mood swings
- Seeming withdrawn
- Self-harming
- Saying or doing unusual things
- Struggling to cope with work or studies
- Problems with concentration or memory

What you can do

Encourage them to talk to their GP, and show your support by telling them:


- You want to listen
- All GPs have mental health training and can help
- You can go with them
- Their GP won't share any information without permission
- Most mental health problems can be treated

What if they don't want help?

No-one can be forced to get help, but you can contact their GP for them. Talk with their GP about their symptoms and behaviour, then the GP will decide if they need to take action.

If you think they're a serious risk to themselves or others, the NHS and social services may get involved.

- England and Scotland: Call NHS Direct or NHS 24 on 111
 - Wales: Call NHS Direct Wales on 0845 46 47, or 111
 - Northern Ireland: Call the person's GP or local social services.
- Or the Emergency Social Work Service on 028 9504 9999 out of hours



If you think the person is an immediate risk to themselves or others, call 999



Bipolar disorder can be severe, affecting all aspects of life. Each mood can last a short time, or for weeks and months.

A personality disorder can make you feel, think and behave differently to most people. And when your feelings are irrational and distressing, it can become a serious problem.

Psychosis can lead to disturbing thoughts, or hearing and seeing things that aren't there. Schizophrenia also severely affects the way you think – but it does not mean having a split personality.

Depression

1 in 6 people will be diagnosed in the UK

SEE THE SIGNS

Here are the most common symptoms. You may have some and not others, but any of them could mean you have depression.

- Feeling sad or irritable
- Feeling less able to do things
- Losing interest in activities you used to enjoy
- Becoming tired easily, losing concentration
- Sleeping and eating less or more
- Low self-esteem, feeling guilty or worthless
- Losing interest in sex
- Thoughts of self-harm or suicide

TREATMENT

Self-help methods enable many people to overcome or manage low moods. The 'See how you can help yourself' section on page 19 will give you some pointers.

There are many talking therapy options too, including cognitive behavioural therapy (CBT), group therapy or counselling. You may also be offered antidepressant medication.

If you have any symptoms described on this page, it's a good idea to talk to your GP.

Stress

SEE THE SIGNS

Here are some of the common symptoms:

- Irritability
- Racing or obsessive thoughts
- Being forgetful, not concentrating
- Feeling overwhelmed
- Sweating and dizziness
- Headaches or muscle pain
- Bowel or bladder problems
- Dry mouth, shortness of breath
- Fast heartbeat

TREATMENT

There are lots of ways to help yourself, including exercise, meditation or stress management courses. Take a look at the 'See how you can help yourself' section on page 19 for more ideas.

But if you still find it hard to cope, your GP can offer advice, along with access to talking therapy and medication.

If you have any symptoms described on this page and they are causing you long-term problems, it's a good idea to talk to your GP.

Anxiety Disorders

affect 1 in 10 of us in the UK

SEE THE SIGNS

There are different types of anxiety - including panic attacks, social anxiety, post-traumatic stress disorder and obsessive-compulsive disorder. But here are some common symptoms for them all:

- Racing thoughts
- Difficulty concentrating
- Feelings of dread
- Irritability
- Sleep and appetite problems
- Fast breathing and heartbeat
- Hot flushes or blushing
- Dry mouth
- Shaking
- Extreme tiredness or lack of energy
- Dizziness and fainting
- Stomach aches and sickness

TREATMENT

Many people use self-help methods, which you can find out more about on page 19.

Talking therapy can really help too, either one-to-one or in a group. You can also tackle anxiety with medication, and both of these options are available on the NHS.

FACT Depression is the leading cause of disability worldwide.

FACT Alcohol doesn't reduce stress, it actually stimulates release of the stress hormone cortisol.

FACT Exercise is a great way to improve your mental wellbeing and manage anxiety symptoms.

Bipolar Disorder

SEE THE SIGNS

Bipolar can make your mood change dramatically – from feeling very depressed, to being over-active (also called mania).

The symptoms of depression can include:

- Feeling sad or irritable
- Lack of energy or interest in life
- Sleeping and eating less or more
- Low self-esteem
- Losing interest in sex
- Thoughts of self-harm or suicide

The symptoms of mania can include:

- Feeling energetic or restless
- Irritability
- Talking quickly
- Making impulsive decisions
- Being sexually promiscuous
- Being argumentative or aggressive

TREATMENT

You can be prescribed antidepressants or mood stabilisers. You might also benefit from cognitive behavioural therapy, or psycho-education to help you learn about managing the symptoms.

If you have any symptoms described on this page, it's a good idea to talk to your GP.

FACT Bipolar disorder is more than just normal mood swings. It can cause extreme, often distressing, changes in mood.

Psychosis & Schizophrenia

SEE THE SIGNS

People with psychosis can lose touch with reality, showing symptoms that include:

- Hallucinations: Seeing things and hearing voices that aren't real
- Delusions: Believing things that aren't true, like imagining you're being followed
- Disturbing and confusing thoughts
- Not realising something is wrong

People with schizophrenia also experience these symptoms, along with others such as:

- Lack of motivation and interest
- Slow movement
- Sleep disruption
- Low sex drive
- Less interest in socialising

TREATMENT

Schizophrenia and psychosis can be life-long conditions, but you can manage your symptoms and live a full life. Some people even find that their symptoms disappear completely. They can be treated by anti-psychotic drugs and cognitive behavioural therapy, along with psycho-education and family therapy. A specialist mental health team can provide additional support.

FACT People with schizophrenia are far more likely to be victims of violence than perpetrators.

Personality Disorders

SEE THE SIGNS

There are many types of the condition, but the most common is borderline personality disorder. Here are the main symptoms:

- Highly changeable mood
- Extreme reactions to feeling abandoned
- Unstable relationships
- Confused feelings about who you are
- Being impulsive and reckless
- Self-harming, suicidal threats or behaviour
- Anger
- Paranoid thoughts

TREATMENT

There are many kinds of therapy – mostly long term – to help you recognise the causes, manage the symptoms and control your emotions and behaviour. There's no recommended medication, but your GP may prescribe something to deal with symptoms such as anxiety or depression.

If you have any symptoms described on this page, it's a good idea to talk to your GP.

FACT You can have a personality disorder alongside other mental health problems, such as anxiety and depression.

Anxiety means feeling worried, fearful or nervous. It's natural to be anxious - but if the feelings don't go away, get worse or have no particular cause, they can become a problem.

Stress makes you feel like you're under too much mental or emotional pressure. It affects us all, but if you're under stress for long periods, it can damage your mental health.

Depression is a low mood disorder. We all feel down at times, but if these feelings last and get in the way of your life, you could have depression.

Time out

Bev from the Dare to share group has kindly shared her poems

Hi, I am in the Dare to Share group where you are invited to share your writing and get constructive comments from other people. You can share your music, poetry or anything creative. It's really built my confidence and there are a lot of talented people in the group, each with their own unique take on writing for pleasure and expression and I'm in awe of the talent in the group.

This week, in the Introduction to Poetry course, with Ryder and Halima, we've been grappling with Haiku and Diamante poetry. Everyone's work is valued and it's really interesting to hear about the experiences of other people and how they interpret the world around them. And a very supportive and friendly group it is too!

This is what I was inspired to write with help and support on the techniques taught in the group this week:

Reclaiming your Self

Fear

Lonely, afraid

Cringing, cowering, flinching

Anxiety, terror, boldness, spirit

Striving, thriving, daring

Intrepid, adventurous

Bravery



Bev Aitcheson May 2022

Juicy apple green

Taste exploding sharp on tongue

Then lip-licking sweet

Bev Aitcheson May 2022

