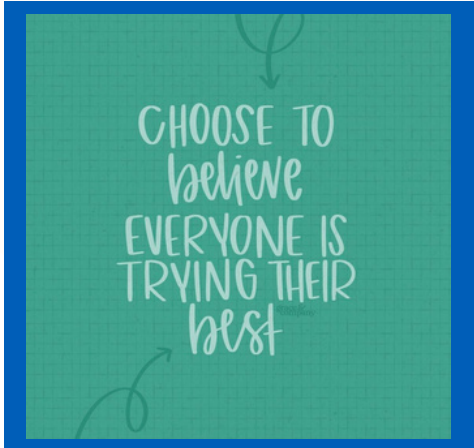




The Supporter Newsletter

20 May 2022



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk



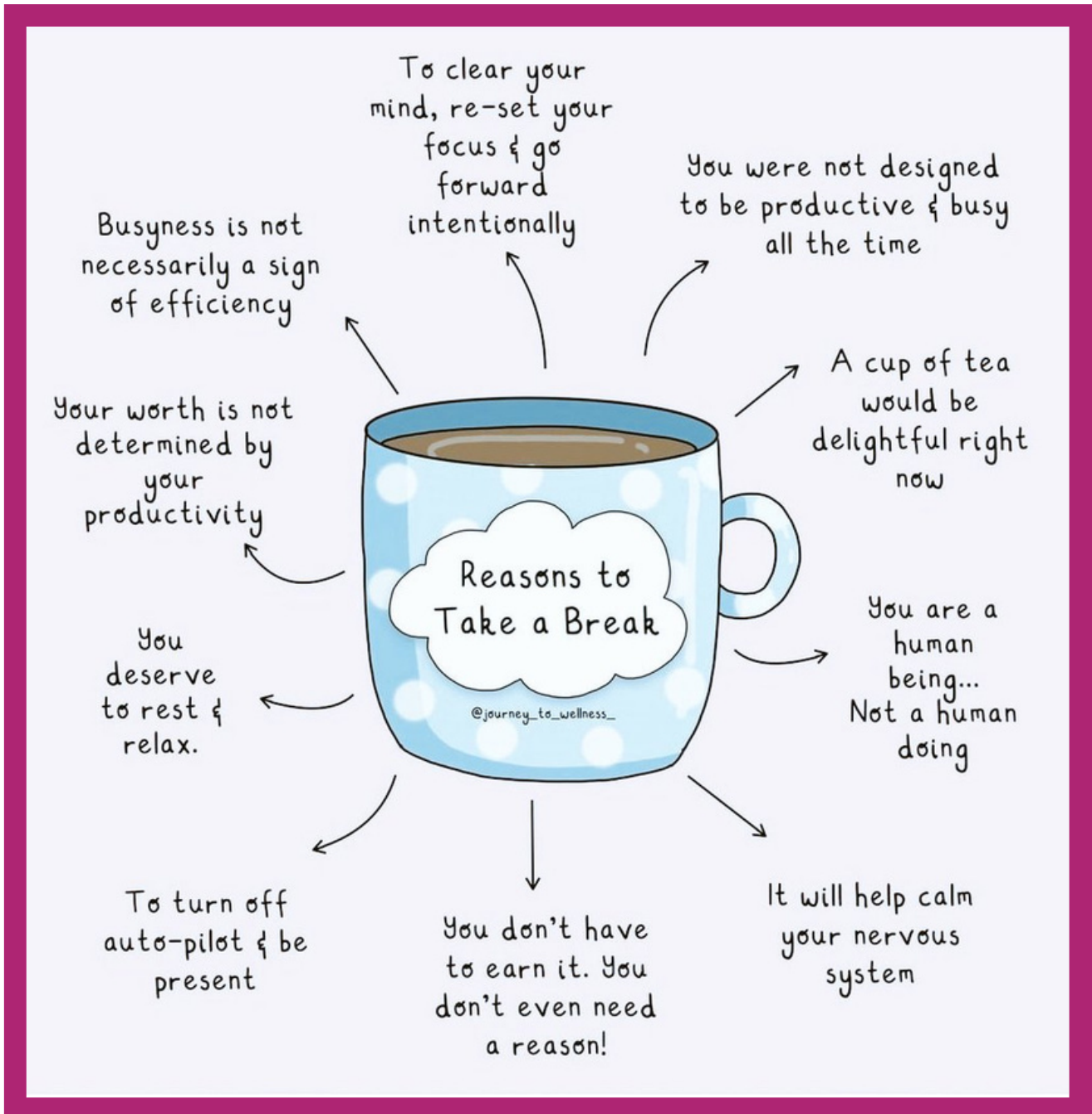
01924 316946



@W5TRC



facebook.com/wakefieldrecoverycollege



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 |
| Boosting self-confidence | 23 May 2022 – Online | 10.00am-11.30am |
| Hopeful families introductory session | TBC– Fieldhead Campus | 10.00am-11.30am |
| 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 |
| Understanding and managing depression | 13 June 2022- Online | 10.30am-12.30pm |
| 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 |
| Book folding | 23 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 |
| Understanding and managing depression | 29 June 2022- Fieldhead Campus | 1.00pm-3.00pm |
| The inner scream: Understanding self-harm | 30 June 2022 – Fieldhead Campus | 1.00pm-4.00pm |
| Recognising burnout | 4 July 2022 – Online | 2.00pm – 4.00pm |
| Understanding post-traumatic stress reactions | 12 July 2022 – Online | 11.00am – 12.00pm |

| | | |
|---|---------------------------------------|-----------------|
| Scrapbooking for wellness | 14 July 2022 Fieldhead Campus | 12.00pm-2.00pm |
| Coping with life by using relaxation | 22 July 2022- Online only | 2.00pm-3.30pm |
| Freedom from fibromyalgia | 5 September 2022 – St Giles' Centre | 1.00pm-3.00pm |
| Caring for me & you | 5 September 2022- Wakefield Town Hall | 10.00am-12.30pm |

Summer Holidays beginning from the 27th July 2022.

The college tries to provide every student with the same opportunity to join our free educational courses and some courses do have waiting lists in place.

If students do not let the college know they are unable to attend, unfortunately other students do not have the chance to accept this valuable place.

Remember to check your texts or emails for your joining details.

We understand sometimes life gets in the way; we don't mind if you need to cancel, we just need the opportunity to offer your place to someone else. If you forget to let us know, please get in touch at the earliest opportunity so we know you're ok.

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 mobile indoors at any of our courses/workshops (but we can now take these off when we're sat down) and adhere to 2m social distancing.



24 hour Mental Health Helpline

 0800 183 0558

Support, advice, information and guidance. A confidential helpline for anyone seeking support for their mental health or their carers.

Available to anyone registered with a GP in:
• Calderdale • Kirklees • Wakefield • Leeds • Barnsley

Service provided by:


Care and Support

NHS





NHS
 South West
 Yorkshire Partnership
 NHS Foundation Trust

Jump and jive your way to wellbeing

The race equality and cultural heritage (REACH) staff network and Move More SWYPFTly invite you to join a free 'Kood Aur Jiv' online dance session, where you'll learn fun Bollywood moves with dance entertainment specialists Desi Nach.



Date: Tuesday 24 May
Time: 6pm
Venue: Online via Zoom



Book your place by emailing movemore@swyt.nhs.uk

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

With all of us in mind.

PHOTOGRAPH BY MARISSA



Chapel Allerton Cycling Festival

let's cycle towards **healthier, greener** travel in Leeds

Join us for cycling activities, **free bike repairs and maintenance**, a **BikeRegister pop-up**, and the chance to **try out an electric bike!**

Saturday 21 May 10am-2pm
 Location: **Chapel Allerton Square, LS7 3QY**

Connecting Leeds



Wakefield
 Adult
 Education
 Service

wakefieldcouncil
 working for you

Careers & Progression Drop in Sessions

Are you aged 19+ and living in the Wakefield District? Would you like help with your career or next steps? We are holding drop in sessions with our Careers and Progression Advisors at St Marys.

Speak to one of our Advisors!

Thursday 19th May
 Tuesday 24th May
 11:30 – 13:00

Café area at St Marys



Come along to the café for help and guidance with changing your career/progressing onto another course.

EVERY DEATH FROM
SUICIDE
 IS ONE TOO MANY

West Yorkshire
 Suicide Prevention



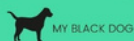
The Healing Hubs

BEATING LONELINESS & ISOLATION
 FREE HELPLINE: 0300-102-1546

EMAIL: HELLO@THEHEALINGHUBS.ORG.UK

Stress Management

To avoid stress start with little things



MyT

The evening before your teen's exam, remember to...

Make sure they eat something

A healthy, balanced dinner will help set them up for the big day.

Remind them to pack their school bag

It'll make the morning run smoother. Black pens, rulers, calculators, water bottles, snacks- whatever they need for their exam!

Help them switch off

They've done all the studying they can do, and just need to relax now. Whether it's watching their favourite show, or soaking in the bath- it's chill out time.

Give them lots of encouragement

You can let them know that you're proud of all the work they've put into revising. And that no matter what happens- they should feel proud, too.

Make sure they get an early night

To get a good night's sleep, they should ideally stay off their screens for 1-2 hours before bed.

A peer support group for those approaching, experiencing or beyond the menopause



Pause & Space

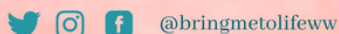
Brought to you by Bring Me To Life- Women's Wellness CIC



FIRST Tuesday of every month
7pm-8.30pm @ The Ridings Wakefield- Garden Kitchen
on the upper floor.

No booking required, just come along! All women
welcome- Refreshments will be provided.

For more information please visit www.bringmetolife.co.uk



Choose well for your mental health

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Are you aged 18 or
over and living in
Barnsley, Calderdale,
Kirklees or Wakefield?

Do you want to know:

- How you can look after your mental health and wellbeing?
- Where you or others can go for mental health and wellbeing support locally?



Download the 'choose well for
mental health' guide at:

www.southwestyorkshire.nhs.uk/choosewell
or scan the QR code



If you require a copy of this information in any
other format or language please contact the Trust.

With all of us in mind.

DOI: 10.2501/18002



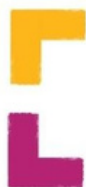
**DOES YOUR MATE
ALWAYS WANT TO HAVE
ONE TOO MANY?**

HE MIGHT BE STRUGGLING.



**Suicide Prevention Resources
for West Yorkshire**

suicidepreventionwestyorkshire.co.uk



Hopeful families Introductory session

Date and Time TBC
Fieldhead Campus



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.



To join the workshop – go to our website
www.wakefieldrecoverycollege.nhs.uk
and complete the enrolment form.

The workshop is open to anyone over the
age of 18 and is completely free of charge.

With all of us in mind.



IF YOU ARE A PERSON, WHO

- ☛ Is looking for a job
- ☛ Is looking for a training course
- ☛ Wants to improve your language skills
- ☛ Wants to build or improve CV
- ☛ Wants to undertake the job but doesn't know where to find it
- ☛ Is looking for a job with no results for a long time

WE ALSO OFFER HELP WITH

- ☛ Settlement Scheme application
- ☛ Applying for benefits
- ☛ Any issues related to the language barrier
- ☛ Homeless people
- ☛ WDH application
- ☛ People with no money access



MJ LANGUAGES
Polish Community Centre CIC

01924 365 644

online MJLanguages

Thompsons House, 8A Thompsons Yard, Wakefield WF1 2TP

support@mjlanguages.co.uk

CALL FOR FREE ADVICE

ARE YOU LOOKING FOR A JOB

OR TRAINING COURSES?

HELP

By creating or improving your CV
With finding the best for you training courses
With filling up job application

ADVICE

How and where to find a job that matches your qualifications
How your local job market looks like

You don't speak English?
We will help you get language qualifications.
Individual or team meetings are available

call us 01924 365 644 online MJLanguages

Our specialist employment advisors will work with you to understand and achieve your career goals.

Kickstart



Employment support and guidance for disabled people

For more information, visit scope.org.uk/kickstart

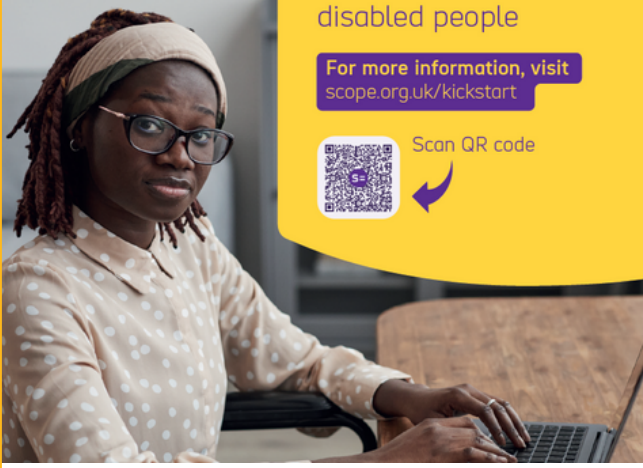


Scan QR code



Kickstart offers support with:

- confidence building
- writing your CV
- searching for jobs
- preparing for interviews
- career advice
- ongoing support once you've found a job



To join

Register for Kickstart by completing our online application form at: scope.org.uk/kickstart

Contact us

Email us for more information at: kickstart@scope.org.uk

Starting Line



Scope's employment support

Are you disabled and aged 16 or over?

Wherever you are on your journey into (or back into) work, we are here for you.

For more information, visit scope.org.uk/starting-line



SCOPE = Equality for disabled people

Join group sessions with our friendly advisers who will support you to:

- become more confident, assertive and independent
- develop your CV writing and interview skills
- meet other people in similar situations to you
- find the right volunteering, training or job opportunities for you

“

Everything was done in a friendly and relaxed manner with great support given to help me with a CV, interview skills and to find me voluntary work in a sector I would have never thought about. The course gave me the confidence I was lacking to move forward into looking for full-time work. ”

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

Time out

The Scot's Guard



The Scot's Guard lay in your underwear drawer,
along with other sentimental bits and pieces.
A drawer safe from your husband's restless urge
to sort and relocate life's contents.

His bear skin has seen better days
but he still wears his kilt with pride
as he blinks from his plastic painted eyes.

A replacement for the one you lost.
Bought by your father for his beloved daughter
before he died on a cross word.

A signal man, that left his post as the train continued past.
Now, the Scot's Guard has a new home in my drawer.
A homage to Edinburgh and Scotland your father's home.



By Anon

Ode to the Lost, the Unloved, the Unwashed Sock

Ode to the lost, the unloved, the unwashed Sock.
A twin at birth, then part of a mismatched pair
and now a Singleton.

Ode to the lost, the unloved, the unwashed Sock.
You served me well, climbing the stairs,
the hills and mountains.

Ode to the lost, the unloved, the unwashed Sock.
The unholy hole in your toe.
The wear and tear of life.
Now your useful service has come to an end.
I praise your unflinching service to a sockless foot.

By Anon