



# The Supporter Newsletter

27 May 2022



[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)



[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)



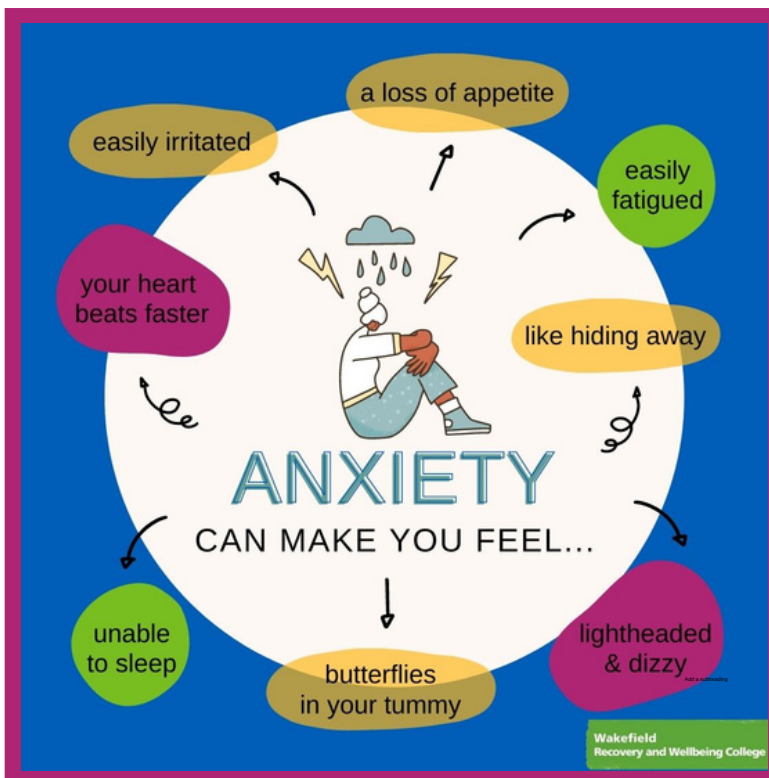
01924 316946



@W5TRC



[facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)



Join us on the Managing anxiety (Female only)  
online course  
Monday 27th June 2022 at 10.30am-12.00pm  
Enrol via the website  
<https://www.wakefieldrecoverycollege.nhs.uk/>



## 84%

increase in hospital admissions  
for eating disorders in the last 5 years

To tackle the serious harms, up to and including death, associated with eating disorders it is crucial that more is done to identify them at the earliest stage possible so that the appropriate care and treatment can be provided. The Royal College of Psychiatrists has published new guidance, endorsed by the Academy of Medical Royal Colleges, on how to respond to Medical Emergencies in Eating Disorders. The guidance provides advice to the full spectrum of healthcare professionals who may come into contact with these patients on assessing all eating disorders that can lead a patient into a state of clinical emergency. It also includes information and advice on how to manage their physical, nutritional and psychiatric care. It also includes an eating disorders risk assessment tool using a 'traffic light' system, to aid decisions on emergency management. Please download and share the guidance here: <https://www.rcpsych.ac.uk/meed>

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

<b>Creative fitness – trying something new for a better physical &amp; mental wellbeing</b>	Every Wednesday – Vibe fitness	11.00am-12.00pm
<b>Boogie bounce (Join in any week until November 2022)</b>	Every Wednesday – Online	10.00am-11.00am
<b>Speak their name (only for those bereaved by suicide)</b>	6 June 2022 – St Giles Centre, Pontefract for 3 weeks	1.00pm-3.00pm
<b>Understanding hearing voices</b>	9 June 2022 – Online	10.00am-12.00pm
<b>Journaling for wellbeing</b>	9 June 2022 - Fieldhead Campus	10.30am-12.30pm
<b>Feeling positive, busting stress</b>	10 June 2022 – Online	11.00am-12.30pm
<b>Medication and me</b>	10 June 2022 - Fieldhead Campus	1.30pm-3.30pm
<b>Understanding and managing depression</b>	13 June 2022 – Online	10.30am - 12.30pm
<b>Exploring resilience</b>	15 June 2022 – Fieldhead Campus	10.00am-12.00pm
<b>Learning more about IBS</b>	21 June 2022 – Online	10.00am-12.30pm
<b>Improving your sleep</b>	21 June 2022 – Fieldhead campus	1.00pm-3.00pm
<b>Book folding</b>	23 June – Fieldhead Campus	1.00pm-3.00pm
<b>Dyslexia awareness</b>	23 June 2022 – Online	10.30am-12.30pm
<b>Summer rag wreaths</b>	23 June 2022 – St. Giles' Centre	10.30am-12.30pm
<b>Managing anxiety (Female only)</b>	27 June 2022 – Online	10.30am-12.00pm
<b>The inner scream: Understanding self-harm</b>	23 June 2022 – Fieldhead Campus	1.00pm-4.00pm
<b>Understanding and managing depression</b>	29 June 2022 – Fieldhead Campus	1.00pm-3.00pm
<b>Recognising burnout</b>	4 July 2022 - Online	2.00pm-4.00pm
<b>Understanding post-traumatic stress reactions</b>	12 July 2022 – Online	11.00am-12.00pm
<b>Scrapbooking for wellness</b>	14 July 2022 - Fieldhead Campus	12.00pm-2.00pm

<b>Summer rag wreaths</b>	12 July 2022 – Fieldhead Campus	10.00am-1.00pm
<b>Coping with life by using relaxation</b>	22 July 2022- Online only	2.00pm-3.30pm
<b>Freedom from fibromyalgia</b>	5 September – St. Giles' Centre	1.00pm-3.00pm
<b>Caring for me and you</b>	5 September – Wakefield Town Hall	10.00am-12.30pm

**Summer Holidays beginning from the 27<sup>th</sup> 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](http://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.



# Discovery College

COMING  
SOON



**Wakefield**  
Recovery and Wellbeing College  
Home of the Discovery College





# Ball Skills

Do you know what's normal for your balls?

Testicular cancer can affect men of any age, but it's most common between the ages of 15-45, so you're never too young to get to know your nuts.

## 1 Check regularly

You might want to check when you're having a bath or shower (as your testicles will be warm and relaxed).

## 2 Have a Feel

Rest your balls in the palm of your hand and gently use your thumb and fingers to feel them, being aware of the small tube which lies behind each testicle. Don't worry if one's bigger or hangs lower - it's normal!

## 3 If in doubt, get it checked out.

Most changes to your balls won't be cancer, but see your doctor if you notice a lump, bump or anything unusual for you.

For more info visit [yourprivates.org.uk](http://yourprivates.org.uk)



ORCHID  
FIGHTING MALE CANCER



This information was last reviewed in February 2022. It will be reviewed in February 2025.  
CoppaFeel! is a registered charity: 1132366 (England and Wales) & SC056370 (Scotland) VAT Number: 388465343. Orchid is a registered charity: 1080540 (England)



Scan for  
more info



# Boob Basics

A handy guide for guys  
gals & non-binary pals.

Whatever your age, getting to know your boobs or pecs could save your life! Here's how it's done.

## 1 Check regularly

This will help you get to know what's normal for you. You can use any method you're comfortable with, such as lying down in bed, standing in front of a mirror or when you're showering.

## 2 Look & Feel

Remembering to check all parts of your boob or pec, including your armpits, up to your collarbones and your nipples.

## 3 If in doubt get it checked out.

Early detection is the best form of defence, so if you notice anything unusual for you, get it checked out by your doctor.

For more info visit [coppafeel.org](http://coppafeel.org) or

[@coppafeelpeople](https://www.instagram.com/coppafeelpeople)



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CoppaFeel!

# Balls Boobs Pecs



## They ALL need a check.

Knowing your body could save  
your life, so get hands on & get  
to know what's normal for you.



ORCHID  
FIGHTING MALE CANCER



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CoppaFeel!

Because there is  
life after stroke

**STROKE AWARENESS MONTH**

**F A S T**

**F is for FACE**  
Has their FACE fallen on one side?

**A is for ARMS**  
Can they raise both ARMS and keep them there?

**S is for SPEECH**  
Is their SPEECH slurred?

**T is for TIME**  
It's TIME to call 999 if you see any of these signs

## How can local authorities reduce obesity? Insights from NIHR research

*'Obesity is considered to be one of the most serious public health challenges of the 21st century. It is having an impact on people's lives now, across the generations, in terms of our quality of life, our risk of developing chronic diseases such as type 2 diabetes and its association with common mental health disorders. Doing nothing is not an option. Without action, the health of individuals will continue to suffer, health inequalities associated with obesity will remain and the economic and social costs will increase to unsustainable levels' (Local Government Association).*

The NIHR invests more than £1bn a year in research to improve the health and wellbeing of the nation. Over the last decade we have invested heavily in research aimed at preventing or managing obesity. We want to support good local decision making by ensuring that investment decisions can be based on sound evidence. This will maximise the impact of stretched local resources.

To tackle obesity we need to take action across many different areas...



Influencing what people buy and eat

Encouraging healthy schools

Expanding access to public sports and leisure services

Promoting active workplaces

Providing weight management programmes

Designing built and natural environments

Enabling active travel and public transport

Preventing obesity in children and families

Embracing system-wide approaches





## 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:

 **NCHA**  
Care and Support



 **ASKHAM BRYAN  
COLLEGE**



 **TEAM**

### The Prince's Trust Team Programme

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

**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: 07580 971977  
E: [able-gail.wilkinson@askham-bryan.ac.uk](mailto:able-gail.wilkinson@askham-bryan.ac.uk)  
[www.askham-bryan.ac.uk](http://www.askham-bryan.ac.uk)

 **ASKHAM BRYAN  
COLLEGE**



### NEIGHBOURHOOD POLICING TEAMS

**npt**



#### WARD 16 PACT MEETING DATES 2022 EASTMOOR / COLLEGE GROVE / PINDERS HEATH

Meetings held at LIGHTWAVES, LOWER YORK STREET, WAKEFIELD.

**WEDNESDAY 29<sup>th</sup> June 2022 @ 1800 – 1900HRS**

**WEDNESDAY 10<sup>th</sup> August 2022 @ 1800 – 1900HRS**

**WEDNESDAY 21<sup>st</sup> September 2022 @ 1800 – 1900HRS**

**WEDNESDAY 2<sup>nd</sup> November 2022 @ 1800 – 1900HRS**

**WEDNESDAY 14<sup>th</sup> December 2022 @ 1800 – 1900HRS**

[www.westyorkshire.police.uk](http://www.westyorkshire.police.uk)



### Wellbeing Workshop!

**When:** every Friday from June 10<sup>th</sup> to July 15<sup>th</sup> - 11am to 1pm.

**Where:** The Gaslight, Lower Warrengate, Wakefield WF1 1SA

This 6 week wellbeing workshop covers a range of topics every week as follows:

1. Course Introduction
2. Anxiety and assertiveness
3. Loneliness and depression
4. Anger and stress
5. Body image and self confidence
6. Personal care and crisis

Looking after your mental wellbeing and learning how to deal with different and difficult emotions is very important to maintain a good quality of life.

You don't need to bring anything, everything will be provided.

For more information or to sign up, please contact Judith:

[judith.lindley@richmond-fellowship.org.uk](mailto:judith.lindley@richmond-fellowship.org.uk)

Or call 01924 339 157 (office) / 07342078992 (mob)



RF Wakefield Community Support

THE RIDINGS CENTRE ARE PLEASE TO PRESENT AN

Indoor Street Party in  
Celebration of

The Queens  
Platinum Jubilee

THURSDAY 2ND JUNE 2022, 11AM - 2PM



The Ridings  
AT THE HEART OF WAKEFIELD



# 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



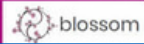
**PAULA**  
Co Founder & Co Director  
Family Fit CIC

Women of Wakefield!  
Come and walk with us  
for the finale of project  
EMPOWER!

Sunday 29th May  
2pm - Thornes  
Park, Meet  
outside the  
stadium

In Partnership With:  
DS Holistic Therapies

Funded By:



# Pontefract Community Fun Day 2022



## Classic Car Show Family Fun Day



Rides - Stalls - Classic Cars  
Sports cars - Display Vehicles  
Games + More

**@Pontefract2022**

**29th May 10am - 4pm**

All enquiries email [enquire@liveartists.co.uk](mailto:enquire@liveartists.co.uk)  
Pontefract Collieries FC, Beechnut Lane WF8 4QE  
Entry - Adults £3 Accompanied Kids FREE

## Garden Jubilee Jam

Celebrate  
the Queen's Jubilee

The Art House,  
Drury Lane, WF1 2TE

Saturday 4<sup>th</sup> June 2022

2pm – 4pm

Free  
everyone welcome

Live music, crafts, chat, afternoon tea

A chance to enjoy a mixture of culture  
and community activities

Open to all the family and friends

For more information contact: 07113 28396



## CREATIVE CRAFT SHOW

Come and celebrate creative learning!  
View art work by our learners and tutors

FRIDAY 8TH JULY

10AM - 3PM

MANYGATES EDUCATION CENTRE

DISCOVER WHAT CREATIVE  
COURSES ARE AVAILABLE  
FOR YOU

VISIT OUR STUDIO

MEET THE TEAM

Wakefield  
Adult  
Education  
Service

Some work will be on sale

wakefieldcouncil  
working for you



## OUTDOORS AND TOGETHER

EVERY FRIDAY 10-12  
STARTING 10TH JUNE  
BULCLIFFE WOODS



Watch this space

Please register your interest by emailing Vanessa  
[vanessaathelascic@gmail.com](mailto:vanessaathelascic@gmail.com) or phone 07982237201



**VOLUNTEERS' WEEK**  
A time to say thanks

## Volunteer Fair

Find a life changing volunteer role to suit  
your lifestyle. Meet charities and community  
groups. There is also a visit from Wakefield's  
own volunteer "Queen and Consort".

On: 1st June 2022

At: Wakefield Cathedral 12.30pm-2.30pm

For more information: [info@nova-wd.org.uk](mailto:info@nova-wd.org.uk)

01924 367418

#VolunteersWeek

Nova



**THINK** POSITIVELY  
and  
**EXERCISE** DAILY  
**EAT** HEALTHY  
**WORK** HARD  
**STAY** STRONG  
**BUILD** FAITH  
**WORRY** LESS  
**READ** MORE  
**BE** HAPPY

Peregrine chicks... week two  
The peregrine chicks nesting on the cathedral tower are now two weeks old and continue to grow day-by-day as on-lookers watch via the 24-hour cameras monitoring their every move.

Here is a picture from earlier this week shortly after a breakfast feed on a sunny morning in Wakefield. for more information and links to the live 24-hr feeds.



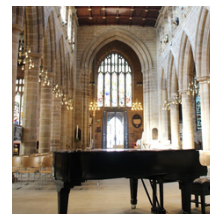
Peregrines credit Wakefield Cathedral  
Wakefield Cathedral

[www.wakefieldcathedral.org.uk/visit-us/peregrines/](http://www.wakefieldcathedral.org.uk/visit-us/peregrines/)

FREE Lunchtime Concert

Tuesday 24 May, 13:00

Next week's free Lunchtime Concert sees us welcome John Whelan (Baritone) and Andrew Padmore (on piano) to Wakefield Cathedral.



credit Wakefield Cathedral

No booking necessary, Cathedral Kitchen will be open before and after the show for anyone wishing to come for lunch or stay afterwards for a coffee and cake.

## MAN MATTERS



### OUR SERVICES

- 01 Practical Support
- 02 Counselling
- 03 Support Groups
- 04 Signposting

### VISIT US AT:

5a  
Cheapside  
Wakefield  
WF1 2SD

Facebook - Man Matters  
[www.Gasped.co.uk](http://www.Gasped.co.uk)

### REFERRAL LINE

**01924 787507**

Emotional and practical support for all who identify as male in the Wakefield area.



Call our line today for a confidential chat to find the right steps for you.

Charity: 1072174  
Company Registration: 03580792

## Are you a victim of Male Domestic Abuse?

Statistics at present state that **1 in 6** men suffer from Domestic Abuse in their lifetime.

Gasped offer 1-1 support, advice, information, signposting, liaising on your behalf if required and counselling.

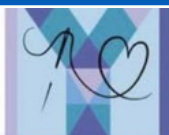
If you are suffering, please call us on **01924 787501** or email us at **resourcecentre@gasped.co.uk**

To find out more information, scan here to visit our website or search **www.gasped.co.uk/maledomesticabuse/**



Giving Advice and Support to People in Emotional Distress.

5-5a Cheapside, Wakefield, WF1 2SD



**YORKSHIRE**  
**SPEAK THEIR NAME**  
SUICIDE MEMORIAL QUILT

**NHS**  
South West  
Yorkshire Partnership

### Speak their name

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



The quilt will be made up of individual 11 x 11 inch cotton squares individually designed by those who have been bereaved by suicide in Yorkshire. Each square will represent the unique memories of the family member or friend who has died and was from or lived in any of the Yorkshire regions. The final quilt once completed will be displayed in Yorkshire on 10th September 2022, International World Suicide Prevention Day.

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.

To join the workshop - go to our website [www.wakefieldrecoverycollege.nhs.uk](http://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.