



The Supporter Newsletter

3 June 2022



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk



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@W5TRC



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Joyful June 2022

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



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
Boogie bounce (Join in any week until November 2022)	Every Wednesday – Online	10.00am-11.00am
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 – 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
Managing anxiety (Female only)	27 June 2022 – Online	10.30am-12.00pm
An Introduction to personality disorder	28 June 2022 – Online	10.00am-12.00pm
The inner scream: Understanding self-harm	23 June 2022 – Fieldhead Campus	1.00pm-4.00pm
Understanding and managing depression	29 June 2022 – Fieldhead Campus	1.00pm-3.00pm
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
Summer rag wreaths	12 July 2022 – Fieldhead Campus	10.00am-1.00pm
Coping with life by using relaxation	22 July 2022- Online only	2.00pm-3.30pm
An Introduction to personality disorder	26 July 2022- Fieldhead Campus	10.00am-12.00pm
Freedom from fibromyalgia	5 September – St. Giles' Centre	1.00pm-3.00pm
Caring for me and you	5 September – 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

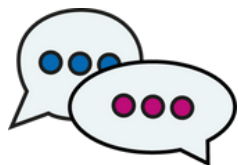
when mobile indoors at any of our courses/workshops (but we can now take these off when we're sat down) and adhere to 2m social distancing.

Important Notice the College will be closed throughout the bank holiday weekend.



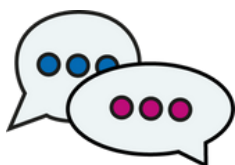
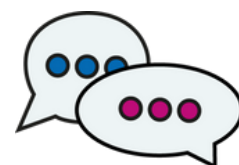


A letter to our volunteers



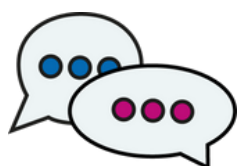
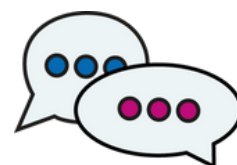
I would like to say a BIG THANK YOU to all our dedicated volunteers, past and present. Without you giving up your valuable time, skills and knowledge, the college would not be able to offer the choices of courses to our students out there in the community. By volunteering with us, you have made such a difference to people's lives by sharing your life experiences, support and encouragement, showing patience and understanding. It is great working with you all. Thank you again, **Janette**

What could I possibly say that would begin to cover the appreciation I have for each and every one of our volunteers. Whether you volunteer every week, regularly, or a few hours every year, every single contribution is valued and necessary to ensure our College is co-produced and that we can support and provide information to members of the public in need. Whilst we might be a small staff team, you make up the huge majority of our actual team and we are forever grateful. Thank you so much for all of your support! **Lindsey**



Having started in the Trust as a volunteer myself, I know the hard work, commitment and dedication that goes in to volunteering for the service you choose to volunteer for. I chose the Recovery College as my volunteering start point as I believed (and still do believe) in what they do, the messages of hope and the sharing of lived experiences to help others going through something similar or the same. So thank you, sincerely, for all that you give professionally and personally to volunteer to help others and make this College work the way it does. **Gail**

Being new to the College, you might think I wouldn't have had that much opportunity to meet many of our volunteers yet. It's been quite the opposite! I've had the absolute pleasure to meet so many of you already and can't wait to meet everyone as time goes on. I have to give a special shout out to the volunteers who've been working particularly closely with me to help set up our Discovery College offer. Without you, the Discovery College wouldn't be able to begin and so, on behalf of not only the team, but also all of our 16-25 year old local people who will soon be accessing the Discovery College...
THANK YOU! **Rachel**



To our volunteers, we are ever so grateful for the time and effort you put in to helping us and the community we have made with your help. Without you and your help we wouldn't be where we are now. Your dedication to help others is absolutely amazing. We appreciate and value each and every one of you. Thank you to our Volunteers, who make our team. "Team work makes the dream work". **Kia**

Whilst we wouldn't usually single people out, we wanted to take the time this year (in the absence of another awards ceremony) to give a special thanks to a few of our volunteers who have gone above and beyond the usual call of duty:

Abby, Abbie, Becca, Ollie and Molly – The number of hours you have given to the development of the Discovery College has been amazing. You are an inspiration to other young people and we can't wait to see everything you've been co-producing!

Ryder and Halima – your writing courses have been some of our most highly reviewed this year, inspiring people, giving people confidence, creating a social and supportive atmosphere (online as well – not an easy task!) and giving a considerable amount of your time to volunteer.

Louise and Becca – Your total commitment to co-producing and co-facilitating as many new topics as possible to support people who are going through something difficult, using your own experiences to influence the course material, is inspiring.

Kevin, Andrew, Andrea, Cate and Emma – Your willingness to take on co-facilitating courses over the past year or so, keeping things going whilst we have all been trying to juggle various fast-paced changes to keep everyone safe, has been absolutely brilliant!

You're all amazing and if we had Trust volunteer service awards this year, we would definitely be putting some of you forward for one!

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We also want to introduce our newest members of the team and refresh your memories on what the old crew look like (as you've not been able to see us in the flesh for so long!) ☺ In the photo below (left to right) we have:

Emily – One of our Recovery College Coordinators, due to start with the team in September.

Rachel – One of our Recovery College Coordinators who has been tasked with establishing the Discovery College offer for young people in the Wakefield district.

Lindsey – Down at the front in the photo, our Recovery College Principal, who steers the ship – with a lot of help from the rest of the team!

Gail – Our Recovery Coach, who teaches courses, carries out ILPs with new students and helps train our facilitators and volunteers.

Janette – Our Team Secretary and Administrative Supervisor (and beating heart of the College!).

Kia – Our Digital Manager, who looks after all of our social media, website, newsletter and also does ILPs with new students.

Joining this motley crew soon will also be another member of admin staff and two peer support workers, but we'll introduce you to them when they start later this year. We can't wait!





NHS
South West
Yorkshire Partnership
NHS Foundation Trust



Thank you!

This Volunteers Week, we wanted to say a massive THANK YOU for your support of the College over the past year and through these turbulent times we all lived through. You are the soul of our college and we wouldn't be what we are without you. Thank you!

With **all of us** in mind.



We have moved!



Wakefield's
COVID-19
vaccination
centre has
relocated to
Queen Elizabeth
Road, Eastmoor,
WF1 4AA
(free parking
available)



Anxiety UK Helpline & Support

Last month our friendly volunteers spent...

03
DAYS

19
HOURS



40
MINUTES

15
SECONDS

...providing anxiety support on our helpline

Call us on... **03444 775 774**

Trying to find the perfect **Smoking App** can be a drag. We can help.

SEARCH:



DEVON ORCHA

A Health App portal developed by clinicians with independent reviews.



THE
WOMEN
WHO CAN
NETWORK

BANWAIT GROUP HOLDINGS

The Launch Event

Join us on the 24th June from 12:00-14:00 at the Hepworth Wakefield for our Network Launch event.

We will be kickstarting our network off in style and there will be plenty of opportunities to Network and get connected. A full overview of the forthcoming sessions will also be provided.

Whether you are a working professional needing support, an aspiring Entrepreneur wanting to start your own business or unemployed and needing a boost with interview techniques or CV writing we have it all covered.

If you are interested please email
pam@stronglifecare.co.uk

Thornhillhouse.manager@stronglifecare.co.uk
to secure your place. All sessions are free.

The Hepworth Wakefield is a stunning location and it is a great opportunity to take a look at the superb pieces of work in the galleries.



@Women_Who_Can_Network

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



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



@bringmetolifeww

STEP-UP

Havercroft & Ryhill Jobs & Skills Open Day

"The secret to getting hired"

Havercroft and Ryhill Community Learning Centre
Tuesday 7 June, 10am to 2pm

Advice Training Upskilling Vacancies

01924 303 334 | stepup@wakefield.gov.uk | www.wakefield.gov.uk/step-up

wakefieldcouncil



Hannah, STEP-UP advisor

HEALTH CONSEQUENCES OF INSUFFICIENT SLEEP

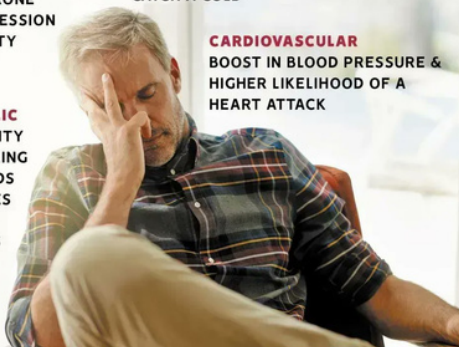
PEOPLE WHO SKIMP ON SLEEP FACE A HIGHER RISK OF
NUMEROUS HEALTH PROBLEMS.

MENTAL
MORE PRONE
TO DEPRESSION
& ANXIETY

RESPIRATORY
MORE LIKELY TO
CATCH A COLD

CARDIOVASCULAR
BOOST IN BLOOD PRESSURE &
HIGHER LIKELIHOOD OF A
HEART ATTACK

METABOLIC
PROPENSITY
FOR PACKING
ON POUNDS
INCREASES
RISK OF
DIABETES



CHECK-IN
WITH YOUR
MATE



REACH OUT



CHECK-IN



FOLLOW UP



West Yorkshire
Health and Care Partnership

50 random acts of kindness



Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health.

Today, why not take action within your schools, workplaces and local neighbourhoods to help people and communities thrive? It's so important to look after each other within our communities. This is how we protect and sustain good mental health for all.

What are the benefits?

1. Helping others feels good

When you help others, it promotes positive physiological changes in the brain associated with happiness.

Helping others improves social support, encourages us to lead a more physically active lifestyle, distracts us from our own problems, allows us to engage in a meaningful activity and improves our self-esteem.

2. It brings a sense of belonging and reduces isolation

Being a part of a social network leads to a feeling of belonging. Face-to-face activities such as volunteering at a drop-in centre can help reduce loneliness and isolation.

3. It helps to keep things in perspective

Helping others in need, especially those who are less fortunate than yourself, can provide a real sense of perspective and make you realise how lucky you are, helping you to achieve a more positive outlook on things that may be causing you stress.

4. It helps make the world a happier place – it's contagious!

Acts of kindness have the potential to make the world a happier place. It can also encourage others to repeat the good deed that they've experienced themselves – it contributes to a more positive community.

5. The more you do for others, the more you do for yourself

Evidence shows that the benefits of helping others can last long after the act itself by providing a 'kindness bank' of memories that can be drawn upon in the future.

Physical health benefits

1. It reduces stress

Positive emotions reduce stress and boost our immune system, and in turn can protect us against disease.

2. It helps get rid of negative feelings

Negative emotions such as anger, aggression or hostility have a negative impact on our mind and body. Engaging in random acts of kindness can help decrease these feelings and stabilise our overall health.

3. It can help us live longer

Giving and helping others may increase how long we live. Studies of older people show that those who give support to others live longer than those who don't.

