



The Supporter Newsletter

10 June 2022

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

**Make caring
Visible, Valued
and Supported**

Carers Week

6-12 June 2022



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk



01924 316946



@W5TRC



facebook.com/wakefieldrecoverycollege



OUT OF MY CONTROL

The actions of
others

The outcome
of my efforts

The past

My thoughts
& actions

What I give
my energy to

The
future

How I speak
to myself

The goals I set

The
opinions
of others

How I spend
my free time

How I handle
challenges

My
boundaries

How others
take care of
themselves

What happens
around me

What other
people think
of me

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
Feeling positive, busting stress	10 June 2022 – Online	11.00am-12.30pm
Understanding and managing depression	13 June 2022 – Online	10.30am - 12.30pm
Exploring resilience	15 June 2022 – Fieldhead Campus	10.00am-12.00pm
An introduction to mindfulness	16 June 2022 - Online	2.00pm-4.00pm
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
Enhancing self-care & wellbeing	23 June 2022 – Online	2.00pm-4.00pm
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
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
Overcoming anxiety	7 July 2022 – Online	2.00pm-4.00pm
Understanding post-traumatic stress reactions	12 July 2022 – Online	11.00am-12.00pm

Lifting your spirits; Enhancing inner strength & wellbeing	14 July 2022 – Online	2.00pm- 4.00pm
Scrapbooking for wellness	14 July 2022 - Fieldhead Campus	12.00pm- 2.00pm
Summer rag wreaths	12 July 2022 – Fieldhead Campus	10.00am- 1.00pm
Mediation and me	15 July 2022 – Fieldhead Campus	1.30pm- 3.30pm
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.

Development and planning group:

The Wakefield Recovery and Wellbeing College is reintroducing their online Development and Planning group meetings.

During these brief meetings, occurring only four times a year, we look at what has been happening in the recovery college over the previous quarter, what we have planned for the future and, using a co-produced approach, decide together on the direction of your developing recovery college. Would you like to join us and help shape the future of your recovery college?

If you are interested in joining us please let us know by ringing 01924 316946 or email us wakefieldrecoverycollege@swyt.nhs.uk

We look forward to hearing from you.

Editorial:

The Wakefield Recovery and Wellbeing College are re-introducing their online Editorial meetings.

During these brief meetings, occurring three or four times a year, we look at new materials and proposed courses for our website, and using a co-produced approach, decide together what will and will not go on the website. We would like to invite you to join us and help shape the future of your recovery college.

If you are interested please contact us on 01924 316946 or email us
wakefieldrecoverycollege@swyt.nhs.uk

To our students: Arriva Yorkshire bus workers began indefinite strike action on Monday across five garages in north and west Yorkshire—Selby, Heckmondwike, Wakefield, Castleford and Dewsbury.

For updates on the Strike action please go to Arriva's website:

[https://www.arrivabus.co.uk/latest-news/yorkshire-service-disruption-june-2022---](https://www.arrivabus.co.uk/latest-news/yorkshire-service-disruption-june-2022---updated)
updated

If you are affected by this strike and unable to attend a face to face session please get in touch with us.


The Mid Yorkshire Hospitals
NHS Trust

Covid-19 vaccination service

Queen Elizabeth Road, Wakefield



Friday 10 June:

14:15 - 19:30 (5-11 year olds)

Saturday 11 June:

08:15 - 13:30 (Adults 18+)

14:15 - 19:30 (Adults 16+)

Sunday 12 June:

08:15 - 13:30 (5-11 year olds)

14:15 - 19:30 (12-15 year olds)



Carer [noun]

/ˈkeərə(r)

[1] Cares (unpaid) for family or friends who have a disability, illness or who need support in later life: Washing them. And their laundry. And their dishes. Keeping appointments. And records. And tempers. Giving medicine. And time. And hugs. Filling forms. And fridges. And silences. Dealing with doctors. And nurses. And pharmacists. And social workers. And benefits agencies. And care workers. And a lack of sleep.

[2] Needs support to manage a life of their own.

Understanding Mental Health First Aid

FULLY FUNDED Level 2 Accredited Course

Starts: Wednesday 15th June 2022

Ends: Friday 17th June 2022

Course start and finish times:

9.15am to 3.00pm

Course duration:

3 days (You must be able to attend every session)



Location:

St Swithun's Community Centre Arncliffe Road, Eastmoor, WF1 4RR

How do I enrol?

- 1) Call at the reception of the community centre and book yourself a place
- 2) Email info@eastmoorcommunity.co.uk
- 3) Ring 01924 361212
- 4) Book via your JCP Work Coach

At the end of attending the full course and completing the workbook, you will gain the following qualification:

- Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace

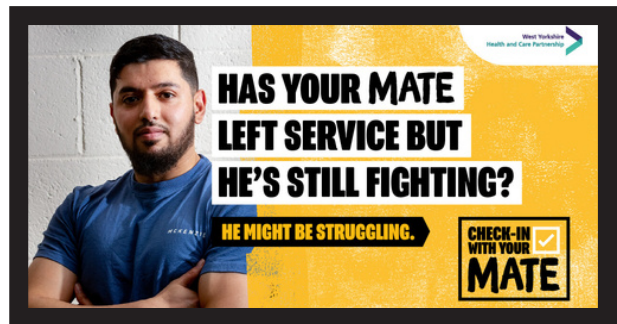
Woodspeen Mission Statement:

To design, develop and deliver the most effective, inclusive and supported learning that allows our learners to reach their personal potential, as well as respond to employer and labor market needs.

*eligibility criteria applies



EASTMOOR
COMMUNITY PROJECT LTD



Figures from Carers UK show that nationally there are around 6.5 million unpaid carers in the UK. Annually these carers save the economy £132 billion pounds per year. This means that each carer in the UK saves the economy over £19,000 each through the care that they provide.

In Wakefield there are 36,621 unpaid carers who save the economy over £ 700 million each year, of these, over 7000 are known to and supported by Carers Wakefield & District. These carers alone save the economy around £133 million per year. If it wasn't for the valuable care that these individuals provide the economy would be under more financial pressure than it already is.

We're supporting
Carers Week 2022!



6-12 June 2022



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

Pause & Space- A peer support group
for those approaching, experiencing or
beyond the menopause.

Approximately 13 million women in the
U.K are either peri- or post menopausal.
Symptoms can last up to 15 years. Over
60% of women experience symptoms
resulting in behaviour changes and 1 in
4 women will experience severe
debilitating symptoms. Too many
women are suffering in silence!

Talking to other women going through
the same hormonal change is incredibly
helpful as often women feel isolated
emotionally from their family and peer
group due to their symptoms. With
support from the group you will find
comfort knowing that you are not alone
and it can also help you to understand
your symptoms better and lead to more
effective treatment and support.

Through talking about the menopause,
we can empower each other and feel
more able to cope knowing that other
women are going through the same
thing.

If you would like the opportunity to
share your experiences, offer support or
simply listen please do come along!

Our first group will be on the 7th June
and the FIRST Tuesday of every month
there after.

Provides information and support to carers and professionals who work with Carers

Provides information on Carers' Groups and other Support Groups in the District

Organises training for Carers

Promotes better support for Carers by working with other organisations

Helps to identify gaps in services and highlights the effect on Carers

Offers training and awareness raising for professionals who work with Carers

25 King Street, Wakefield, WF1 2SR
Telephone: (01924) 305 544
E-mail: info@carerswakefield.org.uk
Website: www.carerswakefield.org.uk

If you think we can help

please telephone our Support Workers on:
(01924) 305544

or e-mail:
info@carerswakefield.org.uk

or visit us at:
**25 King Street
Wakefield WF1 2SR**

our office opening hours are:
**Monday - Friday
9.00am - 5.00pm**

alternatively a Support Worker will visit you at home



Wakefield & District Carers Association
Registered Charity No. 1055295
A Company Limited by Guarantee registered in England No. 3143673

Working in partnership with



wakefieldcouncil
working for you

NHS
Wakefield
Clinical Commissioning Group

Do you give help to a relative, child or friend who is ill, has a disability, an addiction or has a mental health condition?

Do you need:

SOMEONE TO TALK TO
A LISTENING EAR
INFORMATION
SUPPORT
ADVICE

We can help...

Who are Carers?

Carers are ordinary people whose lives change because they are looking after relatives or friends who, because of disability, illness or the effects of old age, cannot manage at home without help.

6.5 million Carers throughout the UK

Over 10% of adults in the UK are carers

38% of Carers provide 20 or more hours of care per week

The economic value of the contribution made by carers in the UK is £119 billion per year

It is estimated that there are almost 40,000 Carers in the Wakefield District.

Some Carers provide just a few hours care a week; for others it is a 24 hours-a-day, seven-days-a-week job. The person cared for may live with the Carer, just around the corner, or some distance away.

Caring can be rewarding and satisfying but it can also be tiring and stressful.

What can Carers Wakefield & District offer?

We offer a confidential information and support service to Carers.

We have information about:

Services
Equipment
Breaks for Carers
Benefits
Illnesses
Disabilities
Other Organisations

We try to help by...

Giving you time to talk in confidence, and at your own pace

Giving you information about the help that is available

Helping you "through the system" to arrange the support you need

Putting you in touch with other Carers and Support Groups

Keeping in touch with you, if you would like us to do so

DENHALE ARC SOCIAL DROP IN



"A new social drop in session for older people, disabled people and people with long term health conditions"



These sessions are aimed to break down isolation, loneliness and encourage socialising in an informal relaxed setting

Activities such as:

- Boccia
- Bowls
- Bingo
- Card games
- Quizzes
- Arts and crafts
- Tea/coffee & refreshments

**Starting in June
Fridays
11.00-1.00pm
Free to attend**

For further information or to volunteer please contact the centre on 01924 372382



DENHAILE ACTIVE RECREATION CENTRE, Denhaile Avenue, Wakefield, WF2 9EF. 01924 372382 staff@disabilitysportyorkshire.org



It could save your life

'Message in a Bottle' is a simple way to share medical information and caring responsibilities in an emergency



- 1 Pick up a 'Message in a Bottle' from your local carer organisation centre
- 2 Fill in your medical information and caring responsibilities
- 3 Store in your fridge!
- 4 Make sure you routinely update your information



For more information visit:

<https://www.wypartnership.co.uk/messageinabottle>

Message in a Bottle

A simple way to share medical and caring information in an emergency

Carers Week



What is a Cycle for Health course?

It is a 12-week package of support to develop bike riding skills, confidence and fitness through cycle training and led bike rides.

Cycle for Health is designed specifically for adults with poor mental or physical health.

It is run as a two hour session once a week for 12 weeks. Group size is maximum 12 people and we provide bikes and helmets.

Experienced cycle instructors and ride leaders accommodate health issues and participants progress at a pace that suits the group.

Who can take part?

Cycle for Health is for people:

- With poor mental or physical health
- Not doing regular exercise
- 18 years or older
- Who can ride a bike for a short distance - even if that hasn't been for many years

Why cycle?

Cycling is amazing. It's life changing and Cycling UK believes everyone has the right to cycle and be given the skills to ride with confidence.

Cycle for Health was created in West Yorkshire as part of the West Yorkshire Combined Authority's CityConnect programme.

Courses provide a route into regular physical activity, building fitness and self-esteem.

"The instructors were very supportive and after a few sessions I was confident enough to ride on the cycle greenway. Riding has given me a real sense of achievement and increased my belief in my own abilities. I have also made new friends."

Tony, Participant, Cycle for Health Leeds

Courses are taking place at different venues across West Yorkshire in 2021 - 2022

Meet like-minded people in a positive, welcoming environment to enjoy a new activity and discover cycling routes in your local area.

Contact the project team at Cycling UK for more information

T 01483 904562

E cycleforhealth@cyclinguk.org



Cycle for Health **we are cycling UK**

Join a FREE 12 week course to help you to improve your health and fitness

Community cycling for adults of any age with a long-term health condition



CityConnect

West Yorkshire Combined Authority

Cycle for Health **we are cycling UK**

CityConnect

West Yorkshire Combined Authority

Report Hate Crime in WAKEFIELD to Stop Hate UK 24/7

STOP HATE UK
STOP HATE. START HERE



Call us on: 0800 138 1625

or visit: www.stophateuk.org/wakefield

Don't suffer in silence, we are here.

give yourself the same care and attention that you give to others and watch yourself bloom

SUPPORTING YOU SING IT OUT! MAMA



A special group for mums and their babies.

- Do you want to make new friends?
- Are you looking for a safe, comfortable place to talk?
- Do you want a lovely activity that is great for you and your baby's wellbeing and helps their development?

"Sing it Out! Mama really boosted my confidence as a new mum. I met other new mums to share my problems with and could even sing away the stresses of having a newborn, entertaining him at the same time!"

Castleford

Please contact Think Cre8tive Group CIC for more details or to book a place.

Find us on Facebook or email:

bookwakefield@thinkcre8tivegroup.com



Live Well Wakefield

New Beginnings for Mental Health

This free on-line course runs over 7 weekly sessions via your smartphone, laptop or tablet and can help anyone over 18 who is living with depression or anxiety

Why not join us on-line for 7 weekly sessions of just 2.5 hours each and learn some tools and techniques to improve your quality of life

Introductory session on Tuesday 14 June 2022

Course runs Tuesday 21 June-2 August 2022

From 13:00-15:30

Topics include:

- Advice around healthy eating in relation to mood
- Techniques around relaxation and managing anxiety
- Tools to manage depression and improve our communication skills with our healthcare teams

To book a place or for more information email paul.boyd@swyt.nhs.uk or telephone 01924 255363

Self-Management



Community Interpreting Initial Assessment

Are you a confident speaker of English and fluent in another language?

Where: Online

Time: 12:00

Would you like to learn how to use your language skills to work or volunteer as a Community Interpreter?

To enrol: contact 0300 303 3464 and quote: **C3680676**

We will be running an online Level 1 Community Interpreting course which starts soon.

To book online visit: enrolonline.wea.org.uk

The course is for West Yorkshire residents only.

If you would like to join, please come along to the information session on:
Wednesday 15th of June 2022.

WEA
Education & Skills
Funding Agency
The WEA is a charity registered in England and Wales
(no. 1112775) and in Scotland (no. SC238220).

Community Interpreting

WEA
Adult Learning
Within Reach



morning AFFIRMATIONS

- I am important
- Today is going to be a good day
- The world needs me
- Today I choose happiness
- I believe in myself
- Today is a fresh start
- Today I will do my best

