



# The Supporter Newsletter

17 June 2022



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



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**MEN'S  
HEALTH  
WEEK**  
2022

## Are you roadworthy?



### TIME FOR YOUR MOT

We've been through a lot these past couple of years. Covid has not gone away - not at all - but we are beginning to live with it.

To do this, we need to be at the top of our game, physically and mentally. So, for Men's Health Week 2022, (13-19 June), it's time for you, me and men everywhere, to give ourselves an MOT.

While we've been focused on the pandemic we've taken our eyes off other serious conditions. For example, Macmillan reckon that around 50,000 of us have missed a cancer diagnosis during the pandemic. Prostate cancer diagnoses were down not because prostate cancer is getting rarer (it isn't), but because men weren't seeing their GPs to begin to get diagnosed.

**Our message to men is a simple one: It's time for your MOT.**

You'll find all you need including a quick and easy DIY MOT at:  
[menshealthforum.org.uk/mhw](https://menshealthforum.org.uk/mhw) (or use the QR code below)

Go and see your GP or use NHS 111 if you're concerned about any symptoms.

**This Men's Health Week, It's time for your MOT.**

#manmot

#menshealthweek



**MEN'S  
HEALTH  
WEEK**  
2022



**MEN'S  
HEALTH  
WEEK**

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>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>Enhancing self-care &amp; wellbeing</b>	23 June 2022 – Online	2.00pm-4.00pm
<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>An Introduction to personality disorder</b>	28 June 2022 – Online	10.00am-12.00pm
<b>Understanding and managing depression</b>	29 June 2022 – Fieldhead Campus	1.00pm-3.00pm
<b>The inner scream: Understanding self-harm</b>	30 June 2022 – Fieldhead Campus	1.00pm-4.00pm
<b>Recognising burnout</b>	4 July 2022 - Online	2.00pm-4.00pm
<b>Overcoming anxiety</b>	7 July 2022 – Online	2.00pm-4.00pm
<b>Understanding post-traumatic stress reactions</b>	12 July 2022 – Online	11.00am-12.00pm
<b>Lifting your spirits; Enhancing inner strength &amp; wellbeing</b>	14 July 2022 – Online	2.00pm-4.00pm
<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>Mediation and me</b>	15 July 2022 – Fieldhead Campus	1.30pm-3.30pm
<b>Coping with life by using relaxation</b>	22 July 2022- Online only	2.00pm-3.30pm

<b>An Introduction to personality disorder</b>	26 July 2022- Fieldhead Campus	10.00am-12.00pm
<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.

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---updated>

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

**Wakefield**

**Recovery and Wellbeing College**

**Home of the Discovery College**

# Discovery College

Part of Wakefield Recovery and Wellbeing College

The Discovery College will be launching September 2022

We will be offering courses and workshops, developed and delivered with young people, to support the mental health and wellbeing of other young people aged 16-25 year olds

We will be running online and face to face courses, virtually and across the district in different venues

Can you co-produce a course or a session to support young people?

A co-producer does not have to be a professional- Just bring your lived experiences to co-produce

Do you know any young people that would like to be involved in co-producing or co-facilitating a course or a session?

Do you know any young people who would like to be involved in the continued shaping of the Discovery College?

Can you spread the word about the Discovery College and let people know about us?

If you can get involved or if you want to know more about what is going on, get in touch, we would love to hear from you.

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

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

01924 316946

[@WakefieldDC](https://twitter.com/WakefieldDC)

[www.facebook.com/WakefieldDiscoveryCollege](https://www.facebook.com/WakefieldDiscoveryCollege)

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

Available on the **App Store** **ANDROID APP ON Google play**

West Yorkshire and Harrogate Health and Care Partnership

# Young Carers Support App



Download from the android app or apple store for free advice and support with your:

- ❖ Mental Health
- ❖ Education
- ❖ Emergency planning
- ❖ Support
- ❖ Carer Skills
- ❖ Conditions
- ❖ Relationships

West Yorkshire Health and Care Partnership



**DOES YOUR MATE GET DOWN WHEN HE CAN'T SEE HIS KIDS GROW UP?**

**HE MIGHT BE STRUGGLING.**

**CHECK-IN WITH YOUR MATE**

# Your relationship Your family It's in your hands



If you are worried about your behaviour towards your partner and would like to change, help is at hand.

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

**Respect** Freephone 0808 8024040 or Email: [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk) [www.respectuk.net](http://www.respectuk.net)

**WEST YORKSHIRE POLICE**

The Respect Phoneline is a confidential helpline, email and web service for perpetrators looking for help to stop domestic abuse

# Lift someone out of loneliness



**Better Health every mind matters**

three little words that can make a difference to someone's life...

**Are you ok?**





# Horbury Platinum Parade



# Horbury Platinum Parade



Thanks to funding from the Let's Create Jubilee Fund, Edgelands Arts are working with Horbury & Ossett Phoenix Rotary Club to create a spectacular living history parade for Horbury, which will be hosted by the **Horbury Show on 26th June 2022**. As well as working with local schools and community groups, there are opportunities for families and members of the Horbury community to participate in free workshops to create things to be carried in the parade.

Thanks to funding from the Let's Create Jubilee Fund, Edgelands Arts are working with Horbury & Ossett Phoenix Rotary Club to create a living history parade for Horbury, which will be hosted by the **Horbury Show on 26th June 2022**. As part of the process, Charlie Wells has written a new song for Horbury and is looking for singers to help bring it to life alongside members of Horbury Victoria Band.

## Free Drop In Workshops

### Silk Painted Flag Workshop

Friday 17th June 2022 @ Horbury Library

10am - 12pm

### Parade Making Workshop

Sunday 19th June 2022 @ The Cluntergate Centre

11am - 3pm

For more information or to find out about the parade, contact Charlie Wells on 07830 288350 or at [charlie@edgelandsarts.co.uk](mailto:charlie@edgelandsarts.co.uk)



There will be a workshop for singers, led by Charlie Wells where singers of all ages and abilities are welcome to join us. Please contact Charlie on 07830 288350 or at [charlie@edgelandsarts.co.uk](mailto:charlie@edgelandsarts.co.uk) for more information

**Singers Workshop: Thursday 23rd June 2022 @ The Band Room, Peel Street, Horbury, 6:00pm - 7:30pm**

**Parade: Sunday 26th June 3:30pm, Carr Lodge Park, Horbury**



Let's Create Jubilee Fund

Leeds Community Foundation



Let's Create Jubilee Fund

Leeds Community Foundation



**Free Outdoor Yoga Sessions for women across the Wakefield District**

These fully funded outdoor yoga sessions are suitable for ALL abilities

For dates, times, locations and to book please visit the **EVENTS** tab on [www.bringmetolife.co.uk](http://www.bringmetolife.co.uk)

Fully Funded by Wakefield District Health and Community Support Grant giving charity

You shouldn't feel guilty for

- Making mistakes
- Taking time off
- Your spiritual beliefs
- Expressing your feelings
- Doing what's best for you
- Asking for extra help
- Setting boundaries
- Standing up for yourself
- Your imperfections
- Eating too much
- Saying no
- Removing someone from your life



# Tai Chi for Beginners

Practice basic tai chi moves for beginners by participating in performing slow movement, to help both physical and mental well-being.

Most tai chi classes start with some simple movements designed to warm up your body. These help loosen your joints and muscles and bring your mind's focus to your body and your own breath, freeing it from distractions or stresses of the day.

**Start Date / Time**  
Monday 12 September 2022  
1.00 pm – 3.00 pm  
for 10 sessions

**Course reference**  
C3680880

**Course fee**  
£76.00

If you receive certain benefits you may be entitled to a free course.

**Venue**  
St Marys Community Centre  
The Circle  
Chequerfield  
Pontefract  
WF8 2AY

To enrol please quote the course reference either online at [wea.org.uk](http://wea.org.uk) or by ringing 0300 303 3464

wea.org.uk

# Tai Chi



West Yorkshire  
Combined  
Authority

WEA  
Adult Learning  
Within Reach

Education & Skills  
Funding Agency

matrix



The WEA is a charity registered in England and Wales (no. 1192770) and in Scotland (no. SC038926)

# men's mental health



@worrywellbeing

## Looking for a Provisional Licence?

Group work/1 to 1 sessions

### Requirements:

Aged 15 years 9 months - 24

Able to read a number plate from 20 metres away

Legally lived in the UK for at least 185 days in the past 12 months

### Includes:

Road safety and mock theory tests

Attendance at safety sessions

An expectation to pass 3 mock theory tests

Weekly from:  
Thursday 7th July 1pm-3pm

youthsupporthub@wakefield.gov.uk // 01977 727622

This course from Youth Support Hub will help get you ready! Once completed, you will be supported through your application. Alternative session times available upon request.

\*These sessions are also accessible to young people who may already have a provisional licence and would benefit from some additional driver theory support\*



# LEEDS 10K

Just to let you know we have a few places remaining for the Leeds 10K which takes places on Sunday 3rd July.

We have our usual fundraising places available for people to support and raise funds for EyUp! Charity, but we also have places available to our service users who may want to try and accomplish something a little different, we have waived the joining fee for service users to participate on behalf of EyUp! and fundraising is optional. More details on the event here: [www.southwestyorkshire.nhs.uk/get-involved/eyup-charity/support-eyup/leeds-10k/](http://www.southwestyorkshire.nhs.uk/get-involved/eyup-charity/support-eyup/leeds-10k/)



