



The Supporter Newsletter

24 June 2022

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk



01924 316946



@W5TRC



facebook.com/wakefieldrecoverycollege



“I’m doing it for our future”



Don't ignore your cervical screening invite

Two women die every day from cervical cancer, but getting your screening can help stop it before it starts. So remember, if you missed your last one, book an appointment with your GP practice now.

To find out more visit nhs.uk/cervicalscreening

Screening saves lives

Help us help you

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
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
Book folding	27 July 2022 – Fieldhead Campus	12.00pm – 2.00pm
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.

To our students: Arriva Yorkshire bus workers began indefinite strike action on in June across five garages in north and west Yorkshire—Selby, Heckmondwike, Wakefield, Castleford and Dewsbury. Trains have also been striking this week.

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.



Discovery College
Part of Wakefield Recovery and Wellbeing College

www.wakefieldrecoverycollege.nhs.uk


Wakefelddiscoverycollege@swyt.nhs.uk

01924 316946

@WakefieldDC

www.facebook.com/WakefieldDiscoveryCollege


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




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



Managing Anxiety (Female only)



Join us online
27th of June
10.30am-12.00pm



CBT techniques Mindfulness techniques
General anxiety knowledge
Breathing exercises Grounding exercises

insighteating and insighthealth

Are you working or volunteering within a Voluntary or Community organisation, supporting people with disordered eating or eating disorders in the Wakefield District?

The Wakefield Mental Health Alliance is working with Insight Eating to better understand the demand and needs of people with eating disorders and disordered eating in the district through a 6-month piece of research.

For more information and to understand how to share your views and get involved please email:

Wakefieldscoping@gmail.com

Or to attend our free online information session please save the below link and time in your diary:

Wakefield Eating Disorder & Disordered Eating Scoping Information Session for volunteers, staff, professionals & organisations, Insight Eating
Thursday 7th of July 2022 10:00-11:00 am.

https://teams.microsoft.com/join/19%3ameeting_NDU1NDMyNjUtMWM2MS00MWNkLTk4N2EtYzE0MDMyYTU5NmY5%40thread.v2/0?context=%7b%22Tid%22%3a%22809c08a8-057d-47b8-bca6-1e930ec230ac%22%2c%22Oid%22%3a%22978b683d-6d96-4468-b343-7a76bde3f78d%22%7d

THE PYJAMA WALK

SATURDAY 9TH JULY, 8PM
OE HOUSE, CALDER PARK, THOMAS MADDISON LN, DURKAR, WF4 3GH

GRAB YA COMFIES AND LETS GLOW WALK 5 OR 8 MILES FOR WAKEFIELD HOSPICE!

REGISTRATION - £15

PRE WALK PARTY – ZUMBA WARM UP – BACON BUTTIES
HOT DRINKS AND FINISHERS MEDALS

<https://register.enthuse.com/ps/event/PyjamaWalk2021>

KINDLY SUPPORTED BY
oelectrics always innovating
FR Registered with FUNDRAISING REGULATOR
WAKEFIELD HOSPICE
SHARING THE CARE IN THE COMMUNITY
Registered Charity No. 518392

Butterfly Appeal 2022

Dedicate a butterfly in memory of someone special to help create a display of colours and patterns in the hospice gardens this summer and an online photo gallery of tributes to loved ones

For details please visit
www.wakefieldhospice.org/butterfly
or call 01924 331401



Supported by

WF TALKS Presents

State of Mind...

What's yours?

FREE BUFFET

Jimmy Gittins **Ian Smith**

Friday 8th July, 7PM
Sharlston Social Club, 128 Weeland Rd, WF4 1DD

Including speakers from SMASH, Turning Point, and Safe Space Wakefield, as well as speakers from other organisations.

Come along to our event around emotional wellbeing, mental health and support for men. This is a free evening for anyone interested in promoting men's positive mental health and emotional wellbeing. Just turn up, no booking required. It's good to talk!

For any questions or further information, call Daz on 07867514031 or email info@ylc.org.uk

ALMOST ONE IN THREE DON'T GO FOR CERVICAL SCREENING.

CERVICAL SCREENING
AWARENESS WEEK
28 - 26 June 2022

Jo's cervical cancer trust

mencap Learning Disability Week
20th June – 26th June 2022

WE'RE SUPPORTING LEARNING DISABILITY WEEK

A GAME OF TWO HALVES

AVAILABLE TO THOSE AGED OVER 50 -
LOW-LEVEL AEROBIC ACTIVITY -
COFFEE & A CHAT -

BE WELL SUPPORT STADIUM
EVERY THURSDAY
12:45 - 1:45pm



@WTCMFOUNDATION

@WTCMFOUNDATION

@WTCMFOUNDATION



EMAIL DAVID.FIRTH@WAKEFIELDTRINITY.COM TO SIGN UP

GET FIT WITH TRIN!

EXERCISE

FOR BOTH MALES & FEMALES

INCREASES

ALL ROUND PHYSICAL HEALTH

EVERY MONDAY

FROM 7-8PM

FREE

FOR THE FIRST SESSION*

BE WELL SUPPORT STADIUM
DONCASTER ROAD
WAKEFIELD
WF1 5EY

EMAIL
DAVID.FIRTH@WAKEFIELDTRINITY.COM
FOR MORE INFORMATION.

*ALL SESSIONS THERE AFTER WILL BE
PRICED AT £2



BUGGY WALKS

Every Tuesday at Thornes Park,
Wakefield

Meet at 10am outside the Stadium
All women welcome



Funded by



We have moved!



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



!Boxercise Fitness Fun! FREE Female Only Classes in Eastmoor



St Swithun's Community Centre

Wednesdays 4.30-5.30pm

Women & Girls 12+

To book email: paula@familyfituk.com



Mayor's Safer

Communities Fund

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**
Councils **Authority**

Where: Thornes Park Stadium, Wakefield
When: Friday 24th June
Time: 11am – 1pm

As a reminder, Cycle for Health is delivered over 12 weeks and free to access. Delivered as a 2 hour session, once per week, Cycle for Health aims to build self-esteem, confidence, wellbeing and fitness through learning new cycle skills and enjoying guided bike rides. Sessions are led by qualified cycling instructors with bikes and helmets provided.

We currently have 5 spaces left available for this course. If you would like to refer anyone on to this course please email

zoe.westerman@cyclinguk.org

Learning Disability Week 2022 is all about creativity

Check out our online exhibition

www.wakefield.gov.uk/LDWeek2022



Join us for

Cathedral Crafts

Every Tuesday from 14:00
 Wakefield Cathedral Kitchen, Treacy Hall
enjoy an afternoon of crafts and companionship

Is someone controlling your finances?

If you're concerned someone is being financially abused call 0345 8 503 503.



ABILITY 2 PLAY

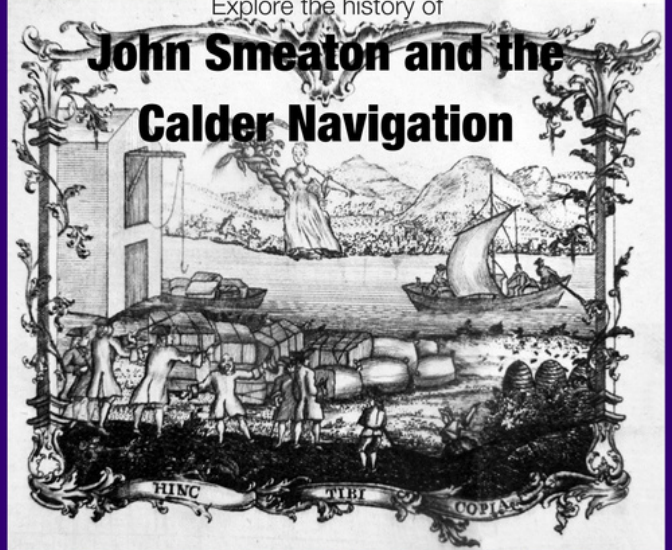
FREE inclusive tennis sessions for Children & Adults with disabilities! Children must be accompanied by an adult.



Thursday Morning's starting 09/06/2022
 Adults (18+) 9.30am - 10.30am
 Children (8-16) 10.30am - 11.30am
 Addingford, Horbury, Wakefield, WF4 5BH

For more information contact jordan.foster@sportworksltd.co.uk

Explore the history of John Smeaton and the Calder Navigation



As we are joined by local historians Lesley Taylor and Shirley Levon

The talk will explore Smeaton's Journal, which provides an exceptional insight into 18th century construction techniques and the many problems that were encountered in the hugely ambitious scheme for this volatile Pennine river

Monday 18th July 17:15 Wakefield library
 Free event, booking recommended

☎ 01924 305376
 @ wakefieldlibrarymuseum@wakefield.gov.uk
 🌐 wakefield.gov.uk/libraries
 📘 Wakefield Libraries
 @WFLibraries
 @WFLibraries

wakefieldcouncil
working for you

Beware of COVID-19 payment scams



Close contact of someone with COVID-19?

The NHS will never ask you to call a premium-rate number, make a payment or give your card details.

Received something suspicious?

Report emails at report@phishing.gov.uk or forward texts for free to 7726

Would you like to help us prevent suicide across West Yorkshire?



Volunteers will work with staff to **decide** what good suicide prevention looks like, to help services prevent death by suicide whilst making the most **impact** in our communities.

We are looking for volunteers with **personal experience** relating to suicide who live in West Yorkshire.

Personal experience might include:

- Having been bereaved or impacted by suicide
- Having experienced suicidal thoughts
- Having previously made an attempt on your own life
- Knowing someone who has previously tried to take their own life
- Having supported (or currently supporting) someone experiencing suicidal thoughts

Get in touch for an informal chat or to find out more:

Arlie.Haslam@leedsmind.org.uk
07976921776
0113 3055800

www.leedsmind.org.uk

Registered charity no. 1007625

Calderdale and Kirklees Recovery and Wellbeing College

Have a look at the courses available at the Calderdale & Kirklees Recovery College

- Textiles for wellbeing – starts Wednesday 29 June at 9.30am – 12pm (4 weeks)
- Eat well for less – starts Wednesday 29 June at 2pm – 4pm (1 week only)
- Autism awareness – starts Tuesday 12 July at 11am – 1pm (1 week only)
- Go fish! – starts Wednesday 13 July at 5.30pm – 8pm (8 wks in Honley, Huddersfield)

 **FREE COURSE**

 st george's



DIGITAL INCLUSION

By the end of the course you will have achieved Level 1 awards in:

- Employability (IT units; IT User Fundamentals, Using the Internet, Using email),
- Customer Service,
- Creating an Online Profile Using Social Media,
- Maintaining Personal Well-Being.

Monday 1st
- Tuesday 9th August
(excluding the weekend)
9.30am-2.30pm

Register now!
01924 369 631
info@stgeorgeslupset.org.uk

#SkillUpWithStGeorges

CSCS COURSE

CONSTRUCTION SKILLS CERTIFICATION SCHEME

Induction Monday 21st July 10:30am

Course runs:

Monday 25th July-Friday 29th July
9am- 3.30pm

You will get:

a qualification in Health + Safety,
a FREE CSCS card PLUS a guaranteed interview upon completion.



For more information/ to book call 01924 369 631 or email info@stgeorgeslupset.org.uk.

#SkillUpAtStGeorges



SIA & CCTV SECURITY COURSE

3 week course

Enrolment: 27th June at 11am
Course starts: 4th July 9:30am-4:30pm

Venue: St George's Community Centre, Broadway, Lupset, Wakefield WF2 8AA

For more information call 01924 369 631 or email info@stgeorgeslupset.org.uk

 st george's