



# The Supporter Newsletter

22 July 2022

**NHS**

South West  
Yorkshire Partnership  
NHS Foundation Trust



[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)



## Ten top tips to boost your mood

- 1. Sleep.** When we sleep chemicals are released in our brain which helps manage our moods and emotions.
- 2. Cut out the caffeine.** Cut out or cut down on caffeine such as coffee and energy drinks - these can make you feel jittery, anxious or stressed.
- 3. Get active.** Exercise boosts chemicals in your brain that help put you in a good mood.
- 4. Do something for someone else.** Helping out in your community can be a great way to give yourself a positive boost.
- 5. Eat well.** When our body is not getting enough minerals it can put us in a bad mood. Try to eat a balanced diet which includes fruit and vegetables.
- 6. Get some sunshine.** 30 minutes - two hours per day of sunlight can help to the brain to release chemicals which improve our mood.
- 7. Stay social.** Avoid spending long periods of time on your own.
- 8. Keep an eye on unhealthy habits.** Avoid drinking, smoking and using drugs which can have a negative impact on our mood and wellbeing.
- 9. Manage stress.** Ignoring it will only make things worse - talk to somebody if you are feeling stressed.
- 10. Have Fun.** Make time to do the things you enjoy the most.

**Time To Talk Day**

 @BDCFT

#BDCTTimetoTalk

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> | 14 September 2022 (12 Weeks)<br>Every Wednesday – Vibe fitness | 11.00am-12.00pm  |
| <b>Wild things (Join in any week until November 2022)</b>                                   | 18 July 2022 – Online  | 11.00am-12.30pm  |
| <b>Capoeira – pronounced “cap-o-ay-ra” (Join in any week until November 2022)</b>           | 18 July 2022 – Online  | 5.30pm-2.45pm    |
| <b>On yer bike! (Join in any week until November 2022)</b>                                  | 19 July 2022 – Online  | 6.30pm-7.30pm    |
| <b>Boogie bounce (Join in any week until November 2022)</b>                                 | Every Wednesday – Online                                       | 10.00am-11.00am  |
| <b>Yoga (Join in any week until November 2022)</b>  | 22 July 2022 – Online  | 10.00am-11.00am  |
| <b>An Introduction to personality disorder</b>  | 26 July 2022- Fieldhead Campus                                 | 10.00am-12.00pm  |
| <b>Book folding</b>   | 27 July 2022 – Fieldhead Campus                                | 12.00pm – 2.00pm |
| <b>Summer rag wreaths</b>   | 18 August – 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.




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



## Book folding

27th of July  
12.00pm-2.00pm  
Fieldhead Campus



Would you like to add  
a heart design  
to your unwanted books-  
Join us to learn.

Wakefield  
Recovery and Wellbeing College

## If you discover a wildfire...



#WILDFIREAWARE



NFCC  
National Fire  
Chiefs Council

## Summer superstars



Join us on our family fun  
days and take a walk around our lovely local parks.

There will be activities such as exercises, outdoor games, arts and crafts and nature trails. Young people can meet others of a similar age and parents and carers can also meet other parents and talk to staff from CAMHS.

Please feel free to bring along a picnic for yourself and your young person. Please arrive for the start time as there will be a register.

### Dates and venues

- Wednesday 27 July – Outwood Park, WF1 2NS (Meet by play park)
- Wednesday 3 August – Pontefract Park, WF8 4QD (Meet by toilet block)
- Wednesday 10 August – Thornes Park, WF2 8QD (Meet by tennis court)
- Wednesday 17 August – Hemsworth Water, WF9 5JB (Meet by car park)
- Wednesday 24 August – Thornes Park, WF2 8QD (Meet by tennis court)
- Wednesday 31 August – Pontefract Park, WF8 4QD (Meet by toilet block)

Sessions: 10.00 – 12.00 age 5 – 12 , 13.00 – 15.00 age 13+

## ABVCA WAKEFIELD CYCLING FORUM & WMDC

Friday 29th - Sunday 31st

Friday 29th 17.30 - 19.00

walk along Barnsley canal to Walton.

Saturday 30th 10.00 - 12.00 walk leader training. 10.30 - 13.00

Bike Doctor free bike maintenance. 11.00. Family Treasure Hunt

Sunday 31st 10.30 - 12.00 . Walk to Walton. Bike rides starting at 11.00 & 13.00 . Pond Dipping 13.00 (Walton Nature Reserve).

QUALIFY AS A WALK LEADER.  
GET YOUR BIKE TESTED FOR FREE  
WIN A NEW BIKE WORTH £200



BIKE RIDES | WALKS | FAMILY FUN | POND DIPPING

AGBRIGG AND BELLE VUE COMMUNITY CENTRE MONTAGUE STREET WF1 5BB

COMING TO  
YORKSHIRE  
28 - 31 JULY



## Anxiety Busting!

The next time your mind is stuck on anxiety and worry, try the following simple exercise!

Look around you and notice:

- 5 things you can see:** Your hands, the sky, a plant.
- 4 things you can feel:** Feet on the ground, the chair.
- 3 things you can hear:** Birds chirping, your breath.
- 2 things you can smell:** Coffee, your lunch, clothes.
- 1 thing you can taste:** A mint, gum, the fresh air.



You can help someone sleeping rough



Open the StreetLink app or visit [streetlink.org.uk](http://streetlink.org.uk)



Enter the exact location of the person you saw

Enter the time you saw them



An outreach worker goes out to offer support

This is the first step to ending someone's homelessness  
Download the StreetLink app today



**MAN MATTERS**

VOLUNTEER ROLES



## Man Matters are looking for volunteers!



- Do you want to test yourself?
- Do you want to support your local community?
- Do you want to give back to the men in your area?

Help us to run drop in sessions & coffee mornings.  
Help us to give support to our clients.  
Help us to show men, **it's okay not to be okay.**

**Man Matters are taking on volunteers to help deliver the project!**

If you're interested in volunteering and want to know more, contact us on 01924 787501 **OR** email [resourcecentre@gasped.co.uk](mailto:resourcecentre@gasped.co.uk) FAO Olivia.

## Westgate Greening & Growing Project

### FREE Yoga Sessions

May to September

See specific dates!

Join Louise on Wednesday mornings 9-10am and Lucy on Thursday evenings 5-6pm  
No Booking Required



Westgate Chapel Gardens



## REASONS TO STOP SMOKING

Be the best version of yourself

Have more money in your pocket

Improve your mental health

TODAY,  
I AM  
LETTING GO  
OF ANYTHING  
I CANNOT  
CHANGE

@MAISIESGHOST

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



*Pause & Space*

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.



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2022

COURTESY OF MONEY SAVING CENTRAL

### ASDA CAFE

Kids eat for £1 all day, every day with no adult spend from 25th July - 4th Sept 2022

### FUTURE INNS

Under 12's eat for free with any adult meal during the school holidays

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### YO! SUSHI

Kid's eat free from 3pm-5.30pm, Monday to Thursday until 1st September 2022

### THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### PAUSA CAFE @ DUNELM

From June 27th kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend

### MARKS & SPENCER CAFE

Likely But Not Yet Announced

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### MORRISONS

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

### HUNGRY HORSE

Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

### CAFE ROUGE

Kids eat for £1 when you order one adult's main meal. Excludes Saturdays

### SA BRAINS PUBS

Kids can eat for £1 with any adult main. Only valid Wednesdays but on all day

### ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto

### FARMHOUSE INNS

Likely But Not Yet Announced

## !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](mailto:paula@familyfituk.com)



Mayor's Safer  
Communities Fund



**MAN  
MATTERS**  
VOLUNTEER  
ROLES



## Man Matters are looking for volunteers!

- Do you want to test yourself?
- Do you want to support your local community?
- Do you want to give back to the men in your area?



Help us to run drop in sessions & coffee mornings.

Help us to give support to our clients.

Help us to show men, **it's okay not to be okay.**

**Man Matters are taking on volunteers to help deliver the project!**

If you're interested in volunteering and want to know more, contact us on 01924 787501 OR email [resourcecentre@gasped.co.uk](mailto:resourcecentre@gasped.co.uk) FAO Olivia.

## Cost of Living Payments

If you claim some benefits, you might be eligible for an additional **£650** from the UK Government, spread over two **Cost of Living Payments**. The first payment will be for **£326**, and the second payment of **£324** will be paid later in the year.

You don't need to contact anyone; your payment is automatic.

Find out what you will get and when you will receive a payment by searching 'cost of living support'.

[gov.uk/costoflivingpayments](http://gov.uk/costoflivingpayments)



\*Eligibility criteria apply

Find out more



## Feel unwell today?

If it's a problem you'd usually see your GP about, why wait & walk when you can call up & talk to GP Care Wakefield. Open until 3pm today.



Call your  
GP surgery  
as usual



Your call  
goes to  
GP Care



Advice, prescription  
& appointment  
if needed



No need to  
leave home,  
wait or queue

# Discovery College

Part of Wakefield Recovery and Wellbeing College

The Wakefield Discovery College provides free courses and workshops that can help anyone aged 16-25 with their wellbeing and recovery journey.

Recovery is a personal journey! It's about building lives, creating opportunities, taking control and instilling hope. Your journey may involve you becoming an expert in your own self care, finding new skills and interests or building on your strengths and inner resources.

## Our courses can support you with all of this!

Do you have a desire to support and encourage others?

Do you have a practical skill or interest in gardening, knitting, crafts, cooking or something else?

Do you have an experience that you would like to educate others about, perhaps in mental or physical ill health?

Do you who feel you have the understanding and expertise to work with or share your experiences with our students?

Would you like to start your volunteering journey with us?

We have lots of opportunities at the college for volunteers to get involved in, from co-producing to co-facilitating a course, supporting students or shaping the future of the college.

There are lots of reasons why you might want to volunteer. It could be to gain skills to help you in to employment, because you want to give something back to your community or because you want to become more active and improve your wellbeing.

## Whatever your motivation – we can help you do it.



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





## 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 Monday 8 August 2022

Course runs Monday 15 August-3 October 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](mailto:paul.boyd@swyt.nhs.uk) or telephone 01924 255363

Self-Management

## Adult Cuppa & Craft

Free sessions open to everyone. No previous experience is necessary. Come for a cuppa, chat and craft!

**When?** Every Thursday from 1pm- 2:30pm

**Where?** Tieve Tara Medical Centre  
Address: Park Dale, Castleford, WF10 2QP



Are you wanting to reconnect with local people?

Do you have a craft skill you want to share with others?



For more information, call Tina Dransfield on 07720 899781 or email [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)

Airedale, Ferry Fryston, Fryston and Townville Neighbourhood Management presents -

# SUMMER FUNDAY

Wednesday 3rd August  
11am-3pm

GREEN PARK, AIREDALE

FREE ENTRY

JOIN US FOR LOTS OF FUN!

- bouncy castle •
- fairground rides •
- face painting •
- birds of prey •
- free activities •
- entertainment •
- market stalls •
- yummy food •
- and much more!



For more information contact Mike Dixon - 01977 550911



## SUMMER HOLIDAYS FUN



### South Kirkby

Northfield Lane Park WF9 3LY

For 6 weeks 29th July - 2nd September

Fridays 2-4pm

FUN activities and games for all ages - parents/carers welcome!



[www.evergreenactive.co.uk](http://www.evergreenactive.co.uk)



In partnership with

