

The Supporter Newsletter

South West Yorkshire Partnership NHS Foundation Trust

22 July 2022





www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk



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@W5TRC



facebook.com/wakefieldrecoverycollege



Ten top tips River to boost your mood

- Sleep. When we sleep chemicals are released in our brain which helps manage our moods and emotions.
- 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.
- 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.
- Manage stress. Ignoring it will only make things worse - talk to somebody if you are feeling stressed.
- 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		
Creative fitness – trying something new for a better physical & mental wellbeing	14 September 2022 (12 Weeks) Every Wednesday – Vibe fitness	11.00am- 12.00pm
Wild things (Join in any week until November 2022)	18 July 2022 – Online	11.00am- 12.30pm
Capoeira – pronounced "cap- o-ay-ra" (Join in any week until November 2022)	18 July 2022 – Online	5.30pm- 2.45pm
On yer bike! (Join in any week until November 2022)	19 July 2022 – Online	6.30pm- 7.30pm
Boogie bounce (Join in any week until November 2022)	Every Wednesday – Online	10.00am- 11-00am
Yoga (Join in any week until November 2022)	22 July 2022 – Online	10.00am- 11.00am
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
Summer rag wreaths	18 August – 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.

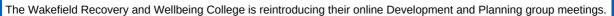
Keep an eye on our website www.wakefieldrecoverycollege.nhs.uk for up-to-date information on courses and workshops. And don't forget, for now, as we have to follow NHS England guidance, we must all still wear a face mask

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:



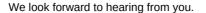




During these brief meetings, occurring only four times a year, we look at what has been happening in the recovery college over the previous quarter, what we have planned for the future and, using a co-produced approach, decide together on the direction of your developing recovery college. Would you like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





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









South West Yorkshire Partnership

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+

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 <u>feel</u>: 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.















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

COURTESY OF MONEY SAVING CENTRA



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

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

TARLE TARLE

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

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

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

RELLA ITALIA

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

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

Children 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

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



Wednesdays 4.30-5.30pm Women & Girls 12+ To book email: paula@familyfituk.com



Tracy Brabin Mayor of West Yorkshire

Mayor's Safer

Communities Fund





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 Help us to show men, your area?

Help us to run drop in sessions & coffee mornings.

> Help us to give support to our clients.

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 FAO Olivia.

Charity: 1072174 Company Registration: 03580792

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'*.

Cost of Living Payment Cost of Living Payment

gov.uk/costoflivingpayments



*Eligibility criteria apply

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

acebook - Man Matters www.Gasped.co.uk





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
- Wakefielddiscoverycollege@swyt.nhs.uk
- 01924 316946



Advice around healthy eating in relation to mood

Techniques around relaxation and managing

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





