

# The Supporter Newsletter

29 July 2022



**RECOVERY**  
IS THE START OF YOUR  
JOURNEY,  
**MAINTAINING**  
IT IS THE WAY TO  
YOUR HOME.

by Shannon.



01924 316946



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



[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
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@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefielddiscoverycollege

With all of us in mind.

## How do you really feel?

by mellow doodles

**HAPPY**  
proud, loving, optimistic, respected, fulfilled, hopeful, inspired, confident, hopeful

**SAD**  
bored, lonely, empty, ashamed, powerless, isolated, vulnerable, ignored, depressed, abandoned, indifferent

**ANGER**  
hurt, disgust, threatened, frustrated, embarrassed, irritated, provoked, resentful

**PEACEFUL**  
content, loving, relaxed, thankful, trusting, thoughtful, nurturing, sentimental

**FEAR**  
rejected, insecure, anxious, scared, humiliated, inadequate, frightened, overwhelmed, insignificant



mellow.doodles



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) 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 mindfulness</b>	4 August 2022 – Online	2.00pm-4.00pm
<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.

It's time for a new a twitter handle... As our students and local communities decided to move away from the name "Wakefield & 5 Towns Recovery College" in 2020, we decided we needed a new Twitter handle that reflects our name now.





# Employability Skills

From Wednesday 14th September  
9.30am to 2.30pm

COMING SOON



Free

We are offering an **Employability Skills** short course which gives you the opportunity to gain essential skills and qualifications that will make your CV shine!

During this **6-week course** you will gain a Level 1 **Customer Service qualification** as well as cover topics including **Working in a Team** and **Effective Communication Skills for the Workplace**. You will also assess yourself for work during a session which looks at your skills, your strengths, any weaknesses and how to build confidence.

There is time during the course to speak to the tutor if you require support and advice on job search or to discuss other self-development opportunities.

# ESOL Classes

From Tuesday, 13th September  
&  
From Thursday, 15th September

9.30am to 12.00pm

COMING SOON



Free

English for Speakers of Other Languages

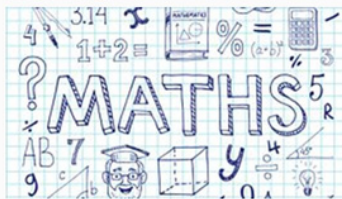
Do you want to learn English?

Why not join our ESOL classes which will help to improve all of your English skills

# Functional Skills Maths

From Thursday 22nd September  
11.00am to 12.30pm

COMING SOON



Free  
Course

Throughout the course, you will demonstrate your confidence in using maths, learning new knowledge and skills and apply this to solve straightforward mathematical problems.

The qualifications cover three content areas:

- Using numbers and the number system
- Using common measures, shape and space
- Handling data and information

# Functional Skills English

From Thursday 22nd September  
9.30am to 11.00am

COMING SOON



Free

Studying this Functional Skills qualifications will help you to gain confidence and fluency in, and a positive attitude towards, English.

At the end of the course, you will be able to demonstrate your competence in English by using it in real-world situations as well as demonstrating a sound grasp of basic English knowledge and skills.

IF YOU WOULD LIKE TO KNOW MORE ABOUT THIS CLASS OR ENROL ON THE NEXT COURSE PLEASE CONTACT RECEPTION FOR FURTHER DETAILS



ST SWITHUN'S COMMUNITY CENTRE

Arncliffe Road, WF1 4RR

Tel: 01924 361212

email: [info@eastmoorcommunity.co.uk](mailto:info@eastmoorcommunity.co.uk)

EASTMOOR  
COMMUNITY PROJECT LTD



## AUTUMN 2022 - Adult Education Courses



### at Eastmoor Community Project

#### ESOL **FREE**

Do you want to learn English? Why not join our ESOL classes which will help to improve all of your English skills.

**TUESDAYS FROM 13/09/2022 9:30 - 12:00** (Term time only)

**THURSDAYS FROM 15/09/2022 9:30 - 12:00** (Term time only)

#### EMPLOYABILITY SKILLS **FREE**

During this 6-week course you will gain a Level 1 Customer Service qualification as well as cover topics including Working in a Team and Effective Communication Skills for the Workplace. You will also assess yourself for work during a session which looks at your skills, your strengths, any weaknesses and how to build confidence.

**WEDNESDAYS FROM 14/09/2022 9:30 - 2:30** (6-week course)

#### DIGITAL SKILLS Level 1 Accredited Course **FREE**

At the end of attending the full course, you will achieve the following unit qualifications: Level 1 Award in Customer Service, Level 1 Employability Award in IT User Skills, IT Fundamentals, Using Emails and Using Internet, Using Spreadsheet software, Using Word processing software.

#### FUNCTIONAL SKILLS ENGLISH **FREE**

Studying this Functional Skills qualifications will help you to gain confidence and fluency in, and a positive attitude towards, English. At the end of the course, you will be able to demonstrate your competence in English by using it in real-world situations as well as demonstrating a sound grasp of basic English knowledge and skills.

**THURSDAYS FROM 22/09/2022 9:30 - 11:00** (Term time only)

#### FUNCTIONAL SKILLS MATHS **FREE**

Throughout the course, you will demonstrate your confidence in using maths, learning new knowledge and skills and apply this to solve straightforward mathematical problems

**THURSDAYS FROM 22/09/2022 11:00 - 12:30** (Term time only)

All courses are FREE. All learners must

- Be 19 years old on or after 1<sup>st</sup> August 2022 to receive funding
- Not enrolled on a similar course at another provider
- Have UK residency and be able to prove this with a passport, driving license, EU identity card etc (please bring on enrolment day)

St Swithun's Community Centre Arnccliffe Rd

Wakefield WF1 4RR  
01924 361212



EASTMOOR  
COMMUNITY PROJECT LTD

## DIGITAL SKILLS

**FULLY FUNDED & FREE**  
Level 1 Accredited Course

Course start date:

Wednesday 21st September 2022

Course end date:

Wednesday 16<sup>th</sup> November 2022

Course duration and times:

Every Wednesday for 8 weeks

term time only, 9.30am to 2.30pm

You **must** be able to attend every session

Location:

St Swithun's Community Centre,  
Arnccliffe Road, Eastmoor, Wakefield  
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](mailto:info@eastmoorcommunity.co.uk)
- 3) Ring 01924 361212

At the end of attending the full course, you will achieve the following unit qualifications:

Level 1 Award in Customer Service

Level 1 Employability Award in IT User Skills, IT Fundamentals, Using Emails and Using Internet

Using Spreadsheet software

Using Word processing software

You will also cover the following additional learning topics to make your CV shine:

Radicalisation and Extremism

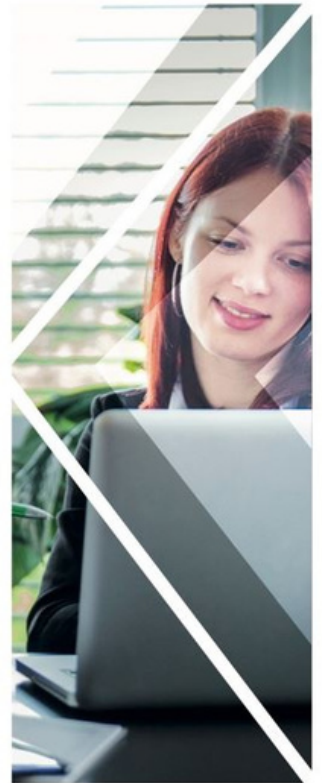
How to stay safe online

What can you trust?

British Values.

#### OUR 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 labour market need.



EASTMOOR  
COMMUNITY PROJECT LTD

TURNING  
POINT

Inspired by possibility



## WALK FOR WELLNESS

Thursday 28th July 13:30-14:30

A monthly walk to improve our mental health and wellbeing while socialising with like-minded people.

Attendees will meet at the Sport Centre entrance by the car park at Thornes Park at 13:30.

Contact: 0300 123 1912 option 3, then 4.

Speak to a Get Connected Recovery Worker for more information.



[www.turning-point.co.uk/](http://www.turning-point.co.uk/)

Turning Point - Registered Charity 234887  
Shandon House 21, Marsden Street, London E1 6AA  
Created in Southwark - NGS/0222 - 14.04.04



## GET STARTED WITH DIGITAL MARKETING

### IMPORTANT DATES

Taster Day: Weds 17th August 2022  
Course Dates: 22nd August - 2nd September

### FIND OUT MORE

Email: [YHoutreach@princes-trust.org.uk](mailto:YHoutreach@princes-trust.org.uk)

Are you aged 16-30 and not in full-time education, training or employment? Do you live in Yorkshire or the North East?

Learn more about:

- Social media and influencing
- Organic and paid ads
- Search engine optimization (SEO)
- PPC (pay per click) advertising
- Content marketing
- Metrics and analytics
- The opportunity to about Enterprise and self-employment

Dedicated and passionate young people will be selected for work experience and job interviews.



The Youth Hub, Pathways & Business Programmes are part-funded by the European Social Fund and supported under the Youth Employment Initiative.



# THE MENTAL HEALTH BENEFITS OF EXERCISE

## FOR CHILDREN AND TEENAGERS



Increases self esteem



Improves social wellbeing



Improves attention



Improves decision making



Improves personal growth



Reduces risk of depression



Reduces anxiety



Can help children feel as though they are in charge of situation



Improves sleep



Increases autonomy



Can provide children with a more positive view of themselves



Increases confidence



Reduces stress



@BELIEVEPHQ



# Shake up your summer!

## Have fun with our new 10 Minute Shake Up games!

Now's the time to get inspired and be active! Shake things up with our brand new games, inspired by some of kids' favourite Disney characters.



To find more games search '10 Minute Shake Up' or scan the QR code

Better Health Let's do this





# From Plantpot to Plate

## Seasonal Cooking Demo

with

# Bakeoff Queen, Karen Wright

Join us at Westgate Chapel  
Monday August 22nd  
5-8pm



Team Time Creative CIC

Arnold Clark  
**COMMUNITY FUND**



**Pontefract Museum**  
Wakefield Museums & Castles

### Made in Pontefract

Try a new activity every Wednesday!

- 3rd Aug: Glass and Colour
- 10th Aug: Clockwork
- 17th Aug: Exploring with IT
- 24th Aug: Liquorice
- 31st Aug: Sounds of Ponte's Past



Free!



Supported programme funded by  
ARTS COUNCIL ENGLAND

wakefieldcouncil



**Pontefract Castle**  
Wakefield Museums & Castles

### Step into History

Join us for a new theme each week!

- 1st - 6th Aug: Victorian Historians
- 8th - 13th Aug: Medieval Melee
- 15th - 20th Aug: Tomfoolery
- 22nd - 27th Aug: Civil Wars



Free!



Supported programme funded by  
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**NHS**  
The Mid Yorkshire Hospitals  
NHS Trust

Our A&E departments  
are extremely busy

CALL  
**111**

If it is not an  
emergency please  
telephone 111 for  
advice

24 hour  
**Mental Health Helpline**

☎ 0800 183 0558

Confidential helpline offering support, advice,  
information and guidance. Available to anyone  
registered with a GP in Wakefield.

Service provided by:

**NCHA**  
Care and Support



**NHS**

HM Government



# Good for your body Good for your mind

Find ways to get active at

[nhs.uk/better-health/get-active](https://nhs.uk/better-health/get-active)

**Better Health**  
Let's do this



**UNITED BY BIRMINGHAM**  
2022



# One of our students has kindly shared a snapshot of a yoga retreat ...



*Nestled in a valley surrounded by mountains very close by, lays my yoga retreat in Turkey.  
Awe inspiring views, nearby sounds of the surrounding Farmers cows and cockerels and well as the crickets.*

*I Feel joy and calm as I explore my home for the next week.*

*All the other ladies joining are lovely, we have a common goal of peace and self discovery.*

*We practice the postures and in the evening more restorative yoga with mantras and meditation.*

*We had fun too, 3 boats trips along the river to the sea and lakes and discovered the ancient temples carved  
into the mountains.*

*I take in the wildlife to, flying fish we even saw a turtle famous in the area.*

*Home now, and feeling great, best holiday yet.*

*Reset and ready for new beginnings.*

