



The Supporter Newsletter

5 August 2022



South West
Yorkshire Partnership
NHS Foundation Trust



01924 316946



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefielddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.

Altruistic August 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to be kind to others (and yourself) this month

2 Send an uplifting message to someone you can't be with

3 Be kind and supportive to everyone you interact with

4 Ask someone how they feel and really listen to their reply

5 Spend time wishing for other people to be happy and well

6 Smile and be friendly to the people you see today

7 Give time to help a project or cause you care about

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together



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
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.



Discovery College

Part of Wakefield Recovery and Wellbeing College



Healthier Together

Online information helping parents and carers to keep their children safe and healthy.

Search West Yorkshire Healthier Together

West Yorkshire
Health and Care Partnership



Wakefield District
age UK

Wraparound

Are you struggling with;
Low mood
Social isolation
Anxiety
Depression
Bereavement?

01977 552114
Monday to Friday
9am-5pm



TALK TO US

If things are getting to you

 **116 123** FREE
This number is FREE to call round the clock

 jo@samaritans.org

 samaritans.org



A registered charity

HM Government

NHS



Small steps to lift your mood

Find ways to get moving at

nhs.uk/better-health/get-active

Better Health
Let's do this

UNITED BY BIRMINGHAM 2022



Who's talking to your child online?

Who's making friends with your child online?



A five minute chat with your child about their online activity could save a lifetime of hurt

For help and advice:
www.westyorkshire.police.uk/yourchild

#YourChild

NSPCC



Free Summer

Financial support for the summer holidays!

wakefieldcouncil

Want to See Your Art On Our Garden Walls?

Book online or
ask at reception:



FREE Art Workshops

Open to ages 11 - 16

Mon 25th Jul, 11 - 4pm
Mon 1st Aug, 12 - 4pm
Wed 3rd Aug, 12 - 4pm
Wed 10th Aug, 11 - 4pm
Mon 15th Aug, 12 - 4pm
Wed 17th Aug, 12 - 4pm
Mon 22nd Aug, 12 - 4pm
Wed 24th Aug, 12 - 4pm

summer
s'cool



There are free art / gardening workshops running at Airedale library, aimed at children aged between 11yrs and 16yrs old. The children will work with a professional artist to create painted planters and wall murals that will be on permanent display at the library garden.



5 Daily Things You Can Do to Relieve Stress

1. Tell yourself good morning.

Before you get out of bed in the morning, **tune in to** your body and breath.

2. Check your mind reading.

Don't assume the worst about what other people are thinking and feeling.

3. Go outside at lunch.

Eat outside, **take a short walk** with a friend or co-worker, or sit and watch the clouds.

4. Appreciate your sense of touch.

For example, **really feel the water** when you're taking a shower or doing the dishes.

5. Celebrate your wins.

Don't just focus on your **losses and disappointments**.

Psychology Today

STAY OUT OF ABANDONED BUILDINGS

YOU COULD END UP INJURED OR EVEN KILLED



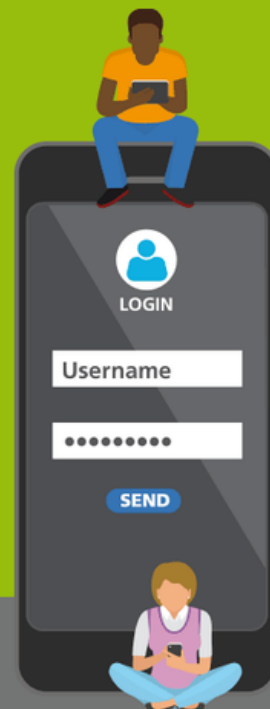
WEST YORKSHIRE
POLICE

Create strong, unique passwords for your online bank accounts and keep them to yourself!

#SafeOnlineBanking



www.getsafeonline.org/safeonlinebanking



Official



WhatsApp scam messages



Published on 18/07/2022
Reference 2111001

WhatsApp smishing scam

Published on 18th July 2022
Reference 2111001

FRAUD ALERT

Summary

The National Fraud Intelligence Bureau (NFIB) is warning the public about the continued increase in reports about scams where victims are targeted on WhatsApp by criminals pretending to be someone they know – typically their children.

Criminals will usually begin the conversation with “Hello Mum” or “Hello Dad” and will say that they are texting from a new mobile number as their phone was lost or damaged. They will then ask for money to purchase a new one, or claim that they need money urgently to pay a bill.

The criminal will provide bank details for the payment to be made to, with some coming back with further demands for money.

Between 3rd February 2022 and 21st June 2022, there have been a total of 1235 reports made to Action Fraud linked to this scam, with total reported losses exceeding £1.5mn

What you need to do

- STOP. THINK. CALL. If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity.
- You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select ‘Report’ and then follow the instructions.
- Never share your account’s activation code (that’s the 6 digit code you receive via SMS)

For more information about how to protect yourself online, visit
www.cyberaware.gov.uk and takefive-stopfraud.org.uk

Every Report Matters

If you have been a victim of fraud or cyber crime, report it to us at Actionfraud.police.uk, or by calling 0300 123 2040.

Use the free
what3words app to
tell emergency services
exactly where you are



Call the emergency services
and follow these steps:

- 1. Open the app**
Wait a few seconds for the blue dot to settle in one place.
- 2. Locate yourself**
Tap on iPhone or on Android. The 3 words for your location will display at the top of the screen.
- 3. Give the 3 words**
Read the what3words location over the phone.



Outdoors and Together FREE session Mindful Movement Yoga / Woodcraft

WHEN

Saturday 13th August 10-2pm

WHERE

Bulcliffe Woods

Denby Dale Road, Bretton,
Wakefield.

for anyone currently living in and around Wakefield district
who could benefit from some nature connection



ANAHATA YOGA



Come and spend some time in the woods being
mindful in nature. We will be offering a yoga
session with Sarah and other mindful activities to
help support good mental health.

Contact :vanessaathelascic@gmail.com

tel: 07982237201 Booking essential

A Creative & Wellbeing Course for Women

My Story is Like Any Other

A free 8 week course
Starts September 13th
on Tuesday Evenings
630pm until 830pm

Booking Essential!

A time and place to join together & share their stories,
explore & learn about their mind, body & spirit, well
being, be creative & create beautiful objects to exhibit
in 2023.



EXPERIENCE

A GRAND DAY OUT

WAKEFIELD

Wakefield 6-7 August

South Elmsall 13-14 August

Castleford 20-21 August

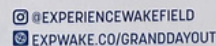
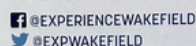
Knottingley 20-21 August

Featherstone 26-27 August

Ossett 28-29 August

- Free games and family activities
- Street food
- Brass bands and live shows
- Seaside activities
- Large-scale inflatable installations
- Picnic areas

Find out more at:



#WalkItThrough

WOMEN'S ONLY WALK 'N' TALK PEER SUPPORT GROUP

An opportunity to meet other like-minded women for
some gentle exercise and relaxed conversation



#womensupportingwomen #womenswellness #mentalhealth

Wednesdays: Thornes Park, Wakefield - Meet outside
the Stadium, walk starts @ 6.30pm till 7.30pm

Thursdays: Pontefract Park, Park Road - Meet outside
the children's play area, walk starts @ 6pm till 7pm



Good for your body Good for your mind

Find ways to get active at
nhs.uk/better-health/get-active



HAPPY HEALTHY HOLIDAYS

at
Lightwaves Leisure & Community Centre
Lower York Street, Wakefield, WF1 3LJ

August 2022

Monday to Thursday
12 noon to 4pm



For Juniors 8 to 11 years old and Seniors 12 years plus

A program of sport activities / drama / arts & crafts / cooking

All activities are free to children in receipt of free school meals
Lunch and refreshments provided. If unsure please contact us

If you would like to participate contact 01924 360158 / info@nextgeneration.org.uk
www.nextgeneration.org.uk @nextgenyouthandcommunityproject #WFHappyHealthyHolidays



Pond Dipping

Drop in 1pm—2.30pm

10th August

Fryston Country Park

Join us for an afternoon discovering the alien world beneath the water, from frogs and newts to nymphs and skaters, it's a whole new world to explore!



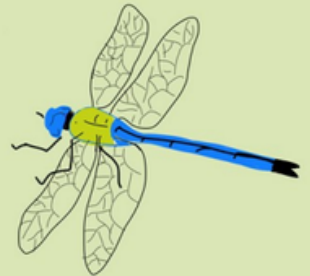
Meet the rangers by the fishing pond

All materials will be provided

Aimed at children up to 12 years old – all must be accompanied by an adult

No Need to book!
Just turn up!

For more information
call the Ranger team
on 01977 514741



YOUNGMINDS | Parents Helpline

Worried about your child's mental health?

For free confidential advice, contact our Parent Helpline.

Parents helpline: 0808 802 5544

Or visit youngminds.org.uk/parents-helpline for more information.

Parents helpline | Parents webchat

Monday - Friday 9:30am - 4pm

Email service opening times:

**Monday - Friday 4pm - 9:30am
or over the weekend**

Worried your partner may have an abusive past?

Get in touch

Contact the Police on 101

If we can find information
that would protect you,
we will tell you

www.westyorkshire.police.uk/clareshaw

