



# The Supporter Newsletter

12 August 2022



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

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With **all of us** in mind.

## Tips if you're feeling overwhelmed



- What are 5 things you can see?**  
Look for small details such as patterns, objects you've never noticed, or the way light bounces off surfaces.
- What are 4 things you can feel?**  
Notice how your clothes feel on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture and other physical qualities.
- What are 3 things you can hear?**  
Listen to the sounds your mind has tuned out, such as a ticking clock, trees blowing in the wind or distant traffic.
- What are 2 things you can smell?**  
These could be smells in the air around you, or you could look for something that has a scent, such as a flower or a candle.
- What is 1 thing you can taste?**  
Pop some chewing gum or a snack in your mouth and focus your attention closely on the flavours and textures.

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>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
<b>Understanding hearing voices</b>	22 September – Fieldhead Campus	11.00am-1.00pm

Summer Holidays beginning from the 27<sup>th</sup> July 2022.



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.



Wakefield Recovery College  
will be attending

Wakefield Pride

Come visit us at our stall on  
14th of August



# Discovery College

Part of Wakefield Recovery and Wellbeing College

We will be enrolling students for the  
Wakefield Discovery College

Save the date

1st of September 2022

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.



- [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)
- [Wakefielddiscoverycollege@swyt.nhs.uk](mailto:Wakefielddiscoverycollege@swyt.nhs.uk)
- 01924 316946
- @WakefieldDC
- [www.facebook.com/WakefieldDiscoveryCollege](https://www.facebook.com/WakefieldDiscoveryCollege)
- @Wakefielddiscoverycollege

# What's coming up at the Wakefield Recovery College

Yoga	Creative fitness	Caring for you and me	Boogie Bounce	On yer bike	Wild things
Freedom from fibro	Self care - self soothe	West Yorkshire Pauper Lunatic Asylum	The M Word	Recipes across the years	Christmas Gonk Making
What the heck are Archives	Pastel Drawing workshop	Hearing voices	Christmas rag wreaths	Medication and me	Christmas Hessian Hearts

Wakefield  
Recovery and Wellbeing College  
Home of the Discovery College

## Choose well for your mental health

Are you aged 18 or over and living in Barnsley, Calderdale, Kirklees or Wakefield?

### Do you want to know:

- How you can look after your mental health and wellbeing?
- Where you or others can go for mental health and wellbeing support locally?



Download the 'choose well for mental health' guide at:

[www.southwestyorkshire.nhs.uk/choosewell](http://www.southwestyorkshire.nhs.uk/choosewell)  
or scan the QR code



If you require a copy of this information in any other format or language please contact the Trust.

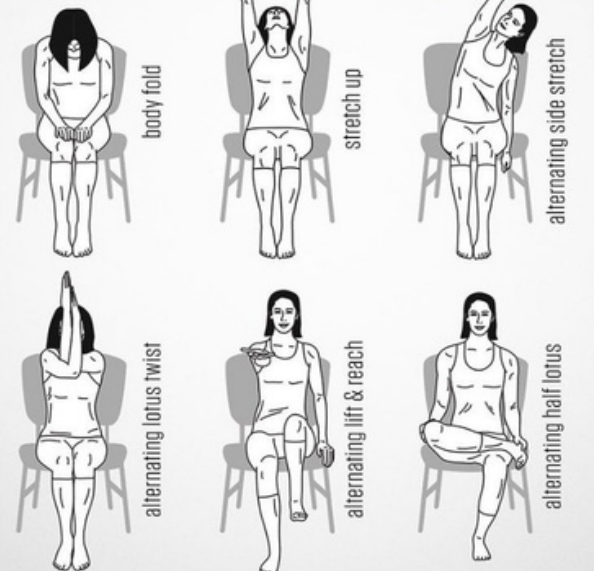
With all of us in mind.

008 00 2004 MAR22

## 3-minute seated Yoga

www.nhs.uk  
NHS choices

OFFICE-FRIENDLY WORKOUT  
© darebee.com  
30 seconds each



If you're struggling because someone died suddenly, give us a call



If you're under 25 support is available across the Wakefield District

Call Daz: 07708 471670

Visit: [starbereavement.org.uk](http://starbereavement.org.uk)

Please note that our information is updated on a regular basis. Visit [www.starbereavement.org.uk](http://www.starbereavement.org.uk) for more information.



## What support is on offer?

### One to One Support

One to One support to fit your needs.

### Group Work

Support from peers with others who know what you're going through.

We'll come and meet with you wherever you feel safe.

## Useful Contacts:

**Contact your GP or call NHS 111:**  
24 hour helpline and access out of hours GP.

**SHOUT:**  
[www.giveusashout.org](http://www.giveusashout.org)  
Text: SHOUT to 85258  
Free 24/7 support.

**Papyrus HOPELINEUK:**  
[www.papyrus-uk.org](http://www.papyrus-uk.org)  
Call: 0800 068 4141  
Free to call 9am-Midnight.

**Hope Again:**  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)  
For bereavement support.

**Samaritans:**  
[www.samaritans.org](http://www.samaritans.org)  
Call: 116 123  
Free to call 24/7.

**WF-I-Can:**  
[www.wf-i-can.co.uk](http://www.wf-i-can.co.uk)  
Information, advice and self-help tips to increase your confidence & resilience. Online Drop in and Chat service Tuesday-Thursday 7-9pm.

**Grief Encounter:**  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)  
Supporting bereaved children and young people. Chat, email, text support. Phone helpline: 0808 802 0111 Weekdays 9am-9pm



## CHECK-IN WITH A MATE AND FEEL PROUD



West Yorkshire Health and Care Partnership

## SIGNS OF BURNOUT

### 1. EXHAUSTION

Feeling tired all the time. Low energy + have no motivation

### 2. LACK OF SLEEP

Not being able to sleep. Keep thinking about work + worrying over it

### 3. EMOTIONS

Feel irritated, easily lose your temper + get overwhelmed

### 4. ACHES

You have physical pains such as upset stomach + headaches.



### 5. PSYCHOLOGICAL

Irrational sense of failure. Feel alone + detached. Pain often.

### 6. NEGLECT SELF

Don't take care of yourself, "no time." Feel guilty + numb



### 7. NEGATIVE MINDSET

Cynical about change. Withdraw from others. Feel like there is no point



## West Yorkshire Police Band

Bring your own Picnic & Performance FUNDRAISER for the Chapel's roof! Westgate Chapel Garden

Sunday 25th September 1:30-4pm



£12 per adult  
concessions £10  
£8/£6 per child  
Family Ticket  
2 adults & 2  
children £35

# Wildlife in the Hot weather



## Provide enough water

Provide a shallow dish of water for thirsty birds, mammals and even insects. Placing a small stone in the centre will help any insects that may fall in!



## Top up the bird bath

Birds need water to bathe to keep their feathers in good condition, so top up the bird bath regularly with fresh, clean water



## Top up your bird feeders

Keep bird feeders topped up and scatter some food, like soaked raisins\* and apple chunks, on the floor for thrushes and other animals



## Provide enough cover from the sun

Provide logs, stone slabs, rockeries and tall grass, which provide cover for frogs, toads and newts seeking shelter from the sun



## Top up your pond

Ponds that are low can be topped up. If your rain barrel is empty, use tap water – but add little and often



## Stay messy

Wildier areas in the garden will provide shelter for a wide range of wildlife, so don't be too tidy

\* Raisins can be harmful to dogs and cats, so don't put them out where pets may eat them

# Cold Water Kills

- Causes you to gasp for breath
- Stay calm, lean back extend arms and legs
- Float to live



#BeWaterAware  
westyorksfire.gov.uk

If you see someone in difficulty in the water call 999 ask for FIRE



The Mid Yorkshire Hospitals NHS Trust

## Covid-19 vaccination service

Queen Elizabeth Road, Wakefield

**Tuesday 9 August:**  
12:15 - 17:30 (Adults 18+)  
**Wednesday 10 August:**  
CLOSED  
**Thursday 11 August:**  
08:15 - 19:30  
(Family session, aged 5+)

**Friday 12 August:**  
14:15 - 19:30 (5-11 year olds)  
**Saturday 13 August:**  
08:15 - 19:30 (Adults 18+)  
**Sunday 14 August:**  
08:15 - 19:30  
(Family session, aged 5+)

SAMARITANS

Whatever you're facing  
We're here to listen

Call free day or night on  
**116 123**  
Email  
jo@samaritans.org

samaritans.org

# 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

EASTMOOR  
COMMUNITY PROJECT LTD



# WF-I CAN

WE ALL HAVE GOOD AND BAD DAYS AND  
NEED A BIT OF HELP SOMETIMES



WWW.WF-I-CAN.CO.UK



wakefield.council  
working for you

ONE TO ONE  
DEVELOPMENT TRUST



Water. It's wonder stuff. It falls from the sky, flows through rivers and miles of pipes to your tap. It's there when you need it, so you never give it a second thought, but we all need to use it carefully to make sure there's enough for everyone. Here are a few small changes that will make a big difference. Let's save some together.

## Save water in your home

From making a brew to flushing the loo and everything in between we're constantly using water in our homes. We've put together our top tips to help you save with just a few small changes.



### Save loads on your loads

Putting a full load in the washing machine and using the eco setting, if you've got one, will make a big difference.

### Use less with a bowl

We know it's tempting to throw everything in the dishwasher but using a washing up bowl saves lots of water. If you really hate the idea of rolling up your sleeves, make sure your dishwasher is full and use the eco setting if you have one.

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### Yes you can

Using a watering can instead of a hose is an easy way to save water. You can save even more by filling it with leftover water from the washing up.

### Tap into wasted water

Fixing that dripping tap could save over 5,500 litres of water a year - that's a lot!

### Tea for two?

Only boiling the amount of water you need will save water and energy.

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### Eliminate the competition

Keep on top of weeds in your garden. They grow quickly and compete with your plants for valuable moisture.

### Feeling flush?

Fitting a Flushsaver in your toilet could save 1.2 litres with every flush.

[Order your free Flushsaver now!](#)

### Hot tip for houseplants

Bathrooms are warm, humid environments that are great for some houseplants. Why not collect cool water from your shower before it warms up and give your indoor plants a drink?

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Bathrooms are warm, humid environments that are great for some houseplants. Why not collect cool water from your shower before it warms up and give your indoor plants a drink?

### Get mulch more out of your water

Adding a layer of leaves, bark or compost to your flower beds helps retain moisture and reduces the need for watering.

## Free water saving pack

We're offering our customers the chance to save water and cut their bills. Get your free water saving kit now and join us in making small changes that will make a big difference. It'll help you save litres and pounds!

[Get your free water saving pack](#)

# Take a break

A short poem sent in by one of our students

SUNSHINE CAN MAKE BEAUTY OF A TERRIBLE DAY

Sunshine can magnify the smallest grace  
Lemon-hued leaves and sun-smelling skin  
Grateful green trees and a wild garlic hint  
Vast rolling fields of viridescence and mint  
Aching blue sky, stretching so wide  
Making you high, on life's small gifts  
Sunshine sets alight the stunning morning.  
Sunshine can fight the battle of night  
On cold shivering shoulders.

SUNSHINE IS BEAUTIFUL AND THIS IS ALL WHY.

BY JOANNA

**Wakefield**

**Recovery and Wellbeing College**

Home of the Discovery College