

The Supporter Newsletter

19 August 2022



01924 316946

www.wakefieldrecoverycollege.nhs.uk

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wakefielddiscoverycollege@swyt.nhs.uk

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@WF_RecoveryColl
@WakefieldDC

@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.

Out Of My Control...

- What other people believe
- What other people think
- Others' opinions
- What I say
- Others' actions
- Aging
- My boundaries
- What I look @online
- What I do
- Time
- Who I hang out with
- My opinions
- My self
- Other people's feeling's
- My thoughts
- My words
- What I do
- Traffic
- What I eat
- My actions
- The weather
- Other people's time
- My self - care
- What others post online
- Bills

MIND JOURNAL

MIND JOURNAL

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-rah” (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
Freedom from fibromyalgia	5 September 2022 – St. Giles’ Centre	1.00pm-3.00pm
Caring for me and you	5 September 2022 – Wakefield Town Hall	10.00am-12.30pm
Couch to 5K	6 September 2022– Fieldhead Campus	2.00pm–3.00pm
For those that give too much: Everyday stress	6 September 2022 – Online	10.00am-12.00pm
What the heck are archives?	7 September 2022 – West Yorkshire History Centre	10.30am-12.00pm
Boosting self-confidence	13 September 2022 – Online	11.00am-12.30pm
Recipes across the years	14 September 2022 – West Yorkshire History Centre	10.30am-12.00pm
Recognising burnout	20 September 2022 – Fieldhead Campus	2.00pm-4.00pm
Learning more about the West Riding Pauper Lunatic Asylum	21 September 2022 – West Yorkshire History Centre	10.30am-12.00pm
Understanding hearing voices	22 September 2022 – Fieldhead Campus	11.00am-1.00pm
Creative writing	26 September 2022 – Online	10.30am-12.30pm
Bookbinding	28 September 2022 – West Yorkshire History Centre	10.30am-12.00pm
Money talks	29 September 2022 - Online	10.00am-12.00pm
Living with long-covid and post-covid	29 September 2022 – Online	1.00pm-2.30pm

Coping with pain	5 October 2022 – Online	2.00pm-3.00pm
Pastel drawing	17 October 2022 – St Giles' Centre	10.00am-12.00pm
Accepting change	18 October 2022 – Online	10.00am-12.00pm
Feeling positive, busting stress	20 October 2022 – Online	2.00pm-3.30pm
Self-care and self-soothe	20 October 2022 – Fieldhead Campus	10.00am-12.00pm
Advanced creative writing	31 October 2022 – Online	10.00am-12.00pm
Exploring resilience	1 November 2022 - Online	10.00am-12.00pm
Scrapbooking for wellness	2 November 2022 – Wakefield Town Hall	1.00pm-3.00pm
Money talks	3 November 2022- Online	1.00pm-3.00pm
Coping with life by using relaxation	8 November 2022 - Online	10.30am-12.00pm
Dyslexia awareness	10 November 2022 – Online	10.30am-12.00pm
Christmas rag wreaths	17 November 2022 – Fieldhead Campus	10.00am-12.00pm
Christmas hessian hearts	28 November 2022 – Fieldhead Campus	10.00am-12.00pm
Christmas rag wreaths	24 November 2022 – St Giles' Centre	1.00pm-3.00pm

Summer Holidays beginning from the 27th of July 2022.

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.

**Wakefield
Recovery and Wellbeing College
Home of the Discovery College**

Discovery College

Part of Wakefield Recovery and Wellbeing College

NHS

South West
Yorkshire Partnership
NHS Foundation Trust

At the Wakefield Discovery College we have lots of opportunities that will help you to recognise your own interests, skills and talents.

We provide courses and workshops that can help you on your own personal recovery journey. It's about building lives, creating opportunities, taking control and instilling hope.

Courses will be available for students to enrol on from the
1st of September 2022.

Have a look at some of the courses that will be coming up.

Pebble
Painting

Wellbeing in
the Woods

CAMHS
Transition

Journaling

Wonderful
Weaving

Scrapbooking
for
wellness

Bookbinding



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FREE
courses for
16 - 25
year olds

Discovery College

Part of Wakefield Recovery and Wellbeing College

GET INVOLVED WAKEFIELD EATING DISORDER SCOPING DISCUSSIONS



**JOIN US ON ZOOM TO FIND
OUT MORE** **01**
1st September 11.00-12.00

wakefieldscoping@gmail.com



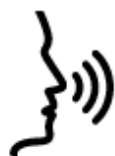
**EMAIL US TO TELL US
YOUR VIEWS** **02**

wakefieldscoping@gmail.com



**COMPLETE OUR ONLINE
SURVEY- EMAIL US FOR
THE LINK** **03**

wakefieldscoping@gmail.com



**VOLUNTEER TO BE ONE
OF OUR EXPERTS BY
EXPERIENCE AND GET
MORE ACTIVELY
INVOLVED** **04**
wakefieldscoping@gmail.com



**JOIN A FOCUS GROUP:
EMAIL US FOR DATES,
TIMES AND THE LINK** **05**

wakefieldscoping@gmail.com

Insight Eating and Insight Health Insight Eating and Insight Health

[insighteatingandinsighthealth](https://www.instagram.com/insighteatingandinsighthealth)

If you need help and advice contact The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)

ARE YOU LOOKING FOR WORK?

If you are looking for education, employment or training you could get support from our Doing Good Business coaches, part funded by European Social Fund.

In-work support



Employment coaching

Doing Good Business can help you feel more confident, get you interview-ready and help find the right job for you.



GET IN TOUCH WITH US TODAY:

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BARNSELY

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DONCASTER & ROTHERHAM

Search Sheffield
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Instagram and
Twitter

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www.sheffieldfutures.org.uk



Careers Fair



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Services
Sport
Engineering
College Courses
and Traineeships
Supported
Internships

Your chance to speak with local training providers, colleges and careers advisers to plan your next steps.

Immediate starts available!




**Wed
14th
Sep
1-3.30pm**

Lightwaves Leisure Centre

Lower York Street
Wakefield, WF1 3LJ

connexions
part of Shaw Trust
WAKEFIELD DIGITAL

For more information visit: connexionswakefield.co.uk



YORKSHIRE SPEAK THEIR NAME SUICIDE MEMORIAL QUILT

Please join us!

You are invited to the **Launch of the Yorkshire Speak Their Name Quilt.**

World Suicide Prevention Day
Saturday 10th September
11am-4pm
Millennium Square, Leeds. LS2 3AD

There will be cocktails, fresh pizza and craft stalls. The quilt will be unveiled at 11am so get there early!

Looking for a new career?



Join our online social care recruitment event

**Tuesday 23 August
10am - 6pm**



Speak to local care providers who are actively recruiting - with application support available too.

In conjunction with World Suicide Prevention Day present the

LAUNCH OF OUR RESEARCH FINDINGS ON SUICIDE PREVENTION IN SOUTH ASIAN COMMUNITIES

GUARDIAN HOUSE, 22 MANOR ROW,
BRADFORD, BD1 4QU

7th of September, 10am

WANT TO JOIN?



SCAN ME



This report presents the findings of our research and is based on the interviews that were undertaken with respondents by Sharing Voices in 2021.

We are grateful to the **West Yorkshire Health and Care Partnership** who have provided the funding for this project and their continued support in advancing action based on the findings.

Come along and join us for a discussion on our research findings and an opportunity for a Q&A.

01274 731166
info@sharingvoices.org.uk



Come and join your neighbours for a big clean-up on Sunday 21st August.

Meet up on Montague Street at 11am.

Equipment and refreshments provided.



Night OWLS is a confidential support line for children and young people in crisis. Helping them, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield.



We're available
8pm - 8am

Call this number free: **0800 148 8244**
Text us on: **07984 392700** (charges may apply)
Chat to us on: [wynightowls.org.uk](https://www.wynightowls.org.uk)

STOP GASLIGHTING YOURSELF

@iamhayleykaye



Maybe it's all in my head



My experiences are real and valid



I shouldn't feel this way



If it's sticking with me it must be a trigger. Where do I need to heal?



I shouldn't be upset, I'm sure they didn't mean it



Even if they didn't mean it meanly, it still hurt



I don't deserve to be happy



My past mistake don't define my future

Need a walk home?



STRUT SAFE
Mobile

0333 335 0026



@strutsafe

YOUR CUTOUT AND KEEP
GUIDE TO OUR

CARNIVAL

TRINITY WALK
WAKEFIELD

FREE EVENTS

ATTRACTIONS

RIDES

SHOPPING

FRI AUG 5: **JUMBO THE ELEPHANT**
 SAT AUG 6: **BUBBLEOLOGIST**
 FRI AUG 12: **ROAMING ACROBATS**
 SAT AUG 13: **KIDS CIRCUS SCHOOL**
 FRI AUG 19: **FACE PAINTERS**
 SAT AUG 20: **CIRCUS HOOLA HOOPING**
 FRI AUG 26: **BALLOON MODELLER**
 SAT AUG 27: **ROAMING MAGICIANS**
 FRI SEP 2: **RORY THE RAPTOR**
 SAT SEP 3: **BABY DINO DAY**

PLUS...FREE SANDPITS & *PAID FOR RIDES.
CANDY FLOSS, GAMES & MORE

trinitywalk.com

We're Back for 2022!

Bushcraft

Inflatables

Food

Games

Five Towns Community Day

Kids Crafts

Ice Cream

Community Stalls

Music

Pontefract Park
Saturday 17th September 2022
12pm - 4pm

This event is organised by:
FIVE TOWNS CHRISTIAN FELLOWSHIP

Supported by...
wakefield.council

 **WAKEFIELD HOSPICE**
SHARING THE CARE IN THE COMMUNITY
FR Registered Charity No. 518392

Sandal Fundraising Group

AUTUMN COFFEE MORNING

Sandal Methodist Church
253 Barnsley Road, Wakefield WF1 5NU

Saturday 17th September 2022
10am - 12noon

Tickets £2 each
(includes refreshments)
available from mgtsmith@yahoo.co.uk
or pay on the door.

Everyone welcome



Variety of stalls including raffle, tombola and handmade greetings cards

 **SANDAL CRICKET CLUB**

with  **WAKEFIELD HOSPICE**
SHARING THE CARE IN THE COMMUNITY
FR Registered Charity No. 518392

Sandal Fundraising Group

Charity Day

at Sandal Cricket Club
293a Barnsley Road, WAKEFIELD WF2 6EE



- 6 A Side Cricket Competition
- Hospice stalls
- Refreshments

Sunday 18th September 2022
10.30am - 6pm

Everyone welcome

All proceeds to Wakefield Hospice

Take a break

A short poem sent in by one of our students



**I'm the shadow in the window
The one that you know
The ghost in the background
The empty, troubled soul
I'm the wind in your bedroom
When the door's closed
I'm the voice behind your ear
When you are alone.**

By Joanna

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