



The Supporter Newsletter

26 August 2022



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www.wakefieldrecoverycollege.nhs.uk



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wakefielddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefielddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.

WHY BE KIND?

POLLINATE * KINDNESS



One kind act can influence others to be kind - it's contagious



Emotional warmth through kindness produces oxytocin which aids lowering blood pressure
(Dr. David Hallam)



You feel stronger + more energetic after helping others. It also increases your sense of self-worth
(Greater Good Science Center)



In a study, people aged 55+ who volunteer had **44%** lower likelihood of dying early than those who don't
(Christine Carter - Raising Happiness)



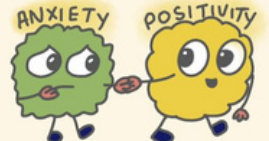
"Helpers high" is the brain's pleasure and reward that is triggered when you are kind to another person
(Emory University)



Engaging in kindness produces endorphins - a natural pain killer
(Dr. D. Hamilton)



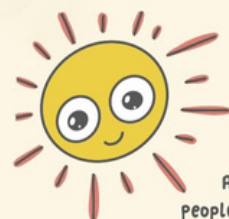
Kind people have **23%** less stress than an average person + age slower
(Coventry College)



Being kind can help people with anxiety have an increase in positive moods. It also reduces depression
(University British Columbia)



Research shows doing random acts of kindness triggers serotonin - it helps with mood stability



A study showed people who performed one kind act a day experienced a significant increase in overall happiness
(Journal of Social Psychology)



Spreading kind acts encourages others to do it in return - this is a positive feedback loop. It also makes you feel happier.
(Harvard University)



Happiness inspires us to become more productive
(Shawn Achor)

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
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
Stopping for Stoptober	28 September 2022 – Fieldhead Campus	2.00pm-3.00pm
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
Bill busting	6 October 2022 – Online	10.30am-12.00pm
Autism awareness	7 October 2022 – Online	10.00am-12.00pm
The M Word; Menopause awareness	12 October 2022 – Fieldhead Campus	2.00pm-4.00pm
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
Cooking on a budget	20 October 2022 – Online	9.00am
Advanced creative writing	31 October 2022 – Online	10.00am-12.00pm
Improving your sleep	1 November 2022 – Online	1.30pm-3.30pm
Exploring resilience	1 November 2022 - Online	10.00am-12.00pm
Skills for volunteers	1 November 2022 – Fieldhead Campus	10.00am-12.30pm
Understanding anxiety	2 November 2022 – Wakefield County Hall	10.00am-12.00pm
Scrapbooking for wellness	2 November 2022 – Wakefield Town Hall	1.00pm-3.00pm
Boogie Bounce	2 November 2022 – Vibe Fitness	10.00am-10.45am
Money talks	3 November 2022- Online	1.00pm-3.00pm
An introduction to personality disorder	8 November 2022 – St.Giles' Centre	1.00pm-3.30pm
Coping with life by using relaxation	8 November 2022 - Online	10.30am-12.00pm
Understanding depression	9 November 2022 – Wakefield County Hall	1.00pm-3.00pm
Dyslexia awareness	10 November 2022 – Online	10.30am-12.00pm
Homemade Christmas craft ideas	10 November 2022 – Online	10.00am-12.00pm
Medication and me	11 November 2022 – Online	10.00am-12.00pm
Christmas rag wreaths	17 November 2022 – Fieldhead Campus	10.00am-12.00pm
Expressive writing	17 November 2022 – Online	10.00am-11.30am
Christmas rag wreaths	24 November 2022 - St. Giles' Centre	1.00pm-3.00pm
Christmas gonk making	25 November 2022 – St. Giles' Centre	12.30pm-3.00pm
Christmas hessian hearts	28 November 2022 – Fieldhead Campus	10.00am-12.00pm
Summer Holidays beginning from the 27 th of July 2022.		

We are open for enrolments but don't forget if you are already enrolled you can give us a call to book on to the courses- no need to fill in another enrolment form.

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 1m social distancing.

Discovery College

Part of Wakefield Recovery and Wellbeing College

What's coming up at
the Wakefield
Discovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Pebble
Painting

Wellbeing in
the Woods

Intro to
journaling

Journaling

Wonderful
Weaving

Scrapbooking
for wellness

Bookbinding

Self care -
self soothe

West Yorkshire
Pauper Lunatic
Asylum

CAMHS
Transition

Recipes
across the
years

Christmas
Gonk Making

What the heck
are Archives

Pastel Drawing
workshop

Hearing voices

Gambling
Awareness

Medication
and me

Discovery College
Part of Wakefield Recovery and Wellbeing College



ARE YOU 16-25 YEARS OLD?
LOOKING FOR A NEW CHALLENGE?
WANTING TO IMPROVE YOUR CONFIDENCE, TEAMWORK AND EMPLOYABILITY SKILLS?



12 week TEAM Programme

TRAVEL COSTS
COVERED.
DOES NOT
AFFECT
BENEFITS.

Starting
19th of September 2022
At Lightwaves Community

Build Confidence **Develop Teamwork**
Improve Communication **Go On Work Experience**
Go On A Residential **Plan A Community Project**



Please contact Selina on 07784360058
or email s.wainwright@wakefield.ac.uk for more information.

We're recruiting!

Come along to our next adult social worker event



Thurs 1 Sept, 10am-3pm
Wakefield Town Hall

Wood Street, WF1 2HQ

Connect with local social care providers who are hiring.



GET INVOLVED WITH WAKEFIELD EATING DISORDER SCOPING DISCUSSION

Is your life overshadowed by your eating problem or do you care for a loved one with disordered eating/an eating disorder?

Are you passionate about mental health diversity and eating disorders?

If you have said yes to either of the above questions and you live in Wakefield

We want to hear from you!
wakefieldedscooping@gmail.com



Insight Eating and Insight Health



Insight Eating and Insight Health



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

If you need more help with your eating problems contact: The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)



WESTGATE UNITARIAN CHAPEL DAY MONDAY 5TH SEPTEMBER

10AM - 11.30AM **MEDITATION, CUPPA, CHAT & CAKE**
12PM - 1PM **ORGAN RECITAL**
1.30PM - 3PM **BRING YOUR LUNCH AND RELAX**
3PM - 6PM **CREATIVE WORKSHOP - MANDALA**
7.30PM 8.30PM **CHAPEL IS OPEN**
UNWIND AFTER WORK WITH
SILENCE, PRAYER, MEDITATION
HISTORY LECTURE ABOUT
RICHMAL MAGNAL

No need to book - just drop in
contact sarahcobham@hotmail.com for further details

Worried about your child's mental health?

For free confidential advice, contact our Parent Helpline.

Parents helpline: 0800 802 5544

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

Parents helpline | Parents webchat

Monday - Friday 9.30am - 4pm

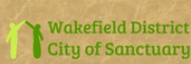
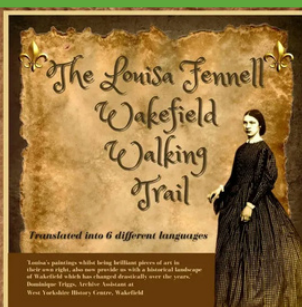
Email service opening times:

Monday - Friday 4pm - 9.30am
or over the weekend

YOUNGMINDS | Parents Helpline

Tuesday, 13th September
Westgate Chapel 2-4pm

Join us for the launch of our Multi-Language Book about Wakefield's history inspired by Louisa Fennell's paintings followed by a walk of the trail.
VIP Special Guest



Day or night
We're here when life's difficult

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

samaritans.org

SAMARITANS



Easy money usually comes with a catch...

Have you been asked to put money in your bank account by a friend, or through someone you have met online?

They might have said you can keep some of the money, just for putting it into your account and then drawing or transferring it out again.

This is sometimes known as **squaring**, money laundering or being a money mule. It might sound harmless and an easy way to make a bit of cash, but it could actually be linked to serious crime and could have real consequences for you in the future.

Criminals who make money through crime such as drugs, guns, human trafficking and fraud, often use people to hold or move their money for them as a way of hiding the crime. They will tell you that there is nothing wrong with doing this and that you're just doing them a favour. They might give you money or gifts for helping them out.

The police and banks look out for unusual activity in everyone's accounts and will soon spot transactions that look suspicious. If you are found to be putting money in your account or transferring it for someone, then you can get in trouble, even if you genuinely didn't know where the money came from.

Consequences can include not being able to access credit in the future, including mobile phone contracts, credit or store cards, or a mortgage, you could even be refused a bank account. Even more seriously, you could get a criminal record and go to jail for up to 14 years.

Tips & advice

People often become money mules without being aware of it. You might think you aren't doing anything wrong, but end up being involved in money laundering and fraud.

To help avoid this :-

- Don't give your bank account details to anyone unless you know and trust them.
- Be wary of job offers where all interactions and transactions will be done online.
- Be wary of offers of easy money. If it sounds too good to be true then it probably is.

If you are worried that you have been targeted as part of this crime, you should speak to an adult that you trust. You should also contact your bank as soon as possible, they have specialist teams who will be able to help you.

You can also contact the Police or other organisations who can provide assistance :-

- In a non-emergency contact the police on 101.
- If a crime is in progress or there is a danger to life call 999.
- You can [speak to West Yorkshire Police online via Live Chat](#)

If you would rather not contact the police you can call :-

- Crimestoppers (you can speak to Crimestoppers anonymously) – 0800 555 111
- Childline – 0800 111
- NSPCC – 0808 800 5000



Crimestoppers
0800 555 111

Programme
PRECISION

WEST YORKSHIRE
POLICE



Enrolment Session

Do you need to improve your English?

Aged 19 or over ?

**Thursday, 8th September
2022**

Various time slots available

**Please enquire at reception for more
information and to book your place, or
contact the centre on:**

01977 705341

stmarys@stmaryscommunity.co.uk



**CREATIVE WORKSHOPS
AUTHENTIC STORYTELLING
POWERFUL PERFORMANCES
EMPATHY IN ACTION**

OFFICIAL PARTNER

**WAKE
FIELD**

Wakefield City Centre
Saturday 17th September



**COVID-19 VACCINE
AUTUMN BOOSTERS**
ROLLOUT BEGINS 5 SEPTEMBER

**05
SEPTEMBER**

Please wait to be contacted by the NHS

Level 2 Support working in schools and colleges.

Are you interested in working in schools?

We know everyone needs to start in the best place for them. To help you get onto the right course, we'll do a skills check. Our skills check is not a test, it is a way for us to help you start in the right place. You'll talk to our friendly staff about the courses that interest you and complete some simple online tasks. We will use our expertise to place you on the best course for you.

Join us

Date: 27/09/2022

Time: 9:45 - 11:45

Venue: St Georges community centre

Cost: Fully funded

Course code: C3681095

The full course will start on 4/10/22

9:45 – 14:45

For more details:

Call the WEA on 0300 303 3464 or visit wea.org.uk



wea.org.uk

Support working in schools and colleges



September dates for your diary

5th, 12th & 19th ~ Freedom From Fibromyalgia
With Keilly ~ pre booked via Recovery College

9th, 16th 23rd, 30th Sept & 7th, 14th Oct ~
Self Exploration with Therese 10 - 11am

12th & 26th ~ Men's Mental Health with Dave
9.30 - 10.30am

4th ~ Mindfulness Retreat with Jan 1-2pm (Online)

7th ~ EFT with Valerie 1.30 - 2.30pm

19th ~ Fibromyalgia Support Group with Keilly 6 - 7pm

22nd ~ Creative Art workshop with Gemma
10.30 - 12.30pm



TBC ~

Movement with Kirsty , Acupuncture with Chantal
Yoga with Alida , Reiki with Francesca

Please email to confirm your place enquiries@betruetoyourecoverycic.org

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 1st 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)

WAKEFIELD BID



Find out more: wakefieldbid.co.uk | @wakefieldbid

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

Led by

IOPC

Supported by

women's aid

NPCC



Take a break

A short poem sent in by one of our students.



An early thought

an early thought
old like ochre
yellow and brown
caught like a photo
framed and bought
clean and sober
mellow and drowned
complex composure
slow until it's over
quickly zipped up
robbed of closure
closed, hung over a shoulder
closed, eyes glazed over

By Joanna.

Wakefield

Recovery and Wellbeing College

Home of the Discovery College