

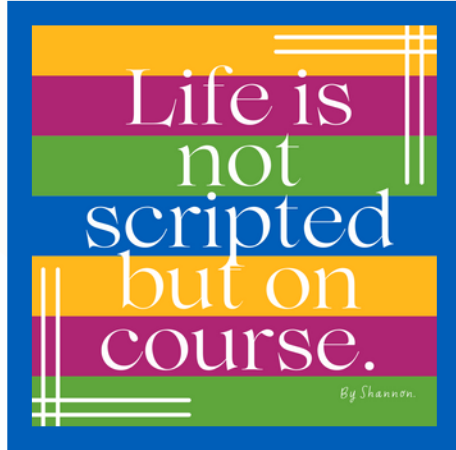


The Supporter Newsletter

2 September 2022

NHS

South West
Yorkshire Partnership
NHS Foundation Trust



01924 316946



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefelddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefelddiscoverycollege

With **all of us** in mind.

Discovery College

Part of Wakefield Recovery and Wellbeing College

We have launched!!!

WE'RE OPEN FOR ENROLMENTS!!!



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

What's coming up at the Wakefield Discovery College

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 Gunk 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

Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



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

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.

MEET THE TEAM WEEK 2022

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

The Wakefield Discovery College
will be around all week to tell
you all about what we do.

SEP 12 **VIRTUAL SESSION**
12PM & 4PM Contact
wakefielddiscoverycollege@swyt.nhs.uk
for the joining link.

PONTEFRACT LIBRARY **SEP 14**
11AM-2PM

SEP 15 **THE RIDINGS CENTRE**
11AM-2PM Middle mall level- outside Poundland

THE HUT AIREDALE **SEP 16**
6PM-7.30PM

Discovery College
Part of Wakefield Recovery and Wellbeing College

Just turn up at 11.00am.....no need to book and it's free

"People start to heal the moment they feel heard"

BATLEY

PeerTalk®



Peer Support Group for those living with depression, anxiety or other distress

EVERY WEDNESDAY 11.00^{am} – 12.30^{pm}

Jo Cox House,
90 Commercial Street,
Batley,
WF17 5DS.



The PeerTalk Charitable Foundation, registered charity no.1169830.

Facing Depression Together

PeerTalk®

Find out more at:

- 07719 562 617
- peertalk.org.uk
- enquiries@peertalk.org.uk
- @peer_talk
- @peertalk1
- peertalkcharity

Facing Depression Together

PeerTalk®

PeerTalk is a registered mental health charity providing support groups for adults experiencing depression, anxiety, and other similar distress. The meetings are facilitated by two volunteers, though the advice and coping skills comes from the other attendees, who may have similar experiences to you. It is a safe, respectful and non-judgemental space where you can talk, be heard and listen to others. The groups are free to attend, there is no need for bookings or referrals, and they are confidential with additional safeguarding measures in place to protect those who attend.

Locally, PeerTalk has a support group in Batley, which meets every Wednesday morning 11am-12.30pm at Jo Cox House. There are also support groups based in Bradford, Leeds, Huddersfield and Skipton. More information can be found here:

<https://www.peertalk.org.uk/support-groups>

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insighthealth
Specialist help for eating disorders and health

SUNDAY 18TH SEPTEMBER

NHS

WAKEFIELD PUBLIC ENGAGEMENT EVENT ON EATING DISORDERS/ DISORDERED EATING

WAKEFIELDEDSCOPING@GMAIL.COM

11.00 -15.00 THE RIDINGS SHOPPING CENTRE

- A CHANCE TO FIND OUT MORE ABOUT WHAT IS AVAILABLE FOR PEOPLE WITH DISORDERED EATING AND EATING PROBLEMS IN YOUR LOCAL AREA.
- CHAT TO SPECIALISTS PSYCHOLOGIST, DR SUZANNE HEYWOOD-EVERETT, DIETITIAN, URSULA PHILPOT & ANNETTE COCKFIELD.
- FIND OUT NATIONAL AND LOCAL PERSPECTIVES ON EATING DISORDERS/DISORDERED EATING
- TAKE OUR SURVEY- WHAT ARE THE NEEDS OF PEOPLE IN WAKEFIELD WITH EATING DISORDERS? HAVE YOUR SAY!
- GIVE US YOUR VIEWS ON THE NEEDS OF PEOPLE WITH DISORDERED EATING AND EATING DISORDERS, LIVING LOCALLY.



INSIGHTEATING AND INSIGHTHEALTH



INSIGHTEATINGANDINSIGHTHEALTH

insighteating
insighthealth
Specialist help for eating disorders and health

NHS

WAKEFIELD PUBLIC ENGAGEMENT EVENT ON EATING DISORDERS/ DISORDERED EATING

**THE RIDINGS SHOPPING CENTRE
18TH SEPTEMBER 11.00AM - 15.00PM**

Do you suffer from an eating disorder / disordered eating or do you support a loved one with an eating disorder or are you passionate about mental health and would like to have a say in identifying what the needs are for people trying to access help for eating problems across Wakefield?

If you would like further information on eating disorders or talk to someone please contact The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)



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Dr Suzanne Heywood-Everett
Consultant Clinical Psychologist
Annette Cockfield & Ursula Philpot
Consultant Dietitians
Email us for more information:
wakefiededscoping@gmail.com



Lantern Making Workshops

7, The Circle, Chequerfield, Pontefract

Saturdays

10am-4pm

September

10th, 17th, 24th

October

1st, 8th, 15th

Come and make your lantern ready for the Parade on Saturday 22nd October

Evenings

6pm - 9pm

September

8th, 13th, 22nd, 27th

October

6th, 11th, 18th, 20th

All materials provided
Free of Charge

Donations Welcome

Adults & Children Welcome



For further information contact:

Tel: 07774 012071 / 07711 933457

Email: pontefractlanternfestival@gmail.com



Supported by:



Castleford & Pontefract District Lions Club CIO
Registered Charity 1179659

OUTWOOD MEMORIAL HALL

"WHAT ISN'T REMEMBERED NEVER HAPPENED"

Memory Cafe

"Are you affected by memory problems or know someone who is? Come along to our local support group and spend a couple of hours in a relaxed & friendly atmosphere with a cuppa and a chat."



Helping our community
One cup at a time



Starting on the 6th September then
The first Tuesday of every Month 2pm to 4pm



Tea Coffee and cakes supplied

Join Mike Hooley on a trip down
Memory Lane through a selection of
old photographs



The cafe is free but donations are appreciated.
for more information contact:
Nic Stansby 07802 176968

Everyone Welcome

CRAFTORIUM



ADULT
CRAFTS &
SUPPORT GROUP

When?

THURSDAYS

1, 8, 15, 22

OF SEPTEMBER

10:30 AM - 1PM

#empathcrafters

www.empathaction.org

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.



St George's

STAY + PLAY

Drop in group for parents and carers and their young children. Suitable for children from birth to pre-school age.

Tuesdays 1.30-2.45pm (term-time only)



West Wakefield Methodist Church, WF2 8UR

For further information please call 01924 369 631



**Ask us how young people can
volunteer in healthcare**

sja.org.uk



**Join
NHS Cadets
today**

NHS Cadet Programme starts September

NHS Cadets is a new scheme created by St John Ambulance in partnership with the NHS, providing opportunities to explore skills, knowledge and volunteering roles within healthcare. It is aimed at young people aged 14 to 18 who are from communities currently under-represented within the NHS and St John Ambulance.

The programme offers health awareness sessions, courses to develop leadership and communication skills and an experience in volunteering within the NHS.

It is a free programme, consisting of weekly, 2-hour sessions on one evening for 7 months (September 22 - March 23). Cadets will be supported throughout their volunteering journey by our NHS Cadets Team.

Who can get involved?

The initiative is seeking young people who might not have previously considered volunteering in healthcare. This includes, but is not limited to:

- Young people living with learning difficulties and / or disabilities (we will need to discuss if we have the support network to help you participate)
- Young people in the care system, or recent care leavers
- Refugees or Asylum Seekers
- Young Carers
- Homeless young people
- Those not in education, employment or training, or those with school results lower than you hoped/need
- Those living with mental health concerns (same principle as anyone with a learning difficulty or disability)
- Those who identify as being part of the LGBTQI+ community
- Those coming from low-income families /young people in receipt of free school meals
- Young people from ethnic minority communities

How do I get involved?

Programmes will be delivered face-to-face.

If you would like to be part of the NHS Cadets programme in Wakefield, please sign up via the link below:

Foundation programme for 14-16 year-olds - <https://nhscadets.sja.org.uk/join-today/role-detail.html?jobid=176628>

Advanced programme for 16- to 18-year-olds - <https://nhscadets.sja.org.uk/join-today/role-detail.html?jobid=176629>

To increase the chances of a place please complete the form as soon as possible.

For more information on the programme please visit: <https://www.sja.org.uk/get-involved/young-people/nhs-cadets/nhs-cadets-join/>.

If you have any questions about the programme, please contact Sofie (Regional Programme Lead) Sofie.Armitage@sja.org.uk.

Take a break

A short poem sent in by one of our volunteers.



On Markham Grange

On Markham Grange
Flowers now grow where once miners toiled
'Neath the earth
In the dark depths of the coal face
Hot dark dusty

Flowers now fill
The dark black coal trucks
Once loaded with coal
Now brightly painted
Metal girders span the building
Stark
The old colliery head rises majestically above
Bright flowers adorn the entrance
Where once the coal trucks stood
On their narrow rails
The trucks now filled with flowers
Reminds us of a distant past

An era has gone
But not forgotten.

Now a bright café stands underneath the grey steel
Where once the old bath house stood
Hot and close inside in the summer sun
Sweltering in the heat
Mimicking the miner's toil underground
Forget not the past
As the artist today paints it over.

RYDER PARFITT

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