



# The Supporter Newsletter

9 September 2022



South West  
Yorkshire Partnership  
NHS Foundation Trust



01924 316946



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



[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
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@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefielddiscoverycollege

With **all of us** in mind.

Our thoughts and condolences are with the Royal Family following the death of Her Majesty Queen Elizabeth II



It is with great sadness that we share the news of the death of Her Majesty Queen Elizabeth II.

The Wakefield Recovery and Discovery College courses for this term are available for enrolment on the website and a snippet of what's coming up in September is below in this Newsletter.

We have a great mixture of FREE online and face to face courses across the district available.

The Recovery College courses are available to anyone aged 18+ and the Discovery College courses are available to anyone aged 16-25.

To celebrate the launch of the Discovery College and find out more about the College, what we do and meet the staff team, we have arranged some meet the team events next week, so if you or anybody you know would like to find out more, please pop along, it would be great to meet you.

# 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  
11AM-2PM

SEP  
14

## SEP 15 THE RIDINGS CENTRE

11AM-2PM Middle mall level- outside Poundland

THE HUT AIREDALE  
6PM-7.30PM

SEP  
16



# Discovery College

Part of Wakefield Recovery and Wellbeing College

# What's coming up at the Wakefield Recovery College in September

7th September

**Boogie  
bounce**

10am-11am

7th September

**What the heck  
are Archives**

10.30am-12pm

14th September

**Creative  
fitness**

11am-12pm

14th September

**Recipes across  
the years**

10.30am-12pm

20th September

**Recognising  
burnout**

2pm-4pm

21st September

**Learning more about  
the West Riding  
Pauper Lunatic  
Asylum**

10.30am-12pm

22nd September

**Understanding  
hearing voices**

11am-1pm

26th September

**Creative  
writing**

10.30am-1pm

28th September

**Bookbinding**

10.30am-12pm

28th September

**Stopping for  
stoptober**

2pm-3pm

29th September

**Money talks**

10am-12pm

29th September

**Living with long-  
covid and post-  
covid**

1pm-2.30pm

## What's coming up at the Wakefield Discovery College in September

26th September  
**Stopping for Stoptober**  
2pm-3pm

26th September  
**Pebble painting**  
10am-12.30pm

28th September  
**Self-care and self-soothe**  
10am-12pm

30th September  
**Managing depression**  
1pm-3pm



**Discovery College**  
Part of Wakefield Recovery and Wellbeing College



**YES! WE'RE OPEN**



Have a look at our website for more information

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



**Discovery College**  
Part of Wakefield Recovery and Wellbeing College

**Discovery College**  
Part of Wakefield Recovery and Wellbeing College



**Meet The Team**

**Virtual Session:**

Monday 12th September 2022

12pm & 4pm

Contact

Wakefielddiscoverycollege@swyt.nhs.uk  
for a joining link.

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.

# World Suicide Prevention Day

10 SEPTEMBER

[www.iasp.info/wspd](http://www.iasp.info/wspd)



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](http://www.westyorkshire.police.uk/yourchild)

#YourChild

NSPCC



POLICE

Day or night

We're here when life's difficult

Call free day or night on  
**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

SAMARITANS

[samaritans.org](http://samaritans.org)

By raising awareness, reducing stigma & encouraging action we can all help prevent suicide.

Know that support is available [www.suicidepreventionwestyorkshire.co.uk/support](http://www.suicidepreventionwestyorkshire.co.uk/support)



World Suicide Prevention Day  
Creating Hope Through Action

September 10



24 hour  
Mental Health Helpline

0800 183 0558

Confidential helpline offering support, advice, information and guidance. Available to anyone registered with a GP in Wakefield.

Service provided by:  
NCHA  
Care and Support

NHS



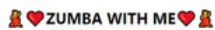
# SEPTEMBER 2022

01924 369631  
[info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk)  
[www.stgeorgeslupset.org.uk](http://www.stgeorgeslupset.org.uk)

## MONDAY

6.10-6.55pm  
Zumba

Feel happy and healthy with this dance fitness provided by Danielle. £5pp.



## TUESDAY

10am-12noon  
Employability Drop-in

Boost your skills and find work with free support from the specialists at Step-Up.



10am-2pm  
Citizen's Advice Drop-In

Get free support from the experts at Citizen's Advice, on anything from benefits to housing to consumer rights.



## WEDNESDAY

9.30am-12noon  
Cycling for Fun

Enjoy cycling with new friends at this accessible group at Thornes Park Athletic Stadium. £3.20pp.

10-11am  
Chair Exercise

Gentle exercise to improve and maintain flexibility. £4pp.

1-2pm  
Pretty Planters

Our free, relaxed and sociable gardening group.

2-3pm  
C.H.A.T. Drop-In

Free drop-in support group for anyone experiencing challenges in their life. A space to share, listen and find ways to move forward.

## THURSDAY

10.30-11.30am  
Coffee Morning

Enjoy a cuppa with friends and neighbours. £2pp.

1-2.30pm  
Thursday Leisure Club (TLC)

Fun and games every Thursday afternoon.

1.15-2.15pm  
Singing for Fun

Join us at Jubilee Hall and find joy in song. You're welcome whether you think you can sing or not! First session is free, normal cost £3pp.

## FRIDAY

12.30-2pm  
Lunch Club

A real St George's institution - meet old friends and new for a fab 3 course meal on Fridays. £7pp, plus £5 for transport if needed (optional).

1.30-3.30pm  
All Things Digital

Free support with your tech - whether you need to send an email, get up to speed with online shopping, or want to learn how to use your smart phone or tablet.

## COURSES

### CSCS course

Daily 5th-9th, 9am-3.30pm.

### ESOL

Wednesdays from 14th, 9.30am-12noon.

### Crochet for Beginners

Wednesdays from 14th for 10 weeks, 10am-12noon.

### Aromatherapy

Thursdays from 15th for 10 weeks, 10am-12noon

### Digital Inclusion

Tuesdays from 20th for 8 weeks, 9.30am-2.30pm

### Helping in Schools

Induction 9.45am on 27th - course starts 4th October.



Courses + activities for adults



Starting Line



## Scope's employment support

Are you disabled and aged 16 or over?

Wherever you are on your journey into (or back into) work, we are here for you.

For more information, visit [scope.org.uk/starting-line](https://scope.org.uk/starting-line)



Join group sessions with our friendly advisers who will support you to:

- become more confident, assertive and independent
- develop your CV writing and interview skills
- meet other people in similar situations to you
- find the right volunteering, training or job opportunities for you

“

Everything was done in a friendly and relaxed manner with great support given to help me with a CV, interview skills and to find me voluntary work in a sector I would have never thought about. The course gave me the confidence I was lacking to move forward into looking for full-time work.

”

## Saturday Spectacular

Saturday 10th September 10-12pm

At The Ridings Shopping Centre

£15 for 2 hours

Under 16 years old



Music  
Drama  
Sensory  
Games



UK Government

# Help is available for every household

Find out more: [gov.uk/HelpForHouseholds](https://gov.uk/HelpForHouseholds)

Help for Households

HM Government

NHS

## BOOST YOUR IMMUNITY

WITH THE FLU VACCINE + COVID-19 BOOSTER

People aged 75 and over can now book their autumn COVID-19 booster.





# TEAM

AGED 16-25, UNEMPLOYED & LOOKING FOR SOMETHING NEW?

**THE NEXT TEAM PROGRAMME STARTS:**  
Monday 19th September

Join the Prince's Trust TEAM programme and take part in 12 action packed weeks which could change your life for the better.

Have fun, increase your confidence and gain qualifications, skills and experience. The programme is free - benefits aren't usually affected.

**CONFIDENCE SKILLS QUALIFICATION**

**TEAM LEADER:** Dave Potter

Phone: 07772 660698 Email: david.potter@askham-bryan.ac.uk

**BASED AT:** Central Methodist Church, Newgate, Pontefract, WF8 1NB




**BUSY BEES**  
**TUESDAYS 9:30AM - 11:00AM**



We will be back on Tuesday,  
13th September 2022

  
 ST SWITHUN'S COMMUNITY CENTRE,  
 ARNCLIFFE ROAD, WF1 4RR


 t: 01924 361212  
 e: info@eastmoorcommunity.co.uk  
[WWW.EASTMOORCOMMUNITY.CO.UK](http://WWW.EASTMOORCOMMUNITY.CO.UK)


EASTMOOR  
COMMUNITY PROJECT LTD

**SUPPORTING YOU**

# SING IT OUT! MAMA



A special group for mums and their babies.

- Do you want to make new friends?
- Are you looking for a safe, comfortable place to talk?
- Do you want a lovely activity that is great for you and your baby's wellbeing and helps their development?

"Sing it Out! Mama really boosted my confidence as a new mum. I met other new mums to share my problems with and could even sing away the stresses of having a newborn, entertaining him at the same time!"

Please contact Liza for more details or to book a place. Starting September 14th 2022

 Liza@thinkcreativegroup.com  
 07794848822



 Tieve Tara Medical Centre

Funded by  
**Nova**  
 BUILDING A VIBRANT VOLUNTARY SECTOR IN OUR DISTRICT

  
 for Health for Education for Life



## Forest Bathing

VENTURE INTO THE ANCIENT ENGINE WOOD @ NOSTELL PRIORY FOR A NEW PERSPECTIVE ON A GENTLE GUIDED FOREST BATHING EXPERIENCE:

ENGAGING WITH ALL THE SENSES WHILST EXPERIENCING CALM AND QUIET AMONGST THE TREES, OBSERVING NATURE, DE-STRESSING AND BOOSTING HEALTH AND WELLBEING IN A NATURAL WAY

BOOK NOW FOR SUNDAY 18TH SEPTEMBER  
10.30AM - 12.30PM

FUNDED BY WAKEFIELD DISTRICT HEALTH AND COMMUNITY SUPPORT GRANT CHARITY





HallGreen  
Community Centre  
Painthorpe Lane  
WF4 3JU

We are hoping to bring some Bingo sessions to the centre, starting on 8<sup>th</sup> of October at 1pm to 3pm.

It will be £2.00 donation for entry and 50p per bingo ticket. All money spent on tickets will go out as prize money, so the more tickets bought per game the more money you could win.

Also on the night we are collecting non perishables for Calder Grove Food Bank, so if coming along please be generous and donate something.

Why not come along for a bit of fun with friends or make new ones. Refreshments will be available





Take a break

