



The Supporter Newsletter

11 November 2022



South West
Yorkshire Partnership
NHS Foundation Trust



01924 316946

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk

[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)
[facebook.com/wakefielddiscoverycollege](https://www.facebook.com/wakefielddiscoverycollege)

[@WF_RecoveryColl](https://twitter.com/WF_RecoveryColl)
[@WakefieldDC](https://twitter.com/WakefieldDC)

[@Wakefieldrecoverycollege](https://www.instagram.com/Wakefieldrecoverycollege)
[@Wakefielddiscoverycollege](https://www.instagram.com/Wakefielddiscoverycollege)

With **all of us** in mind.



- 1 They might be more distant or ignore messages.
- 2 They may not want to do the things they usually enjoy doing.
- 3 They could be finding everyday things overwhelming.

GRASSROOTS
SUICIDE PREVENTION

Have a look at the courses that are coming up soon at the Wakefield Recovery College and the Wakefield Discovery College.



South West
Yorkshire Partnership
NHS Foundation Trust

What's coming up at the Wakefield Recovery College

17th November
Christmas rag
wreaths
10am-12pm

17th November
Expressive
writing
10am-11.30pm

18th November
Autism
awareness
10am-12pm

22nd November
Managing anxiety
(Female only)
1pm-2.30pm

24th November
Christmas rag
wreaths
1pm-2.30pm

25th November
Christmas
gonk
making
12.30pm-3pm

28th November
Christmas
hessian hearts
10am-12pm

1st December
Enhancing self-
care & wellbeing
1.30pm-3.30pm

8th December
Quitting smoking
1.30pm-2.30pm

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

What's coming up at the Wakefield Discovery College



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Looking after your sleep
15th November
10.30am - 12pm

Learning more about the
West Riding Pauper
Lunatic Asylum
16th November
10.30am- 12pm

Understanding hearing voices
18th November
10.30am - 12.30pm

Bookbinding
23rd November
10.30am - 12pm

Self-care and self-soothe
24th November
10am - 12pm

An introduction to mindfulness
24th November
2pm- 4pm

Managing depression
30th November
10am - 11.30am

Managing anxiety
1st December
1.30pm- 3pm

Coping with challenges
1st December
10am- 12pm

Christmas gonk making
2nd December
12.30pm- 2.30pm

Quit smoking
5th December
11am- 12pm

Tackling loneliness
5th December
1.30pm - 3pm

Dyslexia awareness
8th December
10.30am- 12.30pm

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk
01924 316946



Discovery College
Part of Wakefield Recovery and Wellbeing College

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.



**FREE
course**

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

Looking after your sleep

Having good quality sleep is vital for young people's health and wellbeing.

During this 90 minute session, we will be exploring what you really need to know about sleep, what some of the common causes of poor sleep are in young people, the impacts lack of sleep can have and how we can improve your sleep so you feel, look and perform better. You will also learn about the 'Teen Sleep Hub' and how you can use this resource to help you sleep better.

15th of November 2022- 10.30am-12.00pm



**Online
16-25yr
olds**



Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk
01924 316946

With all of us in mind.

Discovery College

Part of Wakefield Recovery and Wellbeing College

Christmas Light Up Castleford Library

Join us at Castleford Library
to celebrate the switching on
of the Christmas Lights

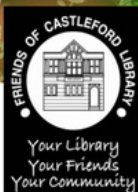
Tuesday 22 November
3.00- 7.00

Tombola, craft stalls and children's free crafts

Santa will be here from 3.30 - 6.30

Tickets on sale in the library £1

For more information tel 01977 722085
or call into Castleford Library Carlton Street
Castleford



wakefieldcouncil
working for you



Fixed Mindset

Avoids challenges.

Believes intelligence
and abilities are fixed.

Effort means you're
not already good enough.

Failures mean you're
a failure.

Blames others for
setbacks.

Becomes defensive
when critiqued.

Feels threatened
by other people's
successes.



Growth Mindset

Embraces challenges.

Believes intelligence
and abilities can be
improved.

Effort helps you master
new skills.

Failures are an opportunity
to learn and grow

Reflects on setbacks and
uses them as lessons.

Receives feedback from
others well.

Celebrates other people's
successes.



Winter Wellness

Have a healthy winter

For tips and advice this winter
[www.wakefieldcouncil.com/
winter-wellness](http://www.wakefieldcouncil.com/winter-wellness)

wakefieldcouncil

UK Government

Help for
Households

There is
£324
more help for
millions of
households

To see if you're eligible
Search 'Cost of Living Payment'



Toddler Tuesdays

Storytelling, crafts and rhymes
for ages 2-5

Every Tuesday during term time
10am - 11am

FREE - no booking required



ARTS COUNCIL
ENGLAND

wakefieldcouncil



**NIGHT
OWLS**
Overnight West Yorkshire
Listening/Advice Service

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)



Friends of
Haw Park Wood
and Winterset



Join us on
Saturday, November 12th. for our
Tree Walk and Talk
in Haw Park Wood.

Meet at 10 am at the visitor centre.

We will be led by Roger Parkinson, volunteer speaker for the Woodland Trust. So much is changing in the woods at this time of year, who better than Roger to tell us what's going on? All welcome. Children's activities.

Please note that a small donation of £ 2 is requested from non-members for the walks.

Children (accompanied by an adult) free. Dogs on leads please.

n.b. always check the www.fohpww.co.uk website (Future Events) for updates before leaving home.



Trailblazers

Try our day service with a difference!



A group for adults with learning disabilities and autism to help complete access improvement work across Wakefield.

When: Every Tuesday from 18/10/22

Time: 10am - 4pm

Venue: Thornes Park Nursery,
Thornes Road, Wakefield, WF2 8QE



Wakefield-based charity Open Country is welcoming new members to its Trailblazers group, to complete tasks such as path laying, scrub clearing, bench building and more. This will take place across the Wakefield district, with transport in our accessible minibus.

For more information or to book on for a FREE taster day, please call or email:

07426 716677 or 07857 834364

wakefield@opencountry.org.uk

www.opencountry.org.uk/wakefield



Mindful Menopause

Your menopause, your way



A 5 week course facilitated by MenoHealth leader- Sue Copeland in partnership with Bring Me To life Women's Wellness CIC:

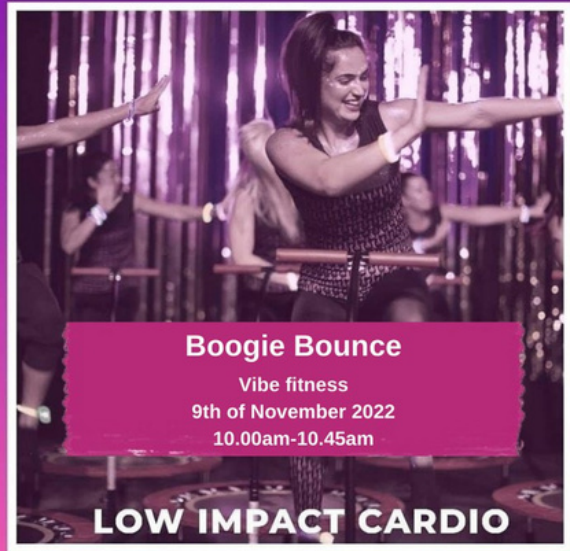
Over 5 weekly 1 hour sessions you will get an opportunity to discuss all about the menopause, hot flushes, HRT, self-care, anxiety and sleep, in a safe and supportive group.

- **WHEN:** Monday 9th, 16th, 23rd, 30th January & Monday 6th February
- **TIME:** 6.30PM- 7.30PM
- **WHERE:** St Mary's Community Centre, Pontefract

Email catherine@bringmetolife.co.uk for more information and to book



BOOGIE BOUNCE



Boogie Bounce

Vibe fitness
9th of November 2022
10.00am-10.45am

LOW IMPACT CARDIO

BOOGIE BOUNCE

A registered charity

SAMARITANS

Whatever you're facing
We're here to listen

Call free day or night on

116 123

Email
jo@samaritans.org

samaritans.org

MAN MATTERS



The Ridings
AT THE HEART OF WAKEFIELD



MAN MATTERS Coffee Morning @ The Ridings!

MAN MATTERS are happy to announce that from Thursday 3rd November, we will be holding mornings for men with free tea and coffee, every other Thursday Morning, **10:00am - 12:30pm**, at The Ridings Shopping Centre in Wakefield Town!

If you **identify as Male, 18+** and **living in the Wakefield district**, pop down for a brew and a chat.

Find us here:



2022 Coffee Morning Dates:
3rd November, 17th November,
1st December,
15th December, 29th December

Facebook - Man Matters
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792

BRIDAL HAIR INTRODUCTION



Wakefield
Adult
Education
Service

wakefieldcouncil
working for you

On this introductory Bridal Hair course, you will put your skills and patience to the test when designing contemporary and classical styles for different wedding days and learn a broad range of wedding styles and long-lasting techniques and tips for other important occasions, brides to prom queens and more...

Contact us today to book your space

01924 303302

Manygates@wakefield.gov.uk



Live Well Wakefield Online Self Management

Courses Winter 2023

Cancer: Thriving and Surviving

Wednesday 11 January – 22 February 2023, 13:00-15:30
The course offers tools and techniques to help you deal with the impact cancer can have on your life and emotions. The course runs for 6 weeks, plus a 1 hour introductory session

General Self-Management

Monday 16 January – 7 February 2023, 13:00-15:30
A self management course for all long term health conditions, also for carers of someone with a condition.
This course runs for 6 weeks, plus a 1 hour introductory session

New Beginnings for Mental Health

Thursday 2 February – 8 March 2023, 10:30-13:00
Open to anyone with a mental health condition such as anxiety and depression. The course runs for 7 weeks plus a 1 hour introductory session

These courses are delivered online, using the free application Microsoft Teams. To book on a course, or for more information about all our courses and workshops...

Email: paul.boyd@swyt.nhs.uk
Telephone: 01924 255363

YOU'RE ALLOWED

TO CHANGE YOUR MIND

TO BE DIFFERENT TO WHO YOU ONCE WERE.

TO FOLLOW YOUR OWN PATH

TO NOT HAVE ALL THE ANSWERS

TO BE UNAPOLOGETICALLY YOU.

@ STACIESWIFT

The Old food court
The Ridings Centre, Wakefield
Thursday 24th November 2022 9:30 AM – 3:00 PM

The Mid Yorkshire Hospitals
NHS Trust

Winter Covid-19 Booster and Vaccination Drop-in

Winter Boosters available for:-

- Everyone aged 50 and over
- People aged under 50 with some underlying health conditions
- Carers



If you are unsure you will be able to talk to a nurse who will be able to check if you are eligible.

First and second doses are also available for those aged 12 and over with parental consent. It's never too late for your first dose.

Take a break

Just a Volunteer

At a very desperate time in my life when I didn't even recognise myself and I was in significant need of hope, I saw a poster on the wall whilst waiting anxiously for one of my many psychological appointments. The poster was advertising the Wakefield Recovery College. I looked at this poster and in my current situation, a struggling mother, an absent friend, an unemployed college lecturer, a recently diagnosed Mental Health patient, thoughts of worthlessness, uselessness, and the thoughts of ending everything being overwhelming. I was completely and utterly lost. Yet, a spark of possibility still fledged. A positive thought ignited for the first time in many years, "I could teach here...I might have something to offer". Something shifted and I had a goal, a dream, a possibility. The hard work began... "Recovery".

Fast forward 5 years (with many twists and turns, setbacks, and much support).

I am here. I am a proud volunteer for the Wakefield Recovery College. I produce and facilitate purposeful, meaningful, and nurturing workshops, instrumental in supporting the journey to wellness and developing an effective emotional toolkit. I have a strong influence and passion for well-being, mindfulness, and self-care. I am utilising and reconnecting with many of my teaching skills, creativity, and my captivating ability to connect and support others. I am even part of the editorial panel, moderating and ensuring all courses being delivered at the College, offer an essential source of support necessary for people on their journey to wellness.

The Wakefield Recovery College and its outstanding team have reignited my confidence, self-worth, and self-belief. I could absolutely burst with pride. I believed this could happen for me and it has. The Recovery College has enabled me to accept my journey, embrace my once debilitating Mental Health and celebrate it, as without it, I wouldn't be where I am. Exactly where I need to be.

I am finally valued in my life. The Wakefield Recovery College has rebuilt me. Silenced the intrusive thoughts of "I can't, I won't, I don't" ... and transformed them to "I can, I will, and I have". The Wakefield Recovery College value all of you and all you have been through. After years of searching for somewhere to belong. I am finally home with the Wakefield Recovery College.

Lou