



The Supporter Newsletter

18 November 2022



South West
Yorkshire Partnership
NHS Foundation Trust



01924 316946



www.wakefieldrecoverycollege.nhs.uk



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



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@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.

Mental health support

One in four adults experience at least one mental health problem in any one year. If you, or a loved one, is experiencing mental health problems, getting help and support is essential.

Signs to look out for if you think someone may be struggling with low mood or anxiety:

- continuous low mood or sadness
- feeling hopeless and helpless
- feeling bad about yourself
- feeling tearful
- feeling guilt-ridden
- feeling irritable
- having no interest in things
- finding it difficult to make decisions
- not getting any enjoyment out of life
- feeling anxious or worried
- having thoughts of harming yourself



By taking a few simple steps we can all improve our mental wellbeing:

Connect - spending time with others can improve your wellbeing; in person, virtually or through a call or text.

Take notice - being aware of the present moment, your body, and your surroundings is part of a technique called mindfulness, which can boost your mood.

Be active - take part in activities including crafts, talking about memories, and physical activity such as walking.

If you give them a try, you may feel happier, more positive and able to get the most from life.

There is lots to do across the district, you can find out more here www.wakefield.gov.uk/health-care-and-advice/public-health/winter-wellness-out-and-about

How to help

Please check in on family, neighbours and friends to make sure they are feeling happy and well and have everything they need. A friendly face could make a difference to their day. Please help them to find support if you are worried about them.

If your life or another's is in immediate danger call 999

Mental Health Services

- If you feel that you are struggling, you can speak to your GP.
- **Live Well Wakefield** provides information, advice and support in coping with everyday life: **01924 255363**.
- **Age UK's** Wraparound service helps older people living with anxiety, depression, or social anxiety connect with someone who they can talk to for low level support: **01977 552114**.
- **Spectrum People** support any individual of any age experiencing mental health issues: **07720 899781**.
- **Carers Wakefield and District** support unpaid adult carers who give their time and energy to look after a family member or friend who needs support due to illness or a disability: **01924 305544**.
- **Turning Point Talking Therapies Wakefield** have a wide range of services you can access, including webinars and therapy: **01924 234860**.
- **Wakefield Safe Space** helps people who are experiencing a mental health crisis to find support and help. Please note you must be registered with a Wakefield GP to access the service: **07776 962815**.
- **Samaritans** can offer support and advice if you or a loved one is feeling low. Call **116 123** to speak to one of their fully trained volunteers.

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



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What's coming up at the Wakefield Recovery College

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

24th November
Christmas rag
wreaths
1pm-2.30pm

25th November
Christmas
gunk
making
12.30pm-3pm

28th November
Christmas
hessian hearts
10am-12pm

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

5th December
Tackling
loneliness
1.30pm-3pm

8th December
Quitting smoking
1.30pm-2.30pm

11th January
Creative
fitness
11am-12pm

24th January
Managing
anxiety
10.30am-12.00pm

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



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Bookbinding

23rd November
10.30am - 12pm

Self-care and self-soothe

24th November
10am - 12pm

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

Stick weaving and braiding

Stick weaving is a very simple form of weaving and is an age-old tradition traced back 100's of years ago . It's one of the oldest known crafts worldwide!

In this introductory fun and friendly workshop, you will learn at your own pace how to weave a colourful headband, wristband, or hair scrunchie using wool or thread, 2 small sticks and some glitzy beads.

It's a simple and fun way to create special gifts for anyone, costs very little to make at home and you can use up old pieces of wool or yarn you may have lying around. (Please note, this session is completely free to attend.)

16th of March 2023- 10.00am-12.00pm
Fieldhead Campus, Fieldhead Hospital,
Ouchthorpe Lane, Wakefield, WF1 3SP



**Face to
face
18+**

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

With **all of us** in mind.

PREVENTING AND RESPONDING TO ONLINE BULLYING

Top tips for parents and carers



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app, and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem, and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details at the bottom of this guide.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



 **National Online Safety**
#WakeUpWednesday



DIGITAL HUB

Robots, tablets, games, lego, coding. The digital hub at Airedale Library is the perfect place for families and children of all ages to play, create and learn! Always open. Always fun!

☎ 01977 724040
 @airedalelibrary@wakefield.gov.uk
 wakefield.gov.uk/libraries
 Wakefield Libraries
 @WFLibraries
 @WFLibraries

wakefieldcouncil
working for you

TrinityWalk WAKEFIELD

THE BIG SWITCH-ON
 Switch-on fun November 18 3-7pm

3 days of free events | free face painting | new lights

FREE Santa's grotto

The Art House

Visit the **Terrace Room in the Art House** on Thursdays from 2pm - 4pm **Crafts, Games and Chat sessions** For individuals and families Everyone welcome! The Art House is a Studio of Sanctuary.

JOB ADVERT

Advice Worker - Charity (21 hours)

Do you want to make a difference to people's lives?

Do you want to work in the health and social care sector?

We are a charity supporting unpaid carers, that is those supporting a family member or friend with an illness or disability. We offer advice, information and support and we are looking for an outgoing individual to join our friendly and supportive team, working alongside colleagues from health and social care.

- ☑ Good rates of pay
- ☑ 5% contribution to a pension scheme
- ☑ Flexible working conditions
- ☑ Some home working
- ☑ Training and development opportunities

To apply please telephone (01924) 305544 for an informal chat or job application pack.

Closing date for applications is Friday 9th December.

Interviews week commencing 12th December.

WORK IT OUT

A 6 week Circuit Training Course Just For Men.

Work off your worries, then join us for a brew and a natter afterwards.

Start date - Saturday 4th Feb
2.30 - 4pm at Fighting Fit Ossett.

Book Now using this link:
<https://bookwhen.com/evergreenactive>

Delivered in partnership with:

Create + Connect

Promoting positivity through scrapbooking
 - 4 week course, Wakefield Central

Journaling for wellness - 4 week course, Pontefract

Supported with funding by

wakefieldcouncil

Weekend Workshops

Coping with the festive period
 Sunday 20th November
 10:30am-12:00pm

Join our workshop to understand why this time of year can be hard and learn useful self-help techniques to support you through the festive season.

Positive body image
 Sunday 20th November
 1pm-2:30pm

This workshop will teach you strategies to feel more positive about your body and help you to break the negative body image vicious cycle.

Book via our website now:
talking.turning-point.co.uk/wakefield/

Wakefield Talking Therapies

Working together: The Mid Yorkshire Hospitals



Open Access Youth Club @ The Hut

The Hut, Kershaw Avenue, Castleford, WF10 3ES



Tuesday
Ages from 11-13
5pm-7pm

Thursday
Ages from 13-16
5pm-7pm



GASPED

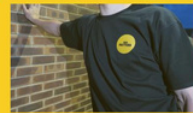
COMMUNITY FUND
Thanks to all the National Lottery Players

MAN MATTERS

We are here, 3rd, 17th November & 1st, 15th and 29th December
10:00am - 12:30pm



If you identify as Male, 18+, living in the district of Wakefield and would like to talk, come join us in The Ridings Centre, Wakefield.



WELCOME TO THE **MAN MATTERS** COFFEE MORNING!
What these sessions offer:

- Low level support
- A safe and confidential space for chats
- A chance to spread awareness

SCAN HERE TO FIND OUT MORE



01924 882350
01924 882350

#WHATSUPWAKEFIELD

WANT TO BE PART OF AN ART PROJECT ABOUT MENTAL HEALTH?

THEN SEND US YOUR IMAGES, SOUNDS OR WRITING!



IT COULD BE A PHOTO OF A PLACE THAT MAKES YOU FEEL SAFE & HAPPY



IT COULD BE A POEM ABOUT WHAT YOU WANT OTHER PEOPLE TO UNDERSTAND ABOUT MENTAL HEALTH

📷 TAG @LOOESCREWFILMFESTIVAL #WHATSUPWAKEFIELD

✉ OR EMAIL LOOESCREWFILMFESTIVAL@GMAIL.COM

SUBMISSIONS WILL BE SHARED ON OUR INSTAGRAM
A SELECTION WILL BE SCREENED AT ARTWALK WAKEFIELD ON 30TH NOVEMBER
ALONGSIDE FOUR ARTIST FILMS DURING THE LOOSE SCREW FILM FESTIVAL AT THE ART HOUSE

LOOESCREWFILMFESTIVAL.CO.UK

For more winter wellness help and advice please visit www.wakefieldcouncil.com/winter-wellness

Useful winter contacts

King Street Walk-in Centre **01924 882350**

NHS non-emergency help **111**

Samaritans **116 123**

Snowbell Severe Weather Responders **01977 552114**

A service which is activated during severe winter weather to support older people and their carers

Wakefield Council Home Energy team **01924 305887**

Short-term Emergency Financial Help **0345 8 506 506**

Wakefield Council Customer Services **0345 8 506 506**

Wakefield Council Social Care Direct **0345 8 503 503**



Take a break

HOMEMADE CHRISTMAS CRAFTS

A few pictures from our Homemade
Christmas crafts workshop.

