

The Supporter Newsletter

01 December 2022



”

LEAD WITH A GOAL,
WITH YOU IN MIND
AND YOUR BODY
WILL TAKE YOU,
WHERE YOU NEED
TO GO.

By Shannon.

01924 316946

www.wakefieldrecoverycollege.nhs.uk

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

[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)
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@WF_RecoveryColl
@WakefieldDC

@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With all of us in mind.

December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

TUESDAY



6 Leave a positive message for someone else to find

WEDNESDAY



7 Give kind comments to as many people as possible today

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

FRIDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

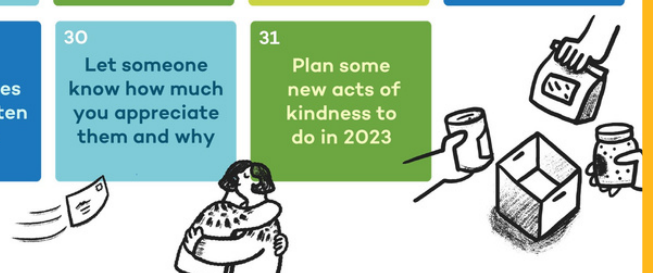
30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together



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

5th December

Tackling
loneliness

1.30pm-3pm

5th December

Christmas
hessian hearts

10am-12pm

8th December

Quitting smoking

1.30pm-2.30pm

11th January

Creative
fitness

11am-12pm

24th January

Managing
anxiety

10.30am-12.00pm

25th January

Journaling for
wellbeing

10am-12pm

26th January

Boosting self-
confidence

10.30am-12pm

26th January

Everyday
first aid

1.30pm-3pm

1st February

What the heck
are archives?

10.30am-12pm

2nd February

Managing
depression

1pm-3pm

3rd February

Feeling positive,
busting stress

1.30pm-3pm

7th February

Bill busting

10.30am-12pm

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



Christmas gong making

2nd December
12.30pm- 2.30pm

Dyslexia awareness

8th December
10.30am- 12.30pm

Accepting change

3rd February
1pm - 3pm

Youth first aid

6th February
1.30pm - 2.30pm

Journaling for wellbeing

20th February
1pm - 3pm

An introduction to personality disorder

7th March
10am- 12.30pm

What the heck are archives?

8th March
1.30pm- 3pm

Recipes across the years

15th March
1.30pm - 3pm

Learning more about the West Riding Pauper Lunatic Asylum

22nd March
1.30pm- 3pm

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

Bill busting

Like most of us, you may be worried about the increased cost of living. Our bill busting session, aims to look at all sorts of ingenious ways to shave pennies (and pounds) off of your household bills this winter.

We'll be looking at saving money at the supermarket, reducing gas and electricity bills, keeping warm this winter, saving money on your water bill and exploring what additional support is out there.

These sessions have purposely only been offered online to ensure that people wishing to attend can do so without having to think about their transport or parking costs.

7th of February 2023- 10.30am-12.00pm



Online
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.

GROW WAKEFIELD

WELLBEING IN THE WOODS ACTIVITY SESSIONS

A FREE 6 week course for adults covering shelter making, fire making, knot skills, elderwood art, cooking on a fire, whittling and more

**EVERY MONDAY FROM 11 AM UNTIL 2 PM
STARTS THROUGHOUT THE YEAR
LOCATION: FIELDHEAD WOODS,
WF1 3SN**

Contact Andy@Grow-Wakefield.co.uk or ring Andy on 07971 098510 for more information



Come along & join other families for 90 minutes of free fun activities & hot food to take away!

**Every Thursday from 24th Nov - 20th April
5 - 6.30pm at Millennium Hall
Barnsley Rd WF9 2BJ**

**Book your free places via this link:
<https://bookwhen.com/evergreen-active>**

Delivered in partnership with:



THE HEPWORTH WAKEFIELD Festive Market

Sat 26 - Sun 27 Nov
Sat 3 - Sun 4 Dec
12-7 SAT 10-5 SUN

Festive Market entry: £2
FREE for Members
& under 18s



Coffee and Connect

Castleford Library
2 December 2022
10am-12noon

Friends of Castleford Library need your stories of work and industry in Castleford from years gone by to support them with a very special project. Call in for coffee, cake and a chat to tell us your tales.



☎ 01977 722085
✉ castlefordlibrary@wakefield.gov.uk
🌐 wakefield.gov.uk/libraries
📍 Wakefield Libraries
📱 @WFLibraries
📺 @WFLibraries

wakefieldcouncil
working for you

Advance your Skills in Crochet

In this course students will advance their crochet skills by learning some expert-level stitches, skills and techniques.

We will utilise these techniques to make ear warmers, mittens, scarves or blankets to help students and their families keep warm this winter.

Where: St Mary's Community Centre, The Circle, Chequerfield, Pontefract, WF8 2AY
When: 09.01.23 — 27.02.23
How long: 7 sessions
Time: 1.00pm — 3.00pm
Reference: C3681235
Cost: £53.20
 If you receive certain benefits you may be entitled to a free course.

Book today
 enrolonline.wea.org.uk
 0300 303 3464

wea.org.uk

Arts & Crafts



West Yorkshire
 Combined
 Authority



The WEA is a charity registered in England and Wales (no. 1112770) and in Scotland (no. SC039230)

WEA
 Adult Learning
 Within Reach



Winter Wellness

Have a healthy winter

For tips and advice this winter
www.wakefieldcouncil.com/winter-wellness

wakefieldcouncil

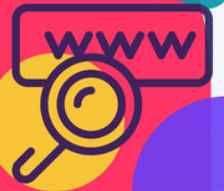
Nova's new website is here



Information about local VCSE services

Exclusive resources & tools for members

Details of how Nova can support you!



www.nova-wd.org.uk

UK Health Security Agency

Norovirus

How to protect yourself and others

After using the toilet and before preparing food, wash your hands regularly with soap and warm water.



Alcohol gels won't kill norovirus

THE POP UP WAKEFIELD



Wednesdays 3-6 pm | 13+ Years | Drop by!

A warm place to:

Hang out & relax

Meet people

Use free WiFi, read, or play games

Have a hot drink or some food

Old
 PETER
 JONES
 UNIT
 The Ridings
 Shopping
 Centre, WF1 1QS
 MIDDLE MALL



Want to know more?

Call or text Jo
 on 07881 750094



SAMARITANS

Here if you need us
 Talk to us, we'll listen

Call free day or night on

116 123

A registered charity

MAN MATTERS



MAN MATTERS Coffee Morning @ The Ridings!



MAN MATTERS are happy to announce that 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:



2022/23 Coffee Morning Dates:

1st December, 15th December, 29th December, 12th January, 26th January, 9th February, 23rd February

Facebook - Man Matters
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



Supporting Male Victims of Domestic Abuse



Our independent service offers 1-1 support, advice, information and liaising on your behalf.

Are you a male experiencing domestic abuse or have you been affected by it?
Would you like to speak to some confidentially?

VISIT US AT

5a
Cheapside
Wakefield
WF1 2SD

01924 787501
For More Information

Facebook - Gasped
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



Supporting Your Mental Health Over the Festive Period

The festive season can be one of the most stressful times of the year. Things that could impact your mental health:

Loneliness and isolation

Family conflict

Financial Pressures

Feeling loss

How we can help

We have a variety of free festive workshops to boost your mental health, for people aged 16 and over who are registered with a Wakefield GP.

Upcoming Webinars:

Coping with the festive period: 20th Nov & 11th Dec
Winter Wellness: 27th Nov
Loneliness & Isolation: 27th Nov

Secure your free spot via our website now:

talking.turning-point.co.uk/wakefield

WAKEFIELD TALKING THERAPIES



Free! Confidence & Resilience Workshop



Wakefield Adult Education Service

Wednesday 14th December
Manygates Education Centre
10am - 12pm
or
1pm - 3pm

What will I learn?

- What is confidence and resilience?
- Why is it important?
- How can it impact other areas of your life?

To book on to a session, ask at Reception, Call Manygates on 01924 303 302, or email adulteducationcareers@wakefield.gov.uk

wakefieldcouncil
working for you



Take a break

CHRISTMAS GONK MAKING

Have a look at some of the
Gonks made in our Christmas
craft workshop!!!

