



# The Supporter Newsletter

09 December 2022



South West  
Yorkshire Partnership  
NHS Foundation Trust

MENTAL WELL  
HEALTH,  
IS STRIVING FOR  
YOUR WELLNESS IN  
MENTAL HEALTH.

By Shannon.



01924 316946



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



[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
[wakefelddiscoverycollege@swyt.nhs.uk](mailto:wakefelddiscoverycollege@swyt.nhs.uk)



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@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefelddiscoverycollege

With **all of us** in mind.

## WINTER BUCKET LIST

1. Build a snowman.



2. Drink hot chocolate.

3. Make Snowflake Playdough.



4. Build a snow fort.

5. Make paper snowflakes.



6. Have fun with a sensory bottle.



7. Create snow angels.

8. Go tobogganing.



9. Take a winter nature hike.



10. Set out an invitation to play.



11. Hide coins in the snow and dig for buried treasure.



12. Shovel a neighbor's driveway.

13. Make a snowflake sensory bag or bottle.



14. Go ice skating.

15. Have a family movie night in pyjamas.

16. Bake cookies.



17. Explore a winter sensory bin.

18. Play tag in the dark with glow sticks.



19. Read stories by the fire.



20. Work on a puzzle.

21. Play the Flour Game.



22. Make homemade cards.



27. Have a kitchen dance party.

23. Do a random act of kindness.



28. Make holiday stretchy slime.



24. Paint the snow using food dye and water in spray bottles.

29. Create a Christmas Calm Down Kit.



25. Make snow ice cream.



30. Make a snow globe.



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

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

**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

**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

**27th January**  
**Self-care and  
self-soothe**  
10am-12pm

**31st January**  
**Improving your  
sleep**  
1.30pm-3.30pm

**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

**8th February**  
**Recipes across  
the years**  
10.30am-12pm

**10th February**  
**The M Word;  
Menopause  
awareness**  
11am-12.30pm

**21st February**  
**Scrapbooking  
for wellness**  
10am-12pm

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto: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



**Coping with challenges**  
25th January  
1.30pm - 2.30pm

**Self-care and self-soothe**  
1st February  
1pm - 3pm

**Accepting change**  
3rd February  
1pm - 3pm

**Youth first aid**  
6th February  
1.30pm - 2.30pm

**Medication and me**  
8th February  
1pm - 3pm

**Journaling for wellbeing**  
20th February  
1pm - 3pm

**Managing anxiety**  
21st February  
1.30pm - 3pm

**Managing depression**  
22 February  
1.30pm - 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](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto: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](http://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.



# Christmas Activities in Wakefield Libraries

**wakefieldcouncil**  
working for you

## Castleford Library

Call 01977 722085 or email  
castlefordlibrary@wakefield.gov.uk to book

Date	Time	Event	Audience	Bookable
Saturday 3 December Saturday 10 December Saturday 17 December	10am - 3pm	Drop in Christmas Crafts and Lego	Families	No
Tuesday 6 December Tuesday 13 December	10am - 11am	Toddler Tuesdays in Castleford Museum	Under 5s	No
Thursday 8 December Thursday 15 December	10am - 11am	Castleford Cubs Baby Morning	Families	Yes
Monday 12 December Monday 19 December	10:30am - 12noon	Adult Christmas Crafts	Adults	Yes
Tuesday 20 December	10:30am - 11:30am	Children's Christmas Crafts	Families	Yes
Thursday 22 December	10:30am - 11:30am	Children's Christmas Crafts	Families	Yes

## Wakefield Library

Call 01924 305376 or email  
wakefieldlibrary@wakefield.gov.uk to book

Date	Time	Event	Audience	Bookable
Saturday 3 December Saturday 10 December Saturday 17 December	10am - 11am	Drop In Lego	Families	No
Monday 19 December	2pm - 3pm	Children's Christmas Crafts	Families	Yes

## Pontefract Library

Call 01977 727692 or email  
pontefractlibrary@wakefield.gov.uk to book

Date	Time	Event	Audience	Bookable
Tuesday 6 December	10am - 12am	Chat and Chill at Christmas	Adults	No
Friday 16 December	1pm - 3pm	Cinema in the Library Free Film Friday Thor: Love and Thunder	All	Yes
Saturday 17 December	10am - 12noon	Christmas Chess Club	Families	No
Monday 19 December	10am - 10:30am	Storytime	Under 5s	No
Tuesday 20 December	1pm - 2pm	Christmas Crafts	Families	Yes
Wednesday 21 December	10am - 11am	Storytime	Under 5s	No

## Normanton Library

Call 01924 302525 or email  
normantonlibrary@wakefield.gov.uk to book

Date	Time	Event	Audience	Bookable
Friday 2 December Friday 9 December Friday 16 December	10:15am - 10:30am	Christmas Story Time	Under 5s	No
Monday 12 December	2pm - 4pm	Adult Crafts	Adults	No
Thursday 15 December	4pm - 5pm	Code Club	8+	Yes
Tuesday 20 December	10:30am - 12noon	Community Cafe Christmas Coffee Morning	People living with Dementia and their carers, but all are welcome	No

Call 01924 303130 or email  
stanleylibrary@wakefield.gov.uk to book

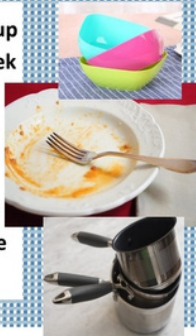
Date	Time	Event	Audience	Bookable
Fridays 2 December Friday 9 December Friday 16 December	3:30pm - 4:30pm	Lego Club	Families	No
Saturday 3 December Saturday 10 December	10:30am - 11:30am	Family Crafts	Families	No
Monday 5 December Monday 12 December Monday 19 December	11am - 11:30am	Storytime	Families	No
Monday 5 December Monday 19 December	1pm - 3pm	Bingo	Adults	No
Wednesday 7 December	4pm - 7pm	Santa Comes to Stanley	Families	No
Thursday 8 December Tuesday 20 December	10am - 12noon	Coffee Morning	Adults	No
Tuesday 13 December Tuesday 20 December	10am - 12noon	Craft and Chat	Adults	No
Thursday 15 December Thursday 22 December	3:30pm - 4:30pm	Family Games	Families	No
Tuesday 20 December	2:30pm - 3:30pm	Christmas Crafts	Families	Yes
Friday 23 December	10am - 4pm	Drop In Lego	Families	No



# Cook and Eat Sessions for all

Would you like to be part of a small group of carers that come together once a week for 4 weeks to enjoy cooking and sharing food together, as well as sharing some of your life skills.

These sessions have become available due to the successful grant bid from the Haribo Happiness Fund.



The final two programmes are:

St Giles Church & Centre on

17, 24, 31 January & 7 February, 10.30am - 12.30pm.

West Wakefield Church on 19 April &

3, 10, 17 May, 10.30am - 12.30pm.



Please ring the office on (01924) 305544

to book a place or email:

sams@carerswakefield.org.uk or

rebeccav@carerswakefield.org.uk.



# st george's Christmas Lunch

Tuesday  
13th  
December

£3.50  
per person

Everyone  
welcome!

Booking essential!

Please call us on 01924 369631

## TOP TIPS FOR DEALING WITH ANXIETY

NHS

### TIP 01

Try a short breathing exercise

### TIP 02

Learn how to manage anxious thoughts

### TIP 03

Keep a mood diary

WHEN THINGS AREN'T SO GOOD OUT THERE...  
MAKE INSIDE FEEL BETTER.

Visit Every Mind Matters for more tips and advice

Better  
Health every mind  
matters

## CHRISTMAS DAY FREE LUNCH

Christmas is a wonderful time of the year. If you are struggling for any reason, please come and share Christmas Day with us

We are now taking bookings for our Christmas Day lunch 2022.

Contact us on 07398 735 530

We will also be delivering to housebound people where needed

For all Bookings and donations please call to 34-34a Cloth Hall Street, Crackenedge Lane, Dewsbury WF13 1QE



### Opening Days

Wednesday 11am - 2pm

Saturday 11am - 2pm

Merry Christmas!

Fully supported by the Longcauseway Church Dewsbury

Supported by Impress Printers UK Ltd

## Are you concerned about heating your home this winter?

If you need to talk through your worries, call Samaritans on

116 123





**Festive Hand Embroidered Baubles**

Come along and learn how to design and produce 4 bespoke baubles for your home.

Using a variety of embroidery stitches and the appliqué technique to create your own unique designs.

Thursdays, 8<sup>th</sup> & 15<sup>th</sup> December 2022  
1.00 pm – 3.30 pm  
St Mary's Community Centre, The Circle,  
Chequerfield, Pontefract, WF8 2AY

Please enquire at reception or call 01977 705341 for more information and to book your place.

Emotional support for anyone affected by mental illness, including families, friends and carers.

**SANEline**  
**0300 304 7000**

Open 4pm-10pm, 365 days a year

**Cold weather provision for rough sleepers**

#FindHelpGiveHelp at [streetsupport.net/wakefield](https://streetsupport.net/wakefield)

Street Support Safer Together INVESTORS IN COMMUNITY

**Don't fall for energy saving scams**

We will never ask for your bank details.

Government help with energy bills is automatic.

If you are on a traditional prepayment meter, you will receive vouchers.

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

**£400** off energy bills for households

This will be paid automatically.

Be aware of scams. You don't need to apply. You won't be asked for your bank details to receive the discount.

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

**Severe Weather Emergency Protocol**

**Our cold weather provision is in place for people who are homeless or sleeping rough in Doncaster**

If you see someone you are concerned about, there are many ways to get in touch:

- Contact our Home Options Team - 01302 736000 (outside office hours - 01302 323444)
- Use the Streetlink app - [www.streetlink.org.uk](https://www.streetlink.org.uk)
- Contact the Doncaster Homelessness Outreach Service - 01302 558014 or [nsno.doncaster@riverside.org.uk](mailto:nsno.doncaster@riverside.org.uk)
- If you see someone who is sleeping rough who is in distress or unwell, please call 999

PONTEFRACCT LIBRARY PRESENTS

**CINEMA in the Library**

Put your feet up and relax in the warmth and comfort of Pontefract Library's Cinema in the Library this Winter with our Free Film Fridays events. Enjoy classics and new films alike and a free, warm drink. Booking is essential - call 01977 727692 to book your free place.

**Friday 2 December**  
Casablanca  
1pm

**Friday 16 December**  
Thor: Love and Thunder  
1pm

01977 727692  
[pontefractlibrary@wakefield.gov.uk](mailto:pontefractlibrary@wakefield.gov.uk)  
[wakefield.gov.uk/libraries](https://wakefield.gov.uk/libraries)  
Wakefield Libraries  
@WFLibraries  
@WFLibraries

**wakefieldcouncil**  
working for you

**Winter Wellness**

Have a healthy winter

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

**wakefieldcouncil**  
working for you



BE TRUE TO YOU RECOVERY C.I.C

## Meet The Directors



Would you like the opportunity to become part of our Board in 2023 to support us in leading our wellbeing service?

We are a holistic health and wellbeing service offering a range of therapies and support groups and have a team of practitioners delivering this.

The Role & Responsibilities of a Director

Directors of a CIC occupy an important position of trust.

It is important that you have some knowledge about community interest companies

Directors have a range of duties to the CIC

To attend regularly Board meetings (monthly)

Joint responsibility for ensuring that the CIC meets all its statutory requirements

To engage in strategic decision making

Ensuring that the CIC continues to satisfy the community interest test. In practice, this will mean having regard to the interests of the community the CIC is intended to serve

Financial knowledge, understanding and experience of CIC finances, funds, grants would be beneficial for this position

Depending on the role and how involved you may like to be a DBS could be required. Our current Directors also deliver sessions. This is optional

Desirable skills for the position

Strong visionary leadership skills

Excellent communication skills written & verbal

Analytical skills

Committed & focused

Adaptable

Reliable

Honest

Trustworthy

Friendly approach

Creative

Empathic

What you will receive

An opportunity to guide the CIC and its future development for our community

To be part of a team sharing the same passion

An opportunity to further develop skills and add the experience to your CV

Induction, access to training sources, supervision and appraisals

Access to staff wellbeing & socials

Please email us your CV & a brief description explaining why you feel this position is suited to you

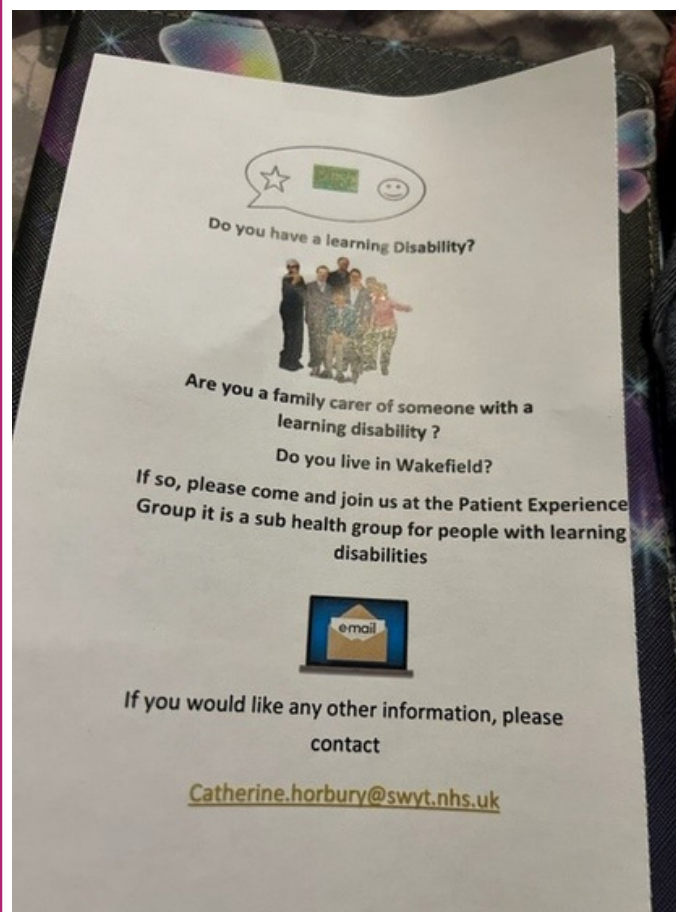
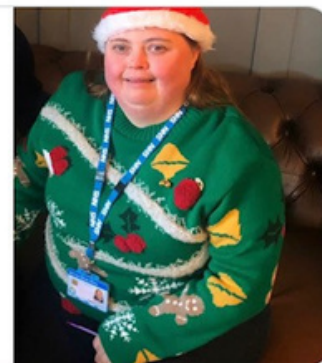
[enquiries@betrue-to-your-recovery-cic.org](mailto:enquiries@betrue-to-your-recovery-cic.org)

Closing date 15th January 2023

We look forward to hearing from you

Calling all people with learning disabilities in Wakefield if you would like more information on this then please contact myself and am more than happy to come out and give a talk of what we do thank you 😊

If you know anyone with a learning disability in Wakefield and your interested to know more about your health and the work we do to make that happen as a sub health group called the Patient Experience Group we welcome new people with a Learning disability and autism or even new carers too then please get in contact with myself as I've got a flyer with more details on thank you



## WFConnect Cafés

Access free internet, laptops and tablets at your local WFConnect Café.



wakefieldcouncil

## 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

Want to know more?

Call or text Jo on 07881 750094



old PETER JONES UNIT  
The Ridings Shopping Centre, wales  
MIDDLE MALL



# Positive Mental Health Network

## Craft Packs

Not looking forward to facing the winter? Or worried about getting through Christmas?

We have some free craft packs, filled with goodies and advice about keeping your mind active. You can choose from book folding, knitting/crochet, mindfulness colouring, puzzle books or journaling.

Cost of living advisors will be present to provide advice.  
This is provided by the Residents First Group

Come talk to us at the  
following locations and times

### Places & Dates

**Castleford Market**  
**12 December**

**Ossett Market**  
**13 December**

**Normanton To be  
Announced at a later date**

**Pontefract Market**  
**14 December**

**Ridings Shopping Centre**  
**15 December**

**South Elmsall Market**  
**16 December**

### Time

**10am - 12pm**  
**Or earlier if all our  
packs are gone**

