



The Supporter Newsletter

16 December 2022



South West
Yorkshire Partnership
NHS Foundation Trust



01924 316946



www.wakefieldrecoverycollege.nhs.uk



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facebook.com/wakefieldrecoverycollege
facebook.com/wakefielddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.



We would like to say thank you to all our volunteers and hope you all have a great Christmas. We would also like to say thank you to the EYUP charity for allowing us all to meet up and have a Christmas lunch. EyUp! charity - South West Yorkshire Partnership NHS Foundation Trust

GREAT MEET RAP



Great food
Exhilarating mood
Superb host
Filling most
Well filled platter
Great chatter
Great event
Break well spent
Have no fear
Back next year
One and all
Had a ball
From all the ranks
Many thanks.



RYDER 2022
ALL RIGHTS RESERVED



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

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
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
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.

WHY NOT TRY

opencountry
out there together

YOGA & CAPOEIRA

Spaces available now →

NHS
South West
In partnership with: Yorkshire Partnership
NHS Foundation Trust

CAPOEIRA

Brazilian martial art that combines elements of dance, acrobatics, music and spirituality

Accessible zoom classes

YOGA

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing

Catacomb Cinee

Soak up the atmosphere of Wakefield's most mysterious & secretive crypt whilst watching the classic 1932 Black & White film

FRANKENSTEIN
£17 per person 18+ only

Arrive 10 minutes before show time. No entry for late arrivals. No alcohol. Non refundable, non returnable. Entrance via Upper Back Lane Gate. Steep steps down to catacombs. Wear warm clothing.

Friday 30th 2pm-4pm December 2022
Westgate Unitarian
Chapel Catacombs

Many people find Christmas a lonely time. If you do, remember that **SAMARITANS** are here all day, all night, even on **Christmas Day**, and we are waiting for your call.

Dial **116 123**

SAMARITANS

Wakefield District **age**

Dementia Activity Sessions

Join our MCST team in our **FREE** activity sessions for people with mild to moderate dementia

Groups are small so booking is essential

- Discussions and team quizzes
- Number and word games
- Creative and musical exploration
- Physical movement and using the senses

01977 552114 www.ageukwd.org.uk

Registered Charity No: 1096511 Registered in England and Wales

SAMARITANS

Help break the silence and **ask twice.**

How're you?

Yeah, I'm doing ok

Are you sure?

West Yorkshire
Health and Care Partnership

For urgent help in a mental
health crisis, call your local
24 hr helpline:

- Leeds 0800 183 1485
- Bradford 0800 952 1181
- Calderdale, Kirklees and Wakefield 0800 183 0558



NHS

If you need
medical help,
continue to
use 111
online, and in
emergencies,
please call
999.

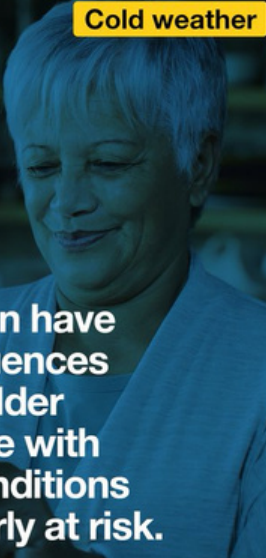


UK Health Security Agency

Cold weather

Look out for
others as the
temperature
drops.

Cold weather can have
serious consequences
for health, and older
people and those with
heart or lung conditions
can be particularly at risk.



Wakefield Council
working for you

Weather Warning

Take care
Icy conditions

Report any issues at: wakefield.gov.uk/online
or call: 0345 8 506 506



MAN
MATTERS

The Ridings
AT THE HEART OF WAKEFIELD



MAN MATTERS Coffee
Morning @ The Ridings!

SIA
SECURITY COURSE

3 week course

Induction: 11 January 10.30 - 12.30
Course starts: 16th January 9-4.30pm

Venue: St George's Community Centre, Broadway, Lupset,
Wakefield WF2 8AA

For more information call 01924 369 631 or
email info@stgeorgeslupset.org.uk

#Skill up at
st george's

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

Nutritious
Food and
Refreshments
Provided

For
Reception
to Year 11



Happy Healthy Holidays is back for Christmas!

Winter Holiday activities will be taking place across Wakefield between 19th and 23rd of December!

Happy Healthy Holidays offers a range of exciting activities that are **FREE** to children and young people who are in receipt of and eligible for benefits-related free school meals

Get involved this school holiday!

Sports & physical activities
Arts & Crafts
Gaming
Nutritional Information
And so much more

To book your place For Monday 19th December
For a free Xmas movie in our Cinema and activities plus a hot meal call into Pontefract Library and speak to one of our friendly staff.

Find and book FREE local activities by visiting:

www.wakefield.gov.uk/schools-and-children/happy-healthy-holidays

or scan the QR Code




Department
for Education



5 Minute Mental Health Check



How am I
feeling?

Have I
stretched my
muscles?

Have I been
nice to myself
and others?

Am I
hydrated?

Have I had
enough sleep?

Have I eaten
regularly and
healthy?



More money in your pocket this winter

Wakefield Council are currently issuing

£100 supermarket
vouchers

to low-income families with children
who receive Council Tax Support.

wakefieldcouncil.com/
CostofLiving



wakefieldcouncil



I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
 - Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.



NIH National Institute of Mental Health

nimh.nih.gov/stressand anxiety



Don't forget, the College is closed for Christmas from Saturday 17th December until Monday 2nd January (inclusive) to give our team a well-deserved break, but you can access the 17 days of Christmas on all of our social media channels to find something new to do each day we're away 😊

Whilst the College is closed, we are unable to respond to emails or answer the phone, but we will reply to any messages as soon as we can on our return.

Wakefield
Recovery and Wellbeing College
Home of the Discovery College



CHRISTMAS AND NEW YEAR (RAP)



Holly and mistletoe
Presents tied in a bow
Christmas tree bright
Exploding with light
Christmas pud
Should be good
Put in silver penny
But not too many
Christmas cake
Hours to bake

Christmas night
Lots of light
Stockings to fill
For children brill

Christmas tree
In finery to see
Needles smell fine
But lots of pine
Late night fire embers
Nearly through December

Fires now low
Dare we pray for snow?
Sledging as a child
Down steep slopes wild
On mum's baking tray
Makes a decent sleigh
Cold and wet
So much fun yet.

Christmas dinner back inside
After that snowy ride
Turkey with trimmings
The party's real swinging
Family and friends call
Have a ball

Carol singers in the night
Out of tune - all right

Church bells ringing
People singing
Pray for peace
That war may cease
Bring joy to fellow man
Get out the guitar and jam
Joy and mirth
Peace on earth
This Christmas time
Soon to close this rhyme
Nearly time for Big Ben
To chime once again
Time draws near
To herald in the New Year

