

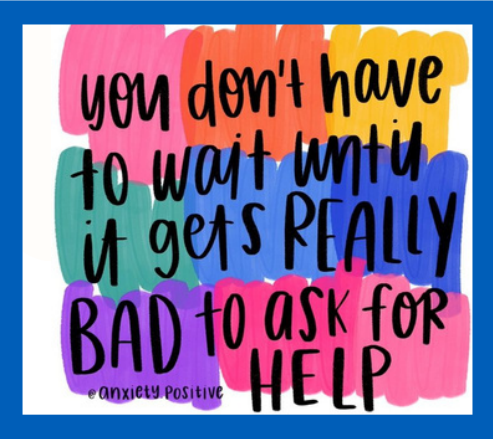


The Supporter Newsletter

6 January 2023



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
@WakefieldDC

@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With all of us in mind.

Happier January 2023

SUNDAY

1 Find three things to look forward to this year

MONDAY

2 Make time today to do something kind for yourself

TUESDAY

3 Do a kind act for someone else to help brighten their day

WEDNESDAY

4 Write a list of things you feel grateful for and why

THURSDAY

5 Look for the good in others and notice their strengths

FRIDAY

6 Take five minutes to sit still and just breathe

SATURDAY

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



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

6th January

Yoga

10am-11am

9th January

**Brazilian Culture
and Capoeira**

5.30pm-6.45pm

11th January

**Creative
fitness**

11am-12pm

24th January

**Managing
anxiety**

10.30am-12.00pm

25th January

**Journaling for
wellbeing**

10am-12pm

26th January

**An introduction
to poetry**

10.30am-12.30pm

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

30th January

**Tackling
loneliness**

1.30pm-3pm

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

3rd February

**Connecting with
the 5 senses**

10am-12pm

6th February

Recognising burnout

1pm-3pm

7th February

Bill busting

10.30am-12pm

7th February

**Adapt and recover
from adversity**

1pm-2.30pm

8th February

**Recipes across
the years**

10.30am-12pm

10th February

**The M Word;
Menopause
awareness**

11am-12.30pm

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



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

Pebble painting
6th February
10am- 12pm

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



Bookbinding
29th 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.



Have your say!

Shaping the future of your Recovery College

Are you someone who's used the Wakefield Recovery and Wellbeing College?

Are you a partner that works with the Recovery College?

Perhaps you volunteer for the Recovery College?

Or maybe you're just interested in the development of the Recovery College?



If you've answered yes to any of these, we want you to join us for an informal online Microsoft Teams group chat on:



Tuesday 24 January 2023, from 10:30am



We want to understand what you think we're doing well, what we might need some help improving and where you see your Recovery College in the future.

Join us via your computer, mobile or tablet ([Click here to join the meeting](#), Meeting ID: 354 091 945 132, Passcode: SZ9cR6) or via the telephone (020 7660 8309 and enter the phone conference ID number 137 736 120#).

[Download Teams](#) (free of charge) | [Join on the web](#)

West Yorkshire Health and Care Partnership, the Mayor of West Yorkshire and West Yorkshire Combined Authority set out their commitment to supporting people through the cost-of-living crisis.

This is a priority

- Reducing costs to households and providing support to employees in financial hardship
- Supporting voluntary and community sector organisations to help people and communities
- Ensuring mental health and suicide prevention services are providing the appropriate support
- Working together to ensure that services are proactively responding to the impact of the cost-of-living crisis.

Join our team!

Service Support Officer
(Live Well Wakefield)

- 37.5 Hours a week
- £21,002 a year pro rata
- Great benefits

Closing 13th January



Self care

For minor issues such as coughs, colds, grazes, hangovers and sore throats which can be treated at home



Pharmacy

For mild skin conditions, sore throats, coughs, colds, aches, pains, vomiting, diarrhoea, constipation, conjunctivitis and nappy rash



NHS 111

If you need urgent medical advice but it's not an emergency, visit 111 online at 111.nhs.uk or call 111



Make the right choice



GP

Your GP offers a range of services by appointment including advice for symptoms that won't go away and examinations



Urgent treatment centre

For strains, sprains, suspected broken limbs, abdominal pain, minor head injuries and cuts that need stitches



Emergency department

A hospital emergency department can help if you need emergency care for serious and life-threatening conditions



999

Call 999 for an ambulance in a medical emergency when someone is seriously ill or injured and their life is at risk

#HelpUsHelpYou

Donate your unused devices

DONATE



#WFConnect



Let's Make Rhubarb Crumble!

17 February 2023

10am & 1:30pm



Booking required via <https://bit.ly/WMandCTickets>



ARTS COUNCIL ENGLAND

wakefieldcouncil



Digital Arts Workshops

4, 11, & 18 Jan - 4pm to 7pm

7 & 21 Jan - 10am to 3pm

FREE

Booking Required



ARTS COUNCIL ENGLAND

wakefieldcouncil

Better Health Let's do this



Quit Smoking Start Saving

Join the thousands of people who are quitting smoking.

Download the free NHS Quit Smoking app to get started.



£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





Self Management courses and workshops delivered by Live Well Wakefield

Online Workshops

Workshops for January 2023

Coping with Pain

Tuesday 3 January (Part 1) and 10 January (Part 2) 11:00-12:30 both sessions

Feeling Positive Busting Stress

Wednesday 4 January, 13:30-15:00

Coping with Life through Relaxation

Friday 13 January, 11:00-12:30

Managing Breathlessness after Covid

Friday 6 January, 14:00-15:00

Friday 13 January, 14:00-15:00

Please note, Live Well Wakefield will be closed from 23 December to 3 January 2023

Get in touch...

- 01924 255363
- paul.boyd@swyt.nhs.uk
- www.facebook.com/livewellwakefield
- www.livewellwakefield.nhs.uk

We provide a range of courses and workshops for people in the **Wakefield area** offering self help tools and techniques to help manage your wellbeing whilst living with a long term health condition. Using these skills, you can improve the quality of your life. Our courses also welcome those who are caring for someone with a long term health condition

Please note: currently most of our courses and workshops are delivered online using the free application Microsoft Teams

Coming up in 2023!!

We are taking bookings for the following online courses...

New Beginnings for Mental Health

Start date Thursday 2 February 2023, 10:30-13:00

General Self Management

Start date Monday 16 January 2023, 10:30-13:00

Cancer: Thriving and Surviving

Start date Wednesday 11 January 2023, 13:00-15:30

Self Management Support after Covid

Start date Friday 17 February 2023, 13:00-15:30



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, 10:30-13:00
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. They are available to anyone living in the Wakefield area who has, or cares for someone with, a long term health condition. To book on a course, or for more information about all our courses and workshops...

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

Wakefield Talking Therapies

Free Online Emotional Wellbeing Workshops
January - March 2023



MENOPAUSE & ME

Sun 8th Jan: 11am - 12:30pm
Sun 26th Feb: 1pm - 2:30pm

MANAGING ANXIETY & WORRY

Sun 8th Jan: 1pm - 2:30pm
Sun 19th Feb: 1pm - 2:30pm
Sun 26th Mar: 11am - 12:30pm

BEING KIND TO YOURSELF

Sun 15th Jan: 11am - 12:30pm

JANUARY BLUES

Sun 15th Jan: 1pm - 2:30pm

MINDFUL PREGNANCY

Wed 18th Jan: 1pm - 3:00pm
Tue 24th Jan: 1pm - 3:00pm

LIVING WITH CHRONIC PAIN

Sun 22nd Jan: 11am - 12:30pm
Sun 12th Mar: 11am - 12:30pm

COMBATING LOW MOOD

Sun 22nd Jan: 1pm - 2:30pm
Sun 5th March: 11am - 12:30pm

POSITIVE BODY IMAGE

Sun 29th Jan: 11am - 12:30pm

IMPROVING SLEEP

Sun 29th Jan: 1pm - 2:30pm
Sun 5th Mar: 1pm - 2:30pm

EXPLORING GRIEF AND DEPRESSION

Sun 5th Feb: 11am - 12:30pm
Sun 12th Mar: 1pm - 2:30pm

MANAGING WORK STRESS

Sun 5th Feb: 1pm - 2:30pm

PANIC ATTACKS

Sun 12th Feb: 1pm - 2:30pm

MANAGING ANGER & IRRITABILITY

Sun 12th Feb: 11am - 12:30pm
Sun 26th Mar: 1pm - 2:30pm

EMOTIONAL EATING

Sun 19th Feb: 11am - 12:30pm
Sun 19th Mar: 11am - 12:30pm

LIVING IN UNCERTAIN TIMES

Sun 26th Feb: 11am - 12:30pm

INTRODUCTION TO MINDFULNESS

Sun 19th Mar: 1pm - 2:30pm

Our Workshops are delivered by one of our therapists who will talk you through small steps you can make straight away to improve your mood and quality of life, suitable for anyone aged 16 or over and registered with a Wakefield or 5 Towns GP. To book yourself or someone you know onto a workshop visit: talking.turning-point.co.uk/Wakefield or call 01924 234 860.



Pebble painting

This is a 2 hours workshop to introduce the creative art of painting pebbles or rocks! As the name suggests, pebble painting is simply painting on pebbles or rocks. You can be as creative as you like producing pieces of individual art. It might even become your new hobby as it's fun, helps with concentration and brings out the creative side you may have thought you didn't have. This fun, interactive workshop will teach you how to paint and create designs onto pebbles with acrylic paints. Decorated pebbles can be used for gifts, paperweights, can be added to your garden or you can even leave them around your local area for people to see and get inspiration from.

6th of February 2023- 10.00am-12.00pm
Connections,
15a Westgate, Wakefield, West Yorkshire,
WF1 1JZ



Face to face
16-25yr olds



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

Discovery College
Part of Wakefield Recovery and Wellbeing College

With all of us in mind

Worried about putting the heating on?

Find your nearest Warm Space and enjoy hot refreshments and some company.



wakefieldcouncil.com/
WarmSpaces



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**



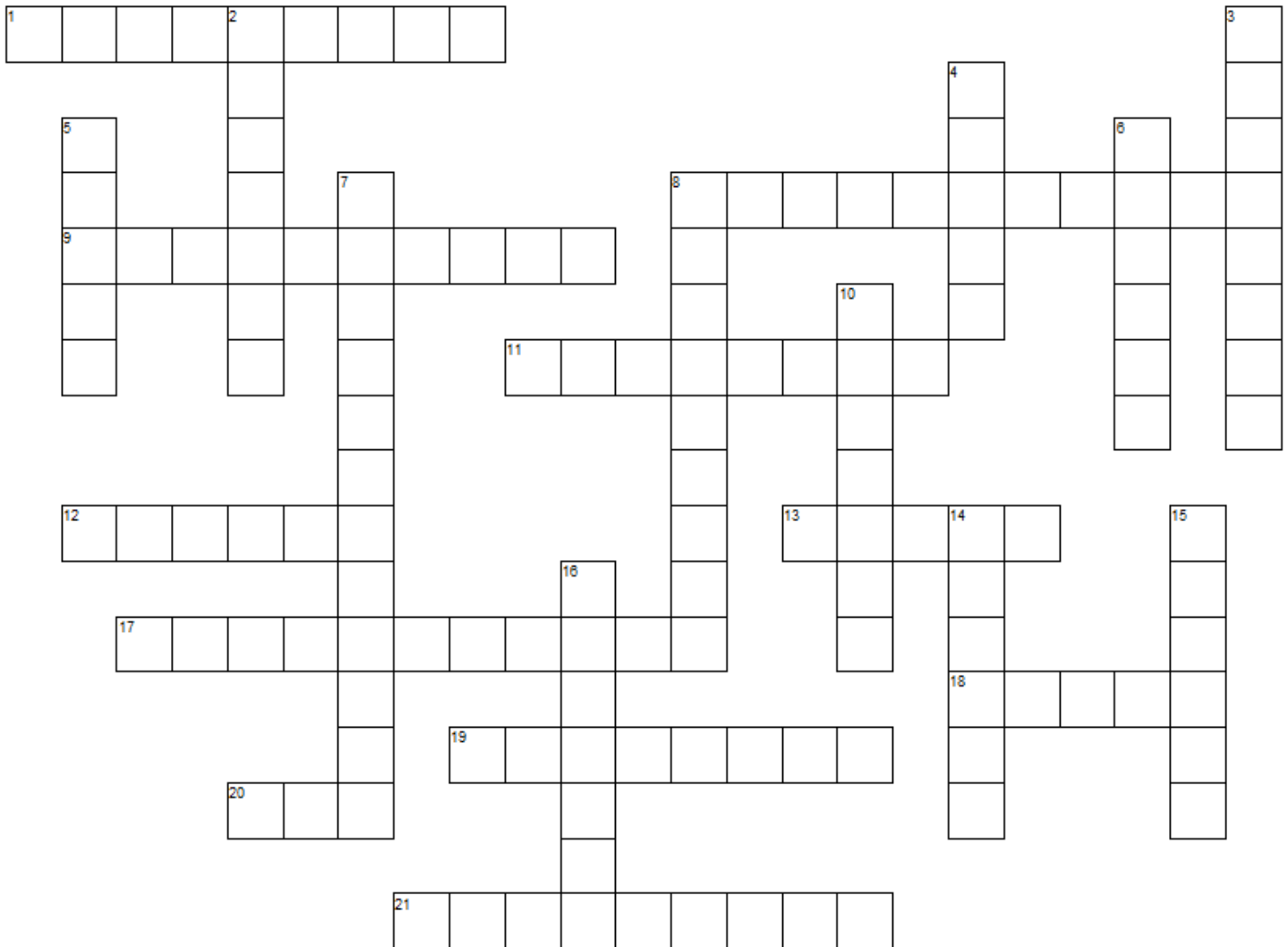
Warm Spaces

Organisation	Venue	Warm Spaces Opening Hours	Food available	Activities
Inspiring Community CIC	Rainbow Hub, 26 Duke of York Ave, Portobello, Wakefield WF2 7BY	Tuesday 5pm to 7pm Saturday 11am to 3pm	Y	Tuesdays - family orientation. Saturday - family fun
Pontefract Community Kitchen	Unit 7, Horsefair House, Horsefair Precinct, Pontefract WF8 1PE	Thursday - 12pm-7pm Sunday 9.30am- 11.30am	Y	Arts & Crafts, elderly keep fit, kids activity days (school hols), cookery classes
MHA Communities	Airedale Library, Airedale Centre, The square, Castleford WF10 3JJ and Fitzwilliam Centre, Wakefield Rd	Airedale Centre would run either Mondays or Friday 10am - 3pm. Fitzwilliam Centre would run Tuesdays? 10am - 2pm	Y	quizzes, crafts, games,
Eastmoor Community Project	St Swithun's Community Centre, Eastmoor, Wakefield, WF1 4RR	Monday – Wednesday 3.30 -7.00	Y	games, crafts, film club, IT opportunities, family fit sessions, play area for kids
Balne Lane Community Centre	Balne Lane Community Centre	Wednesday 9am-1pm	Y	arts and crafts, cards, dominos, board games, bingo etc and a children's play area
St George's	St George's Community Centre, Broadway, Lupset, Wakefield, WF2 8AA	Tuesday and Thursday 9:00 am till 5:00pm Monday, Wednesday and Friday 9:00 am till 6:30pm Once per month on a Saturday or Sunday 5:30 pm till 6:30	Y	Newspapers and magazines, lending library of books, a range of board games for adults and children in the café space. Access to the radio and TV We are hoping to plan a film showing (this is subject to the cost of the licence required) Story telling for the under 5's, Organised group games and sports, including, Lazer Tag, Organised family games including bingo, beetle drive, quizzes, Themed arts and craft materials – i.e., Christmas wreath making, Access to computers for gaming if requested (WF-Connect Café) Family health & wellbeing sessions comprising fun games and activities together with the preparation and eating together of healthy meals on a budget
Trinity Mission CIO	Trinity Methodist Church, Powell Street, Castleford, WF10 1EL	Monday 7.30pm - 9pm	Y	Jigsaws, puzzles and a listening ear
Evergreen Active/Family Fit	Millennium Hall Barnsley Rd South Elmsall Pontefract WF9 2BJ	Thursdays - 4.30pm - 6pm	Y	Family Fit inclusive games and activities. Let's get cooking healthy meal preparation and cooking on a budget
Ferrybridge Community Centre	Ferrybridge Community Centre, The Square, Ferrybridge, West Yorkshire, WF11 8PQ	Monday, Tuesday, Thursday, Friday 9am- 12pm	Y	Arts and crafts, board games, jigsaws
Ridings Consortium Partnership bid	Ridings Centre, Almhouse Lane, Wakefield WF1 1DS Peter Jones (upper mall) Crafting4Good (upper mall) The Hive (management suite) Make Space (middle mall) Rainbow Playrooms (upper mall)	Monday 9.30am - 12.30pm & 3pm - 6pm Thursday 9.30am - 12.30pm & 3pm - 6pm	Y	various
Havercroft & Ryhill Community Learning Project	Havercroft and Ryhill Community Learning Centre, Mulberry Place, Ryhill, Wakefield, WF4 2BD	Tuesday 9am - 4pm	Y	dominoes, cards, magazine/puzzle books and jigsaws and kids play area
Leeds GATE	1 Heath Caravan Park, Heath Common Caravan Park, Doncaster Road, WAKEFIELD, WF1 5DB	Monday 10.30am - 2.30pm Wednesday 1pm-3pm Thursday 11am -2pm	Y	Cinema matinee, youth group, women's wellbeing group, 1-1 mental health & wellbeing appointments

Take a break

NEW YEAR

Crossword Puzzle



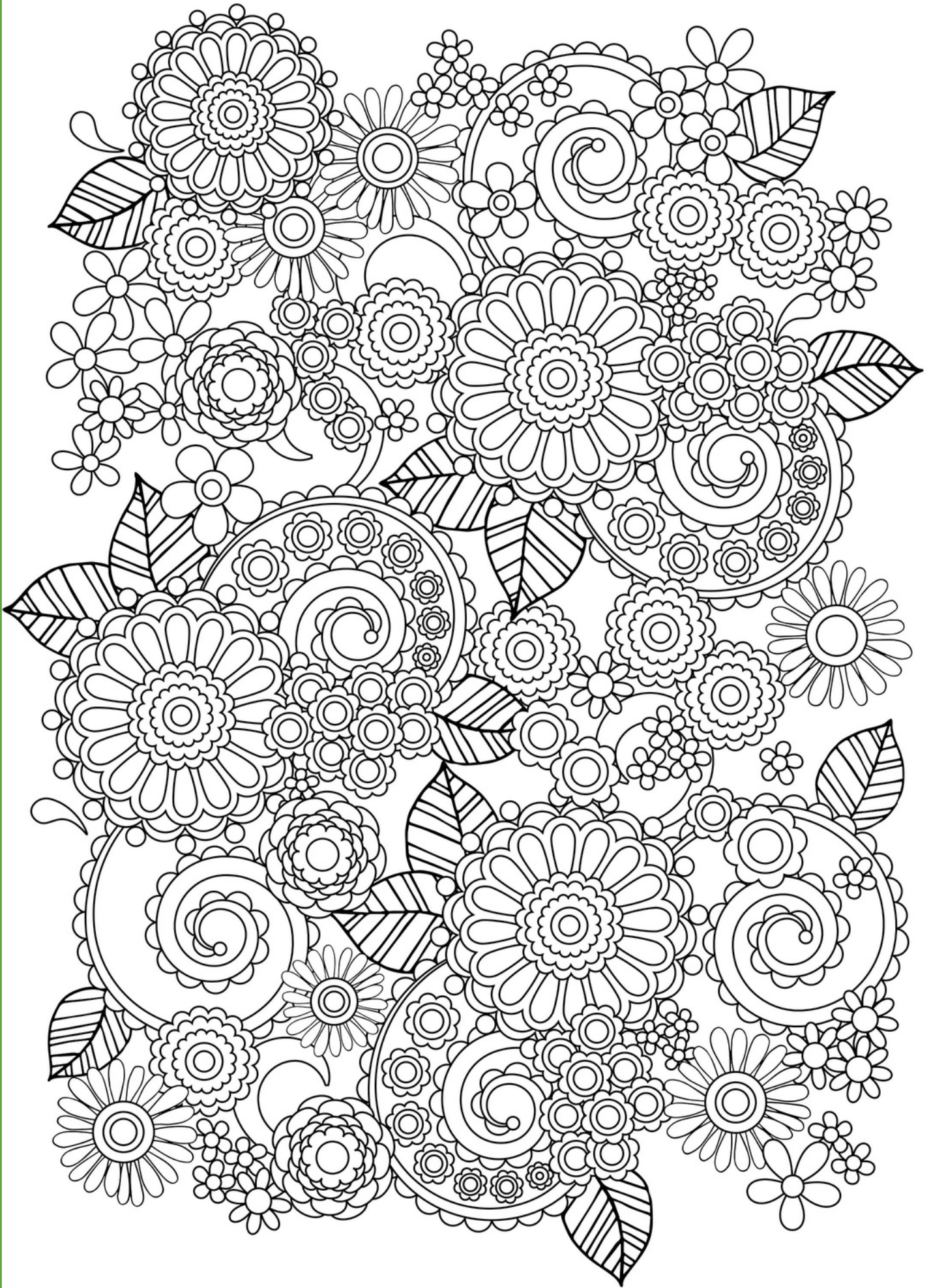
www.CrosswordWeaver.com

ACROSS

- 1 explosion of bright lights
- 8 festivity to mark an event
- 9 a promise to do or not do something
- 11 New Year's eve in Scotland
- 12 celebrate the arrival of the New Year
- 13 move in time with music
- 17 where crowds gather in New York
- 18 there are twelve in a year
- 19 shows the date
- 20 the day before something happens
- 21 Enumeration of seconds before midnight

DOWN

- 2 greet warmly
- 3 12 o'clock at night
- 4 day of New Year
- 5 get-together to celebrate
- 6 famous London clock
- 7 Traditional Scottish New Year song
- 8 celebration drink
- 10 month of New Year
- 14 noise produced by clocks
- 15 expressions of goodwill
- 16 used for decoration at parties



New Year's Word Search

J A N U A R Y F R I E N A C E
F R I E N D S Y A S R I L A H
N E Y S E R T I E M O W B L C
B S I L Y F A E N E I Y A E O
N O C R N V N V E Y D L B N U
A L D C L O C K L T I E Y D N
R U V E W M I D N I G H T A T
V T O A S T W S N O L Y I R D
G I A N I N G S E V E U A R O
C O N F E T T I T M I N G S W
R N O L C E L E B R A T I O N
A J A N U E L V E I M K E R A
Y P A R T Y H A A P Y S E V W
N E W Y E A R C L O K S O R Y
S H A P P Y E B A L L R E S O

BABY

BALL

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

EVE

FAMILY

FRIENDS

HAPPY

JANUARY

MIDNIGHT

NEW YEAR

NOISEMAKER

PARTY

RESOLUTION

TOAST



You can find our “Eating Well on a Budget” booklet of recipes, tips and suggestions, produced in conjunction with Wakefield Council, here that you can use and share far and wide that will fill tummies without emptying wallets.

[Eating well on a budget \(wakefieldrecoverycollege.nhs.uk\)](http://wakefieldrecoverycollege.nhs.uk)



Vegetable Risotto

This is a classic recipe with a cheat's method – popping it in the microwave speeds it up and gives you time to do other things. It's also great for using up leftover vegetables in your fridge.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (552g):

Energy 2225kJ 532kcal 27%	Fat 0g 15%	Saturated 2.9g 14%	Sugars 7g 8%	Salt 0.82g 14%
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of an adult's reference intake.

Typical values per 100g: energy 405kJ/96kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Measuring spoons
3 litre capacity microwave-safe bowl with lid or clingfilm
Garlic press (optional)
Stirring spoon
Kettle
Measuring jug
Oven gloves
Can opener
Colander
Grater

Ingredients

Serves 4
1 medium onion
1 x 15ml spoon olive oil
1 clove garlic
350g risotto rice
1 litre boiling water
1 x reduced-salt vegetable stock cube
1 x 400g can flageolet beans in water
1 x 198g can sweetcorn
125g green beans
100g frozen peas
40g Parmesan cheese
OR reduced-fat mature Cheddar cheese
Small bunch (10g) parsley to garnish (optional)

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- It is important to stir the rice well each time as this releases starch and makes the dish creamy.
- If you are cooking for children aged 5 and under, don't use a stock cube. They are high in salt, which we need to limit in young children's diets. Experiment with herbs to flavour the dish instead. Also use reduced-fat Cheddar cheese instead of Parmesan as Parmesan is made from unpasteurised milk.