



# The Supporter Newsletter

13 January 2023



South West  
Yorkshire Partnership  
NHS Foundation Trust

**YOU MATTER  
YOU MATTER  
YOU MATTER  
YOU MATTER**

988 NATIONAL SUICIDE LIFELINE

01924 316946

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

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

facebook.com/wakefieldrecoverycollege  
 facebook.com/wakefielddiscoverycollege

@WF\_RecoveryColl  
 @WakefieldDC

@Wakefieldrecoverycollege  
 @Wakefielddiscoverycollege

With all of us in mind.



## 5 Tips TO HELP TEENS COPE WITH STRESS

**GET SOME SLEEP**

Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.

**FOCUS ON YOUR STRENGTHS**

Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

**DO THINGS THAT MAKE YOU HAPPY**

**Find activities or hobbies that make you happy** and incorporate them into your daily life.

**ENGAGE IN PHYSICAL ACTIVITY**

**Exercise takes our mind off stress** and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.

**TALK TO SOMEONE**

It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.

**MENTAL HEALTH FIRST AID**  
[MHFA.org/teens](http://MHFA.org/teens)

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

**Fridays**  
**Yoga**

10am-11am

**Mondays**

**Brazilian Culture and Capoeira**

5.30pm-6.45pm

**Wednesdays**

**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](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

**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](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.



# 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](#)



# Make the right choice this winter



## 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](http://111.nhs.uk) or call 111



## 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

## TIPS FOR BETTER SLEEP

1. STICK TO A SLEEP SCHEDULE
2. CREATE A RESTFUL ENVIRONMENT
3. MANAGE YOUR WORRY
4. INCLUDE PHYSICAL ACTIVITY IN YOUR DAILY ROUTINE
5. TURN OFF TVS, COMPUTERS, AND OTHER BLUE-LIGHT SOURCES AN HOUR BEFORE YOU GO TO BED
6. FOLLOW A ROUTINE TO HELP YOU RELAX BEFORE SLEEP (FOR EXAMPLE, READING OR LISTENING TO MUSIC).
7. REACH OUT FOR SUPPORT IF YOU NEED IT



## More money in your pocket this winter

[wakefieldcouncil.com/CostofLiving](http://wakefieldcouncil.com/CostofLiving)

Wakefield Council are currently issuing

**£100** supermarket vouchers

to residents who receive Council Tax Support and are either a pensioner or receive a disability-related benefit (such as Disability Living Allowance).



wakefieldcouncil

## THE MAN IN THE MOON

JOIN US AS PART OF OUR COMMUNITY-CENTRED PERFORMING ARTS & NEW MEDIA WELLNESS PROGRAMME FOR LGBTQ+ YOUNG ADULTS AS WE CREATE SCENERY AND PROPS!

EMAIL: [HI@EMPATHACTION.ORG](mailto:HI@EMPATHACTION.ORG) FOR MORE INFO.



[WWW.EMPATHACTION.ORG](http://WWW.EMPATHACTION.ORG)

## ART DEPARTMENT WORKSHOPS!

USE YOUR AMAZING ARTISTIC SKILLS TO HELP US CO-CREATE OUR PRODUCTION. HELP US MAKE:

BACKDROPS STREET ART PROPS  
PROMOTIONAL MATERIALS MASKS COSTUME DESIGNS

## Any child could be exploited by criminals

Signs to be aware of...



**BEHAVIOUR?** Disrespectful, secretive, change in attitude.



**LOTS OF MONEY?** Unexplained money, different phone, expensive clothes.



**POPULAR?** Frequent texts and calls at all hours. New friends, might be older.



**DISTANT?** Signs of harm or depression. Missing school.



**UNUSUAL ITEMS?** Balaclava, debit cards, drugs, knives.



**JOURNEYS?** Frequent and repeat trips. Leaving without explanation.

The parent or child is never to blame.

For help and advice visit: [www.westyorkshire.police.uk/CCE](http://www.westyorkshire.police.uk/CCE)



## THINGS YOU DON'T NEED TO APOLOGIZE FOR...



TAKING CARE OF YOURSELF



LETTING GO OF TOXIC RELATIONSHIPS



SAVING NO



THE WAY YOU LOOK



FEELING YOUR FEELINGS

WE'RE HERE FOR YOU 24/7. TEXT SHARE TO 741741. @CRISISTEXTLINE

## Live Well Wakefield

Online Self Management Courses Winter 2023

New Beginnings for Mental Health

Starts Thursday 2 February, 10:30-13:00

Why not join us online for 7 weekly sessions of just 2.5 hours each and learn some tools and techniques to improve your quality of life. Some topics covered...

- Advice around healthy eating in relation to mood
- Techniques around relaxation and managing anxiety
- Tools to manage depression and improve our communication skills with our healthcare teams

To book a place on this course, or for more information

Email [paul.boyd@swyt.nhs.uk](mailto:paul.boyd@swyt.nhs.uk)

Telephone 01924 255363

Open to anyone in the Wakefield area





# EVERY DAY MATHS

STARTING WEDNESDAY  
18TH JANUARY  
9.30AM - 11.30AM  
4 WEEKS



Havercroft &  
Ryhill  
Community  
Learning  
Centre

Put your  
name down  
to attend at  
Reception!

wakefieldcouncil  
working for you



# safeTALK

A half-day training course that can help you make a difference

Tuesday 17th January

9:30-1:30

Samaritans WF1 1UL

FREE to those who live, work  
or learn in the Wakefield District



Scan here to book

Know what to do if someone is thinking about suicide by following the easy to remember TALK steps:

- Tell, Ask, Listen and Keep-safe.

These practical steps offer immediate help to someone having thoughts of suicide and help you both move forward to connect with more specialised support.

- Identify people thinking of suicide.
- Overcome barriers in talking about suicide.
- Identify reasons we may miss, dismiss or avoid suicide.
- Practice using the 4-step model of suicide alertness.
- Connect people at risk of suicide with further appropriate help.

"SafeTALK is informative, clear and concise I feel much more confident to ask people if they are thinking about suicide and know how to help them."

To book on Eventbrite:

<https://www.eventbrite.co.uk/e/safetalk-training-tickets-482376580337>

# CRAFTORIUM

FREE  
ADULT CRAFTS &  
SUPPORT GROUP

When?

THURSDAYS  
10:30 AM - 1PM

#empathcrafters  
[www.empathaction.org](http://www.empathaction.org)

Where?

EMPATH HQ  
THE RIDINGS  
MIDDLE FLOOR  
BY THE LIFT



st george's

# WE ARE HIRING

## CONNECTING COMMUNITIES LEAD

- Are you a great team player with the energy, patience and ability to recognise the needs of isolated and lonely people?
- Full time 37hrs per week.
- Good rates of pay (salary will be dependent on the experience of the successful candidate and will be discussed at interview and job offer).

ENQUIRE NOW

Please call Jade Wright, Engagement and Partnerships Service Manager on 01924 369631 for a chat about the job and to arrange for a visit or recruitment pack to be sent. Or email [recruitment@stgeorgeslupset.org.uk](mailto:recruitment@stgeorgeslupset.org.uk) to request a recruitment pack.

st george's

# WE ARE HIRING

## VOLUNTEER AND ACTIVITIES COORDINATOR

- This is an exciting opportunity for a passionate person to deliver our LIVE (Lupset Inspiring Volunteer Engagement) Programme.
- Full time 37hrs per week.
- Good rates of pay (salary will be dependent on the experience of the successful candidate and will be discussed at interview and job offer).

ENQUIRE NOW

Please call Jade Wright, Engagement and Partnerships Service Manager on 01924 369631 for a chat about the job and to arrange for a visit or recruitment pack to be sent. Or email [recruitment@stgeorgeslupset.org.uk](mailto:recruitment@stgeorgeslupset.org.uk) to request a recruitment pack.





In association with



# IT'S ONLY ROCK N' ROLL (BUT WE LIKE IT)

Author Visit and Book Signing

PONTEFRACT LIBRARY

FRIDAY 13TH JANUARY 11.00am (Tickets Free)

Born in a crossfire hurricane? Met a gin-soaked barroom queen in Memphis? Then start up the New Year with journalist and author Paul Sexton who will be signing copies of his authorised biography of legendary Rolling Stones drummer Charlie Watts and talking sex, drugs and rock n' roll.

To get satisfaction and book your place scan the QR code or go to:

<https://www.ticketsource.co.uk/wakefield-libraries/t-zz0lxvo>



01977 727692  
pontefractlibrary@wakefield.gov.uk  
wakefield.gov.uk/libraries  
Wakefield Libraries  
@WFLibraries  
@WFLibraries

wakefieldcouncil  
working for you

# Call 999

You can still call for an ambulance if you need urgent medical support.

This includes if you are experiencing a mental health crisis.

## Contact a local NHS crisis line

Mental health professionals are available 24/7 to speak if you are having a crisis.

Find your local crisis line at [nhs.uk/urgentmentalhealth](https://nhs.uk/urgentmentalhealth)

[rethink.org](https://rethink.org)



# CHECK YOURSELF!

- LOOK** - changes in skin texture such as puckering or dimpling
- FEEL** - lumps and thickening
- LOOK** - unusual nipple discharge
- LOOK** - nipple inversion or change of direction
- LOOK** - swelling in or around the collar bone or armpit
- LOOK** - Sudden change in shape or size
- LOOK** - a rash or crusting of the nipple or surrounding area

## IF IN DOUBT, GET CHECKED OUT!

Have a look at the Coppafeel website to find information on breast and peck cancer and how to check yourself. Being Breast Cancer Aware | How to Check | Coppafeel!

[www.coppafeel.org/info-resources/health-information/#howdo](https://www.coppafeel.org/info-resources/health-information/#howdo)



## CREATIVE MENTAL HEALTH MORNING!

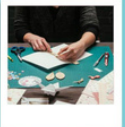
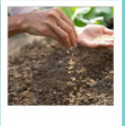
**When?** Every Friday starting Friday 27th January, until Friday 3rd March

**Where?** Oasis Christian Church, Exchange Street, South Elmsall, WF9 2RD

**Time?** 09:30am - 11:45am

FREE tea and coffee available! All who are 18+ are welcome to join!

Please call GASPED office on 01924 787501 or email [resourcecentre@gasped.co.uk](mailto:resourcecentre@gasped.co.uk) to book your FREE place!



I've got ..... on my mind, can we talk?

Make space in your day for a conversation about mental health

time to talk day  
02/02/23



#TimeToTalk



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.

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

## 24 hour Mental Health Helpline

0800 183 0558

Confidential helpline offering support, advice, information and guidance. Available to anyone registered with a GP in Wakefield.

Service provided by NCHA Care and Support





# Take a break



## Spot 10 differences

