



# The Supporter Newsletter

20 January 2023



South West  
Yorkshire Partnership  
NHS Foundation Trust



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)



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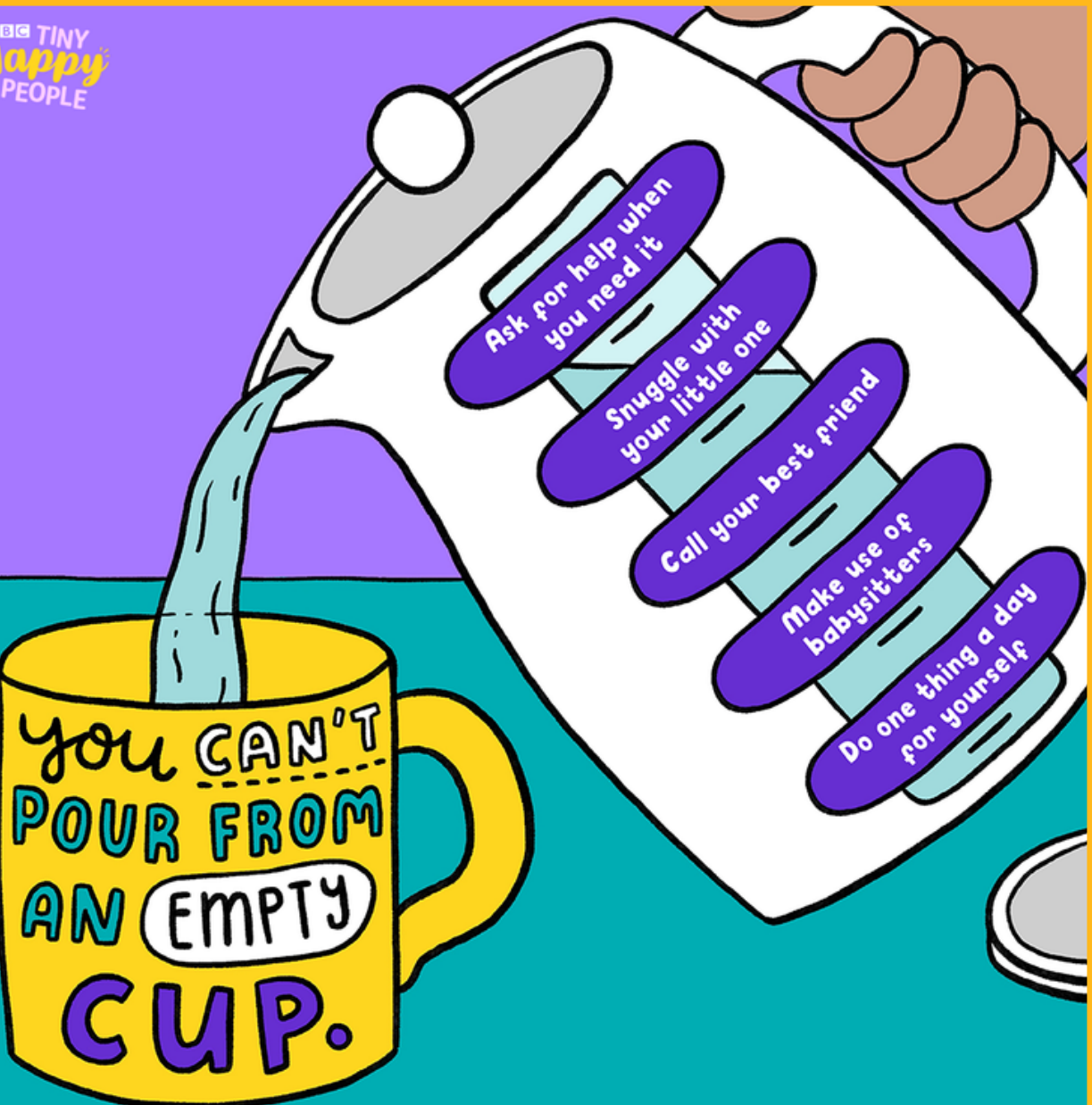
@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefielddiscoverycollege

With **all of us** in mind.

BBC TINY  
Happy  
PEOPLE



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

|   |   |  |  |  |
|---|---|--|--|--|
| <b>Fridays</b><br><b>Yoga</b><br>10am-11am                              | <b>Mondays</b><br>Brazilian Culture<br>and Capoeira<br>5.30pm-6.45pm          | <b>Wednesdays</b><br><b>Creative<br/>fitness</b><br>11am-12pm                    | <b>24th January</b><br><b>Managing<br/>anxiety</b><br>10.30am-12.00pm            | <b>25th January</b><br><b>Journaling for<br/>wellbeing</b><br>10am-12pm                |
| <b>26th January</b><br>An introduction<br>to poetry<br>10.30am-12.30pm  | <b>26th January</b><br><b>Boosting self-<br/>confidence</b><br>10.30am-12pm   | <b>26th January</b><br><b>Everyday<br/>first aid</b><br>1.30pm-3pm               | <b>27th January</b><br><b>Self-care and<br/>self-soothe</b><br>10am-12pm         | <b>30th January</b><br><b>Tackling<br/>loneliness</b><br>1.30pm-3pm                    |
| <b>31st January</b><br><b>Improving your<br/>sleep</b><br>1.30pm-3.30pm | <b>1st February</b><br><b>What the heck<br/>are archives?</b><br>10.30am-12pm | <b>2nd February</b><br><b>Managing<br/>depression</b><br>1pm-3pm                 | <b>3rd February</b><br><b>Feeling positive,<br/>busting stress</b><br>1.30pm-3pm | <b>3rd February</b><br><b>Connecting with<br/>the 5 senses</b><br>10am-12pm            |
| <b>6th February</b><br><b>Recognising burnout</b><br>1pm-3pm            | <b>7th February</b><br><b>Bill busting</b><br>10.30am-12pm                    | <b>7th February</b><br><b>Adapt and recover<br/>from adversity</b><br>1pm-2.30pm | <b>8th February</b><br><b>Recipes across<br/>the years</b><br>10.30am-12pm       | <b>10th February</b><br><b>The M Word;<br/>Menopause<br/>awareness</b><br>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**  
22nd 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

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[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](#)



## Wakefield Recovery and Wellbeing College Home of the Discovery College

All the team here at the Wakefield Recovery College would like to wish you a Happy New Term.

It is a busy time for the college as the team are working hard behind the scenes to source more interesting free educational courses for our students, alongside continuously working with our present partners, as well as sourcing new partners and venues.

The launch of our new Discovery College for students aged between 16-25 years is continually being developed and we will be offering more free courses as this term proceeds.

The ethos of our college has always been to offer a wide variety of educational courses to our students, free of charge. We wish to continue following our plan and therefore your feedback is valuable to us.

Student feedback is really important as it gives us ideas of how the college is doing, if we are offering the right type of courses, in the right venues, as well as giving us suggestions on how we can improve or change our courses if necessary.

If you attended one of our courses between August and December 2022 would you mind taking a few minutes to complete an evaluation of each course you attended by completing the following link:-

<http://ratenhs.uk/FIFpDe>

If you have already completed an evaluation for a particular course, you don't need to do this again.

We really appreciate you taking the time to help us improve and look forward to receiving your feedback.

With all of us in mind.

FREE  
course

# Yoga

Do you want to exercise or find a physical activity that doesn't look as exhausting as some others? Why not give yoga a go?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

This is a roll off course, join for as long as you like over the duration of the course.

We will be offering 18 sessions, with breaks for school holidays and therefore the final session will be on the 26th May 2023.

13th of January 2023- 10.00am-11.00am

18 Weeks



Online  
18+



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[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
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**Wakefield**  
Recovery and Wellbeing College  
Home of the Discovery College

With all of us in mind.

FREE  
course

# Brazilian Culture and Capoeira

Did you know that learning a new skill:

1. Improves your brain health and memory.
2. Increases your mental wellbeing and happiness.
3. Fosters connection with others.
4. Keeps you relevant.

Ever wondered what life is like in the colourful world of Brazil? Think samba, carnival, music, football and food! Come and learn from the talented Sandro Alves about the culture, cuisine, and traditions of his native country. In this roll on roll off course over the period of 12 weeks you will truly immerse yourself in the world of Brazil. You will spend some time each session learning about the culture and customs and then move into the famous Capoeira! Pronounced "cap-o-ay-ra", Capoeira is a traditional form of dance like martial art performed to musical instruments and traditional Brazilian songs that is unique and distinctive to Brazilian culture. Sandro will give you a Capoeira demonstration and teach you some basic movements to have a go yourself!

Sandro welcomes everyone and creates a welcoming, friendly setting for you to feel at ease to learn and participate as you wish, no prior knowledge or experience is required. He knows exactly how to adapt his classes for people with limited mobility or specific needs so everyone can have a go and if you don't want to...well enjoy the show! Come along and become a Brazilian expert and learn something new with us!

Please note that you can join this at any time within the 12 weeks and join for as long or as little as you like.

9th of January 2023- 5.30pm-6.45pm

12 Weeks









Online  
18+



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Home of the Discovery College

With all of us in mind.

| Subject   | Delivery Schedule   | Skills Check Enrolment Link  |
|---|---|--|
| Level 2 Award in Support Work in Schools and Colleges           | Every Tuesday and Wednesday<br>09:30 – 12:30<br>10/01/23 – 10/05/23 for 30 sessions.<br>Spaces still available.   | <a href="#">Support Working in Schools Skills Check</a><br>                         |
| Level 2 Introducing Caring for Children & Young People C3848466 | Every Tuesday & Wednesday<br>18:00 – 21:00<br>14/02/23 – 25/05/23 for 36 sessions.  | <a href="#">Introducing Caring for Children &amp; Young People Skills Check</a><br> |
| Level 1 Functional Skills Maths                                 | Every Wednesday and Thursday<br>09:30 - 12:00<br>19/04/23 – 29/06/23 for 22 sessions.   | <a href="#">Functional Skills Maths Skills Check</a><br>                            |
| Level 2 Functional Skills Maths                                 | Every Wednesday and Thursday<br>12:30 - 15:00<br>20/04/23 – 30/06/23 for 22 sessions.   |   |
| Functional Skills English Level 1                               | Every Thursday and Friday at<br>09:30 - 12:00<br>for 22 sessions.<br>Starting 12 <sup>th</sup> January places still available.<br>Next course starting in February. | <a href="#">Functional Skills English Skills Check</a><br>                          |
| Level 2 Functional Skills English                               | Every Thursday and Friday at<br>12:30 - 15:00<br>for 22 sessions.<br>Starting 12 <sup>th</sup> January places still available.<br>Next course starting in February. |   |

## WEA Adult Learning Within Reach

Want to work in a school? Get the qualifications employers want to see. Join our FREE online qualification courses to help you progress into employment or higher education. Our courses are delivered with live classes on Zoom with supporting documents on Canvas.

Before enrolling on a course, you will need to complete a skills check. Don't worry! This is not a test, it helps us find the right level course for you and discuss your availability. We may have alternate times that best suit you.

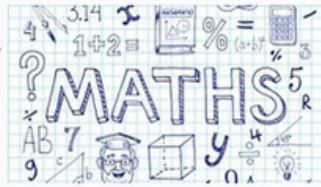
Please email [wyskills@wea.org.uk](mailto:wyskills@wea.org.uk) for more information.

# FREE COURSE

## Functional Skills

### Maths

COMING SOON



Free

Throughout the course, you will demonstrate your confidence in using maths, learning new knowledge and skills and apply this to solve straightforward mathematical problems.

The qualifications cover three content areas:

- Using numbers and the number system
- Using common measures, shape and space
- Handling data and information

IF YOU WOULD LIKE TO KNOW MORE ABOUT THIS CLASS OR ENROL ON THE NEXT COURSE PLEASE CONTACT RECEPTION FOR FURTHER DETAILS

ST SWITHUN'S COMMUNITY CENTRE  
Arnccliffe Road, WF1 4RR  
Tel: 01924 361212

EASTMOOR  
COMMUNITY PROJECT LTD



# FREE COURSE

## Functional Skills

### English

COMING SOON



Free

Studying this Functional Skills qualifications will help you to gain confidence and fluency in, and a positive attitude towards, English.

At the end of the course, you will be able to demonstrate your competence in English by using it in real-world situations as well as demonstrating a sound grasp of basic English knowledge and skills.

IF YOU WOULD LIKE TO KNOW MORE ABOUT THIS CLASS OR ENROL ON THE NEXT COURSE PLEASE CONTACT RECEPTION FOR FURTHER DETAILS

ST SWITHUN'S COMMUNITY CENTRE  
Arnccliffe Road, WF1 4RR  
Tel: 01924 361212  
email: info@eastmoorcommunity.co.uk

EASTMOOR  
COMMUNITY PROJECT LTD



## Volunteers Needed

To help people with a disability access the countryside

Volunteers needed for our Trailblazer group, to help our members complete access improvement work across Wakefield every Tuesday 10am - 4pm.

A great opportunity to do something meaningful in the local community, make new friends, have fun and improve your health and wellbeing.

No experience necessary - all training is provided. Just bring lots of enthusiasm and a sense of humour!

07426 716677

wakefield@opencountry.org.uk

www.opencountry.org.uk/wakefield



## MEN'S HEALTH MATTERS

Join us for a range of activities, free food & drink and a chance to chat with other like-minded men.

All free of charge.

- Awareness Day
- Community Spirit
- Fun and Competitive Challenges
- Physical and Mental Health

When?

Wednesday 25th  
January 2023

Where?

Oasis Christian  
Centre, Exchange  
Street, South  
Elmsall, WF9 2RD

Time?

11am -  
3pm



MAN MATTERS: 01924 787507  
GASPED OFFICE: 01924 787501  
FRICKLEY ATHLETIC CF: 07480 975043  
OASIS CHRISTIAN CENTRE: 01977 648394

21st January  
18th February  
18th March  
15th April

## FAMILY MOVIE NIGHT

6pm - 9pm  
Portobello Community Centre



Children must be accompanied by an adult



## Ancient Greek Pottery (Home Ed Session)

Friday 27th January  
10.30am and 1.30pm

£6.15 per child,  
accompanying adults free



ARTS COUNCIL ENGLAND wakefieldcouncil

TOUGH TIMES  
DON'T LAST.  
TOUGH TEAMS  
DO.

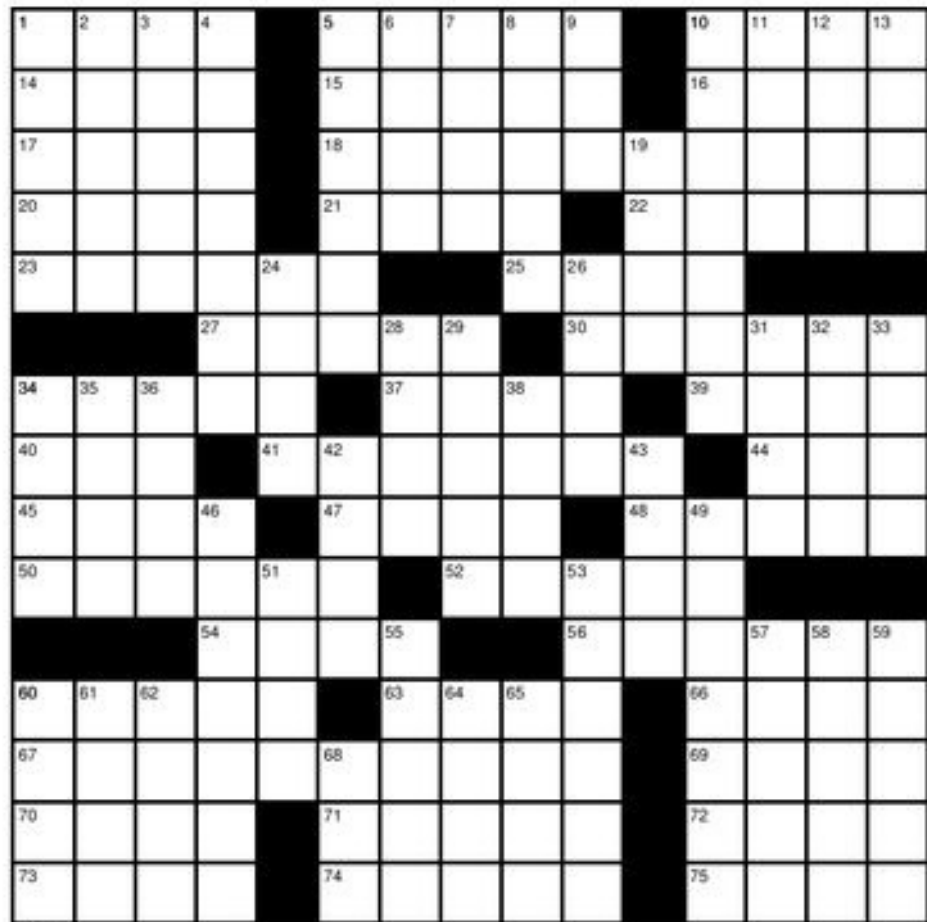
# Take a break

## Round the World

Robert Stockton

### ACROSS

1. It's green in your garden?
5. Fit
10. Part of a Hawaiian feast?
14. "\_\_\_ Plata," Montana motto
15. Swung like a sail
16. Spanish nuts?
17. Kitty Litter tycoon Edward
18. Karmic Sitcom set in Camden County
20. Put on a throne
21. Poses
22. Trouble
23. Famous musical trio
25. Part of a Hawaiian feast
27. Greens from the garden
30. Says without sound
34. 1986 Janet Jackson gold record
37. Gold records, e.g.
39. Spree
40. Word with blond or wood
41. "The Honeymooners" duration as a TV series
44. Deli selection
45. The fellow in front of the keyboard
47. Trans-Siberian Railroad stop
48. Award earned by 50 across for "Milk"
50. See 48 across
52. Follower of Kafka?
54. Matches or catches
56. Reveal
60. Zulu or Xhosa
63. Opening for Romeo
66. Wells' Weena, for one
67. Nurture the next generation



© 2009

69. Google heading
  70. Fleming and Thorpe
  71. Amber alternative
  72. "Under Siege" star
  73. He and she
  74. Fashion
  75. The last word of the year, perhaps
- DOWN**
1. Pierced
  2. Maine college town
  3. Pitiful source for a silk purse
  4. It checks whether you look right
  5. Deliveries protected by the Federal Gov.
  6. Some mattresses
  7. Place for a mattress
  8. Superlatively slight
  9. Home of N. Amer.'s largest mall
  10. Begin an elopement
  11. Sit for a fake photo?
  12. Part of a plot
  13. Shed
  19. Prefix with vision or pop
  24. Deli choice
  26. Childish retort
  28. Lecturer's sound
  29. Malady
  31. Iron age adornment
  32. Georgetown player
  33. Pun follower
  34. Result of rocking and rolling
  35. AARP part
  36. George's great big peanut-loving poochie
  38. Lecturer's sounds?
  42. Bar \_\_\_
  43. Part of speech for 43 down
  46. Has a great mattress?
  49. Famous waterways hidden within this puzzle
  51. 62 down, in Dijon
  53. Veep famous slipping on a potatoe?
  55. Neighbor of Fiji
  57. Poem of lament
  58. James T. Kirk, for one
  59. Two-ply cotton thread
  60. Lad from Liverpool
  61. How you might spell relief
  62. Yellow-striped billiards ball
  64. "Rocky Horror Picture Show" icon
  65. Digs for 60 down
  68. A fifth of "Hamlet"