



The Supporter Newsletter

27 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)

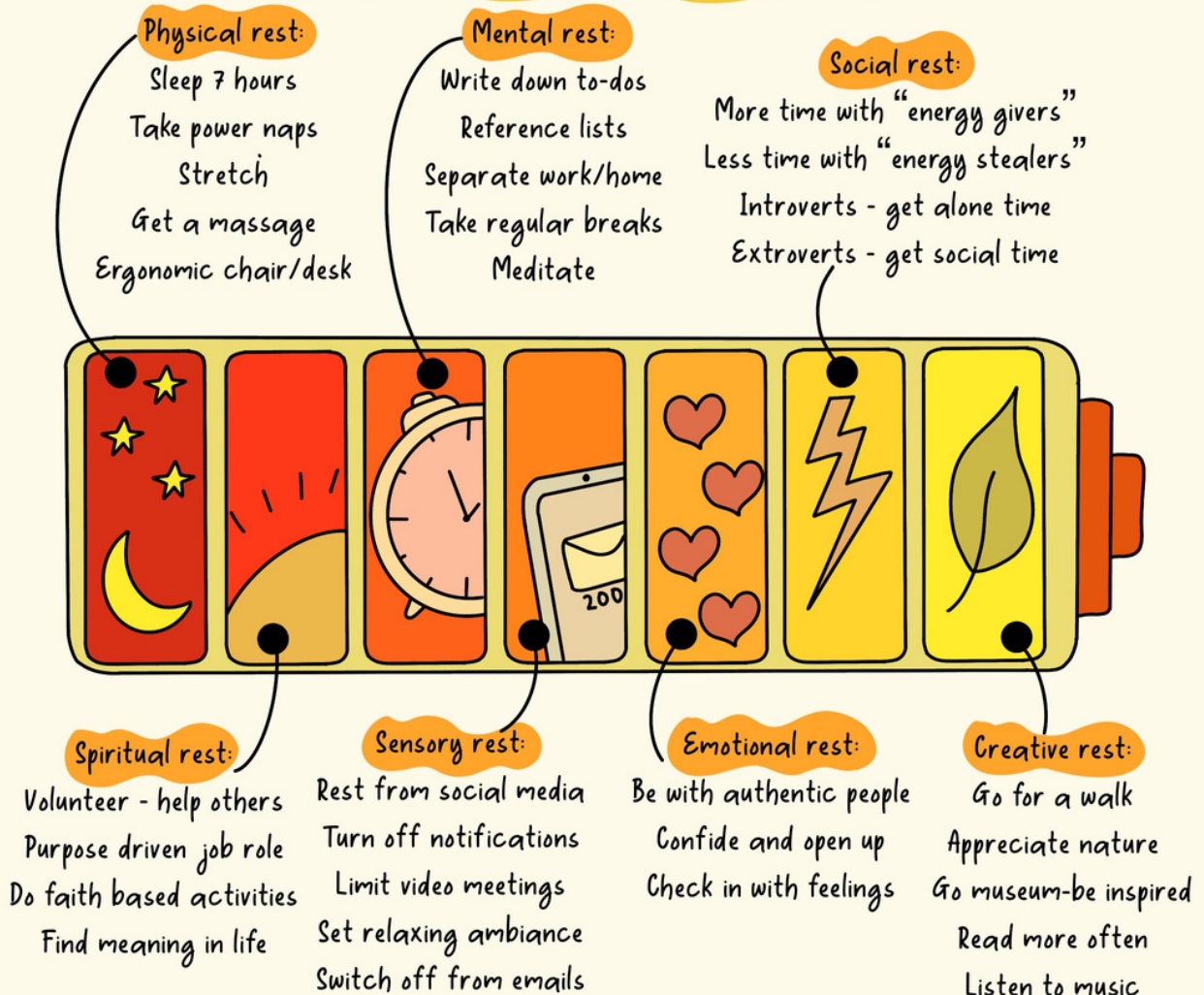
@WF_RecoveryColl
@WakefieldDC

@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.

7 types of rest

If we don't let ourselves rest properly, we will burnout



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

Fridays
Yoga

10am-11am

Mondays

Brazilian Culture
and Capoeira

5.30pm-6.45pm

Wednesdays

**Creative
fitness**

11am-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

10th February

**Improving your
mindset**

10am-12pm

21st February

**Scrapbooking for
wellness**

10am-12pm

22nd February

**Learning more about
the West Riding
Pauper Lunatic
Asylum**

10.30am-12pm

23rd February

**Dyslexia
awareness**

10.30am-12.30pm

23rd February

**An introduction
to poetry**

10.30am-12.30pm

23rd February

**Exploring
resilience**

1pm-3pm

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



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

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.



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.

Essential Digital Skills

Free Level 1 Accredited Course*

Course start date: 1st February 2023

Course end date: 26th April 2023

Course duration: 10 weeks

(10 days, 1 day a week - all week days, no weekends or school holidays)

Course start and finish times:

9:30am - 2:00pm

Venue:

St Swithun's Community Centre
Arncliffe Road, Eastmoor,
WF1 4RR Wakefield

Tel 01924 361212

At the end of attending the full course, you will gain the following 3 qualifications:

Level 1 Award in Customer Service

Entry 3 Employability Award in Essential Digital Skills

Level 1 Award in Ways to Maintain Personal Wellbeing.

You will also cover the following additional learning topics to make your CV shine:

Radicalisation and Extremism

How to stay safe online

What can you trust?

British Values.

Free Tablet on completion

OUR MISSION STATEMENT

To design, develop and deliver the most effective, inclusive and supported learning that allows our learners to reach their personal potential, as well as respond to employer and labour market needs.



*eligibility criteria may apply.

EASTMOOR
COMMUNITY PROJECT LTD





Textile Workshops Castleford Library



Castleford Industrial Heritage Textile

Workshops will run on 7, 14, 21, 28 January 10am - 4pm
Sewers and enthusiasts of all abilities welcome

Friends of Castleford Library working with textile artist Julie McCreedy and supported with funding by Wakefield Council will be running community workshops to help produce 3 wall hangings for Castleford Library depicting our Industrial heritage .

Booking is required as places are limited



01977 722085
castlefordlibrary@wakefield.gov.uk
wakefield.gov.uk/libraries
Wakefield Libraries
@WFLibraries
@WFLibraries

Supported with funding by
wakefieldcouncil

DO YOU LOVE WASHING UP? 😊

WHY NOT JOIN OUR FRIENDLY TEAM OF VOLUNTEERS TO HELP OUT AT OUR FRIDAY LUNCH CLUB

Make new friends, help the community and enjoy a delicious 2 course meal as a thank you!

Please drop us a message or contact us on **01977 705341**

ST MARY'S COMMUNITY CENTRE
THE CIRCLE, CHEQUERFIELD,
PONTEFRACT
WF8 2AY

FRIDAYS
12 NOON -
2.00 PM




Heartfelt Ways Forest Adventures





Lots of woodland-based fun: games, den building, tool use, natural art, woodcraft skills and general woodland adventuring.

For Children aged 6-11 (discretionary ages)
10.00-3.30 February half term 14th and 15th February 2023
Run by experienced staff (DBS checked Level 3 qualified, First Aid trained) in 12 acres of private woodland

£25 per booking (Discount available for siblings)
to book visit bookwhen.com/vanessawhiteheartfeltways
for more details ring Vanessa 07982 237201 or email vanessawhite.heartfelt@gmail.com

**BULCLIFFE WOODS
SHARED ENTRANCE WITH CALDER DRIFT SCOUT CAMP
DENBY DALE ROAD,
WAKEFIELD**

MAN MATTERS




MAN MATTERS Coffee Morning @ The Ridings!

MAN MATTERS are 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:



Feb-May 2023 Coffee Morning Dates:
2nd February, 16th February, 2nd March, 16th March, 30th March, 6th April, 20th April, 4th May, 18th May

Facebook - Man Matters
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792

Seasonal affective disorder (SAD)

NHS

- 1 Try to get as much natural sunlight as possible
- 2 Sit near windows when you're indoors
- 3 Take plenty of regular exercise, particularly outdoors and in daylight
- 4 Eat a healthy, balanced diet
- 5 Make your work and home environments as light and airy as possible
- 6

Things you can try yourself

It can also be helpful to **talk to your family, friends and colleagues about SAD**, so they understand your stresses and how your mood changes during the winter.

HM Government **NHS**



“Just a bit uncomfortable”

Tummy discomfort for three weeks or more?
Contact your GP practice

Clear on cancer Help us help you

Special Education Needs and Disabilities

Learn more about SEND, services and support available, EHCPs and more.

This free* course is starting Thursday 23rd February 2023 at Five Towns Centre 9.30am - 12.30noon

Contact Erin on 07554391072 or email eswarbrick@wakefield.gov.uk for more information and to sign up. *You may be entitled to a free course if you earn under £21,255.

Wakefield Adult Education Service



wakefieldcoun.gov.uk



SPORTING ACTIVITIES

FOR ADULTS WITH DISABILITIES AND LEARNING DIFFICULTIES

Wednesday 10am - 11am Multi sports like activities including, Football, Table Tennis, and Basketball

Wednesday 11am - 12pm Seated games like boccia, indoor curling and parachute games

£3 per person. Teas, Coffees, Biscuits provided

South Elmsall Social Centre, Westfield Lane South Elmsall, WF9 2EF

For more information please contact James on 0791 293 4417
James Grayson info@nlycommunitysport.co.uk



wakefieldcouncil
working for you

What is the Priority Services Register?

The Priority Services Register is a list of people who can get **extra help with their electricity, gas and water**. Each company that supplies gas, electric or water has their own Priority Services Register.



How do I join the Priority Services Register?

You will need to **contact the companies** that supply you with your gas, electric and water.

If you get your gas, electric and water from different companies, you will need to contact each company.

Your gas, electric and water bills will tell you how you can contact each company.

When you contact each company, you will need to know **your account number**. You can find this on your bill.

Free to join

It is free to join the Priority Services Register.

If you have a **learning disability** and would like extra help with your gas, electricity or water, you can ask to join the Priority Services Register.



me

Source: www.ofgem.gov.uk/



NIGHT OWLS
Overnight West Yorkshire
Listening/Advice Service

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**

Take a break



Free Online Wellbeing Workshop Time to Talk

02 February 2023, 5:30 - 6:30pm

Talking about mental health isn't always easy, but a conversation has the power to change lives. Come along to our workshop to learn coping skills and strategies to support common mental health conditions, this could be to support you or a loved one.



Book via our website now:

talking.turning-point.co.uk/wakefield

WAKEFIELD
TALKING THERAPIES

Working together:



Try a different cuppa...

We all like a brew here in Yorkshire, but why not try a different type of tea? Try not to have any caffeine after 2pm and instead opt for a green tea, a flavoured tea, a decaf or a rooibos tea to help wind down and aid better sleep.



Astronomy

All the words listed are hidden vertically, horizontally—in both directions. The letters that remain unused form a sentence from left to right.



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

- ANDROMEDA
- APOLLO
- BIG BANG
- CENTAUR
- COMET
- EARTH
- GALILEO
- GRAVITY
- HAWKING
- HELIOCENTRISM
- HUBBLE
- HYPERION
- JUPITER
- MARS
- MERCURY
- METEOR
- MILKY WAY
- NASA
- NEBULAE
- NEPTUNE
- OBSERVATORY
- OXYGEN
- PHOTON
- PLUTO
- POLARIS
- ROCKET
- SATURN
- SPACE TRAVEL
- TELESCOPE
- UNIVERSE
- URANUS
- VENUS
- ZODIAC



LETTERBLOCKS

Move the letter blocks around to form two words, one on the top line, the other on the bottom line, that can be associated with countries. Letters can be moved from one line to the other.

G	N	D	E	L	A	N
R	N	Y	G	M	A	E

