

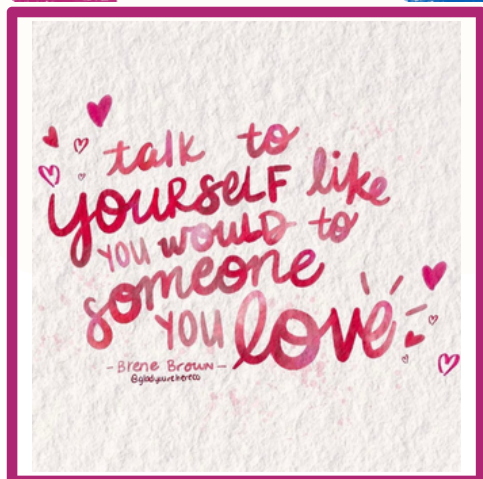


The Supporter Newsletter

17 March 2023

NHS

South West
Yorkshire Partnership
NHS Foundation Trust



01924 316946



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefelddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefelddiscoverycollege

With **all of us** in mind.

College Updates

- Our text messaging service is still not fully back to normal at the moment. We can now send text messages (so you may start to get reminders or communication from us this way again now), but we're not yet able to receive text messages again.
- Tina, our new peer support worker, has finished her induction with us and the connecting care team, who she shares half of her working week with. She'll soon be out meeting more of you, conducting ILP appointments and delivering courses.
- Our second peer support worker post will be advertised shortly, so watch this space! We'll let you know when it's out and available to apply for on NHS Jobs.
- We're a little short-staffed over the next three weeks. Please bear with us if it takes us a little longer to respond to emails, phone calls or enrolments.
- If you've got an interest in a course that hasn't got a date advertised at the moment, please still enrol with us and we'll pop you on to our expressions of interest list. As soon as we have enough interest, we will put a new date out.
- Our lovely Kia has been in touch from the other side of the world and is having the time of her life (in much sunnier, tropical places that Wakefield!). We're all very jealous.
- From next week, we'll have a new temporary member of the team, Megan, a student social worker. We'd love you to welcome her with open arms, just as you have all of our past temporary staff.



Don't forget - the College needs you to confirm your place on a course/workshop at least 7 days before it starts; your place will be cancelled if we do not hear from you. A quick courtesy call or email from you will let our tutors know if you are attending.

Thank you






MAN MATTERS

GASPED

REFERRAL LINE
01924 787507

OUR SERVICES

- 01 Coffee Morning/Afternoon
- 02 Signposting
- 03 Advice & Practical Support
- 04 Counselling

VISIT US AT:
5a Cheapside Wakefield WF1 2SD

Emotional and practical support for all who identify as male, 18+ and are living in the Wakefield District.



Call our line, open Monday-Friday, 9am-5pm, for a confidential chat to find the right steps for you.

Facebook - Man Matters
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



Supporting Male Victims of Domestic Abuse



Our independent service offers 1-1 support, advice, information and liaising on your behalf.

VISIT US AT
5a Cheapside Wakefield WF1 2SD

Are you a male experiencing domestic abuse or have you been affected by it?


Would you like to speak to some confidentially?

01924 787501

For More Information

Facebook - Gasped
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



online

recoverycollege

Recovery College online offers recovery-based online courses, information and resources, covering a wide range of mental health and wellbeing topics, as well as real life experiences and stories. Anyone can access the website and online courses. There is no need for a referral, you simply create a free account to access the online courses, or you can access the resources in any case.

If you head to (www.recoverycollegeonline.co.uk), at the top of the page it says 'log in'; click this and it will take you to the e-learning site. Alternatively, you can head straight to the e-learning page here: <https://lms.recoverycollegeonline.co.uk/> to create a free online account – it's easy and quick to do. We'll then authorise your account and then you'll be able to complete any of the courses. You can take the courses in your own time and at your own pace, and if you decide to leave a course before you've finished, when you next log in to your account, you can continue the course where you left off.

If you're unsure of how to use Moodle, the e-learning site we use, there is a short course you can take called 'Tutorial', which will take you through using the site.

LOCAL SUPPORTED EMPLOYMENT IN WAKEFIELD

Are you aged 18 or over and live in Wakefield?
Do you have Autism?
Are you unemployed and need support to move into employment?

Helping Autistic adults across Wakefield district with:

- Action planning
- Overcoming barriers
- Employability skills
- Independent travelling
- Progression towards employment
- Support in the workplace

To find out more or to book an appointment contact us on employmentsupport@autismplus.co.uk or call 0114 3840284 and ask for the employment team.

We will arrange an appointment at a location near to you or at our Wakefield base in Agbrigg.
Project funded by the DWP





www.autismplus.co.uk

Your health matters to us

Complete our Adult Population Health Survey



wakefieldcouncil.com/YourHealthMatters

wakefieldcouncil

Wakefield Council, the local NHS and partners are working with BMG Research to carry out a population health and wellbeing survey.

It is open to all Wakefield residents, over the age of 18 years old and asks about residents' physical health, mental health, and the things they do and experience in daily life.

The survey is completed anonymously and once returned to BMG Research, your data will be kept confidential and secure.

The survey can be completed here:

<https://surveys.bmgresearch.co.uk/wix/5/p431102874775.aspx>.

More information can be found at www.wakefield.gov.uk/health-care-and-advice/public-health/adult-population-health-survey

If You Need To Talk,
We Are Here To Listen



Wakefield Safe Space

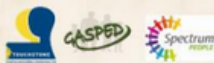
- ✓ Anybody aged 16+ in the Wakefield District
- ✓ 1 to 1 support and group social activities
- ✓ Same night support
- ✓ No waiting list or need for a professional referral
- ✓ Free

Call us 6pm to midnight

Open every day except Wednesdays

07776962815

WakefieldSafeSpace
@SafeSpace



Here To Listen If You Are...

- Feeling stressed, anxious or depressed
- Struggling to cope
- Thoughts of self-harm
- Thoughts of suicide

We aren't doctors or nurses, but we are all highly trained in Mental Health Support and Suicide Prevention

Call us 6pm to midnight

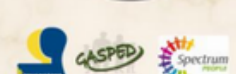
Open every day except Wednesdays

07776962815

**Wakefield Safe Space, Caduceus House
Upper Warrengate
Wakefield
WF1 4JZ**

- Follow directions for Warrengate Medical Centre
- Go to the bottom car park on your left
Parking for visitors is free

If you are unable to drive or pay for public transport we can pay for Taxi's to and from our support



24 hour Mental Health Helpline

0800 183 0558

Support, advice, information and guidance. A confidential helpline for anyone seeking support for their mental health or their carers.

Available to anyone registered with a GP in:
• Calderdale • Kirklees • Wakefield • Leeds • Barnsley

Service provided by:
NCHA
Care and Support

NHS



Trauma Informed Trust Co Production



SWYPFT is working towards becoming a trauma informed trust. This means it will support staff, service users, carers and volunteers to understand and respond to the impact of trauma on people's lives. The approach emphasises physical, psychological, and emotional safety for everyone and aims to empower individuals to re-establish control of their lives

We know and value the ongoing work we do with people who use our services. Without service users and volunteers, such as yourselves, there would be no Trust. We are therefore reaching out to you to see if you would like to join us and take part in this work.

If you are a service user who has been impacted by life experiences, whether it is physical and/or mental wellbeing and would like to work with us in a co-productive way, then do please let us know. Coproduction is at the heart of the trauma informed work we are doing, and this can be in various ways:

- Co- producing and delivering training.
- Attending events, forums, joining meetings
- Getting involved in research and development of services

We want you to not only have your voice heard but valued as we work together towards a more trauma informed Trust as a whole.

If you feel you would like to know more or be a part of ongoing Trust development and you would like your lived experience to influence the development of SWYPFT in a trauma informed way, please contact us here at the Recovery College on 01924 316946 or wakefieldrecoverycollege@swyt.nhs.uk

Trigger Warning:

It's Mother's Day this weekend, and whilst this is a happy time for some, we know that it can be a challenging and difficult time for others, for many reasons. We wanted to let you know that our final page this week contains activities relating to Mother's Day, in case you wanted to give the last page a miss this week.

If you need support this weekend, don't forget we have lots of self-help and support information on our Resources page on our website, there are links to other support on our Partners page and we have included new information for Wakefield Safe Space, as well as existing details for the 24/7 mental health support line within this week's newsletter.





Wellbeing Workshop!

When: Every Tues morning from 4th April 2023

Where: The Gaslight, Lower Warrengate, Wakefield WF1 1SA



This 6 Week Wellbeing Workshop covers a range of topics every week as follows:

1. Course Introduction
2. Anxiety and assertiveness
3. Loneliness and depression
4. Anger and stress
5. Body image and self confidence
6. Taking care of yourself

Looking after your mental wellbeing and learning how to deal with different and difficult emotions is very important to maintain a good quality of life.

You don't need to bring anything, everything will be provided.

For more information or to sign up, please contact Judith:

judith.lindley@richmond-fellowship.org.uk

Or call 01924 339 157 (office) / 07342078992 (mob)



RF Wakefield Community Support



Wakefield Community Support Service "What's On"

Tuesday

GAMES GROUP	Geek Retreat, Bullring, 44-46 Northgate, Wakefield, WF1 3AN	12.00 pm – 1.30 pm
COMMUNITY OUTREACH DROP-IN SESSION	Pontefract Library, Shoemarket , Pontefract, WF8 1BD	1:00 pm – 3:00 pm
NEWSLETTER GROUP	Online using Microsoft Teams	4:00 pm – 5:00 pm

Wednesday

I.T. SUPPORT GROUP (Fortnightly)	Wakefield One Library, Burton Street, Wakefield, WF1 2EB	10.30 am – 12 noon
ARTS AND CRAFTS GROUP	Nova, 11 Upper York Street, Wakefield, WF1 3LQ	2:00 pm – 4:00 pm
COMMUNITY OUTREACH DROP-IN SESSION	St George's Community Centre, Broadway, Wetherby , Wakefield, WF2 8AA	4:00 pm – 6:00 pm

Thursday

NEWMILLERDAM WALKING GROUP	Meet in the Main Car Park, Newmillerdam Country Park, Newmillerdam , WF2 6QP	10:30 am – 12:30 pm
COMMUNITY OUTREACH DROP-IN SESSION	Lightwaves Community Centre, Lower York Street, Wakefield, WF1 3JU	4:00 pm – 6:00 pm

Friday

COMMUNITY OUTREACH DROP-IN SESSION	Salvation Army, Booth Street, Castleford, WF10 1SA	1:30 pm – 3:00 pm
HOPE PEER SUPPORT GROUP	Richmond Fellowship, The Gaslight, Lower Warrengate, Wakefield, WF1 3AA	11.30 am – 1.30pm
CREATIVE WRITING GROUP (Fortnightly)	Richmond Fellowship, The Gaslight, Lower Warrengate, Wakefield, WF1 3AA	2.30 pm – 4.00pm

If you are interested in attending any of the groups, please contact the team on 01924 339157 or Email wakefieldsupport@richmond-fellowship.org.uk



What is Ramadan?

Ramadan is the 9th month of the Islamic lunar year and is the month of fasting. Fasting is a duty for all adults and healthy Muslims. Fasting, in one form or another, has always been important and often necessary part of religious life, discipline and experience in every faith.

In the UK this year (2023), **Ramadan will begin around 23 March 2023**, dependent on the moon.

This means that no water or food is to be consumed from sunrise to sunset – this totals close to twenty hours per day without food or drink. People who are ill, those who are travelling, pregnant and breast feeding women may be exempt.

It's an opportunity for self-purification and reflection and a renewed focus on spirituality.

At the end of Ramadan, Eid-ul-Fitr is celebrated; this is the emotional equivalent to Christmas. The actual day that Eid falls on will depend on when the new moon is sighted.

People may celebrate Eid on different days, depending on which school of thought they follow. This year, **Eid may fall on the 20 April 2023**. During this period, families and communities get together to exchange presents and share food.

The appropriate way to express best wishes to a Muslim friend, colleague or acquaintance for Ramadan is to say: **"Ramadan Mubarak"**.

Thank you to Gill Newey and members of the SWYPFT REACH staff network for their work in developing this information.

What's coming up at the Wakefield Recovery College

Fridays

Yoga

Online
10am-11am

Mondays

Brazilian Culture
and Capoeira
Online

5.30pm-6.45pm

Wednesdays

Creative fitness
Normanton

11am-12pm

28th March

Adapt and Recover
from Adversity
Wakefield
1pm-2.30pm

29th March

Recognising
Burnout
Online
10am-12pm

28th March

29th March

Understanding
Depression
Wakefield Centre
1pm-3pm

18th April

Journaling for
Wellbeing
Wakefield
10am-12pm

18th April

Coping with Life by
Using Relaxation
Online
10.30am-12pm

19th April

Managing
Depression
Online
10am-12pm

20th April

Learning more
about IBS
Online
10am-12pm

25th April

Freedom from
Fibromyalgia
Pontefract / Online
1pm-3pm

27th April

Expressive Writing
Online
1.30pm-3pm

3rd May

Understanding
Anxiety
Wakefield Centre
10am-12pm

5th May

Boosting Self-
Confidence
Online
2pm-3.30pm

15th May

Tackling Loneliness
Wakefield
1pm-2.30pm

Starting 10th May
Wednesdays
Creative fitness
Normanton

11am-12pm

18th May

10th July
Everyday First Aid
Wakefield

10am-11.30am

22nd May

Coping with Pain
Online

11am-12.30pm

8th June

Scrapbooking for
Wellness
Wakefield
10am-12pm

8th June

Exploring
Resilience
Wakefield
1pm-3pm

9th June

Boogie Bounce
Normanton

10am-10.45am

21st June

Accepting Change
Online

1pm- 3pm

30th June

Understanding
Hearing Voices
Pontefract
1pm- 3pm

4th July

Tackling Loneliness
Wakefield

10am-12pm

5th July

Everyday Stress
Online

10am-12pm

5th July

Managing
Depression
Wakefield
1pm - 3pm

5th July

For those that give too
much: Everyday Stress
Online

10am - 12pm

13th July

Dyslexia Awareness
Online

10.30am-2.30pm

18th July

Feeling Positive,
busting stress
Online
3.30pm-4.30pm

27th July

Managing fatigue with
health conditions
Online

1pm - 2pm

What's coming up at the Wakefield Discovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

16-25
year olds

Self-advocacy &
Confidence Building for
People with Learning
Disabilities

24th March
10am - 2pm
Wakefield Town Centre

**Coping with
challenges**

29th March
12pm - 1pm
Online

**Managing
anxiety**

19th April
1.30pm- 3pm
Online

**Dyslexia
awareness**

20th April
10.30am - 12.30pm
Online

**Scrapbooking
for wellness**

21st April
1pm - 3pm
Wakefield Town Centre

Youth first aid

21st April
10.30am - 11.30am
Wakefield Town Centre

**Looking after
your sleep**

3rd May
1.30pm-3pm
Online

Creative Fitness

3rd May
7th June
More dates available
3pm - 4pm
Normanton

**Managing
depression**

10th May
1pm - 2.30 pm
Wakefield Town Centre

**Accepting
change**

15th May
1pm-3pm
Online

**An Intro to
Personality Disorder**

5th June
10am - 12.30pm
Wakefield Town Centre

Youth first aid

30th June
11am - 12pm
Wakefield Town Centre

If you would like to find out more, you can
contact us at:
www.wakefieldrecoverycollege.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk
01924 316946

Discovery College
Part of Wakefield Recovery and Wellbeing College



Mother's Day Wordsearch

Find the words hidden in the puzzle.
Then, write them below the right picture.



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



Stuck for ideas for your Mother's Day gift? Why not use some of our ideas:

Afternoon tea (either a trip out, or homemade sandwiches and cakes).

A bunch of flowers, daffodils are the most traditional (either from the shop or picked from your own garden).

A new book (either from the bookshop, or second-hand from the charity shop or a friend or neighbour).

An I.O.U./handwritten voucher for a day together doing something of Mum's choice.

Clean the house from top to bottom and cook tea so mum doesn't have to.