



The Supporter Newsletter

31 March 2023



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.



We just wanted to say a massive thank you to Action for Happiness (@actionhappiness) for their inspirational and motivational quotes every month.

Spotlight on the
libraries

CONTACT US:

Pontefract Library, Shoemarket,
Pontefract, WF8 1BD



01977 727692



pontefractlibrary@wakefield.gov.uk



wakefield.gov.uk/libraries



Wakefield Libraries



@WFLibraries



@WFLibraries

wakefieldcouncil

CINEMA

in the Library

A UNIQUE VIP CINEMA EXPERIENCE

FOR PARTIES

Cinema in the Library offers a unique venue for birthday parties, private film screenings and gaming experiences. Feel free to call us for a more tailored experience or to have a look at our facilities.

PARTY PACKAGE

- Film/Use of Xbox 1 console and games (or bring your own game)
- Popcorn
- Meeter and greeter
- Red carpet experience

£120.00

OPTIONAL PARTY EXTRAS

- Personalised Invitations £2.00
- Digital red carpet and cinema photographs £2.00
- Snacks and drinks £2.00 pp
- Party bags £1.50 pp
- Cake £15.00
- Hire of party room £14p/h

For parties the cinema can seat up to 28 people

FOR BUSINESS

Fancy a change from the usual conference room setting? Cinema in the Library offers a unique venue, with surround sound, comfy seating, and high quality presentation equipment.

Party package plus £27 p/h

For business the cinema can accommodate up to 20 people






Practical advice on
**How to Feel Your Best
as You Get Older**



All the information in this brochure can be found online at:
www.barnsley.gov.uk/AgeFriendlySupport

Barnsley 2030 Barnsley - the place of possibilities.

Check out this new leaflet and all of its additional resources at www.barnsley.gov.uk/agefriendlysupport. It's been produced to support ageing well, staying active, eating well and living independently. It's a great read!

Job Opportunity!!

An exciting opportunity has arisen for a 0.6 WTE (22.5 hours per week) band 3 peer support worker to join the Wakefield Recovery and Wellbeing College and the Connecting Care Team (please note you will be working in both teams). Working across the Wakefield district, these exciting roles involve bringing your lived experience into both clinical and non-clinical teams to support people in their mental health recovery and wellbeing journey.

If you have any concerns or questions about the qualification requirements or other essential criteria for these roles, we would welcome reaching out for an initial discussion with Lindsey on 07768 290854.

For more information or to apply, please visit www.jobs.nhs.uk and search for the Job Reference **378-C9378-W0861**.



Aged 14-25 & living in West Yorkshire?

Opinions about Violence & Exploitation?

West Yorkshire Youth Commission Needs You!

- Work alongside other young adults to make a change
- Give your views to the Violence Reduction Unit and its partners
- Develop leadership skills and gain valuable experience

Applications by 31st March 2023

For more information on how to apply go to: tiny.cc/WYYC

Any questions? Contact Emily@leaders-unlocked.org

LEADERS UNLOCKED

West Yorkshire
Violence
Reduction Unit

West Yorkshire
Council
Authority

Tracy Brabin
Mayor
of West Yorkshire



We are looking for new Trustees to be a part of our board!

We need enthusiastic and committed new Trustees who can help us to make a real difference for survivors of rape, sexual and domestic abuse. Do you have skills in one or more of the following areas?



- Marketing & Communications
- Fundraising
- Safeguarding
- Management

www.kcrasac.com

DON'T FORGET...

The College is now able to send our students text messages but unfortunately we still cannot receive incoming text messages.

If you need to contact the college please either ring or email us. If there is no reply by phone please leave your name and telephone number and we will contact you as soon as possible.

Looking after your pets

TAKING YOUR DOG FOR A COUNTRYSIDE WALK

Enjoying the countryside with your dog is a wonderful experience. It's a great way of exercising your dog and is the ideal place to bond. But, it's really important to be mindful of other people, wildlife and farm animals.

Keep your dog on a lead around farm animals or wildlife

Brush up on your dog's training and practice some basic commands like 'sit', 'stay', 'come' and 'leave'

Make sure your dog's flea treatment is up-to-date, and check for ticks at the end of your walk

Make sure your dog's collar and harness fits well and they can't slip or wriggle out of it

Plan your route ahead of time and check in advance if you and your dog are allowed on the land you plan to walk on

You're legally responsible for everything your dog does, so it's important to be in control. If they run off unattended, they could get into trouble, get hurt or harm someone else

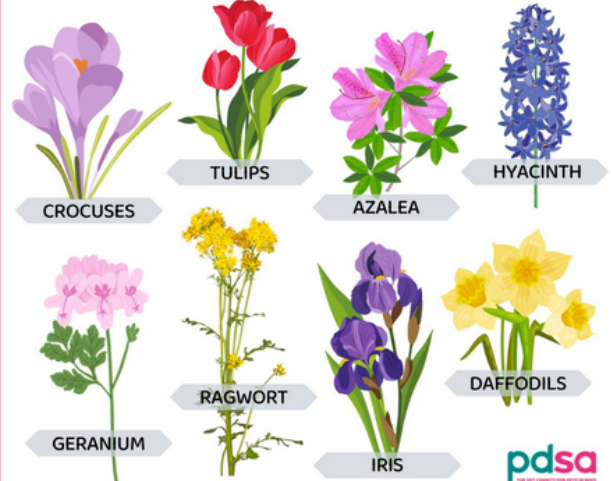
Make sure your dog is microchipped and wearing a collar with an ID tag that has your name and address on it

Keep an eye on the weather so you can properly prepare



pdsa
THE PET CHARITY FOR PETS IN NEED

SPRING FLOWERS THAT ARE POISONOUS TO OUR PETS



A poem for your pet

For when we're tired and stressing out, and you **help us all to laugh**.
For the **little gifts you bring us** and leave upon the path. For the
slippers that you steal and the treats you love to chew. It's for the way
you **wait outside when we're in the loo**.

For bringing back the toys we throw, and the ones we don't. For the
muddy prints that you leave on our carpets and our coats. For
walking us around the park, for 10,000 steps each day. It's for helping
keep our anxiety a million miles away.

For being a **loyal companion** to our mums and dads. For the comfort
that you give our kids when they're feeling sad. For the way you do
the right thing when everything is wrong. It's for **the love you show us every day**
that helps and keeps us strong.

For when the world turned upside down and you were with us for the
ride. For when the walls were bearing down and you **never left our side**.
For when our worst fears came true and we lost a special friend,
it was you that came with **wagging tail and helped our hearts to mend**.

For when we reach our homes each night. For when we turn the key.
For the way **you always greet us**, because you want your tea. For all
that you are, and all that you do, way promise that **we will always be there for you**.



pdsa
THE PET CHARITY FOR PETS IN NEED

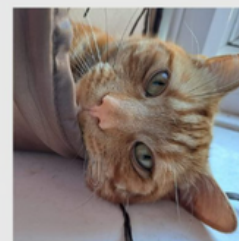
What's your pet's secret identity?

The **month** they were born or adopted

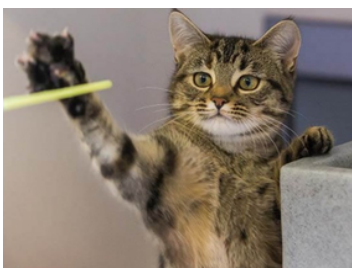
Jan - Masterful
Feb - Lord / Lady
Mar - Chief
Apr - Professor
May - The Notorious
Jun - King / Queen
Jul - Prince / Princess
Aug - President
Sep - The Honourable
Oct - Officer
Nov - Captain
Dec - Duke / Duchess

The **first letter** of their name

A - Fluffers McGee
B - Snuggabubaliciousness
C - Scissorpaws Of Petsnovia
D - Derpy Face
E - Napsworth Of England
F - Snuggle Bum
G - Yappington The Third
H - Toy Destroyer
I - Booty Sniffer Wiffer
J - Sock Stealer Champ
K - Mcsqueakerson
L - Droolius Caesar
M - Food Ninja
N - Britain's Phantom Pant Thief
O - Snifferson Snoot
P - Drool McDoodle Chops
Q - Squishy Van Squisherson
R - Licks-a-lot
S - Shredder The Great
T - T-Dawg
U - Fuzzybutt
V - Grumpy McGrumperson
W - Wagglesworth The Second
X - Popalopachops
Y - Cutey Toe Beans
Z - Drooly Von Drool



pdsa
THE PET CHARITY FOR PETS IN NEED



How you can help digitally excluded people in your community

What is digital exclusion?

Digital exclusion is when someone cannot access the internet - this could be due to not being able to afford broadband, not having access to a device or not having sufficient digital skills to use it.

There are **2 million households** that struggle to afford internet access in the UK today, and **10 million adults** lack the most basic digital skills.

A lack of digital skills and access can have a huge negative impact on a person's life, cutting them off from basic daily activities. They are cut off from contacting loved ones, from job interviews, from finding essential health or other information online, and cut off from digitised public services. [Read more about the digital divide here.](#)

This is what Good Things Foundation is trying to change. We want to fix the digital divide - for good.

About Good Things Foundation

[Good Things Foundation](#) is the UK's leading digital inclusion charity, helping digitally excluded people gain the support and skills they need to improve their lives. Good Things Foundation works with thousands of local community organisations to deliver data, devices and digital skills to people in need.

We want:



Everyone to have the internet access they need



Everyone to have somewhere local to go for help using the internet



Everyone to feel able and safe in the online world

How is Good Things Foundation doing this?

Good Things Foundation has **three core offers**, which community organisations can access by joining our network:



How can you help digitally excluded people? Join the National Digital Inclusion Network.

Are you a community organisation that wants to start delivering digital inclusion support in your area? Good Things Foundation's National Digital Inclusion Network supports organisations to do exactly that. The network is free to join and offers a range of services, such as:

Access to the
National Databank

Free training and
resources

Access to
Learn My Way

Networking
opportunities

By joining, you could help digitally excluded people in your community get the support they need to access the benefits of the online world.

How to join:

1. Visit www.onlinecentresnetwork.org
2. Select 'Register or login and then join the network'
3. Complete the registration
4. Attend a welcome call
5. Start delivering digital inclusion support in your community

The Jordan Legacy – One Million Steps



Harrogate-based suicide prevention charity The Jordan Legacy is looking for 50 people to raise funds for the charity through the One Million Steps fundraising campaign – where supporters are asked to walk/dance/run/crawl one million steps (500 miles) from June 1st over 100 days. It follows NHS data in January 2023 revealing the number of young people under 18 referred for mental health treatment has now topped one million.

Head to <https://thejordanlegacy.com> to find out more about Jordan, his story and the mission his family have surrounding suicide prevention.

REFERRAL LINE
01924 787507

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

OUR SERVICES

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

VISIT US AT:
5a
Cheapside
Wakefield
WF1 2SD

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

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



What is a Cycle for Health course?

It is a 12-week package of support to develop bike riding skills, confidence and fitness through cycle training and led bike rides.

Cycle for Health is designed specifically for adults with poor mental or physical health.

It is run as a two hour session once a week for 12 weeks. Group size is maximum 12 people and we provide bikes and helmets.

Experienced cycle instructors and ride leaders accommodate health issues and participants progress at a pace that suits the group.

Who can take part?

Cycle for Health is for people:

- With poor mental or physical health
- Not doing regular exercise
- 18 years or older
- Who can ride a bike for a short distance - even if that hasn't been for many years



Why cycle?

Cycling is amazing. It's life changing and Cycling UK believes everyone has the right to cycle and be given the skills to ride with confidence.

Cycle for Health was created in West Yorkshire as part of the West Yorkshire Combined Authority's CityConnect programme.

Courses provide a route into regular physical activity, building fitness and self-esteem.

"The instructors were very supportive and after a few sessions I was confident enough to ride on the cycle greenway. Riding has given me a real sense of achievement and increased my belief in my own abilities. I have also made new friends."

Tony, Participant, Cycle for Health Leeds

Courses are taking place at different venues across West Yorkshire in 2021 - 2022

Meet like-minded people in a positive, welcoming environment to enjoy a new activity and discover cycling routes in your local area.

Contact the project team at Cycling UK for more information

T 01483 904562

E cycleforhealth@cycllinguk.org



 **Cycle for Health** | **we are cycling UK**

Join a FREE 12 week course to help you to improve your health and fitness

Community cycling for adults of any age with a long-term health condition



 **CityConnect**

 **West Yorkshire Combined Authority**



 **Cycle for Health** | **we are cycling UK**

 **CityConnect**

 **West Yorkshire Combined Authority**

What's coming up at the Wakefield Recovery College



What's coming up at the Wakefield Discovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

16-25
year olds

Managing anxiety

19th April
1.30pm- 3pm
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
13 September
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

Wellbeing in the woods

26th June
11am - 2pm
Fieldhead Campus

Youth first aid

30th June
11am - 12pm
Pontefract

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

Discovery College

Part of Wakefield Recovery and Wellbeing College

Take some time out...

The Silver Teapot

Once you were full you sat-
Non judgmental
Listening
Listening – to our thoughts and chatter over the table
Magnificent and shiny
You heard our innermost thoughts and emotions
Never responding
All matters aired over a shiny surface
Waiting
Until the time was right
Never stirring
Never interrupting
Over the years your exterior a beacon of security
And then you poured us a nice cup of tea.

RYDER 2023

ALL RIGHTS RESERVED

What's your favourite brew?

Can you guess who in our team prefers which type of cuppa? Draw your lines from person to drink and we'll give you the answers at the bottom of the page (no cheating!).

Di	Yorkshire Tea
Emily	Yorkshire Tea or Chai Tea
Gail	Yorkshire Tea
Janette	Hot Chocolate
Lindsey	Hot Chocolate
Rachel	Yorkshire Tea or Tetley's
Tina	Yorkshire Tea
Megan	Chai Latte



Coffee Break

Take a break with a cuppa
of your choice and colour
in this afternoon tea scene.



It was a trick question quiz this week - all the favourite drinks are already lined up! The person on the left of the list likes the drink to their right on the list! Did you guess them all right and figure it out?