

The Supporter Newsletter

7 April 2023



BE KIND
BE HAPPY
BE THANKFUL
BE CREATIVE
BE BRAVE
BE YOU



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.

Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

TUESDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

WEDNESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

FRIDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

SATURDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SUNDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today



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**.



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.

skill up with



new dates!



ESSENTIAL DIGITAL SKILLS

Starts Mon 17 April | 9:30AM - 2:30PM | Runs weekly for 10 weeks

Contact us for more information:

- 01924 369631
- info@stgeorgeslupset.org.uk
- St George's Community Centre, Broadway, Lupset WF2 8AA



Limited places available!

FREE COURSE in preparing to work in adult social care

Join our fully funded course and become a social care hero!

At the end of the 6-week programme you will achieve a level 1 award in preparation for work in adult social care.

The 6-week course covers the following topics:

- Introduction to adult social care
- Values and principles of adult social care
- Skills and attitudes required for adult social care
- Communication skills for adult social care
- Roles and responsibilities in adult social care job roles



Over 19 years old on 31.7.22

Cannot be on any other AEB course on the day of enrolment. A learner can only register with one provider at once.

3 years in the UK and right to work in the UK

Can provide photo ID and NI number on day of enrolment



Start Date: Thursday 20th April

Time: 9am - 2.30pm

EASTMOOR COMMUNITY PROJECT LTD

With all of us in mind.



IT WELCOME TO LEARNING EVENT APRIL 2023

Meet the staff and see the centre! Get advice and information about the range of IT courses we have to offer!

Courses available for all levels.

All IT courses are FREE!



CONTACT THE CENTRE ON 01977 705341 OR VIA EMAIL

stmarys@stmaryscommunity.co.uk

St Mary's Community Centre
The Circle, Chequerfield
Pontefract
WF8 2AY



Whats happening in the community this April?




Illingworth Park Friends Group

Easter Egg Hunt!

At Illingworth Park, Manor Road, Ossett, WF5 0LW

Saturday April 8th 2023 (Easter Saturday)

10am – 12 noon in the Play Area
(Weather permitting)

Free surprise for all children under 13 accompanied by an adult,
On completion of Treasure Hunt within the park
(Whilst stocks last)

Bun Sale
Raffle
Meet the Easter Bunny
Drinks will be supplied by The 'Ossbox

Os Box
Yorkshire
Est. 2002

Happy Easter

Thank you to Cllr Darren Byford for sponsoring our Easter Event.
Due to unforeseen circumstances we will not be able to do the Egg decorating competition this year.

Web Address: www.illingworthpark.org.uk E-mail: general@illingworthpark.org.uk

Find us on Facebook <https://en-gb.facebook.com/pg/illingworthpark/about/>



WF Happy Healthy Holidays

Nutritious Food and Refreshments Provided **FREE**

For Children 0 - 11 years

Happy Healthy Holidays is back this Easter!

at Pomfret Family Hub
Wednesday 12th April 2023 @ 10.30 - 14:30

Happy Healthy Holidays offers a range of exciting activities that are **FREE** to children and young people who are in receipt of and eligible for benefits-related free school meals

Come along for lots of fun activities!

- Face Painting
- Plant Pot Painting
- Pebble Painting
- Potting Plants
- Animal Farm
- All FREE and much more...

To book your place contact:
Pomfret Family Hub
Rookhill Road
Pontefract
WF8 2DD
Tel: 01977 722644

Find and book FREE local activities by visiting:
www.wakefield.gov.uk/schools-and-children/happy-healthy-holidays
or scan the QR Code




WAKEFIELD TRINITY

HOLIDAY CAMP

FOOD & REFRESHMENTS PROVIDED

TUESDAY, 11TH - FRIDAY 14TH APRIL

OPEN TO THOSE ON FREE SCHOOL MEALS

FREE (11-16 Y/O)

ST. SWITHUN'S COMMUNITY CENTRE

SPORT ACTIVITIES | FUN GAMES | DANCE & MUSIC

For more info:
mason.atkinson@wakefieldtrinity.com

SCAN ME



EASTMOOR COMMUNITY PROJECT LTD



Healthy Walks group is back!!

Our new day will be
Wednesday 10am

We start from 19th April



Meeting point at the centre at 10am. For more information call us on 01924 361212

EASTMOOR COMMUNITY PROJECT LTD

ST SWITHUN'S COMMUNITY CENTRE,
Ancliffe Road, WF1 4RR



COMING SOON
Spring 2023

st george's

CAP Money Course



christians
against
poverty

The CAP Money Course is a revolutionary money management course that teaches people budgeting skills and a simple, cash-based system that really works. This course will help anyone to get more in control of their finances, so they can save, give and prevent debt. The CAP Money Course is a course devised by the award winning debt counselling charity, Christians Against Poverty.

budget. save. spend.



or more info please contact St George's on 01924 369631 or email info@stgeorgeslupset.org.uk

MOCK INTERVIEWS



WEDNESDAY 3RD
& THURSDAY 4TH
MAY 2023

9am - 3pm
Trinity Academy Cathedral,
Thornes Road, Wakefield
WF2 8QF.

If you are unable to donate a full day please consider:
9am - 12.15pm or 12.15pm-3pm.

PLEASE SHARE &
INVITE COLLEAGUES

Your schedule will be provided for individual mock interviews with year 10 students. Interviews are in person.

Light refreshments and a buffet lunch will be provided.

Free parking onsite.

RSVP TODAY:

Vicki Brown
Careers and Trips Officer
E: vbrown1@cathedral.trinitymat.org
T: 01924 330640

You're
Invited!

PLEASE VOLUNTEER
YOUR TIME, THIS CAN'T
HAPPEN WITHOUT THE
COMMUNITIES
SUPPORT!



TRAINEESHIP OPPORTUNITIES AVAILABLE!



LOOKING TO KICK START YOUR CAREER?

Are you aged between 16-18 and not in Education or Employment?
Do you have little to no work experience?
If yes, we can help!

WHAT IS A TRAINEESHIP?

A Traineeship is a skills development programme which includes a work placement. Traineeships are an individual programme and can last between 8 and 26 weeks and come with progression opportunities upon successful completion of your Traineeship.

WHAT SECTORS ARE AVAILABLE?

- Childcare
- Business Admin
- Customer Service
- Pharmacy
- Optical
- Health & Social Care
- Hairdressing/Barbering



WHAT HAPPENS DURING A TRAINEESHIP?

- Work preparation lessons
- Vocational Lessons
- Functional Skills Maths & English
- IAG
- Careers Advice
- Minimum of 70 hours work experience in a work place.



WHAT HAPPENS AFTER YOUR TRAINEESHIP HAS ENDED?

- Progression on to an Apprenticeship
- Further Education
- Employment



WHERE ARE WE BASED?

- We have centres in these locations:
- Huddersfield
 - Bradford
 - Oldham
 - Wakefield
 - Remote (Microsoft Teams)

For more information call Abbey on
01484 429359 or 07599109538

EMAIL:
ABBEY.ROCHE@WOODSPEENTRAINING.CO.UK

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 • Kirkstall • Wakefield • Leeds • Barnsley

Service provided by
NCHA
Care and Support

NHS

Community Cafe

OPEN | Monday - Friday | 9am - 1pm

Fresh, homemade food at reasonable prices - veggie + vegan options

Litter picking equipment available!

Tired of seeing rubbish on your dog walk? Wish your kids didn't have to worry about trash when playing? Taking positive steps to keep the local area clean has never been easier!



Litter pickers, gloves and bags are here and ready to borrow.



Other services available at St George's Community Centre:

- Food pantry,
- Walk-in Wardrobe,
- Book swap,
- Room hire,
- Minibus hire,
- Catering.

For further information please call us on 01924 369631 (Mon-Fri, 9am-5pm) or email info@stgeorgeslupset.org.uk



Easter nests

Why not get the kids involved in making these simple Easter buns

Ingredients

- 200g milk chocolate, broken into small pieces
- 85g shredded wheat, shredded
- 2 x 100g milk chocolate mini Easter eggs
- Bun cases

To make

- Add the chocolate to a small bowl and melt over a simmering pan of water
- When melted add the shredded wheat and mix well
- Add the mixture to a bun case and spread out leaving a dip in the middle
- Place a few of the mini eggs in the dip to look like a birds nest (makes around 12)

Place in the fridge for the chocolate to set and then eat and enjoy!



Please note mini eggs can be a choking hazard for children please supervise children at all times

The Easter Bunny

Once I saw the Easter Bunny
Come hop, hop, hop.
So I cried, "Dear Bunny,
Will you stop, stop, stop?"



I ran to the window
To say, "how do you do?"
But he shook his fluffy tail,
And said, "Happy Easter to You."

The Life of A Butterfly Word Search



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

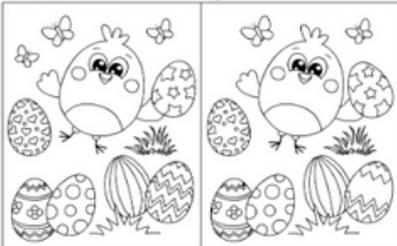
Words To Find

- Butterfly
- hatch
- caterpillar
- monarch
- wing
- paintedlady
- color
- delicate
- insect
- molt
- migrate
- lifecycle
- egg
- flutter
- antenna
- larva
- habitat
- flight



Easter

Spot 5 differences!



Spot 10 differences!



Easter Egg Hunt



- Color the eggs with circles blue.
- Color the eggs with stars yellow.
- Color the striped eggs green.
- Color the eggs with squares red.
- Color the eggs with rectangles orange.
- Color the eggs with triangles purple.
- Draw some shapes on the blank egg.

What's coming up at the Wakefield Recovery College



What's coming up
at the Wakefield
Discovery College

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
wakefielddiscoverycollege@swyt.nhs.uk
01924 316946

Discovery College
Part of Wakefield Recovery and Wellbeing College

Do you want to help us name a building?

Right in the centre of Wakefield, some key mental health and wellbeing services are going to be coming together and will have a home in the same building to offer a variety of support and self-management services round-the-clock. Some of these services will be Wakefield Safe Space, Wakefield Recovery and Wellbeing College, Wakefield Discovery College, local mental health charities, community groups, support groups (such as eating disorders, dementia, children and young people) and more voluntary and community sector services.



We want this building to be your building, your place of safety and support, your hub to learn more about your condition and wellbeing (or that of someone you care for) and so we need you, the people of the Wakefield district, to decide what name we give to this hub/building. Comment on our "name a building" social media posts, email wakefieldrecoverycollege@swyt.nhs.uk or call 01924 316946 to share your name ideas.



FREE
course

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

FREE
course

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Freedom from fibromyalgia

This introductory course, run in conjunction with Be True To You Recovery CIC, Kelly will provide an overview of fibromyalgia, what it is and how it affects people in different ways. Throughout this course we will explore the different areas of our lives and how we can make adjustments to reduce our symptoms and allow for a better quality of life. The course will cover nutrition, sleep, pain management, relationships, employment & finance, mental health, mindset & values. This is an interactive course where you can share your experiences if you wish to do so. We will also provide some resources, direction to future support & guidance to building a support network for your recovery journey. You are not alone and there is hope for recovery. Please bring anything that would make you more comfortable, cushions, layers of clothing or a bottle of water and an open mind! If you are unable to attend this as a face-to-face course, please let us know as you can also access this course online via Microsoft Teams

25th of April 2023- 1.00pm-3.00pm
3 Weeks

Pontefract Library
Shoemarket, Pontefract WF8 1BD

Face to
face
18+



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

Learning more about IBS

Sometimes just listening and learning helps when you have a diagnosis of Irritable Bowel Syndrome (IBS). This non-medical course is facilitated by 2 people with over 40 years lived experience of different symptoms of the condition between them and aims to help you take control of your IBS by looking at how your gut works, diet, lifestyle and alternative approaches. If you want to understand more about the symptoms of IBS and where to find further useful information from, then come along a join this free, friendly, interactive course. This workshop is offered online via Microsoft Teams.

20th of April 2023- 10.00am-12.00pm

Online
18+



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

Don't forget we ask all students to confirm with the college that they will be attending any course that they have booked on up to 7 days before the course starts. If students do not let the college know by this time there is a chance they will lose their place and the college reserves the right to offer their place to another student or cancel their place. Course joining links will be sent to students 6 days before the start date of the course and we ask all students to check their emails/texts or post for receipt of this information.

Thank you for your understanding