



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

14 April 2023

"One step at a time. You'll get there."



01924 316946



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefielddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.



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.



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

With **all of us** in mind.

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Just a reminder to all our lovely students who have booked a place on a course or workshop that we need you to contact the College to let us know you will be attending. Our courses are getting busy now and we don't want you to lose your place. We try to be fair with everyone which is why we have waiting lists in place and if a student doesn't confirm their place at least 7 days before their course starts, the College reserves the right to offer it to another student.

To **#ThatOneMan** reading this: I know you're tired, fed up, close to breaking, but there is **great strength** within you.

KEEP FIGHTING!



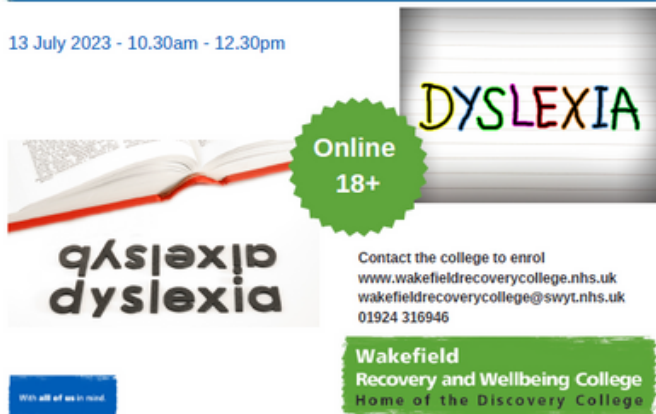
FREE
course

Dyslexia awareness

This informal dyslexia awareness session, offered in partnership with Managing Dyslexia, aims to provide attendees with a better awareness of what dyslexia means, help them to recognise the signs and offer support. Students will:

- Develop an understanding of dyslexia and its impact on the person
- Engage in a practical activity to demonstrate the difficulties faced by those living with dyslexia
- Recognise the signs of dyslexia
- Learn reasonable adjustments and coping strategies
- Experience a Q&A with people living with dyslexia

13 July 2023 - 10.30am - 12.30pm



DYSLEXIA

Online
18+

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

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With all of us in mind.

FREE
course

Coping with life by using relaxation

This workshop, facilitated by Live Well Wakefield, will help you to:

- Identify what relaxation is and the benefits
- Identify what we could do to relax
- Have a go at a few relaxation techniques to use at home
- Set an action plan for when at home

The small group is very informal and we will be showing you things we use to help us cope with life when it all feels a bit too much.

Tuesday 18 April 2023 - 10.30am - 12.00pm



Relax

Online
18+

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

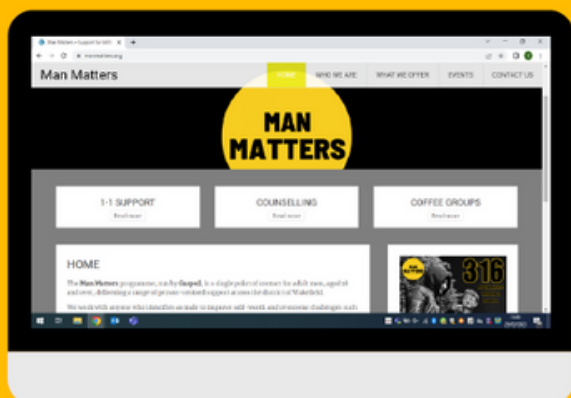
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MAN MATTERS WEBSITE

TAKE A LOOK AT OUR
BRAND NEW WEBSITE!

www.manmatters.org



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



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

• LUNCH & SOCIAL AFTERNOON •

FRIDAYS
12.00 NOON - 1.30 PM

**DELICIOUS, FRESHLY COOKED LUNCH &
HOT PUDDING & TEA/COFFEE (£7.50)**

**FOLLOWED BY OPTIONAL
BINGO & RAFFLE**

Please give us a ring on 01977 705341 to
book your place or if you have any
questions

**(BOOKING IS ESSENTIAL BY TUESDAY BEFORE
EACH FRIDAY LUNCH SESSION)**



Disability Advice and Information Volunteers

Enquire

We are looking for individuals who care about others. People who are good listeners (and talkers).

🕒 6 hrs / week 📅 Flexible

Our volunteer roles can be varied and can involve-

- Helping to answer callers enquiries by telephone. Taking messages, advising clients.
- Assisting with general office administration.
- Assisting with interviewing clients, helping them complete forms.
- Producing documents, dealing with enquiries, maintaining and improving information systems, filing.
- Dealing with people face to face. Giving advice and information on disability issues.

We are looking for people who can offer their time and support to become reliable members of our friendly team.

The role can help you to meet new people, learn new skills and build your confidence. You would be supporting the wellbeing of all ages of the community living in the Wakefield District. You may have existing skills that can be used. We also offer training and full support.

Expenses

out of pocket travel can be claimed.



DIAL Wakefield

Castleford Civic Centre,
Ferrybridge Road, Castleford,
UK

We are a disability charity providing an Information and Advice service for people living in the whole of the Wakefield District. We aim to raise the awareness of disability issues and promote the wellbeing of Disabled people in the district.

📞 01977 723933

✉ [advice@dialwakefield.co...](mailto:advice@dialwakefield.co.uk)

See all opportunities with
this organisation



We are recruiting
volunteers!

Do you have a couple of
hours to spare a month or
every few months and
would like to join us?

Then why not give us a call
and discuss our volunteer
roles.

01924 316946

We are looking for people
who enjoy hobbies such as
gardening, knitting, crochet,
photography, crafts or any
other interests and would
like to spend time with our
student's passing on their
knowledge and skills.

We are a friendly bunch
and we will support you
through the volunteer
process.

We look forward to hearing
from you soon.

Thank you

Wakefield Recovery
College team

Reading Friends in School

Enquire

We are looking for big hearted, open minded people who have a little time to make a big difference

🕒 Flexible hours 📅 Flexible

Age UK Wakefield District is working with a number of Junior & Infant Schools across the Wakefield district to introduce Reading Friends in School to encourage school children who need support with reading and who are often not aware of the interests and pleasures they can derive from books. In relaxed one to one or small group sessions, talking, reading and exploring books together the volunteer gradually builds up the child's confidence and encourages him/her to enjoy reading. The volunteer must be literate and enjoy reading and be able to relate easily to children as well as being both a clear communicator and a good listener. The sessions take place in school. You can pick which day of the week you would like to offer and each session would be around 1 - 1.5 hrs per week.

Expenses

Volunteers can claim out of pocket travel expenses



Age UK Wakefield District

Our aim is to always make
living for the over 50's in the
Wakefield District a positive
and, wherever possible,
enjoyable experience.

📞 01977 552114

✉ [traceyshaw@ageukwd.o...](mailto:traceyshaw@ageukwd.org)

See all opportunities with
this organisation

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

You said, we did

Many thanks to all of you who completed our course evaluations and "Shape Your College" surveys across 2022/23. Here are the highlights.

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

YOU SAID...



You felt the College is supportive, with a friendly, happy team.



You felt the College empowered students and responded to local need.



You felt the College was great at partnership working with voluntary organisations.



You wanted more gender-specific/single gender courses and workshops, as well as courses on Burnout and anxiety.



You wanted more hybrid access/blended learning courses, more face to face courses and shorter sessions at the Discovery College.



You wanted central venues and a "home" for the Recovery and Discovery College.

Wakefield Recovery and Wellbeing College Home of the Discovery College

WE DID...



We've teamed up with Pontefract Library and other more central venues to deliver courses. We've also secured a new "home" in central Wakefield...coming soon!



We're now delivering more anxiety themed courses and workshops, a Recognising Burnout workshop and have agreed an aim of 90 minutes for any Discovery College session.



We've worked with our co-producers to deliver gender-specific workshops, face-to-face courses that can also be joined online and now offer a 50/50 split on face-to-face and online courses and workshops.

If you require a copy of this information in any other format or language please contact the College or your healthcare worker at the Trust.

With **all of us** in mind.



creative connectivity

Got a hobby or passion you'd like to share or develop digitally, but don't know where to start? With our Creative Connectivity scheme starting this April, you can:

- Get started with digital creative tools
- Film your creative work/tutorials
- Edit and upload videos to YouTube
- Learn digital painting basics with iPads
- And learn to be a digital storyteller!

Email hi@empathaction.org for all the details.





Make TODAY the day to LEARN SOMETHING NEW



Red Cross Week 2023: First Aid Drop-in Day

Find out about:

- Objects you can use to help
- What happens when you call 999
- Common injuries
- Life threatening emergencies
- CPR and AED basics
- How to book a free workshop with your local coordinator

Tuesday 9th May, 11am-3pm
Queen's Mill, Castleford
1 Aire St, WF10 1JL

The power of kindness



How you can help with your discharge

It is very important that you ask these four questions to the team caring for you:



When am I going home?



What is going to happen to me today?



What is the matter with me?



What is needed to get me home?

Let's **Work as One** to get you better!

Spring 2023
Skill up at **st george's**

CSCS course



Construction Skills Certification Scheme

Outcomes

- a qualification in Health + Safety,
- a FREE CSCS card
- PLUS a guaranteed interview upon completion.

Induction:
Wed 27th April from 1pm

Course runs:
Mon 1st - Fri 5th May
9.30am-3.30pm

Contact us to book your place or find out more

01924 369631

info@stgeorgeslupset.org.uk

St George's Community Centre, Broadway, Lupset, WF2 8AA.





COFFEE EVENING FOR ALL MEN, AGES 18+ LIVING IN THE WAKEFIELD DISTRICT.



EVERY MONDAY EVENING,
18:00 - 21:00





15A LITTLE WESTGATE, WAKEFIELD, WF1 1JZ





Charity: 1072174
Company Registration: 03580792



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.



Flower Word Search

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

Amaryllis
Anemone
Aster
Astilbe
Begonia
Bluebell
Buttercup
Carnation
Columbine
Cosmos
Crocus
Daffodil
Dahlia

Echinacea
Foxglove
Freesia
Gardenia
Geranium
Hibiscus
Hyacinth
Impatiens
Iris
Jasmine
Jonquil
Lavender
Lily

Lotus
Marigold
Nasturtium
Orchid
Pansy
Petunia
Rose
Snowdrop
Tulip
Violet
Wisteria
Yarrow
Zinnia

DAFFODILS

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced, but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed - and gazed - but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

William Wordsworth, 1804



What's coming up at the Wakefield Discovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

16-25
year olds

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
Online / 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

Managing Anxiety

10 July
10.30am - 12pm
Online



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

What's coming up at the Wakefield Recovery College

Fridays
Yoga
Online
10am-11am

Wednesdays
Creative fitness
Normanton
11am-12pm

18th April
Coping with Life by Using Relaxation
Online
10.30am-12pm

20th April
Learning more about IBS
Online
10am-12pm

25th April
Freedom from Fibromyalgia
Pontefract / Online
1pm-3pm

3rd May
Understanding Anxiety
Wakefield Centre
10am-12pm

5th May
Boosting Self-Confidence
Online
2pm-3.30pm

Starting 10th May
Wednesdays Creative fitness
Normanton
11am-12pm

15th May
Tackling Loneliness
Wakefield
1pm-2.30pm

18th May
10th July
Everyday First Aid
Wakefield - Pontefract
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

12th June
Improving your sleep
Online
11am - 1pm

14th June
Self-care and self-sooth
Wakefield
10am-1pm

21st June
Connecting with the 5 senses
Wakefield
10am - 1pm

28th June
Improving your mindset
Wakefield
10am - 1pm

30th June
Understanding Hearing Voices
Pontefract
1pm- 3pm

4th July
Tackling Loneliness
Pontefract
10am-12pm

5th July
Accepting Change
Online
1pm - 3pm

10th July
Everyday First aid
Pontefract
10am-11.30am

13th July
Dyslexia Awareness
Online
10.30pm-12.30pm

18th July
Feeling Positive, busting stress
Online
3.30pm-4.30pm

19th July
Managing Depression
Online
1pm-3pm

20th July
Recognising Burnout
online
1pm - 3pm

27th July
Managing Fatigue with Health Conditions
Online
1pm-2pm

Starting 30th August
Wednesdays Creative fitness
Normanton
11am-12pm

Starting 1st September
Fridays Pump
Normanton
10am-11am