



# The Supporter Newsletter

28 April 2023

The college can now  
send text messages to  
students, however our  
system does not accept  
incoming text messages  
at this time....

 01924 316946  
 [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
 [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
[wakefelddiscoverycollege@swyt.nhs.uk](mailto:wakefelddiscoverycollege@swyt.nhs.uk)  
 [facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)  
[facebook.com/wakefelddiscoverycollege](https://facebook.com/wakefelddiscoverycollege)  
 @WF\_RecoveryColl  
@WakefieldDC  
 @Wakefieldrecoverycollege  
@Wakefelddiscoverycollege

With **all of us** in mind.



Hello readers!



The College is consistently trying to improve how best to keep our students updated on courses and workshops. One of the best ways we have found so far is by producing 'The Supporter' newsletter. The newsletter now reaches thousands of readers a week and the feedback from readers has been really positive.

We now need your help to check we are reaching the people who wish to receive the newsletter and that we are including the right kinds of information/support and news people wish to read about.

Please would you kindly take a few minutes to answer the 5 questions below and email your answers to [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk) or give the College a call on 01924 316946.

Thank you.

1. Do you wish to receive 'The Supporter' newsletter weekly or fortnightly?
2. Do you still wish to receive an email link to the latest edition of the newsletter?
3. Would you now prefer not to receive an email link/postal copy of the newsletter?
4. Would you like to receive a printable Quick Guide to courses fortnightly in place of a newsletter that week?
5. What topics/articles would you like to see in the newsletter?



With **all of us** in mind.



# Local News



The Mid Yorkshire Hospitals

NHS Trust



Our NHS Cadets Foundation Programme is recruiting for a new cohort due to start mid May!

The programme is in partnership with St John Ambulance and provides 14-18 year olds from under-represented communities with opportunities to explore a career in healthcare. ❤️

The 12 month programme offers young people first aid training, courses to develop their leadership skills and volunteering opportunities in the NHS - including vital hands-on work experience in hospitals. 🏥

The programme consists of two pathways: Foundation (for 14-16 year olds) and Advanced (for 16-18 year olds). Foundation will meet Tuesdays from 17:00 pm - 18:30 pm and Advanced from 18:30 - 20:00 pm.

If you would like to find out more, visit 📍 <https://bit.ly/3hYmPCr> or contact [NHSCadets@sja.org.uk](mailto:NHSCadets@sja.org.uk)

#MidYorksNHS #NHSCadets



## Future SELPH

safety empowerment learning practical skills health & wellbeing



### We are here to help you.

We support 16-25 year olds to build their own unique path to an improved sense of mental health & wellbeing.

- You refer yourself or are referred
- Together we can choose where & when to meet
- 1-1 check ins
- Support with expenses
- Meeting new friends
- Our support is not time restricted
- We can support you whilst you are on waiting lists for other services.
- We'll listen to find out what's going on & we won't judge
- Skills workshops & volunteer opportunities
- Professional advice
- We'll make sure you have the tools you need on your journey

Future SELPH

at st george's

### Refer yourself by...

- Scanning the QR code
- Texting 07778057175
- Or emailing [wakccg.futureSELPH@nhs.net](mailto:wakccg.futureSELPH@nhs.net)



## 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



#ITSOKAYTOTALK

#ANDYSMANCLUB

## What's coming up at the Wakefield Discovery College

**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

16-25  
year olds

### 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

### Creative Fitness

7th June  
13 September  
3pm - 4pm  
Normanton

### Wellbeing in the woods

26th June  
11am - 2pm  
Fieldhead Campus

### Youth first aid

30th June  
11am - 12pm  
Pontefract

### Managing Anxiety

10th July  
10.30am - 12pm  
Online

### Understanding hearing voices

8th September  
1pm - 3pm  
Wakefield Town Centre



If you would like to find out more, you can  
contact us at:  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)  
01924 316946

**Discovery College**  
Part of Wakefield Recovery and Wellbeing College

What's coming up  
at the Wakefield  
Recovery College

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

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

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

**15th May**  
Tackling Loneliness  
Wakefield  
1pm-2.30pm

**18th May (19+)**  
Everyday First Aid  
Wakefield - Pontefract  
10am-11.30am

**22nd May**  
Coping with Pain  
Online  
11am-12.30pm

**23rd May**  
One off  
Meet & Greet Session  
for the Course:  
Veterans moving forwards:  
Building a brighter future  
Barnsley  
10am-11am

**6th June**  
Veterans moving forwards:  
Building a brighter future  
6-weeks course  
Barnsley  
10am-2pm

**6th June**  
Creative Crafting  
Pontefract  
6 weekly sessions  
10am - 11.45am

**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

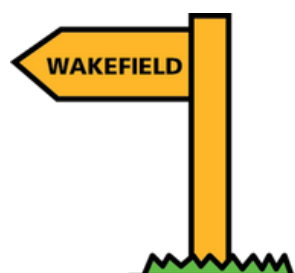
**14th June**  
Self-care and self-  
sooth  
Wakefield  
10am-11.30pm

**19th June**  
Learning more about  
IBS  
Online  
1pm - 3pm

**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



Wakefield  
Recovery and Wellbeing College  
Home of the Discovery College



FREE  
COURSE

**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

## Wellbeing in the woods

Wellbeing in the woods is a therapeutic forest school in a woodland area at the rear of Fieldhead Hospital and will be run one day a week over a 6 week period, each session lasting around 3 hours. The sessions are ideal for young adults experiencing mild mental health challenges such as depression and anxiety and will prioritise access for individuals who may otherwise have difficulty accessing outdoor projects and experiences.

Participants will learn practical skills such as carving, woodland management, woodcraft skills, cooking etc. along with developing life skills such as self-awareness, self-esteem, confidence, self-management, resilience and determination and nature based mindfulness.

The sessions will be run by two level 3 Forest School practitioners and will provide engagement with outdoor natural environments which is beneficial for mental health and wellbeing through a restorative effect, positive social contact and opportunities for physical activity.

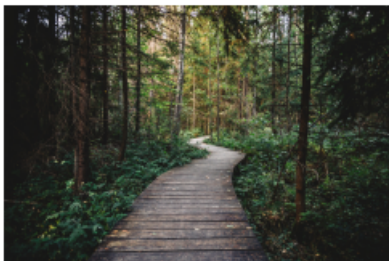
As there will be a lunch break during each session, please ensure you bring a packed lunch and drinks with you to each session. Please ensure you also wear weather-appropriate clothing and sturdy shoes (trainers or boots) for walking in the woodland.

At Fieldhead Campus

Starts on Monday 26 June 2023

Fieldhead Campus- Fieldhead Hospital, Ouchthorpe Lane, Wakefield

11.00am-2.00pm - 6 weekly sessions



With all of us in mind.

Face to face  
18 - 25yr  
olds

Limited  
places  
BOOK  
EARLY!

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)  
01924 316946

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

Everyone is welcome!

st george's

Half-term happiness!

# FRIDAY FUNDAY!

Friday 2 June, 12-3pm

FREE food +  
drink! →

FREE bouncy  
castle →

FREE craft  
activities →

Teddy tombola  
50p a go →

Hook a Duck  
20p a go →

Mini golf  
50p a go →

Temporary  
tattoos 20p →

Raffle + tombola  
£1 a go →

+ more to be  
announced! →

Come along + support your local community centre!

SCAN  
ME! →



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

01924 369631

[info@stgeorgelupset.org.uk](mailto:info@stgeorgelupset.org.uk)

WE GO TOGETHER  
**GREASE**  
19 THE MUSICAL 59

**PONTEFRAC TOWN HALL**  
**16TH, 17TH MAY**  
**7PM**  
**TICKETS £8/£6**



FOR TICKETS  
PLEASE CONTACT  
NCP FINANCE  
P01977 702139

Grease is presented through special arrangements with  
and all authorised performance materials are supplied by The Music Licensing Society



## Live Well Wakefield

### Online Self Management Programmes

#### New Beginnings for Mental Health

A 7-week programme for those living with depression and/or anxiety. Tools and techniques to help improve our mental health

#### General Self-Management

A 6-week programme for anyone living with any type of long-term health condition. Tools and techniques to help us stay healthy and improve our wellbeing

#### Cancer-Thriving and Surviving

A 6-week programme for those who have finished their cancer treatment. Tools and techniques to help manage the impact of cancer and focus on moving forward after treatment. Family members also welcome

Dates can be found on our programmes/workshops page by

visiting our website: [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)

Contact Live Well Wakefield on 01924 255363 or email [paul.boyd@swyt.nhs.uk](mailto:paul.boyd@swyt.nhs.uk)







**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** A project led by **West Yorkshire Combined Authority**

## 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.

## 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

## 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

**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@cyclinguk.org](mailto:cycleforhealth@cyclinguk.org)



**wakefieldcouncil**  
Children and Young People



**For a limited time only!**

**Connexions in**

# Knottingley

Careers Support

Starting April & May

**Come chat with us about**

Jobs - Apprenticeships - Training  
Interview prep - CVs - Applications  
Overcoming barriers - Wellbeing

@Knottingley Community Shop  
(or a location to suit you)

For 16-18 year olds not in education, employment or training

**£20 voucher of your choice at join up and completion**

Contact us now for more info!

**ConnexionsWakefield.co.uk**  
01924 371579 07920 071498  
[connexions.wakefield@prospects.co.uk](mailto:connexions.wakefield@prospects.co.uk)

**connexions**  
part of Shaw Trust  
**WAKEFIELD DIGITAL**

  
[princes-trust.org.uk](http://princes-trust.org.uk)

**NHS**  
Health Education England



## WANT A JOB AS AN APPRENTICE HEALTH CARE SUPPORT WORKER?

# THE PRINCE'S TRUST HELP 18-30-YEAR-OLDS INTO WORK.

**Apprentice Healthcare Support Worker:**

- £20k Starting Salary
- No experience needed
- Gain on the job qualifications
- £100 Amazon Voucher on completion of the programme

Get in touch with The Prince's Trust and we'll give you free support with your application, interview skills, and learn about the NHS values

Programme runs in-person & virtually  
2nd-5th May 2023, with jobs available in Leeds



or email Charlotte at:  
[charlotte.jones@princes-trust.org.uk](mailto:charlotte.jones@princes-trust.org.uk)

ELIGIBLE FOR 18-30-YEAR-OLDS WHO HAVE THE RIGHT TO WORK IN THE UK. DRIVERS LICENCE & ACCESS TO A CAR







## BE AWARE - Posting on Social Media whilst on holiday

It's coming around to that time of year when many of us will be going on holiday.

Posting your holiday photos on social media whilst on holiday not only tells your friends and family you're having a good time it also advertises to criminals that you're away and your house is empty.

Many insurers now have an exclusion stating that if you post photos advertising the fact that you are on holiday, you may not be covered if your house gets burgled.

If your insurer does not have a specific Social Media Exclusion, they will have a general condition often called a 'Duty of Care' this will state that you must take reasonable precautions to try and prevent a claim. Advertising that you are on holiday is like placing a sign on your front door stating your house is empty.



## My construction

I am a mosaic  
Made of felts and tissue paper  
Higgledy piggily with gaps and overlaps.  
I am a treasure map  
You will be picking up books  
You will be climbing trees  
and being soaked with Dame Washalots  
water from doing her laundry  
Curiosity will egg you on  
because you want to see what  
land Enid Blyton has created on top of the tree.  
You will have to figure out a way out of papers  
with written poems to move on.  
There will be cuddles aplenty from minions  
Homer Simpsons will share his doughnuts with you.  
You will follow the crumbs from lamb biryani  
There are ice cream trucks at every corner.  
The treasure is love hearts  
representing every person who loves me.

By Halima 2023



### 4 Crime Prevention Checklist **Car Security**

**Show your  
car you care  
Park safely,  
lock it & hide  
your keys**



Is your car your pride and joy?

The biggest purchase after your house?

Are you doing everything you can to secure and protect it?

## EASY STREET

**Grow your own  
garden security**

The hedges on Easy Street are overgrown which restricts natural surveillance

**Did you know** - using defensive planting, maintaining correct hedge heights and effective dusk to dawn lighting could enhance the security around your home and garden.

**Fact** - planting hardy shrubs along garden walls and fences can make it harder for burglars to access your property.





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

stress coping activities responsibility physical reliable occupational intellectual  
 spiritual balance give back mental swimming hydrate biking yoga eating healthy  
 no smoking emotional debt free financial savings laugh volunteer walking exercise  
 hygiene therapy church wellness pray goals prescriptions social

## DISABILITY SPORT YORKSHIRE

# SPORTING FUTURES OPEN DAY

Are you looking to improve your  
skill set and gain volunteer  
opportunities

- Are you aged 19 and over and have a disability?
- Want to gain work experience at your local football club
- Make friends and socialise along the way

Call in to our open day to learn  
more about the course

Thursday 4th May

10:00am - 2:00pm

Frickley Athletic FC

Westfield Lane, South Elmsall,  
Pontefract, WF9 2EQ

Course start date: Thursday 11th May 2023

For more information please contact Wayne

01924 372382 wballedisabilitysportyorkshire.org



Wakefield Libraries

2 d ·

Have a royally fun time at Airedale Library. join us for a fun-filled craft session and make your own crown! 🏰

Airedale Library

Saturday 6 May

10AM

01977 724040 to book your place



## Royal Craft

Airedale Library

Saturday 6 May

10am

Join us for a fun-filled royal themed  
craft at Airedale Library. Make your  
very own jewelled crown!

Call 01977 724040 to book your  
place.

01977 724040  
 airedalelibrary@wakefield.gov.uk  
 wakefield.gov.uk/libraries  
 Wakefield Libraries  
 @WFLibraries  
 @WFLibraries

wakefieldcouncil  
working for you