

1 November 2022

Edition 98

# Positive Mental Health Network Newsletter



## Next Newsletter

Newsletters will be every two weeks. The next newsletter will be on the 15 November. Please send submissions to [pmhnwakefield@gmail.com](mailto:pmhnwakefield@gmail.com) by 10 November.

## PMHN Google Drive

Our google drive is linked below.

At the last PMHN meeting it was raised that NHS staff are not always able to access a google drive, we have done some research in to what may work (dropbox etc) but are yet to find another option. We can also send them out by email if this would be better for NHS staff.

If you know of any available options, please do let us know via [pmhnwakefield@gmail.com](mailto:pmhnwakefield@gmail.com)

[Click here for our google drive link for past newsletters as well as submissions](#)

## The Health Exchange Together Fund

Grants of up to £10,000 are available to community groups in England for sport and physical activities that tackle health inequality in culturally diverse communities, among people with a disability, lower socio-economic groups or people with long-term health conditions. Community groups can make applications any time up to the deadline of Saturday, 31 December 2022. Further information, guidance and an online application form is available on the [Health Exchange website](#)

## This week's edition includes:

- Social media & Online Trauma Prevention
- Inclusive videos for Cancer Screening Programmes
- Free Craft Workshop from Spectrum People
- West Yorkshire Integrated Care Board's Co-production Webinar
- Emotional Intelligence Workshop
- New Poetry Book from Dawn Bland
- Lots Happening at The Brig
- Reading Well
- Live Well Wakefield Nov 22 Bulletin
- Wakefield Safe Space Job Opportunity
- And much more...

## Affordable warmth resources

### Affordable warmth

Benefits and grants are available to help people heat their homes and experience better health



With the cost of living crisis and as the cold winter months approach, it's more important than ever that we talk about and take action to help people stay warm and healthy.

Living in a cold and damp home can lead to:

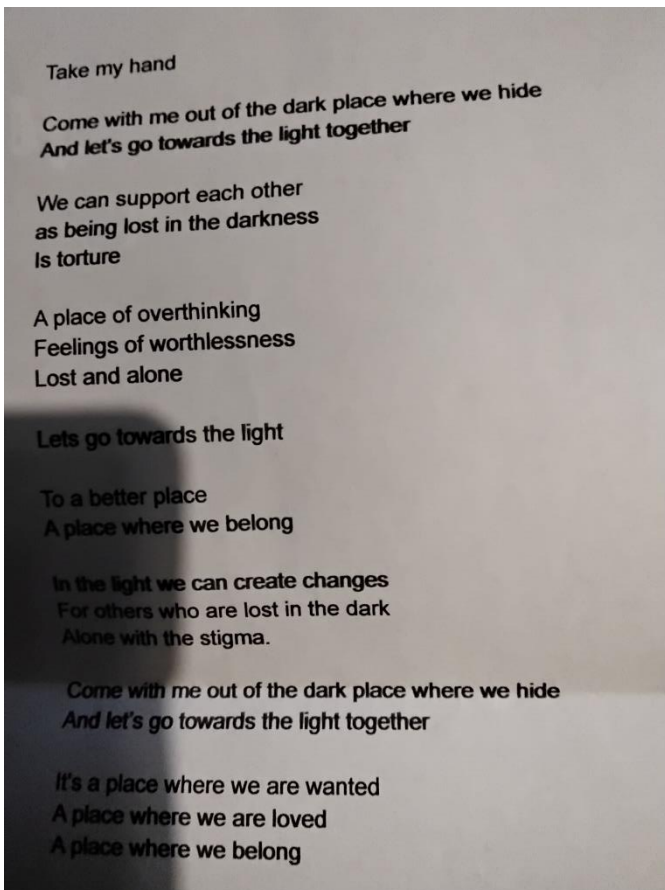
- more respiratory infections
- higher levels of asthma
- effects on mental health such as depression
- slower growth and development for children
- less money to spend on food
- family stress

On our [affordable warmth page](#) we have collated some of the resources, that are available to offer support, whether that be providing details of organisations offering expert advocacy or signposting to possible grant funding opportunities.

Visit the [VCSE Power Showcase pages](#) to see what's happening across West Yorkshire to tackle mental health and loneliness to see all the amazing practice across West Yorkshire.

## New Poetry Book by Dawn Bland

Dawn Bland has a new poetry book coming out 30 November, called Dark to Light. All proceeds will go to Co Active Arts Charity, who support adults with learning disabilities. An excerpt from her new poetry book is below.



## More money in your pocket

The cost of living crisis is a worry for everyone. That is why the Council is working with partner organisations to offer free help, support and advice to all residents through their local Help at the Hub venue.

Many people experience financial difficulties for different reasons and might not know they can get more help. We can provide support and advice that could help you make changes, meaning more money coming in and less money going out

[More money in your pocket - Wakefield Council](#)

## Inclusive videos for Cancer Screening Programmes

There are three national cancer screening programmes in England: breast, bowel and cervical. There is a wide variation in screening uptake and coverage between the different regions in England and across Yorkshire and the Humber.

West Yorkshire and Harrogate Cancer Alliance, our partners in the Cancer SMART awareness programme, have produced a first of its kind series of inclusive videos, which involve attending cancer screenings from invitation through to results. They're available in a number of languages as well as including British Sign Language.

[Videos on the Cancer Alliance website](#)

[Videos on YouTube](#)

## Reading Well



A new [Reading Well](#) for teens collection has been launched in public libraries across England and Wales on World Mental Health Day 2022 (10th October). The scheme - run by national charity The Reading Agency - supports the mental health and wellbeing of teenagers, providing information, advice and support to help them better understand their

feelings, handle difficult experiences and boost their confidence in a post-pandemic context.

This year's collection of books has been chosen and endorsed by leading health professionals and co-produced with teenagers (aged 13-19) in a collaboration with Partnership for Young London.

The list features 27 books and a range of supporting digital resources covering topics including wellbeing, anxiety, depression, body image, neurodiversity, bereavement, life experiences, sexuality and gender identity. As well as being available to borrow through Wakefield Libraries, the books can also be recommended by GPs, school nurses, counsellors, link workers and other health & care professionals.

Other reading lists created by The Reading Agency include Reading for Mental Health and Reading for Long Term Conditions. Further information can be found here: [Books | Reading Well \(reading-well.org.uk\)](https://reading-well.org.uk)

## Embroidery Workshops



# Embroidery Workshops

The Art House | WF1 2TE

## Join us for embroidery workshops

Free to attend, beginners welcome.  
Materials and refreshments are provided.

**Mondays, until 12 December**  
**12:30–14:30**

Please email or text Linda:  
**07311 283964**  
[linda@the-arthouse.org.uk](mailto:linda@the-arthouse.org.uk)

Drury Lane  
Wakefield  
WF1 2TE



The Art House

## Emotional Intelligence Workshop

The next workshop in the UKCRF workshop series is “Emotional Intelligence” delivered by Dr Nic Stenberg from Huddersfield University’s Business School is the next workshop in the UKCRF Workshop series.

**Date: Monday 7<sup>th</sup> November**

**Time: 1.30pm for refreshments. Workshop will be delivered from 2pm til 5pm**

**Venue: Wakefield Town Hall, Wood Street, WF1 2HQ, Chimes Bar (top floor)**

This workshop will introduce you to some ideas, skills and techniques for good conversations with your colleagues about change. We will have a look at some helpful models from psychology and think about how the ideas could be applied within your organisations to attract, retain and motivate your people. We will also do some very practical activities based on Motivational Interviewing (MI- Miller and Rollnick, 2015). MI is a form of guiding that can be used to strengthen an individual’s motivations and commitment to change. Traditionally used as a technique to encourage people to adopt healthy habits, MI is now recognised as a valuable tool within the workplace.

## Liaison & Diversion



**The Liaison and Diversion Service** are a voluntary organisation who provide support to vulnerable people who have come into contact with the criminal justice system. We are based across West Yorkshire; our Wakefield team are based at Normanton Town Hall and Havertop Police Station.

The Service currently have lots of support time recovery workers working within the service, many of whom are employed by other services such as Touchstone and The Bridge Project.

We are continuing to work throughout the COVID-19 pandemic to keep providing the best support we can for vulnerable people.

Make sure to have a look at our newly launched website and our Twitter account:

<https://wyliaisondiversion.org> - @LandD\_WY



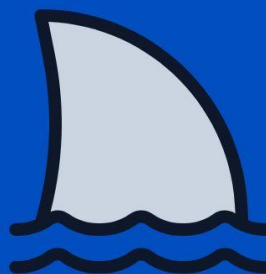
# FREE Craft Workshop

Free craft workshop led by Spectrum People. Supported by artist Tony Wade.

Join us in making a 3-D shark and paper fish to promote the work of 'Stop Loan Sharks'.

Open to all ages!

Refreshments are included, provided by Morrisons, Pontefract.



## Where

**Airedale Learning Centre**

## When

**Wednesday 9 November**

**3:30pm - 5:30pm**

**Wednesday 30 November**

**3:30pm - 5:30pm**

To secure your place, please book by calling Tina Dransfield on 07720 899781 or email [tina.dransfield@spectrum-cic.nhs.uk](mailto:tina.dransfield@spectrum-cic.nhs.uk)



## Maternal Journal



**Maternal Journal**

Creative wellbeing activities themed around the maternity journey. Includes painting, drawing, collaging, printing!

Attend one off sessions or courses up to ten weeks. Childcare provided on-site.

Held in a relaxed, supportive environment to improve wellbeing.

Join us at:

Tieve Tara Medical Centre,  
Park Dale, Castleford, WF10 2QP

Starts Tuesday 8 November, 10:00-11:30

Weekly sessions aimed at women who are pregnant or have young children, who are isolated, mild to moderate mental health, new to the country.

To find out more call 07720 899781 or email [tina.dransfield@spectrum-cic.nhs.uk](mailto:tina.dransfield@spectrum-cic.nhs.uk).

There are new Maternal Journal sessions starting on **8 November from 10am - 11:30am at Tieve Tara Medical Centre.**

Maternal Journal involves creative wellbeing activities themed around the maternity journey, such as painting, drawing, collaging, printing. This is available for mums to be and mums with children aged under 5.

**Please book**

**here:** <https://forms.gle/yHnju9KqbhsSGpoz7>.

Anyone who currently attends these sessions will need to fill the form again.



The Art House



## Sing it Out Mama



**SUPPORTING YOU**

**SING IT OUT! MAMA**

Efficiency North Community Initiative of the year 2018

A special group for mums and their babies.

- Do you want to make new friends?
- Are you looking for a safe, comfortable place to talk?
- Do you want a lovely activity that is great for you and your baby's wellbeing and helps their development?

"Sing it Out! Mama really boosted my confidence as a new mum. I met other new mums to share my problems with and could even sing away the stresses of having a newborn, entertaining him at the same time!"

Please contact Liza for more details or to book a place. Starting September 14th 2022

Liza@thinkcreativegroup.com

07794848822

**Airedale**

Tieve Tara Medical Centre

Funded by **Nova** **Think Creative**

Building a vibrant voluntary sector in our district

for Health Education for Life

**Sing it Out! Mama is on Wednesdays 10 – 11.45am at Tieve Tara medical centre.**

We could really do with some help engaging mums in the Airedale Area near Tieve Tara medical centre so if anyone could help us get word out, we would be very grateful.

Email: [mel@thinkcreativegroup.com](mailto:mel@thinkcreativegroup.com)



## West Yorkshire Integrated Care Board's co-production webinar

This is an invite that has been shared by the West Yorkshire Integrated Care Board (WY ICB) for a trauma informed co-production webinar next month: <https://www.eventbrite.co.uk/e/my-story-as-a-young-carer-trauma-informed-film-making-lunch-and-learn-tickets-423392848407>



### "My story as a Young Carer"

Lunch and learn webinar and Q&A

What we learned from piloting WY Guidance for Trauma Informed Coproduction and putting young carers voices at the heart of our film-making process.

**Thursday 3 November**  
**12noon - 1pm**



### About this event

West Yorkshire Health and Care Partnership are proud to premiere a series of coproduced short films to raise awareness of young carers and the impact of being a young carer on their young lives.

Six films were created

piloting WY Guidance for Trauma Informed Coproduction with local young carers sharing their lived experience - all hoping that through sharing their experiences they can make a difference to other young people who may have a caring role.

In this webinar we will share the short films and discuss the learnings and benefits a trauma-informed viewpoint has for participants and on outcomes.

This webinar will interest anyone who works with children and young people, those who may come in to contact with young carers and anyone who is involved in inclusive co-production.

Please join us to celebrate the launch of these fantastic new films and hear what you, your colleagues and organisations can do to make a difference to the lives of young carers.

Guest Speakers include Lisa Cherry: Author, Speaker and Trainer Trauma Informed Practice.

This free webinar will be held on Teams.

## Wakefield Council Commissions Magpie to map anti-poverty support services in Wakefield – they need your help!

Wakefield Council have commissioned [Magpie](#) to undertake interviews, events and surveys that will map all of anti-poverty support services in Wakefield district.

Wakefield Council will be developing an Economic Wellbeing strategy in the new year and it will explore the Wakefield district economy through the lenses of economic inclusion, marginalisation, and exclusion.

We're keen to hear from as many organisations involved in preventing, mitigating or helping people to exit poverty in the local area. This includes organisations who refer people into those services.

The insight is being co-produced with organisations that seek to mitigate poverty in the district and we would like to invite you to participate.

### Invitation to get involved

We know that there is significant demand on your time and pressure on your service or organisation, so there are a number of ways to feed into the research depending on how much time you would be able to commit this November;

1. **Complete an online survey [here](#)** We're asking as many poverty support services as possible to complete this survey so that we fully understand local provision. **The survey will take approximately 15 minutes to complete and will be open until 5pm on Monday 21st November.**
2. **Stakeholder workshops**

We are also inviting poverty support stakeholders to attend one of two insight and mapping events (see below).

a) **Insight Gathering and Mapping Workshop on Monday 14th November, 2-4.30pm at Wakefield Town Hall. [RSVP here](#).**

OR

b) For those not able to attend the in-person event, come to our **virtual Insight Gathering and Mapping Workshop on Wednesday 16th November between 1 and 3pm [RSVP here](#).**

**Please register before midday on Friday 11th November to secure your place.**

### Who is overseeing the project?

It is being overseen by the Residents Recovery Group, a partnership between Wakefield Council, Citizens Advice Wakefield District, NOVA, WDHCS, Department for Work and Pensions, Wakefield District Housing and third sector organisations.

# WAKEFIELD SAFE SPACE

Here for you when you're in crisis or  
in need of Support



**1 in 4**

OF US EXPERIENCE MENTAL  
HEALTH DIFFICULTIES EVERY YEAR

NOBODY SHOULD HAVE TO FEEL  
LIKE THEY'RE STRUGGLING ALONE



**For Support Give us a Call  
or Text: 07776 962815**

Open 18:00 – 00:00  
Every Day Except  
Wednesdays

## Out of Hours Mental Health Support

Open to anybody in the Wakefield area  
**over 16**

- 1 to 1 support with trusted support staff
- Creative group activities to help you manage your wellbeing
- In person, phone and video support available
- Relaxed, Non-Clinical Support to Suit You



WakefieldSafeSpace



@WakefieldSafe



For professional referrals and queries  
please email:  
WSS@touchstonesupport.org.uk



**Wakefield**  
Clinical Commissioning Group

## Lots happening at The Brig



<https://www.facebook.com/THEBRIGALTOFTS/>

Please see our Facebook page for details of our regular and one-off events. We are supporting MacMillan Cancer Support on Saturday 5<sup>th</sup> November (10.30 to 12.30pm). Come and join us for coffee, tea, cakes and good company.

### The Brigeteers Club

Every Tuesday  
At the Brig 2-4 pm

Fun & Friendship group for young (ish) adults with a Learning Disability

All sessions will be free  
No need to book  
please feel free to drop in

Please note that  
This is not a respite project  
All adults need to be accompanied  
by an appropriate carer

Our aim is offer a regular opportunity for adults with additional needs to meet up and have a shared experience, outside of their homes. To meet a local peer group and to experience new, fun activities.  
Come and have a cup of tea and a chat.

The only agenda we have is to combat loneliness, isolation and boredom - we are simply about fun and friendship.

The Brig, St Mary's Rd, Altofts, Normanton, WF6 2JH  
Tel 07771907209 and ask Samantha for more info



## WORDS FOR WELLBEING



We meet weekly to chat over a cuppa, laugh and put the world to rights using song lyrics, prose and poetry as a jumping off point for our discussions.

You don't need to be a bookworm or an 'intellectual' – just someone who enjoys meeting others and sharing their view of the world in an informal and friendly setting. Everyone is welcome!

**COME AND JOIN US AT THE BRIG!**  
**WEDNESDAY AFTERNOONS 2-3PM**

Local Care Direct  
Health and Wellbeing Fund



Leeds  
Community





THURSDAY, 28 APRIL 2022 FROM 14:00-15:00

## Active for Life

 Manage ▼

## Wakefield Recovery and Wellbeing College

### The Supporter:

Welcome to this week's edition of The Supporter Newsletter. You can view a copy of the newsletter directly here [21 October 2022 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk) or take a look at all of our past editions here [The Supporter Newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk).

Welcome to this week's edition of The Supporter Newsletter. You can view a copy of the newsletter directly here [Newsletter The Supporter Edition 128 28 October 2022 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk) or take a look at all of our past editions here [The Supporter Newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk).



**Wakefield District  
Sight Aid**

**When your sight, or the  
sight of someone you  
care about, is failing, we  
can help**

We are a local charity supporting people living with sight loss. We offer practical services to people following diagnosis or deteriorating eyesight, and ongoing needs-based support. This includes home visiting and telephone advice. Our wider wellbeing services focus on emotional support, confidence building and reducing social isolation by helping people connect with each other.

Telephone: 01924 215555

Email: [admin@wdsa.org.uk](mailto:admin@wdsa.org.uk)

[Wakefield District Sight Aid | Home \(wdsa.org.uk\)](http://wdsa.org.uk)

Through our partnership with GASPED we are also able to offer specialist emotional support through one-to-one counselling for people struggling with the mental health aspects of their sight loss journey. This is a self-referral service, separate from NHS mental health services. Please contact the office on **01924 215555** to find out more about how to access the service.



## Evergreen Active

Walking Fit and Running Fit are free, friendly and fun meets where everyone is welcome and nobody is ever left behind. Our meets are suitable for all ages and levels of fitness but above all are about us enjoying getting outside, being active together and making new friends.

We meet at the following times and locations.



### Running Fit



**Mondays**

9.30am in Thornes Park and 7pm in Ossett

**Wednesdays**

6.30pm in Ossett and Thornes Park

**Fridays**

6.30pm in Ossett

**Sundays**

9am in Ossett

9.30am in Wakefield (Pugneys)

### Walking Fit

**Wednesdays**

6.30pm in Ossett

**Thursdays**

9.30am and 1.30pm alternating between Ossett and Horbury



Please **contact Paula** on 07948 623270 or [paula@familyfituk.com](mailto:paula@familyfituk.com) for more information or to **book your free place.**



## Social Media & Online Trauma Intervention



87 Vauxhall Walk, London SE11 5HJ  
socialfinance.org.uk



West Yorkshire  
Violence  
Reduction Unit



### Social media & online trauma intervention research

**Call for research participants: individuals and organisations working with Young People in West Yorkshire**

#### What is the project about?

West Yorkshire Violence Reduction Unit has appointed Social Finance to support the identification and design of trauma-informed education-based support to reduce the negative effects of social media on young people.

#### Why are we doing this research?

This project is a continuation of research conducted in West Yorkshire earlier this year. 70% of young people we surveyed said they had seen upsetting content on social media. Half were aware of school fights following an incident on social media. We now want to understand what we can do to better support young people in West Yorkshire. We want to hear from young people, parents and carers and teachers what is currently in place to help young people navigate online spaces, what works, and what additional support might be best placed to further reduce harm.

#### Who are we?

The research is being conducted by Social Finance. We are a not-for-profit based in London that works together with local and national governments as well as philanthropic foundations to find solutions to a range of social issues, including online harms, housing and homelessness, health and social care, children's services, domestic abuse, and education.

1 Social Finance is authorised and regulated by the Financial Conduct Authority FCA No. 497568



87 Vauxhall Walk, London SE11 5HJ  
socialfinance.org.uk



#### Who are we looking to speak to?

We would like to speak to young people (ages 11-25), teachers, parents and carers, and other professionals working with young people in West Yorkshire.

#### What will be involved?

The research sessions we hold will typically be 45 minutes to 1 hour in length and will be conducted either online or in person. These will be a mix of group focus sessions and individual research interviews. We will be looking to understand young people's online experiences, what current support is offered, and your views on what could be improved.

We will also be distributing links to online surveys which can be completed in your own time.

If you are interested in taking part in a research session and/or an online survey, we will provide more detailed information regarding confidentiality, safeguarding and consent prior to your involvement.

#### What's in it for me?

This is an opportunity for you and the young people you work with to have your voices at the heart of developing additional support for young people experiencing harm online. Where possible and appropriate, we will look for opportunities for the young people we speak with to be involved in further development of future interventions. Everyone who responds to the online survey(s) will have the opportunity to be entered into a prize draw to win a £20 shopping voucher.


#### What next?

We would be very grateful if you would be happy to be involved in the research, and/or could bring together some of the young people you work with to be involved in one of the young people's focus groups. If you think this is something you would like to do, or if you have any further questions, please contact Jess Hughes-Nind at [jessica.hughes-nind@socialfinance.org.uk](mailto:jessica.hughes-nind@socialfinance.org.uk).

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Social Finance is authorised and regulated by the Financial Conduct Authority FCA No. 497568

## Winter Covid-19 Booster and Vaccination Drop In



The Mid Yorkshire Hospitals  
NHS Trust


### Winter COVID-19 Booster and Vaccination Drop-in

Oasis Christian Centre 10A Exchange St, South Elmsall, WF9 2RD  
Tuesday 1<sup>st</sup> November 2022, 930am-230pm

Winter Boosters available for:

- Everyone aged 50 and over
- People aged under 50 with some underlying health conditions
- Carers
- Chat to a nurse to see if you are eligible.

First and Second Doses available for everyone aged 12 and over with parental consent. It is never too late to take your first dose.





*Self Management courses and workshops delivered by Live Well Wakefield*

### Workshops for November

**Boosting Self Confidence**  
Tuesday 1 November 2022,  
10:00-11:30

**Feeling Positive Busting Stress**  
Friday 18 November 2022,  
10:00 - 11:30

**Coping with Life through Relaxation**  
Wednesday 23 November 2022,  
10:00-11:30

**Coping with Pain**  
Wednesday 16 November (Part 1) and  
Thursday 24 November 2022 (Part 2)  
14:00-15:00 both sessions

Monday 28 November (Part 1) and  
05 December 2022 (Part 2)  
15:00-16:00 both sessions

We provide a range of courses and workshops offering self help tools and techniques to help manage your wellbeing whilst living with a long term health condition. Using these skills, you can improve the quality of your life. Our courses also welcome those who are caring for someone with a long term health condition

**Please note: currently most of our courses and workshops are delivered online using the free application Microsoft Teams**

### Coming up!!!

**We are taking bookings for the following online courses...**

#### **New Beginnings for Mental Health**

Start date Thursday 2 February  
2023, 10:30-13:00

#### **General Self Management**

Start date Monday 16 January 2023,  
13:00-15:30

#### **Cancer; Thriving and Surviving**

Start date Wednesday 11 January  
2023, 13:00-15:30

### ***Get in touch...***



01924 255363



paul.boyd@swyt.nhs.uk



www.facebook.com/livewellwakefield



www.livewellwakefield.nhs.uk



## Wakefield Safe Space Job Opportunity

[Click here to view application details/pack](#)



**Role: Crisis Support Worker**  
**Scale NJC 5, SCP 12-15, starting point £22,571 (pro rata)**  
**Hours: 1 position at 16.5 hrs per week**

**Wakefield Safe Space is open Thurs-Tue between the hours of 5pm-1am in central Wakefield**

Touchstone has NHS funding to run Wakefield Safe Space in the early evening and at night; this is delivered in partnership with Spectrum People and Gaspd.

Wakefield Safe Space offers a non-clinical, listening space with the aim of diverting people, who would be better supported elsewhere, away from Accident and Emergency (A&E) and other crisis services in Wakefield.

We are seeking an experienced and enthusiastic individual to work as part of the Wakefield Safe Space team. Wakefield Safe Space provides person-centred, trauma informed support to up to 12 individuals per evening. The post holder will support people in acute distress, including one to one support, support planning and liaison with local services.

We wish to recruit someone with personal experience of mental distress and substantial experience of supporting people in crisis, including working with people at risk of suicide and self-harm and supporting people from BME and LGBT communities.

Flexible working is a requirement of this role covering daytime, evenings and some weekends. This is to ensure effective delivery of the offer, partnership work and team support.

**Closing Date: 9 November 2022**  
**Interviews will be held on: TBC**

All three partner charities are equal opportunities organisations, and applications are welcome from all sections of the community, particularly, BME and LGBT communities and/or people with disabilities who are under-represented within the charities. Please note that we do not hold a sponsor licence and we do not intend to offer sponsorship for this particular role. You should therefore ensure that you have/will have the right to work in the UK to be able to undertake this role, if appointed, you will be required to provide relevant right to work documents at the point of an offer being made to you. Application details/pack can be obtained by visiting: <https://beta.jobs.nhs.uk/candidate/jobadvert/E9847-22-0261>

