

13 December 2022

Edition 101

Positive Mental Health Network Newsletter



Next Newsletter

The next newsletter will be in January. The next submission date will be sent out in January. Feel free to still continue to send submissions to pmhnwakefield@gmail.com in the meantime.

The Network wishes everyone a Happy Holidays and a Happy New Year!

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

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

This week's edition includes:

- Open Country
- A Message from Jacob Padget
- Job Vacancies
- Soup & Sandwich Club
- Wakefield Recovery & Wellbeing College
- Bring Me to Life
- Live Well Wakefield December 2022 Bulletin
- Turning Point
- Mental Health & Wellbeing Club
- Winter Wellness Page has been translated!
- And more...

The Hepworth Wakefield Warm Space



THE HEPWORTH WAKEFIELD

warm space

Sit, read, play, draw and stay as long as you wish – all for free.

The Hepworth Wakefield invites you to share our warm space this winter. You will find warm drinks, biscuits, comfortable seating, books, newspapers, magazines, pens, crayons, sketchpads and paper.

The warm space is for all ages to use. Packed lunches can be eaten here and you can charge your mobile phone or laptop too.

WHEN
Tuesday – Sunday, 10am – 5pm

WHERE
The warm space is on the ground floor of The Hepworth Wakefield and is fully accessible. It is free to use even if you are not visiting our exhibitions. If you live in the Wakefield District, entry to our exhibitions is free.

GETTING HERE
Wakefield's free city bus runs Monday to Saturday and stops at The Hepworth Wakefield (stop 4A). There is no charge to travel on the free city bus. If you are walking to the gallery, it is 8 mins from Wakefield Kirkgate train station and 20 mins from Westgate train station.

We look forward to welcoming you to The Hepworth Wakefield.

hepworthwakefield.org

Illustrations by Cora Easton

We have opened a warm space at the gallery and invite our local community to come and help themselves to a hot drink, biscuits, read, charge devices, play, draw and stay as long as they like.



WHY NOT TRY

opencountry
out there together

**WILD THINGS
ONLINE**

Spaces available now →

In partnership with: **COMMUNITY
FUND**

Accessible Zoom classes

To book places or for more information
about the classes contact Ella on
07426 716677 or email
wakefield@opencountry.org.uk

WHY NOT TRY

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SPIN BIKE CLASSES

Spaces available now →

In partnership with: **COMMUNITY FUND**

Accessible Zoom classes

To book places or for more information about the classes contact Ella on 07426 716677 or email wakefield@opencountry.org.uk

Winter Wellness Page has been translated!



Wakefield Council's Winter Wellness Page has now been translated into:

- Romanian
- Ukrainian
- Russian
- Polish
- Czech
- Hungarian
- Punjabi
- Urdu

<https://www.wakefield.gov.uk/health-care-and-advice/public-health/winter-wellness#translations>

You can also use the read aloud or translation button on all the Council's web pages (at the top of the page – look for this button:

Read out or translate this page

Mental Health & Wellbeing Hub



The health and care system is under unprecedented pressure at the moment and we know that staff are having to work in extremely challenging circumstances.

Staff wellbeing is our priority across the Partnership, and people can and should expect support for their

mental health and wellbeing from their line manager and their organisation.

If you work in a health and care environment, and are experiencing feelings that are difficult to cope with, our mental health workers are here to support you now and find the extra help that is right for you.

The service is completely confidential, wherever you work, and offers advice and support that can help with a range of issues.

This Resource is for PMHN Members too!

<https://wystaffwellbeinghub.co.uk/>

A Message from Jacob Padget

In the public and third sectors, our aim is to help people. That's why it's so important for us to be able to reach people who are in need of help. For this, we need to work out the most effective ways of reaching our intended demographic.

For many people, this will mean social media and a website that can easily be found and accessed using common search engines, such as Google, Bing and DuckDuckGo. For young people, it may require more creative and engaging solutions using platforms that are more frequently used by younger people, such as Tiktok, Twitter and YouTube. And, for older people who are less technologically-savvy, traditional marketing campaigns and marketing aimed towards relatives of those in need are often most effective. But, this all subject to the individual circumstances of the organisation.

As someone who has a lot of experience in managing social media campaigns in the public, third and private sectors, in addition to producing easily-accessible websites that provide targeted information, I am offering to help any and all charities, social enterprises and public sector bodies, focusing on mental health and related issues **FOR FREE**, to improve their marketing reach through the use of modern marketing techniques, the use of analytics and access to experienced experts in digital marketing for a wide range of organisations.

If you are interested, please feel free to contact me, either by email on jacobpadget@hotmail.co.uk or by phone, text or Whatsapp on 07307 029175. Thank you for your time.

Jacob Padget

Wakefield Recovery & Wellbeing College

17 Days of Christmas:

Wakefield Recovery and Wellbeing College are doing 17 days of Christmas. For more info about this and how to get involved, click here:

[The 17 Days of Christmas - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk)

What's coming up at the Recovery College:



Creative Fitness – trying something new for a better physical & mental wellbeing:

**FREE
course**

Creative fitness – trying something new for a better physical & mental wellbeing

Have you always hated the gym? Perhaps you've never found a kind of exercise or activity to keep you fit and healthy that you've actually enjoyed? Maybe you, like many many people, find gyms and fitness classes intimidating, anxiety provoking and uncomfortable? During our 12 week creative fitness course, run in partnership with Vibe Fitness, you'll get the opportunity to try some completely new and unusual fitness styles and classes that will show you what alternative (and most importantly fun!) types of exercise are out there. You'll try things such as Boogie Bounce, rocking out with drumsticks in Pound, combat style sessions in the form of Badass and Boxercise, and stretching and toning using giant rubber bands in Body Bands! You'll get to see the positive effect that this will have on your mental wellbeing, as well as your physical wellbeing, and will do so in a comfortable, welcoming, small and friendly setting.

11th of January 2023- 11.00am-12.00pm

12 Weeks

Vibe Fitness,

26 Wakefield Road, Normanton, WF6 2BT



**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

With all of us in mind.

The Supporter:

cora.easton@spectrum-cic.nhs.uk

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Welcome to this week's edition of The Supporter Newsletter. You can view a copy of the newsletter directly here [Newsletter The Supporter Edition 133 1 December 2022 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-133-1-december-2022) 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/the-supporter-newsletter-wakefield-recovery-and-wellbeing-college).

Welcome to this week's edition of The Supporter Newsletter. You can view a copy of the newsletter directly here [Newsletter The Supporter Edition 134 9 December 2022 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-134-9-december-2022) 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/the-supporter-newsletter-wakefield-recovery-and-wellbeing-college).

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

Wakefield Safe Space



Wakefield Safe Space is at a new location. The service is now operating at Caduceus House, Upper Warrengate, Wakefield, WF1 4JZ. It's open daily except for Wednesdays, from 6pm – midnight.

Soup and Sandwich Club

Come and attend our NEW drop-in session where we will offer a warm space and warm food for carers to relax, meet other carers or speak to one of our Support Workers.

You may also attend with the person you care for.



To run every
Thursday 11.00am to 1.00pm
starting
Thursday 1st December
at our offices at
Carers Wakefield & District,
25 King Street, Wakefield, WF1 2SR.

Please email us at
info@carerswakefield.org.uk
or telephone (01924) 305544
to let us know you are planning on
attending and to let us know of any
special dietary requirements.



Job Vacancies

Be True To You CiC has an opportunity for someone to be a part of their board:

Would you like the opportunity to become part of our Board in 2023 to support us in leading our wellbeing service?

We are a holistic health and wellbeing service offering a range of therapies and support groups and have a team of practitioners delivering this.

Directors have a range of duties to the CIC

- To attend regularly Board meetings (monthly).
- Joint responsibility for ensuring that the CIC meets all its statutory requirements.
- To engage in strategic decision making.
- Ensuring that the CIC continues to satisfy the community interest test. In practice, this will mean having regard to the interests of the community the CIC is intended to serve.
- Financial knowledge, understanding and experience of CIC finances, funds, grants would be beneficial for this position

Desirable skills for the position

- Strong visionary leadership skills
- Excellent communication skills written & verbal
- Analytical skills
- Committed & focused
- Adaptable
- Reliable
- Trustworthy
- Creative
- Empathic

What you will receive

- An opportunity to guide the CIC and its future development for our community
- Induction, access to training sources, supervision and appraisals
- Access to staff wellbeing & socials

Please email us your CV & a brief description explaining why you feel this position is suited to you
enquiries@betrue toyour recoverycic.org

Closing date 15th January 2023

BE TRUE TO YOU RECOVERY C.I.C

Meet The Directors



Gasped have an opportunity for people to become support workers in Man Matters:

X2 Support worker posts

37 hours

£19,900 per annum for 6 months, maybe extended subject to further funding. Gasped are looking for Support Workers to join us on our Man Matters Project delivered across the Wakefield District.

Closing date: 16th December 2022

Are you someone who is passionate about making a difference? Do you care about emotional wellbeing? Are you looking for an organisation that cares about you, your well-being, and your work/life balance? If this sounds like you, we'd love to hear from you!

You will provide person centred support to empower adults who describes themselves as male. You will deliver practical and emotional support empowering the person to be self-sustainable. You will also be responsible for facilitating peer support groups and promoting Man Matters.

Who will I be supporting? You will be supporting men who live in the District of Wakefield with complex issues such as anxiety, suicide ideation, learning disabilities, stress, and low self-esteem to build their emotional resilience so that become self-sustainable and support them to challenge issues such as loneliness and poverty.

What will I be doing? You will be supporting people to live their lives how they choose, to be themselves and to achieve their personal goals. Support can include varying degrees of administration.

You will be working 37.5 hours per week, flexibility on hours worked is available to help to meet your needs. Please tell us if you have any disability or communication issue should you be invited to interview. Please also tell us if you are ex-military

This role is suited to someone who:

- Has experience of working in a highly challenging setting.
- Has experience of working with people with complex needs.
- Ability to be resilient in challenging situations.
- Someone who is committed to the goal of fulfilling lives.
- A commitment to empowering people and supporting them to become more independent.
- A willingness to learn and develop in a highly challenging setting.

[Click here to find the job description and application form](#)

Bring Me To Life

Women's Wellness Hub – A Safe Space for women in Wakefield



WHAT WILL DONATIONS BE USED FOR?

- Monthly utility bills
- Small furniture items
- Refreshments for our groups
- Paint, decorating, cleaning products and upkeep
- Signage, leaflets, posters
- Volunteer expenses/training
- Stationery/resources

"Through BMTL I have met ladies who are there for both the highs and the lows of life and will listen without judgement but with kindness and compassion"

SARAH

BMTL Service user

All donations, big or small, will make a HUGE difference to your communities. From all of your volunteers, staff and service users thank you for your support.

WOMEN'S WELLNESS HUB: A SAFE SPACE FOR WAKEFIELD WOMEN

Local non-profit Bring Me To Life are expanding their provision for the women of Wakefield and opening a women's wellness hub in the heart of the town centre and THEY NEED YOUR HELP!

OUR WHY

Cat our CEO and Founder " In April 2020 I went to the darkest place on earth. I was severely depressed and in crisis... it was almost 12 months before I reached the top of a waiting list for counselling with our local gender-specific IAPT service...During that time my children almost lost their mum, my husband, his wife and my mum, her daughter... This story is unfortunately the reality for many women across the Wakefield district"

BRING ME TO LIFE- WOMEN'S WELLNESS CIC

Bring Me to Life is a female-led, non-profit organisation, supporting local Wakefield women to enhance their health and wellbeing by offering various initiatives, activities and self-development opportunities that are empowering, safe, supportive and accessible to women from all walks of life across the district.

BMTL services operate primarily out of normal working hours (evenings and weekends). - BMTL is the only women-specific organisation in Wakefield providing a holistic service in indoor and outdoor spaces across a range of daytimes, evenings, and weekends.

Since May 2021 we have had over 2,000 attendances from women across the Wakefield district to our weekly walks, courses, activities and initiatives.

We have recently been given a private space in the heart of Wakefield - The Ridings centre, by local charity 'The Art House' through their 'Makey Wakey' initiative. Here we plan to open up a Women's Wellness Hub in February 2023!

From our hub we will run our courses, workshops and offer an evening 'Drop-in' service for women to access peer support and connect with others in a safe and inclusive environment.

We are a not-for-profit community interest company- solely relying on funding, grants and donations. Although we won't be charged rent for our hub we need financial support to get started and to become sustainable.

CLICK HERE TO DONATE [HTTPS://WWW.CROWDFUNDER.CO.UK/P/A-SAFE-SPACE-FOR-WAKEFIELD-WOMEN](https://www.crowdfunder.co.uk/p/a-safe-space-for-wakefield-women)

WWW.BRINGMETOLIFE.CO.UK

EMAIL CATHERINE@BRINGMETOLIFE.CO.UK

#WalkItThrough

WOMEN'S ONLY WALK 'N' TALK PEER SUPPORT GROUP

An opportunity to meet other like-minded women for some gentle exercise and relaxed conversation



#womensupportingwomen #womenswellness #mentalhealth

Wednesdays: Thornes Park, Wakefield – Meet outside the Stadium, walk starts @ 6.30pm till 7.30pm

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 for more information or
to book your free place.



Turning Point

Mindful Pregnancy



Free Wellbeing Workshop Mindful Pregnancy

9 December 2022, 10:00 - 12pm
18th January 2023, 1pm - 3pm

The aim of these workshops is provide expectant parents with an opportunity to seek advice and learn tips and techniques to manage pregnancy. We will discuss managing stress, relaxation & self-care and how to prepare for a positive birth.



Secure your free spot here:
talking.turning-point.co.uk/wakefield

WAKEFIELD
TALKING THERAPIES

Working together:  NHS West Yorkshire
Integrated Care Board



Free Wellbeing Workshop

Mindful Pregnancy 2

20 December 2022, 1pm - 3pm
24 January 2023, 1pm - 3pm

Looks at the early days following birth and preparing for life with your new-born, including supporting you to manage upsetting and unhelpful thoughts, an introduction to mindfulness, connecting with your new-born and the 4th trimester.



Secure your free spot here:
talking.turning-point.co.uk/wakefield

WAKEFIELD
TALKING THERAPIES

Working together:  **NHS West Yorkshire**
Integrated Care Board

Emotional Wellbeing Workshops:



The poster is for 'Wakefield Talking Therapies' and features a blue background with a pattern of white snowflakes. The title 'Wakefield Talking Therapies' is in a bold, dark blue font, followed by 'Free Emotional Wellbeing Workshops' and 'December 2022' in a lighter blue font. The 'TURNING POINT' logo, with the tagline 'Inspired by possibility' and a stylized leaf icon, is in the top right corner. The workshops are listed in two columns, separated by a vertical dashed line. Each workshop title is in a bold, color-coded font (blue, orange, or red), followed by the date and time. The address 'Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL' is provided for several workshops. At the bottom, there is a call to action to 'Secure your free spot here:' followed by the website 'talking.turning-point.co.uk/wakefield/'. Logos for 'NHS Wakefield Clinical Commissioning Group' and 'Wakefield District Health & Care Partnership' are in the bottom right corner.

Wakefield Talking Therapies
Free Emotional Wellbeing Workshops
December 2022

TURNING POINT
Inspired by possibility

GRIEF & DEPRESSION
Sun 4th Dec: 10:30am - 12:00pm

MANAGING ANXIETY & WORRY
Sun 4th Dec: 1pm - 2:30pm

SUPPORTING NEW PARENTS
Tue 6th Dec: 1:30pm - 3pm

MANAGING ANXIETY & WORRY
Address: Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL
Wed 7th Dec: 11:30am - 1pm

MINDFUL PREGNANCY SESSION 1
Fri 9th Dec: 10am - 12pm

ANGER & IRRITABILITY
Sun 11th Dec: 10:30am - 12pm

COPING WITH THE FESTIVE PERIOD
Sun 11th Dec: 1pm - 2:30pm

KEEP MOVING FORWARD
Sun 12th Dec: 10am - 11:30am

COMBATING LOW MOOD
Address: Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL
Wed 14th Dec: 11:30am - 1pm

MINDFULNESS
Sun 18th Dec: 10:30am - 12pm

COMBATING LOW MOOD
Sun 18th Dec: 1pm - 2:30pm

MINDFUL PREGNANCY SESSION 2
Tue 20th Dec: 1pm - 3pm

Secure your free spot here:
talking.turning-point.co.uk/wakefield/

NHS Wakefield
Clinical Commissioning Group

Wakefield District Health & Care Partnership

To book your free place, click [here](#)



Self Management courses and workshops delivered by Live Well Wakefield

Workshops for December

Boosting Self Confidence
Wednesday 7 December 2022,
10:30-12:00

Coping with Life through Relaxation
Tuesday 13 December 2022,
13:30-15:00

Workshops for January 2023
Feeling Positive Busting Stress
Wednesday 4 January, 13:30-15:00

Boosting Self Confidence
Monday 9 January, 13:30-15:00

Coping with Life Through Relaxation
Friday 13 January, 11:00-12:30

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 in the New Year!!

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,
10:30-13:00

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

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@thinkcre8tivegroup.com
☎ 07794848822

Airedale
Tieve Tara Medical Centre

Funded by
Nova
BUILDING A VIBRANT VOLUNTARY
SECTOR IN OUR DISTRICT

**Think
Creative**
for Health for 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 around Tieve Tara medical centre so if anyone could help us get word out, we would be very grateful.

Email: mel@thinkcre8tivegroup.com

Yorkshire SmokeFree Service December Coffee Break

The new coffee break for December “The Gift That Keeps On Giving” to help all those who want to quit. It covers financial / stress of Christmas/ fun times and as well as sad times at Christmas and how people can look after themselves at this time and at the same time still be a successful quitter in the festive period.

Click here to read it: <https://yorkshiresmokefree.nhs.uk/articles/5-minute-coffee-break-the-gift-that-keeps-on-giving>

Refer to Yorkshire SmokeFree Service by:

- Phone 07767 008956 or 01924 252174 (service direct)
- Out of hours hub-
- 0800 612 0011 (free from a landline)
- 0330 660 1166 (free from some mobiles)
- Email- ysfwakefield@swyt.nhs.uk
- Website- www.yorkshiresmokefree.nhs.uk