

15 November 2022

Edition 99

Positive Mental Health Network Newsletter



Next Newsletter

Newsletters will be every two weeks. The next newsletter will be on the 29 November. Please send submissions to pmhnwakefield@gmail.com by 24 November.

We're also celebrating 100 editions of the PMHN newsletter! Email pmhnwakefield@gmail.com to say how this newsletter has helped the people you work with.

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:

- Wakefield Safe Space has moved
- Two new woodland areas
- World Kindness Day
- Wakefield Recovery & Wellbeing College
- Job Vacancies
- Evergreen Active
- IAPT Brand Refresh
- Every Mind Matters – Free Mind Plan
- Winter Covid-19 Booster & Vaccination Drop In (December)
- Mindful Menopause
- And much more

Wakefield Safe Space has moved!



Wakefield Safe Space

We're here for you.
Call us on: **07776 962815**
From 6pm daily apart from Wednesday

1 in 4 of us experience mental health difficulties

No one should have to struggle alone

We support anyone aged 16+ with:

- A safe evening space
- 1 to 1 support with trusted staff
- Creative group activities
- Hot meals



Find us: Caduceus House, Upper Warrengate, Wakefield, WF1 4JZ (open daily except Wednesdays, 6pm-midnight)

Directions: Enter the car park via Warrengate Medical Centre sign and we are located to the left of the surgery

Referral number:
07776 962815



For more information visit: touchstonesupport.org.uk

[Wakefield Safe Space for mental health crisis is on the move - Wakefield District Health & Care Partnership \(wakefelddistricthcp.co.uk\)](https://wakefelddistricthcp.co.uk)

Find out more by clicking the link above!

Job Vacancies

St George's:



Future SELPH Deputy

Closing Date 12th December 2022

Please note we may bring the closing date forward if we are able to appoint before the 12th December 2022

Start Date: ASAP.

St George's Lupset, known locally as St George's Community Centre, is a registered charity and community enterprise, providing services to the residents of Lupset and West Wakefield. These include:

- Four Childcare settings (two in Lupset and two others in Eastmoor and Sandal),
- Young Peoples' Service,
- Training and Employability service,
- Health and Wellbeing Activities.

Are you an enthusiastic person who values co-production and recognises the strengths and potential of young people and the challenges and obstacles they face?

Do you have excellent organisational skills, leadership qualities and problem solving skills?

Are you a great team player with the energy, patience, compassion and humour that working with teenagers and young adults necessitates?

If so, you could be a great fit for our new Deputy Manager role within our FutureSELPH service - ensuring that individuals regardless of their background, ability, identity, hopes and fears have an opportunity to improve their sense of mental health and wellbeing.

Critical to success will be listening to young people, advocating and working with internal and external partners to deliver a range of high-quality services, activities and interventions that meet safeguarding requirements. Adopting a social model of working- including youth and community work -and utilising the Wakefield Resilience Model and Five Ways to Wellbeing to empower young people to build a better future for themselves.

You will support a number of young people, supervise team members and deputise for the Service Manager to successfully deliver the FutureSELPH contract across the West of Wakefield.

Salary: Starting salary will be dependent on the experience of the successful candidate and will be discussed at job offer. This will be in the region of £25,000 to £28,800 (St George's Band D).

Hours: 30 to 37 hours per week dependant on the candidate.

Future SELPH Worker

Closing Date 12th December 2022

Please note we may bring the closing date forward if we are able to appoint before the 12th December 2022

Start Date: ASAP.

St George's Lupset, known locally as St George's Community Centre, is a registered charity and community enterprise, providing services to the residents of Lupset and West Wakefield. These include:

- Four Childcare settings (two in Lupset and two others in Eastmoor and Sandal),
- Young Peoples' Service,
- Training and Employability service,
- Health and Wellbeing Activities.

Post Available – We have several vacancies for this post

Are you an enthusiastic person who values co-production and recognises the strengths and potential of young people and the challenges and obstacles they face?

Are you self-motivated and a great team player?

Do you have the energy, patience, compassion and humour that working with teenagers and young adults necessitates?

Do you have excellent organisational and problem-solving skills?

If so, do you want to be part of a new and innovative team - ensuring that individuals who meet the eligibility criteria for our service- regardless of their background, ability, identity, hopes and fears have an opportunity to improve their sense of mental health and wellbeing.

Critical to success will be listening to young people, advocating and working with internal and external partners to deliver a range of high-quality services, activities and interventions that meet safeguarding requirements. Adopting a social model of working- including youth and community work -and utilising the Wakefield Resilience Model and Five Ways to Wellbeing we aim to empower young people to build a better future for themselves.

Based at St Georges Community Centre in Lupset- and working throughout the West of Wakefield- you will support a number of young people both on a one to one basis and in group settings to successfully deliver the FutureSELP contract.

Salary: Starting salary will be dependent on the experience of the successful candidate and will be discussed at job offer. This will be in the region of £21,500 to £25,500 (St George's Band C).

Hours: 1 post 37 hours and 2 x 32 hours flexibility will be considered for the right candidate.

Why work for St George's? They offer the following:

- Good rates of pay with the opportunity for an annual increase based on performance,
- Pension Scheme - employer contribution up to 5%,
- Generous service related holiday entitlement starting at 24 days, plus bank holidays and 3 days at Christmas,
- Training opportunities to support an individual's training and development plan,
- A supportive and caring environment,
- Six-month induction and mentoring support,
- [Mindful Employer](#),
- Cycle to work Scheme.

How to Apply for both the Future Selph deputy and worker

The application process is made up of a formal application and formal interviews. These two stages help us to assess your skills, abilities and knowledge and help you to get to know our organisation and job requirements. If you are unsuccessful at any stage of your application, you will be informed and given feedback if you require it.

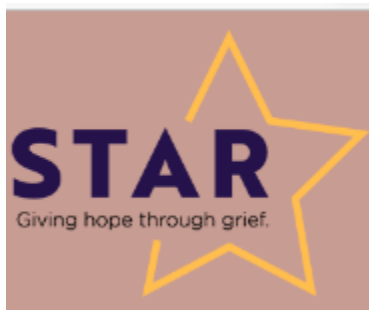
In the first instance, please call Emma Coyle, Children and Young People's Service Manager on 01924 369631 for a chat about the job and to arrange for an application form to be sent or email to recruitment@stgeorgeslupset.org.uk to request a recruitment pack. Please state which job you are enquiring about. We welcome visits to our Community Centre prior to application to help you find out more about St George's. Please telephone Emma or Tracy for more information on 01924 369631.

Mind Leeds vacancies



New Vacancy on our [website](#), West Yorkshire Postvention Practitioner, Community Arts Worker, Mental Health Support Co-ordinator, Peer Support Worker (and more)

Star Bereavement vacancy



Star Bereavement is a specialist young people's Bereavement Service supporting children, young adults and families across the Wakefield District. We have a vacancy for a Senior Bereavement Practitioner – see our website for details

[Work with us - Star Bereavement](#)

Two New Woodland areas

Well the clocks have gone back, we're now witnessing the familiar signs of autumn and we're blessed with such a wonderful display of nature right on our doorstep.

To improve on what we already have, we are looking for volunteers to come together, help plant a forest and help save the planet.

Land covering a total of 19 hectares in the Gawthorpe and Snapethorpe areas of the district has been identified for two new woodland areas. Between 30,000 and 50,000 trees are to be planted which will make Wakefield a greener and healthier place to live. I must add, this is not just about getting trees in the ground, it's also an opportunity to bring people together and inspire more of us to take practical action on the climate crisis. So come on.... let us all tackle that sense of climate dread and bring about our zero carbon ambition!



You can find more information at www.wakefield.gov.uk/woodland and if you're interested in volunteering for the planting sessions please email whiteroseforest@wakefield.gov.uk

More Money In Your Pocket



Wakefield Council has recognised that times are tough for many families right now and the rising cost of living is affecting everybody in different ways. That's why we have worked closely with our partner organisations to offer some useful tips to support your family.

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

We are wanting to support those most affected, including those who have not faced financial challenges before. Cost of living pressures can also affect our mental health, so please do talk to family and friends about how you are feeling.

South Yorkshire ICB want to hear about your health and wellbeing



The Integrated Care Partnership in South Yorkshire, which is local councils, local NHS organisations, community and voluntary organisations and other partners met for the first time in September 2022 and agreed that its initial focus will be on developing an Integrated Care Strategy for South Yorkshire.

They want to make sure their work is informed by the views of patients and the public about what ambitions and priorities should be for health and care in South Yorkshire. The ICB is

asking you to tell them [‘what matters to you about your health and wellbeing’](#).

Answer can be as long or short as you like, can be in words or pictures, and can cover all of the things that contribute to your health and wellbeing. Even things that you might think are outside of health, like employment or housing. It’s up to you.

If you would like to find out more about the development of the strategy please visit our website [here](#).

If you work with a group of citizens we would welcome a discussion about how they can contribute, please email helloworkingtogether@nhs.net We are working with the South Yorkshire Community Foundation who may be able to offer an incentive to groups facilitating the sessions, depending on numbers, of between £50 & £100.

Connections Community Hub won a Wakefield Bid Award!

Our Connections Community Hub won a Wakefield BID award last week ! Funded by the Wakefield Mental Health Alliance and Livewell with Second Chance Headway , the hub provides support to clients, families and carers of Adults with Acquired Brain Injuries and subsequent mental health issues.

Connections has been a huge success and is developing plans for 2023. It can be available for use by other appropriate organisations between our sessions.

For information please contact Second Chance Headway Centre on 01924 366735 or visit www.secondchancewakefield.com for more info



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.



Work It Out!

WORK IT OUT

A 6 week Circuit Training Course Just For Men.

Work off your worries, then join us
for a brew and a natter afterwards.

**Start date - Saturday 4th Feb
2.30 - 4pm at Fighting Fit Ossett.**

Book Now using this link:
<https://bookwhen.com/evergreenactive>

Delivered in partnership with:

Bookings are now open for a brand new - fully funded - training course for men only!

[#WorkItOut](#) is a 6 week circuit training style course of classes for adult males (18+)

Here at our completely private & fully equipped studio we have everything you need to get a great workout done, let off some steam in like-minded company and grow fitter & stronger - both physically & mentally - as you go

Our dedicated course instructors will be on hand to guide you through your workout if needed, and to help you progress too.

Which means that this course is suitable for all fitness levels

You'll be very welcome to hang around for a brew & a natter afterwards too

If you're struggling with your motivation, feelings & confidence levels right now....this course is 100%

for you

Click here to book your place: <https://bookwhen.com/evergreenactive>

Also feel free to email Evergreen Active at hello@evergreenactive.co.uk in confidence with any enquiries too!

Invite to Read Easy Public Information Evening

[Click here to access the meeting:](#)



Could you make a difference to the life of an adult in your community?

Read Easy is a volunteer organisation which provides free and confidential and one-to-one reading coaching for adults.

Read Easy Wakefield is about to launch.



Could you help us?

You are invited to join us to find out more

When: Tuesday 22nd November 2022 7-8pm

Where: on Zoom – grab a cuppa and join us

Read Easy Wakefield Public Information Evening

<https://us02web.zoom.us/j/83864026215>

Meeting ID: 838 6402 6215

To discuss this further please contact

Karen - karen@readeasy.org.uk or

Mick - wakefieldpioneer@readeasy.org.uk

Wakefield Recovery & Wellbeing College

What's coming up at the Recovery College



What's coming up at the Discovery College



We will be sharing some courses over the next few editions of the newsletter. Stay tuned!

The Supporter:

Welcome to this week's edition of The Supporter Newsletter. You can view a copy of the newsletter directly here [Newsletter The Supporter Edition 129 4 November 2022 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-129-4-november-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 130 11 November 2022 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-130-11-november-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).

IAPT Brand Refresh

The Improving Access to Psychological Therapies (IAPT) programme started in October 2008 with the ambition to provide NICE recommended psychological therapy for people struggling with anxiety and depression. IAPT is now one of the flagship programmes of the NHS Long Term Plan, with more than 1.2 million people accessing its services in 2021/22, however the IAPT brand has become a barrier to access, with the public struggling to understand the acronym. A brand refresh has been a long-standing discussion for the programme that started a number of years ago, when the NHS England campaign team worked with an agency to commission the first 'IAPT' name options.

On that basis NHS England and Health Education England National IAPT Programme Teams are commencing a final period of engagement with our stakeholders on the new name for IAPT services, and associated messaging.

How you can get involved:

- An [online survey](#) has been launched to gather views on the proposed elements of the brand refresh and to understand potential implications at a local level. The survey takes just a couple of minutes to complete and is open until 16 December
- There will also be a dedicated broadcast webinar on the 8 November at 9.30am which will outline the background of the decision to rebrand IAPT services, the objectives of the brand refresh and the options being considered. More details (including the recording after the webinar) can be found on the [IAPT NHS Futures webpage](#)

The NHS England and Health Education England National IAPT Programme Teams are also utilising existing meetings and forums throughout November and December to engage with key stakeholders. For further information, please do not hesitate to contact the team on England.MentalHealth@nhs.net.

Living a good life with Dementia

The IDEAL study is a large-scale dementia research project which began in 2014 and ends in 2023. The aim of the study is to work with people with dementia and carers to understand what makes a difference to living a good life with dementia, how this changes over time, and how to improve the experience of living with dementia.

The study team are running the following free public webinars to share their findings, using Zoom. If you have any questions please contact IDEAL@exeter.ac.uk.

Webinar Title	Date and Time	Eventbrite Booking Link
Social and community connection in dementia	28/11/2022 1-2pm	https://www.eventbrite.co.uk/e/414593790187
How could we best respond to the cost of dementia? A discussion of the economic aspects of dementia	13/12/2022 2-3pm	https://www.eventbrite.co.uk/e/415173303527
Meet the ALWAYSs group: Lived experience in dementia research	23/01/2023 2-3pm	https://www.eventbrite.co.uk/e/415209351347
Dementia representations: How people with dementia understand the condition	16/02/2023 11-12pm	https://www.eventbrite.co.uk/e/415237304957
Staying active with dementia: A roundtable discussion	14/03/2023 2-3pm	https://www.eventbrite.co.uk/e/415387173217
Assistive technology and dementia	21/04/2023 2-3pm	https://www.eventbrite.co.uk/e/415874510857

The Young Dementia Network Webinar: “Why numbers matter for people with young onset dementia and change is possible”

The Young Dementia Network hosted this webinar on 19 October to highlight the importance of using data to better communicate the need for improved services for younger people living with dementia.

Based on recent findings estimating that 7.5% of those diagnosed with dementia are diagnosed under the age of 65, the webinar offered a view on why numbers matter from a person living with young onset dementia, how commissioners could use the data and what needs to happen next if we are to make the most of the data to create change.

You can view the recording [here](#).

Perinatal Mental Health

Healthwatch Maternal Mental Health Survey

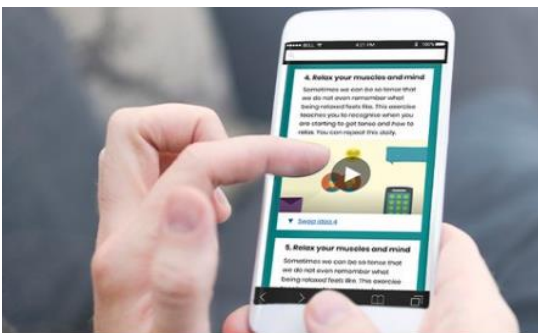
Healthwatch have launched a national survey to understand better what is working and what needs improving for people who develop mental health difficulties relating to their maternity experience.

Pregnancy is a major life event for any family. It can be joyful and fulfilling but also challenging. A national survey has been launched to understand if care works for new mothers and birthing parents. Healthwatch want to hear from:

- Anyone who has been pregnant in the last two years and have experienced mental health difficulties before, during or after giving birth
- Women from ethnic minority communities and LGBTQ+ birthing parents.

Please see [here](#) for more information.

Every Mind Matters - Free Mind Plan



The NHS-approved Mind Plan, available on the Every Mind Matters website helps people to get a personalised mental health action plan, providing practical tips to help them deal with stress and anxiety, boost their mood, sleep better and feel more in control.

People can also join a 4-week email support programme where they can get reminders, swap in new tips and are encouraged to make looking after their mental wellbeing part of their everyday routine. Please see [here](#).

Humber and North Yorkshire Mental Health, Learning Disabilities and Autism Programme Annual Conference

On 12 December 9:30am-13:00pm The Humber and North Yorkshire Health and Care Partnership will host 'Improving the health of our population: Levelling up through health equalities, early intervention and prevention', their fourth annual Mental Health, Learning Disabilities and Autism Collaborative Programme international conference.


Please see [here](#) for more information and registration.

Northern Gambling Service, Yorkshire & Humber region webinar

On 6 December 1-2pm, the Northern Gambling Service will be hosting a free webinar to promote their service and explain a bit about how they operate and the kind of care on offer for people suffering from gambling harms and addiction.

This session is for the Yorkshire and Humber areas, with others being planned. Please register [here](#) using password 34465

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 6th December 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.



Mindful Menopause

Your menopause, your way



A 5 week course facilitated by MenoHealth leader- Sue Copeland in partnership with Bring Me To life Women's Wellness CIC:

Over 5 weekly 1 hour sessions you will get an opportunity to discuss all about the menopause, hot flushes , HRT, self-care, anxiety and sleep, in a safe and supportive group.

- WHEN: Monday 9th, 16th, 23rd, 30th January & Monday 6th February
- TIME: 6.30PM- 7.30PM
- WHERE: St Mary's Community Centre , Pontefract

Email catherine@bringmetolife.co.uk for more information and to book



PORTOBELLO



craft & amera



More details



Tuesdays 12.30 – 2.30
£2 a session (18 Years and above)

Portobello Community Centre

20 Portobello Road WF2 7JJ

07883 032 207

What 3 Words: paper float solo



World Kindness Day



Sunday 13 November was World Kindness Day!

An act of kindness could make all the difference in someone's life.

[Find out more here](#)

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

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

Wakefield Social Digital Inclusion Group

Wakefield Social Digital Inclusion Group, formerly known as Wakefield Digital District. The group aims to address digital exclusion across the district through collaboration between organisations; a variety of these are represented across VCSE, public and statutory services. If anyone would like to join the group, please contact Ruth Henderson ruthhenderson@ageukwd.org.uk.

Together the groups have produced the following resource to provide guidance on where free digital support is available. Please feel free to share this with anyone who may benefit. [Digital Support across Wakefield District](#).

COPD:



COPD
Awareness
Month
November

November is known as COPD Awareness month. The first world COPD awareness day was held in 2002.

The theme for this year's World COPD Day is "*YOUR LUNGS FOR LIFE*"

We are born with one set of lungs. Keeping our lungs healthy is fundamental to our health for now and in the future. Let's talk it over with a coffee and see what you can do to help prevent yourself developing this debilitating disease and what you can do to help yourself if you already have it

Healthy lungs are made up of millions of tiny air sacs called Alveoli with elastic walls. These are where oxygen is taken into the body and where carbon dioxide is expelled. Cigarette smoke can damage the air sac walls. The sacs can break apart and can create holes in the lungs

Chronic Obstructive Pulmonary Disease is the name for a group of lung conditions that cause breathing difficulties, persistent cough, and frequent chest infections, which include emphysema and chronic bronchitis. These breathing difficulties worsen over time and your quality of life can be affected. There is treatment available which may help with symptoms, but the best way is preventative in the first place as the disease is permanent once you develop it. The main cause of COPD is smoking, effecting every nine in ten cases!

The likelihood of developing COPD increases the more you smoke and the longer you have smoked. Stopping smoking can prevent further damage to your lungs. We can also be affected by other people's cigarette smoke, which we call passive smoking or second-hand smoking. Smoking is not the only cause, but it is the main cause. Other causes may be exposure to fumes, dust, and chemicals at work. Some people have a genetic tendency to develop COPD, effecting around 1/100 people. If you have a close relative with COPD and you smoke, then you are more likely to develop the disease yourself

The most important thing you can do is stop smoking! This is the most effective way to stop your symptoms getting worse. Keeping active can also help, as can eating well and maintaining a healthy weight. Looking after your mental wellbeing is also essential. Asthma+ Lung UK can be of great support both physically and emotionally and can help you support yourself if you have been diagnosed with COPD. They can help you form a support plan that is right for you and help you learn how to control your breathing. Singing has been known to be beneficial too, especially when you join up with other people who have lung conditions like you do. Have a look at [singing for lung health](#). The NHS website also has lots of information on COPD from recognising symptoms, how to

treat your symptoms and managing your symptoms for a better quality of life

<https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd>

If you are supporting someone with COPD it is important to look after yourself as well

Quit smoking now with Yorkshire Smoke Free's support and start looking after "YOUR LUNGS FOR LIFE"

Yorkshire Smoke Free Referral Pathways:



Shaun, 67
#WhatWouldTellMyYoungerSelf

Don't waste the next 50 years smoking, there are so many better things to do with your time and money! ❤️ ↺

- 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



Tony, 59
#WhatWouldTellMyYoungerSelf

Never give up giving up! Even if you try and fail, you can always try again when you're ready. ❤️ ↺