

21 February 2023

Edition 104

Positive Mental Health Network Newsletter



Next Newsletter

Newsletters will be every two weeks. The next newsletter will be on the 7 March. Please send submissions to pmhnwakefield@gmail.com by 2 March.

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](#)

Location of your nearest defibrillator and advice on emergency kits

[Defib finder – find the defibrillators nearest you.](#)



Advice on PAcT kits can be found on the ProtectUK website using this link

[Standards for Public Access Trauma \(PAcT\) First aid kits – equipment](#)

This week's edition includes:

- Queen's Mill Adults Art & Crafts
- GLAD Study
- The Big Sing for Dementia Action Week
- Gaspod
- The Prince of Wales Community Wellbeing Programme
- Bring Me to Life Women's Wellness Hub Grand Opening
- Making a Difference in Cardiovascular Disease
- Live Well Wakefield
- Energy Bills Support Scheme: Helping traditional prepayment meter customers
- And much more...

Queen's Mill Adults Arts/Crafts Workshop

**QUEEN'S MILL
ADULTS ARTS / CRAFTS
Workshop**



For Info :
01977 556 741
info@castlefordheritagetrust.org.uk

BOOK NOW

Events Booking Forms
Castleford Together Project

Starting 26th January
2023
18:30 - 20:30

 COMMUNITY FUND

Volunteer for Home Start

**VOLUNTEER FOR
HOME-START**



- Boost your confidence
- Improve your emotional well-being
- Learn new skills
- Meet new people & make new friends
- Enhance employability
- Access ongoing training

**HOME
START**
Wakefield
& District

We are always looking for volunteer befrienders who are passionate about supporting children and families in the community, could this be you?

Tel - 01924 251205
Email - admin@homestartwakefield.org.uk

New Mums Can Website



A [new Mums Can website](#) signposts pregnant young smokers to free, friendly, non-judgemental support, safer alternatives and proven techniques to help them make a change. All partners in West Yorkshire – health, care, voluntary community social enterprise sector and beyond, are encouraged to download the free resources, such as posters, social 2 media messages and animations to use in their organisation, place of work, teams or at home among friends, family and their community.

Loneliness

Loneliness is an issue that can affect us all, young or old, at any point in our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated. You should not blame yourself for feeling like you are struggling, now or at any other time. Find out more about the steps you can take to help yourself and those around you and where you can find further support. Find support here: [Loneliness - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/every-mind-matters/loneliness/)

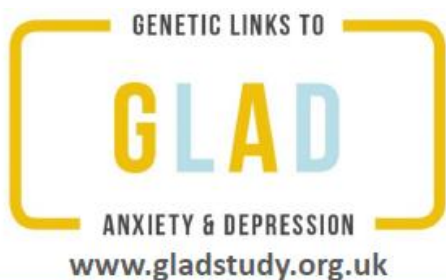
Turning Point Wellbeing Workshops

Turning Point have a range of Wellbeing Workshops on offer. Click here to find out more: [Wellbeing Workshops | Wakefield \(turning-point.co.uk\)](https://turning-point.co.uk/wellbeing-workshops/)

Carer's Wakefield Spring 2023 Newsletter

Click here to see the latest newsletter: <https://www.carerswakefield.org.uk/2023/02/15/news-sheet-spring-2023/>

GLAD Study



An exciting opportunity to get involved in the largest ever study of anxiety and depression!

Are you:

- ✓ Aged 16+?
- ✓ Living in the UK?
- ✓ Suffering from clinical levels of depression and/or anxiety, or suffered from these in the past?

What is the GLAD study?

The GLAD Study is a project set up to explore **risk factors** in individuals who have experienced **depression and/or anxiety, including those with a diagnosis of bipolar disorder, OCD, or related disorders**, at any time in their lives.

It aims to **better understand** depression and anxiety in order to **find and develop more effective treatments**.

Find out more by going to www.gladstudy.org.uk

[Find out more here](http://www.gladstudy.org.uk)

How do I take part in the GLAD study?

You can take part in the GLAD study by following the sign-up steps.

These are designed to be easy to complete and are:

1. Register on our website, www.gladstudy.org.uk, and read the information sheet
2. Provide your **consent** using our online form
3. Complete an **online questionnaire** to see if you are eligible. This takes around 30 minutes
4. Send a **saliva DNA sample** through the post



Once you have completed these steps, you will be able to see information on the website about a number of **optional questionnaires** or **other research studies** that are being carried out. You can choose to take part in these studies should you wish to.

Once you are enrolled in the GLAD study, you are free to withdraw at any time if you choose

Who can I contact if I have more questions?

If you are interested in joining the GLAD study but have more questions, you can visit our FAQ page at www.gladstudy.org.uk/faqs

Alternatively you can contact us via:

@ Email: gladstudy@kcl.ac.uk

Freephone: 0800 634 4504

Phone: 0207 848 1638

Facebook: @JoinGladStudy

Twitter: @GladStudy

Instagram: @GladStudy

Find out more by going to www.gladstudy.org.uk

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

Come and sing your favourite songs
and help support the community
during Dementia Action Week

THE BIG SING

2023

 **20TH MAY**  **2-4 PM**
(Doors Open at 1:30pm)

 **Queen Elizabeth Grammar School**
154 Northgate, Wakefield WF1 3QX

**FREE
EVENT**

Donations will be
welcomed at the event


MEMORY ACTION GROUP

Man Matters Coffee Morning @ The Ridings:



MAN MATTERS Coffee Morning @ The Ridings!

MAN MATTERS are holding mornings for men with free tea and coffee, every other Thursday Morning, **10:00am - 12:30pm**, at The Ridings Shopping Centre in Wakefield Town!

If you **identify as Male, 18+** and **living in the Wakefield district**, pop down for a brew and a chat.

Find us here:



Feb-May 2023 Coffee Morning Dates:

2nd February, 16th February, 2nd March.
16th March, 30th March, 6th April, 20th April, 4th May, 18th May

Facebook - Man Matters
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



NHS West Yorkshire
Integrated Care Board

MAN MATTERS

DROP IN SESSIONS

REFERRAL LINE
01924 787507



Do any of the following apply to you?

- ☐ Male Domestic Abuse victim?
- ☐ Need help getting into work?
- ☐ Financial help needed?
- ☐ General worries?

VISIT US AT:
Oasis Christian Centre,
Exchange Street,
South Elmsall,
Pontefract,
WF9 2RD



GASPED offer a free
Support Group drop in
session every
Wednesday 2pm - 4pm.

Anyone who identifies
as male and would like
emotional and practical
help is welcome to
come along and chat.

GASPED OFFICE
01924 787501

Facebook - Man Matters
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



Supporting
Male Victims
of Domestic
Abuse



Our
independent
service offers
1-1 support,
advice,
information and
liaising on your
behalf.

Are you a male
experiencing
domestic abuse or
have you been
affected by it?

Would you like to speak
to some confidentially ?

VISIT US AT

5a
Cheapside
Wakefield
WF1 2SD

01924 787501

For More Information

Facebook - Gasped
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



Courses

Spring 2023

Cancer: Thriving and Surviving (Online)

Wednesday 5 April –10 May 2023, 10:30-13:00

The course offers tools and techniques to help you deal with the impact cancer can have on your life and emotions. The course runs for 6 weeks

General Self-Management (Online)

Monday 27 April-1 June 2023, 13:00-15:30

A self management course for all long term health conditions, also for carers of someone with a condition.

This course runs for 6 weeks

New Beginnings for Mental Health (Face to Face)

Tuesday 16 May-27 June 2023, 13:00-15:30

Venue: Airedale Library, Castleford WF10 3JJ

Open to anyone with a mental health condition such as anxiety and depression. The course runs for 7 weeks

2 of these courses are delivered online, using the free application Microsoft Teams. All are available to anyone living in the Wakefield district who has, or cares for someone with, a long term health condition. To book on a course, or for more information about all our courses and workshops...

Email: paul.boyd@swyt.nhs.uk or telephone: 01924 255363

The Prince of Wales Community Wellbeing programme

Our experienced team includes a Wellbeing Lead, Wellbeing coordinator, Wellbeing Support Worker, Social Worker, Complementary Therapy Lead and Physiotherapist.

Our aim is to maximise the quality of life for patients and families in the Hospice and the wider community. We do this by optimising physical function and emotional wellbeing.

Our care is holistic, looking after the whole person. We address emotional, psychological and spiritual needs, alongside physical needs. We focus on the person and not just the illness, supporting them and those around them.

We organise the below activities and group sessions to anyone who needs support:

Monday (10.00- 11.30am): family & Friends Support Group at the Prince of Wales Hospice - Do you help care for someone? We offer a friendly listening ear with the experience to offer practical advice and support.

Tuesday (10.00 – 11.30 am): Complementary therapy group at the Prince of Wales Hospice - [Complementary therapy](#) sessions can help with relaxation and symptom management such as stress, poor sleep, anxiety and pain management. Our treatments should not be seen as a replacement for conventional medicines, but they can help to boost emotional wellbeing during difficult times.

Tuesday (1.00 – 3.00 pm): Coffee & Char Drop In at Notcutts Victoria Garden Centre, Wakefield Road, WF7 6BS - Come and say hello in the cafe and meet the Wellbeing team. It is a good place to find peer support and find out more about the various services the Hospice has to offer. All welcome, no booking involved. (Plus the café sells delicious cakes.)

Wednesday (10:00 – 11:30am): Wellbeing Information Session at the Prince of Wales Hospice - There will be the opportunity to attend various information sessions. You can attend one or more of the sessions that will occur on different Wednesday mornings of the month.

Wednesday afternoon: Bathing service at the Prince of Wales Hospice - Unable to access a bathing facility, let us help you with your hygiene needs here at the Hospice. You can bring a carer to assist you or we can provide staff to help you. Enjoy a relaxing bathing experience where your privacy and dignity will be maintained. This service will be a booking in system and information is at the bottom of this page regarding how to do this. The bathing service costs £15 each session.

Thursday (1.30 - 2.20pm): Chair Exercises at Your Space Pontefract, Park Road, WF8 4PR - They are a fun way to improve physical function while having a laugh with a peer group. There is wheelchair access. Booking is required.

Friday afternoon: Craft group at the Prince of Wales Hospice - Activities and craft therapies with an emphasis on enablement. Producing something gives a sense of self-worth and achievement. We believe in empowering patients and enabling them to do as many things for themselves as possible. We make art accessible to all people.

If you are interested in any of the above, please fill in this [referral](#) and send the completed form back to referrals.pwh@nhs.net.

Alternatively, you can call our Wellbeing Team at 01977 708868.

Energy Bills Support Scheme: Helping traditional prepayment meter customers

Many households on traditional prepayment meters are missing out on the government discount being delivered under the Energy Bills Support Scheme.

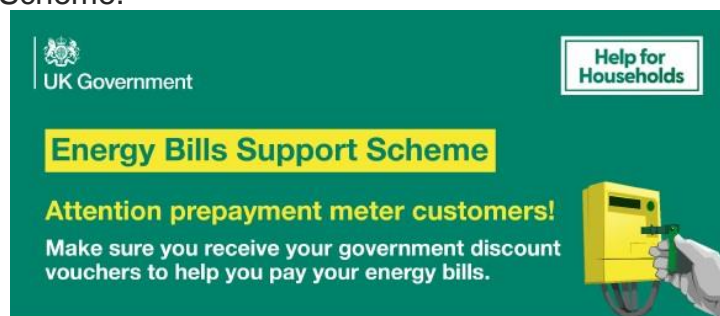
For all households which are direct customers of an electricity supplier this is being provided in monthly instalments from October 2022 to March 2023. Traditional prepayment meter customers are being sent vouchers each month by their supplier. The value was £66 in each of October and November, and £67 from November to March. Total £400.

Vouchers expire after 90 days but the customer can ask their supplier to reissue them if lost, not received or expired. All vouchers must be redeemed by 30 June 2023.

The supplier sends information with each voucher advising whether they should be taken to a Post Office or PayPoint. Some clients may have received their discount via a Special Action Message.

Many vouchers have not yet been redeemed.

Any issues, including problems with a supplier's helpline can be notified to energy.bills.rebate@beis.gov.uk.



Do you top up your **energy prepayment meter** at a shop or Post Office?

Yes? You should be receiving discount vouchers from your electricity supplier.

There are **6 vouchers**. You will get one a month from October 2022 to March 2023.

Check your **post, emails** (including spam or junk) and your **text messages**.

A voucher will be in an envelope (like the one below), an email from your energy supplier (with instructions and a barcode) or a text from your energy supplier with a code.



Locate your vouchers and follow the guidance to get your discount. You will need to take your vouchers to either a **Post Office** or **PayPoint shop**.

Vouchers expire after 90 days. If a voucher is missing or expired, call your electricity supplier for a replacement. All vouchers expire by 30 June 2023 at the latest.

Act now. This is money you are owed from the government. You don't need to pay it back. **The total you are due this winter is £400.**

Beware of scams. Do not click on a link asking you to enter bank details or your personal information.

Alternatively, you may receive the discount via a **Special Action Message** when you top up. If you are not sure, ring your supplier or call Citizens Advice or a debt advice centre.

If you know people who pay for their energy in this way, check they have received and used their vouchers.

Making a Difference in Cardiovascular Disease

The NHS Lived Experience team are holding an event on **8 March 2023 from 1pm – 2pm** called **Making a Difference in Cardiovascular Disease**.

At the event, you will hear from people with lived experience of cardiovascular disease and from people working within the health and care system, who, together, are striving to promote ways to support people living with cardiovascular disease or those who may be at risk of developing it.

Attendees will also hear about how to become a Peer Leader through our free [Peer Leadership Development Programme](#), so that they can build their own knowledge, skills and confidence to manage their own long term health condition, to support others or to shape and influence how services are delivered. We will also be talking about our unique model of peer support in cardiovascular disease, which is currently being tested in four sites across the country.

Our session will take place online via MS Teams. To register, please click here: <https://forms.office.com/e/jd3bXXkwWX> or scan below QR code- do please share with your contacts / networks who have an interest in cardiovascular disease and peer leadership.



Making a difference in Cardiovascular Disease

Are you living with Cardiovascular Disease?



Join our event to:

Strengthening the hands

- Hear from others living with Cardiovascular Disease, their experiences & insights
- Hear from clinicians with experience of supporting people living with Cardiovascular Disease



....of the people we serve

Making a Difference in Cardiovascular Disease





**8th March 2023**
1pm – 2pm

 **Microsoft Teams**

Booking Queries :
England.pldp@nhs.net
#MakingADifference

Bring Me To Life Women's Wellness HUB Grand opening

We are really excited to be able to invite you to the grand opening of our NEW women's wellness hub situated in The Ridings Centre- Wakefield on International Women's Day!! (Wednesday 8th March).

This is the perfect opportunity for you to....

- Come and meet our staff/volunteers
- Find out more about us- What we do/what we have coming up
- Make connections with other like-minded women

Show support to a local non-profit that's supporting local Wakefield women to THRIVE!

They will also be giving away FREE wellbeing packs to those who get down early!

Bring Me To Life - Women's Wellness HUB Grand opening!!!



Come and join us at our new HUB to celebrate International Women's day!

Wednesday 8th March - 6.30pm till 8pm
@ BMTL Women's wellness HUB - The Ridings Wakefield

(Middle floor, adjacent to the lift next to PRIMARK)
All women welcome - Refreshments will be provided





Wakefield Safe Space

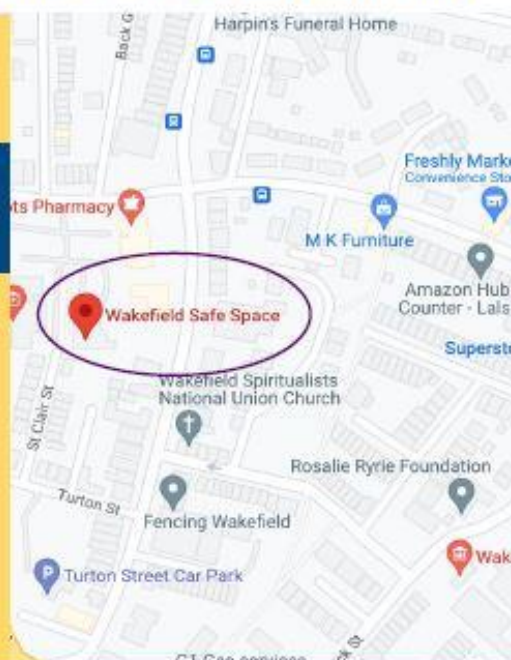
We're here for you.
Call us on: **07776 962815**
From 6pm daily apart from Wednesday

**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 Recovery & Wellbeing College

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 140 03 February 2023 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-140-03-february-2023) 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 141 10 February 2023 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-141-10-february-2023) 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).

Why not take a look at our courses page [Courses and enrolment - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/courses-and-enrolment-wakefield-recovery-and-wellbeing-college) to see what you might like to attend next?

Do you want to help us name a building

Do you want to help us name a building?

Right in the centre of Wakefield, some key mental health and wellbeing services are going to be coming together and will have a home in the same building to offer a variety of support and self-management services round-the-clock. Some of these services will be Wakefield Safe Space, Wakefield Recovery and Wellbeing College, Wakefield Discovery College, local mental health charities, community groups, support groups (such as eating disorders, dementia, children and young people) and more voluntary and community sector services.



We want this building to be your building, your place of safety and support, your hub to learn more about your condition and wellbeing (or that of someone you care for) and so we need you, the people of the Wakefield district, to decide what name we give to this hub/building. Comment on our "name a building" social media posts, email wakefieldrecoverycollege@swyt.nhs.uk or call 01924 316946 to share your name ideas.

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.