

Positive Mental Health Network

Newsletter



25th April 2023

Edition 108

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Newsletters will be every two weeks. The next newsletter will be on the 9 May 2023.

Please send submissions to pmhnrwakefield@gmail.com by 4 May 2023.



Newsletter Updates

We have a google drive where leaflets/newsletters are stored

<https://drive.google.com/drive/folders/1zBDsXUyh98hIOek3MDA9qPpjKuGsc7>

See previous newsletters here: [Positive Mental Health Network newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

Get your organisation's data publicised



Wakefield Mental Health Alliance has developed a 'data dashboard' to give oversight of mental health service activity across Wakefield and District. This dashboard initially focused on NHS and statutory services but with support from PMHN members has now grown to include wellbeing/mental health support given via the VCSE sector. This helps everyone understand the demand for mental health support, gaps in provision and promotes the work being done by everyone.

If your organisation is interested in contributing to this dashboard please contact joseph.corcoran@swyt.nhs.uk for the template and submit your information by the end of the 8th day of each month. Organisations are also asked to give a brief description of their offer.

If you have any questions please contact joseph.corcoran@swyt.nhs.uk. The group working on the initial input has come up with some generic headings to cover types of activity provided which we hope will fit with what most VCSE organisations provide. If you have data in a different format and do not have the capacity to report it in the form of this template, then please get in touch and support may be available.

Events & Meetings

VCSE Scoping Workshop

We are really excited that our next community builder scoping workshop has been confirmed for 1st June 2023. This one will be focussing on older adults mental health.

[VCSE Scoping Workshop: Older Adults Mental Health Tickets, Thu 1 Jun 2023 at 09:30 | Eventbrite](#)



Older Adults Mental Health
VCSE Scoping Workshop





Wakefield Dementia Roadshow

Wakefield Dementia Roadshow

Time for Action!

Join us!

- Listen to the voices of people with dementia.
- Hear about Wakefield dementia services review and celebrate achievements made so far.
- See artwork by people affected by dementia.
- Information stalls from local organisations.
- Sing along with our Singing for the Brain Group.

**Thursday 18th of May 2023 from 10am to 2pm in
Wakefield.**

The Ridings Shopping Centre, Upper Mall, Opposite Primark, Wakefield WF1
1DS

Work with us to shape the future of dementia services across Wakefield

Booking is essential as places are limited at information talks. To reserve
a place please call 01924 373264 or email wakefield@alzheimers.org.uk



Roadshow Information Talks

10:00 - 10:30 Welcome and Informal Discussions

10:30 - 11:00 Voices Together

11:00 - 11:20 Alzheimer's Society - Wakefield Dementia Review Report

11:20 - 11:30 Dementia and Older People Strategy Group

11:30 - 11:40 Care coordinators - Collaborative working

11:40 - 12:00 Tea break

12:00 - 12:10 Carers Wakefield - New event & peer support group for carers

12:10 - 12:20 Age UK - MCST Programme

12:20 - 12:30 Admiral Nurses - Drop-in session & peer support meetings

12:30 - 12:40 Connecting Care Hubs - Multi Agency Approach

12:40 - 12:50 Hepworth - Dementia Friendly Programme

**Come and join us for Singing for the Brain in the Plaza
(opposite M & S) at 2pm**

Services, Groups & Community Courses

Suicide Prevention Project (Leeds Mind)

Volunteers on a suicide prevention project are looking to speak with people in the community about their experiences of getting support for their mental health. This will feed directly into our report about suicide prevention. We are looking to engage with groups and individuals. Contact Arlie by emailing Arlie.haslam@leedsmind.org.uk or calling 07976921776.

Well Women Centre



Welcome

Established in 1985, we are a charity providing support and wellbeing services to the women in the Wakefield District.

Our women only services are delivered either from our women only centre at Trinity Church Gate or within one of our designated outreach venues across the district.

After an initial interview and confidential one-to-one discussion about the client's personal needs, we will help them to select which of our services would be of most benefit.

Casework

Our award-winning, dedicated team of caseworkers work with women who have been subject to abuse and trauma and need help with their immediate practical and emotional needs. The caseworkers offer 1:1 bespoke packages of support to women. We support women around child protection and can attend meetings. We offer specialist culturally sensitive support for women from all ethnic minorities and women of colour and work with women who are apart from their children, women who have offended and also women who have been subject to domestic abuse. The team also run several courses for women around some of these issues

Counselling

Counselling offers a weekly time and space to help women explore difficulties in a safe, private and confidential environment. Counselling can help our women to understand themselves and their experiences more, which in turn can help in their relationships with themselves and other people. It can help them work out what changes they would like to make in their life, explore their options and face obstacles. We offer a number of styles of counselling that are helpful for different problems and we will work out with the client what might be the best way forward. Counselling modalities on offer at WWC are: integrative, PCEC (previously counselling for depression), Dynamic International therapy (DIT), and EMDR. We also have a specialist Counsellor who works with clients who have experienced domestic violence and/or have experience of living apart from their children.

Courses

Our courses provide an opportunity for women to meet and support one another for a set number of weeks in a safe, confidential space. Courses use a number of ways to support women who attend including having the time for self-reflection, group discussion and opportunities to explore strategies. Some examples of courses we run are: healthy relationships, finding strength (*suitable for mothers living apart from their children*), freedom programme (*domestic violence recovery*), realising self-worth, and



Groups

Our groups enable women to support each other and receive support from our centre in a safe environment. Here, women have the opportunity to come together and take part in a range of social, creative or issue specific activities.

How to Access our Services

To access any of our services, we ask that women telephone our centre during one of our registration sessions, and we will register their details and book a telephone assessment. Registration is Mondays 5pm-7.30pm and Fridays 10am-12.30pm. Alternatively you can register via our website: www.wellwomenwakefield.org.uk

Telephone: 01924 211114

Email: info@wellwomenwakefield.org.uk



Turning Point Talking Therapies Workshops

Turning Point Talking Therapies workshops are delivered by qualified Therapists and follow evidence-based treatment (this means they are NHS recommended!). Learn useful coping strategies, which you can put into action to improve the areas of your life which are **impacting on your mood**.

Upcoming Emotional Wellbeing Workshops:

Emotional Eating

Wed 26 Apr, 11:30am - 1pm

Address: Samaritans, 37-39A Charlotte St, Wakefield
WF1 1UL

Combating Low Mood

Sun 30 Apr, 11am - 12:30pm

Online

Overcoming Panic Attacks

Sun 30 Apr, 1pm - 2:30pm

Address: Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL

Mindful pregnancy: Coping with anxiety & connecting with baby

Tue 02 May, 1pm - 2:30pm

Supporting Single Parents

Sun 07 May, 11am - 12:30pm

Introduction to Mindfulness

Wed 03 May, 11:30am - 1pm

Living With Chronic Pain

Fri 12 May, 1pm - 2:30pm

Living in Uncertain Times

Mon 15 May, 11:30am - 1pm

Managing Anxiety and Worry

Sun 14 May, 11am - 12:30pm

Supporting Loved Ones

Wed 17 May, 11:30am - 1pm

It is ok to be shy and just listen and there is no pressure to disclose any personal or difficult information.

You can attend as many workshops as you feel would be useful. Secure your spot here: [Wellbeing Workshops | Wakefield \(turning-point.co.uk\)](https://turning-point.co.uk/Wellbeing-Workshops-Wakefield)

TURNING POINT
TALKING THERAPIES



Queen's Mill Coffee & Chat Social Drop-In



QUEEN'S MILL COFFEE & CHAT

Social Drop - In



JOIN US MONTHLY

First Thursday of every Month

4th May
1st June
4th July
3rd August
7th September
5th October
2nd November
7th December

10:00 - 12:00



Queen's Mill, Aire Street,
Castleford, WF10 1JL
01977 - 556 - 741





Queen's Mill Community Voice RSPB in the Aire Valley



QUEEN'S MILL COMMUNITY VOICE

RSPB In The Aire Valley



We carry out conservation work that you can see from space, built from the ground up. We protect habitats, save species, and help to end the nature and climate emergency. We do this through five main work areas: science, species, places, people and policy.

Join Community Engagement Officer Jo Lee to find out more about how the RSPB looks after their Aire Valley sites. Fairburn Ings and St Aidan's for the benefit of the wildlife and the local community.

BOOKING ESSENTIAL

This event is free of charge but booking is essential due to limited spaces

**15TH MAY
13:30 - 15:00**



Queen's Mill, Aire Street,
Castleford, WF10 1JL
01977 - 556 - 741





Red Cross Week 2023: First Aid Drop In Day



Red Cross Week 2023: First Aid Drop-in Day

Find out about:

- Objects you can use to help
- What happens when you call 999
- Common injuries
- Life threatening emergencies
- CPR and AED basics
- How to book a free workshop with your local coordinator

Tuesday 9th May, 11am-3pm
Queen's Mill, Castleford
1 Aire St, WF10 1JL

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220940), Scotland (SC037738), Isle of Man (3752) and Jersey (430). Photo: © iStock.

**The power
of kindness**



Printmaking - 4 week free course for people living with dementia and their carers

Tuesdays 25th April - 16th May, 11am - 1pm

People can join for the last 3 weeks if they're unable to attend the first session

The Art House, Drury Lane, Wakefield, WF1 2TE

Explore a variety of different printmaking processes including monoprint, collagraph and lino printing in our professional print studio with a professional artist and printmaker.

Contact Diane Saxon at diane@the-arthouse.org.uk or 01924 312000 to book or find out more.

Veterans Moving Forwards: Building a Brighter Future

**HELP for
HEROES**

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

VETERANS MOVING FORWARDS: BUILDING A BRIGHTER FUTURE

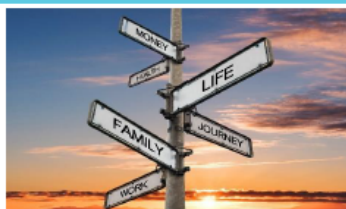
Co-designed by Veterans for Veterans

Course Aim

To provide you with the opportunity to gain clarity about your direction in life, develop tools and strategies to help you commit to action and make progress towards your brighter future.

The course is split into 6 x 3 - 3.5 hour modules, run over 6 consecutive weeks.

1. Introductions, Ways of Working and Individual Aims.
2. The Military Mindset: understand how the human mind works and the impact of how your mind is shaped by your experiences.
3. Breathe, Sleep, Move: review your health and wellbeing and the positive changes you can make to your lifestyle.
4. Learning to prioritise, plan and make good decisions: learn and apply different tools to help you review your priorities and set actions.
5. Overcoming obstacles to your progress: recognise barriers to change and discover the benefits of thinking / planning ahead and review and reflection skills.
6. Sustaining positive change: Refresh and recap on your learning, review your support networks and develop an action plan for your future.



Course Highlights include:

- Understanding the impact of your military service on your current situation.
- Gaining perspective and clarity about your life's direction.
- Sustaining positive change.

Benefits of this course include:

- Tools and techniques to help you navigate life's challenges and implement positive change.
- Learning useful strategies to help you improve your own wellbeing.

Our Recovery College Staff and Peers have been trained by Help for Heroes to deliver this course.

To register for this course please contact: Wakefield Recovery College.

Delivering in Barnsley (Kendray) start date 06/06/23.

Delivering in Wakefield (Featherstone Veterans' Hub) start date 09/10/23.

To find out more, call 01924 316946, visit www.wakefieldrecoverycollege.nhs.uk, or email wakefieldrecoverycollege@swyt.nhs.uk.

©Help for Heroes 2022

Sensitivity: Operational



Wakefield Recovery College – What's Coming up at the Recovery College

What's coming up at the Wakefield Recovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust





Wakefield Recovery College – Boosting Self-confidence

**FREE
course**

**Online
18+**

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

Boosting self-confidence

Join us in this workshop, hosted by our partners Live Well Wakefield, to look at how having low self-worth may make us feel, ways to help us change the way we see ourselves, practice some tools and techniques to help improve our self-confidence and share with others who are struggling with low self-confidence.

5 May 2023 - 2.00pm - 3.30pm

OR

4 September 2023 - 2.00pm - 3.00pm



With all of us in mind.



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



FREE
course

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Wellbeing in the woods

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

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

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

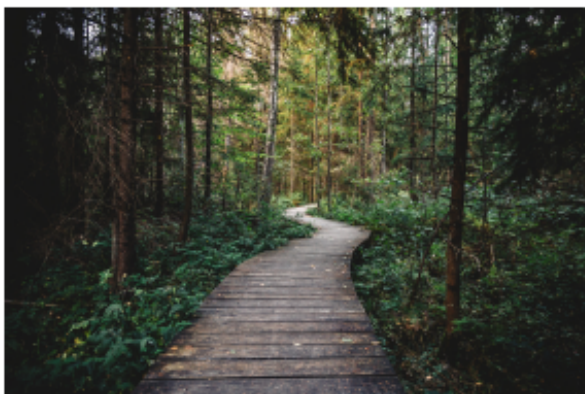
As there will be a lunch break during each session, please ensure you bring a packed lunch and drinks with you to each session. Please ensure you also wear weather-appropriate clothing and sturdy shoes (trainers or boots) for walking in the woodland.

At Fieldhead Campus

Starts on Monday 26 June 2023

Fieldhead Campus- Fieldhead Hospital, Ouchthorpe Lane, Wakefield

11.00am-2.00pm - 6 weekly sessions



With **all of us** in mind.

Face to face
18 - 25yr
olds

Limited
places
**BOOK
EARLY!**

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk
01924 316946

Wakefield
Recovery and Wellbeing College
Home of the Discovery College




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





Professional Education & Training

Battle Scars:



UPCOMING
WEBINAR
FOR MENTAL HEALTH
AWARENESS WEEK 2023

**'An Introduction
to Eating Disorders'**

HOSTED BY
DEBBIE RILEY
SPECIALIST TRAINER
ON EATING DISORDERS
BATTLE SCARS
SELF-HARM SUPPORT CHARITY

**TUESDAY 1-2
16 MAY PM**

REGISTRATION
FOR A FREE TICKET
via Eventbrite

**BOOKINGS
NOW OPEN**

www.battle-scars-self-harm.org.uk

Battle Scars is excited to announce the dates of TWO FREE Webinars for Mental Health Awareness Week 2023. Bookings have recently opened for both webinars via the Eventbrite website. Search for Battle Scars online events.



UPCOMING
WEBINAR
FOR MENTAL HEALTH
AWARENESS WEEK 2023

**'The Myths & Realities
of Self-harm'**

HOSTED BY
JENNY GROVES
SPECIALIST TRAINER
FOUNDER & CEO OF
BATTLE SCARS
SELF-HARM SUPPORT CHARITY

**WEDNESDAY 1-2
17 MAY PM**

REGISTRATION
FOR A FREE TICKET
via Eventbrite

**BOOKINGS
NOW OPEN**

www.battle-scars-self-harm.org.uk



Job/ Volunteer Opportunities

Spark Arts Ambassador Role Description:

Are you creative? Do you enjoy culture and creativity? Would you like to help other people to take part in and benefit from creativity? If the answers to those questions are yes...become a SPARK Arts Ambassador!

What is SPARK?

SPARK is a partnership of arts and cultural* organisations in the Wakefield District who have come together to

inspire young people in Wakefield to take part, enjoy and benefit from rich arts and cultural experiences across

the district. They are a champion for arts, culture and creativity. They remove barriers and raise awareness to

make these opportunities accessible within and outside of formal education.

It includes the Yorkshire Sculpture Park, The Music Service, Libraries, Wakefield Museums and Castles, Theatre Royal

Wakefield, Long Division, Wakefield College, and Yew Tree Youth Theatre.

Who are SPARK Arts Ambassadors?

Arts Ambassadors are young people from across the Wakefield District aged 16 – 25 years old, who are interested in

arts and culture and want to shape the cultural and arts offer as part of a new youth panel. This panel needs

to be diverse and represent the whole of the Wakefield District.

What will you do?

With support from SPARK to develop skills and knowledge you will:

- champion the arts with peers and spread the word about opportunities in arts and culture
- help SPARK to connect with young people in the Wakefield District
- feel confident to share their opinions and understanding with others
- connect with likeminded young people from across the district
- find out what young people want from arts and culture in the Wakefield District
- co-produce relevant and inspirational events and programmes with arts and culture organisations to create
- opportunities for as many people as possible to benefit from the transformative impact of creative
- experiences
- help break down barriers between young people and arts and culture



- develop skills and understanding to help achieve your aspirations
- shape the way the panel is run in future

What will that look like?

Online and in person training over July and August (amount to be confirmed)

Online and in person panel meetings once a month from September onwards (venue to be confirmed)

Occasional additional meetings and events when needed – not all the panel will be needed

How to find out more

Link up with us on social media – Instagram, Facebook and Twitter

Message us on any of them or email sarah@yew-tree.com for more information about becoming an arts and culture champion.



“It’s an opportunity to transform you into the person you’re aiming to become with your limitless creativity.” Wakefield College Student

Surveys, Campaigns, New Websites & Other Newsletters

Richmond Fellowship Spring Newsletter

Click here to see the Spring newsletter:

https://drive.google.com/file/d/1X8IV1UJQNPQie2k6vy-yLILLUQYossJX/view?usp=share_link

Wakefield Recovery College The Supporter Newsletter

Download the Recovery College’s newsletters here:

<https://www.wakefieldrecoverycollege.nhs.uk/resources/the-supporter-newsletter/>