

29 November 2022

Edition 100

# Positive Mental Health Network Newsletter



## Next Newsletter

Newsletters will be every two weeks. The next newsletter will be on the 13 December. Please send submissions to [pmhnwakefield@gmail.com](mailto:pmhnwakefield@gmail.com) by 8 December.

## 100 Editions of the Newsletter!

The Positive Mental Health Network team are proud to celebrate 100 editions of this newsletter!

The newsletter has helped a lot of people in Wakefield keep connected during the last few years, which have been rough for all of us.

The team are sending a massive thank you to every single one of our members. The newsletter and the network would not be thriving the way it is without all of you. Thank you all so much and continue the hard work that you all do to help and support people in Wakefield!

## PMHN Google Drive

Our google drive is linked below.

At the last PMHN meeting it was raised that NHS staff are not always able to access a google drive, we have done some research in to what may work (dropbox etc) but are yet to find another option. We can also send them out by email if this would be better for NHS staff. If you know of any available options, please do let us know via [pmhnwakefield@gmail.com](mailto:pmhnwakefield@gmail.com)

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

**This week's edition includes:**

- Gasp
- 100 Editions of the newsletter!
- Big Thank You to Everyone who Donated to the Christmas Wellbeing Packs
- The Altofts Book Swap
- Job Opportunity
- Funding Opportunity
- Live Well Wakefield – Winter 2023 courses
- New Health Hub in Castleford
- Crafting 4 Good
- Christmas World Cup Song
- And much more...

## Big thank you to everyone who donated to the Christmas Wellbeing Packs



**The Positive Mental Health Network** is truly grateful for the kind donations and acts of kindness this month – just take a look at what's been going on behind the scenes:

We have been truly overwhelmed with generous donations for our **Christmas Wellbeing Packs**, which volunteers from our network will be distributing in early December via our local markets. Thank you!

**Lush:** Can you believe we had some bath bombs and soap bars left from our earlier craft packs. Lush's generosity was staggering and the final few will be given to lucky people at our markets

**Wakefield Libraries** have donated 300 hard backed books for a book folding kit

**Sirdar** – donated wool for Age UK's knitting/crochet craft packs. Speaking of wool – **Emily**, a new starter with the

Recovery College spotted a shop closing down and approached them to ask if they could donate – and they did! Well done Emily. Further thanks and photos of this epic donation to follow

**GMB Union Yorkshire, North East and Humber** – donated pens

**Arcturus Publishing** – donating 300 puzzle books

**Mental Health Alliance and The Recovery College** – For funding the project and all the individuals involved in the planning, collecting, sorting, and distributing. You know who you are – **THANK YOU**

More will be following – stay tuned!

## Notcutts Garden Centre are donating trees to the Wakefield District!



Climate Change Team, in partnership with local people/community groups.

Notcutts is donating the trees as part of their 125 years celebration, for good causes within Wakefield District

Huge thanks to **Notcutts Garden Centre** who are donating trees (*Hawthorn, Field Maple, Birch, Hornbeam, Wild Cherry and Mountain Ash*) to be planted by Wakefield Council's Environment, Street Scene and





**FREE AND  
FOR ALL!**



# JAAWS DRAWS

WAKEFIELD CATHEDRAL  
KITCHEN

JOIN US TO MAKE YOUR MARK  
IN A FUN DRAWING SESSION

**MON - FRI**

**21 NOV - 2 DEC**

**10AM - 3PM**

**WAKEFIELD CATHEDRAL  
KITCHEN**

Westmorland St, Wakefield WF1 1PJ

**FIND OUT MORE!**

01924373923

[admin@wakefield-cathedral.org.uk](mailto:admin@wakefield-cathedral.org.uk)

<http://www.wakefieldcathedral.org.uk/>

 @johnseyartist @artworkssy

A collaboration between Johnsey and Artworks



Supported with funding by  
**wakefieldcouncil**



## Bring Me To Life

### Mindful Menopause:

Mindful Menopause- Your menopause Your way! Our new menopause course starting in January 2023 in Pontefract ... Only a handful of spaces left

Please read all the information first **BEFORE** booking as spaces are limited - Participants **MUST** be able to commit to all 5 sessions.

For more information and to book, [click here](#)

## 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](mailto:catherine@bringmetolife.co.uk) for more information and to book




### Walk It Through:

## #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

[#WalktThrough](#), our weekly women's 'Walk N Talk' held in the beautiful Thornes Park, Wakefield - Wednesday evenings 6.30pm

Whether you're looking for a safe space to be able to talk about your mental health to other like-minded people, you want to make new friends, take positive steps to maintaining good wellbeing or simply want to be a listening ear for someone who needs it. Please join us, come along and #WalkItThrough

You can register here <https://bringmetolife.co.uk/book>

## The Altofts Book Swap



The Altofts Book Swap

Our Book Swap is a great resource, everyone welcome. Adults are asked to bring a book to swap. This doesn't apply to children. Children don't even need to return their book. We've got loads of surplus books, some we give to the local school and care homes. If you know of any others institutions that could use them they are welcome to come and browse.

More information available on our Facebook. [The Altofts Book Swap | Altofts | Facebook](#)

Please share if you can, we would love to get more people reading. Thank you

## Young Carers Short Film

Young carers have told us it can make a real difference to their lives and wellbeing when they are identified and supported as a **young carer** by professionals, adults and friends.

Excellent short film (4 mins) by young carers. [Young Carers :: West Yorkshire Health & Care Partnership \(wypartnership.co.uk\)](#) to find out more and help a young carer access support in West Yorkshire, visit [www.wypartnership.co.uk/yongcarers](http://www.wypartnership.co.uk/yongcarers)

## Choose Well Guide for Children and Young People



For help and support for young people, click here to see a useful guide: [2812-choose-well-guide-children-and-young-people-final.pdf \(southwestyorkshire.nhs.uk\)](#)

## Man Matters Coffee Morning at The Ridings Shopping Centre:



Thanks to all the National Lottery Players!

### MAN MATTERS Coffee Morning @ The Ridings!

**MAN MATTERS** are happy to announce that we will be 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:



**Upper Mall**

2022/23 Coffee Morning Dates:

**1st December, 15th December, 29th December, 12th January, 26th January, 9th February, 23rd February**

Facebook - Man Matters  
[www.Gasped.co.uk](http://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 - Gaspd  
[www.Gaspd.co.uk](http://www.Gaspd.co.uk)

Charity: 1072174  
Company Registration: 03580792



## Subtitled Video for Refugees & Asylum Seekers on Navigating the NHS

[Subtitled video on how to navigate the NHS for Refugees & Asylum Seekers. Set language in Settings - YouTube](#)

Bevan, an inclusion health practice in West Yorkshire, has produced a new resource to help refugees and asylum seekers navigate NHS services. The six-minute animation has been translated into 17 languages and explains how and when to use NHS services from registering with a GP to when to dial 999.

The Partnership co funded the resource along with other organisations who work with migrant communities across the country including the UK Health Security Agency, COVID Legacy and Equity Partnership and the Child Health and Wellbeing Network. NHS England and Doctors of the World co- produced the video with Bevan.

By explaining how services work, in a way that we can all understand, this video supports our ambition to be a partnership of sanctuary. See the Bevan Healthcare Navigating the NHS pages for more information.

## Nominate St Georges for Movement for Good

Could you please take the time to click the link and nominate St George's for a chance to win £1000!

It will only take a few minutes, you don't need to say why you are nominating us but will need the following information.

Charity No. 1094331

Charity Type – Community.

Click here to nominate: <https://movementforgood.com/>

## Funding Opportunity

**McCARTHY STONE**  
FOUNDATION

Grants are available to UK grassroots organisations for projects to benefit older people experiencing isolation or loneliness at Christmas.

[Who We Support | McCarthy Stone \(mccarthystonefoundation.org\)](https://mccarthystonefoundation.org)





## JOB ADVERT



### **Advice Worker - Charity (21 hours)**

**Do you want to make a difference to people's lives?**

**Do you want to work in the  
health and social care sector?**

We are a charity supporting unpaid carers, that is those supporting a family member or friend with an illness or disability. We offer advice, information and support and we are looking for an outgoing individual to join our friendly and supportive team, working alongside colleagues from health and social care.

- ☒ **Good rates of pay**
- ☒ **5% contribution to a pension scheme**
- ☒ **Flexible working conditions**
- ☒ **Some home working**
- ☒ **Training and development opportunities**

**Please note: A full clean driving licence and use of a car is essential.**

**To apply please telephone (01924) 305544 for an informal chat or job application pack.**

**Closing date for applications is Friday 9th December.  
Interviews week commencing 12th December.**



The poster features a colorful illustration of a diverse group of people in a park-like setting. At the top left is the 'Nova' logo. At the top center is the text 'Supporting healthy living for the people of Wakefield'. At the top right is the 'South West Yorkshire Partnership NHS Foundation Trust' logo. The main title 'Live Well Wakefield Online Self Management Courses Winter 2023' is prominently displayed in the center. Below the title, three course options are listed: 'Cancer: Thriving and Surviving', 'General Self-Management', and 'New Beginnings for Mental Health'. Each course includes its schedule and a brief description. At the bottom, an orange box contains information about the online delivery via Microsoft Teams, booking details, and contact information for Paul Boyd.

**Live Well Wakefield Online Self Management Courses Winter 2023**

**Cancer: Thriving and Surviving**  
Wednesday 11 January – 22 February 2023, 13:00-15:30  
*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, plus a 1 hour introductory session*

**General Self-Management**  
Monday 16 January – 7 February 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, plus a 1 hour introductory session*

**New Beginnings for Mental Health**  
Thursday 2 February – 8 March 2023, 10:30-13:00  
*Open to anyone with a mental health condition such as anxiety and depression. The course runs for 7 weeks plus a 1 hour introductory session*

**These courses are delivered online, using the free application Microsoft Teams. To book on a course, or for more information about all our courses and workshops...**  
**Email: [paul.boyd@swyt.nhs.uk](mailto:paul.boyd@swyt.nhs.uk)**  
**Telephone: 01924 255363**

## Connect to Support Website

A fantastic website has been launched recently called “Connect to Support”. It is a great resource for carers and people who may need support with their social care.

Click here: <https://wakefield.connecttosupport.org/>

## 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

## Frailty Virtual Wards have launched in Wakefield District

This week patients have receive assessment, monitoring and treatment at home thanks to a new “virtual ward” service in our area.

The Virtual Ward is a consultant-led service that supports patients who would otherwise be in hospital to receive care, monitoring, and treatment in their own home. This model prevents avoidable admissions into hospital, supports early discharge out of hospital, and increases the overall bed base available for acute care.



Further information about Virtual Wards can be found on the [NHS England website](#).



## NHS and Third Sector Staff and Volunteer Wellbeing Workshop - Coping with winter

Winter can be a difficult time of year for many reasons. In this two-hour peer support workshop facilitated by Leeds Mind, you can:

- Explore how winter makes you feel
- Learn practical ways to reduce stress and anxiety that this time of year can bring

Open to NHS, **voluntary sector** and social care staff and volunteers, the event takes place online on **Thursday 8 December 2022, 10am – 12pm**.

To book, please email [wyicb-bdc.wyh.mentalwellbeinghub@nhs.net](mailto:wyicb-bdc.wyh.mentalwellbeinghub@nhs.net)

## New health hub in Castleford

Health care for residents in Castleford will get a massive boost after a multi-million pound investment in a new purpose-built health hub in the town was given the green light.

Wakefield Council is investing £12.5 million in building a new hub, after Cabinet members approved funding on Tuesday 8 November. Two existing GP practices, along with a new practice and Council services will open in the building that is planned on the site of the car park of an existing health centre, in Welbeck Street.

The new healthcare hub aims to help ease pressure on local hospitals and other NHS services by allowing residents to receive a wider range of treatments, closer to home.

More on the WDHCP website: [Go ahead given for new £12.5m health hub in Castleford - Wakefield District Health & Care Partnership \(wakefielddistricthct.co.uk\)](https://www.wakefielddistricthct.co.uk/news/go-ahead-given-for-new-12.5m-health-hub-in-castleford)

## Cost of Living



We've got lots of useful information on our Hub website about managing your money and advice of grants, debts and money-saving tips in our cost of living booklet

[West Yorkshire ICS Financial Wellbeing offers 2022.pdf \(wypartnership.co.uk\)](https://www.wypartnership.co.uk/West_Yorkshire_ICS_Financial_Wellbeing_offers_2022.pdf)

**(This resource is for volunteers working in mental health too)**



## 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.



# Wakefield Safe Space

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

## £1.5m health investment to tackle health inequalities in Wakefield

A £1.5m injection of NHS funding is set to boost places in the Wakefield district where people experience the poorest health. The funding aims to tackle health inequalities by working with residents to help improve the long-term wellbeing of those living in the ten places in the district, where health is the poorest. [Click here for more information.](#)

## 'Together We Can' choose well and stay well this winter



West Yorkshire Health and Care Partnership (WY HCP) is set to once again run 'Together We Can' this winter.

The campaign helps people access health and care services at the right time and place.

The campaign also encourages people to choose well and to opt for convenient self-care, where safe to do so during the winter months. The campaign has an easy to navigate website. Here you will find help and advice and tips for keeping well this winter, as well as other useful information on how to stay healthy.

[Home - NHS - Together We Can \(togetherwe-can.com\)](https://togetherwe-can.com)



# Crafting4Good CIC

Where Society Profits

We believe creativity is good for mental health  
Donated supplies create local jobs and work experience  
Surplus is given for free to community groups



**The Ridings**  
AT THE HEART OF WAKEFIELD

Visit our **treasure trove** of  
art and craft goodies and see  
what you can find!



Use a phone to  
look inside now



**ebay**  
for change



You'll find items that aren't in our  
shop on eBay, where we're part  
of a programme for global social  
enterprises



[ebay.co.uk/str/crafting4goodcic](https://ebay.co.uk/str/crafting4goodcic)

## Print & Make



### Do you have access to a printer?

Download and print your greeting cards  
and craft activities. Make as many as you  
need for group or personal use, and you  
can **sell what you make!**

(try our **freebies** too!)



[shop.crafting4good.org](https://shop.crafting4good.org)



[creativehub@crafting4good.org](mailto:creativehub@crafting4good.org) | 07860371975 | [crafting4good.org](https://crafting4good.org)





## Coffee Morning in support of Alzheimer's Society

Join us at Queen's Mill, Castleford, for a special '**COFFEE & CHAT**' event raising funds for Alzheimer's Society

Date: Thursday 1st December

Time: 10am-12pm

Venue: Island Gallery, Queen's Mill, Castleford, WF10 1JL

Cakes. Tea. Coffee. Tombola & Raffle.

Fancy dress welcomed but is not essential.



## Evergreen Active

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

We meet at the following times and locations.



### Running Fit

Mondays

9.30am in Thornes Park and 7pm in Ossett

Wednesdays

6.30pm in Ossett and Thornes Park

Fridays

6.30pm in Ossett

Sundays

9am in Ossett

9.30am in Wakefield (Pugneys)

### Walking Fit

Wednesdays

6.30pm in Ossett

Thursdays

9.30am and 1.30pm alternating between Ossett and Horbury







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

## Wakefield Recovery and Wellbeing College

### The Supporter:

Welcome to this week's edition of The Supporter Newsletter. You can view a copy of the newsletter directly here [Newsletter The Supporter Edition 131 18 November 2022 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-131-18-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 132 25 November 2022 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-132-25-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).

## Christmas World Cup Song



Chris Charlton from ASC has written and recorded a **Christmas World Cup Song** with his band St Cyrus. It's called 4 3 2 1, also known in football tactics as the Christmas Tree formation.

Here's the link: [4 3 2 1 | St Cyrus \(bandcamp.com\)](https://www.bandcamp.com/album/4-3-2-1-st-cyrus) and it's on Spotify, Apple Music, Amazon etc

Any sales will go direct to "Hospitallers", a volunteer organization of paramedics in Ukraine. [www.hospitallers.life](http://www.hospitallers.life)

It's only £1 but you can donate more if you like. He'd appreciate any shares on the socials

## Sing it Out Mama

A smiling woman with blonde hair holding a baby. The image is part of a flyer for the 'Sing it Out! Mama' group. Text overlays include: 'SUPPORTING YOU SING IT OUT! MAMA', a gold award ribbon saying 'Efficiency North Community initiative of the year 2018', a list of bullet points about the group's purpose, contact information for Liza, and logos for Nova and Think Creative.

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?

Please contact Liza for more details or to book a place. Starting September 14th 2022  
Liza@thinkcreativegroup.com  
07794848822

**Airedale**  
Tieve Tara Medical Centre

Funded by  
**Nova**  
THINKING A VIBRANT UNIVERSITY  
SECTION OF OUR DISTRICT

**Think Creative**  
For Health • Education • Life

"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!"

**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@thinkcreativegroup.com](mailto:mel@thinkcreativegroup.com)