

7 February 2023

Edition 103

# Positive Mental Health Network Newsletter



## Next Newsletter

Newsletters will be every two weeks. The next newsletter will be on the 21 February. Please send submissions to [pmhnowakefield@gmail.com](mailto:pmhnowakefield@gmail.com) by 16 February.

## 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 [pmhnowakefield@gmail.com](mailto:pmhnowakefield@gmail.com)

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

## Together We Can winter campaign - survey for partners

**Self Care**  
Many minor issues like coughs, grazes and sore throats can be treated at home.

**Pharmacy**  
Medical advice and treatments for things like colds, tummy troubles, rashes, aches and pains.

**NHS 111**  
Visit 111.nhs.uk or call 111 if you need medical help quickly. 24 hours a day, 365 days a year.

**Mental health**  
Don't wait until you are in crisis. There's a wide range of support and resources available for everyone, including a 24/7 free phone line. Visit [togetherwe-can.com/mental-health](http://togetherwe-can.com/mental-health)

**GP practices**  
GP practices offers same day and pre-bookable appointments Monday to Friday, 8am - 6pm.

**A&E**  
A&E is for emergencies, serious injuries and life-threatening situations, like heart attacks, 24 hours a day.

The West Yorkshire Health and Care Partnership launched the 'Together We Can' winter campaign for 2022/23 in November. To help WY HCP prepare a final evaluation report (for March 2023) we are

seeking feedback from all partners about how you found this year's campaign and have created a short online survey we kindly ask you to complete. The [online survey is available to view here.](#) Please do share this with others you know have used or supported the campaign this winter. Survey closes at 6pm on Wednesday 9 February 2023.

## This week's edition includes:

- Gapsed
- Crafting 4 Good 15% Discount for group leaders & members
- Kidz Aware Free Workshops
- Research & Involvement Group
- BaBi Club: An Invite to parents living in Wakefield District & North Kirklees
- Future Selph
- Volunteers Needed for Trailblazer group
- Warm Spaces
- Battle Scars
- Wakefield Recovery & Wellbeing College
- And many more...

## First Wakefield District Food Summit

We would like to invite PMHN members to attend the first Wakefield District Food Summit which is taking place, online over Zoom, between 9:30am and 12:30pm on Thursday, 23 February 2023 from 9:30am – 12:30pm.

This is a free online workshop for businesses, community groups, organisations and charities with an interest in food and shaping the food system of the Wakefield District.

The focus of this event will be to begin a positive conversation around how we can all work together to create a healthy, sustainable and productive food system in the Wakefield District, that does as much good and as little harm as possible.

If you would like to attend the food summit, please register by following the link below and please also pass this invitation on to any colleagues or networks you think would be interested in attending.

**Registration now open:** <https://www.eventbrite.co.uk/e/the-first-wakefield-district-food-summit-tickets-513966516687>

\*Please be aware that the Eventbrite portal may transfer and store your data on servers outside the UK and/or EU

### Who will be speaking at the event?

Although the focus of the day will be about hearing your views there will be a number of speakers including:

- Councillor Denise Jeffery - Leader of Wakefield Council – Opening Address
- Victoria Williams – Director of Food Matters
- Kristin Bash – Chair, Food Special Interest Group, Faculty of Public Health
- Representatives from various local food initiatives.

### What equipment will I need to take part?

The summit will take place on the [Zoom](#) platform and will use the [Miro Board](#) website to record people's views. To take part you will need an internet enabled device with a modern web browser or the Zoom app installed. Although you will be able to access the event using a smart phone or tablet to get the most out of the event the use of a laptop or desktop computer is recommended.

A meeting link and further details around how to take part will be sent out to all registered participants closer to the date of the summit.

## Find Local Online Information and Advice on the Healthier Together Site



If you're a parent or carer you can find local online information and advice to help keep your family safe and healthy this winter.

<https://wyhealthiertogether.nhs.uk/>

New pages live on the [Healthier Together site](#) include:

- Low mood (aimed at parents) - <https://wyhealthiertogether.nhs.uk/parents-carers/emotional-wellbeing-and-mental-health/low-mood-depression>
- Maintaining your child's emotional wellbeing - <https://wyhealthiertogether.nhs.uk/parents-carers/emotional-wellbeing-and-mental-health/your-childs-emotional-wellbeing>
- Allergic reactions - <https://wyhealthiertogether.nhs.uk/parents-carers/worried-your-child-unwell/allergic-reactions>
- About sex - <https://wyhealthiertogether.nhs.uk/health-young-people/sexual-health/about-sex>
- Self-help - <https://wyhealthiertogether.nhs.uk/health-young-people/mental-health/self-help-ideas>
- We know it can be exhausting to hold down a job while caring for someone with an illness, disability, mental health problem or addiction. Sadly many working carers have very little time and energy to take care of their own health and can often feel lonely, like no one understands what they're going through.

## Hive – a 14 week Virtual Peer Support Programme

**HIVE** is a 14-week virtual peer support programme which aims to help people make a positive life-change - to **sleep, eat, exercise and relax** better.

HIVE builds relationships of mutual support, reducing the isolation that many carers feel. When participants leave HIVE, not only are they in better health, but they have a small tribe of others who understand their struggles and “have their back”. [Read more here.](#)

HIVE has been run successfully for other groups in need, but this is the first time they are running it for carers.

### How to sign up:

Carers will meet on Tuesday evenings from 7-9pm, fortnightly, from the beginning of February to May. If you are a carer, please do sign up early to join in: [early signup](#) is essential.

Man Matters @ The Ridings:

**MAN  
MATTERS**



**The Ridings**  
AT THE HEART OF WAKEFIELD



NHS West Yorkshire  
Integrated Care Board

**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](http://www.Gasped.co.uk)

Charity: 1072174  
Company Registration: 03580792



# 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?

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**

### VISIT US AT:

Oasis Christian Centre,  
Exchange Street,  
South Elmsall,  
Pontefract,  
WF9 2RD



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

Charity: 1072174  
Company Registration: 03580792

## Kidz Aware FREE Workshops



Kidz Aware would like to invite you to attend our FREE workshops. The aim of this training is to improve positive outcomes for disabled children/adults and their families

Our courses have been developed with input from families of children/adult with disabilities

The training workshops are presented by Kidz Aware staff who have over 25 years of experience of supporting, children and adults with disabilities, individuals with mental health and their carers.

### **Wednesday 19th APRIL 2023**

#### **UNDERSTANDING THE NEEDS OF DISABLED CHILDREN AND THEIR FAMILIES**

This course will give delegates a level of knowledge and understanding of the life of a disabled person and their family members. Will help delegates and parents access the knowledge of the process and services disabled children and their families go through on a daily basis from diagnosis to adulthood.

Delivered by a combination of presentations, interactive workshops and discussions, areas covered include: understanding the concepts of a diagnosis barriers faced by disabled persons and their family members; case studies of experiences of parents/carers; who are the different health professionals and their role; how to work in partnership with specialists; different special needs impairments; and education for the child helpful contacts.

### **Wednesday 26th APRIL 2023**

#### **BEING A DISABLED CHILDS ADVOCATE**

This course will give delegates a level of knowledge and understanding of the necessary skills required to be a Childs advocate and gain knowledge on the rights of the child and their families and services available to them.

This course will address what is a Childs advocate? What skills you need to be a Childs advocate and what jargon is used in meetings.

Ways to be a good advocate? Being a parental advocate, Building your own advocacy, Being confident, Working in partnership with service providers plus much more

**Wednesday 3<sup>rd</sup> MAY 2023**

**CONFIDENCE AND ASSERTIVENESS**

This course will increase the confidence of those attending and will provide skills that can help each individual feel confident and able to address their own individual issues and those whom they provide support to. Through role play and scenarios delegates will be able to start being confident and being assertive in different situations.

**Wednesday 10<sup>TH</sup> MAY 2023**

**DISABILITY AND EQUALITY AWARENESS**

This course will increase the knowledge of delegates around the many barriers faced by the disabled person, and the non-disabled person, providing a greater insight and understanding of disability Awareness. Barriers faced by disabled persons, Addressing employment issues, further education, what laws there is and how they work, and how we can start working in partnership with one another.

**Wednesday 17<sup>TH</sup> MAY 2023**

**BULLYING AND ABUSE AWARENESS**

This course will give delegates a level of knowledge and understanding of the effects of bullying and abuse on children and what can be done.

Will address statistics of bullying and abuse, what needs to change and who to go to for advice, Bullying and abuse facts.

What children, parent's, adults can do and what signs to look out for and what can be done.

**Venue:**

**Lightwaves Leisure & Community Centre**

**Lower York Street Wakefield WF1 3LJ**

**This course is FREE to parents/carers and service providers**

**Email [gillian@kidzaware.co.uk](mailto:gillian@kidzaware.co.uk) Or telephone 01924 376882**

# Crafting 4 Good 15% discount for group leaders & members!



## 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

**NEW! 15% Discount for Group Leaders & Members**



Visit our **treasure trove** of art and craft goodies and see what you can find!  
Use a phone to look inside now



**Get your 15% Group Discount Card - email [adele@crafting4good.org](mailto:adele@crafting4good.org)**



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](http://ebay.co.uk/str/crafting4goodcic)

**15% discount code: C4GWFD15**

### 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](http://shop.crafting4good.org)

**15% discount code: C4GWFD15**



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

# Wakefield Recovery & Wellbeing College

## The Supporter:

You can view a copy of the newsletter directly

here <https://www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/01/Newsletter-The-Supporter-Edition-139-27-January-2023.pdf> or take a look at all of our past editions here [The Supporter Newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](https://www.wakefieldrecoverycollege.nhs.uk).

## What's coming up at the Recovery College in February:

**What's coming up at the Wakefield Recovery College**

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

Day	Date	Topic	Time
Fridays		Yoga	10am-11am
Mondays		Brazilian Culture and Capoeira	5.30pm-6.45pm
Wednesdays		Creative fitness	11am-12pm
	1st February	What the heck are archives?	10.30am-12pm
	2nd February	Managing depression	1pm-3pm
	3rd February	Feeling positive, busting stress	1.30pm-3pm
	3rd February	Connecting with the 5 senses	10am-12pm
	6th February	Recognising burnout	1pm-3pm
	7th February	Bill busting	10.30am-12pm
	7th February	Adapt and recover from adversity	1pm-2.30pm
	8th February	Recipes across the years	10.30am-12pm
	10th February	Improving your mindset	10am-12.00pm
	10th February	The M Word; Menopause awareness	11am-12.30pm
	21st February	Scrapbooking for wellness	10am-12.00pm
	22nd February	Learning more about the West Riding Pauper Lunatic Asylum	10.30am-12.00pm
	23rd February	Dyslexia awareness	10.30am-12.30pm
	23rd February	Exploring resilience	1pm-3pm
	24th February	Arts and crafts for wellbeing	10am-12pm
	28th February	Green Doctors energy advice	1pm-2pm

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946

Wakefield Recovery and Wellbeing College  
Home of the Discovery College

## BaBi Club: An invite to parents living in Wakefield District and North Kirklees



Would you like to connect with other parents and parents-to-be in your area? Do you want to help shape local services and create a healthier environment for your family to enjoy? You're invited to join BaBi Club! Available **in-person** and **online** to families living in Wakefield District and North Kirklees with children under the age of four. If you'd like to find out more about BaBi Wakefield, visit [www.midyorks.nhs.uk/babi](http://www.midyorks.nhs.uk/babi).

The BaBi Club will be hosted by members of the BaBi Wakefield team who would love to chat with you while you have a cuppa and get to know other parents. Whether you've signed up to BaBi Wakefield or not, we'd love to meet you.

The BaBi Club events will be informal and relaxed so please feel free to come and go as needed to fit around you, your baby, and other children. At the in-person event there will be refreshments and activities for babies and children under four available.

### **BaBi Club dates:**

**In-person** - Thursday 23 February, 10:30am at the National Coal Mining Museum, Overton, WF4 4RH

**Online** - Monday 27 February, 1:30pm on Zoom

If you're interested in coming to our BaBi Club events, please email [laurajackson@wakefield.gov.uk](mailto:laurajackson@wakefield.gov.uk).

## Have Your Say on How Health Services are delivered across West Yorkshire

The NHS West Yorkshire Integrated Care Board is asking people and communities to [share their views](#) on how health services should be delivered to them locally and across West Yorkshire. [Complete this short survey](#), closing 20 February

## Dedicated VCSE Page on the WY Staff Mental Health & Wellbeing Hub

There is [support available](#) for everyone working in the health and wellbeing sector, including VCSE staff and volunteers. Mental health workers can support you now and find the extra help that is right for you.



South West  
Yorkshire Partnership  
NHS Foundation Trust

# Research & Involvement Group

Do you want to make a difference?

Do you want to have an active role in Research & Development?



**WE  
WANT  
YOU!**



Using your  
experiences  
to help  
shape the  
Future

We cannot  
do this  
without you

The **ME**  
in  
**Involvement**  
is  
**You!!!**



## RESEARCH & DEVELOPMENT



For more information on how you can make a difference  
and be a part of Research & development of services  
Contact [julie.ashman@swyt.nhs.uk](mailto:julie.ashman@swyt.nhs.uk)

**Future SELPH**  
safety empowerment learning practical skills health & wellbeing

Struggling with the basics?

Overwhelmed?

Want to learn new things?

Is daily life difficult?

Want to connect to your community & make friends?

A free service in Wakefield for 16-25 year olds.

Thoughts & feelings affecting what you want to do?

Is adulthood harder than you thought?

Want help, advice guidance & support?

**We are here to help you.**  
We support 16-25 year olds to build their own unique path to an improved sense of mental health & wellbeing.

- You refer yourself or are referred
- Together we can choose where & when to meet
- 1-1 check ins
- Support with expenses
- Meeting new friends
- Our support is not time restricted
- We can support you whilst you are on waiting lists for other services.
- We'll listen to find out what's going on & we won't judge
- Skills workshops & volunteer opportunities
- Professional advice
- We'll make sure you have the tools you need on your journey

**Future SELPH**  
St George's

Refer yourself by...

- Scanning the QR code
- Texting 07778057175
- Or emailing wakccg.futureSELPH@nhs.net

We need volunteers to help plant trees

**Wakefield Council is looking for volunteers!**

Wakefield Council is looking for volunteers to help plant up to 50,000 trees to form two new woods in the Gawthorpe area of Ossett and Snapethorpe in Lupset. To find out more, visit [We need volunteers to help plant trees | Your District \(wakefield.gov.uk\)](http://wakefield.gov.uk)

Worried about putting the heating on?

Find your nearest Warm Space and enjoy hot refreshments and some company.

wakefieldcouncil.com/  
**WarmSpaces**

**Warm Spaces**

Warm Spaces are places in your local community where people can gather for free in a warm, safe, welcoming place. Find out more

here: [Warm Spaces - Wakefield Council](http://wakefieldcouncil.com/warmspaces)

## Battle Scars

### Self-Harm Q&A/Training sessions:

Working with HEE we have arranged two **Self-Harm Q&A/training** sessions to be delivered by **Battle Scars**



These will take place on the following dates/times;

#### Session 1 -

**Date:** Monday 6th March

**Time:** 10am – 12pm

**Duration:** 2 hours

**Delivery:** Online via Zoom

<https://www.eventbrite.co.uk/e/cypmh-self-harm-training-facilitated-by-battle-scars-tickets-526372082067>

#### Session 2 -

**Date:** Monday 24th April

**Time:** 1.30pm - 3.30pm

**Duration:** 2 hours

**Delivery:** Online via Zoom

<https://www.eventbrite.co.uk/e/cypmh-self-harm-training-facilitated-by-battle-scars-tickets-526376675807>

(Please note - you only need to **attend one session**)

We would like to target this training at **early intervention services including the VCSE**, given there are limited places (15 on each for all of North East and Yorkshire). Please can we **kindly ask that services only request a maximum of one place**.

HEE have commissioned further self-harm training opportunities which will be available in the Summer.

### COMING UP IN FEBRUARY-MAY:

For Eating Disorders Awareness Week, Battle Scars is hosting a free webinar on Monday 27<sup>th</sup> February, 1-2pm: *'An Introduction To Eating Disorders'* led by Battle Scars expert Trainer, Debbie Riley.

For Self-harm Awareness Day, Battle Scars Founder and CEO, Jenny Groves, is hosting a free webinar on Wednesday 1<sup>st</sup> March, 1-2pm: *'The Myths & Realities of Self-harm'*.

**Tickets for both webinars will open on 1<sup>st</sup> February via EVENTBRITE** – it is not possible to obtain tickets directly from Battle Scars – and we expect both events to sell out in a matter of a few hours, so be ready to reserve a place!

**Battle Scars has just announced dates for Professional online Training for Spring 2023** with a number of opportunities, from early February through to the end of May, to learn more about self-harm and eating disorders either in a 1-day workshop, or a 2-hour Q&A session. Our training is in small groups, so with limited places for every date, you will need to book via the Battle Scars website, pay and confirm ASAP to secure a place.

Here's the link: <https://www.battle-scars-self-harm.org.uk/training-about-self-harm-or-eating-disorders.html>

### **New Volunteers:**

We are currently recruiting and training new volunteers to become facilitators so that we can offer additional online support, telephone support volunteers, facilitators for our Leeds-based face-to-face support groups plus other opportunities.

If you know of anyone **who has lived experience of self-harm** and would like to train as a volunteer, please ask them to get in touch via the website for more information.

Here's the link: <https://www.battle-scars-self-harm.org.uk/volunteer.html>

### **COMING SOON:**

Along with the Battle Scars *12-step Self-harm Addiction Programme Workbook* – Professionals' Edition also available. Here's the link: <https://www.battle-scars-self-harm.org.uk/addiction-programme.html>

Battle Scars will shortly be launching the '*Discovery Journal*' for young people under 16. Here's the link for brief information: <https://www.battle-scars-self-harm.org.uk/under-16s.html>

**Join the Battle Scars mailing via the website to regularly receive their own copy.**

Here's the link: <https://www.battle-scars-self-harm.org.uk/join-the-mailing-list.html>

## Volunteers Needed for our Trailblazer group



# Volunteers Needed

**To help people with a disability access the countryside.**

Volunteers needed for our Trailblazer group, to help our members complete access improvement work across Wakefield every Tuesday 10am - 4pm.

A great opportunity to do something meaningful in the local community, make new friends, have fun and improve your health and wellbeing.

No experience necessary - all training is provided. Just bring lots of enthusiasm and a sense of humour!

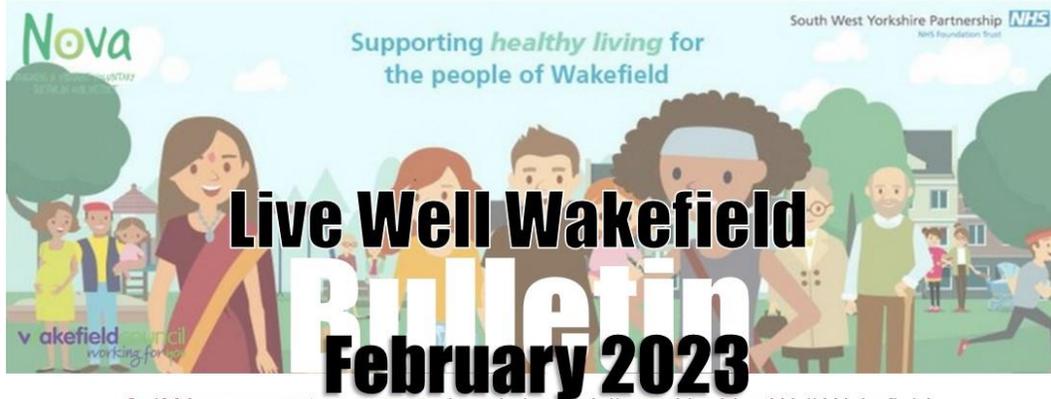


**07426 716677**

**wakefield@opencountry.org.uk**

**www.opencountry.org.uk/wakefield**





Self Management courses and workshops delivered by Live Well Wakefield

## Online Workshops

### Workshops for February 2023

Boosting Self Confidence

Thursday 2 February 2023, 14:00-15:30

Feeling Positive, Busting Stress

Tuesday 14 February 2023, 13:30 - 15:00

Coping with Pain (Parts 1 & 2)

Friday 10 February (Part 1) and 17 February 2023 (Part 2) 10:30-11:30 both sessions

Managing Breathlessness after Covid

Monday 6 February 2023 13:00 - 14:00

Monday 13 February 2023 13:00 - 14:00

Friday 17 February 2023 10:00 - 11:00

Tuesday 21 February 2023 16:00 - 17:00

Tuesday 28 February 2023 16:00 - 17:00

Managing Fatigue After Covid

Monday 20 February 2023 14:00 - 15:00

Monday 27 February 2023 14:00 - 15:00

We provide a range of courses and workshops for people in the **Wakefield district** offering self help tools and techniques to help manage your wellbeing whilst living with a long term health condition. Using these skills, you can improve the quality of your life. Our courses also welcome those who are caring for someone with a long term health condition

**Please note: currently most of our courses and workshops are delivered online using the free application Microsoft Teams**

### Coming up in 2023!!

We are still taking bookings for the following online course...

**Self Management Support after Covid**

Start date Friday 17 February 2023,  
13:00-15:30

We have a face to face **New Beginnings** course starting 16 May, 13:00-15:30 at Airedale Library. For more information contact us

**Keep an eye on our website, we are currently arranging more course and workshop dates for the rest of the year**

### Get in touch...



01924 255363



paul.boyd@swyt.nhs.uk



www.facebook.com/livewellwakefield



www.livewellwakefield.nhs.uk



# 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](http://touchstonesupport.org.uk)

## 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.