



The Supporter Newsletter

5 May 2023

* ★ * ★ * ★
★ YOU MAY NOT BE
* WHERE YOU
★ WANT TO BE, BUT ★
★ GIVE YOURSELF
* CREDIT FOR HOW *
★ FAR YOU HAVE ★
★ MADE IT. ★
* ★ * ★ *

Credit: @adoseofreminders
(shared with permissions)



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wakefielddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefielddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.

Don't forget - the College is closed on Bank Holidays

Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

TUESDAY

2 Focus on what you can do rather than what you can't do

WEDNESDAY

3 Take a step towards an important goal, however small

THURSDAY

4 Send your friend a photo from a time you enjoyed together

FRIDAY

5 Let someone know how much they mean to you and why

SATURDAY

6 Look for people doing good and reasons to be cheerful

SUNDAY

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

VAPING AND E-CIGARETTES THE FACTS



MOST CHILDREN AND YOUNG PEOPLE

DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

VAPES ARE NOT HARMLESS.

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

DON'T BE DUPED!

DON'T SMOKE? DON'T START TO VAPE.



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

talktofrank.com
wakefield.yorkshiresmokefree.nhs.uk

VAPING AND E-CIGARETTES THE FACTS



NICOTINE VAPES CAN HELP ADULT SMOKERS TO **STOP SMOKING.**

SMOKING CAUSES DISEASE AND EARLY DEATH.

Vaping is much less harmful than smoking as you don't inhale the **toxic tar** and **carbon monoxide** you get from tobacco smoke.



BUT VAPES ARE NOT HARMLESS.

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.



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talktofrank.com
wakefield.yorkshiresmokefree.nhs.uk



0800 612 0011 / 0330 660 1166

FREE from **landlines** / **FREE** from most **mobiles**



NHS

**Yorkshire
Smokefree Service**

Why Quit?



Health



Financial



Family



Pregnancy



Fertility



Smoke free spaces

Feeling sad,
worried,
or alone?

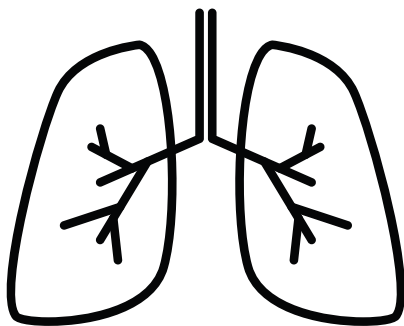
Talk to us.

Text BUZZ to 85258
for free and confidential support 24/7

There is a new emotional health & wellbeing service for children & young people in the Wakefield District.

If they are feeling low, sad or anxious, they can text BUZZ to 85258 & will receive dedicated support from emotional health & wellbeing staff.

This support is free, confidential & can be accessed 24/7. Click [here](#) to find out more about this service and the support that's on offer.



LIVING WELL WITH LUNG CONDITIONS

- Our team of specialist long term conditions therapists are here to help you. If you are not sure how talking therapies can help, book onto one of our workshops.



Living with a lung condition such as asthma or COPD can be stressful, frightening, and difficult to manage at times.

It is very common for health conditions to affect how you feel, this can then affect how well you manage or don't manage your long-term health condition.

The understandable anxiety and worry in particular can worsen your experience of breathlessness and we can support with managing these symptoms.

Talking Therapies and guided self help can improve your quality of life, mood and relationships which in turn may even impact on your physical symptoms.

ONLINE GUIDED SELF HELP

Complete guided self help, in your home 24 hours a day with access for 12 months. Our Space from Lung Conditions platform can work through a bespoke package of interactive tools, case examples and techniques to improve symptoms of anxiety or low mood and generally improve quality of life when living with a lung condition.

A Psychological Wellbeing practitioner can support you through with feedback, advice and additional content that meets your needs

LIVING WITH LONG TERM CONDITIONS GROUP THERAPY AND COURSES

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy
- Mindfulness

ONE TO ONE THERAPY OPTIONS

We offer a variety of forms of support 1 to 1 including counselling and therapy which can be delivered over the phone, face to face or video.

Ask for a referral or self-refer to the service online
talking.turning-point.co.uk/wakefield
or by calling us on 01924 234 860

**TURNING POINT
TALKING THERAPIES**

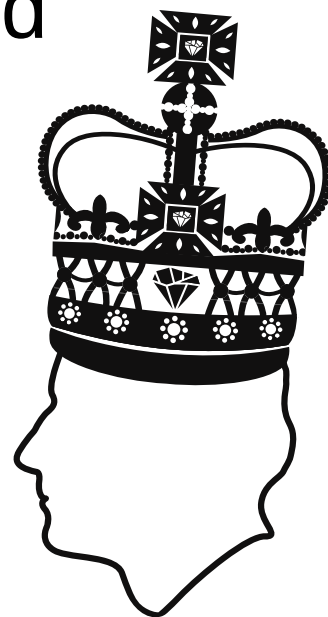
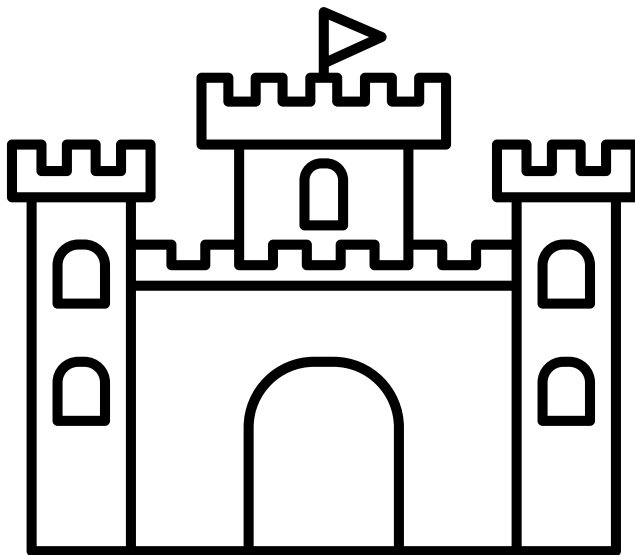
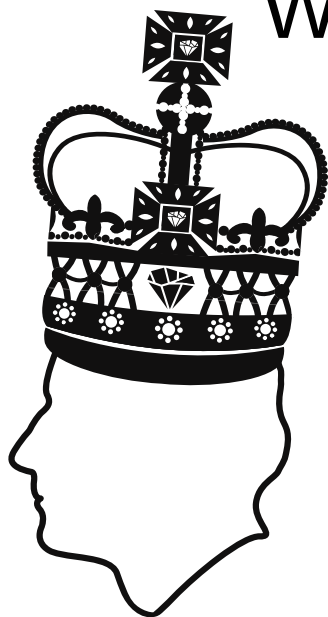


@wakefieldtalkingtherapies





What's on this weekend



Pontefract Castle

Saturday 6 May 2023 9.30am – 5pm

(Castle opening times)

Free, non ticketed event.

Come along and watch **the Coronation of His Majesty The King and Her Majesty The Queen Consort**, live on our large outdoor screen.

You are welcome to bring your own picnic. Refreshments will also be available from the Castle Coffee Shop.

For up to date event times and information visit

<https://experiencewakefield.co.uk/event/coronation-at-the-castle/>

A Right Royal Day Out

Pontefract Castle – a FREE event

Sunday 7 May 2023 12noon – 10pm (Castle opening times)

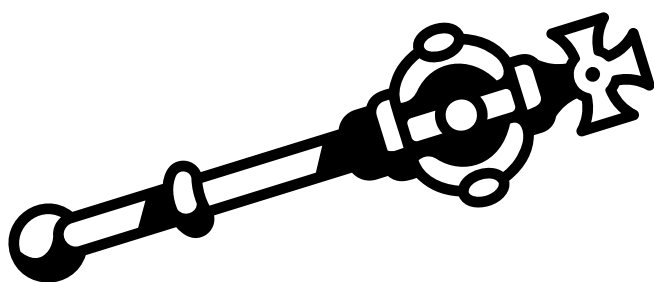
There will be street performers, Coronation crafts and, in the afternoon, a screening of **Paddington Bear** on our large outdoor screen. Don't forget to pack your marmalade sandwiches!

The main event will be the live screening of **the Coronation Concert**. Relax and reflect on a thousand years of history in the making.



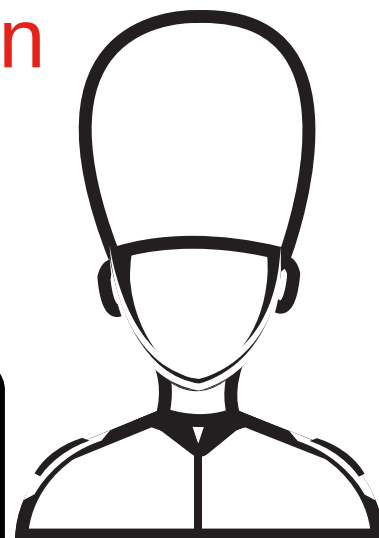
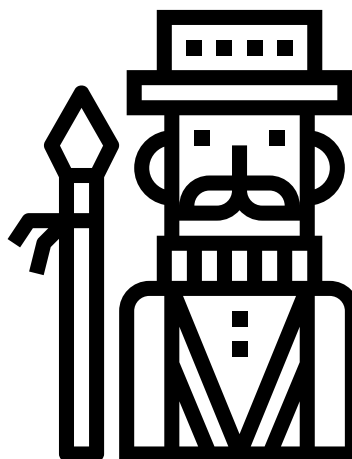


Colour in the coronation



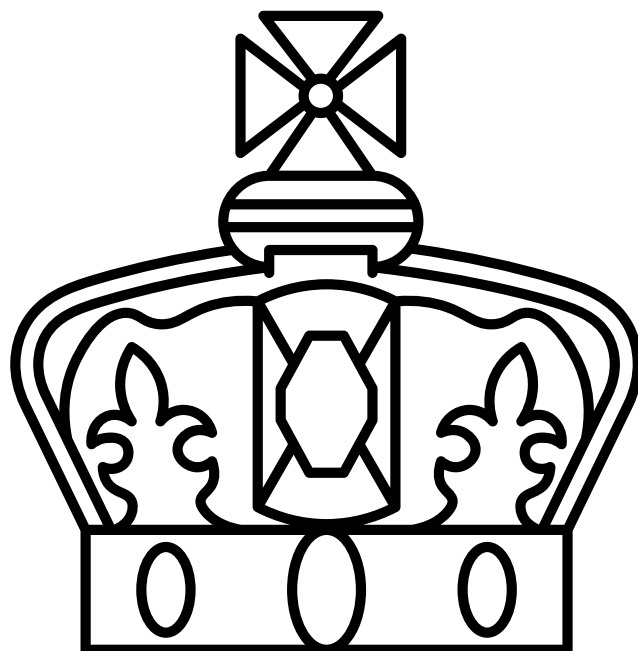
PUZZLEMAKER
CREATE YOUR OWN PUZZLES

FREE
LEARN



Coronation

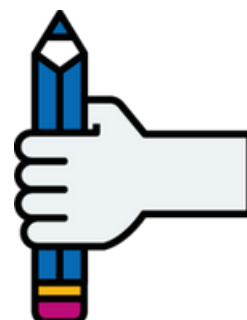
A D K K I J I Y E S T R U C A
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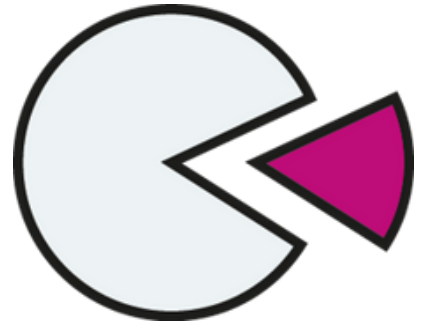


Abbey
Celebration
Crown
Investiture
London
Princess
Regal
Royal
Tiara

Anointing
Ceremony
Curtsey
King
Majesty
Queen
Regalia
Ruler
Westminster

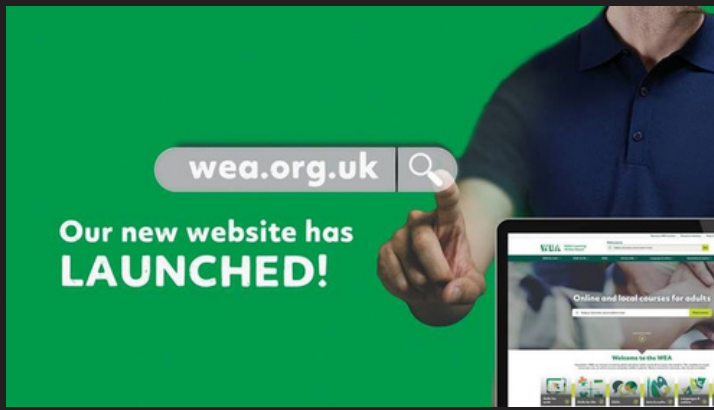
Camilla
consort
Enthronement
Kingship
Palace
Queen
Ritual
Throne





Why the gaps??

You might see a few more gaps in the list of upcoming courses as we approach the last half term of the year. Courses wind down at the Colleges across the summer and come to an end the week of 24 July. As this date approaches, you'll notice a decrease in courses on offer as we don't run any courses from the end of July until the end of August. As the new term approaches though, you'll start to see more and more on offer from us here. Keep your eyes peeled!



The WEA have launched their new website!

Having listened to their learners, they developed a brand-new website & learner hub that will make it easier to find and book courses, discover learner stories and access any help you may need along the way.

www.wea.org



IAPT is changing!

IAPT services across the NHS are changing their name to "NHS talking therapies". They will still be the same service (Turning Point Talking Therapies in Wakefield) but will no longer be referred to as IAPT services.

What's coming up at the Wakefield Recovery College

10th May

Wednesdays
Creative fitness
10am-11am

15th Mays

**Tackling
Loneliness**
Wakefield

1pm-2.30pm

18th May (19+)

Everyday First Aid
Wakefield - Pontefract

10am-
11.30am

22nd May

Coping with Pain
Online

11am-12.30pm

23rd May

Meet & Greet Session for Course:
Veterans moving forward:
bulidning a brighter future
Barnsley

10am-11am

2nd June

Couch to 5K
9 Weeks
Thornes Park Stadium
Wakefield

11am-12pm

6th June

Veterans moving forward:
Building a brighter future
6-weeks course
Barnsley

10am-2pm

6th June

Creative Crafting
Pontefract

10am-11.45 am

8th June

**Scrapbooking
for Wellness**
Wakefield

10am-12pm

8th June

**Exploring
Resilience**
Wakefield

1pm-3pm

9th June

Boogie Bounce
Normanton

10am-10.45am

9th June

**Coping with Life
through Relaxation**
Online

2pm- 3.30pm

12th June

Improving your sleep
Online

11am-1pm

14th June

**Self-care and self-
soothe**
Wakefield

10am-1pm

19th June

**Learning more about
IBS**
Online

1pm-3pm

21st June

**Connecting with the
5 senses**
Wakefield

10am-1pm

22nd June

6 sessions
**Caring for me and
you**

9.45am-12.30pm

28th June

Improving your mindset
Wakefield

10am-1pm

30th June

**Understanding Hearing
Voices**
Pontefract

1pm-3pm

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

What's coming up at the Wakefield Discovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

16-25
year olds

Accepting change

15th May
1pm-3pm
Online

An Intro to Personality Disorder

5th June
10am - 12.30pm
Wakefield Town Centre

Creative Fitness

7th June
to 13 September
3pm - 4pm
Normanton

Wellbeing in the woods

26th June
11am - 2pm
Fieldhead Campus

Youth first aid

30th June
11am - 12pm
Pontefract

Managing Anxiety

10th July
10.30am - 12pm
Online

Understanding hearing voices

8th September
1pm - 3pm
Wakefield Town Centre



If you would like to find out more, you can
contact us at:
www.wakefieldrecoverycollege.nhs.uk
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01924 316946

Discovery College

Part of Wakefield Recovery and Wellbeing College