



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

12 May 2023



01924 316946



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefelddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefelddiscoverycollege

With **all of us** in mind.



Credit: @adoseofreminders (shared with permissions)

15 to 21 May 2023

**Mental Health
Awareness Week**

 #TalktoMyAnxiety

Feeling anxious? You're not alone.

Anxiety is common. Find out ways to manage feelings of anxiety and prevent them from getting worse at www.mentalhealth.org.uk/mhaw

Mental Health Awareness Week.
15 to 21 May 2023.



Registered Charity No. 801130 (England), SC039714 (Scotland), Company Registration No. 2350846.



The College is unable to receive incoming text messages at this time, please accept our apologies



News flash!

Behind the scenes our college staff are working hard to source new and interesting courses and workshops for its students.

Check out our website for a great choice of courses and workshops, along with some new local venues across the Wakefield District.





WE OFFER A RANGE OF ADVICE, SUPPORT AND EDUCATION ON EMOTIONAL HEALTH MATTERS USING TEXT, WEB BASED AND FACE TO FACE TO SUPPORT CHILDREN, YOUNG PEOPLE AND FAMILIES TO IMPROVE AND MAINTAIN EMOTIONAL HEALTH.

TELEPHONE: 01924 665 093
EMAIL: WAKEFIELD CYPEWS@COMPASS-UK.ORG
WEBSITE: [HTTPS://WWW.COMPASS-UK.ORG](https://www.compass-uk.org)

OUR WAKEFIELD TEAM ARE AVAILABLE MONDAY – THURSDAY, 9AM TO 5PM AND FRIDAY, 9AM TO 4.30PM (EXCLUDING BANK HOLIDAYS)



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

Compass
in partnership with
shout



As the weather improves and the days get longer, it's a great time to rediscover the joys of cycling and the health benefits of spending time outdoors. The Cycle for Health programme, funded by the West Yorkshire Combined Authority's CityConnect, has plenty of courses starting soon.

Joining one of Cycling UK's Community Cycle Clubs can be a helpful source of ongoing encouragement and social activity for those who have already completed a Cycle for Health course.

The courses, designed for adults identified as having poor mental or physical health, provide a route into regular activity, building fitness and self-esteem whilst teaching an important life skill. Bikes and helmets are provided and all sessions are taught by qualified cycle training instructors. This month, the following courses still have available spaces – but other dates may also be available. Please get in touch with us at cycleforhealth@cyclinguk.org for more details.

Start dates and locations:
Saturday 6 May, Spring Hall, Halifax, 3.30pm-5.30pm
Tuesday 9 May, Princess Mary Stadium, Kirklees, 1pm-3pm
Thursday 11 May, Thornes Park Stadium, Wakefield, 10am-12pm
Thursday 11 May, Thornes Park Stadium, Wakefield, 1pm-3pm
Thursday 18 May, Slaithwaite Cycle Hub, Kirklees, 4pm-6pm
Wednesday 7 June, Cross Flatts Park, Leeds, 10am-12pm
Wednesday 7 June, Cross Flatts Park, Leeds, 1pm-3pm

UNSUNG HEROES UNDER 18S

We're looking for outstanding young people from the Wakefield District who put a huge amount of effort into helping others.

Nominees must:

- Be unpaid volunteers
- Go above and beyond what is expected of them
- Live in the Wakefield District, which includes the Five Towns
- Be aged 7 - 18



Winning nominees will be invited to the Unsung Heroes Awards, which will be held at Wakefield Cathedral on Friday 6th October 2023.

NOMINATION DEADLINE
26TH MAY 2023

NOMINATE HERE:

www.wakefieldcf.org.uk/unsung-heroes/

ORDINARY PEOPLE DOING EXTRAORDINARY THINGS



Community News

st george's

WE ARE HIRING

FUTURE SELPH WORKER

- Are you an enthusiastic person who values co-production and recognises the strengths and potential of young people and the challenges and obstacles they face? Join our innovative and inclusive team!
- Hours: 37 hours per week.
- Salary: dependent on experience and will be discussed at job offer. This will be in the region of £22,500 to £26,500 (St George's Band C).

APPLICATION DEADLINE 31ST MAY - ENQUIRE NOW

Call Emma Coyle, Children and Young People's Service Manager on 01924 369631 for a chat about the job and to arrange for an application form to be sent or email recruitment@stgeorgeslupset.org.uk to request a recruitment pack.

HVB
HORBURY VICTORIA
BRASS BAND

An evening with
Horbury Victoria Brass Band
Friday 9th June
7:30pm
Ossett Town Hall
Tickets: £10



Scan the QR code for tickets or visit:
www.ticketsource.co.uk/hvb
www.horburyband.co.uk



Flockton WI
invites you to our

Spring fair

Saturday 13th May 2023

Craft and art stalls
Refreshments,
tombola,
raffle, competitions

10 am - 3pm
Community centre,
St James' Church,
Flockton

Free entry.
A donation from the proceeds
will be given to The Yorkshire Air Ambulance

OSSETT R.U.F.C.

WOMENS BOOTCAMP

- Free Rugby Skill Themed Bootcamp for Women
- Strictly non-contact
- Starts Wednesday 17th May at 6.45 and runs for 6 weeks
- Message us now to book - First Come First Served

NHS

24 hour Mental Health Helpline

0800 183 0558

Support, advice, information and guidance. A confidential helpline for anyone seeking support for their mental health or their carers.

Available to anyone registered with a GP in:
• Calderdale • Kirklees • Wakefield • Leeds • Barnsley

Service provided by:
NCHA
Care and Support





I Love You, Mum – I Promise I Won't Die

Venue: Grove Hall, South Kirkby

Date & time: 26 May, 7.30pm

Tickets via event bright or calling the Town Council Office on 01977 642159

<https://www.eventbrite.co.uk/.../i-love-you-mum-i-promise...>

<https://www.eventbrite.co.uk/.../i-love-you-mum-i-promise>

Good boys like Dan don't die, do they?

An Octopus Dream Theatre Company Production in Association with York Theatre Royal

**** "beautiful and deeply touching" A Broadway World

**** "a touching tribute to a life needlessly lost" A Younger Theatre

"An impressive, emotive production" British Theatre Guide

"Moving and impactful" Fringe Review

Dan is cool, clever, and smart. A talented, creative "lovely boy" with a passion for helping others who's always on the side of the underdog. Everyone loves Dan and at 16, he has plans, plenty of them - just losing his life isn't one of them.

I Love You, Mum – I Promise I Won't Die is the story of Dan, a popular South London schoolboy, who took ecstasy at an illegal rave and tragically died because of taking a lethal dose. This fast-paced, powerful, and emotionally-charged play, tells the true story of what happened to Dan, the choices he made and the impact on his family and friends – all told in their own words, from tragedy to redemption.

Don't miss Mark Wheeler's beautifully written play and Octopus Dream's acclaimed production, touring to theatres across the country for the first time.

www.octopusdreamtheatre.co.uk

The play will run at c.1hr 20mins, without an interval. Age 14+

Turning Point Talking Therapies workshops are delivered by qualified Therapists and follow evidence- based treatment (this means they are proven to work and 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 May Workshops:

Living with Chronic Pain
Friday 12th May, 1pm - 2:30pm
Online

Managing Anxiety & Worry
Sunday 14th May, 11:00am - 12:30pm
Online

Supporting Loved Ones
Wednesday 17th May, 11.30am-1pm
Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL

Improving Sleep
Sunday 18th May, 11am - 12:30pm
Online

Managing Work Stress
Sunday 21st May, 1pm - 2:30pm
Online

Emotional Eating
Sunday 21st May, 11am - 12:30pm
Online

Positive Body Image
Monday 22nd May, 11:30am-1pm
Airedale Library, The Square, Castleford WF10 3JJ

Loneliness & Isolation
Monday 22nd May, 11:30am - 1pm
Airedale Library, The Square, Castleford WF10 3JJ

Managing Anger & Irritability
Sunday 28th May, 1pm - 2:30pm

+ more

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: <https://mytp.me/wakefield-talking-therapies-publications>



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.

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.

What's coming up at
the Wakefield
Recovery College

Creative Fitness

10/05/23-26/07/23
11am-12pm
Normanton

Tackling Loneliness

15/05/23
1pm-2:30pm
Wakefield

Everyday first aid

18/05/23
10am-11:30am
Wakefield

Coping with Pain

22/05/23
11am-12:30pm
Online

Couch to 5K

02/06/23-28/07/23
11am-12pm
Wakefield

Veterans moving forwards

06/06/23-18/07/23
10am-2pm
Barnsley

Creative crafting

06/06/23-11/07/23
10am-11:45am
Pontefract

Scrapbooking for wellness

08/06/23-06/07/23
10am-12pm
Wakefield

Exploring resilience

08/06/23-06/07/23
1pm-3pm
Wakefield

Boogie bounce

09/06/23-30/06/23
10am-11am
Normanton

Coping with Life through Relaxation

09/06/23
2pm-3:30pm
Online

Improving your sleep

12/06/23
11am-1pm
Online

Self care and self soothe

14/06/23
10am-1pm
Wakefield

Learning more about IBS

19/06/23
1pm-3pm
Online

Connecting with the 5 senses

21/06/23
10-1pm
Wakefield

Caring for me and you

22/06/23-27/07/23
9:45am-12:30pm
Pontefract

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

With **all of us** in mind.



**South West
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**What's coming up
at the Wakefield
Discovery College**

Accepting change

15/05/23-22/05/23
1pm-3pm
Online

Introduction to personality disorder

05/06/23
10am-12:30pm
Wakefield

Creative fitness

07/06/23-28/06/2023
3pm-4pm
Normanton

Wellbeing in the woods

26/06/23-31/07/23
11am-2pm
Wakefield

Youth First Aid

30/06/23
11am-12pm
Pontefract

Managing Anxiety

10/07/2023-17/07/2023
10:30am-12pm
Online

Understanding hearing voices

08/09/23
1pm-3pm
Wakefield

Creative fitness

13/09/23-04/10/2023
3pm-4pm
Online

Coping with challenges

21/09/23
1:30pm-2:30pm
Online

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01924 316946

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