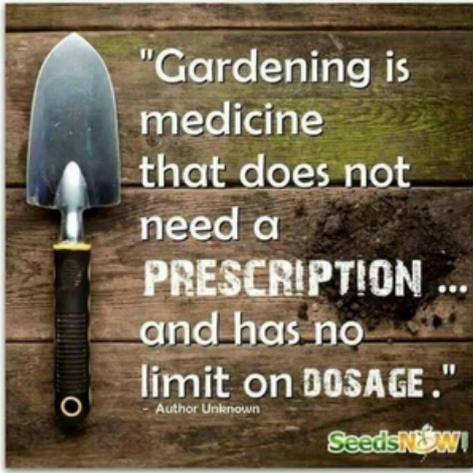


The Supporter Newsletter

19 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.

DRUG ALERT

DANGEROUS SUBSTANCE - Capsules sold as "Pregabalin"

We have received multiple confirmed reports of people, in Leeds, overdosing and being hospitalised after taking capsules they believed to be "Pregabalin". To date, these have been red and white capsules with the word 'Signature' on them (as shown in the photo, below). Reports have been from service users and various emergency accommodation providers.

Overdoses are rendering the user unconsciousness, with pinpoint and fixed pupils, shallow/difficulty breathing (or not breathing at all), and blue-ish colour to their lips.

The capsules may prove fatal to anyone taking them.



****All staff trained in administering naloxone are advised to ensure they are carrying kits with them or have them easily accessible****

Know the risks

"It is impossible to tell exactly what is in a drug just by looking at it, even if you have taken something similar before"

- The best way to avoid risks from drugs is to not take anything
- If you choose to use, only take a small amount, you don't know how it will affect you
- Do not use alone, particularly if it is your first time
- Avoid mixing with other drugs and alcohol
- If you / your friends become ill, call 999 and be honest about what has been taken



The College is unable to receive incoming text messages at this time.

Please accept our apologies

Don't forget to confirm your place on any booking you have made with the College

Lots of new courses on the way - keep checking out our website!!





Peer Talk are recruiting for volunteers.

This volunteer lead charity supports adults with anxiety and depression by hosting weekly support groups.

They are looking for volunteers to join their established teams in Bradford, Huddersfield, Barnsley and Skipton.

Peer Talk are holding a training day on Saturday 24 June in Manchester from 9.45am - 4.00pm - all travel expenses will be reimbursed.

For further information and how to book visit:
<https://www.peertalk.org.uk/volunteer-with-us>



Mental Health Support



Find help now go to www.nhs.uk and then search for 'mental health'

Useful contacts:

ReThink Mental Illness (9.30am – 4pm Monday to Friday)	Telephone: 0300 304 7000 Website: www.rethink.org
MIND (9am to 6pm Monday-Friday)	Telephone: 0300 123 3393 Website: www.mind.org.uk
Mencap	Telephone: 0808 808 1111 Website: www.mencap.org.uk
Samaritans (24 hours)	Telephone: 116 123 Website: www.samaritans.org
SANEline (4.30pm – 10.30pm daily)	Telephone: 0300 304 7000 Website: www.sane.org.uk
FRANK (24 hours)	Telephone: 0300 123 6600 Text: 82111 Website: www.talktofrank.com
BEAT Eating Disorders (12pm – 8pm weekdays, 4pm – 8pm weekends and bank holidays)	0808 801 0677 (adult-line) 0808 801 0811 (student-line) 0808 801 07011 (youth-line) Website: www.beateatingdisorders.org.uk
West Yorkshire Suicide Prevention	suicidepreventionwestyorkshire.co.uk



If you've contacted 999 or 111 about your mental health, we need your opinion



Scan this QR code to fill in a short survey on your experience and help us improve our services



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



Anxiety is a common feeling that sometimes gets out of control.

15 to 21 May 2023
Mental Health Awareness Week

#ToHelpMyAnxiety



COFFEE MORNING

CONNECTIONS

15a Little Westgate, Wakefield, WF1 1JZ

10:00 - 12:30

Every Friday

MAN MATTERS

All who:
- Identify as male
- Are aged 18 and over
- Live in the Wakefield District.

Are welcome to join us.

COFFEE AFTERNOON

OASIS CHRISTIAN CENTRE

10a Exchange Street, South Elmsall, WF9 2RD

14:00 - 16:00

Every Wednesday

MAN MATTERS

All who:
- Identify as male
- Are aged 18 and over
- Live in the Wakefield District

Are welcome to join us.

COFFEE EVENING

CONNECTIONS

15a Little Westgate, Wakefield, WF1 1JZ

18:00 - 21:00

Every Monday

MAN MATTERS

All who:
- Identify as male
- Are aged 18 and over
- Live in the Wakefield District

Are welcome to join us.

COMMUNITY FUND Thanks to all the National Lottery Players!

GASPED

NHS NHS West Yorkshire Integrated Care Board

Charity: 1072174
Company Registration: 03580792

To #ThatOneMan reading this: I know you're tired, fed up, close to breaking, but there is great strength within you.

KEEP FIGHTING!

#ITSONKAYTALK



ANDY'S MAN CLUB

Have you been watching Emmerdale on the TV?

ANDY'S MAN CLUB feature their amazing groups for men to talk and support each other around their mental wellbeing. One of their groups meets on a Monday evening at 7.00pm at Pontefract Collieries football ground - no appointment needed just drop in - you will be made very welcome.

What's on in the community ?

CREATIVE SKILLS Workshop



Venue:

St George's Community Centre, Broadway, Lupset WF2 8AA

Day: Wednesday
Starting: 19th July
Duration: 5 weeks
Time: 1pm – 3pm
Cost: FREE!

All Welcome!

Limited places available.
 For further details and to secure your place contact: info@stgeorgeslupset.org.uk or call 01924 369631.

Helping to Save Lives across Yorkshire
www.yaa.org.uk

BENEFITS:

- Learn New Activities
- Reduce Stress and Anxiety
- Make Friends
- Increase Your Skills
- Have Fun
- Help Raise Valuable Funds





WANT TO DEVELOP YOUR SKILLS? WE CAN HELP!



This short hairdressing course can help you:

- Gain knowledge and skills to prepare you for working in the hairdressing industry,
- Use a block head to create an array of hairstyles,
- Receive nationally recognised qualifications,
- Advance your career prospects,
- Build your confidence.

HAIRDRESSING COURSE

FREE

Starts Friday 26th May, 9:30-2pm and runs for 8 weeks

Contact us for more information:

- ☎ 01924 369631
- ✉ info@stgeorgeslupset.org.uk
- 📍 St George's Community Centre, Broadway, Lupset WF2 8AA



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

Wakefield Council Apprenticeships

Apprenticeships we currently have on offer are:

- Road Worker (Level 2)
- Internal Auditor (Level 4)
- Administration Support (Level 3)
- Heavy Vehicle Mechanic (Level 3)
- Path Maintenance & Construction (Level 2)

Keep looking ... other apprenticeships may be advertised soon

The benefits of Council Apprenticeships are:

- a competitive salary
- gain formal qualification
- 26 days holiday
- supportive work environment
- on the job training
- discounted travel passes
- support from a dedicated team
- equality focused

Interested? To see more details of each apprenticeship, hear what our apprentices have to say, and much more...

Visit www.wakefield.gov.uk/apprenticeships Or [Wakefield Council Apprenticeships](http://www.wakefield.gov.uk/apprenticeships)

 SCAN ME

Closing date for applications: 28 May 2023

Interviews take place: 28 June – 14 July 2023

Apprenticeship start date: September 2023

For other Council Vacancies - www.wakefield.gov.uk/jobs





@communityfoundationwakefield

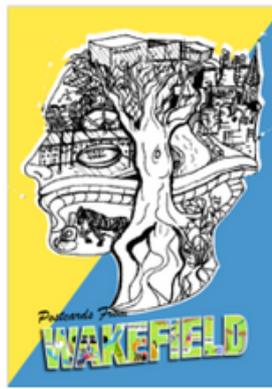
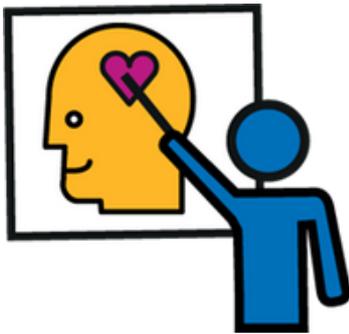
Community Foundation Wakefield District

Community Foundation Wakefield District



Did you know it's mental health awareness week? (15-21 May 2023)

This year, the theme of mental health awareness week is anxiety. Why not try some of our anxiety management tools on our Recovery College resources web page and read more about what we've been doing this week here...



Postcards from Wakefield (Year 5)

What are Postcards from Wakefield?

The Postcard idea originated from the USA and was aimed at breaking down barriers and reducing stigma around an area that had a bad reputation. We adapted the idea to reduce barriers and stigma around talking about mental health.

What is the Positive Mental Health Network?

We are a group of people committed to helping those with mental health challenges get the best support possible. We promote prevention, self-help, and promote the groups/organisations in Wakefield that can help people to improve their mental health or maintain good mental health.

What do we have to do?

Simply write, colour, draw, create a postcard – it can be anything – but must be positive/kind. Keep it for yourself, give it away or return them to us. If you belong to a group, why not ask them to create some too.

What happens to them?

They will be displayed around the district for other people to see. They will also be showcased at an Art Walk, so please be mindful of privacy. We will also share examples on our Facebook page 'Postcards from Wakefield'.



Examples from the past – we've had hundreds of cards including musical postcards, some included photographs, several people wrote poems, and some had beautiful pictures using sewing machines, fabric and buttons – be as creative as you like!

Recovery/Discovery College was at Trinity Shopping Centre on Tuesday 16th May with colleagues from the PMHN.



Contact the Positive Mental Health Network at: pmhnwakefield@gmail.com

HEALTH CARE ENGAGEMENT PROJECT

PEOPLE WITH SEVERE MENTAL ILLNESSES ARE EXPERIENCING INEQUALITIES IN RECEIVING ANNUAL HEALTH CHECK APPOINTMENTS

THE HEALTH CARE ENGAGEMENT PROJECT AIMS TO TALK TO PEOPLE ABOUT THEIR EXPERIENCES AND IDEAS TO FIND OUT THE BARRIERS TO HEALTH CARE AND HOW THEY CAN BE OVERCOME.

WE ARE LOOKING FOR PEOPLE WITH EXPERIENCE OF A SEVERE MENTAL ILLNESS TO BE PART OF OUR DESIGN GROUP. THIS WILL INVOLVE HELPING DEVELOPMENT WITH PUBLICATIONS TO ENCOURAGE PEOPLE TO ATTEND THEIR HEALTH CHECK. MEMBERS WILL BE PAID FOR THEIR TIME AND INVOLVEMENT!

THURSDAY 1ST JUNE,
THURSDAY 15TH JUNE,
THURSDAY 29TH JUNE,
THURSDAY 13TH JULY

TAKING PLACE:
**AT
NOVA, WAKEFIELD**

THURSDAY 27TH JULY,
THURSDAY 10TH AUGUST,
THURSDAY 24TH AUGUST,
THURSDAY 7TH SEPTEMBER

IF YOU ARE INTERESTED OR KNOW SOMEBODY THAT WOULD BE INTERESTED IN PARTICIPATING PLEASE CONTACT:
TRACEY WILLIAMS - 07764 329262

Carers Week 2023

(5th – 11th June)

Join us for our Trust - wide event!

Friday 9th June 2023 11am until 1pm

At

St Swithun's Community Centre

(Arncliffe Road Wakefield WF1 4RR)

'Recognising and supporting carers in the community'.

Celebrate the work of the Trusts Carer champions who have gone above and beyond hosting events throughout the year utilising the therapeutic fund awarded from the Trust's 'caring for carers fund' supported by NHS Charities Together and EyUp!.

Let's thank our unpaid carers, Staff Carer Network, and Carer Champions in supporting the development of the newly launched staff carers awareness training and for providing valuable feedback at our many network meetings and for agreeing to be our critical friends.

Agenda

11:00 am - Coffee

11:20 am - Opening Remarks - Marie Burnhum (Chair)

11:30 am - Carers Champions Matter - Carers Leads

11:40 am - Carers Project Management Officer Update - Gillian Cowell

11:50 am - Unpaid Carers Lead - Aboobaker Bhana

12:00 pm - Lunch

12:30 pm - Wellness session - Nirmala Ragbir-Day

12:50 pm - Ayshas creative activity

13:20 pm - Closing remarks - Gibson-Holmes Carmain (Deputy Director of Nursing)

Please see link here to book your ticket to the event [Recognising and Supporting Carers in the Community Event Tickets, Fri 9 Jun 2023 at 11:00 | Eventbrite](#)

Registering your interest in attending our event using Eventbrite.
If you need help to access this event email: Gillian.cowell1@swyt.nhs.uk

Mental Health Awareness Week Quiz

- 1 - What month of the year does mental health awareness week usually occur?
- 2 - What is the theme of this year's mental health awareness week?
- 3 - True or false...Wakefield Safe Space is open every day *except* Wednesdays 6pm-midnight?
- 4 - True or false...Arts and crafts, or other hobbies don't help with anxiety symptoms?
- 5 - True or false...Most people will experience anxiety?



5TH - 11TH JUNE 2023



MONDAY 05/06
INFORMATION DROP-IN 1PM - 3PM
EMPIRE HOUSE, DEWSBURY WF12 8DJ

MONDAY 05/06
EVENING COFFEE AND CHAT 6.30PM - 8PM
STARBUCKS, LEEDS ROAD RETAIL PARK HD1 6PF



TUESDAY 06/06
MEDITATION 11AM - 12.30PM
BRIAN JACKSON HOUSE, HUDDERSFIELD HD1 5JP

WEDNESDAY 07/06
ART GROUP 1PM - 4PM
BRIAN JACKSON HOUSE, HUDDERSFIELD HD1 5JP



WEDNESDAY 07/06
CARERS LUNCH AND LEARN 1PM - 2PM
ZOOM - USE LINK:BIT.LY/40BPVKM

WEDNESDAY 07/06
TOGETHER GROUP FOR MENTAL HEALTH CARERS AND CARED FOR 1.30PM - 3.30PM
EMPIRE HOUSE, DEWSBURY WF12 8DJ



THURSDAY 08/06
MENTAL HEALTH CARERS WELLBEING 11AM - 1PM
THE CRESCENT, 40 STATION ROAD, BATLEY WF17 5SU



FOR MORE INFORMATION PLEASE CONTACT US

0300 012 0231
carerscount.org.uk



South West
Yorkshire Partnership
NHS Foundation Trust

What's coming up at the Wakefield Recovery College

18+

Couch to 5K

02/06/2023 - 29/7/2023
11.00am - 12.00pm
Wakefield

Creative Crafting

06/06/2023-11/07/2023
10.00am-11:45am
Pontefract

Boogie Bounce

09/06/2023-30/06/2023
10.00am - 11.00am
Normanton

Scrapbooking for wellness

08/06/2023-6/07/2023
10.00am - 12.00pm
Wakefield

Improving your sleep

12/06/2023
11.00am - 1.00pm
Online

Learning more about IBS

19/06/2023
1.00pm - 3.00pm
Online

Connecting with the 5 senses

21/06/2023
10.00am - 1.00pm
Wakefield

Caring for me and you

22/06/2023-27/07/2023
9.45am-12.30pm
Pontefract

Improving your mindset

28/06/2023
10.00am-1.00pm
Wakefield

Understanding hearing voices

30/06/2023
1.00pm-3.00pm
Pontefract

The M Word Menopause awareness

30/06/2023
11.00am-12.30pm
Featherstone

Tackling loneliness 19+

04/07/2023
1.00pm-2.30pm
Pontefract

Accepting change

05/07/2023-12/07/2023
1.00pm-3.00pm
Online

Managing anxiety

05/07/2023-12/07/2023
10.00am-12.00pm
Online

Adapt and recovery from adversity

10/07/2023
1.00pm-2.30pm
Pontefract

Dyslexia awareness

13/07/2023
10.30am-12.30pm
Online

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

With all of us in mind.



South West
Yorkshire Partnership
NHS Foundation Trust

What's coming up
at the Wakefield
Discovery College

16-25
year olds

Introduction to
personality
disorder

05/06/2023
10am-12.30pm
Wakefield

Creative
Fitness

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

Wellbeing in
the Woods

26/06/2023-31/07/2023
11am-2pm
Wakefield

Youth First
Aid

30/06/2023
11-12pm
Pontefract

Transitioning from
CAHMS to
adult/alternative
services

03/07/2023
12.00pm-1.00pm
Online

Managing
anxiety
16-25yrs

10/07/2023-17/07/2023
10.30am-12.00pm
Online

Understanding
hearing voices

08/09/2023
1.00pm-3.00pm
Wakefield

Coping with
Challenges

21/09/2023
1.30pm-2.30pm
Online

Looking after
your sleep

18/10/2023
1.30pm-3pm
Online

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

With all of us in mind.