



The Supporter Newsletter

26 May 2023



South West
Yorkshire Partnership
NHS Foundation Trust

12 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around



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.

Poem by Emily - Recovery College Co-ordinator

When weighted down by too many bags
When the handles and the skin droop and sag
When the hands on your shoulders bare down strong
When the road home is winding and long
When the noise in your head is deafening and loud
When your vision is blurry and clouded and shroud

Let go
Shake off
And loosen your strap
Stand tall
Reach in
And find your
Map



Your map is your help,
your guide,
your friend
Your map will give,
And supply
And lend

It's always there, creased, tattered and sometimes
lost
It's been sworn at and battered and scribbled and crossed

But the map is yours and its always there
Your map loves you, and shows you and cares
Your map is inside and knows what to do
This map is not paper its inherently you



**The College is unable to receive
incoming text messages at this
time. We are expecting this to be
rectified shortly
Please accept our apologies**

**Don't forget to confirm your place
on any booking
you have made with the College
at least 7 days before the start
date of the course**

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



FREE
course

Face to
Face
18+





Caring for me & You

Carers Wakefield & District are proud to announce that they are now able to offer the 'Caring For Me and You' self-management course for carers and are delivering this through our recovery and wellbeing college. This course has been developed by Stamford University and they are one of the first organisations in the country to provide it.

The course will run over 6 weeks and will enable you as a carer to focus on your own health and wellbeing, as well as that of the person you care for, giving you the confidence and skills to make changes that will be of benefit to you both.

Thursday 22 June 2023
6 weekly sessions
9.45am - 12.30pm
St Giles Church,
Market Place
Pontefract
WF8 1AT






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

With all of us in mind.

FREE
course

Face to
face
18+





Dyslexia awareness

This informal dyslexia awareness session, offered in partnership with Managing Dyslexia, aims to provide attendees with a better awareness of what dyslexia means, help them to recognise the signs and offer support. Students will:

- Develop an understanding of dyslexia and its impact on the person
- Engage in a practical activity to demonstrate the difficulties faced by those living with dyslexia
- Recognise the signs of dyslexia
- Learn reasonable adjustments and coping strategies
- Experience a Q&A with people living with dyslexia

13 July 2023 - 10.30am - 12.30pm






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

With all of us in mind.

FREE
course

Face to
face
18+



The M Word; Menopause awareness


Did you know....


- More than 3 out of 4 women experience menopause symptoms at some time.
- 1 in 4 experience serious symptoms.
- 2 in 5 women said their menopause symptoms had been worse than they had expected.
- 8 in 10 women of menopausal age are in work.
- 1 in 100 women reach menopause before the age of 40.

During this one-off workshop, delivered by a qualified Health & Wellbeing Practitioner and in partnership with Menopause, we will discuss the perimenopause, post menopause and everything in between to help you on your own unique journey during this stage of life. This workshop will help you develop your knowledge and awareness of the menopause; the symptoms, how it may affect you and, most importantly what you can do to manage it. Information will also be shared about how and where you can access support.

This session is open to people of all genders to enable better understanding of the menopause and how to support those going through it.

Friday 30 June 2023 - 11.00am-12.30pm
Featherstone Community Centre
Victoria Street, Featherstone
WF7 5BB





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

With all of us in mind.

FREE
course

Face to
face
18+



Stroke Awareness

Would you know what signs to look for if you thought someone may be having a stroke? Have you suffered a stroke yourself, or care for someone who has? Would you like to learn more about living a healthy lifestyle and how you can help prevent yourself from having a stroke? What if you are a Health Care Professional; do you know much about strokes? Would you like to increase your knowledge and skills?

This really informative and interactive workshop offers you the opportunity to understand what a stroke is and what you can do to prevent the risk of having a stroke, along with other information about diet, blood pressure and local support groups.

The group is facilitated by a stroke support coordinator from the Stroke Association who has experience in supporting people following a stroke.

Wednesday 27 September 2023
10.00am - 12.00pm
Pontefract Library
Shoemarket, Pontefract, WF8 1BD





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

With all of us in mind.

Answers to last week's Quiz

1 - May

2 - Anxiety

3 - True

4 - False

5 - True - it's very common.

Why can't I train today?

I am having a training day.

It is practical-no room for imagination.

An alien is hijacking my brain-it has not downloaded writing poetry yet.

A dog has eaten the words for my poems.

I keep getting messages saying my brain is 98% full.

My mind has become strawberry jelly.

My lucky pen is missing. I must make a reward poster.

There is no space in my notebooks. I must go out and buy one.

My nurse is on Family leave. Have not started the long interview process to find a new one.

Poem by Halima – Volunteer May 2023



We need you! Come and work for us as a Peer Project Worker

We are looking for people with a lived experience of mental health to come and facilitate courses in our college on a sessional basis.

We will be advertising these posts in June. To find out more please book onto one of our find out what it is about online sessions on:

Tuesday 6th June 9.30-10.30am

or

Thursday 8th June 9.00-10.00am

please email us to book on: ckrecovery.wellbeing@swyt.nhs.uk

thanks

Matt Ellis
He/Him

Recovery College Principal Calderdale and Kirklees

South West Yorkshire Partnership NHS Foundation Trust



CHAIR & TRUSTEE RECRUITMENT

Prosper Wakefield district, Formerly WDHCS (Wakefield & District Health & Community Support) is an independent grant making charity that wants to make a big difference.

We want to recruit an **experienced chair** as well as **new trustees** to strengthen our small but dynamic board as we enter an incredibly exciting time in the charity's history.

Our grant programmes support the VCSE sector in the district, who work with some of the most vulnerable people and communities, and those facing the greatest health inequalities. We also work with health, business, and public sector partners to identify and develop shared approaches to reduce gaps in health inequalities in some of the districts most deprived neighbourhoods and communities.

The work of Prosper has never been more needed. The impact of the pandemic and the ongoing cost of living crisis has created huge challenges for charities and community organisations, and their ability to thrive and survive, so if you feel passionately about making a difference in the Wakefield district, then we would love to hear from you.

We particularly seek applicants from under-represented and minority groups. We would benefit from expertise in the areas of finance and investments, the law, and grant making, and experience of working within the VCSE sector would be advantageous.

Applicants for both roles will have excellent communication skills, an understanding of the issues faced by the VCSE sector and be able to work well as part of a team of trustees. An understanding and acceptance of the legal duties, liabilities and responsibilities of trustees is also desirable. For the role of Chair, we are looking for someone who has done this role within a charity before, and who can work with our CEO and the rest of the board to deliver Prosper's vision and strategic plan.

As a trustee you will be offered training and development opportunities to support your role.

Please get in touch. For an initial discussion about these opportunities and to request an information pack, please contact us on 01924 373500 or email info@wdhcs.com



Programmes Summer 2023

General Self-Management (Online)

Monday 17 July - 21 August 2023, 10:30 AM - 1:00 PM

A 6-week programme for anyone living with any type of long-term health condition.

Learn tools and techniques to help us stay healthy and improve our wellbeing

New Beginnings for Mental Health (Online)

Thursday 10 August - 21 September 2023, 10:30 AM - 1:00 PM

A 7-week programme for those living with depression and/or anxiety. Learn tools and techniques to help improve our mental health

Cancer: Thriving and Surviving (Face to Face)

Friday 18 August - 22 September 2023, 10:30 AM - 1:00 PM

Venue: West Wakefield Methodist Church, Thornes Road, Wakefield WF2 8UR

A 6-week programme for those who have finished their cancer treatment. Learn ways to help manage the impact of cancer and focus on moving forward after treatment. Family members also welcome

Many of our programmes and workshops are delivered online, using the free application Microsoft Teams. All are available to anyone living in the Wakefield district who has, or cares for someone with, a long term health condition. To book on a programme, or for more information about all our programmes and workshops...

Email: paul.boyd@swyt.nhs.uk or telephone: 01924 255363



**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**

Managing Anxiety

**10/07/2023-17/07/2023
10.30am-12pm
Online**

Understanding hearing voices

**08/09/2023
1pm-3pm
Wakefield**

Creative Fitness

**13/09/2023-04/10/2023
3pm-4pm
Normanton**

Coping with Challenges

**21/09/2023
1.30pm-2.30pm
Online**

Accepting Change

**27/09/2023
1pm-3pm
Online**

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

With all of us in mind.

Community news!

TRINITY MODEL CLUB

MEETING SECOND SATURDAY OF
EVERY MONTH 10am -1pm
At Portobello Community Centre.
20 Portobello rd WF2 7JJ



All types of modellers & skill levels welcome. . £4 a session.



Made with PosterMyWall.com

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



There are many reasons to stop smoking...



If you're looking to go smokefree, you're up to 4 times more likely to stop with our help.

STOP SMOKING SUPPORT GROUP

St George's Community Centre, Lupset

Wednesdays
4-5pm
from 7th June



Yorkshire Smokefree Service
Website: www.yorkshiresmokefree.nhs.uk
Facebook: Yorkshire Smokefree
Twitter: @YSmokefree



COMING SOON TO
st george's



ROUTE TO SUCCESS

LAUNCH YOUR CAREER AS A BUS DRIVER

- Train for free,
- Learn the skills you need to be a bus driver in today's world,
- No bus driving experience necessary,
- Get expert support from a training provider that's helped 30,000 people into work,
- Guaranteed interview on completion.

Start a career that you love, with a great salary and guaranteed hours!

DON'T DELAY - ENQUIRE TODAY!



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



**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.

Walk-in Wardrobe

Open for appointments on Fridays.
Other days can be arranged based on
your needs & availability.

Please contact Lesley for further
information:

01924 369631

Lesley George

lesley.stables@stgeorgeslupset.org.uk



Live Well Wakefield Self Management Programme Cancer: Thriving and Surviving

*A 6-week programme for those who are dealing with
life after cancer. Learn tools and techniques to help
manage the impact of cancer and focus on moving
forward after treatment. A family member is also
welcome to participate*

Venue: West Wakefield Methodist Church,
Thornes Road, Wakefield WF2 8UR

The programme runs from 18 August to
22 September, 10:30 AM - 1:00 PM

For more information contact
paul.boyd@swyt.nhs.uk or telephone
01924 255363



wdh

Our friendly team of
advisors are here to
support any young person
16+ years, living in a WDH
property who is looking
for work, apprenticeships
or training courses.

Contact our community employment advisors
for further information at: CEA@wdh.co.uk
or call: 01977 788825

Sleep Hygiene
Six steps to better sleep:

- ✓ Try to go to sleep and wake up at regular times.
- ✓ Create a restful environment.
- ✓ Keep your bed for sleeping only.
- ✓ Don't clock watch or worry about how much sleep you're going to get.
- ✓ Avoid caffeine, nicotine or alcohol.
- ✓ Avoid looking at a computer and phone screen or TV before bed.

wdh Care Link

Touchstone (registered charity No. 1012053) is a leading voluntary sector agency providing high quality services to improve the health and wellbeing of local people

Mental Health Outreach Worker – Wakefield Community Enablement Team
NJC Scale Points 18 – 22, starting at £27,344 pa
2x 37 hours per week.

This role is fixed term for up to 2 years.

Touchstone is a multi-award-winning mental health and wellbeing charity operating in communities across Yorkshire. Touchstone understands that we can only deliver excellence to the people we serve if the people we recruit are happy, empowered, supported to reach their potential and trusted to lead.

We are seeking experienced, enthusiastic, self-motivated individuals to join a brand-new Community Enablement Team in Wakefield and surrounding areas. You will be joining at the very start of mobilisation, and key in establishing links with relevant partners. The role will be delivering 1-1 intensive floating support promoting person centred, recovery focused support in line with individual needs.

We aim to support individuals with multiple and complex mental health needs, reduce the risk of offending, reduce hospital admission to secure wards and homelessness. Promoting better health and wellbeing, increase independence, reduce reliance on services and maximise independence which is sustainable.

CLOSING DATE: 11 June 2023

Interviews will be held on: 20 June 2023

As an employee of Touchstone, all successful applicants continually benefit from the following:

- Personal wellbeing budget
- 28 days annual leave (rising to 31 after 2 years) + 8 bank holidays (pro-rata)
- Agile working policy
- Cycle to work scheme.
- Access to counselling and 24/7 confidential staff Mindful Employer helpline
- Health and wellbeing and fun organisational staff away days
- Inclusive maternity and parental policies and pay.
- A full range of staff and peer support networks
- Excellent staff engagement
- Lots of learning and development opportunities

Touchstone is an equal opportunities organisation, a Trans Positive employer and applications are welcome from all sections of the community, particularly, BME and LGBT communities and/or people with disabilities who are under-represented within Touchstone. Further information can be obtained from our equal opportunities policy. Please note that we do not hold a sponsor licence and we do not intend to offer sponsorship for this role. You should therefore ensure that you have/will have the right to work in the UK to be able to undertake this role, if appointed, you will be required to provide relevant right to work documents at the point of an offer being made to you. Applications can be obtained by visiting www.touchstonesupport.org.uk or by e-mailing recruitment@touchstonesupport.org.uk



Who'll be there? St George's Lupset, Yorkshire's Brain Tumour Charity, Trinity Mission, Castleford Heritage Trust, Age UK Wakefield District, National Trust, Home Start Wakefield, Turning Point, Prince of Wales Hospice, HealthWatch, Wakefield Museums & Castles, SWYPT, Wakefield Libraries, and Citizens Advice Wakefield District!

Join local charities and
organisations for our

Volunteer Celebration Event

- Say thank you to the incredible volunteers across Wakefield District
- Learn how you can get involved in volunteering too and find the perfect opportunity for you!
- Games & refreshments
- Volunteer prizes

Wednesday 7 June from 11am
Junction 32, Glasshoughton, WF10 4FR



With all of us in mind.

A GREAT DAY OUT AT WHISTLESTOP VALLEY

(FORMERLY KIRKLEES LIGHT RAILWAY)

Anyone who is a fan of steam railway engines will enjoy a visit to this popular visitor attraction based in Clayton West. The former colliery railway and working mainline railway (opened in 1879) is now a family visitor attraction featuring a narrow-gauge steam railway amongst other things!

For fans of miniature steam engines this is the place to go. The railway, which is over three and a half miles long, includes an original Victorian railway tunnel and takes passengers on a scenic journey to Shelley. You can join the railway at either station or occasional in between stops by request.

Whistlestop Valley is staffed by a full team of dedicated experienced staff and volunteers.

There are regular events with visiting locomotives (subject to any subsisting COVID restrictions) some attending from as far away as the Romney, Hythe & Dymchurch railway in Kent and Ravensglass & Eskdale railway in Cumbria.

This year's gala also saw visiting steam traction engines, and, despite restrictions, the team were fielding all available steam engines on the railway. There was also a steam car operating.

For those of you interested in vintage motor vehicles there are events and rallies with some interesting cars and buses attending at selected times of the year.

There are annual seasonal events including The Wizard Express and Ghost Trains at Halloween, and Santa Specials and Mince Pie Specials at Yuletide.

The original engine shed now houses a children's indoor play area together with seating and tables. Outside, there is a further large play area and a large jumping pillow for children to play on.

The workshop now houses engineering equipment capable of performing most jobs and repairs on the locomotives and carriages. Tours are sometimes available at events or on request to the staff.

At Clayton West there is a large café serving food and hot drinks.

At Shelley there is an ice-cream parlour with all sorts of sweet treats including waffles and hot drinks if required and a children's play area.

Whistlestop Valley is open on most weekends, Bank Holidays, and school holidays throughout the year with trains running on a regular basis. Selected term-time Mondays and Fridays also see the Young Engineers sessions aimed at toddlers, with a shorter train ride and all the inclusive activities at Clayton West.

Please note that the timetables should be checked out, but all trains start at, and return to, Clayton West.

There is a shop at Clayton West selling a range of souvenirs and toys.

Outside the shop there is a further miniature railway called the Clayton Flyer for children and adults. Here, visitors can ride behind seven $\frac{1}{4}$ inch gauge miniature locomotives operating around the pond.

This is a place of interest to all including train enthusiasts and steam buffs. I can fully recommend this having been a volunteer now for several years.

However please note that whilst most disabilities can be catered for, any passengers using wheelchairs would need to be able to physically leave the chair to ride on the train. Wheelchairs need to be able to fold down and be carried in one of the carriages. Please check in advance if you are unsure.

Pushchairs can also be accommodated.

Advance tickets can be purchased via whistlestopvalley.co.uk.

Overall, this is a good day out.

RYDER 2023

