

Positive Mental Health Network

Newsletter



23 May 2023

Edition 109

We have rebranded the newsletter. If there is a particular section you're interested in reading, click on it and it'll take you to that section

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Newsletters will be every two weeks. The next newsletter will be on the 6 June 2023.

Please send submissions to pmhnrwakefield@gmail.com by 1 June 2023.



Newsletter Updates

We have a google drive where leaflets/newsletters are stored

<https://drive.google.com/drive/folders/1zBDsXUsh98hIOek3MDA9qPpjKuGsc7>

Events & Meetings

Making a Difference in Dementia Care



Webinar: Making a difference in Dementia

Hear from carers and people living with dementia about how they've been involved in shaping and influencing health and care services, in addition to those working in the system driving positive change.



Booking queries: England.pldp@nhs.net



Making a difference in Dementia Care

Are you somebody
living with Dementia or
caring for somebody
with Dementia?



Join our event to:

Strengthening the hands

- Learn about some of the exciting new initiatives taking place to improve the lives of people living with Dementia



- Hear from people with lived experience of Dementia Care sharing how they've influenced positive change.

....of the people we serve

Making a difference in Dementia



31 May 2023



1pm – 2:30pm



Microsoft Teams

Booking Queries :

England.pldp@nhs.net

#MakingADifference

To register, please scan the QR code in the above poster or follow this link [Register here](#).



Services, Groups & Community Courses

F.A.B Wakefield & Spectrum People Antenatal Sessions

ANTENATAL SESSIONS

FIRST MONDAY OF EVERY
MONTH- STARTING 5TH JUNE

1:30PM-3PM

@ TIEVE TARA MEDICAL CENTRE
CASTLEFORD, WF10 2PQ

WE WILL COVER:

- HOW TO FEED YOUR BABY
- WHAT TO EXPECT IN THE
EARLY DAYS
- MAKING SURE BABY IS
SLEEPING SAFELY
- ANSWERING ANY QUESTIONS
YOU MAY HAVE

FRIENDS, FAMILY AND SUPPORT PERSONS
WELCOME TO COME ALONG !

F.A.B
Families and Babies

Spectrum
People

TO BOOK ON/FOR ANY MORE INFO PLEASE EMAIL

antenatal@familiesandbabies.org.uk



Maternal Journal at The Art House

MAtErnAl JouRnAl

Creative expression through journaling
for mums-to-be and mothers of under 5s,
supported by qualified midwives

*Includes painting, drawing,
collaging, printing!*

Childcare provided on-site.
Courses up to ten weeks.

Monday 10:00-12:00
Friday 10:00-12:00

Weekly sessions held in a relaxed,
supportive environment to
improve wellbeing at:

The Art House, Drury Lane,
Wakefield, WF1 2TE

To find out more, or refer a participant you are working with,
call 01924 312000 or email diane@the-arthouse.org.uk.



The Art House





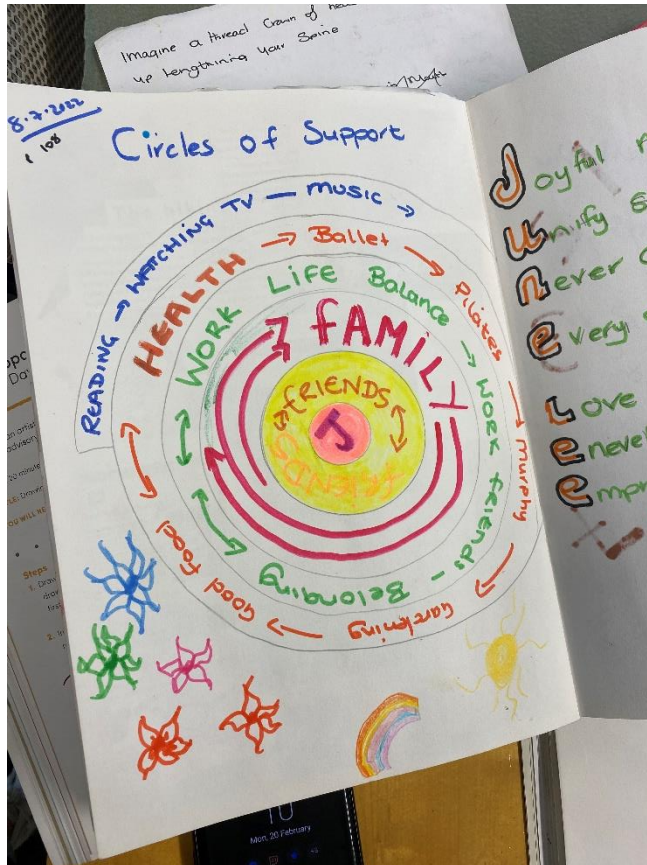
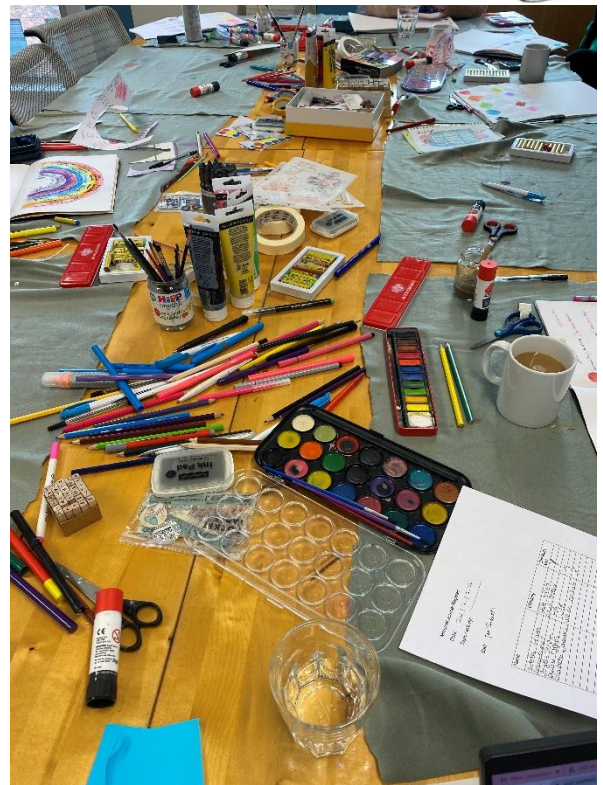
Come along to our creative sessions for pregnant and new mums looking to improve their wellbeing. Activities including drawing, painting, collaging and, most importantly, chat with others new to parenthood.

The new Monday sessions have just started, so there's a new group to join. Come along when you can, the course will run throughout this school term.

New Friday sessions will start from 9th June.

To find out more, or book a pre-visit, contact Diane at The Art House on diane@the-arthouse.org.uk or ring us on 01924 312000.

We are also looking to work with mum and baby/toddler groups across Wakefield district, so if you run one or know of one, please get in touch with Diane.





Gasped

Coffee Mornings



**OUR COFFEE MORNING
IS MOVING!**

**EVERY FRIDAY MORNING -
INCLUDING BANK HOLIDAYS**



10:00AM - 12:30PM




**15A LITTLE WESTGATE,
WAKEFIELD, WF1 1JZ**





NHS West Yorkshire
Integrated Care Board

Charity: 1072174
Company Registration: 03580792

COFFEE MORNING	COFFEE AFTERNOON	COFFEE EVENING
CONNECTIONS	OASIS CHRISTIAN CENTRE	CONNECTIONS
 <div>15a Little Westgate, Wakefield, WF1 1JZ</div>	 <div>10a Exchange Street, South Elmsall, WF9 2RD</div>	 <div>15a Little Westgate, Wakefield, WF1 1JZ</div>
 <div>10:00 - 12:30</div>	 <div>14:00 - 16:00</div>	 <div>18:00 - 21:00</div>
 <div>Every Friday</div>	 <div>Every Wednesday</div>	 <div>Every Monday</div>
<div>All who:<ul style="list-style-type: none">- Identify as male- Are aged 18 and over- Live in the Wakefield District<div>Are welcome to join us.</div></div> <div></div>	<div>All who:<ul style="list-style-type: none">- Identify as male- Are aged 18 and over- Live in the Wakefield District<div>Are welcome to join us.</div></div> <div></div>	<div>All who:<ul style="list-style-type: none">- Identify as male- Are aged 18 and over- Live in the Wakefield District<div>Are welcome to join us.</div></div> <div></div>
   <div>NHS West Yorkshire Integrated Care Board</div>		<div>Charity: 1072174 Company Registration: 03580792</div>



Supporting
Male Victims
of Domestic
Abuse



Our
independent
service offers
1-1 support,
advice,
information and
liaising on your
behalf.

VISIT US AT

5a
Cheapside
Wakefield
WF1 2SD

Are you a male
experiencing
domestic abuse or
have you been
affected by it?

Would you like to speak
to some confidentially ?

01924 787501
For More Information

Facebook - Gasped
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



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



FREE
course

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Wellbeing in the woods

Wellbeing in the woods is a therapeutic forest school in a woodland area at the rear of Fieldhead Hospital and will be run one day a week over a 6 week period, each session lasting around 3 hours. The sessions are ideal for young adults experiencing mild mental health challenges such as depression and anxiety and will prioritise access for individuals who may otherwise have difficulty accessing outdoor projects and experiences.

Participants will learn practical skills such as carving, woodland management, woodcraft skills, cooking etc. along with developing life skills such as self-awareness, self-esteem, confidence, self-management, resilience and determination and nature based mindfulness.

The sessions will be run by two level 3 Forest School practitioners and will provide engagement with outdoor natural environments which is beneficial for mental health and wellbeing through a restorative effect, positive social contact and opportunities for physical activity.

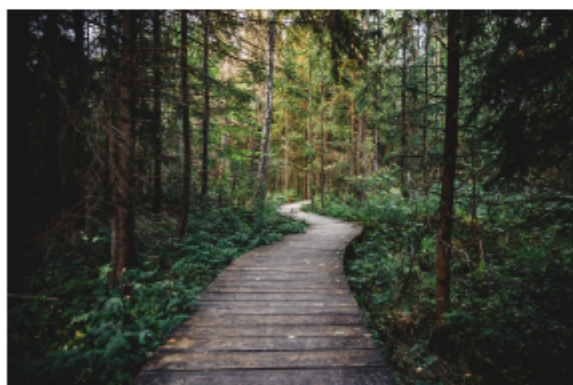
As there will be a lunch break during each session, please ensure you bring a packed lunch and drinks with you to each session. Please ensure you also wear weather-appropriate clothing and sturdy shoes (trainers or boots) for walking in the woodland.

At Fieldhead Campus

Starts on Monday 26 June 2023

Fieldhead Campus- Fieldhead Hospital, Ouchthorpe Lane, Wakefield

11.00am-2.00pm - 6 weekly sessions



With all of us in mind.

Face to face
18 - 25yr
olds

Limited
places
BOOK
EARLY!

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

Wakefield
Recovery and Wellbeing College
Home of the Discovery College



**FREE
course**

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

Introduction to Personality Disorder workshop

This workshop is for people who are interested in learning about what personality disorder means and how it may affect them or somebody they care about. It will include:-

- An overview of what personality disorder means
- The main categories and types
- How personality disorder affects people
- Different ideas about what causes personality disorder
- Treatments and approaches available
- Self help

Monday 5 June 2023
10.00am - 12.30pm

Connections
15a Westgate, Wakefield, West Yorkshire,
WF1 1JZ



**Face to
face
16-25yr
olds**

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

With all of us in mind.

Discovery College

Part of Wakefield Recovery and Wellbeing College



**FREE
course**

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



Creative Fitness course

Have you always hated the gym? Perhaps you've never found a kind of exercise or activity to keep you fit and healthy that you've actually enjoyed? Maybe you, like many many people, find gyms and fitness classes intimidating, anxiety provoking and uncomfortable?

During our 4 week creative fitness course, run in partnership with Vibe Fitness, you'll get the opportunity to try some completely new and unusual fitness styles and classes that will show you what alternative (and most importantly fun!) types of exercise are out there. You'll try things such as Boogie Bounce, rocking out with drumsticks in Pound, combat style sessions in the form of Badass and Boxercise, and stretching and toning using giant rubber bands in Body Bands! You'll get to see the positive effect that this will have on your mental wellbeing, as well as your physical wellbeing, and will do so in a comfortable, welcoming, small and friendly setting.

Please note that you can join this at any time within the 4 weeks and join for as long or as little as you like. Please ensure you bring a bottle of water with you and wear appropriate clothing and footwear for exercise.

Starts on Wednesday 7 June 2023
4 weekly sessions
3.00pm-4.00pm

Vibe Fitness Gym, Normanton

Face to
face
16-25yr
olds



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

With all of us in mind.

Discovery College

Part of Wakefield Recovery and Wellbeing College



Are you work ready but needing a little support?

Newground Together can support you with:

- Job searching
- Completing online applications
- Interview preparation
- In work support for 6 months
- Funding for interview clothing

Tuesday

9.30am - 4pm - Castleford Library

Wednesday

9.30am - 12pm - South Elmsall Library
1pm - 3.30pm - Pontefract Library

Thursday

12 - 2pm - Soup4Em, South Kirkby



Get in touch



Let our friendly team help you with your CV and show you the best ways to look for work and get the job you want. We can also provide advice and support for many other housing related questions. We look forward to helping you.

Appointments available on other days, contact the team to enquire. For more information call **Beth on 07872 060010** or **Koren on 07816 546879**.

Text **JOBCLUB** to either number for a call back.

Email: hello@newground.co.uk





Professional Education & Training

Skills Connect



Do you enjoy volunteering and helping others?

Would you like help to progress your volunteering to pursue a career in the health and social care sector?

We would like to invite you to attend a free 6 weeks skills workshop.

Over the 6 weeks you will learn about a variety of careers available in the health and social care sector, whilst learning employability skills and exploring your own individual transferable skills. You will receive ongoing free coaching support to help you progress your career in the health and social care sector.

Wakefield: Every Tuesday (9.30am-12.30pm) from 6th June until 11th July

Register your interest: becky@octavialearning.co.uk / 07545 838605

FUTUREGOALS

West
Yorkshire
Council
Authority

Tracy Brabin
Mayor
of Wakefield

LEP
Leeds City Region
Enterprise
Partnership

Courses
delivered by:





SafeTalk

The dates for the next 3 SafeTALK courses in Wakefield have been announced! They are free to those living, working or learning in the Wakefield district.

It's a half day course on suicide awareness; how to spot the signs, what to do and how to get help.

Click on the following links to book:

[SafeTALK Training- Knottingley Tickets, Fri 16 Jun 2023 at 11:30 | Eventbrite](#)

[SafeTALK Training- Pontefract Tickets, Mon 26 Jun 2023 at 09:30 | Eventbrite](#)

[SafeTALK Training- Airedale Tickets, Wed 19 Jul 2023 at 09:30 |](#)

Job/ Volunteer Opportunities

Home Start – volunteers needed



VOLUNTEERS NEEDED

Are you a parent who would like to use your spare time to help other parents? Would you like to help support parents that are experiencing perinatal mental health difficulties?

We need people with your experience to volunteer at Home-Start

- Make a difference to the lives of parents and children
- Enhance your well-being
- Access free, high quality training

Find out more:

<https://homestartwakefield.org.uk/>

Contact 01924 251205 / 0778 7823441

Home-Start House, 2 Kilnsey Road, Eastmoor, Wakefield Wf1 4RW

**HOME
START**

**Wakefield
& District**



Make their early years count

Being a parent is hard for everyone; for some it can be overwhelming. Some of us have a fantastic support network of family and friends to help, some of us don't.

With your knowledge and experience as a mum or dad, grandparent or carer, you could be the vital support a family needs and make a big difference to their lives.



If you could give as little as two hours a week to support a parent and their children, then please get in touch.

home-



start.org.uk/

@home-Startwakefield&district

We're there for parents when they need us most.

Join us and:

- GAIN ACCESS TO FREE, HIGH QUALITY TRAINING
- LEARN NEW SKILLS
- ENHANCE YOUR WELLBEING
- MAKE NEW FRIENDS & CONNECT WITH YOUR COMMUNITY
- CHANGE THE LIVES OF THE FAMILIES YOU SUPPORT

Home-Start UK. A charitable company limited by guarantee.

Charity no. in England and Wales 1108837 and in Scotland SC039172. Company no. 5382181.

Registered office: The Crescent, King Street, Leicester, LE1 6RX. © Home-Start UK



HEALTH CARE ENGAGEMENT PROJECT

WHAT IS THE PROJECT ABOUT?

THIS PROJECT AIMS TO DESIGN WAKEFIELD SPECIFIC MARKETING AND COMMUNICATIONS TO MAKE THE ANNUAL HEALTH CHECK A MORE SUPPORTIVE AND ATTRACTIVE OFFER

WHY IS AN ANNUAL HEALTH CHECK IMPORTANT?

PEOPLE ON THE SMI REGISTER ARE MORE LIKELY TO DIE EARLY. WE ARE LOOKING AT A NUMBER OF WAYS THAT WE CAN ENCOURAGE PEOPLE TO ATTEND APPOINTMENTS TO HELP LESSEN THIS INEQUALITY.

WHO WILL BE ON THE DESIGN GROUP?

WE WILL WORK WITH PROFESSIONALS FROM SOUTH WEST YORKSHIRE, A LOCAL ARTIST AND THE LOCAL ICB TO LOOK AT ALL KINDS OF MEDIA TO ADVERTISE AND GIVE INFORMATION ABOUT THEIR ANNUAL HEALTH CHECK.

THURSDAY 1ST JUNE 2023
THURSDAY 15TH JUNE 2023
THURSDAY 29TH JUNE 2023
THURSDAY 13TH JULY 2023

WHAT IS A SEVERE MENTAL ILLNESS?

THE NICE GUIDELINES STATE THAT A SEVERE MENTAL ILLNESS IS A DIAGNOSIS OF:
PSYCHOSIS, SCHIZOPHRENIA & BI-POLAR DISORDER



WILL I GET PAID FOR MY PARTICIPATION?

YES, WE PAY £20 FOR YOUR PARTICIPATION PER SESSION. THIS WILL BE PAYABLE INTO YOUR BANK ACCOUNT.

THURSDAY 27TH JULY 2023
THURSDAY 19TH AUGUST 2023
THURSDAY 24TH AUGUST 2023
THURSDAY 7TH SEPTEMBER 2023

ALL SESSIONS WILL BE HELD AT:

NOVA, 11 UPPER HALL STREET, WAKEFIELD, WF1 3RQ



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