

Positive Mental Health Network

Newsletter



9th 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 23 May 2023.

Please send submissions to pmhnrwakefield@gmail.com by 18 May 2023.



Newsletter Updates

We have a google drive where leaflets/newsletters are stored

<https://drive.google.com/drive/folders/1zBDsXUsh98h1Oek3MDA9gPpjKuGsc7>

Postcards from Wakefield

Events are happening across the Wakefield District next week for PMHN's long running project, Postcards from Wakefield, which is run on Mental Health Awareness week.

Mental Health Awareness Week is the week commencing 15 May and we'll be running various events during that week. Come along to the events to help out for an hour or 15 mins or write a postcard!

POSITIVE MENTAL HEALTH NETWORK
POSTCARDS FROM WAKEFIELD EVENTS
15TH - 21ST MAY
15/05/23

10AM - 12PM AIREDALE LIBRARY	5-8PM CONNEXIONS. WAKEFIELD
12PM-4PM TRINITY WALK. WAKEFIELD	
16/05/23	
12 - 4PM TRINITY WALK. WAKEFIELD	4.30-6.30PM THE HUT. AIREDALE
10-12PM TIME FOR TEA. MORRISONS. DEWSBURY RD	

PMHNWAKEFIELD@GMAIL.COM

17/05/23

12 - 4PM TRINITY WALK. WAKEFIELD	1-4PM OASIS. SOUTH ELMSALL
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18/05/23

AM MAN MATTERS GASPED	4.30-6.30PM THE HUT. AIREDALE
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19/05/23

10AM-2PM CASTLEFORD MARKET	MINDFUL MOVERS
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20/05/23

10 - 1PM THE RIDINGS

PMHNWAKEFIELD@GMAIL.COM



Services, Groups & Community Courses

The Prince of Wales Hospice, Death Cafe:




THE PRINCE OF WALES HOSPICE

Care. Compassion. Community.

"YOU MATTER BECAUSE YOU ARE YOU, AND YOU MATTER TO THE LAST MOMENT OF YOUR LIFE."

Death Café

Tuesday, 16 May 2023 2pm - 4pm
Hopsice Furniture Shop, 34 Albion Street, Castleford, WF10 1EN



The Prince of Wales Hospice would like to invite you for an open coffee afternoon to celebrate and promote Hospice care. This will give you the opportunity to ask questions, share thoughts and meet some of our Hospice team.



pwh.org.uk
01977 708868
Registered Charity No: 514999



Turning Point

Turning Point Talking Therapies workshops are delivered by qualified therapists and follow evidence-based treatment. 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:

Managing Anxiety & Worry

Sunday 14th May, 11:00am - 12:30pm

Online

**TURNING POINT
TALKING THERAPIES**

Supporting Loved Ones

Wednesday 17th May, 11.30am-1pm

Address: 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

Address: Airedale Library, The Airedale Centre, The Square, Castleford WF10 3JJ

Loneliness & Isolation

Monday 22nd May, 11:30am - 1pm

Address: Airedale Library, The Airedale Centre, The Square, Castleford WF10 3JJ

Managing Anger & Irritability

Sunday 28th May, 1pm - 2:30pm

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>



Surveys, Campaigns, New Websites & Other Newsletters

Thank You from Think Creative Group



I would like to say a massive **Thank You** to everyone who responded to a recent request for help finding a room where I could hold a gaming group for neurodivergent children.

I was blown away by the number of people responding to offer advice and information. I have been to look at a few and have possibly found somewhere that is the most suitable.

Thank you mel@thinkcre8tivegroup.com

Wakefield Recovery College The Supporter Newsletter

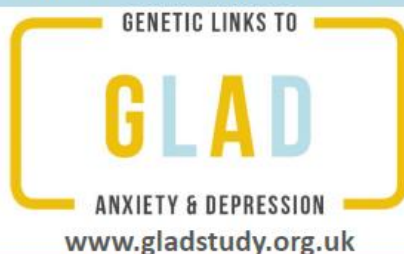
Welcome to this week's edition of The Supporter Newsletter. You can view a copy of the newsletter directly here [Newsletter The Supporter Edition 153 5 May 2023 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-153-5-may-2023).

New to the newsletter? Take a look at some of our past editions here [The Supporter Newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/the-supporter-newsletter-wakefield-recovery-and-wellbeing-college).



Recruitment for GLAD Study

GLAD Study Recruitment Leaflet v1.1 REC Ref: 18/LO/1218 Date: 25/09/2018



An exciting opportunity to get involved in the largest ever study of anxiety and depression!

Are you:

- ☒ Aged 16+?
- ☒ Living in the UK?
- ☒ Suffering from clinical levels of depression and/or anxiety, or suffered from these in the past?

What is the GLAD study?

The GLAD Study is a project set up to explore **risk factors** in individuals who have experienced **depression and/or anxiety, including those with a diagnosis of bipolar disorder, OCD, or related disorders**, at any time in their lives.

It aims to **better understand** depression and anxiety in order to **find and develop more effective treatments**.

Find out more by going to www.gladstudy.org.uk

How do I take part in the GLAD study?

You can take part in the GLAD study by following the sign-up steps.

These are designed to be easy to complete and are:

1. Register on our website, www.gladstudy.org.uk, and read the information sheet
2. Provide your **consent** using our online form
3. Complete an **online questionnaire** to see if you are eligible. This takes around 30 minutes
4. Send a **saliva DNA sample** through the post



Once you have completed these steps, you will be able to see information on the website about a number of **optional questionnaires** or **other research studies** that are being carried out. You can choose to take part in these studies should you wish to.

Once you are enrolled in the GLAD study, you are free to withdraw at any time if you choose

Who can I contact if I have more questions?

If you are interested in joining the GLAD study but have more questions, you can visit our FAQ page at www.gladstudy.org.uk/faqs

Alternatively you can contact us via:

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| @ Email: gladstudy@kcl.ac.uk | Facebook: @JoinGladStudy |
| Freephone: 0800 634 4504 | Twitter: @GladStudy |
| Phone: 0207 848 1638 | Instagram: @GladStudy |

Find out more by going to www.gladstudy.org.uk