

# Newsletter



18 July 2023

Edition 112

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 1 August 2023.

Please send submissions to [pmhnowakefield@gmail.com](mailto:pmhnowakefield@gmail.com) by 27 July 2023.



## Network Updates

We have a google drive where leaflets/newsletters are stored

<https://drive.google.com/drive/folders/1zBDsXU5yh98hIOek3MDA9qPpjKuGsc7>

Previous newsletters can also be found here: [Positive Mental Health Network newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

## Positive Mental Health Network -Summary of Successes

- Pre covid we had 60 members. **We now have over 220 members** who are active and provide peer to peer support to each other. We are more than a distribution list. We are an active movement where members regularly step out of their job/volunteer/service user role to go above and beyond and help each other.
- Members contributed **over 70 hours** talking to people during mental health awareness week *alone* this year
  - Volunteers contributed an **additional 40 hours**
- Over the past 5 years of our **Postcards from Wakefield** initiative, we have reached over **10,000 people**
- We have signposted numerous vulnerable people to access support
- We have a place on the Mental Health Alliance, and our three representatives have spent **over 100 hours** this year to date, representing members and service users.
- On behalf of the network, **Spectrum People** have collated thousands of articles to design, create, and distribute **over 100 newsletters** sharing mental health information between our members
- Via our place on the Alliance, we have had a role in helping to secure funding for **8 VCS projects in 2023/24, totalling £497,951** from Mental Health Investment Standard Investment. Additional funding will be made available through the Alliance from Sustainable Development funding, and we had a part in co-designing that, for example on the Community Mental Health Transformation
- We are in our 3<sup>rd</sup> year of producing free **Wellbeing Packs** for vulnerable people and this year, with thanks to the **Recovery College**, we made **1500 packs** and distributed around 1400 of them so far
- We received over **£2,500 worth of donations** for our Wellbeing Packs this year. (Last year Lush donated **1,500 full sized** products)
- Our network has evolved, and individuals have represented members' views at **Wakefield and West Yorkshire level** in all sectors and have contributed to **3 Wakefield Schwartz Rounds**
- We have introduced and linked a huge number of people, organisations, and groups together, and made a positive difference to reducing stigma around mental health, networking and sharing good practice



## Events & Meetings

### Online Launch of videos for people with lived experiences

**Online Launch of videos for people with lived experiences** ★

★

**21 July at 1pm - 2pm**  
**Microsoft Teams Meeting Online Launch**  
**Book your space on Eventbrite**

★

**Six ten minute videos have been produced where people share their journeys and experiences of receiving both good and not so good support around their mental health needs.**

**These videos were produced through a collaboration of West Yorkshire Health & Care Partnership, Forum Central, University of Leeds and different UCSE organisations from across West Yorkshire.**

★

**At this screening we will share a 10 minute extract of these videos that will be used to raise awareness around mental health and used in training and induction for staff and volunteers.**

★

Click here to book your place at this amazing event:

<https://www.eventbrite.co.uk/e/online-launch-videos-of-people-with-lived-experience-tickets-673755820797?aff=oddtcreator>



## Appletree Garden Open for Everyone



# Appletree Garden Open For Everyone

26th July 2023  
10am - 4pm



Refreshments



Crafts



Garden Tours



Seed Swap



Mindfulness activities

Agbrigg Road, Wakefield. Follow directions to WF1 5AE, and you'll find us down the long driveway opposite Newland St. You can also Search "Appletree Community Garden" via google maps

Some activities are weather dependent and may be subject to change  
Parking available at Sandal & Agbrigg Station





## Services, Groups & Community Courses

### Adult Cuppa & Craft

# Adult Cuppa & Craft

Free sessions open to everyone  
No previous experience required  
Come for a cuppa, chat, craft

**When?** Every Thursday from 12:30pm - 2:30pm

**Where?** Tieve Tara Medical Centre  
Address: Park Dale, Castleford, WF10 2QP



Are you wanting to  
reconnect with local  
people?

For more information, contact Spectrum  
People on 07720 899781 or email  
[spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)





Parental Support Group

# Parental Support Group

(pre school children welcome to attend)

Spectrum People are running a regular drop in parental support group. Come along for a cuppa, a chat and a chance to be creative (optional/ no artistic ability required) some toys are available for young children.

WHEN : Every Monday (except the first Monday of the month) commencing the 24th of July

WHERE : Tieve Tara Medical Centre . Park Dl. Castleford.  
WF10 2QP

Time: 1 - 2:30pm



For more info contact: 07542 028297 Or  
spectrumpeople@spectrum-cic.nhs.uk





## Bring Me to Life

We are delighted to announce that our Buggy Walks are back! As part of our [#WalkItThrough](#) project, now funded by City Connect Community Grants scheme – supporting organisations like ours to help people to walk and cycle more.

Buggy Walk Tuesdays – A walk for women who have or who are caring for young children/babies @ Thornes Park – Meet outside the stadium @ 10am

# Buggy Walks

**A safe and welcoming walk for women who have or who are caring for young children/babies.**

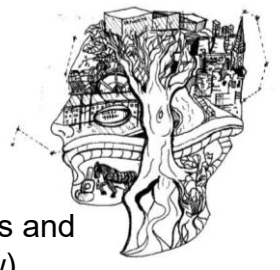


Meet other like-minded women outdoors for some gentle exercise and relaxed conversation.

**Every Tuesday @Thornes Park, Wakefield - Meet outside the Stadium @ 10am**

To register please contact [catherine@bringmetolife.co.uk](mailto:catherine@bringmetolife.co.uk)





...our other 2 weekly evening walks continue to run as usual on Wednesdays and Thursdays in Wakefield and Pontefract (see further details on the flyer below)

# #WalkItThrough

## WOMEN ONLY WALK 'N' TALK GROUPS

Meet other like-minded women for some gentle exercise, relaxed conversation and share experiences on a safe and welcoming walk

**#WalkItThrough Tuesdays - Buggy walk** : Thornes Park, Wakefield - Meet outside the Stadium @ 10am

**#WalkItThrough Wednesdays** : Thornes Park, Wakefield - Meet outside the Stadium @ 6.30pm

**#WalkItThrough Thursdays**: Pontefract Park, Park Road - Meet outside the children's play area @ 6pm



To register for any of our walks, please do so via our new registration form: [BMTL-Walk registration](#) then just turn up on the day/evening!

Project [#WalkItThrough](#) supports women to build confidence and feel safe using outdoor and green spaces – promoting positive mental health and contributing to the vital work around reducing VAWG (violence against women and girls)

See more about City Connect at - <https://www.cyclecityconnect.co.uk/>

For any other information/questions, drop us a message or email [catherine@bringmetolife.co.uk](mailto:catherine@bringmetolife.co.uk)





## Community Engagement sessions looking at non-surgical cancer care

Healthwatch Wakefield in partnership with the West Yorkshire and Harrogate Cancer Alliance are running a series of community engagement sessions looking at non-surgical cancer care.

They want to hear peoples' views on the way treatment such as chemotherapy and radiotherapy is offered. You don't need knowledge or awareness about non-surgical cancer care, as all the information will be provided at the session.

Events are being held in Leeds, Wakefield, Bradford, Kirklees, Harrogate, Calderdale and Airedale, as well as two online sessions. You can see a full list in the attachment which gives the Eventbrite link for booking your place. You can also contact Michelle on 07542 850661 or email [michelle.poucher@healthwatchwakefield.co.uk](mailto:michelle.poucher@healthwatchwakefield.co.uk) for more information.

## Thriving and Surviving course - for those dealing with life after cancer

This course is offered to anyone in Wakefield district who has finished cancer treatment. For more information, please see the attachment.

## Online Support Group

This month our online support group has a guest, Mark Jones, from Co-op Estate Planning who will be talking about some of the later life issues which are good to know about - issues such as protecting your family nest egg, inheritance tax, stopping 'sideways inheritance' and lasting powers of attorney.

## JOIN US

Wednesday 12 July  
11:15 – 12:15

**Yorkshire Cancer Community  
online support group**

Today we have Mark Jones from Co-op Estate Planning who will be talking to us about some of the later life issues such as protecting your family's nest egg, inheritance tax, stopping 'sideways inheritance' and lasting powers of attorney.

While the message is serious, Mark's delivery will be informal with a chance for you to ask questions. Come and join us on zoom.



For further information email Jill Long  
[jill@yorkshirecancercommunity.co.uk](mailto:jill@yorkshirecancercommunity.co.uk)  
or call 07715 217845

Mark's talk is informal and he is not selling any services. You can ask him any questions in the session which will be on zoom on Wednesday 12 July from 11.15 - 12.15. Please contact [jill@yorkshirecancercommunity.co.uk](mailto:jill@yorkshirecancercommunity.co.uk) for a zoom link.





## Non-Surgical Cancer Care Engagement Sessions

We want your views on non-surgical cancer care. We need to hear from you to improve the way services are delivered in the future. Sessions will be informative, relaxed and refreshments will be served.

- **Wakefield - St Swithuns Centre, Eastmoor, WF1**

**Weds 5 July 10.30-12.30**

[Book here](#)

- **Bradford - The Thornbury Centre, BD5**

**Weds 12 July 10.30-12.30**

[Book here](#)

- **Kirklees – Birstall Community Centre, WF17**

**Mon 31 July 10.30-12.30**

[Book here](#)

- **Harrogate – Oatlands Community Centre, HG2**

**Weds 2 August 10.30-12.30**

[Book here](#)

- **Calderdale - Brighouse library, HD6**

**Fri 18 August 10.30-12.30**

[Book here](#)

- **Leeds - Hamara Centre, Beeston, LS11**

**Weds 23 Aug 10.30-12.30**

[Book here](#)

Online Sessions (zoom):

Mon 14 August 6-7.30pm: [Book here](#)

Weds 16 August 10-11.30am: [Book here](#)



Gasped

Man Matters:

**MAN MATTERS**

# OUR SERVICES:

**Coffee Groups**



**Advice & Practical Support**



**Counselling**



For all who identify as male, are aged 18 & over and live in the Wakefield District.

Call our line, open Monday-Friday, 9am-5pm, for a confidential chat to find the right steps for you.

 **5-5a Cheapside,  
Wakefield,  
WF1 2SD**

 **01924 787507**



Charity: 1072174  
Company Registration: 03580792



## Supporting Male Victims of Domestic Abuse:



Supporting  
Male Victims  
of Domestic  
Abuse

**GASPED**

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 - Gaped  
[www.Gaped.co.uk](http://www.Gaped.co.uk)

Charity: 1072174  
Company Registration: 03580792



## Turning Point Talking Therapies – Free Emotional Wellbeing Workshops from July – September

# FREE EMOTIONAL WELLBEING WORKSHOPS



Delivered by one of our therapists who will talk you through steps you can make to improve your mood and quality of life.

### COMBATING LOW MOOD

Sun 9th July: 11.00am - 12:30pm Sun  
Mon 7th August: 11.30am - 1pm, Face to Face at Airedale Library  
Sun 17th August: 1pm - 2:30pm

### MANAGING WORK STRESS

Sun 9th July: 1.00pm - 2.30pm  
Mon 21st Aug: 11.30am - 1pm, Face to face at Airedale Library

### WELLBEING

Mon 10th July: 11:30am - 1pm, Face to face at Airedale Library

### MENOPAUSE & ME

Wed 12th July: 11.30am - 1pm, Face to face at Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL  
Sun 20th August: 1pm - 2:30pm

### MANAGING ANGER & IRRITABILITY

Sun 16th July: 11.00am - 12:30pm

### MANAGING ANXIETY & WORRY

Sun 16th July: 1pm - 2:30pm  
Sun 27th August: 11am - 12:30pm  
Mon 11th September: 11:30am - 1pm, Face to Face at Airedale Library  
Sun 24th September: 1pm - 2:30pm

### LIVING IN UNCERTAIN TIMES

Mon 17th July: 11:30am - 1pm, Face to face at Airedale Library

### BEING KIND TO YOURSELF

Mon 24th July: 11:30am - 1pm, Face to face at Airedale Library

### POSITIVE BODY IMAGE

Sun 6th August: 11:00am - 12:30pm  
Mon 18th September: 11:30am - 1pm, Face to face at Airedale Library

### SUPPORTING SINGLE PARENTS

Sun 6th August: 1pm - 2:30pm

### STRESS AS A PARENT

Sun 8th August: 1pm - 2:30pm

### EMOTIONAL EATING

Mon 14th August: 11:30am - 1pm, Face to face at Airedale Library

### LIVING WITH CHRONIC PAIN

Sun 27th August: 1pm - 2:30pm

### OVERCOMING PANIC ATTACKS

Mon 4th September: 11:30am - 1pm, Face to face at Airedale Library

### SUPPORTING LOVED ONES

Sun 24th September: 11:00am - 12:30pm

To book on you need to be aged 16 + and registered with a Wakefield and 5 Towns GP.  
[talking.turning-point.co.uk/Wakefield](http://talking.turning-point.co.uk/Wakefield)  
or call 01924 234 860.





## New Wakefield Community Enablement Team is launching very soon

### New Service Announcement

**Our new Wakefield Community Enablement Team (CET) is launching very soon\*.**

Wakefield CET is a brand new **community-based support service**, which will support people with multiple and complex mental health needs to enable you to live independently within your own community.

**The service is for individuals living in Wakefield and surrounding areas that meet the following:**

- Aged 16+
- Have complex mental and emotional health needs.
- Need support with accessing community-based activities.

Who may be at risk of a deterioration of mental health, tenancy related issues, re-admission to hospital or risk of re-offending.

**\*This service is funded by NHS West Yorkshire Integrated Care Board.**

**For more information on the service, please contact:**

JillG@TouchstoneSupport.org.uk  
07760 173479



## Live Well Wakefield – Cancer: Thriving and Surviving



Empowering people with long term conditions to live their best life

This programme is delivered by people with lived experience of a cancer diagnosis in their lives

### Cancer: Thriving and Surviving

For those dealing with life after cancer

An opportunity for you to learn and share supportive tools and techniques together with others - to help you stay more in control of your health and wellbeing



**Focus of the programme:**

- Problem-solving skills
- Ways to talk to others about cancer
- Managing bodily changes after treatment
- Setting realistic goals, to build on recovery
- Ways to manage living with uncertainty
- Dealing with difficult emotions about cancer

This programme is also valuable for carers of loved ones who are living after cancer

**When: 10:30am until 1:00pm every Friday for 6 weeks -  
18th August until 22nd September**

**Where: West Wakefield Methodist Church, Thornes Road,  
Wakefield, WF2 8UR**

Participants must be 18+, and live in the Wakefield district, or be registered with a Wakefield GP

For more information and future in person/online dates, please contact us:

[livewellwakefield@swyt.nhs.uk](mailto:livewellwakefield@swyt.nhs.uk) 01924 255363 [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)



## Wakefield Recovery & Wellbeing College

What's coming up at the Recovery College:

**What's coming up at the Wakefield Recovery College**

**18+**

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

<b>Everyday first aid</b> 10/07/2023 10-11.30am Pontefract	<b>Accepting change</b> 11/07/23 - 18/07/2023 1-3pm Online	<b>Dyslexia awareness</b> 13/07/2023 10.30am-12.30pm Online	<b>Body image and self esteem</b> 13/07/23 1.30-3.30pm Online
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**We have a few places left on these Recovery College courses coming up before we take our summer break. Please contact the College if you would like to enrol.**

<b>The inner scream: Understanding self-harm</b> 18/07/2023 1-4pm Wakefield	<b>Feeling positive, busting stress</b> 18/07/23 3.30-4.30pm Online	<b>Managing depression</b> 19/07/2023 - 26/07/23 1-3pm Online	<b>Recognising burnout</b> 20/07/2023 1-3pm Online
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<b>Summer rag wreaths</b> 20/07/2023 1-3pm Wakefield	<b>Managing fatigue with health conditions</b> 27/07/2023 1-2pm Online
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Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
 01924 316946

**Wakefield Recovery and Wellbeing College**  
Home of the Discovery College

With all of us in mind.



## Understanding Post-Traumatic Stress Reactions:



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

## Understanding post-traumatic stress reactions

This workshop is for people who are experiencing post-traumatic stress reactions, including post-traumatic stress disorder (PTSD) and the people who care for, or support, them.

We will look at why post-traumatic stress reactions persist and teach some ways of managing the different symptoms. This workshop will focus on:

- Understanding common reactions to very distressing or traumatic situations
- Strategies that can be used to cope with symptoms such as flashbacks
- How to start rebuilding life after a traumatic experience

Tuesday 5 & 12 September 2023

11.00am - 12.00pm

Online via Microsoft Teams



Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946

With all of us in mind.

**Wakefield**  
Recovery and Wellbeing College  
Home of the Discovery College





## Professional Education & Training

### V.I.P webinar

The number of children and young people vaping is increasing across the Wakefield district. As you may be aware, smoking remains the single biggest cause of preventable illness and death yet around a quarter of children and young people in Wakefield are exposed to smoking both in and around their own home.

Wakefield Council's Public Health Team is hosting an informative **FREE** webinar for those with an interest in tackling the issues of youth vaping & smoking with an aim to be 'proud to be smokefree'

The webinar will take place on **Monday 25<sup>th</sup> September 2023 @ 3.30pm-5pm.**

The three topic areas of focus are:

- Vaping
- Illegal Tobacco
- Proud to be Smokefree

This is a fantastic opportunity for Wakefield organisations and practitioners to find out more about current trends and facts about vaping, how partners are tackling vaping and smoking locally. Information about support for children, families and how your organisation can get involved will be promoted throughout the session.

A formal invite and booking information to follow shortly.

### SOLACE e-learning: refugee and asylum seeker mental health

SOLACE is offering two online courses on understanding the mental health needs of refugees and asylum seekers and on effective therapeutic support for asylum seekers. Further details and registration can be found [here](#).

## Job/ Volunteer Opportunities

### Healthwatch Mental Health Community Panel Coordinator Vacancy

Recruitment now live:

[Mental Health Community Panel Coordinator | Healthwatch Wakefield | | CharityJob](#)

**Closes: 23<sup>rd</sup> July 2023 at 23:30**



## Service Manager Vacancy at Wakefield Safe Space (Touchstone)

Hours: 37 hours per week

Contract Length: Permanent

**Closes: 18 July 2023, at 10:00am.**

Salary: NJC Points 26 – 28, starting £32,909 pa

If you would like to know more about this role, please contact [recruitment@touchstonesupport.org.uk](mailto:recruitment@touchstonesupport.org.uk)

**WE ARE HIRING**  
**Service Manager**  
Wakefield Safe Space

**SALARY:**  
NJC Points 26 - 28,  
starting £32,909 pa  
**HOURS:**  
37 hours per week

## Involvement Coordinator at Deaf Experience Ltd

### Involvement Coordinator – Deaf Experience Limited

Hours: 21 hours a week

Salary: £22,320 a year or £1,860 a month (actual)



Fixed term contract up to 31st March 2025 (we hope to extend the contract subject to funding)

Do you want to make an impact on the wellbeing and futures of deaf children and young people? Do you have the drive and passion to meaningfully involve and empower people in their personal development journeys?

If you are looking for an exciting opportunity to lead participation initiatives for our deaf youth work projects, then this role is for you!

#### Your key responsibilities will include:

- Implementing a range of activities for deaf young people, ensuring they are involved in shaping their futures, and the future of our charity.
- Empowering deaf young people to share their opinions, ideas, and aspirations through various ways such as workshops, focus groups and social media.
- Facilitating our volunteer development programme, providing guidance, training, and development opportunities.
- Supporting in the development of our Involvement Policy, by monitoring and evaluating the impact of involvement in order to continually improve our work.

#### We are looking for someone with:

- Excellent communication and interpersonal skills, with the ability to adapt your approach to different audiences.
- Strong team working skills, with a sense of fun and warmth.
- Experience in participation and/or involvement work in community projects, preferably within a deaf or disability-focused organisation.
- Creativity and innovation to develop engaging activities that promote involvement and empower deaf young people.
- Excellent organisational skills, with the ability to manage multiple priorities and meet deadlines.

It is desirable to have an understanding and appreciation of deaf culture, British Sign Language and the barriers faced by deaf young people.

**Working arrangements:** You will work from our office based at Leeds Society for Deaf and Blind People for a minimum of two days a week, with the potential option for some flexible home working. Working hours will involve one evening and one weekend day a month.

If you would like to find out more and how to apply, please contact Claire Baldwin, Executive Officer by email [claire.baldwin@dex.org.uk](mailto:claire.baldwin@dex.org.uk) or text/WhatsApp 07564 860987 or apply via Charity Job. We encourage you to have an informal chat about the role before applying.

Closing date: Thursday 27th July 5pm

Expected interview date: Wednesday 2nd August at Leeds Society for Deaf and Blind People

The BSL version can be found on our YouTube channel

here: [https://youtu.be/HRGjL\\_xp3PQ](https://youtu.be/HRGjL_xp3PQ)

To apply please visit the following link: [Involvement Coordinator | Deaf Experience Limited | | CharityJob](#)



## Surveys, Campaigns, New Websites & Other Newsletters

### Debt respite scheme (breathing space) guidance

New guidance that has been published on the [Breathing Space debt respite scheme](#) for people in mental health crisis. The guidance has been updated with key changes following a recent High Court judgement.

### Don't bin your inhalers!

Wakefield Council, Wakefield District Health and Care Partnership and Renewi and are working together to explain why you shouldn't throw inhalers away in your recycling or household waste.

Unfortunately, not many people know that inhalers should not be thrown in regular recycling or household waste. This is because, while the gas in pressurised metered dose inhalers (pMDI) is completely safe to use, it can be harmful to the environment if not disposed of correctly.

Up to 30% of propellant can be remaining in a finished inhaler cannister. The cannisters can burst in landfill and then the gas is released into the atmosphere. Inhalers should be returned to your local community pharmacy where the cannisters can be sent to be incinerated at a temperature so high, the gas is less harmful to the environment.

To find out more, please visit [Inhaler Recycling in Pharmacies - Renewi Wakefield - Working In Partnership With Wakefield Council](#)

Find your local pharmacy here: [Find a pharmacy - NHS \(www.nhs.uk\)](#)

### Yorkshire Smoke Free - July Coffee Break

Please find our July coffee break attached, this month it concentrates on how exercise can help when stopping smoking.

<https://yorkshiresmokefree.nhs.uk/articles/july-s-coffee-break-inspiration-to-quit-smoking-this-wimbledon-fortnight>

Please could you also highlight our referral pathways-

- Phone 01924 252174 (service direct)
- Out of hours hub-
- 0800 612 0011 (free from a landline)
- 0330 660 1166 (free from some mobiles)
- Email- [ysfwakefield@swyt.nhs.uk](mailto:ysfwakefield@swyt.nhs.uk)
- Website- [www.yorkshiresmokefree.nhs.uk](http://www.yorkshiresmokefree.nhs.uk)



## Premier League supports NHS Charities 'More Than Football' campaign

To mark the 75th birthday of the NHS, the Premier League is supporting [NHS Charities Together](#), including the 'More Than Football' campaign which uses the power of football to prevent mental health crises among men.

[In a video](#), Liverpool and England footballer Jordan Henderson speaks about how the campaign is helping men open up more about their mental health and get support when they need it.

## Falls Assistance

There's a falls assistance website that is quite user friendly and interactive with a falls self-assessment option with manageable action plan and advice. There's exercises, advice on managing anxiety in falls and info on mobility aids

Click here to view the website: [Home | Falls Assistant](#)

## The Airedaler Newsletter

### Sporting Success – Putting Airedale back on the map!

The Year 8 Airedale Academy Rugby League team are in the final of the Yorkshire 'Rite Knockout' competition and will play Outwood Academy Freston to chase their first piece of major silverware in over 15 years. The game will take place on Wednesday the 12<sup>th</sup> July.

In order to get to the final, the team has had to beat several tough rugby schools including 5 in Hull schools.

Our route to the final:

Round one: Airedale-16 Airedale-52	Quarter Finals Airedale-34 Castleton-6
Round two: Airedale-10 Airedale-22	Semi Finals Airedale-30 Malet Lambert (Hull)-4

Good luck, boys!

The Year 7 and 9 Girls' Rugby League team at Airedale Academy, also finished runners up in the RFL National Inspired 9s competition held at Victoria Park, Warrington. The girls received a medal for their incredible achievement.

Well done, girls!



The Airedaler



Take a look at everything happening locally in The Airedale - [anhm-newsletter-july-2023...-1.pdf](#) ([airedaleacademy.com](#))

### Castleford Locks

Several groups of students from Airedale Academy have taken part in paddle sports over a number of weeks at Castleford Locks with our Chair of the Academy Council, who is a fully trained paddle board instructor. The students didn't need any experience and built up from the basics of how to sit, stand, move and turn the boards and moved on to trickier skills. Their time on the water was relaxing and, inevitably, the students fell in, but they did so wearing a buoyancy aid and the instructors were on standby to help students back onto the



Welcome to our second edition of The Airedaler - a community newsletter for Airedale, Ferry Fryston, Fryston & Townville.

This newsletter is brought to you from our team of young editors at Airedale Academy, supported by one of their teachers. Together with Airedale Neighbourhood Management Board, Spectrum People, Airedale Library, Turning Point, Prince of Wales Hospice, Nova, Northern Ambition Academies Trust and Wakefield District Housing, we invite you to read on about your local community.

Our newsletter aims to offer you the latest news about community, education and health and wellbeing.

ANMB:

If you would like to get involved or feature in our community newsletter, please contact us via:

Mike\_Dixon@hotmail.com



July 2023



## Gambling Awareness

There is increasing awareness about harmful gambling and its impact on families and local communities, as well as the individuals directly harmed by it.

Having long been seen as a 'fun' pastime, gambling is becoming increasingly recognised as a public health issue, with significant harms affecting more than just those who experience addiction.

Gambling Related Harms can be defined as 'repetitive gambling behaviour despite harm and negative consequences', the harm can include but not limited to, **Financial harms, Mental and Physical health harms, Relationship harms, Criminal Activity, Cultural harms.**

## Help and Support

For those experiencing problems with gambling related issues, be it an individual, a family member or a friend there are organisations and services providing help and support.

# Gambling Harm

Help and Support

If you need to speak to someone about a gambling-related issue for yourself, a family member, or a friend, then organisations and services on this page may be able to help.

## Blocking Tools



The first step to stopping gambling often involves using blocking tools. Once set up and registered, these tools will automatically self-exclude you from all UK-licensed online bookmakers.

Certain banks also give you the option to block all gambling transactions, including Lloyds, Halifax, HSBC, Starling and Monzo.

## For Gamblers

NHS Northern Gambling Service  
0300 300 1490

NHS National Problem Gambling Clinic  
020 7381 7722

GamCare National Gambling Helpline  
0808 8020 133

## For Friends and Family

GamCare National Gambling Helpline  
0808 8020 133

GamFam  
gamfam.org.uk

GamAnon  
gamanon.org.uk

CALM (Campaign Against Living Miserably)  
0800 58 58 58 (National)

Gamblers Anonymous  
gamblersanonymous.org.uk

GamLearn  
gamlearn.org.uk



## Further Information

Link to the recently released long-awaited White Paper: High stakes: gambling reform for the digital age. [High stakes: gambling reform for the digital age - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/white-papers/high-stakes-gambling-reform-for-the-digital-age)



## Mental Health Support

Mental health support and services will be the key topic for decision makers in West Yorkshire at the Integrated Care Board meeting in September.

To put people's voice and experience at the centre of these discussions we need to hear about your or your loved one's experience of mental health support in West Yorkshire.

We want to hear about what has worked well and what could be better.

You can do this in several ways:

- Fill in a short survey to share your story/experience <https://rb.gy/2pext>
- Attend an engagement session on 19 September to talk to decision makers about your experience or that of a loved one. Contact West Yorkshire Voice for more details.
- Tell us about the experience of people that you have been supporting.
- Talk to us about your experience as staff offering mental health support.

You can call us on 0113 8980035 to find out more and share any experiences or email [info@westyorkshirehealthwatch.co.uk](mailto:info@westyorkshirehealthwatch.co.uk) for further information.

West Yorkshire Voice is a new network bringing together individuals, groups and organisations. It aims to make sure the voice of local people is at the heart of decisions made about health and care by the West Yorkshire Integrated Care Board.



Image ALT text: A group of coloured pencils with faces against a purple background and the logos for Healthwatch working together in West Yorkshire, and the West Yorkshire Health and Care Partnership. Text reads 'West Yorkshire Voice, making a difference in health and care'.