

Newsletter



4 July 2023

Edition 111

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Newsletters will be every two weeks. The next newsletter will be on the 18 July 2023.

Please send submissions to pmhnowakefield@gmail.com by 13 July 2023.



Newsletter Updates

We have a google drive where leaflets/newsletters are stored

<https://drive.google.com/drive/folders/1zBDsXUyh98hIOek3MDA9qPpjKuGsc7>

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

Events & Meetings

Star Fest





Kidz Aware free training workshops

Kidz Aware would like to invite you to attend our FREE workshops. The aim of this training is to improve positive outcomes for disabled children/adults and their families



Our courses have been developed with input from families of children/adult with disabilities

The training workshops are presented by Kidz Aware staff who have over 25 years of experience of supporting, children and adults with disabilities, individuals with mental health and their carers.

Wednesday 12th July 2023 Addressing Children's Anxieties 9.30AM -11.30AM

This course will enable you to explore children's anxiety issues and provide them with the necessary skills, and knowledge required to deal with anxiety, delegates will be able to understand what Anxieties are trigger buttons and what to do in different situations

Wednesday 12th July 2023 Children's Mindfulness 12.30 PM -02.30PM

This course will help you understand what Mindfulness is, by teaching children meditation and mindfulness skills this can help them increase their well-being and enable them to meet the stresses of the world with presence, self-compassion, and openness. Mindfulness can be effective for children on the spectrum and young people as well as adults.

Wednesday 19TH July 2023 Understanding Children's Behaviour 9.30AM - 11.30AM

This course will provide delegates with the necessary knowledge required around children's behaviour, providing the delegates to gain a greater insight into the behaviour and mannerisms of the individual who has behaviour difficulties. Provide knowledge and necessary methods used in behaviour management, through role play and scenarios but will also help them start working on the Child's behaviour with the child.

Wednesday 19TH July 2023 Addressing Children's Mental Health 12.20 PM - 02.30PM

This course will give you a great understanding of children's mental health we will look at children's mental health what it is, how it affects children and their families, address the gaps in services and the impact this as on the child and the family delegates will gain knowledge around a range of behaviour strategies and therapies available and services available.

Venue: Lightwaves Leisure centre Lower York St, Wakefield WF1 3LJ

Email: gillian@kidzaware.co.uk. Or call 01924 376882



Services, Groups & Community Courses

Turning Point

Turning Point are launching their new workshop- "Navigating Relationship Breakdowns"

Wednesday 5th July
11am-12.30pm
Online via Microsoft Teams

Our qualified therapists will guide you through practical strategies and insightful advice to help you navigate the complexities of relationship breakdowns.

Don't miss your chance to secure your free place! Book now via the Wellbeing Workshop page on our website- talking.turning-point.co.uk/wakefield
Or call 01924 234 860

Free Support Webinar
Navigating Relationship Breakdowns
5th July 11am-12.30pm

This workshop helps us to acknowledge which situations cause relationships to breakdown, how we might be left feeling and how these emotions will impact our thought patterns and could change our behaviours. We will explore how we can begin the healing process and take care of ourselves, using self-care strategies and the support of our network around us. We will also consider how to build trust in future relationships so that we can hold some hope for the future

To secure your place, visit our website and go to the "Wellbeing Workshops" page
talking.turning-point.co.uk/wakefield

Working together:
Wakefield Districts Health & Care Partnership
The Mind Yorkshire Hospitals

Please forward to any friends, family or colleagues who might benefit from this webinar and spread the word! Together, lets navigate the challenges of relationship breakdowns.

Turning Point Talking Therapies Workshops

Workshops are delivered by qualified Therapists and follow evidence- based treatment (this means they are proven to work and NHS recommended!). Learn useful coping strategies, which you can put into action to improve the areas of your life which are impacting on your mood.

You can attend as many workshops as you feel would be useful. Secure your spot here: <https://mytp.me/wakefield-talking-therapies-publications>

NEW WORKSHOP - Navigating Relationship Breakdowns
Wednesday 5th July, 11am - 12:30pm

Combating Low Mood
Sunday 9th July, 11am - 12:30pm
+more dates

Managing Work Stress
Sunday 9th July, 1pm - 2:30pm
+ more dates



Wellbeing
Monday 10th July, 11:30am - 1pm
Airedale Library

Managing Anxiety & Worry
Sunday 16th July, 1pm - 2:30pm
+more dates

Managing Anger & Irritability
Sunday 16th July, 11am - 12:30pm

Living in Uncertain Times
Monday 17th July, 11:30am - 1pm

Being Kind to Yourself
Monday 24th July, 11:30am - 1pm

Emotional Eating
Sunday 30th July, 11am - 12:30pm

Overcoming Panic Attacks
Sunday 30th July, 1pm - 2:30pm
+ more dates at Airedale Library

Positive Body Image
Sunday 6th August, 11am - 12:30pm
+ more dates

Supporting Single Parents
Sunday 6th August, 1pm - 2:30pm

Stress as a Parent
Sunday 8th August, 1pm - 2:30pm
+plenty more

It is ok to be shy and just listen and there is no pressure to disclose any personal or difficult information.

WELLBEING GROUPS AND COURSES

Delivered by our therapists, all of our groups and courses follow NICE recommended treatments to help you learn new ways to manage how you feel.

SELF HELP COURSES
EACH SELF HELP COURSE RUNS FOR BETWEEN 4-6 WEEKS

- Positive Steps Stress Management (We run a men only group)
- Managing Panic
- Coping with Challenging Times
- Living well with Long Covid
- Overcoming Anxiety and Low mood in pregnancy
- Postnatal Wellbeing

CBT THERAPY GROUPS
EACH THERAPY GROUP RUNS FOR BETWEEN 9-14 SESSIONS

- Overcoming Low Mood and Depression
- Overcoming Anxiety and Worry
- Overcoming Obsessive Compulsive Disorder
- Overcoming Social Anxiety
- Building Self Esteem and Supporting Self Acceptance
- Accepting and Managing Emotions
- Living with Long Term Health Conditions CBT
- Acceptance and Commitment Therapy for Long Term Conditions

REFER YOURSELF
If you are over age 16 and over and registered with a Wakefield and District GP you can refer yourself online or by phoning us and letting us know which option you are interested in.

talking.turning-point.co.uk/wakefield
01924 234 860

NHS TURNING POINT TALKING THERAPIES
@wakefieldtalkingtherapies

TURNING POINT



Turning Point Inspiring Recovery & Inspiring Futures



TURNING POINT INSPIRING RECOVERY AND INSPIRING FUTURES

At Turning Point **Inspiring Recovery** & **Inspiring Futures**, we provide support and advice for anyone experiencing problems with drug and/or alcohol use, to stop or reduce that use and minimise the harmful effect that substances may have.

We offer one-to-one key work sessions, recovery planning, harm reduction advice, structured group work programmes, open access drop-ins and prescribing clinics, Needle Exchange, Psychosocial Interventions and Wellbeing Interventions.

UPDATES

Our **ADDER/Accelerator Criminal Justice Service** has transitioned into the mainstream service delivery of Inspiring Recovery and Inspiring Futures whilst still working in partnership with our **Accelerator partner agencies; Liaison & Diversion, Police, Well Women and SWYFT.**

Inspiring Recovery Alcohol Target Team has changed location, with the team now based at **Belle Vue Business Centre**. If you or your Service User need support with Alcohol use, the team can be contacted on: wakefielddalcoholtargetteam@turning-point.co.uk

Our **Socialicious Café** is a vibrant **Recovery Hub** featuring a safe space for seminars, events and workshops as well as offering places for external community groups. Its programme of activities can be found on our Facebook page **@besocialicious**. If you wish to enquire about using the space, email: olivia.ager@turning-point.co.uk

For all enquiries, phone:
0300 123 1912

Turning Point Inspiring Recovery
(Adult Services for Substance Use for those over 25)
Radcliffe House
10 The Bull Ring
Wakefield
WF1 1HA

Turning Point Alcohol Target Team
(Adult Services for Substance Use for those over 25)
Belle Vue Business Centre
38 Elm Tree Street
Wakefield
WF1 5EP

Turning Point Inspiring Futures
& Families & Carers Service
(Young Persons Service for those under 25)
15 Cross Street
Wakefield
WF1 3BW

Turning Point Get Connected Team & Aftercare Services
(Local Service User & Community Groups/Events, and the Aftercare Team)
Unit 3 Navigation Yard
Wakefield
WF1 5PQ





GET CONNECTED WEEKLY CALENDAR

MONDAY

Art Workshop

9:30am - 10:30am

Alternate weeks.

Available for Service Users and the Community.

Creative Writing

10:00am - 11:00am

Alternate weeks.

Available for Service Users and the Community.

Basic Skills Course

13:30pm - 14:30pm

Every week.

Available for Service Users only.

TUESDAY

Reading Club

10:00am - 11:00am

Every week.

Available for Service Users and the Community.

Mindfulness

13:30pm - 14:30pm

Every week.

Available for Service Users and the Community.

WEDNESDAY

Next Steps

10:00am - 11:00am

Every week.

Available for Service Users only.

Coffee Morning

11:00am - 12:30pm

Every week.

Available for Service Users.

THURSDAY

Get Connected

Events

13:30pm - 14:30pm

Every week.

Available for Service Users and the Community.

FRIDAY

Alcohol Abstinence

10:00am - 11:30am

Every week.

Available for Service Users and the Community.

SMART Recovery

13:30pm - 15:00pm

Every week.

Available for Service Users.

Socialicious

1A Westmorland Street

Wakefield

WF1 1PN

For more information phone the

Get Connected Team on 0300 123 1912

Option 3, then option 4

HOW TO GET IN TOUCH

We can tailor support to an individual's need. We are here to help, not judge.



TELEPHONE

Call our mainline for all enquiries: 0300 123 1912



ONLINE

www.turning-point.co.uk/services/wakefield

Visit our website to access our services. If you feel you need to self-refer for any of our services, use our Online Self-Referral Form.

If you are a friend or family member affected by someone's substance use and need support, use our online Family and Carers Referral Form.





Dream Time Creative – Green Light & Ginger Tea

Dream Time Creative has a new project coming up called 'Green Light and Ginger Tea' which is designed to support women who suffer from long term chronic pain conditions through a very holistic and person centred approach.

Anyone interested just needs to email hello@dreamtimecreative.org to book on a day (or days) and/or sessions within that day. Some people might only want to do the yoga for example.

**Green Light
& Ginger Tea**

The Quaker House & Gardens
Thornhill Street WF1 1NQ
email hello@dreamtimecreative.org to book your place
Every Friday between 4th August
& 20th October 10am - 3pm

Free workshops supporting women's physical, emotional and mental (chronic) pain from any long term condition such as Fibromyalgia, Long Covid, CFS or M.E.

Green light reduces all forms of pain and ginger tea reduces inflammation

10am - Ginger Tea Ceremony - Sarah
10.15am Support group with optional crafting & nature work- Jodie/Sarah
12.00 Ginger Tea Ceremony - Sarah
12.15pm Meditation, Sound Therapy & Breathing - Sarah/Debbie
2pm Yoga/Chair Yoga - Louise/Julie

Nova

Wakefield Bereavement Group

Wakefield Bereavement Group are hosting a bereavement forum for Wakefield, which is online (teams, every other month for two hours on a Wednesday morning (9am-11am)

This forum is open to anyone who supports anyone with bereavement and grief. The forum is for professionals and we invite guest speakers for the forum, we can share best practice, networking and discuss active topics in the world of bereavement and grief.

If you would like to join or you would like to present or both, please email bereavement.pwh@nhs.net



Maternal Journal at the Neo Natal Unit in Pinderfields

MATERNAL JOURNAL

Creative wellbeing activities to support parenting.

Includes painting, writing,
drawing, collaging.

Held here in the
neo-natal unit, Pinderfields

Tuesdays from 20 June 2023
1pm - 2.30pm

Please contact spectrumpeople@spectrum-cic.nhs.uk
or speak to a member of neo-natal staff.



The Art House





Battle Scars FRESH Service

FRESH is a service for Leeds-based adults who struggle with self-harm

FRESH offers a one-off phone call with a peer, an opportunity to talk openly, gain a **FRESH** perspective to help you manage your self-harm, whether it's first contact or you're already familiar with our other services

We take both self-referrals and professional referrals via the website
FRESH is NOT a helpline



Battle Scars

www.battle-scars-self-harm.org.uk/fresh-phone-contact.html

FRESH
You're not alone



Find out more here: <https://www.battle-scars-self-harm.org.uk/fresh-phone-contact.html>

West Yorkshire Mental Health and Wellbeing Hub

Call for free on: 0800 183 1488

Email: bdcccg.wyh.mentalwellbeinghub@nhs.net for more information

This hub is available for staff and volunteers working in a health and care service, including the VCSE sector.



Empowering people with long term conditions to live their best life
This programme is delivered by people with lived experience of long term conditions

New Beginnings for Mental Health Programme

For those living with a mental health condition

An opportunity for you to learn and share supportive tools and techniques together with others - to help you stay more in control of your emotional wellbeing, and improve the quality of your life

Focus of the programme:

- Set small goals to build confidence
- Explore how food can affect our mood
- Plan set-back strategies for difficult days
- Learn relaxation skills for troubling thoughts
- Practice tools to manage daily anxiety/mood






When: 10 August to 21 September 2023, 10:30 AM -1:00 PM.
Every Thursday for 7 weeks

Where: Online

(Accessed using the free application Microsoft Teams)

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

For more information and future dates, please contact us:

 paul.boyd@swyt.nhs.uk  01924 255363  www.livewellwakefield.nhs.uk



Wakefield Recovery & Wellbeing College

Alcohol Awareness



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Alcohol awareness

Alcohol Awareness – want to know the effects of alcohol, the calorie content, the short- and long-term effects, not only on the person drinking but those around them and the wider community? Then join us for this informal information sharing session. Benefits include having the knowledge to make an informed choice around alcohol. The course aims for students to have a basic understanding so that they can share their knowledge with their families. The course also aims to give a brief overview of what career opportunities there are with in this industry.

Wednesday 12 July 2023
1.00pm - 2.30pm
Fieldhead Campus, Ouchthorpe Lane,
Wakefield, WF1 3SP



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

With all of us in mind.

Wakefield
Recovery and Wellbeing College
Home of the Discovery College



Body Image & Self-Esteem Workshop



Body image and self - esteem workshop

Lets talk body positivity! This friendly workshop will give you the opportunity to work toward a positive body image and self-esteem. Body positivity focuses on acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities. During the session we will look at ways:

- to promote a positive body image
- to challenge how society views the body

you can look at yourself as a complete person and not just what looks back at you in the mirror

and most importantly, work towards accepting the body you are in!

Thursday 13 July and 20 July 2023
1.30-3.30pm

Online via microsoft teams



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





Feeling Positive, Busting Stress

**FREE
course**

**Online
18+**

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Feeling positive, busting stress

This workshop, facilitated by Live Well Wakefield, includes:

- Identifying how stress could affect you
- Raising awareness of things you can do to reduce your stress
- Learning a few stress busting exercises
- Setting a plan of things you would like to work on when at home

The aim of the workshop is for you to test your foot in the water by learning different tools that could help you to cope when you are feeling stressed.

Tuesday 18 July 2023 3.30pm - 4.30pm
ONLINE via Microsoft Teams



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

With all of us in mind.

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Recovery and Wellbeing College
Home of the Discovery College



Yorkshire Smoke Free Service

Please find the June coffee break below. This month it concentrates on smoking and the link with the environment: <https://yorkshiresmokefree.nhs.uk/articles/coffee-break-world-environment-day-5th-jun-2023>.

Refer yourself or someone else by:

- 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
- Website- www.yorkshiresmokefree.nhs.uk

Being A Parent Course

Being a parent (BAP) course

The course is led by parents for parents

Course Aim:

The course helps parents to learn practical communication skills for everyday life to help bring up confident, happy and supported children.

Course outcomes

- To provide parents with positive strategies to take away to help manage their children's behaviour.
- Learn how to better understand and support your children's feelings.
- Effective parent-child communication.

Key Empowering Parents Empowering communities (EPEC) concepts

- We are all 'good enough parents' the perfect parent doesn't exist.
- Caring for children means caring for yourself too.
- A time to be just 'you' meet other local parents and share your experiences.



8 week course
2 hour sessions

Term time only.
Contact your nearest hub for more information.



Scan for local hub contact details



EMPOWERING PARENTS
EMPOWERING COMMUNITIES





Job/ Volunteer Opportunities

Yorkshire Smoke Free Service Job Opportunity

Stop Smoking Advisor at South West Yorkshire Partnership NHS Trust

Closing date is 07 July 2023

Full Time - 37.5 Hours Per Week

Are you passionate about behaviour change? We have an exciting role available at Yorkshire Smokefree as an advisor to help achieve our commitment to reduce the prevalence of smoking and tackling health inequalities for the people of Wakefield.

We are offering a flexible and varied role, training, working as part of a dynamic team, hybrid working including some working from home and within the community, generous pension and holiday entitlement as well as working for a progressive and inclusive Trust.

Find out more and how to apply here:

<https://beta.jobs.nhs.uk/candidate/jobadvert/C9378-W0907A>

Dads Family Support Coordinator

Closing date is 17 July 2023

Part time – 30 hours per week

They are looking for someone to join our friendly and welcoming team, to work with Dads and Male caregivers across the district.

- Fully involving fathers in the pregnancy and early parenthood journey
- Encouraging fathers to be attuned and responsive to their unborn and young babies' needs
- Raise awareness of the risks of poor mental health through the perinatal period
- Raise awareness of the impact on fathers of caring for a partner affected by depression and anxiety
- Supporting Healthy mental wellbeing of fathers
- Develop the offer to fathers living in Wakefield & district
- Supporting engagement and interaction with dads and children throughout primary school years
- Develop close links with Health and voluntary agencies in Wakefield & district
- Facilitate regular consultation with fathers in Wakefield & district through outreach and focus groups

Find out more and how to apply here:

https://wamdcli.webitrent.com/wamdcli_webrecruitment/wrd/run/ETREC107GF.open?VACANCY_ID=izhh252302&WVID=1R0q139950&LANG=USA



Surveys, Campaigns, New Websites & Other Newsletters

Mental Health Support Services & Survey about calling 999/111 for your mental health



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



PMHN members could you ask your groups, networks, contacts to fill in the survey above. Scan the QR code to access the survey.



Wakefield Recovery & Wellbeing College – The Supporter Newsletter

The June editions of **The Supporter Newsletter** can be viewed directly here:

www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/06/Newsletter-The-Supporter-Edition-160-23-June-2023.pdf

www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/06/Newsletter-The-Supporter-Edition-161-30-June-2023-1-1.pdf

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

Whilst you're there, why not take a look at our courses page [Courses and enrolment - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](http://www.wakefieldrecoverycollege.nhs.uk) to see what you might like to attend next? We are constantly planning and designing new courses with new topics so it's worthwhile keep having a look through. **Lots of new courses have just been released.**

Don't have much time, check out our simple "Quick Course Guide" with a list of everything that's on [View all courses - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](http://www.wakefieldrecoverycollege.nhs.uk).