



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

25 August 2023



Credit: @adoseofreminders



With **all of us** in mind.

College Updates...

Lots has been going on lately! These are just some of the changes coming in:

- All courses will now close to new enrolments 14 days before the course is due to begin. This is to allow us to have enough time to get everything ready for the course and make sure we can meet individual needs.
- 13 days before a course begins that you are booked on to, we now send you an email (or text message if you have no email address) requiring you to confirm you still want to keep your place. *If we don't hear from you within 48 hours we will cancel your place* and offer it to someone else.
- You will now receive your final course details (such as joining links if it's an online course or directions and instructions on what to bring if it's face to face) 2 days before your course begins, via email or text message.
- Tutors already have access to "tutor corner" so see their scheduled courses and students, but can now update a live attendance list.
- All students will soon be provided with an online student portal to enable them to see their course bookings, cancel their own places and express an interest in attending new or additional courses.
- Evaluations will now be sent out electronically after each course. You will receive an email or text message inviting you to complete these.
- ReQoL questionnaires will only need to be completed at enrolment and at the end of each term.
- In general (once we have fully moved across to our new student system, MRN2) you will receive less communications from us (and hopefully be able to keep track of our emails more easily). *Emails that require your response from you to us will now have "Action required" in the subject title.*
- We are a paperlight accredited team and so have made the decision that we will not have course workbooks anymore, with course materials sent out via email (unless you have any specific requirements we know about in advance or do not have an email address).

What are your experiences with mental health services in West Yorkshire and Craven?

Have you used mental health services in Bradford, Craven, Calderdale, Kirklees, Leeds, or Wakefield District?

Are you a carer for someone who faces mental health challenges?

Do you support people with their mental health as part of your job?

West Yorkshire Healthwatch wants to hear from carers, staff, and of course, people who use mental health services or have done.

Share your feedback with us in our survey <https://www.surveymonkey.co.uk/r/WYVMentalHealthSupport>. Survey closes 4 September 2023.

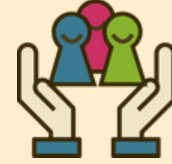
The West Yorkshire Integrated Care Board will also be discussing mental health services at their next meeting on Tuesday 19 September in Bradford. If you want to attend or share your story, get in touch by emailing West Yorkshire Voice at info@westyorkshirehealthwatch.co.uk or calling the Healthwatch Leeds office on 0113 898 0035.

NEW COURSES RELEASED!

Just in case you haven't already noticed, over the last fortnight we've added lots of new courses and workshops to our website for the Autumn term. Places are filling up fast though so be sure to be quick if you'd like to snap up a place before someone else.



JOB OPPORTUNITY



Enhanced Care Support Worker
The Mid Yorkshire Teaching NHS Trust
The closing date is 03 September 2023

Job summary

A fantastic opportunity has arisen to work with the Mid Yorkshire Teaching NHS Trust's Complex Needs team. The Complex Needs team is a fast paced, forward thinking, and a national award-winning team.

The team is expanding to include 11 Enhanced Care Support Workers who will provide an enhanced level of care to patients with behaviours that challenge or for those at high risk of absconding.

<https://www.jobs.nhs.uk/candidate/jobadvert/C9377-CORP0119>

<https://suicidepreventionwestyorkshire.co.uk>



EVERY LIFE LOST TO
SUICIDE
IS ONE TOO MANY

BECOME A SUICIDE PREVENTION CHAMPION

Learn how you can help to tackle stigma and save lives.
It's quick and free to register.



NEW CAMPAIGN LAUNCHING AUGUST 2023

Help us to recruit Suicide Prevention Champions across West Yorkshire

High blood pressure, what's the fuss?

Hypertension (Diagnosed High Blood Pressure) is associated with 50 % of strokes and heart attacks. If left untreated it can also lead to complications like heart failure, kidney disease and dementia. Many people do not realise they have high blood pressure as they often experience no symptoms. Therefore it is vital that you have your Blood Pressure checked regularly and understand what the numbers mean and how to reduce your risk of stroke and hearts attacks.



How often should I get my Blood Pressure Checked?

It is recommended anyone over the age of 40 should have their Blood Pressure Checked every 5 years or every year if you smoke or have a long term health condition.

Where can you get your Blood Pressure checked?

- Through your local Pharmacy if they offer a free Blood Pressure Check service
- Through your GP-many surgeries may have Blood Pressure monitors for you to use to check your own BP
- Buy your own monitor and complete a self-check. You can check what the numbers mean on this online NHS tool <https://www.nhs.uk/health-assessment-tools/check-your-blood-pressure-reading>
- Through the NHS over 40s health check-your GP will invite you if you are eligible.(Contact your GP to book your appointment)

Want to learn how to check someone's Blood Pressure?

We are also interested in volunteers being trained up to learn how to check someone's Blood Pressure so if you would like to know more please respond to this email, we would also be willing to talk to groups interested in learning more about blood pressure and improving their heart health. If you're interested to find out more, please email Laura Dixon at lauradixon@wakefield.gov.uk.



Contact us

Call or text us on 07721 649311*
Call us on 01924 316426*
Email volunteer@swyt.nhs.uk
(*Monday – Friday during office hours)

For more information including course dates and times visit <https://www.southwestyorkshire.nhs.uk/get-involved/connecting-people/>



If you require a copy of this information in any other format or language call or text us on 07721 649311, call us on 01924 316426 or email volunteer@swyt.nhs.uk

Pokud potřebujete tyto informace v jakémkoli jiném formátu nebo jazyce, zavolejte nám nebo napište SMS na číslo 07721 649311, zavolejte na číslo 01924 316426 nebo napište e-mail na volunteer@swyt.nhs.uk (Czech)

اگر به یک کپی از این اطلاعات در قالب یا زبان دیگری نیاز دارید، تماس بگیرید یا به شماره 07721649311 پیامک ارسال کنید، می توانید با شماره (Farsi) 01924316426

Si vous nécessitez ces informations dans un format ou une langue différente, appelez-nous ou envoyez-nous un SMS au 07721649311, appelez-nous au 01924316426 ou envoyez un e-mail à volunteer@swyt.nhs.uk. (French)

Ja Jums ir nepieciešama šīs informācijas kopija jebkādā citā formātā vai valodā, zvaniet vai sūtiet mums ziņojumu uz tālruna numuru 07721 649311, zvaniet uz tālruna numuru 01924 316426 vai sūtiet ziņojumu uz e-pasta adresi volunteer@swyt.nhs.uk. (Latvian)

Jeśli potrzebujesz uzyskać kopię niniejszych informacji w innym formacie lub języku, zadzwoń lub wyślij SMS pod numer 07721 649311, możesz również zadzwonić pod numer 01924 316426 lub wysłać wiadomość e-mail na adres volunteer@swyt.nhs.uk (Polish)

إذا كنت تحتاج إلى نسخة من هذه المعلومات بأي تنسيق آخر أو لغة أخرى اتصل أو أرسل لنا رسالة نصية على الرقم 07721649311 اتصل بنا على أو راسلنا على البريد الإلكتروني Volunteer@swyt.nhs.uk (Arabic)

ਜੇਕਰ ਤੁਹਾਨੂੰ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਇਸ ਸਾਹਚਾਰੀ ਦੀ ਕਾਪੀ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਸਾਨੂੰ 07721 649311 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ ਸਾਨੂੰ 01924 316426 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ volunteer@swyt.nhs.uk 'ਤੇ ਈਮੇਲ ਕਰੋ। (Punjabi Indian)

اگر آپ کو کسی دوسرے فارمیٹ یا زبان میں اس معلومات کی کاپی درکار ہے تو ہمیں 07721 649311 پر کال یا ٹیکسٹ کریں، ہمیں پر volunteer@swyt.nhs.uk یا ای میل کریں۔ 01924 316426 کال (Urdu)



South West
Yorkshire Partnership
NHS Foundation Trust

Connecting people



Can you connect people?
Become a 'community connector'

With all of us in mind.

JOB NO 3380 MAY 23

Being a 'community connector' means you can...

- Help us shape local services
- Help others have a say in the design and development of health care services
- Support your community to help us make a difference
- Learn more about the NHS
- Take part in training and develop new skills
- Receive out of pocket expenses or funding for your organisation for helping us

You can decide how much time you give us, and how much you want to get involved.



How to get involved

To get involved you will need to commit to three two-hour training sessions. The sessions will provide you with all the information, advice, and support you need. You can do the training in stages. Once you have completed the training you will receive a certificate and will be ready to go.

The course content is:

Session 1:
More about our Trust and how the NHS works

Session 2:
Legal obligations for involvement and equality

Session 3:
Methods and approaches to involvement – becoming a community connector



How can you help?

Some of the opportunities you could support include...

- Reaching people in the local community
- Helping us to deliver a survey
- Gathering feedback in a way that supports people to have a say
- Helping to organise or be part of running an event or activity
- Improving services by working directly with NHS staff
- Being part of any local NHS research
- Being part of or promoting our readers panel
- Bringing skills that support connection or communication
- Being an ambassador and promoting opportunities for involvement

Remember, you choose what you do, how you do it and how much you want to be involved.



GROW WAKEFIELD

WELLBEING IN THE WOODS ACTIVITY SESSIONS

A FREE 6 week course for adults covering shelter making, fire making, knot skills, elderwood art, cooking on a fire, whittling and more

**EVERY MONDAY FROM 11 AM UNTIL 2 PM
STARTS THROUGHOUT THE YEAR
LOCATION: FIELDHEAD WOODS,
WF1 3SN**

Contact Andy@Grow-Wakefield.co.uk or ring Andy on 07971 098510 for more information



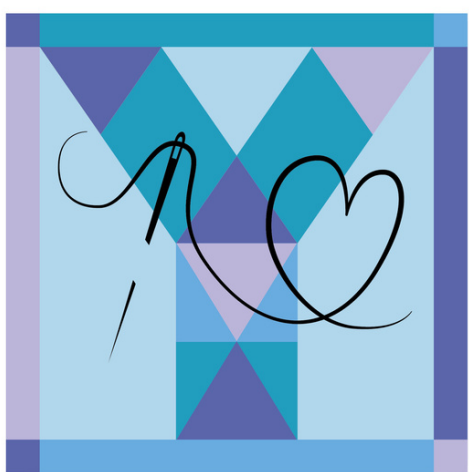

Mind Leeds West Yorkshire Suicide Prevention

The Book of Hope

When you're facing a mental health challenge, is there something that helps you? A new book, called Book of Cope, aims to gather people's positive mental health coping strategies to help others when they are struggling. Share your coping strategies in creative ways – submissions are open until the end of October 2023.

Pages can be up to A4 size, sent via email to Arlie.Haslam@leedsmind.org.uk or post to the Leeds Mind office at Clarence House, 11 Clarence Road, Horsforth, Leeds, LS18 4LB.

Ideas for contributions can also be emailed into the project and one of the volunteers can create the page instead. Suggestions for possible themes include sleep tips, nutrition, movement and exercise, relationships, cultural activities and offering hope through anecdotes and quotes.



YORKSHIRE SPEAK THEIR NAME SUICIDE MEMORIAL QUILT

The Yorkshire suicide memorial quilt, which is currently touring the region, will be at Leeds Kirkgate Market from September 9th to 15th. The quilt, which was 12 months in the making and partly formed by Recovery College students, is made up of 10" x 10" squares – each created in memory of someone who has died by suicide.

VOLUNTEER OPPORTUNITIES



- Boost your confidence
- Improve your emotional well-being
- Learn new skills
- Access ongoing training
- Enhance employability
- Meet new people & make new friends



We are always looking for volunteer befrienders who are passionate about supporting children and families in the community, could this be you?



Tel - 01924 251205
Email - admin@homestartwakefield.org.uk

VETERANS MOVING FORWARDS: BUILDING A BRIGHTER FUTURE

Co-designed by Veterans for Veterans

Course Aim

To provide you with the opportunity to gain clarity about your direction in life, develop tools and strategies to help you commit to action and make progress towards your brighter future.

The course is split into 6 x 3 - 3.5 hour modules, run over 6 consecutive weeks.

1. **Introductions, Ways of Working and Individual Aims.**
2. **The Military Mindset:** understand how the human mind works and the impact of how your mind is shaped by your experiences.
3. **Breathe, Sleep, Move:** review your health and wellbeing and the positive changes you can make to your lifestyle.
4. **Learning to prioritise, plan and make good decisions:** learn and apply different tools to help you review your priorities and set actions.
5. **Overcoming obstacles to your progress:** recognise barriers to change and discover the benefits of thinking / planning ahead and review and reflection skills.
6. **Sustaining positive change:** Refresh and recap on your learning, review your support networks and develop an action plan for your future.



Course Highlights include:

- Understanding the impact of your military service on your current situation.
- Gaining perspective and clarity about your life's direction.
- Sustaining positive change.

Benefits of this course include:

- Tools and techniques to help you navigate life's challenges and implement positive change.
- Learning useful strategies to help you improve your own wellbeing.

Our Recovery College Staff and Peers have been trained by Help for Heroes to deliver this course.

To register for this course please contact: Wakefield Recovery College.

Delivering in Barnsley (Kendray) start date 06/06/23.

Delivering in Wakefield (Featherstone Veterans' Hub) start date 09/10/23.

To find out more, call 01924 316946, visit www.wakefieldrecoverycollege.nhs.uk, or email wakefieldrecoverycollege@swyt.nhs.uk.

Courses after the Summer Holidays at the Wakefield Recovery College

18+

Creative fitness

30/08/2023 - 22/11/2023
11am-12pm
Normanton

Pump - strength & tone

01/09/2023 - 22/09/2023
10am -11am
Normanton

Boosting self-confidence

04/09/2023
2-3pm
Online

Understanding post-traumatic stress reactions

05/09/2023 - 12/09/2023
11am-12pm
Online

Freedom from Fibromyalgia

11/09/2023 - 25/09/2023
1-3pm
Wakefield/Online

What the heck are archives

13/09/2023
10.30am-12pm
Wakefield

Tackling Loneliness

15/09/2023
10.30am-12pm
Wakefield

Coping with pain

19/09/2023
1.30-2.30pm
Online

Introduction to personality disorder

19/09/2023
10am -12.30pm
Pontefract

Learning more about the West Riding pauper lunatic asylum

20/09/2023
10.30am -12pm
Wakefield

Understanding anxiety

21/09/2023
10am-12pm
Online

Feeling positive, busting stress

21/09/2023
2-3pm
Online

Managing fatigue with health conditions

26/09/2023
12-1pm
Online

Stroke awareness

27/09/2023
10am-12pm
Pontefract

Recipes across the years

27/09/2023
10.30am-12pm
Wakefield

An introduction to autism

02/10/2023
10am-12.30pm
Online

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.

Courses after the Summer holiday at the Wakefield Discovery College

Online
16 - 25yr
olds

Understanding hearing voices

08/09/2023
1-3pm
Wakefield

Creative fitness

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

Transitioning from CAMHS to Adult Services

18/09/2023
12-1pm
Online

Coping with challenges (Age 16-19 Only)

21/09/2023
11am-12pm
Online

Accepting Change

27/09/2023 - 4/10/2023
1-3pm
Online

Understanding Anxiety

11/10/2023
1-3pm
Online

Introduction to journaling for wellbeing

18/10/2023
1-3pm
Wakefield

Looking after your sleep

18/10/2023
1.30-3pm
Online

Youth first aid

25/10/2023
1.30-2.30pm
Wakefield

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

Discovery College

Part of Wakefield Recovery and Wellbeing College

With **all of us** in mind.

Colour your summer (part 2)

