

Newsletter



1 August 2023

Edition 113

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 15 August 2023.

Please send submissions to pmhnowakefield@gmail.com by 10 August 2023.



Network 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

Working Together for Wakefield LGBTQ+ Colleagues



**Working Together for
Wakefield LGBTQ+
Colleagues
Network Meeting**

Join us for informal networking with other LGBTQ+ People, Allies and Equality Leads to share ideas, resources and best practice

Email edi@wakefield.gov.uk to let us know you are coming or if you have any access requirements.



Monday 25th September 2023
10am-12pm
Kingswood Suite
Wakefield Town Hall
Wood Street WF1 2HQ
Parking: Merchange Gate Car Park



For those of you who aren't aware, the WTWC series of events was designed to give opportunities for Equality Leads, Equality Champions and EDI Network Leads, and their allies to come together and collaborate.

Following March's successful event and a follow-up online event, one of the actions was to set-up some quarterly networking opportunities for anyone working in the

Wakefield district to meet others working in the EDI space so that we can share resources and build a community of Practice.

The next event is taking place on Monday 25th September 2023, 10am to 12pm in person at the Kingswood Suite, Wakefield Town Hall. Full details are on the poster attached. Please circulate far and wide as this event is open to those working outside of the ICB too.

RSVP/attendance should be confirmed by emailing edi@wakefield.gov.uk, as can any requests for accessibility adjustments.



Services, Groups & Community Courses

Crafting 4 Good

We've now moved out of The Ridings but are continuing with Community supplies, eBay and a new kind of selling experience in Pontefract coming soon.

New bundles are available to buy on our shop, for collection at Unity Hall, Wakefield. We can post out, but P&P will be added.

<https://shop.crafting4good.org/collections/community-bundles>



Bag 26 - rubber stamping bundle. Rubber stamps, blocks, ink pads and ink pens for stamps
CRAFTING4GOOD CIC
£25.00



Bag 35 -cardmaking bundle. Card blanks and envelopes, iron matched ink pads, clear stamps, texture plates and templates
CRAFTING4GOOD CIC
£25.00



Bag 34 -Christmas card bundle ink pads and stamps, card blanks, papers, stickers, templates, toppers
CRAFTING4GOOD CIC
£25.00



Bag 33 -Christmas bundle for card making. Dies, stamps, papers, card blanks and envelopes, ink pads, Copic markers, glitter, embossing plates, embossing powder
CRAFTING4GOOD CIC
£25.00

Turning Point

Attention all parents - Turning Point Talking Therapies are here to support you during the Summer holidays!

If you would like to join our summer support workshops you can register for FREE via our website: [Wellbeing Workshops | Wakefield \(turning-point.co.uk\)](https://www.turning-point.co.uk/wakefield)

Or contact the service on 01924 234 860
wakefield.talking@turning-point.co.uk

FREE SUMMER HOLIDAY SUPPORT

It's easy to become overwhelmed during the holidays, whether it be from costs mounting up, exhausting your ideas to keep the kids entertained or maybe childcare support is running low.

Whatever the reason, we are here to help support your mental wellbeing and keep your stress levels at bay.

Take an hour for yourself and join our FREE summer holiday support workshops.

Book your place via our website at [turning-point.co.uk/wakefield/](https://www.turning-point.co.uk/wakefield/) or call us on 01924 234 860 to speak to one of our friendly team members.

Wakefield District Health & Care Partnership

NHS
TURNING POINT TALKING THERAPIES

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

Combating Low Mood
Mon 7th August 11:30am-1pm

Mindfulness
Wed 9th August 11:30am-1pm

Anger & Irritability
Sun 13th August 1pm-2:30pm

Managing Intrusive Thoughts
Sun 20th August 11am-12:30pm

Loneliness & Isolation
Mon 12th August 11:30am-1pm

Managing Anxiety & Worry
Sun 27th August 11am-12:30pm

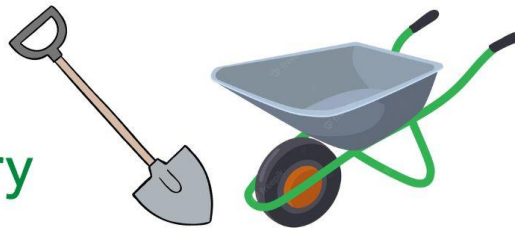
TURNING POINT

@wakefieldtalkingtherapies



Open Country

Trailblazer Group



Trailblazers

Try our day service with a difference!



A group for adults with learning disabilities and autism to help complete access improvement work across Wakefield.

When: Every Tuesday

Time: 10am - 4pm

Venue: Thornes Park Nursery,
Thornes Road, Wakefield, WF2 8QE



Wakefield-based charity Open Country is welcoming new members to its Trailblazers group, to complete tasks such as path laying, scrub clearing, bench building and more. This will take place across the Wakefield district, with transport in our accessible minibus.

For more information or to book on for a FREE taster day, please call or email:

07426 716677 or 07857 834364

wakefield@opencountry.org.uk

www.opencountry.org.uk/wakefield





Wild Things Group



Wild Things

Try our day service with a difference!



Offering experience and training in environmental and outdoor activities for people with a learning disability or autism.

When: Every Friday from 8 April 2022

Time: 10am - 4.15pm

Venue: Thornes Park Nursery,
Thornes Road, Wakfield, WF2 8QE



Wakefield-based charity Open Country is welcoming new members to its Wild Things group, to manage tasks such as wildflower planting, watering, potting on, wood-working and pond plant growing, all within our industrial sized polytunnel and outdoor space. There will be lots of opportunities for nature study and short walks too as well as the odd trip out to local nature reserves, open gardens and other interesting green spaces in our accessible minibus.

For more information or to book on for a FREE taster day, please call or email:

07426 716677

wakefield@opencountry.org.uk

www.opencountry.org.uk/wakefield



Thank you to Nova for supporting the delivery of this new service

Nova



South West Yorkshire Partnership NHS Foundation Trust, Nova Wakefield and Lead the Way are working together to redesign the communications used in Wakefield to promote a range of mental health services including the physical health check

People with Severe Mental Illnesses face several health inequalities and have a life expectancy around 15-20 years lower than average. The physical health check is one of the services the NHS can offer to address this, alongside that it's important that all mental health services that enable people to live well in their community, are properly communicated.

Previous consultations have shown people might not even open an envelope if it looked intimidating or frightening, and they would be put off by too little information, or too much text. We're working with Tony Wade, who can illustrate our communications to make them more friendly and welcoming and help us support people accessing the services they need. Tony's illustrations will also be used by the Connecting Care Primary Care Mental Health team to promote their service.

Wakefield based artist, Tony Wade, will be delivering a program of 20 silk painting workshops across the Wakefield District for the mental health communications project.

The silk paintings will depict local scenes, people and landmarks, making sure that all images are relevant to the area Tony will be working in.

The silk painting process is suitable for all ages and abilities and no previous painting or drawing experience is necessary.

Tony will provide all images, materials and expertise needed for anyone to complete a painting in a single 2-hour workshops.

To book a workshop for your group please contact Tony on Tony Wade tonywadearts@gmail.com & tracey.williams@leadthewaycalderdale.org



There's an opportunity for VCSE and 3rd sector organisations/groups to get involved. Please see the picture to the right to find out more information about the opportunity. Email tonywadearts@gmail.com and tracey.williams@leadthewaycalderdale.org



Funding Opportunities

Culture Grants

Looking for funding to run a creative, cultural, or heritage project in your local community? If you're a community group, charity or CIC based in Wakefield district, you may be eligible to apply to Culture Grants 2023 – Culture Everywhere Grants!



Culture Everywhere Grants offer funding up to £1,500 and support constituted community groups, charities and CICs to run small-scale and short-term cultural projects and activities, run for / by / with the local community.

There are monthly deadlines throughout the year, and the remaining dates for 2023 are: 21 August, 18 September, 16 October, 20 November, 18 December.

Further information about Culture Everywhere Grants and the application form can be found on the following webpage:

www.wakefield.gov.uk/events-and-culture/culture-grants/culture-everywhere-micro-grants-up-to-1-500/

For application guidance and a wealth of resources, visit the Application Guidance webpage: www.wakefield.gov.uk/events-and-culture/culture-grants/application-guidance/

If you have any questions or would like to discuss the eligibility of a project, please get in touch with the Culture Grants team at culturegrants@wakefield.gov.uk

Surveys, Campaigns, New Websites & Other Newsletters

Wakefield Recovery College The Supporter Newsletter

21 July 2023 Edition: www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/07/Newsletter-The-Supporter-Edition-163-21-July-2023-.pdf

28 July 2023 Edition: www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/07/Newsletter-The-Supporter-Edition-164-28-July-2023-.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).



Minding the Gap Newsletter

Click below to see the latest newsletter from Minding the Gap. They are all about reducing health inequalities. It's particularly aimed at elected members and non-public health staff and includes invitations to regular free conferences, held in Yorkshire, which provide world renowned speakers. They used to host Minding the Gap in Wakefield Council and it has now been relaunched by Office for Health, Inequalities and Disparities. You can sign up by e-mailing mtg@dhsc.gov.uk

Minding the Gap

Improving Health & Reducing Inequalities

This newsletter is for anyone working on improving population health and reducing health inequalities in Yorkshire and the Humber.

[Go to this
Sway](#)

<https://sway.office.com/iab3AJwyngGHKI92?ref=email>

If you would like to be directly added to the Minding the Gap mailing list moving forwards, please email mtg@dhsc.gov.uk. **They will also take your email as agreement of the two below terms:**

- "I agree for Minding the Gap to send me newsletters and information about their work."
- "I agree for Minding the Gap to send me details of their events, meetings and conferences."



Richmond Fellowship Newsletter

View the latest Richmond Fellowship Newsletter here:

https://drive.google.com/file/d/1zd4vhBT2YtHGCVgdbQyJn03FDUCrsb8A/view?usp=drive_link

West Yorkshire Voice are asking for your feedback to help and improve mental health services, tell them about your experience

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

To make sure your voice is heard at this meeting, West Yorkshire Voice want to hear your or your loved ones' experience of mental health support, 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
- Tell West Yorkshire Voice about the experience of people that you've been supporting
- Talk to them about your experience as staff offering mental health support

Complete the survey

here: <https://www.surveymonkey.co.uk/r/WYVMentalHealthSupport>

You can call 0113 8980035 to find out more and share any experiences or email info@westyorkshirehealthwatch.co.uk for further information.

Mind Leeds – The Book of Cope



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. Contact Arlie on Arlie.haslam@leedsmind.org.uk



West Yorkshire Health & Care Partnership's Website

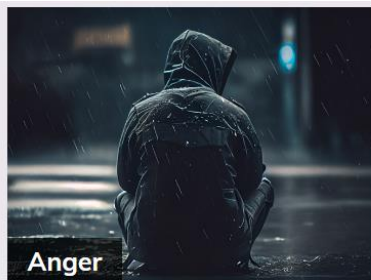
Have you checked out the West Yorkshire Health and Care Partnership's website? [Mental health, learning disability and autism :: West Yorkshire Health & Care Partnership \(wypartnership.co.uk\)](https://www.wypartnership.co.uk)

You can find lots of resources, and Volunteers and the voluntary and community sector are included.



Website for families & professionals

Website for families and professionals: [Mental Health :: West Yorkshire Healthier Together \(wyhealthiertogether.nhs.uk\)](https://www.wyhealthiertogether.nhs.uk)



Anger



Anxiety (worry)



Mental Health Services



Depression (low mood)



'Help I'm in crisis'



Self Help and Wellbeing



Police and Crime Commissioners Mental Health Plan



Click here to view the Police and Crime Commissioners Mental Health Plan [Mental Health | Police and Crime Commissioner for West Yorkshire | WYPCC](#) (westyorkshire-pcc.gov.uk)

All our Health

This guide [Wellbeing and mental health: Applying All Our Health - GOV.UK \(www.gov.uk\)](#) is part of 'All Our Health', a resource which helps health professionals prevent ill health and promote wellbeing as part of their everyday practice. The information below will help front-line health and care professionals (**we think all our PMHN volunteers and groups fall into this category**) use their trusted relationships with patients, families and communities to improve their mental health and wellbeing. View the full range of ['All Our Health' topics](#).

[e-learning version of this topic](#) is now available to use. The Office for Health Improvement and Disparities (OHID) and Health Education England's 'e-Learning for Healthcare' have developed this content to increase the confidence and skills of health and care professionals, to embed prevention in their day-to-day practice.

Altruistic August Calendar



Our [Altruistic August](#) calendar is full of great ways to help spread happiness this month.