



15 August 2023

Edition 114

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 29 August 2023.

Please send submissions to [pmhnwakefield@gmail.com](mailto:pmhnwakefield@gmail.com) by 24 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

**Life  
Mining  
Industry**



### Exhibition David Wilders

Much of Dave's art work reflects industrial life. It is greatly influenced from his underground memories and experiences in the coalmines. He also has a strong theme of industrial landscape, which originates from the busy hard working town of Castleford where he is from. His work and techniques are always developing. As well as painting he etches into materials such as tin plate, plastic, lino Print and card to give the opportunity to explore and experiment with inks enabling individual prints.

Exhibition Opening Times 4th - 30th September  
Monday - Saturday 11:00 - 15:00

QUEENS MILL, AIRE STREET, CASTLEFORD  
01977 556 741



We are excited to invite you to a captivating art exhibition featuring the works of David Wilder, a talented and renowned local artist. The exhibition will be held at Queen's Mill in Castleford, and it promises to be a unique and inspiring experience.

Exhibition details:

- Artist: David Wilders
- Date: **4 September – 30 September**
- Venue Address: **Queen's Mill, Aire St, Castleford, WF10 1JL**
- Opening hours: **11am – 3pm Monday to Saturday**

David Wilder's art is known for its breathtaking visual themes. His ability to capture the essence of his subjects in a mesmerizing way is truly remarkable. This exhibition will feature a wide range of his works, showcasing his versatility and mastery of different mediums.

We believe that this exhibition will be a treat for art enthusiasts and anyone who appreciates creativity and beauty. Your presence at the event would mean a lot to us and to the artist.

Please feel free to invite your friends and family members who might be interested in attending this free exhibition. It's an excellent opportunity to immerse yourself in the world of art and to connect with fellow art enthusiasts.



## Working Together for Wakefield LGBTQ+ Colleagues Network Meeting



# 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](mailto: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



## VIP Webinar – Vaping, Illegal tobacco & Proud to be smokefree

Join Wakefield's Public Health team and professionals on **Monday 25<sup>th</sup> September 3.30pm-5.30pm** for an informative presentation, research information and advice.

This live interactive webinar will include key speakers:

**Jez Mitchell- Public Health Principle for Drugs, Tobacco, and Alcohol.**

- All about vaping
- Trends, Research and Data
- True facts and myth busters

**Kerry Holmes - Trading Standards Education Officer**

- A focus on illegal tobacco and links to organised crimes.
- An alternative view to vaping

**Dr Amanda Stocks - Behavioural change & Social Marketing**

- Proud to be Smoke free – The children's voice.
- Time for change





## Alex Trewitt - Regional OHID/DHSC

- Promotion of National campaign resources.

This is a fantastic opportunity for Wakefield organisations and practitioners to find out more about vaping, illegal tobacco, and our aim to be 'Proud to be smokefree' to help benefit all children and families across the district.

**To Book** onto the webinar - click this link: <https://www.eventbrite.co.uk/e/vip-webinar-tickets-690738646887?aff=oddtcreator>

We look forward to seeing you on Monday 25<sup>th</sup> September 2023 via teams @ 3.30pm.

## Services, Groups & Community Courses

### Art Therapy at Appletree Community Garden



# ART THERAPY



#### HI, IM ABBIE! A TRAINEE ART THERAPIST

I'm training with Sheffield Hallam University to become an Art Therapist and providing sessions at Appletree as part of this. I have experience working with mental health, neurodivergence and LGBTQ+ communities.

I am available Tuesdays and Fridays



#### WHAT IS ART THERAPY?

- A type of therapy that uses art materials to help express and understand your emotions
- A place to safely explore any difficulties you may be experiencing with or without words
- A place you won't be judged
- Sometimes it might bring up distressing feelings or memories, that's okay and I will be here to support you through it
- It is **not** an art class
- You do not need to be "good" or have experience with art!



**In an emergency call 999 or go to the nearest A&E**

If you're not in immediate danger but still need to speak to someone:

**NHS - call 111**

Contact your GP and ask for an emergency appointment

**SAMARITANS**

Call us free 24/7 on  
**116 123**

[samaritans.org](https://www.samaritans.org)

Need help? Call the CALM helpline  
5pm-midnight, 365 days a year  
0800 58 58 58

**IN SUPPORT OF  
CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**

<https://www.thecalmzone.net/>

Feeling low?

Anxious?

Struggling to cope?

Text  
**SHOUT**  
to **85258**  
for free,  
confidential  
support, 24/7

#### IS ART THERAPY SUITABLE FOR ME?

Are you interested in experimenting with art materials?

Are you willing to work together to understand your difficulties?

If yes - contact us!

All age groups and abilities welcome - we celebrate diversity!



**IF YOU ARE  
STRUGGLING AT THE  
MOMENT AND NEED  
URGENT HELP, PLEASE  
SEE THE DETAILS ON THE  
BACK OF THIS LEAFLET  
FOR SUPPORT**



Appletree Community Garden,  
Agbrigg Road, WF1 5AE

Abbie Stevens (Trainee Art Therapist)  
E-mail: [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)  
Phone: 07933099445 (tues/wed/fri)

**Switchboard**  
LGBTQ+ Helpline  
SWITCHBOARD, THE NATIONAL LGBTQ+ HELPLINE, HAVE CHANGED OUR NUMBER!  
YOU CAN NOW REACH US FOR FREE AT:

**0800 0119 100**

YOU CAN SPEAK WITH OUR VOLUNTEERS, WHO ALL IDENTIFY AS LGBTQ+,  
365 DAYS A YEAR FROM 10AM TO 10PM.

WE ALSO HAVE INSTANT MESSAGING AVAILABLE AT SWITCHBOARD.LGBT

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**HOPELINEUK**  
**0800 068 41 41**



# Wakefield Recovery College Upcoming Courses

Courses after the Summer Holidays at the Wakefield Recovery College

18+

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

**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

**Coping with pain**

19/09/2023  
1.30-2.30pm  
Online

**Learning more about the West Riding Pauper lunatic asylum**

20/09/2023  
10.30am -12pm  
Wakefield

**Feeling Positive, Busting Stress**

21/09/2023  
2-3pm  
Online

**Managing fatigue with health conditons**

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

**Bookbinding**

04/10/2023  
10.30am-12pm  
Wakefield

**Improving your sleep**

09/10/2023  
1.30-3.30pm  
Online

**Expressive Writing**

03/10/2023 - 24/10/2023  
11am-12.30pm  
Online

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.



# Wakefield Discovery College Upcoming Courses

**Courses after the Summer holiday at the Wakefield Discovery College**

Online 16 - 25yr olds

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

<b>Understanding hearing voices</b> 08/09/2023 1-3pm Wakefield	<b>Creative fitness</b> 13/09/2023 - 4/10/2023 3-4pm Normanton	<b>Transitioning from CAMHS to Adult Services</b> 18/09/2023 12-1pm Online
<b>Coping with challenges (Age 16-19 Only)</b> 21/09/2023 11am-12pm Online	<b>Accepting Change</b> 27/09/2023 - 4/10/2023 1-3pm Online	<b>Looking after your sleep</b> 18/10/2023 1.30-3pm Online
<b>Learning more about the West Riding Pauper</b> 08/11/2023 1.00-2.30pm Wakefield	<b>Multiple Anxiety Course Sessions Coming Soon!</b> Please have a look at the website for dates	<b>Learning more about IBS</b> 31/01/2024 10am-12pm Online

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

**Discovery College**  
 Part of Wakefield Recovery and Wellbeing College

With all of us in mind.



## ASIST Training

4th and 5th October 2023, 9am-5pm,

Red Roof Centre, Wakefield Road, Kinsley, West Yorks. WF9 5BP

Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop in suicide first aid and more. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop - anyone 16 or older can learn and use the ASIST model.

Since its initial development in 1983 by [LivingWorks](#), ASIST has received regular updates to reflect improvements in knowledge and practice, and over 2,000,000 people worldwide have taken the workshop. [Studies show](#) that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide.

Since 2013, ASIST 11 is the most recent version. For those trained in ASIST 10 or earlier, signing up for an ASIST 11 training is recommended.

"Cutting edge, front-line, hands on, LIFE SAVING resource, made highly accessible and instantly applicable. The kind of training that keeps people alive." An ASIST participant

### What is ASIST?

An accredited two day, **interactive** training that prepares caregivers to provide suicide first aid interventions.

### Who can attend ASIST?

Anyone 16 or older (despite previous training) can learn and use the ASIST model. No previous mental health or suicide prevention experience is necessary.

### What will you learn as an ASIST trained first aid caregiver?

After taking ASIST, you will be better able to:





- Be suicide alert - identify people who have thoughts of suicide
- Understand the reasons behind thoughts of suicide and the reasons for living
- Assess risk and safety - develop a plan to increase the safety of the person at risk of suicide
- Recognise invitations for help
- Recognise potential barriers of seeking help
- Offer support - recognise other important aspects of suicide prevention including life-promotion and self-care
- Effectively apply a suicide intervention model
- Link people with community resources

#### What are the workshop features?

- Presentations and guidance from two Living Works registered trainers
- A scientifically proven intervention model
- Powerful audio-visual learning aids
- Group discussions
- Skills practice and development
- A balance of challenge and safety
- Participant materials include a 20-page workbook, wallet card, and stickers. Participants also receive a certificate upon completing the workshop.

#### What is the structure of an ASIST workshop?

The ASIST workshop is divided into five sections that follow in a logical progression to gradually build comfort, confidence and understanding around suicide and suicide intervention.

**Preparing:** Sets the tone, norms, and expectations of the learning experience over the two days.

**Connecting:** Enables participants to reflect on their own attitudes towards suicide. This creates an understanding of the impact that attitudes can have on the intervention process.

**Understanding:** An overview of the intervention needs of a person at risk. The trainers focus on providing participants with the knowledge and skills to:

- recognise risk
- develop safe plans to reduce the risk of suicide
- increase the safety of the person

**Assisting:** Presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation exercises in large and small groups.

**Networking:** The trainers share information about resources in the local community and promote participant commitment to encouraging the transformation of local resources into helping networks.

Please see EOI form for prices.

[Click here to complete the expression of interest form](#)





# GAMBLING HARM PREVENTION TRAINING

**Do the young people you work with gamble?**

**Want to know more about how gambling might be impacting them?**

## AVAILABLE ONLINE TRAINING DATE

**WEDNESDAY 30TH AUGUST  
3.30-5 PM**

**[HTTPS://US02WEB.ZOOM.US/J/81673090744](https://us02web.zoom.us/j/81673090744)**

## Learning Objectives

- Increase your knowledge of how people are affected by gambling harms
- Give you confidence to have conversations with people about how gambling might be affecting them
- Provide the appropriate support through screening, advice, interventions, and signposting



For more information please contact  
[Jack.Killingray@gamcare.org.uk](mailto:Jack.Killingray@gamcare.org.uk)



## Social Media Advisor Session

**WAKEFIELD FIRST**  
**SOCIAL MEDIA ADVISOR SESSION**  
13th September, 1pm

Hear from social media experts and level up your platform knowhow.

FLOOR 0, WAKEFIELD ONE

Are you a business owner struggling with social media and want to maximise your business presence? We've got you covered!

Join us at our FREE advisor session on the 13th September afternoon to find out how you can boost your business via social media.

## Job/ Volunteer Opportunities

### Young Futures Deputy

**st george's**  
**WE ARE HIRING**  
**YOUNG FUTURES DEPUTY**

- Are you an enthusiastic person who values co-production and recognises the strengths and potential of young people and the challenges and obstacles they face?
- Do you have excellent organisational skills, leadership qualities and problem-solving skills?
- Are you a great team player with the energy, patience, compassion and humour that working with children and young people necessitates?
- Join our innovative and inclusive team!

**Hours:** 30-37 hours per week, dependant on applicant.  
**Salary:** dependent on experience and will be discussed at job offer. This will be in the region of £26,500 (St George's Band D).

Closing Date: 3<sup>rd</sup> September 2023 at 11.59pm

Interview Date: 12<sup>th</sup> September 2023 time to be confirmed.

Please note we may bring the closing date forward if we are able to appoint before the

Start Date: ASAP.

Click here for more information:

<https://stgeorgeslupset.org.uk/jobs/young-futures-deputy/>

Call Emma Coyle, Children and Young People's Service Manager, on 01924 369651 for a chat about the job and to arrange for an application form to be sent, or email [recruitment@stgeorgeslupset.org.uk](mailto:recruitment@stgeorgeslupset.org.uk) to request a recruitment pack.

**APPLICATION DEADLINE - 3 SEPTEMBER 2023**

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**Next Newsletter Date: 29 August 2023**

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**Submission Deadline: 24 August 2023**

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## Spectrum People are looking for volunteers to support Maternal Journal on Pinderfields Neonatal Unit

**ARE YOU AN NICU PARENT?**

Spectrum People are looking for volunteers to support the delivery of Maternal Journal within Pinderfields Neonatal Unit.

**WHAT IS MATERNAL JOURNAL?**

Maternal Journal is a creative session of journaling activities centered around motherhood and pregnancy and exploring the emotions of this journey.

**WHAT ARE WE LOOKING FOR?**

We are looking for volunteers with lived experience of the neonatal unit to work alongside a staff member on Tuesday afternoons (1-2:30pm) to deliver activities and support to parents currently on the ward.

We are looking for someone who can commit to supporting every week.

You must be available for training on one of the following dates - 25th September or 13th November.

**FOR MORE INFORMATION PLEASE EMAIL:**  
[spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)



Spectrum People currently provides Maternal Journal at Pinderfields Neonatal Unit. They're recruiting volunteers to support this incredible project.

They are looking for volunteers with lived experience of the neonatal unit to work alongside a staff member on **Tuesday afternoons (1pm - 2:30 pm)** to deliver activities and support parents currently on the ward.

They are looking for someone who can commit to supporting the sessions every week.

Training is available on one of the following dates: **25th September or 13th November.**

If this sounds like the perfect opportunity for you, email Spectrum People at: [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)

## Surveys, Campaigns, New Websites & Other Newsletters

### NICE Guidelines



NICE has several guidelines that support local partnerships to deliver evidence-based services and care

supporting mental wellbeing, suicide prevention and community engagement. The easiest way to find all the guidance on these topics is to go to their topic pages on [mental health and wellbeing](#) and [mental health and behavioural conditions](#). [Mental wellbeing, suicide prevention and community engagement \(nice.org.uk\)](#)





## Connect to Support Website and Local Directory



The Connect to Support website for Wakefield District. [wakefield.connecttosupport.org](http://wakefield.connecttosupport.org) is for people looking for social care support, either for themselves or as a carer. You'll find information about keeping healthy, staying independent and connecting with others.

Sections include:

- I am a carer
- I need information on social care'
- I want to refer myself, or someone else, to adult social care services
- I want to connect with others, or find services, from community organisations

There is also a searchable directory for people to find local support from a wide range of organisations across the Wakefield District. The directory is searchable by postcode so you can find the right support near you.

**If you run a group/service (or know anyone who does) please feel free to add to the community directory [Create event \(connecttosupport.org\)](http://connecttosupport.org)**

## NHS Talking Therapies LGBTQIA+ Positive Practice Guide



### Scoping Survey for the NHS Talking Therapies LGBTQIA+ Positive Practice Guide

The LGBT Foundation is working with NHS England to develop a Positive Practice Guide to support staff to deliver high quality treatment to LGBTQIA+ (lesbian, gay, bisexual,

transgender, queer, questioning, Intersex and asexual) individuals accessing NHS Talking Therapies services. Please complete the [survey](#) before 31<sup>st</sup> August to add your view about what the guide should include.

Who should complete the survey?

- LGBTQIA+ service users
- Family members (biological or chosen) of LGBTQIA+ service users
- Staff working in an NHS Talking Therapies service
- Staff working in any other NHS service
- NHS Talking Therapies commissioners or regional teams.

If you have any questions, please contact the LGBT Foundation via [therapy@lgbt.foundation](mailto:therapy@lgbt.foundation).





## NHS Healthy Start Scheme



The NHS Healthy Start scheme helps people buy milk, fruit and vegetables for their child. To qualify for the scheme, the individual must be at least 10 weeks pregnant or have responsibility for at least one child under the age of four, receive qualifying benefit and have a low income.

The scheme offers:

- £4.25 each week of pregnancy from the 10th week
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

The money will stop when the child is 4 years old or if the parent no longer receives benefits.

If the application is accepted, the individual will receive a prepaid card that is topped up every four weeks. This will replace the paper vouchers previously used for the scheme.

They will be able to purchase healthy food such as:

- Plain liquid cow's milk
- Fresh, frozen, and tinned fruit and vegetables
- Cow's milk-based infant formula milk
- Fresh, dried and tinned pulses

Those who are enrolled on the scheme can also collect the following free Healthy Start branded vitamins:

- Multi-vitamins (for those who are pregnant or breastfeeding)
- Vitamin drops for children aged 6 months to 4 years old

The prepaid card can be used in any store which displays the Mastercard® acceptance logo.

To apply for the card, visit [Get help to buy food and milk \(Healthy Start\) - NHSBSA](#) to start the online application process.

To find out more about Healthy Start, visit [the Healthy Start website](#).



## Wakefield Recovery College The Supporter Newsletter

Read the latest edition here: [www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/08/Newsletter-The-Supporter-Edition-165-11-August-2023-.pdf](http://www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/08/Newsletter-The-Supporter-Edition-165-11-August-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).

## Yorkshire Smokefree's August Coffee Break

The August coffee break is linked below.

This month it concentrates on a smokefree summer!

<https://yorkshiresmokefree.nhs.uk/articles/august-s-coffee-break-enjoy-a-smoke-free-summer>

### Yorkshire Smokefree 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)

## Northern College News

Great news, Northern College will provide support to all charities or special groups working with adults, who need access to education and earn under £21,255 pa and live in West Yorkshire.

They will help contribute to the cost of bringing your potential learners by mini bus to do any of their one day courses, such as, Wellbeing day or Future Ambitions. This allows them to see what it is like to study at Northern college. They will also give them a short tour of the house, show them the accommodation and even provide them with lunch.

They will contribute £150 to support the cost of a minibus from Wakefield. This is based on a minimum of 10 students on a course. The funds are limited so please plan early.