



29 August 2023

Edition 115

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Newsletters will be every two weeks. The next newsletter will be on the 12 September 2023.

Please send submissions to pmhnowakefield@gmail.com by 7 September 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 \(wakefieldrecoverycollege.nhs.uk\)](#)

Suicide Prevention Champions campaign



As World Suicide Prevention Day approaches (on 10 September), people across West Yorkshire are being encouraged to sign up as Suicide Prevention Champions and join the effort to reduce the area's above-average suicide rate.

West Yorkshire Health and Care Partnership's new campaign urges everyone to play a part in helping to lower the suicide rate by taking an active role in challenging stigma and raising awareness.

West Yorkshire Health and Care Partnership's Suicide Prevention Programme has set a target of recruiting 281 Champions by the end of the year – one for each of the 281 people whose deaths were registered as suicides in West Yorkshire coroners' courts in 2021 – and then to keep growing.

Signing up as a Champion takes minutes online. It involves watching a 20-minute video and making a pledge – big or small – about how you plan to promote suicide prevention at home/in the community or at work.

Champions will have access to the latest suicide prevention news, resources, support services and information to help spread the word and encourage action.

The most [recent figures](#) show West Yorkshire continues to have a higher suicide rate than England as a whole, with a rolling three-year rate in 2021 of 13.2 per 100,000 people, compared to 10.4 per 100,000 nationally. This was a rise from 12.6 in West Yorkshire in 2018-2020.

For more information and to sign up, visit <https://suicidepreventionwestyorkshire.co.uk/becomeachampion>



Local stats breakdown:

- Latest ONS data on registered deaths from suicides in England and Wales (Source: [Suicides in England and Wales by local authority - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/statistics/themes/suicides-in-england-and-wales-by-local-authority)) show the three-year rolling aggregate rate in West Yorkshire rose from 12.6 per 100,000 people in 2018-2020 to 13.2 in 2019-2021. For comparison, the England average is 10.4 per 100,000 people.
- A breakdown also showed rates rose in all areas of West Yorkshire, except for Kirklees, over the same period. All areas except Bradford are above the national average.
 - In Leeds, the rolling three-year aggregate rates for registered suicide deaths rose from 13.3 per 100,000 people in 2018-2020 to 13.9 in 2019-2021;
 - In Wakefield, this rate rose from 16.2 to 17.3;
 - In Calderdale, it rose from 15.6 to 16.9;
 - In Bradford, it rose from 9.2 to 9.8.
 - The suicide rate for Kirklees fell from 11.8 to 11.2 per 100,000 people (but remains higher than the England average of 10.4).

Click here to view their press release for the launch:

<https://www.wypartnership.co.uk/news-and-blog/news/partnership-launches-new-campaign-recruit-suicide-prevention-champions-across-west-yorkshire>



Events & Meetings

Making a Difference with Health Coaching Event



Following the success of the #100PeerLeaders campaign, the Lived Experience team at NHS England will be running themed events throughout 2023 to demonstrate the impact of personalised care and also the difference made by people, local communities and organisations working together.

The fourth event in this series will focus on Making a Difference with Health Coaching and will take place on **Tuesday 19th September 1pm-2.30pm** on **Microsoft Teams**.

The event will share some examples of best practice taking place to improve the lives of people and communities. In addition to hearing from people with lived experience of health coaching and the impact this has meant to them.

They'd welcome anyone to join who has lived experience of living with a long-term condition or those in a caring capacity, and people working in local communities and the health and care system wanting to learn more about working with people to create change.

To register for the Making a difference with Health Coaching webinar, please scan the QR code in the below graphic or follow the registration link- <https://forms.office.com/e/kvsaNXBkL6>

This event will coincide with the National '**Health Coaching Awareness week**' where there will be a series of different events and activities happening throughout the week of the **18th -22nd September**.

For more information on the week please contact: england.supportedselfmanagement@nhs.net

And don't forget to tag and share your good news stories/activities throughout the week utilising the hashtag- **#HealthCoaching** and follow **@Pers_Care** on Twitter for updates.



Save the date!! West Yorkshire Integrated Care Board (ICB) mental health and wellbeing event on 10 October 2023.

The event, hosted by the ICB and delivered by [the West Yorkshire Staff Mental Health and Wellbeing Hub](#), will be held online, from 9.30am to 1.15pm on Tuesday 10 October, World Mental Health Day.

The West Yorkshire Staff Mental Health and Wellbeing Hub is for all members of the Positive Mental Health Network to access. It's for everyone, including volunteers who work/volunteer in mental health.

The morning will be made up of a variety of mini taster 25 minute sessions on topics such as sleep, workplace stress, men's health and menopause. To close off the event, there will be a [Schwartz Round](#) on the theme of living with uncertainty.

The purpose of the event is to provide a forum to recognise that our staff are living in a period of uncertainty, which may be impacting their mental health and wellbeing. More information and a full agenda will be available in the coming weeks but please remember that support is available now through [the Hub](#).

Services, Groups & Community Courses

Bring Me to Life

me and menopause

Me & Menopause is a 5 week course that will provide information, practical help and support to empower women to take control of their menopause and improve their health and mental wellbeing .

Where: The Denhale Active Recreation Centre, Wakefield WF2 9EF

When: Sessions on Thursdays @ 6.30pm to 7.30pm (5 week course)

Dates: 28th Sept, 5th Oct, 12th Oct, 19th Oct, 26th Oct 2023

How to book: Email catherine@bringmetolife.co.uk

Resilience training delivered by **Nova** **Meno+health**

Bring Me To Life
WOMEN'S WELLNESS CIC

New course available - Me and Menopause:

More information and how to book can be found here [me-and-menopause](#)



#WalkItThrough

#WalkItThrough

WOMEN'S ONLY WALK 'N' TALK PEER SUPPORT GROUP

An opportunity to meet other like-minded women for some gentle exercise and relaxed conversation



#womensupportingwomen #womenswellness #mentalhealth

Wednesdays: Thornes Park, Wakefield - Meet outside the Stadium, walk starts @ 6.30pm till 7.30pm

Thursdays: Pontefract Park, Park Road - Meet outside the children's play area, walk starts @ 6pm till 7pm

For more information or to book email

Catherine@bringmetolife.co.uk

www.bringmetolife.co.uk



More information and how to book can be found here [#walkitthrough](https://www.bringmetolife.co.uk/walkitthrough)



Buggy walks

More information and how to book can be found here [buggywalks](#)

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



Launch of Wakefield Community Enablement Team

Launch of Wakefield Community Enablement Team

Our new Wakefield Community Enablement Team (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.

Referrals will open from 4th September. For more information on the service, visit our website: www.touchstonesupport.org.uk/wakefield-community-enablement-team/





Dream Time Creative

Green Light & Ginger Tea:

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

Please email hello@dreamtimecreative.org to book your place. Booking is essential!

Me and Menopause:

Booking at hello@dreamtimecreative.org essential

Helping you to prepare & naturally live healthily with your Menopause

Free 5 week course

Where:
Quaker Meeting House,
Thornhill Street, Wakefield, WF1 1NQ

When:
Fridays from 12pm to 2pm
September 15, 22, 29
October 6, 13 2023

Bespoke training delivered by:  

For more information, click [here](#)



Turning Point

Free Emotional Wellbeing Workshops:

Turning Point Talking Therapies have free online and face to face workshops to support with emotional health issues. Topics range from Managing Stress, Anxiety, Worry, Sleep, Body Image and lots more. The workshops last up to an hour and a half and you don't have to engage or have your camera on. You must book asap or at least 36 hours in advance to secure your spot. Book now on: <https://mytp.me/wakefield-talking-therapies-publications>

Welcome to My Turning Point – Your Online Space for Thinking and Feeling Better

**WELCOME TO MY TURNING POINT
YOUR ONLINE SPACE
FOR THINKING AND
FEELING BETTER**

FREE APP

WHAT IS MY TURNING POINT?
Secure, fast access to online supported CBT (Cognitive Behavioural Therapy) programmes, tailored to your specific needs.
Our programmes have demonstrated high improvement rates for depression, anxiety and stress.
It's flexible - access it any time, anywhere, on your computer, tablet or mobile phone.

AT YOUR OWN PACE
Complete your specially selected modules at your own pace, but ideally over approximately 8 weeks. You will have access to the resources and tools for 12 months

WORK INDEPENDENTLY OR WITH SUPPORT
A Psychological Wellbeing Supporter will provide feedback, guidance and suggest additional add on modules recommended for you

EASY TO USE
Interactive tools, diaries and activities make your experience interesting and motivational

Sign up by referring online
talking.turning-point.co.uk
or call: 01924 234 860

(POWERED BY SILVERCLOUD)

TURNING POINT TALKING THERAPIES

@wakefieldtalkingtherapies

TURNING POINT



Prince of Wales Hospice Wellbeing Community Support

Activities and group sessions

Monday	Family and Friends Support (The Prince of Wales Hospice) Morning	Coffee & Chat Drop-In (Featherstone Rovers stadium, WF7 5EN) 1.30 - 3.30pm
Tuesday	Coffee & Chat Drop-In (Notcutts Victoria Garden Centre, WF7 6BS) 1.00 - 3.00pm	Complementary Therapy Group (The Prince of Wales Hospice) 2.00 - 3.00pm
Wednesday	Wellbeing Information Session (The Prince of Wales Hospice) 10.00 - 11.30am	Bathing service (The Prince of Wales Hospice) Afternoon
Thursday	Walking for Wellbeing (various locations) 10.30am - 12.00pm	Chair Exercises (Your Space Pontefract, WF8 4PR) 1.30 - 2.30pm
Friday	Craft Group (The Prince of Wales Hospice) 1.30 - 3.30pm	

Booking is required for all activities except the drop-in sessions. Please check the latest schedule and book on www.pwh.org.uk/support

Alternatively, you can call Jo Dunford, Wellbeing Lead, at 01977 781451 or 07825425530.



Job/ Volunteer Opportunities

Charity Advisor at Appletree Community Garden



Role: Charity Advisor, Green Space, Wellbeing and Creative Health
Salary : £24,000 – pro rated for 16 hours
Hours: 1 position at 16hrs per week – Mon/Tues/Wed/Fri 10am-2pm
Base : Appletree Community Garden, Agbrigg, Wakefield

Spectrum People has been involved with Appletree Garden since its creation and has run it since 2019. The Garden's amazing green space helps many people's wellbeing and this role is to support this further as more people attend.

Working in a small team at the Garden the job holder has the opportunity to influence many people's lives, seeing how green space and creative ideas can help overcome poor mental health and wellbeing.

People of all ages and from all communities are welcomed at Appletree and the Garden includes a great variety of opportunities. These may include gardening but also creative arts activities and an opportunity to chat and make friends.

We are seeking an experienced and enthusiastic individual who has experience of working with vulnerable individuals and groups. You will need excellent communication skills and an understanding or willingness to learn about the positive effects of green space on mental health, and the wider impacts of climate change

Spectrum People celebrates 10 successful years in 2023 and recently held an open day at Appletree with over 270 people attending. To see more take a look at the following videos:

[Together And Apart Exhibition](https://www.facebook.com/creativewfd/videos/122698276601307) - Spectrum People discussing helping people with art therapy and through green space at Appletree; <https://www.facebook.com/creativewfd/videos/122698276601307>

[Celebration of Culture](https://youtu.be/0C1Gj04yEzI) at Appletree, organised by Hopeful Families, with support from Groundwork, funded through Community Fund and ESF. Celebrating Black Culture month <https://youtu.be/0C1Gj04yEzI>

Closing Date: 7 September, 2023, 5pm

Interviews will be held on: 18 September, 2023, at Appletree Garden

Applications welcome from all sections of the community. Application details/pack can be obtained by emailing: spectrumpeople@spectrum-cic.nhs.uk





Artists Needed!!

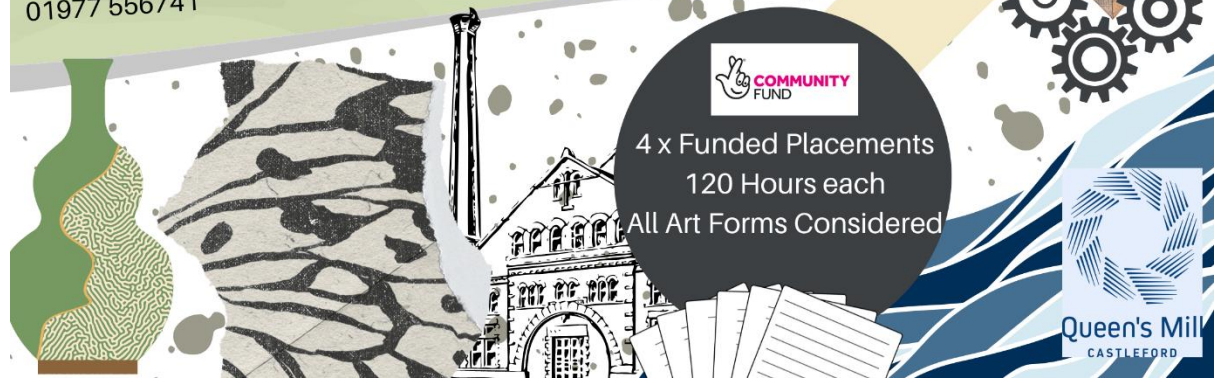
Artists needed....

To connect with the
Castleford Community on a
creative placemaking project.

For more details contact Jenny Catch on:
jenny.catch@castlefordheritagetrust.org.uk
01977 556741




4 x Funded Placements
120 Hours each
All Art Forms Considered



Queen's Mill
CASTLEFORD

Castleford Heritage Trust aim to commission up to four artists to work on the CAS Project (working title).

What is the CAS Project?

The CAS project is a participatory creative arts project. The goal of the project is to enable and support the Castleford community to express their views on Castleford, and their experiences of life in the town, in a creative and collaborative way. The project will aim to highlight the strengths and uniqueness of life in Castleford.

[Click here for more information](#)



Funding Opportunities

Suicide Prevention VCSE Grant Fund

DHSC has today launched a £10m **Suicide Prevention VCSE Grant Fund for 2023/24 and 2024/25**, to support suicide prevention activities delivered in England by non-profit organisations.

The application period is open until **1st October**. Applications must be made online via the [Find a Grant portal](#), unless exceptional circumstances apply.

Guidance can be found [here](#), which provides full details of the objectives of the fund, the eligibility criteria, and details on the application process itself.

DHSC will also be holding Meet the Funder webinars for potential applicants to answer any questions. To sign up, please contact the team at SuicidePreventionGrant@dhsc.gov.uk

DHSC is particularly (but not exclusively) interested in applications to fund suicide prevention activity targeted at:

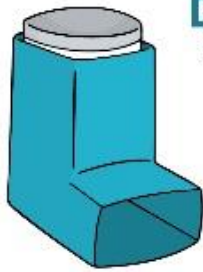
- population groups that we consider to be 'groups of concern', based on evidence and data (including numbers, rates and trends), stakeholder engagement and expert views. These include:
 - children and young people
 - middle-aged men
 - people who have previously self-harmed
 - people in contact with mental health services
 - people in contact with the justice system
 - autistic people
 - pregnant women and new mothers
- geographic areas where demand for services is greatest and where there are disparities in provision and access to services, compared to other regions in England
- more marginalised groups, such as ethnic minority groups including Gypsy Roma and Traveller communities, and LGBTQ+ communities

Note, they also encourage you to apply if your proposed project does not meet some or any of the criteria above, so long as your project meets the strategic objectives of the fund and you can make a convincing case of the need for funding.



Surveys, Campaigns, New Websites & Other Newsletters

Don't Bin your Inhalers



Don't bin your inhalers!

Return them to your community pharmacy

- 12 million people in the UK need an inhaler
- 73 million are used every year in the UK
- The gas in some inhalers is bad for the environment and needs to be disposed of correctly

West Yorkshire
Health and Care Partnership

renewi
Working in partnership with
wakefieldcouncil

It will soon be time, for your child to go back to school and we know this is when children are most likely to have an asthma flare up. Every year we see an increased number of children attending their GP and being admitted to hospital, as they start the new academic year. Find out how you can help reduce the risk of a flare up:

<https://www.wypartnership.co.uk/our-priorities/children-young-people-and-families/asthma-friendly-schools/back-school-support-parents-and-carers-children-asthma-2023>

Alzheimer's Research UK

ALZHEIMER'S RESEARCH UK FOR A CURE

Over the next five years, we expect to see several new drugs become available for Alzheimer's disease. These drugs will likely be costly, so will need to be assessed by

organisations like The National Institute for Health and Care Excellence (NICE) to ensure they're an effective use of NHS resources.

But there's a big problem on the horizon. As things stand, when these organisations weigh up whether a new Alzheimer's drug is cost effective for the NHS, they won't be considering the disease's impact on informal carers – and the emotional and physical impact that underpin it.

We think they should be, and we're working hard to ensure this won't be a barrier to eligible patients having access to these drugs, assuming they're licensed in the UK.

[The overlooked impact of Alzheimer's disease - Alzheimer's Research UK \(alzheimersresearchuk.org\)](https://www.alzheimersresearchuk.org)

Dentistry -Frequently Asked Questions

These are now available <https://www.wypartnership.co.uk/our-priorities/primary-and-community-care-services/dental-services>



Dental services in West Yorkshire

More content will be developed over the coming weeks



Dream Time Creative's Newsletter



Here is Dream Time Creative's latest [newsletter](#)

Wakefield Recovery College's The Supporter Newsletter

Click here for the next edition of The Supporter Newsletter:

www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/08/Newsletter-The-Supporter-Edition-166-25-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 \(wakefieldrecoverycollege.nhs.uk\)](#).

RSPH Survey

RSPH has [launched a survey](#) to gather insight from the wider public health workforce. **As an organisation who works with, or supports, the wider public health workforce through health promoting community pharmacy we would really value your input**, for example by completing the survey, sharing it with your members or people you work with who are part of the wider public health workforce.

In addition, they'd value your organisation's views on the wider public health workforce and if you have stories or case studies about the impact the wider public health workforce has.

You can find out more about what RSPH will be doing throughout the year here: [Wider Public Health Workforce Engagement](#)

National Dementia Carers Day 2023



National Dementia

Carers Day 2023



Tuesday 19 September 1.30 – 3.30pm

At Featherstone Rovers, Post Office Road, Featherstone, WF7 5EN

Join us to celebrate an occasion to recognise and appreciate family carers and devoted friends who selflessly support individuals with dementia.

Carers and professionals please come and join us at our free event to enjoy live music, dancing, afternoon tea, raffles and prizes and activities for people living with dementia.

For information and to book please contact the Wakefield Team.

Telephone 01924 373264 or email wakefield@alzheimers.org.uk

Free parking.

Supporting Partners:

