



# The Supporter Newsletter

15 September 2023



Credit: @adoseofreminders

01924 316946

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

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@WakefieldDC

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@Wakefielddiscoverycollege

With **all of us** in mind.

The Government has published the new suicide prevention strategy. You can access the strategy and action plan here: [Suicide prevention strategy for England: 2023 to 2028 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/suicide-prevention-strategy-for-england-2023-to-2028)



## Self-Care September 2023

MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



# Join our team!!

Head to NHS Jobs today to find out more about the Team Secretary opportunity we have available.



An exciting opportunity has arisen for one enthusiastic and proactive team secretary to join our expanding Recovery College team in a full time, permanent post.

To find out more about the role, please head to the NHS Jobs website.

**Job reference number C9378-W0938A.**

Please note, the closing date is the 27th September 2023.

**Wakefield**  
**Recovery and Wellbeing College**  
Home of the Discovery College

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



## Community Enablement Team



### What do we do?

The Wakefield Community Enablement Team is a community-based support service for people with complex mental health needs and emotional wellbeing challenges to enable you to live independently within your own community.

- Aged 16+
- 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.

### Contact Us:

 Wakefield-CET@touchstonesupport.org.uk



**safeTALK**  
suicide alertness for everyone



Know what to do if someone is thinking about suicide by following the easy to remember TALK steps - Tell, Ask, Listen and Keep-safe.

Upcoming SafeTALK Training Sessions Across the Wakefield District:

- Wednesday 18th October, 9:30-13:30, Samaritans, Charlotte Street, Wakefield
- Tuesday 28th November, 12:30-16:30, Red Roof Centre, Wakefield Road, Kinsley

Please note that more SafeTALK training sessions are coming soon. Don't forget to check our website for more updates.

Book your free place and see other training and events from Young Lives Consortium here:

[www.eventbrite.co.uk/o/the-young-lives-consortium-12802872125](http://www.eventbrite.co.uk/o/the-young-lives-consortium-12802872125)



## 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](mailto:catherine@bringmetolife.co.uk)

Respectful training delivered by



**0333 335 0026**

**Strut Safe is a free UK-wide phone line. If you're walking alone, our volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door.**

Strut Safe is a free, volunteer-operated and non-judgemental support line who stay on the phone with you until you arrive safely at your destination. It operates Fridays & Saturdays 19:00 – 03:00 and Sundays 19:00-01:00. For further information see <https://strutsafe.org/>.

# WORLD MENTAL HEALTH DAY LANTERN EVENT

In celebration of World Mental Health Day 2023 the Working Together Better partnership services in Kirklees are partnering with Handmade Productions to host a community Lantern Event in the centre of Dewsbury.

**Tues 10th Oct 2023**  
**4.30pm - 8pm**  
**Outside Dewsbury Town Hall**

- \*Information Stalls
- \*Free Festival Face Glitter
- \*Giant Lantern Puppets
- \*Arts and Crafts Activities
- \*Food

Please feel free to bring your own handheld lanterns or 'lights' to join in the event. No toilets provided on site.

For more information please contact CLEAR on 01924 465054



## EyUp! cricket match

**Saturday 30 September at 1.30pm - 6pm**

Mount Cricket Club, 43 Halifax Rd, Staincliffe, Dewsbury, WF13 4AS



The game is free for all to attend, and no ticket is required. Donations for EyUp! are welcomed - [EyUp! Charity Cricket Match 2023 - JustGiving](#).

There will be a chance on the day to bid on a cricket bat signed by England and Yorkshire cricket player Jo Root.

Please contact Aboo Bhana by email [abooabaker.bhana@swyt.nhs.uk](mailto:abooabaker.bhana@swyt.nhs.uk) or telephone 07918 166550



Charity registration no: 1055931

Contact EyUp on 01924 316403 or email [eyup.charity@swyt.nhs.uk](mailto:eyup.charity@swyt.nhs.uk)



@EyUpCharity



@EyUpCharity

### Our linked charities:

Mental Health Museum, Creative Minds, Spirit in Mind

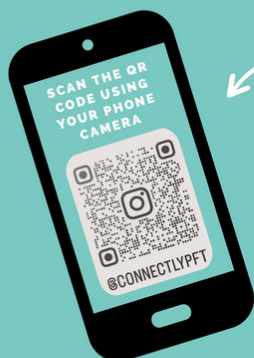


**South West Yorkshire Partnership NHS Foundation Trust**

## DO YOU OR SOMEONE YOU LOVE STRUGGLE WITH DISORDERED EATING?

### OPEN ACCESS SUPPORT

FROM HIGHLY SPECIALIST EATING DISORDER PRACTITIONERS IS AVAILABLE AT YOUR FINGERTIPS



### INSTAGRAM

LIVE DISCUSSIONS, RELEVANT INFORMATION AND A SUPPORTIVE SPACE FOR ALL.

### THE HUB

A WEEKLY ZOOM MEETING FOR ANYONE OVER THE AGE OF 18, TO DISCUSS TOPICS AND EXPERIENCES WITH OTHER SERVICE USERS, FACILITATED BY OUR SPECIALIST EATING DISORDER PRACTITIONERS.



NO FORMAL DIAGNOSIS, PERSONAL DETAILS OR COMMITMENT NEEDED

## ARE YOU SUPPORTING SOMEONE WHO IS STRUGGLING WITH DISORDERED EATING?

WE OFFER A SUPPORTIVE ENVIRONMENT FACILITATED BY HIGHLY SPECIALIST EATING DISORDER PRACTITIONERS FOR ANYONE WHO IS A CARER, FRIEND OR FAMILY MEMBER TO SOMEONE WHO HAS AN EATING DISORDER



NO FORMAL DIAGNOSIS, PERSONAL DETAILS OR COMMITMENT NEEDED



[CONNECTENQUIRIES.LYPFT@NHS.NET](mailto:CONNECTENQUIRIES.LYPFT@NHS.NET)



[CONNECTENQUIRIES.LYPFT@NHS.NET](mailto:CONNECTENQUIRIES.LYPFT@NHS.NET)



# Connecting Communities, Palliative and End of Life Care, 21 September 2023, 9:30 - 11:15am

A free online event to connect peers and discuss best practice.  
Presentations and discussions will include:

- **Advance care planning in care homes**, Suzanne Vear and Julie Williams
- **Personalised end of life care for people with learning disabilities**, Fiona Cardoza
- **Cultural considerations in personalised care and advance care planning**, Ripaljeet Kaur
- **Place based palliative and end of life care**, Elspeth McGloughlin

To book a place email,

[wyicb-wak.ltcpc.wy@nhs.net](mailto:wyicb-wak.ltcpc.wy@nhs.net)

West Yorkshire  
Health and Care Partnership



## Survey seeks women's views on experiences of reproductive health

The Department of Health and Social Care (DHSC) has today (7 September) launched of [a national online survey to gather data on women's menstrual health, contraception, pregnancy planning and menopause](https://www.gov.uk/government/news/landmark-survey-seeks-womens-views-on-reproductive-health).

The survey seeks women's views on issues including periods, contraception, fertility, pregnancy and the menopause.

The survey is being delivered by the London School of Hygiene & Tropical Medicine and is funded by DHSC. It is open to all woman in England aged 16 to 55 years and will run for six weeks.

Announcement:

<https://www.gov.uk/government/news/landmark-survey-seeks-womens-views-on-reproductive-health>

Women's Health Strategy:

<https://www.gov.uk/government/publications/womens-health-strategy-for-england/womens-health-strategy-for-england>



# Growth After Grief

8-weekly facilitator led sessions for any relative or colleague of a nurse that has taken their own life



Thursdays starting 5th October



7:00-8:30PM



Free



Zoom

Nurses in  
Distress

AmerisourceBergen



[www.doctors-in-distress.org.uk](http://www.doctors-in-distress.org.uk)

Doctors in Distress was founded by Amandip Sidhu following the suicide of his brother, Dr Jagdip Sidhu, a consultant cardiologist, in 2018. Following his brother's death, Amandip attended a bereavement support group and found it invaluable to share with other families who had been through the same experience.

The loss of a loved one or colleague through suicide brings unimaginable pain. It can feel extremely isolating and often there are many questions that can't be answered. Their groups will allow participants to share their experiences and feelings in a confidential space.

They will be running 8 sessions for any relative or colleague of a nurse that has taken their life. The sessions will be completely confidential and will be run by a professionally trained facilitator. There will be 2 groups of 10 people which will remain the same throughout the sessions. All groups are free of charge. The groups will be professionally evaluated via pre and post group short surveys. You will be sent these before the group starts and after the group ends.

All sessions will run on a Thursday from 7pm-8:30pm via Zoom. It is not mandatory to attend all the sessions but sessions will be closed to new attendees after the 2nd week.

The dates for the sessions are as follows:

Thursday 5th October, Thursday 12th October, Thursday 19th October, Thursday 26th October, Thursday 2nd November, Thursday 9th November, Thursday 16th November, Thursday 23rd November.

If you have any queries about the groups, or would like to speak to a member of the team, please email [contact@doctors-in-distress.org.uk](mailto:contact@doctors-in-distress.org.uk)

Doctors in Distress is an independent charity that aims to promote and protect the mental health and prevent suicide of healthcare workers.

To book your place, head to eventbrite or click this link <https://www.eventbrite.co.uk/e/growth-after-grief-tickets-681486403177?aff=oddtcreator>.

# 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](mailto:wakefield@alzheimers.org.uk)

Free parking.

Supporting Partners:



## 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](http://talking.turning-point.co.uk)  
or call : 01924 234 860

(POWERED BY SILVERCLOUD)

**TURNING POINT  
TALKING THERAPIES**



@wakefieldtalkingtherapies

**TURNING  
POINT**



## 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](mailto:jenny.catch@castlefordheritagetrust.org.uk)  
01977 556741



**4 x Funded Placements**  
**120 Hours each**  
**All Art Forms Considered**

**Queen's Mill  
CASTLEFORD**

**FREE  
course**



# Celebrate Wakefield's Year 2024 Exhibition - Creative Workshop

Our partners at the West Yorkshire History Centre are inviting students to come along to create art and craft pieces inspired by the records within the John Goodchild Collection to be part of the West Yorkshire History Centre exhibition.

You will have the opportunity to look at how the areas around us have changed, how they look now compared to the past and how would we like them to look in the future? We will use a series of picture postcards, letters, advertisements and journals from the collection to think about what's changed since they were created and how quickly things are changing now with buildings coming and going. We will use drawings & paintings, crafting patches & calligraphy to create something new from something old.

Whether it's a poem or a painting, the work created by the students will form part of our John Goodchild Exhibition, our Year 2024 celebrations and be displayed in the West Yorkshire History Centre for all visitors to see!

**Wednesday 11th and 18th October 2023**

**10.30am-12.30pm**

**West Yorkshire History Centre**

**127 Kirkgate**

**Wakefield**

**WF1 1JG**



**Face to  
face  
18+**

**Contact the college to enrol:**

**[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)**

**[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)**

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**Wakefield  
Recovery and Wellbeing College  
Home of the Discovery College**

**With all of us in mind.**



**Research Opportunity: Recovery Colleges Characterisation and Testing 2 (RECOLLECT 2): Exploring the impact of Recovery Colleges on student outcomes and service use.**

Are you a recently enrolled Recovery College student who has attended no more than 1 introductory class? Are you aged 18 or over? Are you currently accessing or been accepted but waiting to access local secondary or tertiary NHS mental health services (e.g., a community mental health team, assertive outreach team, etc.)?

The RECOLLECT research team are looking for participants for a study about Recovery Colleges. The following information comes from the Student Participation Information Sheet and gives an overview of what the study involves.

RECOLLECT 2 is a five-year programme of work to better understand Recovery Colleges in England. Over the last decade, Recovery Colleges have rapidly expanded. We want to explore how Recovery Colleges might benefit those that use them. The RECOLLECT 2 research team are made up of researchers from Kings College London, The University of Nottingham, and The University of Manchester.

Taking part will involve you completing a set of questionnaires at four different time periods over 12 months. This will be as soon as possible after joining the Recovery College, 4 months after joining, 8 months after joining and 12 months after joining. The questionnaires should take under an hour to complete. These may be completed online, via post, or with a researcher present (in person), but may also be completed over the phone, or video call where you will tell the researcher your answers.

The questionnaires will ask you about the following topics: quality of life, recovery, hope, resilience, social inclusion, social networks, service use, your wellbeing, your goals, and how you feel about your Recovery College. As part of the baseline questionnaires, we will ask you for some optional socio-demographic information as well. You will also be asked to consent (agree) to allow the researchers to access confidential information in your medical records so that they see what services you have used. This is optional.

The findings may have many possible direct / indirect benefits for Recovery College staff / students in the future, such as helping to inform future service provision. **If you decide to take part in the study, you will receive a £15 for each set of questionnaires that you complete (£60 in total).**

You are free to withdraw your consent to allow us to process any of your personal data that you have without having to give a reason. If you do change your mind, you can ask us to withdraw any of the personal data you have shared with us and any of your personal information that we collected from your medical records. If you have any questions or require more information about this project, please contact us via email: [RECOLLECT@kcl.ac.uk](mailto:RECOLLECT@kcl.ac.uk).

**Wakefield**  
**Recovery and Wellbeing College**  
Home of the Discovery College

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

# Our Autumn and Winter term has begun!

Check out some of our exciting new courses and some of our long standing favourites as we roll out the red carpet on our Autumn and Winter timetable.

**Self refer**

**Free!**

**Open to anyone**

Join our  
**Community**

Discover  
**Hope**

Find your  
**Identity**

Create  
**Meaning**

Be  
**Empowered**

# 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

Learning more about  
the West Riding  
Pauper Lunatic  
Asylum

20/09/2023  
10:30am-12pm  
Wakefield

## Feeling Positive, Busting Stress

21/09/2023  
2pm-3pm  
Online

## Managing Fatigue with Health Conditions

26/09/2023  
12pm-1pm  
Online

## Stroke Awareness

27/09/2023  
10am-12pm  
Pontefract

## Recipes across the years

27/09/2023  
10.30am-12pm  
Wakefield

## Bookbinding

04/10/2023  
10.30am-12pm  
Wakefield

## An Introduction to Autism

02/10/2023  
10am -12.30pm  
Online

## Expressive Writing

03/10/2023 - 24/10/2023  
11am-12:30  
Online

## Veterans Moving Forwards

09/10/2023 - 20/11/2023  
10am-2pm  
Featherstone

## Improving your sleep

09/10/2023  
1.30pm-2.30pm  
Online

## Everyday First Aid

11/10/2023  
1pm-2.30pm  
Wakefield

## Creative Crafting

10/10/2023 - 21/11/2023  
9.45am-11:30am  
Wakefield

Celebrate Wakefield's  
Year 2024 Exhibition -  
Creative Workshop

11/10/2023 - 18/10/2023  
10.30am-12.30pm  
Wakefield

## For those that give too much

12/10/2023 - 19/10/2023  
10am-12pm  
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**  
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With all of us in mind.

## Wakefield Discovery College

Online  
16 - 25yr  
olds

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

### Accepting Change

27/09/2023  
1pm-3pm  
Online

### Understanding Anxiety

11/10/2023  
1pm-3pm  
Online

### Introduction to Journaling for wellbeing

18/10/2023  
1pm-3pm  
Wakefield

### Looking after your sleep

18/10/2023  
1.30pm-3pm  
Online

### Youth First Aid

25/10/2023  
1.30pm-2.30pm  
Wakefield

### Learning more about the West Riding Pauper Lunatic Asylum

08/11/2023  
1pm-2.30pm  
Wakefield

### Introduction to personality disorder

20/11/2023  
10am-12.30pm  
Wakefield

### Introduction to scrapbooking for wellness

06/12/2023  
1:30pm-3:30pm  
Wakefield

### More courses to come in 2024!

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

**Discovery College**

Part of Wakefield Recovery and Wellbeing College

With **all of us** in mind.