



# The Supporter Newsletter

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

22 September 2023

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



ACTION FOR HAPPINESS

Credit: @actionhappiness



01924 316946



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



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



[facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)  
[facebook.com/wakefielddiscoverycollege](https://facebook.com/wakefielddiscoverycollege)



@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefielddiscoverycollege

With **all of us** in mind.



## West Yorkshire Tobacco Control Summit

West Yorkshire  
Health and Care Partnership

**For West Yorkshire healthcare professionals  
working in tobacco prevention**

Thursday 5 October 2023 - 10am to 3pm  
Venue to be confirmed

Find out more about:

- Tobacco prevention initiatives in West Yorkshire
- Pooling resources
- Best practice examples
- Sharing innovations and successes
- Shaping the future approach
- Exploring funding opportunities

Join a conversation looking at the whole system approach to tobacco prevention across West Yorkshire. Please email: [valerie.mzizi@nhs.net](mailto:valerie.mzizi@nhs.net) to register your interest.

HM Government

**NHS**

**STOP TOBER**

**STOP SMOKING  
AND GOOD  
THINGS HAPPEN**

Join the thousands of smokers  
committing to quitting this October

Search 'STOPTOBER'

**Better  
Health** Let's  
do this



# diamonds.

Improving diabetes self-management  
for people with severe mental illness

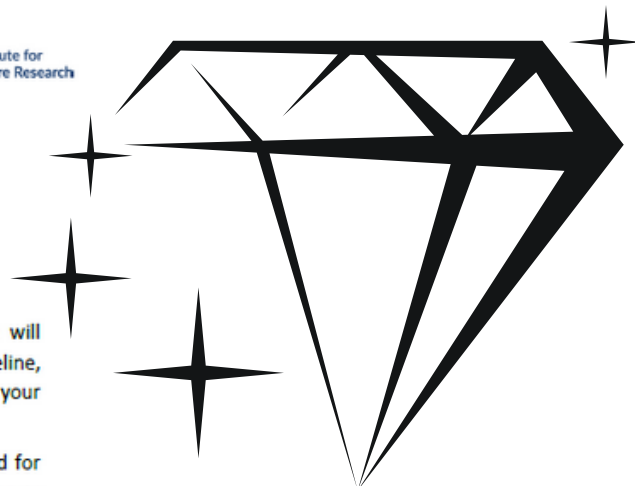
We are inviting you to take part in a research study called DIAMONDS.

You do not have to take part if you do not want to. Please read this information to help you decide.

- We have created a new support programme to help people with diabetes and a mental illness manage their diabetes.
- We are running a study to test if this new support programme can improve people's health.
- Half of participants will get the new support programme, the other half will not. This will be decided at random. The support programme is completed over six months. You would receive 1-to-1 support from a DIAMONDS Coach. You can meet with your Coach as often as you like. Sessions will last approximately 30 to 60 minutes.
- In the sessions, you will receive support to manage your diabetes. Where possible, sessions are done at your convenience and at a location suitable for you. Sessions can be by telephone or video call.
- Between sessions, you will be able to use a workbook or app to support your progress.
- At the start of the study and at six and 12 months, everyone will be asked to have bloods taken, their height, weight and blood pressure measured, and to fill in a

questionnaire about their health. We will offer you three £10 gift vouchers (at baseline, six and 12 months) to thank you for your contribution.

- You will be asked to wear a wrist-band for one week. It measures if you are moving or staying still throughout the day. It does not track where you are or record any other information
- Taking part could help improve future support for people who have diabetes and a mental illness. We cannot promise that taking part in the study will help you.
- You can choose not to take part, or stop taking part at any time, without giving a reason. This will not affect the care you receive.
- If you are interested in finding out more, please contact Sabina Maas (Clinical Trial Assistant) on Tel: 07920 383179 or Email: [Sabina.maas@swyt.nhs.net](mailto:Sabina.maas@swyt.nhs.net)



DIAMONDS RCT Short PIS\_Secondary Care  
IRAS Reference: 316173



**Live Well**  
Wakefield



West Yorkshire and Harrogate  
Cancer Alliance

Empowering people with long term conditions to live their best life  
This programme is delivered by people with lived experience of a cancer diagnosis in their lives

## Cancer: Thriving and Surviving

For those dealing with life after  
cancer

An opportunity for you to learn and share supportive tools and techniques together with others - to help you stay more in control of your health and wellbeing

### Focus of the programme:

- Problem-solving skills
- Ways to talk to others about cancer
- Managing bodily changes after treatment
- Setting realistic goals, to build on recovery
- Ways to manage living with uncertainty
- Dealing with difficult emotions about cancer






This programme is also valuable for carers of loved ones who are living after cancer

**When:** 1:00pm until 3:30pm every Tuesday for 6 weeks -  
17th October until 21st November

**Where:** online using the free Microsoft Teams app

Participants must be 18+, and live in the Wakefield district, or be registered with a Wakefield GP

For more information and future in person/online dates, please contact us:

 [livewellwakefield@swyt.nhs.uk](mailto:livewellwakefield@swyt.nhs.uk)  01924 255363  [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)

**Hub of Hope** 

Service provided by Chasing the Stigma

## There is always hope...

find support that's right for you

<https://hubofhope.co.uk/>

### What is the Hub of Hope?

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.



# 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



**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).



Step into a realm of tranquillity and enjoy a Wellbeing Weekend at Anglers Country Park and Haw Park Wood.

Nestled amidst nature's embrace, this captivating weekend offers an enchanting escape from the hustle and bustle of daily life. Discover an array of mindful activities, from soothing forest bathing and yoga sessions amidst the vibrant foliage, to creative nature writing and photography, tree walks and arts activities. Woodland characters in partnership with Empath Action CIC will help guide you around the site.

All Wellbeing Weekend activities are FREE – Please check the website for booking details: [wellbeingweekend.co.uk](https://wellbeingweekend.co.uk)

<https://experiencewakefield.co.uk/event/wellbeing-weekend/>



The outdoor food and music festival which brought riverside, sunset party vibes to Castleford is hosting an event Saturday 23rd September at Pontefract Castle – and you are in for one decadent party from Yonder at the Castle!

You can expect the funky music, finest food and greatest disco Yonder has become known for with a festival twist

Live DJ sets from 4pm to 10pm.

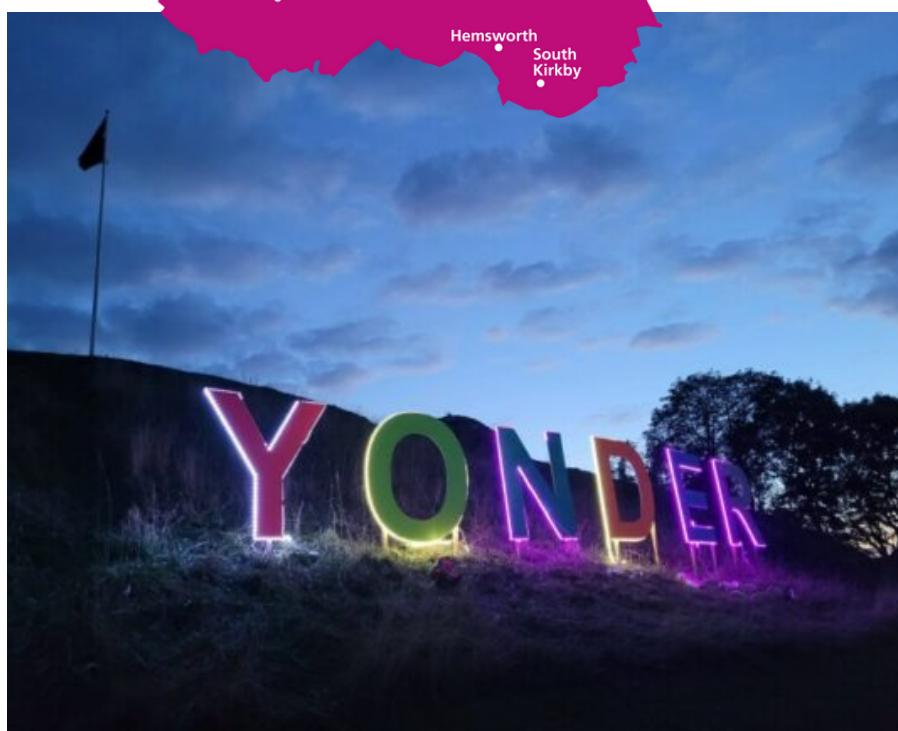


Feast on individually selected, sublime world Street food handmade and served from local traders

Stay hydrated at the full festival bar, prosecco bar and can bar serving ice-cold craft, splash and fizz all day long

Get ready to party at Yonder at the Castle!

Sat 23 Sep  
16:00 - 22:00  
[Pontefract Castle](https://experiencewakefield.co.uk/event/yonder-at-the-castle/)



<https://experiencewakefield.co.uk/event/yonder-at-the-castle/>

Tickets £16.00 each



FREE  
course



## Christmas rag wreaths

Wednesday 29th November 2023  
1:30pm - 3:30pm  
Caduceus House

Face to  
face  
18+

Our simple rag wreath workshop will guide you through the simple steps needed to make your very own rag wreath to take home and hang up for Christmas. Whilst it looks complicated, it's actually very easy and quicker to do than you might think. We might even throw in a few Christmassy tunes to get us in the mood and best of all, you'll be able to take home the wreath you make.

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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

**NHS**

# GET VACCINATED. GET WINTER STRONG.

Flu and COVID-19  
vaccines top up your  
protection even if  
you've been  
vaccinated before



Immunity from previous flu  
and COVID-19 vaccines  
fades, and the viruses  
change over time.

Top up your protection —  
even if you've had flu or  
COVID-19 or have been  
vaccinated before.

Check if you're eligible and  
book now.

[nhs.uk/seasonalvaccinations](https://nhs.uk/seasonalvaccinations)

# Wakefield Recovery College

18+

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

## Creative fitness

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

## Veterans Moving Forwards

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

## Improving your sleep

09/10/2023  
1.30pm-2.30pm  
Online

## Creative Crafting

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

## Everyday First Aid

11/10/2023  
1pm-2.30pm  
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

## Tackling Loneliness

20/10/2023  
1.30pm-3pm  
Wakefield

## Self confidence through self-defence

24/10/2023  
9:45-3pm  
Pontefract

## New Beginnings

30/10/2023 - 11/12/2023  
10am -11am  
Wakefield

## Journaling for wellbeing

06/11/2023 - 27/11/2023  
10am-12pm  
Pontefract

## Scrapbooking for wellness

06/11/2023 - 27/11/2023  
1pm-3pm  
Pontefract

## Recognising burnout

07/11/2023  
10am-12pm  
Online

## Understanding anxiety

08/11/2023  
1-3pm  
Wakefield

## You Can Play Ukulele!

10/11/2023 - 24/11/2023  
1-2pm  
Pontefract

## Learning more about IBS

14/11/2023  
1-3pm  
Online

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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Recovery and Wellbeing College  
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With **all of us** in mind.

## Wakefield Discovery College

Online  
16 - 25yr  
olds

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### 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

04/12/2023  
10am-12.30pm  
Wakefield

### Introduction to scrapbooking for wellness

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

### Learning more about IBS

31/01/2024  
10am-12pm  
Online

### More courses to come in 2024!

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

Part of Wakefield Recovery and Wellbeing College

With **all of us** in mind.