



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

29 September 2023



Credit: @adoseofreminders



01924 316946



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk



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@WakefieldDC



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@Wakefielddiscoverycollege

With **all of us** in mind.

Fundraising News

Minibus Appeal

We are fundraising for our latest minibus so that we can keep on doing what we do. We were delighted when Paralympic Champion Hannah Cockcroft OBE, said she would support Open Country's appeal! She generously writes:

"Yorkshire has incredible outdoor spaces that everyone should have the opportunity to appreciate and enjoy. Open Country ensure Yorkshire's beauty really can be explored by everyone, by making those spaces accessible. For many people though, transport is the biggest barrier to accessing these areas and Open Country removes that by providing travel and activities. Any money raised can help these days go ahead and help everyone in Yorkshire have equal access to everything that our County has to offer". Thanks, Hannah!



Minibuses are essential for our work

To date, we have secured £13,000 in total from *The Garfield Weston Foundation* and *The Greenhall Foundation*. Only £44,595 to go! Any donations, no matter what the size, will be very gratefully received. Our crowdfunder link <https://www.crowdfunder.co.uk/pl/opencountryminibus> goes live on the 1st October 2023.

If you have fundraising ideas or you have local contacts who you think could help, we are always pleased to hear from you. Contact Fiona or Netty at community@opencountry.org.uk.



Our friends at **Open Country** have launched their minibus appeal. Here's what they (and Paralympic Champion Hannah Cockcroft OBE!) had to say about it



It's your newsletter, it's time to vote!

Since we launched The Supporter we have reached out to you to ask you regularly if it's still what you want. This term we need you to vote on how you want to receive information from us and whether that's still via newsletter or something different. Which option would you prefer:

- 1. Keeping the newsletter emailed weekly, nothing changes**
- 2. Moving to fortnightly newsletters, nothing in between**
- 3. Moving to monthly newsletters, nothing in between**
- 4. Receiving the newsletter fortnightly but receiving our Post-It Note style course list update in the weeks you don't get the newsletter**
- 5. Receiving the newsletter monthly but receiving our Post-It Note style course list update and/or a brief paragraph on what we've been up to at the College in the weeks you don't get the newsletter**
- 6. No more newsletter, with nothing regularly emailed out and just more updates on social media, including sharing what's on in the district and a monthly blog on socials and on our website.**

Please let us know your votes by Sunday 15 October 2023 by calling us on 01924 316946 or by emailing us at wakefieldrecoverycollege@swyt.nhs.uk. In keeping with our co-production ethos, the most popular answer voted for by our community will be what we offer for this academic year.



**WEDNESDAY
11th OCTOBER
1-2pm**

**JOIN OUR
NEXT FREE
WEBINAR**

**THE MYTHS
AND REALITIES
OF SELF-HARM**

HOSTED BY
JENNY GROVES
FOUNDER & CEO
BATTLE SCARS
SELF-HARM SUPPORT CHARITY

**MENTAL
HEALTH
DAY**
10 OCTOBER

Don't miss Battle Scars free webinar: 'An Introduction to Eating Disorders' with Battle Scars Specialist Trainer Debbie Riley on 10th October 1-2pm. Bookings open on 1st September via Eventbrite

Bookings open on 1st September via www.eventbrite.co.uk



For more information, or to enrol with the WEA, please click here:

<https://thewea.info/3YQ4IZR>



**VOLUNTEER
with
Battle Scars**

Battle Scars is urgently searching for additional Virtual Group Facilitators UK-wide

**Is it
YOU
we're
looking for?**

Training and support is provided to people with lived experience of self-harm to help facilitate online peer support groups



www.battle-scars-self-harm.org.uk/volunteers.html

"Volunteering with Battle Scars has given me a purpose and it's very rewarding"



"Battle scars is a small organisation with a big heart. It's been amazing to be part of the Battle Scars volunteers team"



**Could you become one
a West Yorkshire
suicide prevention
champion?**

Suicide is more common in West Yorkshire than in England as a whole – for men and women.

Nationally, it is our biggest killer of men and women aged 20-34. Around three-quarters of suicides are men, with highest rates among those aged 45-64. But, by working together, we can change this.

We believe that every suicide is preventable and have a zero-suicide vision for West Yorkshire.

To find out more, head to <https://suicidepreventionwestyorkshire.co.uk/becomeachampion>



FREE adult cycle training available to book here:

<https://www.eventbrite.co.uk/o/cycle-north-wakefield-33326367935>



WELCOME!

These last two weeks have seen the College team grow quite quickly. We'd like you all to join us in wishing our wonderful new team members, Averil, Rhys and Kia (who some of you may remember was with us last year temporarily and has now joined us permanently) a hugely warm welcome. You can find out more about them on our website here <https://www.wakefieldrecoverycollege.nhs.uk/about-us/meet-the-team/>

FREE to VCSE Frontline workers and Volunteers working in the Health and Care Sector

FREE CULTURAL COMPETENCY & MENTAL HEALTH FIRST AID TRAINING

 **COMMUNITYLINKS TRAINING**

KIRKLEES

26th Sept, 5th & 10th Oct

BRADFORD

17th Oct, 24th & 25th Oct

For more Information Contact
training@commlinks.co.uk
0113 2739675

BOOK NOW



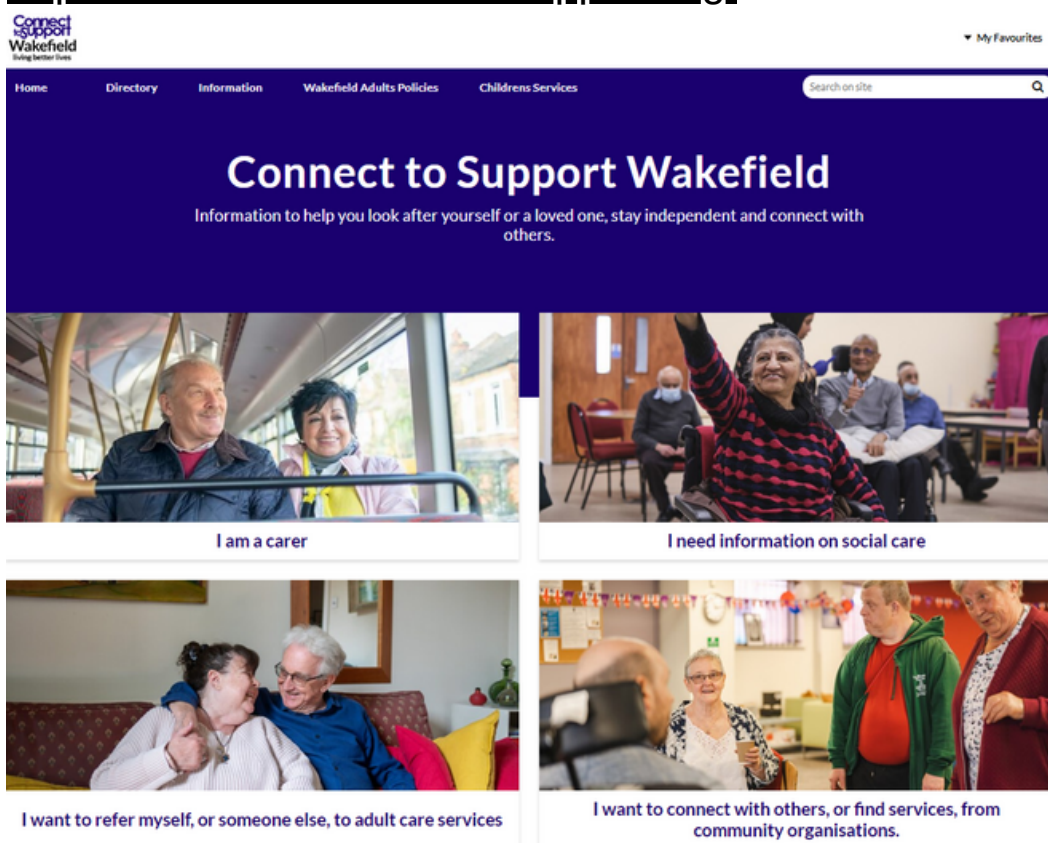
CALDERDALE

26th Sept, 2nd & 3rd Oct
WAKEFIELD

24th, 26th Oct & 1st Nov

For more Information Contact
workinclusionkm@gmail.com
07711 080223

Have you heard of Connect To Support? It's the go-to website to access information across Wakefield on supporting yourself or a loved one. Head to <https://wakefield.connecttosupport.org/> to find out more.



An apology from us



We've recently moved across to an updated version of our student system. As you might imagine we've had a few teething issues! This has meant that some of our students have received messages asking you to log in to an account view messages from us. You can, for now, ignore these. Eventually we will be offering a student portal where you can view all of your bookings, request additional bookings, and send/receive messages between you and the College. This is not live yet though.

We've also had issues with people being unable to enrol via our online enrolment form. This is mostly due to the email address section on the enrolment form as you can now only enrol/register with the College via the enrolment form once. After this, you will have a student profile created and you will need to get in touch with us directly to book on to additional courses/workshops (via email, phone or by replying to any text message we've sent you).

It also led to an error with last week's newsletter link directing you to an August edition. You can view the genuine copy of last week's newsletter here <https://www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/09/Newsletter-The-Supporter-Edition-168-22-September-2023-.pdf>



Care. Compassion. Community.

We are hospice care

Invitation to Open Day

Wednesday, 11 October 2023

This hospice care week we're inviting you to find out more about our hospice care, meet the team and take a tour.

There will be guided sessions at 9.30am and 12pm.

To book your place, visit <https://bit.ly/PWHospiceOpenday> or call us on 01977 708868.

The Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG

Scan me to book



hospiceUK
#hospicecareweek

www.pwh.org.uk
Registered Charity 514999



NHS

GET VACCINATED. GET WINTER STRONG.

Flu and COVID-19 vaccines reduce your risk of serious illness if you have an underlying health condition



HM Government

NHS

STOP TOBER

STOP SMOKING AND GOOD THINGS HAPPEN

You get
closer
to that
trip away



Search 'STOPTOBER'

**Better
Health** Let's
do this

Wakefield Recovery College

18+

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Creative fitness

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

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

The inner scream: Understanding self-harm

16/11/2023
1-3pm
Pontefract

Adapt and recover from adversity

17/11/2023
10.30am-12pm
Pontefract

Understanding hearing voices

23/11/2023
1-3pm
Wakefield

Accepting Change

23/11/2023
10-12pm
Online

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
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

Online
16 - 25yr
olds

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

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

Celebrate Wakefield's Year 2024 Exhibition

31/01/2024 - 07/02/2024
1-3pm
Wakefield

More courses to come in 2024!

Contact the college to enrol
www.wakefelddiscoverycollege.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk
01924 316946

Discovery College

Part of Wakefield Recovery and Wellbeing College

With **all of us** in mind.