



12 September 2023

Edition 116

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 26 September 2023.

Please send submissions to pmhnowakefield@gmail.com by 21 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 \(wakefieldrecoverycollege.nhs.uk\)](#)

Events & Meetings

Young Lives Consortium events

From Harm to Hope: Achieving a generational shift in demand for drugs in Wakefield:

Young Lives Consortium are hosting an event for those with an interest in tackling drug-related harm.

This is a fantastic opportunity for Wakefield VCFSE organisations to find out more about how the drug strategy is being implemented locally, current trends and facts about substance use, how partners are tackling drug-related harm. Information about support for children, families and how your organisation can get involved will be promoted throughout the session.

Click here to find out more about the event and how to book:

<https://www.younglives.net/training/from-harm-to-hope-achieving-a-generational-shift-in-demand-for-drugs-in-wakefield/>

Prenatal Alcohol Exposure and the Birth of a Preventable Condition:

This session will enable you to consider:

- Advice & guidance relating to alcohol
- The impact of alcohol in pregnancy
- Signs and symptoms
- Pathways for diagnosis
- Strategies and support

To book your place, click here: <https://www.younglives.net/training/foetal-alcohol-condition/>



VCSE Voices Network Meeting



VCSE Voices is a new project which increases representation of the Voluntary, Community and Social Enterprise (VCSE) sector at strategic, decision-making meetings across the Wakefield District.

VCSE Voices provides opportunities for members of our sector to influence policy and take part in cross-sector discussions to improve services so that they meet the needs of people who live in our district.

To do this, Nova recruits and works with VCSE Advocates – Nova are currently recruiting to five boards including the Employment and Skills Steering group, the Strategic Hate Crime Group, and the Safeguarding Children Partnership. Visit Nova's website to find out more, apply for a position and/or to book a place on one of their network meetings: [VCSE Voices \(nova-wd.org.uk\)](http://nova-wd.org.uk)

VIP Webinar



Wakefield Council Public Health team are promoting a **VIP** webinar. This informative webinar will be based around three key areas – **V**aping, **I**llegal tobacco and **P**roud to be smokefree.

The event will be held online on Monday 25th September 3.30pm- 5.30pm. Invited key speakers will

provide you with information, resources, advice, myth busting facts and explore how illegal tobacco links with organised crime.

You will also have the opportunity to hear about an exciting programme of work which has the ambitious aim to make smoking and vaping invisible to children in Wakefield District by focussing on the environments where children live, learn, play and visit. This work is rooted in, and driven by, our communities. You will also learn more about plans to scale the work up across our district.

The event will be useful for all those working with children, young people and families and is bookable via Eventbrite - <https://www.eventbrite.co.uk/e/vip-webinar-tickets-690738646887?aff=oddtcreator>

All recordings, resources and Q&As will be shared after the event with all participants.



Services, Groups & Community Courses

Maternal Journal at The Art House



Wellbeing activities to support pregnant and new mums.

Mondays from 18 Sept 2023

10:00-12:00

**The Art House,
Drury Lane,
Wakefield,
WF1 2TE**

Explore the joys and challenges of pregnancy and being a mum using drawing, painting, collage and other creative activities.

- No art experience required
- Free to all
- Supportive, friendly environment

To find out more please contact diane@the-arthouse.org.uk or phone 01924 312000.



The Art House





Embroidery Workshops at The Art House



Join us for embroidery workshops

Free to attend, beginners welcome.
Try different techniques.
Led by experienced artists.
Materials and refreshments are provided.

Wednesdays from 6 September until 11 October 2023
10:00–12:00

Please email or text Linda:
07311 283964
linda@the-arthouse.org.uk

Drury Lane
Wakefield
WF1 2TE



The Art House



Groundwork Yorkshire's Green Doctor Service



Groundwork Yorkshire's Green Doctor Service, is a well-established fuel poverty alleviation programme, delivered by trained energy-efficiency experts across the Yorkshire region.

We offer free, impartial advice to help those eligible to take control of their bills, save energy where possible in the home, and access other services and initiatives available. We can help people stay warm, stay well, and save money on household bills.

Through home visits, telephone appointments or attending community groups, we can help households to take control of their energy bills, provide practical solutions to reduce energy costs, support residents to use their heating system/controls efficiently, manage damp, mould and condensation and reduce energy usage and waste.

During our home visits, we can install measures to help save energy such as: LED lightbulbs/draft excluders/reflective radiator panels and provide warm packs. We can also refer to other relevant agencies so residents can access other appropriate services, such as grants for boilers & insulation.

We also offer energy advice talks for community groups and attend events; these can be a great platform to introduce our service whilst providing basic energy advice and money guidance.



All this is provided completely free of charge.

We can also offer different levels of fully funded training for staff and volunteers depending on the organisation.

Here's the Eventbrite link to our next, free online fuel poverty training course for frontline workers on the 20th September 2023 at 1pm.

<https://www.eventbrite.co.uk/e/fuel-poverty-awareness-tickets-645957896457?aff=oddtcreator>

To refer into the service, please complete our online referral form:
<https://groundwork.my.salesforce-sites.com/gwyorkshiregreendoctors>
For any further information, please contact us by phone or by email:
0113 238 0601, Greendoctoryorkshire@groundwork.org.uk



Wakefield Recovery College Autumn & Winter

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
wakefieldrecoverycollege@swyt.nhs.uk
 01924 316946

Wakefield Recovery and Wellbeing College
Home of the Discovery College

Wakefield Recovery College **18+**

NHS South West Yorkshire Partnership NHS Foundation Trust

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 1pm-3pm Wakefield	You Can Play Ukulele! 10/11/2023 - 24/11/2023 1pm-2pm Wakefield	Learning more about IBS 14/11/2023 1pm-3pm Online
The inner scream: Understanding self-harm 16/11/2023 1pm-3pm Pontefract	Adapt and Recover from adversity 17/11/2023 10.30-12pm Pontefract	Understanding hearing voices 23/11/2023 1pm-3pm Wakefield	Accepting Change 23/11/2023 10-12pm Online
Christmas rag wreaths 29/11/2023 1:30-3:30pm Wakefield	Alcohol awareness 05/12/2023 1pm-2:30pm Pontefract	More courses to come in 2024!	Head to our website for the full course list

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 Autumn & Winter





Your wellbeing is important to The Prince of Wales Hospice

Jo Dunford is the Wellbeing Lead at The Prince of Wales Hospice in Pontefract. They have a fantastic Wellbeing Community Support programme and new activities are just starting now. They have activities that can support you in making the most of your life, stay physically active, try new things and meet new people.

People, who join them, say they get so many benefits from the sessions. They “make friends, laugh a lot, receive practical advice and leave the sessions feeling better”.

Their dedicated and experienced team offers the following activities and group sessions. The activities are free of charge. Give it a go and join in.



Family & Friends Support (at The Prince Of Wales Hospice)

They offer a friendly listening ear and provide practical advice and support.

Coffee & Chat Drop In (at two locations: Notcutts Victoria Garden Centre, WF7 6BS, Featherstone Rovers stadium, WF7 5EN)

Say yes for a cake and coffee with their Wellbeing Team. It is a good opportunity to meet new people and find out more about the other services they offer.

Craft Group (at The Prince Of Wales Hospice)

Arts and crafts can be a distraction from everyday life. It can help escape from stress and overwhelming situations and relax the body and mind.

Complementary Therapy Group (at The Prince Of Wales Hospice)

Complementary therapy sessions can help you with relaxation, pain management, reduce stress, anxiety and improve sleep.



Chair Exercises for any abilities (at Your Space Pontefract, WF8 4PR)

A fun way to get you moving in a safe and friendly group. Their staff are able to give individual exercise programmes to help you keep as active as possible. There is wheelchair access.

Wellbeing Information Sessions (at The Prince Of Wales Hospice)

'Putting your ducks in a row' – their social worker offers advice on how to plan for the future, including benefits and writing a Will.

Managing breathlessness, – The Hospice physiotherapist helps you with managing the symptom of breathlessness.

Reducing the risk of falling at home - Our physiotherapist offers practical guidance that will help lower the risk of falling.

Nutrition and wellbeing - They give advice about food and how to increase your appetite and help you with tips around cooking.



Walking for Wellbeing (various locations)

This group is a great way to enjoy the benefits of gentle exercise and being outdoors while meeting other people. It is suitable for people of all abilities, is wheelchair accessible.

Bathing Service (at The Prince Of Wales Hospice)

If you struggle to get in and out of the bath our bathing service is here to help. Staff will be on hand to help if needed. This bathing service costs you £15 per session.

How to book activities

You can find out more about locations and schedule by visiting their website at www.pwh.org.uk/support. Alternatively, you can call, Jo Dunford, Wellbeing Lead at 01977 781451 or 07825425530.



Strut Safe support line



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. Operates Fridays & Saturdays 19:00 – 03:00 and Sundays 19:00-01:00.

For further information see <https://strutsafe.org/>

Professional Education & Training

Yorkshire & Humber School of Public Health online recruitment information session

The Yorkshire and the Humber School of Public Health is recruiting as part of an annual national programme, and we have an [online recruitment information session on Tuesday 10th October 2023 2pm-4pm](#) which can answer all your queries.

- Do you want to join an exciting Public Health training scheme and contribute to improving health and wellbeing and reducing inequalities for our local communities?
- Do you have a medical degree with current GMC registration and a minimum of two years postgraduate medical experience OR do you have 48 months' work experience (including 24 months at Band 6 Agenda for Change work experience which is relevant to population health practice) over the previous four years and a degree at 2:1 or above or a master's degree? (full details in link below)

[To book a place on the session click here](#)

This event will give you a chance to learn about the Public Health Training programme and meet the Head of School, Val Barker and the Training Programme Directors. You will also hear from Registrars currently on the programme, about the application process and about the training programme itself.

[School of Public Health Y&H regional training and recruitment website](#) provides useful information for anyone interested in public health training in Yorkshire and the Humber.



Free Red Cross Workshop

Date & Time - Friday 22nd September, Red Cross Leeds, 10am-12pm

Are you acting in a supporting role for individuals or communities who may be at risk of experiencing loneliness? Would you like to do a workshop but want to sign up individually?

The British Red Cross will be piloting our new workshop for individual sign ups on the above date. The workshop is free of charge (as usual!) all they ask is your participation and feedback before they launch the final thing. Your feedback is really important to them when developing a new product and they recognise that not everyone is able to sign up to a workshop as a group. There are 10 places still available.

Workshop Details:

The new workshop 'Supporting Connections' will give you and your group the opportunity to learn and discuss how you can recognise those at risk of loneliness, understand the importance of connection and help to empower and enable the people you support or work with to build meaningful connections.

They will use collaborative learning, case studies and goal-oriented learning to reflect on your experiences and develop the tools and skills to support those at risk of experiencing loneliness to have the confidence and willingness to explore and grow meaningful connections in order to create a more connected, resilient community.

As a result of this workshop, you will:

- Learn about the importance of connection and how to help others who may experience loneliness.
- Apply your learning to develop tools and skills to help others build meaningful connections.
- Share your learning with those at risk of loneliness in your organisation or community, to give them the confidence and willingness to explore and grow meaningful connections.

How to Sign Up:

Use the booking link below (be sure to select 'individual sign ups):

<https://outlook.office365.com/.../CommunityEduc.../bookings/>

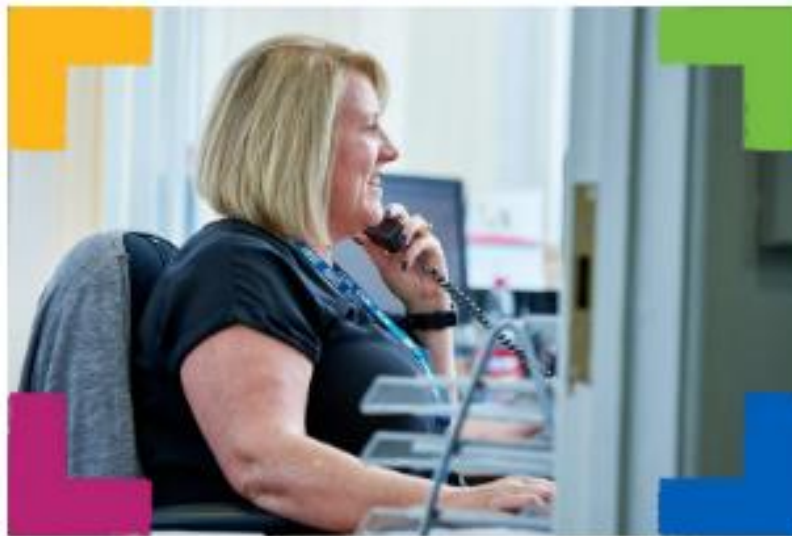


Job/ Volunteer Opportunities

Wakefield Recovery College Team Secretary Job Opportunity

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



Surveys, Campaigns, New Websites & Other Newsletters

Your views wanted on supporting pregnant women in their decision to quit smoking



Earlier this year the West Yorkshire Health and Care Partnership launched [Mums Can](#) – a campaign to create awareness and support for pregnant women aged between 18 and 25 wanting to quit smoking. The team now want to test use and views on the campaign materials.

Online and offline campaign materials were produced in partnership with healthcare professionals, based on real local stories and the views of local pregnant women. All partners in West Yorkshire – health, care, voluntary community social enterprise sector and beyond, were encouraged to download the free resources, which include posters, social media messages and animations to use in their organisation, place of work, teams or at home among friends, family and communities. You can continue to access and use the resources on the campaign website: <https://www.mums-can.co.uk/>.

There are three surveys aimed at:

- pregnant, or recently pregnant women: <https://www.surveymonkey.co.uk/r/pregnancy>
- healthcare professionals supporting pregnant women: <https://www.surveymonkey.co.uk/r/healthcarepregnancyandsmoking>
- communication colleagues: <https://www.surveymonkey.co.uk/r/communicationhealthcaresmokinginpregnancy>

Please can you help share the surveys and fill in the survey relevant to you. Each survey takes around five minutes to complete, and your views will make a significant impact on future communications produced and our understanding of your work and experience.

The deadline to complete the surveys is Tuesday 19 September 2023.



Battle Scars Bulletin



SEPTEMBER 2023
w/ battle-scars-self-harm.org.uk
e/ info@battle-scars.org.uk

BULLETIN



TUESDAY 10th OCTOBER 1-2pm

JOIN OUR NEXT FREE WEBINAR

AN INTRODUCTION TO EATING DISORDERS

HOSTED BY **DEBBIE RILEY**
SPECIALIST TRAINER ON EATING DISORDERS
BATTLE SCARS
SELF-HARM SUPPORT CHARITY

Don't miss Battle Scars free webinar: 'The Myths and Realities of Self-harm' with Battle Scars Founder & CEO Jenny Groves on 10th October 1-2pm. Bookings open from 1st September via [Eventbrite](http://www.eventbrite.co.uk).

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

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](http://www.eventbrite.co.uk).

Onward MH Hub: Update

Battle Scars is getting closer to having the keys to our new premises. Having a base for the first time will take some adjusting but we're all looking forward to it. We have plans to increase services with more support for children, young people, adults and older adults. We'll also be able to show potential partners around the building soon! Please contact me if you're interested in coming in the building with us. (jenny.groves@battle-scars.org.uk)
JENNY GROVES
Founder & CEO
Battle Scars

NEW Discovery Journal
A free workbook for 10-17 year-olds wishing to manage their self-harm.

Instructions on how to order are on our website, and must be ordered by the young person. A PDF copy is also available to download.

<https://www.battle-scars-self-harm.org.uk/>

Battle Scars Blog
<https://www.battle-scars-self-harm.org.uk/blogs.html>



Registered charity in England & Wales No. 1177020 and Scotland No. SC052466

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"

Can you lend a hand?

VOLUNTEERS NEEDED IN LEEDS FOR THE BREAKFAST CLUB TALKING TO STUDENTS studying in Leeds

SATURDAYS from 10am Flexible hours until 4pm
TERM TIME ONLY

BATTLE SCARS Training For Professionals

Eating Disorder Q&A Tue 12 Sept 1-3pm	BATTLE SCARS Training For Professionals	Eating Disorder Q&A Thu 2 Nov 10.30-12.30pm
1 Day Self-harm Workshop Thu 14 Sept 10-3.30pm		1 Day Self-harm Workshop Tue 7 Nov 10-3.30pm
Self-harm Q&A Tue 17 Oct 10-12noon	To book: https://www.battle-scars-self-harm.org.uk/self-harm-training.html	

FACE-2-FACE SUPPORT GROUPS IN LEEDS

DROP-IN FOR LEEDS YOUNG PEOPLE 16-25s
Lovell Park Hub Wintoun Street, Leeds LS7 1DX
6.30-8.30pm
Every Monday*
(*not bank holidays)
No booking, no referral, just drop in

DROP-IN FOR LEEDS ADULTS
6.80-8.30pm
Wed 9 Aug at Lovell Park Hub, Wintoun Street, Leeds LS7 1DX
Tues 15 Aug at Vale Circles Hub 12 Tunstall Rd, Leeds LS11 5JF
No booking, no referral, just drop in

Battle Scars Support Groups in September

Each virtual group runs every 2 weeks

ADULTS ONLINE PEER SUPPORT 'STANDARD' GROUPS
Mondays 6.30-7.30pm
Tuesdays 1-2pm
Wednesdays 6.30-7.30pm
Thursdays 6.30-7.30pm
Fridays 1-2pm

'INBETWEENERS'
an online adult peer support group for people who struggle with self-harm but don't, or rarely, act on their urges
Thursdays 6.30-7.30pm

ONLINE ADULT PEER SUPPORT GROUPS UK-WIDE

THIS GROUP WILL RE-START ON 5 SEPTEMBER 6.30-8PM

ONLINE PEER SUPPORT FOR PARENTS / CARERS / FAMILIES / FRIENDS

of people of any age who struggle with self-harm
Alternate Mondays & Tuesdays 6.30-8pm

Registered charity in England & Wales No. 1177020 and Scotland No. SC052466



Action for Happiness September

Self-Care September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Plan a fun or relaxing activity and make time for it	 5 Forgive yourself when things go wrong. Everyone makes mistakes	 6 Focus on the basics: eat well, exercise and go to bed on time	 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly
11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself
18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love
 25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are	

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Yorkshire Smokefree Service

Click here to read 'know your numbers' coffee break:

<https://yorkshiresmokefree.nhs.uk/articles/september-coffee-break-know-your-numbers-week-4th-10th-september>

Yorkshire Smokefree Service 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
- Website- www.yorkshiresmokefree.nhs.uk

The August coffee break below. This month it concentrates on a smokefree summer.

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