



26 September 2023

Edition 117

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 10 October 2023.

Please send submissions to [pmhnowakefield@gmail.com](mailto:pmhnowakefield@gmail.com) by 5 October 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 \(wakefieldrecoverycollege.nhs.uk\)](#)

## New Suicide Prevention Strategy



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 \(www.gov.uk\)](#)

The content of the strategy was informed by data, evidence, and engagement with stakeholders, including people with lived experience and by the mental health call for evidence that DHSC ran in 2022.

The priority areas for action are:

- Improving data and evidence
- Tailored, targeted support to priority groups, including those at higher risk of suicide
- Addressing common risk factors linked to suicide at a population level
- Promoting online safety and responsible media content to reduce harms and improve support and signposting
- Providing effective crisis support across sectors for those who reach crisis point
- Reducing access to means and methods of suicide
- Providing effective bereavement support to those affected by suicide
- Making suicide everybody's business



Events & Meetings  
Friends of the Hut

# FRIENDS OF THE HUT

## Are you aged 50+ We need your HELP!

We would like to invite you to enjoy  
a performance from the Community  
Choir of Wakefield followed by a  
lovely afternoon tea!



**WHERE**

The Hut, Kershaw Avenue  
WF10 3ES

**WHEN**

17th October 2023  
13:00-15.00

**WHY?** - We are wanting feedback and ideas of what we can do  
to improve the services we offer.

## **BOOKING IS ESSENTIAL**

**LIMITED SPACES AVAILABLE**

**Bookings will close on 10th October**



**To book please contact The Hut on 01977 722 777**



## Youth Engagement Event for young people with a long term health condition

Booking is now open for a West Yorkshire-wide Youth Engagement Event for young people with a long term health condition. It will be an afternoon of activities to help understand what makes a difference to young people's lives in how they manage and talk to people about their condition, and the care they receive.

**The event will be held in Wakefield on Wednesday 1 November, 1pm-4pm at Wakefield Town Hall. [Booking is essential.](#)**

A separate space is available for parents/carers who wish to stay but they must also book a place. Please note: This is an event **strictly for young people, not professionals**. Please share with your relevant stakeholders.

More information is on the Eventbrite page: [Youth Engagement Event for Young People With a Long-Term Condition Tickets, Wed 1 Nov 2023 at 13:00 | Eventbrite](#)

## Community of Practice: Better supporting people living with obesity and excess weight in West Yorkshire

Colleagues are invited to the first online Community of Practice: Better supporting people living with obesity and excess weight in West Yorkshire on Monday 20 November 2023, 1pm- 3pm.

The aim is to empower and encourage people working in services to reflect and consider what they can do to make a change in their area of work.

Please share with colleagues and contact Caroline Robinson [caroline.robinson13@nhs.net](mailto:caroline.robinson13@nhs.net) for more information and a Teams invitation.

## Growth after Grief

8 weekly facilitator led sessions for any relative or colleague of a nurse that has taken their own life. Sessions are on a Thursday from 7pm – 8:30pm starting 5 October via Zoom. It's not mandatory to attend all sessions but sessions will be closed to new attendees after the 2<sup>nd</sup> week. Booking as soon as possible via the link is essential.

Click here to book and find out more information:

<https://www.eventbrite.co.uk/e/growth-after-grief-tickets-681486403177?aff=oddtcreator>

**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)**



## Freedom to Speak Up event

**Tuesday 10 October, 4pm-5pm**

In healthcare, we know that being able to speak up and raise concerns freely is more important than ever.

To celebrate Speaking Up Month in October, Spectrum Community Health CIC is welcoming Dr Jayne Chidgey-Clark, National Guardian for the NHS, to lead a [free webinar](#) exploring Freedom to Speak Up.

This interactive one-hour session is open to any professional with an interest in Freedom to Speak Up – whether you work in the NHS, private healthcare, voluntary sector or other social and community organisations where speaking up is important.

The session will explore:

- the vital importance of Freedom to Speak Up and how it contributes to staff wellbeing and patient safety
- how leaders and managers can help embed a Speaking Up culture and follow up on concerns
- barriers to Speaking Up

This free event is being held as part of Spectrum's Festival of Leadership and Learning series, an annual programme of educational events bringing together healthcare staff, partners and professionals to discuss key topics of interest and best practice.

This session is open to staff and professionals from all areas so please feel free to share this invite with your local and regional networks.

You can book your free place in this session by completing this electronic form: <https://bit.ly/Freedom223>

All guests will receive a Teams meeting invite by email at least two days before the event.

If you have any questions about the session, please email [PR@spectrum-cic.nhs.uk](mailto:PR@spectrum-cic.nhs.uk).





## Fun Palace at Appletree Community Garden



# Appletree Community Garden



### When?

Friday 13 October  
11am - 1pm

### Where?

Agbrigg Road,  
Wakefield, WF1 5AE

You'll find us down the long driveway  
opposite Newland St. You can also Search  
"Appletree Community Garden" via  
google maps

### Activities include

Arts & Crafts

Quizzes

Jigsaw Puzzles

Henna

Word searches/Sudokus





## Help Improve Local Healthcare for Women: Cervical Screening Study

Our colleagues at West Yorkshire and Harrogate Cancer Alliance have an exciting opportunity for you to share your thoughts and help improve local cancer screening services.

Imperial College London is conducting important research on ways to increase cervical cancer screening attendance in West Yorkshire, and they need your input. You are invited to a virtual discussion group (held on Zoom) on Thursday, 28th September from 9:30am-12:00pm.

As a thank you for your time, you will receive a £15 Amazon gift card.

If you are a woman or person with a cervix aged 25-64, you can register to participate here: [https://imperial.eu.qualtrics.com/jfe/form/SV\\_e5paHtrGcdVEJsq](https://imperial.eu.qualtrics.com/jfe/form/SV_e5paHtrGcdVEJsq)

We hope you will consider this opportunity to improve healthcare for women in your community.

## Empath Action CIC is Bringing Guided by Gissing at the Artwalk!



On Wednesday 27th of September at 5pm - 8pm we will be at The Gissing Centre, childhood home of Victorian novelist George Gissing, for Artwalk! Pop in and talk with us about all things walking and nature spotting with our [#guidedbygissing](https://www.instagram.com/guidedbygissing) project and how you can get involved in helping us nature spot in the

district and get walking more.

For more info: <https://zurl.co/LT0C>. We are especially keen to link up with walking groups and other outdoor activity groups so we can help support them through the Winter months with and into spring with fun activities.

Please feel free to email [hi@empathaction.org](mailto:hi@empathaction.org) for more info.





## World Mental Health Day Turning Point Event

# WORLD MENTAL HEALTH DAY

Community Event hosted by  
Turning Point Talking Therapies

## YOUR OFFICIAL INVITE

**Tuesday 10th Oct**  
**12:00pm - 16:00pm**  
**Pontefract Town Hall**

- Learn about local community organisations and the support that they offer
- Attend our free Wellbeing Workshop sessions, delivered on the day by our qualified therapists (pre-booking required)
- Meet new people and build your support network

12:00pm - 12:30pm  
Welcome | Networking

12:30pm - 13:30pm  
Conquering Anxiety & Worry  
Workshop

13:30pm - 14:00pm  
Light Refreshments | Networking

14:00pm - 15:00pm  
Social Media Pressures  
Workshop

15:00pm - 16:00pm  
Thank You | Networking

TURNING POINT  
TALKING THERAPIES



@wakefieldtalkingtherapies

TURNING  
POINT  
inspired by possibility







## Services, Groups & Community Courses

### Free Mental Health Support Group

**FREE**

**MENTAL HEALTH** 

**SUPPORT GROUP**

- ✓ **COFFEE AND CATCH UP**
- ✓ **PHYSICAL ACTIVITY**
- ✓ **SIGNPOSTING**

**INFORMATION**

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**DETAILS**  
Tuesdays  
10.00am - 11.00am  
Denhale Active  
Recreation Centre

**CONTACT**

[klaylor@disabilitysportyorkshire.org](mailto:klaylor@disabilitysportyorkshire.org)  
07551271411

Launch  
Date:  
Tuesday 24th  
October 2023



## Richmond Fellowship have a new IT Group in Pontefract



# DIGITAL INCLUSION

## PONTEFRACT LIBRARY

**BRING YOUR OWN DEVICES OR USE OURS**



**Every First and Third Wednesday of the month**

**10.30am – 12noon**

**Our Computer group is available for anyone who is experienced or inexperienced to technology, we are here to help.**

**Come along and learn how to get the most out of your mobile phone or laptop.**

**Pontefract Library (The Makery Room), Shoemarket, WF8 1BD**

**Call 01924 3391577 for more information.**

The library in Pontefract has a lovely private room with plenty of computers for individuals to use and our experienced volunteers to help and guide as needed. They don't run a 'course' as such, the group is to help with whatever people want – from setting up an e mail account to putting a CV together or doing an on-line search for something.

## Richmond Fellowship Update

Richmond Fellowship have moved from Lightwaves Community Centre back to the Salvation Army Centre in Wakefield for our Thursday drop-ins, which is where they always met pre-COVID. Their members really like it there and there is more space for a quiet chat if people need a private talk.



## Richmond Fellowship Groups/Sessions

# Wakefield Community Support Service “What’s On”

## Tuesday

GAMES GROUP	Geek Retreat, Bullring, 44-46 Northgate, Wakefield, WF1 3AN	12.00 pm – 1.30 pm
COMMUNITY OUTREACH DROP-IN SESSION	Pontefract Library, <u>Shoemarket, Pontefract, WF8 1BD</u>	1:00 pm – 3:00 pm
NEWSLETTER GROUP	Online using Microsoft Teams	4:00 pm – 5:00 pm

## Wednesday

Wakefield I.T. SUPPORT GROUP (2 <sup>nd</sup> & 4 <sup>th</sup> weeks only)	Wakefield One Library, Burton Street, Wakefield, WF1 2EB	10.30 am – 12 noon
Pontefract I.T. SUPPORT GROUP (1 <sup>st</sup> & 3 <sup>rd</sup> weeks only)	Pontefract Library, <u>Shoemarket, Pontefract, WF8 1BD</u>	10.30 am – 12 noon
ARTS AND CRAFTS GROUP	Nova, 11 Upper York Street, Wakefield, WF1 3LQ	2:00 pm – 4:00 pm
COMMUNITY OUTREACH DROP-IN SESSION	St George’s Community Centre, Broadway, Lupset, Wakefield, WF2 8AA	4:00 pm – 6:00 pm

## Thursday

NEWMILLERDAM WALKING GROUP	Meet In the Main Car Park, Newmillerdam Country Park, Newmillerdam, WF2 6QP	10:30 am – 12:30 pm
COMMUNITY OUTREACH DROP-IN SESSION	Salvation Army Centre, 4 Vicarage St. South, Wakefield WF1 1QX	4:00 pm – 6:00 pm

## Friday

COMMUNITY OUTREACH DROP-IN SESSION	Salvation Army, Booth Street, Castleford, WF10 1SA	1 pm – 3:00 pm
HOPE PEER SUPPORT GROUP	Richmond Fellowship, The Gaslight, Lower Warrengate, Wakefield, WF1 3AA	11.30 am – 1.30pm
CREATIVE WRITING GROUP (Fortnightly)	Richmond Fellowship, The Gaslight, Lower Warrengate, Wakefield, WF1 3AA	2.30 pm – 4.00pm

If you are interested in attending any of the groups, please contact the team on 01924 339157 or Email [wakefieldsupport@richmondfellowship.org.uk](mailto:wakefieldsupport@richmondfellowship.org.uk)



## Words for Wellbeing Sessions

# Words For Wellbeing

We meet weekly to chat over a cuppa, laugh and put the world to rights using prose, poetry and song lyrics as a jumping off point for our discussions.

You don't need to be a bookworm or an 'intellectual' – just someone who enjoys meeting others and sharing their view of the world in an informal and friendly setting. All women welcome!



WHEN: Thursdays – Starting 21st September TIME: 1.30PM- 2.30PM  
WHERE: Social Prescribing hub located in Crofton Health Centre-  
Upon arrival please ring the bell for the 'Social prescribing hub'



Local Care Direct  
Healthy and Wellbeing Fund



Leeds Community  
Foundation GiveBradford  
and supporting Bradford community



Email [juliewalkerbiblio@outlook.com](mailto:juliewalkerbiblio@outlook.com) for more information

Words for Wellbeing sessions for Wakefield women! .....and it's all completely FREE!

Bring Me to Life are delighted to be able to offer sessions from [Words For Wellbeing](#) starting next week at [Crofton Health Centre](#)

Led by Julie Walker, one of the founders of bibliotherapy in the UK, Words for Wellbeing uses literature as a tool to engage with and enhance the wellbeing and quality of life of its participants.

There is no need to 'book' and you can attend as many sessions as you like, when you like.

**Sessions will run from September to end of November**

**Sept- 21st, 28th**

**Oct- 5th, 12th, 19th, 26th**

**Nov- 2nd, 23rd, 30th**

All information is on the flyer, any questions please email [jule@wordsforwellbeing.com](mailto:jule@wordsforwellbeing.com)





## Maternal Journal at Kendal Drive Family Hub

# MATeRnAl JOURnAl

Creative activities to support wellbeing for pregnant and new mums in a friendly, supportive environment.

Activities include drawing, painting and collage. No artistic experience needed!

**Mondays starting 18 September 2023**

**1.00pm - 2.30pm**

**Kendal Drive Family Hub,  
Castleford, WF10 3SP**



To find out more email  
[spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)  
or phone 07542028297.



The Art House





## Future Selph at Ryecroft Youth Centre



Future Selph at Ryecroft Youth Centre runs an emotional wellbeing project in the WF4, WF9 + rural area of Wakefield for young people 16 – 25. Our support covers a range from facilitating social groups to access to counselling; IAG on education, training, employment to support to access local services.

**We are here to help you**  
We support 16-25 year olds to build their own unique path to an improved sense of mental health & wellbeing.

**You refer yourself or are referred**

- Together we can choose where & when to meet
- 1-1 check ins
- Support with expenses
- Meeting new friends
- Our support is **not time restricted**
- We can support you whilst you are on waiting lists for other services.
- We'll listen to find out what's going on & we won't judge
- Skills workshops & volunteer opportunities
- Professional advice
- We'll make sure you have the tools you need on your journey

**Future SELPH**  
in Ryhill & South East Wakefield

**Refer yourself by...**

- Scanning the QR code
- Or emailing [futureselph@rycroftleisure.com](mailto:futureselph@rycroftleisure.com)
- Or scan here for google maps & come say hi!



Empowering people with long term conditions to live their best life  
This programme is delivered by people with lived experience of long term conditions

# New Beginnings for Mental Health Programme

For those living with a mental health condition

An opportunity for you to learn and share supportive tools and techniques together with others - to help you stay more in control of your emotional wellbeing, and improve the quality of your life

## Focus of the programme:

- Set small goals to build confidence
- Explore how food can affect our mood
- Plan set-back strategies for difficult days
- Learn relaxation skills for troubling thoughts
- Practice tools to manage daily anxiety/mood






When: 30 October to 11 December 2023, 10:30 AM -1:00 PM.  
Every Monday for 7 weeks

Where: Prosper House, 59 Upper Warrengate, Wakefield WF1 4JZ

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

For more information and future dates, please contact us:

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



## NHS and Care Volunteer Responders service



### NHS and Care Volunteer Responders Our current services

#### Check In and Chat

Requests can be made for volunteers to provide short-term telephone support to people who need a chat and some encouragement to improve their mental health and wellbeing. Through friendly conversation and (where appropriate) working with tools such as the NHS 5 steps to mental wellbeing, volunteers can help people feel better and explore positive changes they could make to their lives.

This service is also available for self-referral.

#### Community Response

Community Response volunteers help with a range of doorstep delivery activities including collecting and delivering food shopping and essential items and / or prescriptions and medications to people waiting to be admitted to hospital or those who have just been discharged. The support is also available to carers and to people with health conditions where there is a current health need.

This service is available for up to 6 weeks

#### Check In and Chat Plus

Requests can be made for the same volunteer to provide regular telephone support to a diverse range of patients who may be housebound and have little contact with others, are anxious about leaving the house or have recently been discharged from Hospital, that might be in need of a friendly call and some encouragement.

Check In and Chat services are available for up to 6 weeks.

#### Pick Up and Deliver (previously NHS Transport)

Volunteer Responders transport medication or small items of medical equipment to people's homes from NHS sites. This activity supports people who have been newly discharged from hospital to home, are waiting for admission to hospital or are being cared for on a virtual ward.

Other referrals could include the movement of small items of equipment between sites.

#### Volunteer Responders services are available to:

NHS healthcare professionals including discharge teams, PCN's, GPs, social prescribers, community pharmacists.

Social care providers including care home providers and local authority referrers.

For further information please contact your Regional Relationship Manager:

**Kerry Evans** | Email [Kerry.Evans@royalvoluntaryservice.org.uk](mailto:Kerry.Evans@royalvoluntaryservice.org.uk) | Call 07884 114 853  
Or visit [nhsvolunteerresponders.org.uk/faqs-for-referring-organisations/how-to-make-a-referral](https://nhsvolunteerresponders.org.uk/faqs-for-referring-organisations/how-to-make-a-referral)

Royal Voluntary Service is a registered charity 1015988 (England and Wales) & SC028924 (Scotland).

Service provided by:



This service has a bank of local volunteers ready to support people across Wakefield. The service was initially established back in 2020 as a response to the pandemic, and has recently relaunched to include adult social care. The service provides a pool of volunteers who can step up in an emergency, offer telephone companionship and help to transport medicine and equipment from NHS sites to people at home. A Community Response service where volunteers can pick up and drop off prescriptions and shopping to those with current health needs is also available.

All services are available for referral in isolation or in combination, for example you can put in a referral for both Check In and Chat and Pick Up and Deliver support for the same person.

The scheme is built on a digital platform and links an available pool of volunteers to local live tasks via the GoodSAM app. Volunteers can accept an offered task at the touch of a button.

Making a referral to the service is easy, these two short videos explain how to sign up and to refer.

- <https://nhscarevolunteerresponders.org/raising-a-referral>
- <https://nhscarevolunteerresponders.org/signing-up-as-a-referrer>

Please share this service with your public-facing teams and encourage them to refer the people they work with for support, particularly those in community services, housing, adult social care and voluntary services. More information is available online: [NHS and Care Volunteer Responders | Supporting Health & Social Care \(nhsvolunteerresponders.org\)](https://nhsvolunteerresponders.org)





## Timekeepers History Research Club

This October, Empath Action CIC is absolutely thrilled to be starting our in person sessions for our Timekeepers History funded by [Prosper Wakefield Ltd](#) & [Haribo UK & Ireland](#) with our amazing friends [Our House - Wakefield](#).



We want to get older LGBTQ+ people and 18-25 year olds together to talk about LGBTQ+ history, their own family history, and Wakefield's wider story. Together with our researchers, we will learn how to create timelines, look through newspaper records, and we might even have a cheeky visit to a museum (more info to come). Most of all though, we're going to have a good old chat in a friendly and supportive place!

If you or your friends in the communities you serve would like to be involved, please just email us at [hi@empathaction.org](mailto:hi@empathaction.org) and we will get back to you asap! You don't need any prior skills or knowledge, but we would love to see old photos or hear stories and remembrances! For all the dates and times, please see the attached poster.



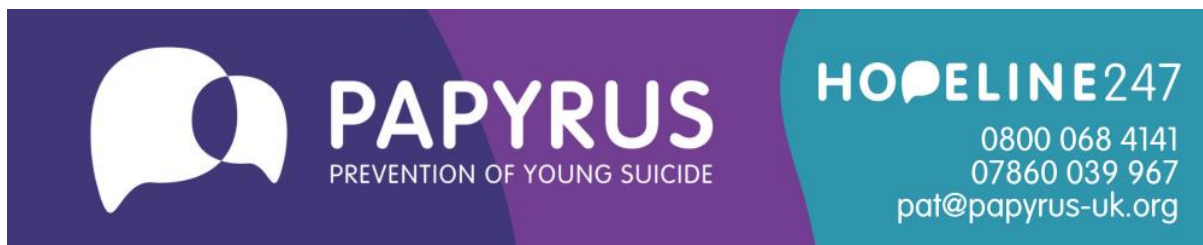
## Professional Education & Training

**FREE training for Positive Mental Health Network Members (date to be confirmed at our convenience)**

**Papyrus** have offered our network Suicide Prevention Training, which is being funded by the West Yorkshire Suicide Prevention Partnership.

We need at least 25 people to qualify for a free session and currently have 17 who would like to take part. If you would like to find out how to potentially save a life and are able to attend a 3.5 hour training, please get in touch

– [tleach@wakefield.gov.uk](mailto:tleach@wakefield.gov.uk) (please put **Papyrus** in the subject heading of your message).



Suicide is the biggest killer of young people under 35 in the UK. We believe many young suicides can be prevented.

### **SP-EAK (3.5 hours)**

- Suicide Prevention – Explore, Ask, Keep-Safe: An introduction to Suicide Prevention skills:

This covers the attitudes, myths and stigma surrounding suicide and explores the signs that may indicate someone is having thoughts of suicide. We will look at how to have open, safe and sensitive conversations about suicide with a person having thoughts of suicide and how we can support them through the use of a safety plan.



## Job/ Volunteer Opportunities

### Volunteers needed for Read Easy Wakefield Group



# Read Easy

Helping adults learn to read

#### Great news .....



Reading support for the 7% on adults in the Wakefield area who are unable or barely able to read is very close. A newly formed **Read Easy Wakefield group** has been formed and plans are currently underway to roll out free, one to one and confidential reading sessions to help these people.

Adults unable to read are more likely to be unemployed or not progress in their workplace, and face challenges in everyday life such as understanding road signs, household bills, food packaging or basic health information. They may also suffer from isolation and mental health issues.

We are though appealing for a few more volunteers to join our team overseeing the Reading Sessions. Could you help us make a difference to lives in the area. The volunteer roles we are seeking to fill are:

- **Management Team Leader** to guide and support a team of volunteers, manage meetings and work with team to raise awareness
- **Volunteer Recruiter** to help support the recruitment of volunteers
- **Safeguarding Champion (this role can be stand alone or in conjunction with other roles)** to ensure the group implements, understands and works within the Safeguarding Policy and organise DBS checks when necessary

Full resources and support is provided.

For more information, please email [wakefieldleader@readeasy.org.uk](mailto:wakefieldleader@readeasy.org.uk)

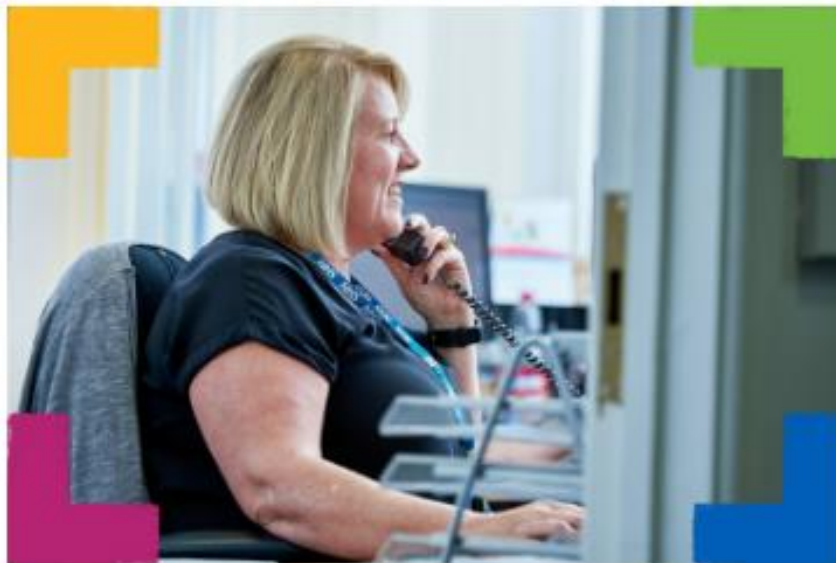




## Wakefield Recovery College Team Secretary Job Opportunity

### 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





## Funding Opportunities

### Culture Everywhere Grants Re-launched!

Wakefield Council have re-launched their Culture Everywhere grants for 2024 as part of Our Year – Wakefield District 2024.



If you're a community group, charity, CIC, or other third-sector organisation based in Wakefield district and looking for support to run a creative or heritage project with your local community, then you may be eligible to apply to Culture Everywhere Grants!

Culture Everywhere Grants offer funding up to £1,500 and applications are accepted throughout the year. Deadlines are monthly until December 2024 - the first deadline for applications is **Monday 16 October 2023**.

Further information about Culture Everywhere Grants and the application form can be found on the following webpage: [www.wakefield.gov.uk/events-and-culture/culture-grants/culture-everywhere-micro-grants/](http://www.wakefield.gov.uk/events-and-culture/culture-grants/culture-everywhere-micro-grants/)

For application guidance and lots of resources and top tips, visit the Application Guidance webpage: [www.wakefield.gov.uk/events-and-culture/culture-grants/application-guidance/](http://www.wakefield.gov.uk/events-and-culture/culture-grants/application-guidance/)

Culture Grants are part of Our Year – Wakefield District 2024, a year-long celebration of our district and an invitation to enjoy 366 days of culture, creativity and connection for everyone, everywhere. Successful projects will be part of Our Year. Find out more at: [www.ouryear2024.co.uk](http://www.ouryear2024.co.uk)

If you have any questions or would like to discuss the eligibility of a project, please get in touch at [culturegrants@wakefield.gov.uk](mailto:culturegrants@wakefield.gov.uk)



## Surveys, Campaigns, New Websites & Other Newsletters

### Vaccine programme now live

People who are at higher risk of serious illness from COVID are now being invited to get their winter vaccinations. People will be able to book their jabs through the [NHS website](#), the NHS App or by calling 119. Eligible groups may also be offered a vaccination by GP surgeries or other local NHS services.

Those eligible this year include:

- all adults aged 65 years and over
- people aged 6 months to 64 years in a clinical risk group
- frontline health and social care workers
- people aged 12 to 64 years who are household contacts of people with immunosuppression
- people aged 16 to 64 years who are carers and staff working in care homes for older adults

The vaccination programme for residents of adult care homes and people who are housebound began last week.

[Winter vaccine programme gets underway in West Yorkshire :: West Yorkshire Health & Care Partnership \(wypartnership.co.uk\)](http://wypartnership.co.uk)

The annual [NHS flu vaccination programme for children](#) aged 2 – 3 (on 31 August 2023), school age children and children over six months with certain health conditions is getting underway, with parents receiving invitations to book vaccines.

### Spare Time Survey

Wakefield Council is working to bring more leisure and entertainment attractions to the city centre.

This survey has been created to help us understand how best to encourage people to come visit the city and stay for longer while they are here.

Please complete this survey (and feel free to share)

<https://surveymechanics.com/s/69B5>

As the voluntary and community sector in Wakefield is a key contributor to leisure, entertainment and wellbeing, do feel free to mention this when answering the questions where appropriate - choose the 'other' option.



## Connect to Support Website and Local Directory

The Connect to Support website for Wakefield District [wakefield.connecttosupport.org](http://wakefield.connecttosupport.org) is for people looking for social care support, either for themselves or as a carer.

You'll find information about keeping healthy, staying independent and connecting with others.

Sections include:

- I am a carer
- I need information on social care'
- I want to refer myself, or someone else, to adult social care services
- I want to connect with others, or find services, from community organisations

There is also a searchable directory for people to find local support from a wide range of organisations across the Wakefield District. The directory is searchable by postcode so you can find the right support near you.

If you run a group/service (or know anyone who does) please feel free to add to the community directory [Create event \(connecttosupport.org\)](http://connecttosupport.org).

## Wakefield Recovery College's The Supporter Newsletter

This week's edition of The Supporter Newsletter is now ready to read. You can view a copy of the newsletter directly here: [www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/09/Newsletter-The-Supporter-Edition-168-22-September-2023-.pdf](http://www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/09/Newsletter-The-Supporter-Edition-168-22-September-2023-.pdf)

New to the newsletter? Take a look at some of our past editions here [The Supporter Newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](http://wakefieldrecoverycollege.nhs.uk).

## Man Matters Newsletter

You can view the September edition of Man Matters' newsletter here: [Click here to view the latest Man Matters Newsletter](#)



## **‘Speak with a midwife’ campaign encouraging woman to book by 10 weeks of pregnancy**

The West Yorkshire and Harrogate Local Maternity and Neonatal System (WY&H LMNS) launched the ‘Speak with a midwife’ campaign recently. It promotes maternity (also known as antenatal) care beginning at the earliest stage of pregnancy so women can be given the information and support they need to have a healthy pregnancy.

A toolkit of resources is available to all partners and allies. Please share relevant resources/messages amongst your local networks and help to support and activate the campaign as much as possible in your area. This is a long term behaviour change campaign that we hope to make as sustainable and relevant to local women and communities as much as possible.

The online toolkit is available at: [Communication resources :: West Yorkshire Health & Care Partnership \(wypartnership.co.uk\)](https://www.wypartnership.co.uk/communication-resources)

Google Drive link for social media graphics: <https://drive.google.com/drive/folders/1d0Vc4lpAlib71aV3TCVstww-YNLmKRt3?usp=sharing>

A campaign landing page with prominent booking information has also been created: [speakwithamidwife.co.uk](https://speakwithamidwife.co.uk)

If you have any queries or comments about other resources that might be helpful when working with local communities or priority groups please contact: [Vicky.caunt@nhs.net](mailto:Vicky.caunt@nhs.net)

## **Stoptober resources now live**

The theme for this year’s Stoptober campaign is ‘When you stop smoking, good things start to happen’, reminding smokers of the many benefits of stopping smoking and signposting to a range of proven tools to help them on their quitting journey.

A range of campaign resources are now available to download from the Campaign Resource Centre. These can be used until 31 October. [Download the resources.](#)





## Suicide prevention champions campaign

There has been a great response to the campaign so far, with over 120 people signing up within the first four weeks – thank you for your support with this. The campaign urges everyone across West Yorkshire to sign up and help reduce the area's suicide rate by taking an active role in challenging stigma and raising awareness.

Please continue to share and help spread the word. [Campaign landing page](#) with an [online sign-up form](#).

Graphics, assets, suggested social media posts are all on the [Champions Toolkit](#) page.