



# The Supporter Newsletter

6 October 2023



Credit: @adoseofreminders

01924 316946

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

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

**With all of us in mind.**

## Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

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

#MyWholeSelf



# My Whole Self MOT

There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.

## How's my mental health today?



How do I feel today?  
Mentally?  
Physically?



## My Stress Container



How full is my container?  
Am I using helpful coping strategies?  
Are they working?

Learn about your Stress Container here.

## My mental health journey



Our mental health is part of the wider journey of our lives. **Learn more.**

## Looking after my wellbeing



How did I sleep last night?  
Am I eating a balanced diet and drinking enough water?  
For tips on supporting your mental health, especially when working from home, look at our **guidance**.

## How's my thinking today?



How are my thoughts making me feel?  
Am I having unhelpful thoughts?  
Create Your Mind Plan with **Every Mind Matters** to get tips to help deal with stress and anxiety and boost your mood.

## What can I do to look after my whole self?



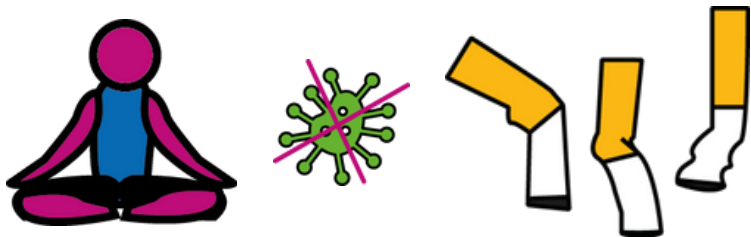
Write down a few things that you can do to improve your wellbeing. Check in next week to see how you are doing.



Join the campaign for workplace culture change. Check out our resources at [mhfaengland.org](https://mhfaengland.org)

MHFA England

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HM Government

NHS

# STOP TOBER

## STOP SMOKING AND GOOD THINGS HAPPEN

Food starts tasting better



Search 'STOPTOBER'

Better Health Let's do this

NHS

# GET VACCINATED. GET WINTER STRONG.

Getting the flu and COVID-19 vaccines is quick and easy, it takes just a few minutes





**FREE  
course**

**Face to  
face  
18+**

# Self-confidence through self-defence

This session, lead by Blossom CIC, provides a unique opportunity to build self-defence and confidence techniques. It is accessible to all, transcends age, gender, physical ability and is completely inclusive.

Blossom don't do self-defence courses like everyone else. Instead, they help you on your self-esteem journey. They provide a safe, inclusive, non-bias space. It is not a martial arts class; they teach breakaway and disengagement techniques as a preventative measure to any form of violence and do not encourage combat.

Focusing on verbal assault and deterrents, the importance of body language, an understanding of fight or flight and the impact on our bodies, reporting techniques and some tech self-defence tools. By attending, you will:

Improve confidence, moral, physical, and mental wellbeing.

Improve community focus and social inclusion.

Encourage physical activity.

Provide confidence in open spaces.

Promote resilience so we are better prepared for life's challenges.

**You will complete the day's training feeling confident, resilient, and fully empowered!**

**Friday 24 October 2023- 9.45am-3.00pm**

**Pontefract Library, Shoemarket,  
Pontefract, WF8 1BD**



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

**Independent Sexual Violence Advisor (ISVA):** We are looking for an independent worker to provide practical and emotional support to those who have experienced rape, sexual or domestic abuse at any time during their life. This worker will provide emotional and practical support and liaise between the police, courts, and other agencies, acting as an advocate for the individual. RASAC is an equal-opportunity employer and is seeking qualified candidates who contribute to the diversity of the organisation. This post is open to 29/10/2023 at 5pm, interviews to be held the week commencing Monday 06/11/2023.

**Children and Young People's Independent Sexual Violence Advisor (CHISVA):** We are looking for an independent worker to provide practical and emotional support to children aged 5-12 who have experienced rape or sexual abuse/violence at any time during their life. This may extend to young people 13-17 dependant on referrals into the service. This worker will provide emotional support for the child/young person, which may involve planning sessions to cover specific topics, engaging in other activities or just to listen to them. This worker will also provide practical support and liaise between the police, courts, and other agencies, acting as an advocate for the child. RASAC is an equal-opportunity employer and is seeking qualified candidates who contribute to the diversity of the organisation. This post is open to 29/10/2023 at 5pm, interviews to be held the week commencing Monday 06/11/2023.

For any further information please email [anything@kcrasac.co.uk](mailto:anything@kcrasac.co.uk) visit <https://www.kcrasac.co.uk/our-job-vacancies/> or give us a call on 0300 303 4787.



**WORLD MENTAL HEALTH DAY**  
**10 OCTOBER 2023**

You are invited to our one stop shop of all things physical!

Ossett Health Village, Atrium, WF5 8DF  
10am-12pm or 1pm-3pm  
contact Sheena for more info on 07543315239

West Wakefield Primary Care Network



**FUN PALACE'S**  
10TH ANNIVERSARY

**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

Spectrum People

APPLE TREE ALLOTMENT & COMMUNITY GARDEN

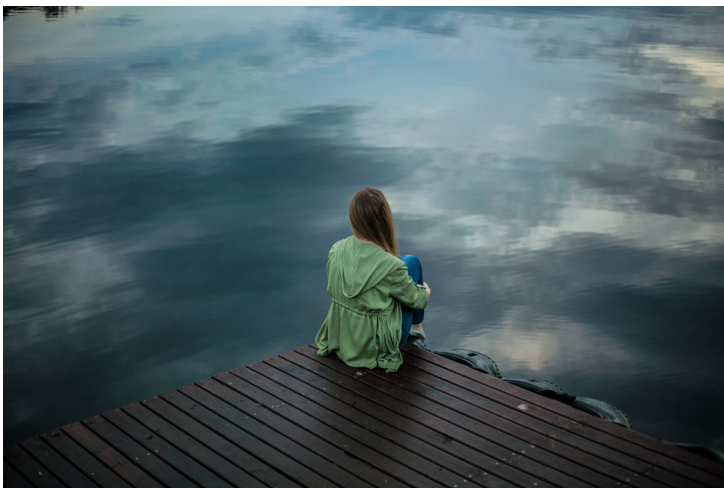


**FREE  
course****Face to  
face  
19+**

# Tackling loneliness

Feeling lonely and isolated can make life challenging, especially during a crisis. It can be difficult to know how to help. This workshop is delivered by Red Cross and aims to give you the opportunity to speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be suffering. Using group discussion to address the complex causes and effects of loneliness, there will be a chance to reflect and share personal experiences too. We will also discuss and practise how to be an effective listener in order to support others.

**Friday 20 October 2023 - 1.30pm - 3.00pm**  
**Prosper House, 59 Upper Warrengate,**  
**Wakefield WF1 4JZ**



Contact the college to enrol  
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[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
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**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.

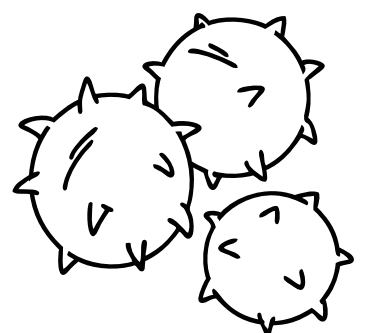
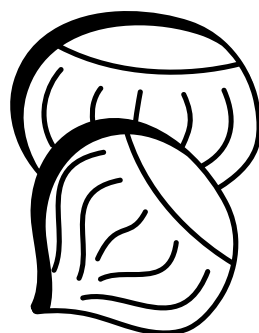
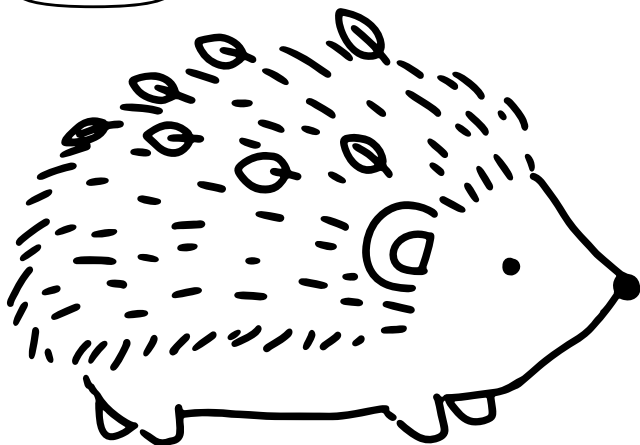
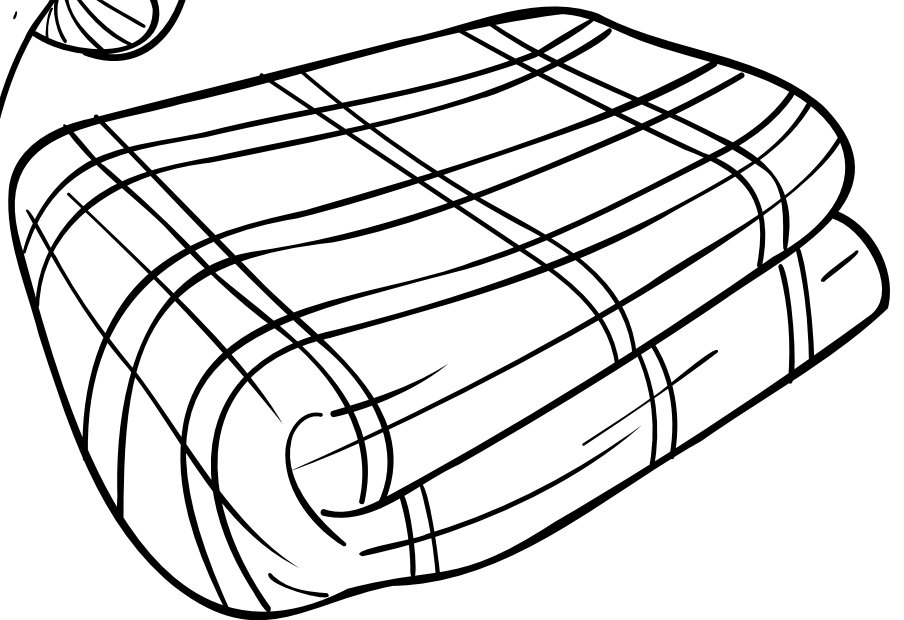
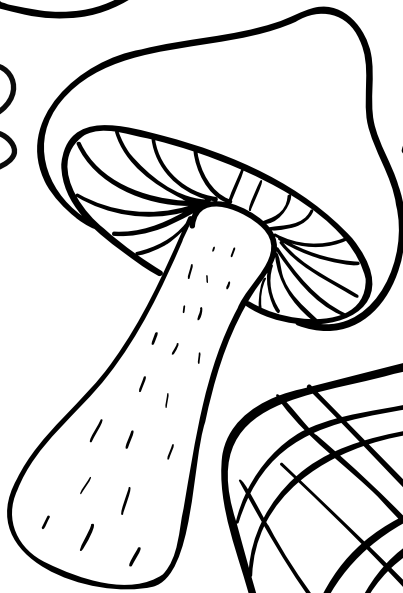
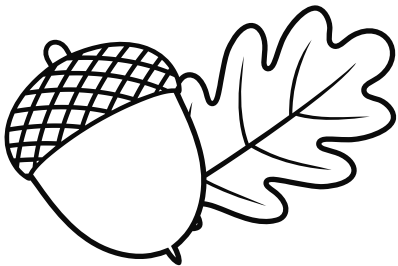
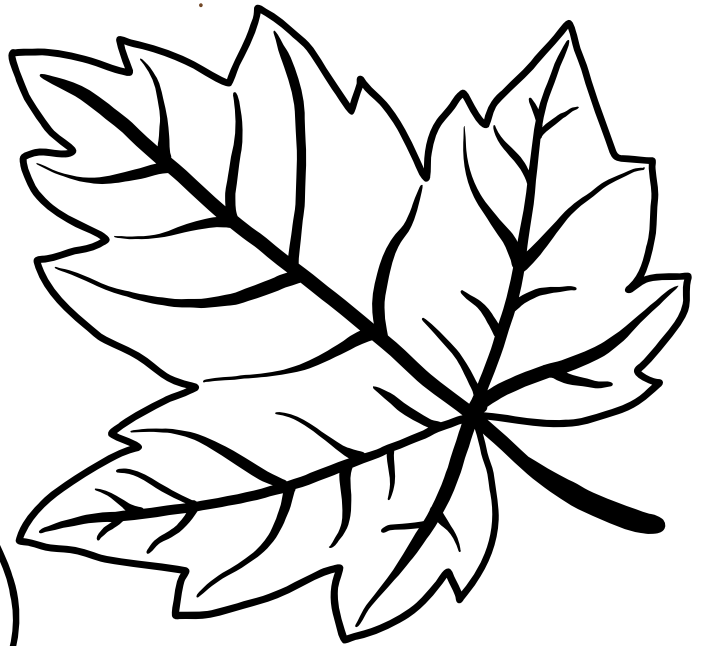
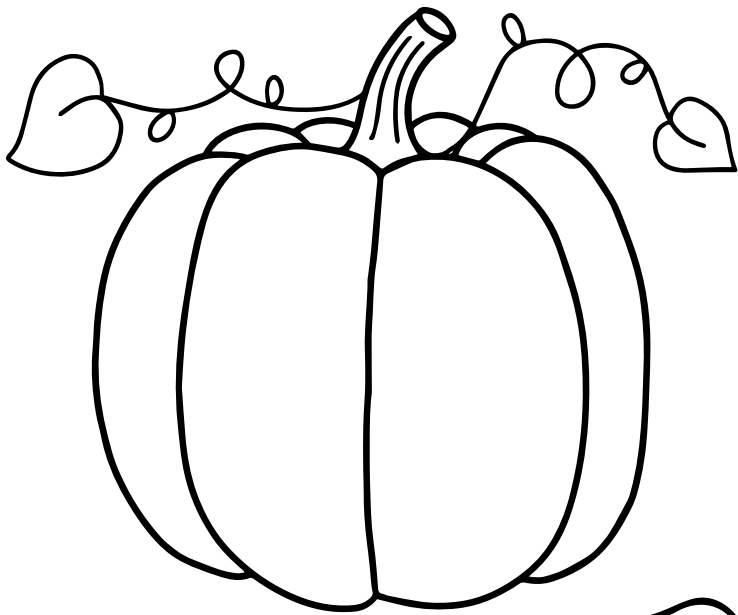
The questionnaires will ask you about the following topics: quality of life, recovery, hope, resilience, social inclusion, social networks, service use, your wellbeing, your goals, and how you feel about your Recovery College. As part of the baseline questionnaires, we will ask you for some optional 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).

Spend half an hour  
mindfully colouring, or  
doodling this Autumn.

# Hello Autumn



# 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](mailto: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.



**Creative  
fitness**

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

**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  
10.30am -1pm  
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

**Caring for me  
& you**

09/11/2023 - 14/11/2023  
9.45am-12.30pm  
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  
10.30am-12pm  
Pontefract

**Understanding  
hearing voices**

23/11/2023  
1pm-3pm  
Wakefield

**Accepting  
Change**

23/11/2023  
10am-12pm  
Online

**Christmas  
rag wreaths**

29/11/2023  
1.30pm-3.30pm  
Wakefield

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**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!

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[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.