



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

13 October 2023

EVERYTHING
WILL COME
TO YOU AT
THE RIGHT
TIME.
Be patient.

Credit: @adoseofreminders

01924 316946
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk
facebook.com/wakefieldrecoverycollege
facebook.com/wakefielddiscoverycollege
@WF_RecoveryColl
@WakefieldDC
@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.



Mental health stigma

1 in 6 adults have a common mental health disorder, like anxiety or depression.

45% of people with anxiety keep it secret.

Let's talk about mental health to break the stigma.

#WorldMentalHealthDay

Statistics from the 'Fundamental Facts About Mental Health' report - 2016, and the 'Uncertain times: anxiety in the UK and how to tackle it' report - 2023



6 things to help you reach out and check in on someone

Signs - You may have seen, heard, or be aware of something that has led you to worry about someone. It is okay to mention what you have noticed and ask how they are doing.

Reassure - Let them know that you are there for them and that you want to help. Remind them that we all struggle at points in our lives so it is nothing to be ashamed or embarrassed about.

Expectations - You don't have to be an expert and you're not expected to solve anything for them.

The best thing you can do is to ask open-ended questions, give them time, and really listen to their answers.

Readiness - You might start the conversation and find that the person is not yet ready to open up and share what's going on for them - that is okay. Gently remind them that you are there for them whenever they are ready to talk.

Signpost - Some people may find it hard talking to people they know as they do not want to upset them. Signpost our Stay Alive app that has access to various helplines, textlines, and online chat services: www.stayalive.app

Remind - Life can be really tough at times and it can make people feel down and unable to cope. This can be really worrying, but it's normal. Remind them that things can change and they can feel better.

GRASSROOTS SUICIDE PREVENTION

Funded by UK Government

MONDAY 30th OCTOBER

10AM - 3PM

For children aged 6-7

@

St Swithun's Community Centre

Registration Day Monday 16th October at 9:30am only £5

HALLOWEEN FUN, CRAFTS, TREATS, PUMPKIN DECORATING, MUSIC, GAMES AND MORE! LUNCH PROVIDED

Arncliffe Road
WF1 4RR
01924 361212

AUTUMN ACTIVITIES

LEVELLING UP

West Yorkshire
Local Authority

Tracy Brabin
Mayor
of West Yorkshire

EASTMOOR
COMMUNITY PROJECT LTD

Funded by UK Government

AUTUMN ACTIVITIES

TUESDAY 31ST OCTOBER

10AM - 3PM

FOR CHILDREN AGED 8-10 ONLY £5

@

ST SWITHUN'S COMMUNITY CENTRE

REGISTRATION DAY MONDAY 16TH OCTOBER AT 9:30AM

HALLOWEEN FUN, CRAFTS, TREATS, HEALTHY SNACKS, MUSIC, GAMES AND MORE! LUNCH PROVIDED

ARNCLIFFE ROAD
WF1 4RR
01924 361212

LEVELLING UP

West Yorkshire
Local Authority

Tracy Brabin
Mayor
of West Yorkshire

EASTMOOR
COMMUNITY PROJECT LTD

Forest Bathing Walk and Social



Join us for a restorative forest bathing experience and social, designed for women who seek a sense of belonging and support beyond the traditional demographics.

Immerse yourself in this peaceful walk through the woods, creating connections with both yourself and like-minded women, whilst embracing the tranquillity of nature.

Why not take a moment to unwind and rejuvenate after a hectic week and discover sanctuary within our welcoming community.



October 28th 10am-1pm
Newmillerdam, £5/person

info@silvapsychotherapy.co.uk to book



Buggy Walks

A safe and welcoming walk for women who have or who are caring for young children/babies.



Meet other like-minded women outdoors for some gentle exercise and relaxed conversation.

Every Tuesday @Thornes Park, Wakefield - Meet outside the Stadium @ 10am

To register please contact catherine@bringmetolife.co.uk



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk



Residents of WAKEFIELD

In paid partnership with:



Use Access Code
HEPWORTH



HEADS UP

GET THAT WINNING FEELING

FREE Weekly Football Sessions

It's not just about the game; it's about the togetherness! Join us for physical and mental exercise, the sessions use the power of the sport to bring people together. Let's tackle life's challenges together! Be a part of this amazing journey towards better mental and physical health.

Thursdays 12.00 noon to 1.00pm (starting on 19th October)

Rycroft Leisure, Off Mulberry Ave, Ryhill, Wakefield WF4 2BB

For more information www.rycroftleisure.com

Scan for more activities!



wakefieldcouncil



FIT REDS

GET THAT WINNING FEELING

Come along to our 10 week **FREE** award winning Fit Reds programme.

Experience high quality fitness and sports sessions along with informative workshops to support you in making positive lifestyle changes.

Don't miss out on this incredible opportunity to boost your fitness, learn valuable lifestyle tips, and support your local team! Running 9th of November until Thursday 14th of December and then from 11th January until 1st February.

Thursday nights 6:30pm - 8:30pm Outwood Academy Hemsworth, WF9 4AB

For more info and to register your interest email

Sean.Margison@barnsleyfc.co.uk

Scan for more activities!



BARNSELY FC
COMMUNITY TRUST

wakefieldcouncil

Your local, community-designed

JOB FAIR

Thursday 26th October
10am-2pm

st george's
WF2 8AA

Informal + friendly

Accessible for all

Hire on the day

Jobs from all across health + social care!

Spectrum
Community Health CIC



Visible job progression

Hear stories from the team

WAKEFIELD HOSPICE
Care. Compassion. Community.

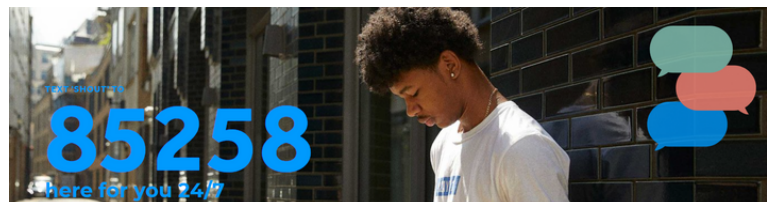
The Mid Yorkshire Hospitals NHS Trust

Wakefield District ageUK

wakefieldcouncil
working for you

NHS Yorkshire Ambulance Service NHS Trust

how to support someone who comes out to you



**FREE
course**

**Face to
face
18+**

New beginnings

This programme, facilitated by Live Well Wakefield, is aimed at people who are living with any mental health condition.

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

Monday 30 October 2023- 10.30am-1.00pm
7 Weeks

**Prosper House, 59 Upper Warrengate,
Wakefield, WF1 4JZ**



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

**FREE
course**

You can play ukulele!

Have you always wanted to learn a musical instrument but think you are not musical? Maybe you have seen the Ukulele Orchestra of Great Britain and wished you could play like that!

With the right support, step by step guidance and alongside others you will learn to play at least one song on the ukulele by the end of the course. Mel has taught ukulele to a variety of people and provides a fun, friendly and supportive environment.

Playing an instrument and singing is extremely beneficial for your mental wellbeing, reduces stress levels and is fun! If you are an absolute beginner this course is for you.

Surprise your family & friends at Christmas with your newfound skill!

Please note:

- If you have long false nails, they are great for strumming but not so good for placing your fingers on the fret board.
- Ukuleles are usually played right-handed, most left-handed people play right handed so they can pick up a ukulele and play anywhere. Please let us know, prior to the session, if you would prefer to learn left-handed.

10th of November 2023- 1.00pm-2.00pm

3 Weeks

**Prosper House, 59 Upper Warrengate,
Wakefield, WF1 4JZ**



You Can Play Ukulele!

**Face to
face
18+**



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**Wakefield
Recovery and Wellbeing College**
Home of the Discovery College

Have a go at I Spy, how many can you find?

I Spy Autumn



-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____
-  x _____

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.

Wakefield Recovery College

18+

Creative fitness

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

Tackling Loneliness

20/10/2023
1.30pm-3pm
Wakefield

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

Living with and managing anxiety

01/12/2023
10am-12pm
Online

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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

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
1pm-3pm
Wakefield

More courses to come in 2024!

Contact the college to enrol
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Discovery College
Part of Wakefield Recovery and Wellbeing College

With **all of us** in mind.