



# The Supporter Newsletter

19 October 2023

EVEN ON YOUR  
DARKEST DAYS,  
YOU'VE SHOWN  
SO MUCH  
*courage.*

@ADDOSEOFREMINDERS



Credit: @adoseofreminders



01924 316946



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



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



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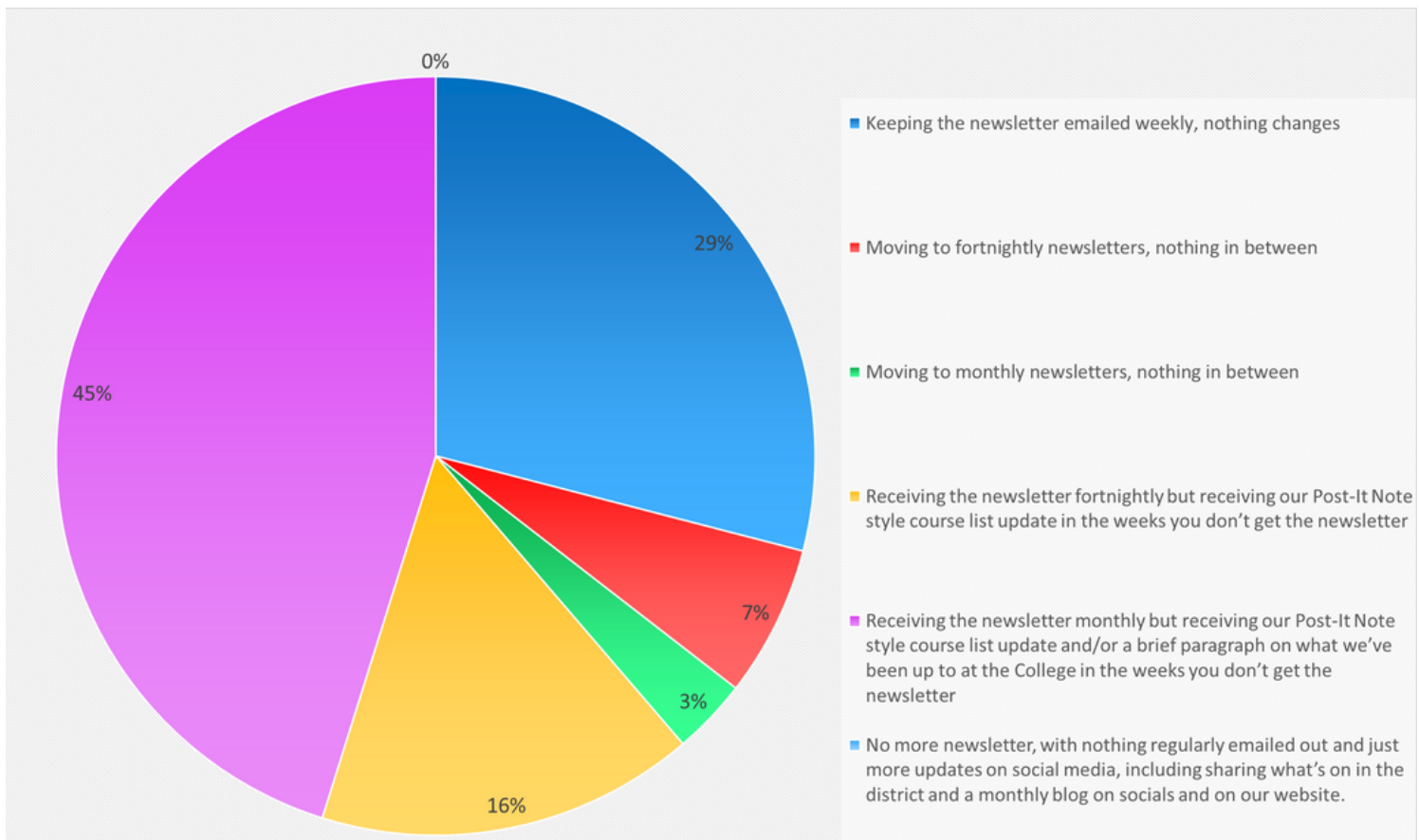
@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefielddiscoverycollege

With **all of us** in mind.

## The Newsletter vote is in



The most popular answer voted for by our community is- 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.

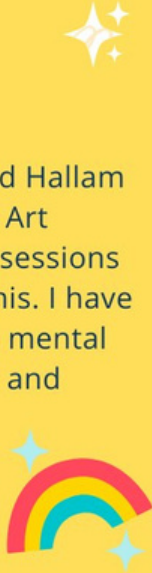
# ART THERAPY



## HI, I'M ABBIE! A TRAINEE ART THERAPIST

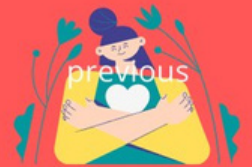
I'm training with Sheffield Hallam University to become an Art Therapist and providing sessions at Appletree as part of this. I have experience working with mental health, neurodivergence and LGBTQ+ communities.

I am available Tuesdays and Fridays



## WHAT IS ART THERAPY?

- A type of therapy that uses art materials to help express and understand your emotions
- A place to safely explore any difficulties you may be experiencing with or without words
- A place you won't be judged
- Sometimes it might bring up distressing feelings or memories, that's okay and I will be here to support you through it
- It is **not** an art class
- You do not need to be "good" or have experience with art!



## IS ART THERAPY SUITABLE FOR ME?

Are you interested in experimenting with art materials?

Are you willing to work together to understand your difficulties?

If yes - contact us!

All age groups and abilities welcome - we celebrate diversity!



**IF YOU ARE  
STRUGGLING AT THE  
MOMENT AND NEED  
URGENT HELP, PLEASE  
SEE THE DETAILS ON THE  
BACK OF THIS LEAFLET  
FOR SUPPORT**



Appletree Community Garden,  
Agbrigg Road, WF1 5AE

Abbie Stevens (Trainee Art Therapist)  
E-mail: [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)  
Phone: 07933099445 (tues/wed/fri)

# WILD THINGS BITESIZE

Join us for a  
wildlife  
wander and  
natter



MONDAY 13TH  
NOVEMBER  
12PM - 4PM

NEWMILLERDAM



Nearest bus stop is: Newmillerdam  
opposite the fox and hounds

**From Wakefield:**  
59a bus from  
stand 18 11.20am  
will arrive 11.36am

**From Barnsley:**  
59 bus from bus  
station 11.15am  
will arrive 11.57am



Parking in 673  
Barnsley road car  
park



MONDAY 13TH  
NOVEMBER  
12PM - 4PM

NEWMILLERDAM

## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2023

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### M&S CAFES

Spend £5 & get one free kid's meal Mon - Fri during the Oct Half term (various dates)

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TRAVELodge & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### YO! SUSHI

From Monday 16th October - Friday 27th 2023 kids eat free with every £10 adult spend

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### BILLS

2 kids eat FREE Monday - Friday from Monday 23rd October - Friday 3rd November 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### IKEA

Kids get a meal from 95p daily from 11am

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

## Understanding pregnancy, labour, birth and your baby

Free midwifery-led online antenatal course for you to follow in your own time. For everyone in your baby's family.

- Getting to know and bonding with your baby before birth
- Stages of labour
- Preparing to welcome your baby
- Supportive resources and tips for staying calm
- Women couples tailored version

Designed by clinical psychologists in partnership with registered midwives, health visitors and parents

[www.inourplace.co.uk](https://www.inourplace.co.uk)

Residents of WAKEFIELD



In paid partnership with:

Use Access Code  
**HEPWORTH**

## Compass NHS

Feeling sad, worried or alone?  
Talk to us.

Text BUZZ to 85258 shout 85258

for free and confidential support, 24/7

Texting 'BUZZ' to 85258 is anonymous and will not show up on your phone bill.

Ways you can support someone experiencing menopause symptoms:

1

Reassure them that it is ok to ask for help

2

Increase your and your team's knowledge and awareness of the menopause

3

Share details of the wellbeing support available

NHS





An exciting opportunity to get involved in the largest ever study of anxiety and depression!

Are you:

- Aged 16+
- Living in the UK?
- Suffering from clinical levels of depression and/or anxiety, or suffered from these in the past?

### What is the GLAD study?

The GLAD Study is a project set up to explore **risk factors** in individuals who have experienced depression and/or anxiety, including those with a diagnosis of bipolar disorder, OCD, or related disorders, at any time in their lives.

It aims to **better understand** depression and anxiety in order to **find and develop more effective treatments**.

Find out more by going to [www.gladstudy.org.uk](http://www.gladstudy.org.uk)

### How do I take part in the GLAD study?

You can take part in the GLAD study by following the sign-up steps.

These are designed to be easy to complete and are:

1. Register on our website, [www.gladstudy.org.uk](http://www.gladstudy.org.uk), and read the information sheet
2. Provide your **consent** using our online form
3. Complete an **online questionnaire** to see if you are eligible. This takes around 30 minutes
4. Send a **saliva DNA sample** through the post



Once you have completed these steps, you will be able to see information on the website about a number of **optional questionnaires** or **other research studies** that are being carried out. You can choose to take part in these studies should you wish to.

Once you are enrolled in the GLAD study, you are free to withdraw at any time if you choose

### Who can I contact if I have more questions?

If you are interested in joining the GLAD study but have more questions, you can visit our FAQ page at [www.gladstudy.org.uk/faq](http://www.gladstudy.org.uk/faq)

Alternatively you can contact us via:

@ Email: [gladstudy@kcl.ac.uk](mailto:gladstudy@kcl.ac.uk)

f Facebook: @JoinGladStudy

☎ Freephone: 0800 634 4504

🐦 Twitter: @GladStudy

☎ Phone: 0207 848 1638

📷 Instagram: @GladStudy

Find out more by going to [www.gladstudy.org.uk](http://www.gladstudy.org.uk)

NIHR | BioResource



[EDGIUK.org](http://EDGIUK.org)

Take part in a major research project to better understand eating disorders

Is open to anyone who...

- Is aged 16+
- Lives in England
- Is currently experiencing or has experienced an eating disorder in the past

### What is the Eating Disorders Genetics Initiative (EDGI)?

EDGI is a project set up to explore **risk factors** in individuals who have experienced **eating disorders**, including **anorexia nervosa**, **bulimia nervosa**, **binge-eating disorder** or any other eating disorder at any time in their lives.

It aims to better understand the **genetic and environmental links to eating disorders** in order to **improve treatments for current and future patients**. EDGI is also part of the **NIHR BioResource**, which is a large panel of participants with and without health conditions, that are interested in taking part in research; with the aim to improve health and medical care.

Find out more by going to [EDGIUK.org](http://EDGIUK.org)

### How do I take part in EDGI?

You can take part in EDGI by following the sign-up steps.

These are designed to be easy to complete and are:

1. Register on our website, [EDGIUK.org](http://EDGIUK.org), and read the information sheet
2. Provide your **consent** using our online form
3. Complete an **online questionnaire** to see if you are eligible. This takes around 30 minutes
4. Send a **saliva DNA sample** through the post using the freepost envelope provided



Once you have completed these steps, you will be able to see information on the website about a number of **optional questionnaires** or **other research projects** that are being carried out.

Once you are enrolled in EDGI, you are free to withdraw at any time if you choose.

### Who can I contact if I have more questions?

If you are interested in joining EDGI but have more questions, you can visit our FAQ page at [EDGIUK.org/faq](http://EDGIUK.org/faq)

Alternatively you can contact us via:

@ Email: [EDGI@kcl.ac.uk](mailto:EDGI@kcl.ac.uk)

f Facebook: @EDGI.UK

☎ Freephone: 0800 917 6016

🐦 Twitter: @EDGI\_UK

☎ Phone: 0207 848 1639

📷 Instagram: @EDGI\_UK

Find out more by going to [EDGIUK.org](http://EDGIUK.org)

st george's

# WE ARE HIRING



## BUSINESS ADMIN

- Are you self-motivated and a great team player?
- Do you have the energy, patience, compassion and humour that working within a project supporting teenagers and young adults necessitates?
- Do you have excellent organisational and problem-solving skills?

If so, do you want to be part of a fast-paced friendly team? We are looking for an individual who can support our 16-25 Future SELPH service - ensuring that calls are answered, messages directed to workers, inputting is timely and efficient with a high level of accuracy.

Hours: Part-time - 25 hours per week

Location: St George's Community Centre, Lupset

Pay: Dependent on the experience of successful

candidate - this will be in the region of £17300 to £21500 (St George's Band B).

Please call Emma Coyle (Children + Young People's Service Manager) on 01924 369361 for a chat about the job and to arrange for an application form to be sent, or email [recruitment@stgeorgeslupset.org.uk](mailto:recruitment@stgeorgeslupset.org.uk) to request an application pack. Please state which job you are enquiring about.

st george's

# WE ARE HIRING



## FUTURE SELPH WORKER

- Are you an enthusiastic person who values co-production and recognises the strengths and potential of young people and the challenges and obstacles they face?
- Are you self-motivated and a great team player?
- Do you have the energy, patience, compassion and humour that working with teenagers and young adults necessitates?
- Do you have excellent organisational and problem-solving skills?

You should join our innovate team supporting 16-25 year olds across West Wakefield!

Hours: 30 - 37 hours per week, dependent on applicant

Location: St George's Community Centre, Lupset

Pay: Dependent on the experience of successful

candidate - this will be in the region of £22,500 to £26,500 (St George's Band C).

Please call Emma Coyle (Children + Young People's Service Manager) on 01924 369361 for a chat about the job and to arrange for an application form to be sent, or email [recruitment@stgeorgeslupset.org.uk](mailto:recruitment@stgeorgeslupset.org.uk) to request an application pack. Please state which job you are enquiring about.



## JOB ADVERT



### Advice Worker - Charity ( 17.5 hrs)

Do you want to make a difference to people's lives?

Do you want to work in the health and social care sector?

We are a charity supporting unpaid carers, that is those supporting a family member or friend with an illness or disability. We offer advice, information and support and we are looking for an outgoing individual to join our friendly and supportive team, working alongside colleagues from health and social care.

- ☑ Good rates of pay
- ☑ 5% contribution to a pension scheme
- ☑ Flexible working conditions
- ☑ Some home working
- ☑ Training and development opportunities
- ☑ 35 days annual leave (pro rata) plus 1 days birthday leave

We are passionate about supporting our staff and have a good package of health and wellbeing support in place.

Please note: A full clean driving licence and use of a car is essential.

To apply please telephone (01924) 305544 for an informal chat or job application pack.

Closing date for applications is Friday 10th November. Interviews week commencing 20th November.

*This Halloween*  
Wakefield BID presents  
**WICKED WAKEY**  
SATURDAY 28 OCT + SUNDAY 29 OCT

Outdoor cinema (from 11am) on the Bullring showing family Halloween films	Get dressed up in costumes
Photo opportunities	Follow the trail, work out the clues and receive your free pumpkin

Find out more:  
[wakefieldbid.co.uk](http://wakefieldbid.co.uk) | [@wakefieldbid](https://www.facebook.com/wakefieldbid)

BROUGHT TO YOU BY **WAKEFIELD BID**

## FREE FAMILY WORKSHOPS!

Take part in our free creative workshops exploring themes of togetherness and community. Designed for the whole family to enjoy, join artist Saroj Patel to create colourful textile sculptures!

Email [amelia@the-arthouse.org.uk](mailto:amelia@the-arthouse.org.uk) or call 01924 312000 to register or enquire. Recommended ages 4-99!

Session 1  
21st October  
10am-12:30pm

Session 3  
23rd October  
10am-12:30pm

Session 2  
21st October  
13:00-15:30pm

Session 4  
23rd October  
13:00-15:30pm

Funded by  
**HARIBO**  
**Prosper**  
Wakefield district



**FREE  
course**

# Caring for me & you

Carers Wakefield & District are proud to announce that they are now able to offer the 'Caring For Me and You' self-management course for carers and are delivering this through our recovery and wellbeing college. This course has been developed by Stamford University and they are one of the first organisations in the country to provide it. The course will run over 6 weeks and will enable you as a carer to focus on your own health and wellbeing, as well as that of the person you care for, giving you the confidence and skills to make changes that will be of benefit to you both.

**09th of November 2023- 9.45am-12.30pm**

**6 Weeks**

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



**Face to  
face  
18+**



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



South West  
Yorkshire Partnership  
NHS Foundation Trust

# Understanding depression

In this brief 2 hour workshop, we'll look at what depression is, learn some facts about depression and bust some common myths, explore some known causes of depression and the symptoms associated with depression.

This workshop ties in with our "living with and managing depression" workshop and we would recommend you attend both where possible.

10th of November 2023- 10.00am-12.00pm



Online  
18+

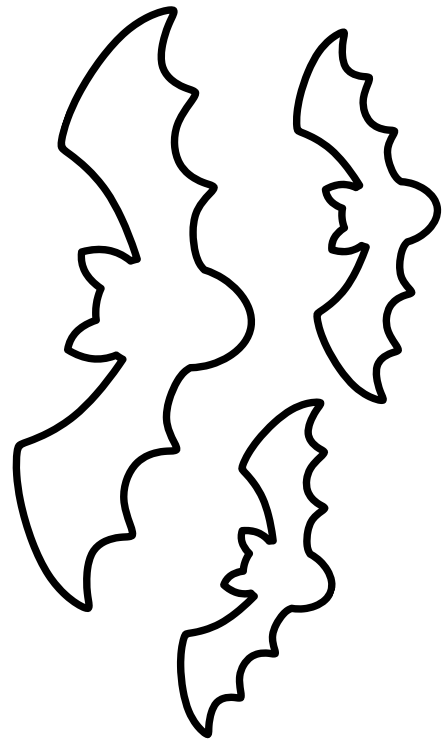
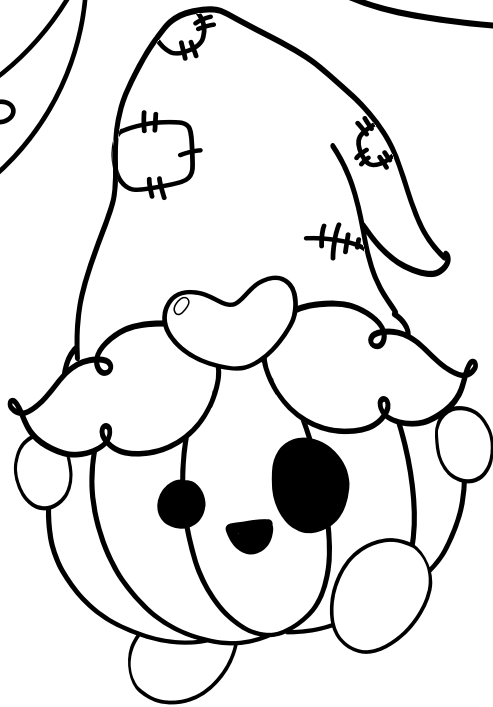
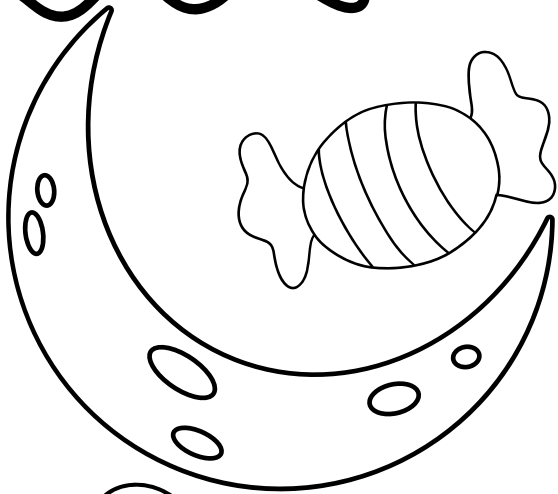
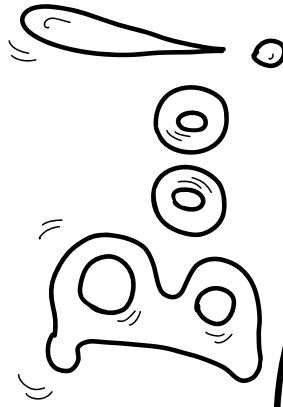
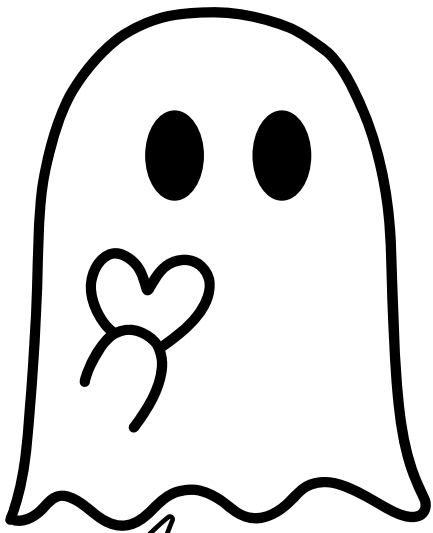


Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
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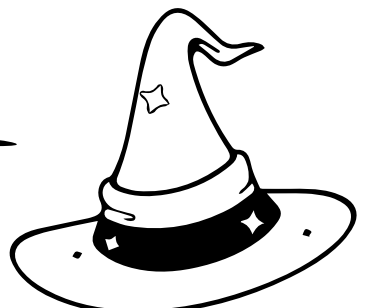
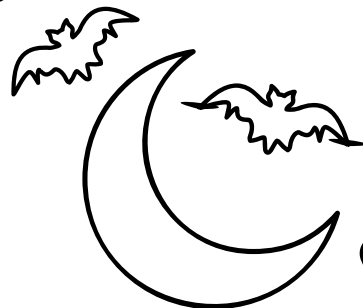
With all of us in mind.

Wakefield  
Recovery and Wellbeing College  
Home of the Discovery College

Colour in for Halloween



Halloween





**Creative  
fitness**

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

**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

**Understanding  
depression**

10/11/2023  
10am -12pm  
Online

**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

**Living with and  
managing  
depression**

05/12/2023  
10am-12pm  
Online

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

**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

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  
[www.wakefielddiscoverycollege.nhs.uk](http://www.wakefielddiscoverycollege.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)  
01924 316946

**Discovery College**  
Part of Wakefield Recovery and Wellbeing College

With all of us in mind.