



The Supporter Newsletter

26 October 2023



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.

What are the signs and symptoms of breast cancer?



A change in the size, outline or shape of your breast



A discharge of fluid from either of your nipples



Changes in your skin such as puckering, dimpling, colour or a rash



Any change in nipple position (pulled in or pointing differently)



A new lump, thickening or bumpy area in one breast or armpit



An eczema like rash, crusting, scaly, itching or redness on or around the nipple



Swelling in your armpit, collarbone or breasts



See a GP if you notice any changes



Please don't struggle through the Menopause alone, we're here to help you!

Me and Menopause is a FREE 5-week course of one-hour sessions to empower women by providing practical help and support in a friendly, welcoming setting. Take control of your health and well being with others sharing this journey.

Where : St Mary's Community Centre, The Circle, Chequerfield, Pontefract, WF8 2AY

When : Mornings
5 x Fridays, 10.30 am to 11.30 am
10th, 17th, 24th November, 1st, 8th December 2023
or
Evenings
5 x Tuesdays, 6.30 pm to 7.30 pm
9th, 16th, 23rd, 30th January, 6th February 2024

How to Book:
Please email stmarys@stmaryscommunity.co.uk
or telephone 01977 705341.

Your booking is for all 5 x sessions (either mornings or evenings)
Spaces are limited, so please book early to avoid disappointment.



RAFFLE TICKETS AVAILABLE ON THE DAY

EY UP! CHARITY

CHARITY FEST

Live music and entertainment from
**Amber Falls
Hands of Industry
Karl Johnson
Studio A**

Sunday 3 December 2023
Doors open 1pm
Venue 23, 23 Smyth Street,
Wakefield, WF1 1ED

Tickets on sale now!
<https://bit.ly/3FtC81W>

Supporting the work of
NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Admission for age 14 and over only



Understanding your baby

Free online postnatal course for you to follow in your own time. For everyone in your baby's family.

- Getting to know your baby and their unique ways of communicating
- Feeding, sleeping, playing and soothing guidance
- Supportive resources for your mental wellbeing
- With professional translations in Urdu, Modern Standard Arabic and Welsh

Designed by clinical psychologists in partnership with health visitors and parents



www.inourplace.co.uk

Residents of WAKEFIELD



In paid partnership with:

Use Access Code

HEPWORTH

Things to remember on those tough days

- 1 Try not to be hard on yourself. It's okay, we all have our bad days.
- 2 What you are feeling is temporary. Remember that it won't feel this difficult forever.
- 3 Self-care may feel an impossible task at times. Try focusing on the basics such as eating, drinking water, and sleeping.
- 4 You are not alone and it is okay to ask for help.
- 5 People who care are ready to listen. Support can be found at styalive.app

**GRASSROOTS
SUICIDE PREVENTION**

STOP THE STIGMA: TALK ABOUT

SUICIDE

Learn how you can help to tackle stigma and save lives.
It's quick and free to register.

Become a Suicide Prevention Champion

suicidepreventionwestyorkshire.co.uk/becomeachampion



FREE EMOTIONAL WELLBEING WORKSHOPS

TURNING POINT TALKING THERAPIES

Delivered by qualified therapists, our informal workshop sessions have been designed to provide you with useful techniques and coping strategies to help improve your mental health and wellbeing.

As well as providing you with useful information about common mental health symptoms.

TURNING POINT
inspired by possibility



To access you need to be aged 16+ and be registered with a Wakefield or Five Towns GP.

For more information and to book your place onto any workshop, scan the QR code, or contact us on the below:

📞 talking.turning-point.co.uk/workshops
📞 01924 234 860

OVERCOMING PANIC ATTACKS

Sun 5th Nov: 11:30am - 13:00pm

SUPPORTING LOVED ONES

Sun 5th Nov: 13:00pm - 14:30pm

LIVING WITH CHRONIC HEALTH CONDITIONS

Tues 7th Nov: 13:00pm - 14:30pm

KEEP MOVING FORWARD

Tues 7th Nov: 16:00pm - 17:30pm

MINDFUL PREGNANCY - COPING WITH STRESS AND A POSITIVE BIRTH

Thurs 9th Nov: 13:00pm - 15:00pm

BOOSTING LOW SELF ESTEEM

Sun 12th Nov: 11:30am - 13:00pm

MANAGING STRESS AS A PARENT

Sun 12th Nov: 13:00pm - 14:30pm

HOW TO BE KIND TO YOURSELF

Mon 13th Nov: 14:00pm - 15:30pm

DIABETES AND EMOTIONAL HEALTH

Tue 14th Nov: 12:00pm - 13:30pm

MINDFULNESS

Sat 18th Nov: 10:00am - 11:30am

INTRUSIVE THOUGHTS

Sun 19th Nov: 11:30am - 13:00pm

MANAGING ANXIETY & WORRY

Sun 19th Nov: 13:00pm - 14:30pm

MINDFUL PREGNANCY - MANAGING ANXIETY AND CONNECTION WITH BABY

Thurs 23rd Nov: 13:00pm - 15:00pm

ANGER & IRRITABILITY

Sun 26th Nov: 11:30am - 13:00pm

EMOTIONAL EATING

Sun 26th Nov: 13:00pm - 14:30pm

TURNING POINT
TALKING THERAPIES



@wakefieldtalkingtherapies

Pocket Panto

Pocket Panto proudly presents another spectacular family pantomime



JACK & The Beanstalk

EASTMOOR COMMUNITY PROJECT

THURSDAY 2ND NOVEMBER AT 1PM

**MORGAN
SINDALL**
CONSTRUCTION

EASTMOOR
COMMUNITY PROJECT LTD

ST SWITHUN'S COMMUNITY CENTRE,
ARNCLIFFE ROAD, WF1 4RR
01924 361212

Reengage

Whilst many of us will sit down with family and friends to enjoy a Christmas meal together this December, it won't be the case for everyone. With constant reminders of lost loved ones, and family gatherings of the past, Christmas can be an especially lonely and isolating time for older people, even more so than throughout the rest of the year.

At Re-engage, we have developed a service dedicated to ensuring that older people do not feel alone over the festive season.

Community Christmas call companions offers lonely and isolated older people, those aged 75 and over, the opportunity to join our dedicated telephone befriending service throughout December. Older people are matched with a trained volunteer call companion who has the skills to deal with the often more challenging conversations that can develop at this time of year, and as a result, help avert people falling into crisis.

The older person and volunteer will decide between them the regularity and length of calls. We anticipate that these will be for around half an hour once a week throughout December, but they may agree to more or fewer calls depending on their needs.

These weekly calls with a dedicated volunteer will connect older people to the outside world, bringing conversation and human contact back into their lives. Lack of transport, mobility, and the cost-of-living crisis, all combine to limit an older person's ability to socialise which can be particularly felt at this time of year.

The service is free and available to anyone wherever they are in the UK, with no need to travel. This is particularly important for older people who struggle to leave their homes in the winter months, leaving them particularly vulnerable to loneliness and isolation. Thankfully, our service can bring them some joy, and a reminder that they are cared for, not forgotten.

To refer someone, please visit our website,

www.reengage.org.uk/join-a-group/



Mental Health Outreach Worker – Community Enablement Team
NJC Scale Points 18 – 22, starting at £27,344 pa
37 hours per week



This role is fixed term up to March 2025

Touchstone is a multi-award-winning mental health and wellbeing charity operating in communities across Yorkshire. Touchstone understands that we can only deliver excellence to the people we serve if the people we recruit are happy, empowered, supported to reach their potential and trusted to lead.

We are seeking experienced, enthusiastic, self-motivated individuals to join our new team & service which started September 2023. The Community Enablement Team provides support for Wakefield and district (5 towns). You will be joining a new service and key in establishing links with relevant partners. The role will be delivering 1-1 intensive floating support which is person centred and recovery focused support in line with individual needs.

We aim to support individuals with multiple and complex mental health needs, reduce the risk of offending, reduce hospital admission to secure wards and homelessness. Promoting better health and wellbeing, increase independence, reduce reliance on services and maximise independence which is sustainable.

CLOSING DATE: 9:00am, Monday 20th November 2023
Interviews will be held on: Thursday 30th November 2023

As an employee of Touchstone, all successful applicants continually benefit from the following:

- Personal wellbeing budget
- 28 days annual leave (rising to 31 after 2 years) + 8 bank holidays (pro-rata)
- Agile working policy
- Cycle to work scheme.
- Access to counselling and 24/7 confidential staff Mindful Employer helpline
- Health and wellbeing and fun organisational staff away days
- Inclusive maternity and parental policies and pay.
- A full range of staff and peer support networks
- Excellent staff engagement
- Lots of learning and development opportunities

Touchstone is an equal opportunities organisation, a Trans Positive employer and applications are welcome from all sections of the community, particularly, BME and LGBTQ+ communities and/or people with disabilities who are under-represented within Touchstone. Further information can be obtained from our equal opportunities policy. Please note that we do not hold a sponsor licence and we do not intend to offer sponsorship for this particular role. You should therefore ensure that you have/will have the right to work in the UK to be able to undertake this role, if appointed, you will be required to provide relevant right to work documents at the point of an offer being made to you. Applications can be obtained by visiting www.touchstonesupport.org.uk or by e-mailing recruitment@touchstonesupport.org.uk.



MVDA

We offer a safe space for men, in the Wakefield District, who are experiencing or have been affected by Domestic Abuse, to openly talk.



Our service offers practical & emotional support, advice, information and person centred counselling.

01924 787507



MVSA

We offer a West Yorkshire wide service for male victims of Sexual Abuse, giving them a safe space to openly talk.

We offer practical & emotional support and person centred counselling.

01924 787507



Charity: 1072174

Company Registration: 03580792

MAN MATTERS

COFFEE EVENING @ EASTMOOR RUGBY CLUB, WOODHOUSE ROAD, WAKEFIELD, WF1 4RD

All who:

- Identify as male
- Are aged 18 and over
- Live in the Wakefield District

Are welcome to join us.

CALL FOR A REFERRAL:
01924 787507

EVERY MONDAY:
18:00 - 21:00



Charity: 1072174
Company Registration: 03580792

MAN MATTERS

COFFEE MORNING @ ROOM 5, AIREDALE LIBRARY, THE AIREDALE CENTRE, CASTLEFORD, WF10 3JJ

All who:

- Identify as male
- Are aged 18 and over
- Live in the Wakefield District

Are welcome to join us.

CALL FOR A REFERRAL:
01924 787507

EVERY FRIDAY:
10:00 - 12:00



Charity: 1072174
Company Registration: 03580792



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
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

With all of us in mind.

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

**FREE
course**

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

The inner scream: Understanding self-harm

Self-harm is something that makes many feel uncomfortable, yet it is more common than you think.

This workshop aims to explore self-harm and risky behaviours, we will consider:

- Cause and effect how and why it is done
- Explore ways to best manage self-harm
- Dispel the myths surrounding self-harm
- Consider helpful responses to this behaviour.

This 2 hour workshop incorporates discussion and activities in a safe and supportive environment.

16th November 2023- 1.00pm - 3.00pm

**Baghill House Health and Wellbeing Centre, Walkergate,
Pontefract, WF8 1QW**



**Face to
face
18+**

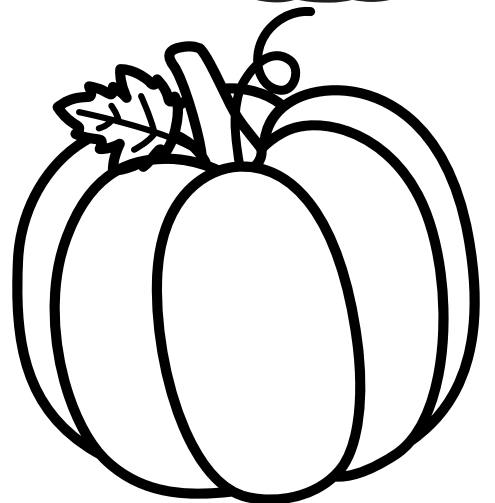
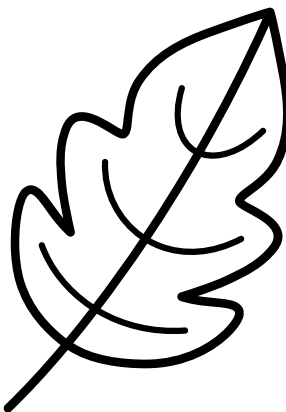
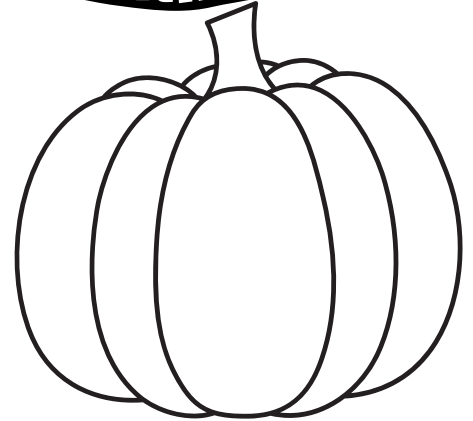
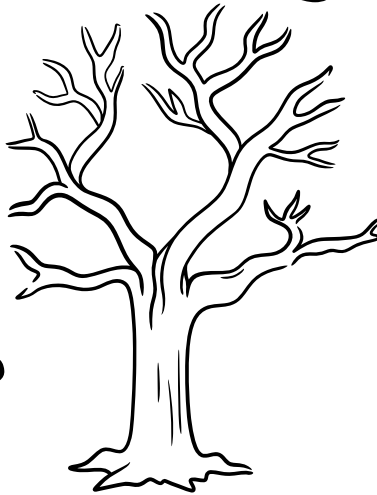
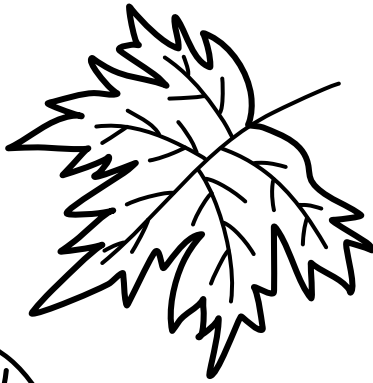
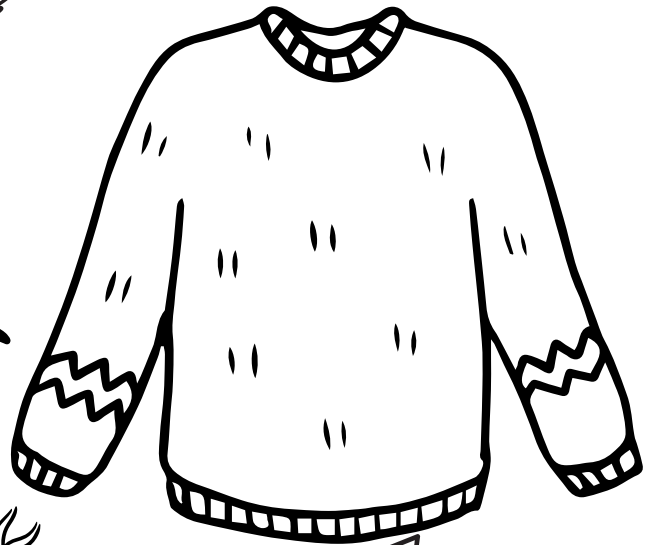
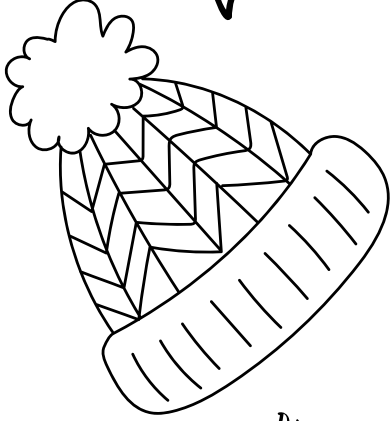
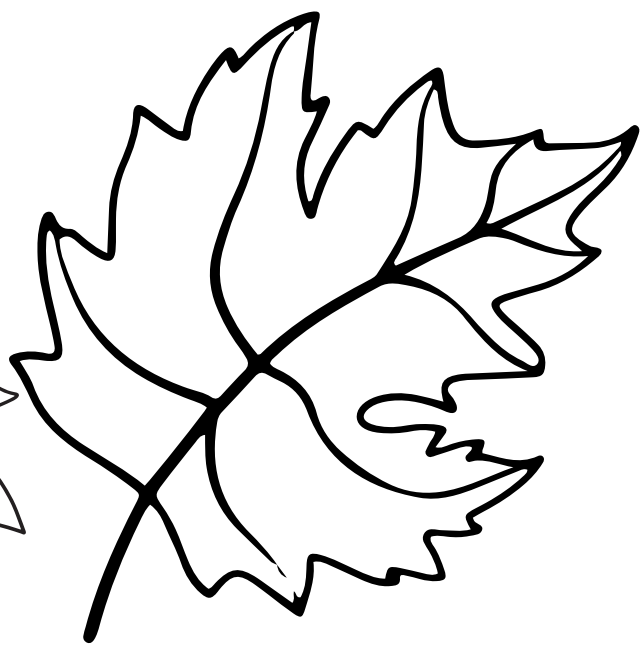
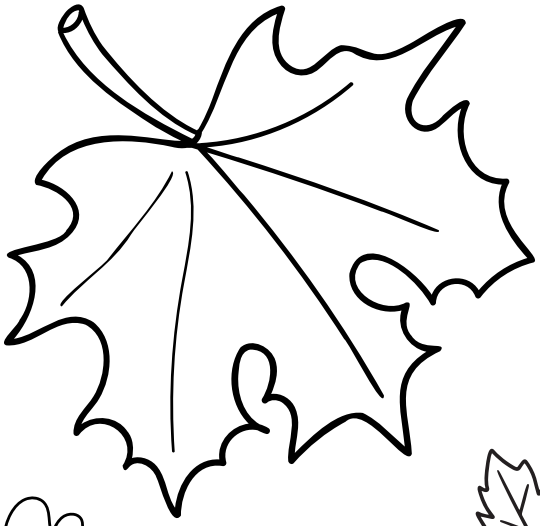


Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

With all of us in mind.

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

Colour in



**Creative
fitness**

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

**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

**Alcohol
Awareness**

05/12/2023
1pm-2.30pm
Pontefract

**Developing
Resilience: the key
to self-management**

08/12/2023
10.30am-12.30pm
Online

**Rediscovering
and renewing my
Inner Values**

26/01/2024
10.30am-12.30pm
Online

**Recognising
burnout**

21/01/2024
10am-12pm
Online

**Coping with
pain**

01/02/2024
10am-11am
Online

**Time out to
Refresh and
De-stress**

02/02/2024
10.30am -12.30pm
Online

**Feeling positive,
busting stress**

05/02/2024
2pm-3pm
Online

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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

**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

**Youth First
Aid**

18/03/2024
11am-12pm
Pontefract

More courses to come in 2024!

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

Discovery College
Part of Wakefield Recovery and Wellbeing College

With **all of us** in mind.