



10 October 2023

Edition 118

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

Network Updates 2

Hub of Hope 2

Events & Meetings 2-4

Services, Groups & Community Courses 5-16

Job/ Volunteer Opportunities 16

Other Opportunities for local organisations 17

Funding Opportunities 18

Surveys, Campaigns, New Websites & Other Newsletters 18-20

Newsletters will be every two weeks. The next newsletter will be on the 24 October 2023.

Please send submissions to pmhnowakefield@gmail.com by 19 October 2023.



Network Updates

We have a google drive where leaflets/newsletters are stored

<https://drive.google.com/drive/folders/1zBDsXUsyh98hIOek3MDA9qPpjKuGsc7>

Previous newsletters can also be found here: [Positive Mental Health Network newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

Hub of Hope

Hub of Hope 
Service provided by Chasing the Stigma

Hub of Hope is the UK's leading mental health support database. Chasing the Stigma provides this database and brings local, national, peer, community, charity, private

and NHS mental health support and services together in one place.

Click here to find out more and view the database: <https://hubofhope.co.uk/>

Events & Meetings

Personalised Care and Support planning Workshop

A free half day workshop for all patient facing health, social care, VCSE staff and volunteers in West Yorkshire who may need to use Personalised Care Planning as part of their role. This is delivered via Zoom.

To reserve a spot on the workshop, click here <https://www.eventbrite.co.uk/e/west-yorkshire-hcp-personalised-care-and-support-planning-workshops-tickets-560191597147>. You will need to provide your name, role, location, email address and contact number when reserving a spot.

The last programme, Programme SP10, is on Thursday 19 October from 9am – 12pm. This workshop is free of charge.



The Foundations of Health Coaching Programme

An intensive half day online training programme for healthcare professionals in West Yorkshire HCP who may need Health Coaching skills as part of their role.

To reserve a spot, click here: [West Yorkshire HCP - Foundations of Health Coaching Workshops Tickets, Thu 20 Apr 2023 at 13:30 | Eventbrite](#). You will need to provide your name, role, location, email address and contact number when reserving a spot.

The last programme, Programme HC10, is on Thursday 19 October from 1:30pm – 4:30pm. This programme is free of charge.

Reducing Health Inequalities in West Yorkshire Programme

A practical online programme to help healthcare professionals understand the nature of health inequality, identify patients and communities likely to experience inequality, and deliver evidence based interventions to reduce inequality faced by patients and communities.

This is a 2 hour workshop followed by 12 months of 24/7 telephone support for every person who comes to the workshop as they implement a health inequalities programme in their practice, PCN or place of work.

To book your place, click here: [West Yorkshire HCP - Reducing Health Inequalities Workshops Tickets, Fri 20 Oct 2023 at 11:00 | Eventbrite](#). You will need to provide your name, role, location, email address and contact number when reserving a spot.

The last programme, Programme SI10 is on Friday 20 October from 11am – 1pm. This programme is free of charge.

Understanding Health Literacy Workshop

A practical online 2 hour workshop for all patient facing healthcare professionals in the West Yorkshire HCP to help understand Health Literacy and minimise its impact when working with patients/clients.

To book your place, click here: [West Yorkshire HCP - Understanding Health Literacy Workshops Tickets, Mon 24 Apr 2023 at 10:30 | Eventbrite](#). You will need to provide your name, role, location, email address and contact number when reserving a spot.

The last programme, Programme HL10, is on Friday 20 October from 2pm – 4pm. This workshop is free of charge.



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





Services, Groups & Community Courses

Coffee and Chat Drop in at Featherstone Rovers



**COFFEE & CHAT
DROP-IN**

Featherstone Rovers,
The Millennium Stadium, WF7 5EN
Every Monday, 1.30 - 3.30pm

THE PRINCE OF WALES HOSPICE
Care. Compassion. Community.

For more information, get in touch with Jo Dunford at:

01977 708868 
07825425530 
jdunford@pwh.org.uk 



Gasped – Support for men who have experienced domestic and/or sexual abuse

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

West Yorkshire Combined Authority  

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



Yorkshire Cancer Community Online Support Group

Yorkshire Cancer Community has an online support group that runs the second Wednesday of the month from 11 am - 12 noon. It has been running since the pandemic.

Our special guest on Wednesday 11 October will be Kevin Donaghy who has collated a book called Stories of Cancer and Hope. Kevin will be telling us what led him to put together this book and how it has helped him on his own cancer journey.

JOIN US

Wednesday 11 October 11:00 – 12:00

Yorkshire Cancer Community online support group

Our guest this month is Kevin Donaghy who is living with incurable skin cancer. He struggled following diagnosis feeling desolate and alone until he found his 'cancer family' sharing stories on zoom.

This prompted him to compile other peoples' cancer journeys in his book: Stories of Cancer and Hope, which he hopes will bring hope and comfort to others living with cancer.



**For further information email Jill Long
jill@yorkshirecancercommunity.co.uk
or call 07715 217845**



New Beginnings for Mental Health Programme



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: 10 January to 21 February 2024, 1:00 AM -3:30 PM. Every Wednesday for 7 weeks

Where: Online using the free Microsoft Teams App

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  01924 255363  www.livewellwakefield.nhs.uk



Kendal Drive Maternal Journal

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
or phone 07542028297.



The Art House





The Art House Maternal Journal



Wellbeing activities to support pregnant and new mums.

**Mondays from
18 Sept 2023**

10:00-12:00

**The Art House,
Drury Lane,
Wakefield,
WF1 2TE**



Explore the joys and challenges of pregnancy and being a mum using drawing, painting, collage and other creative activities.

- No art experience required
- Free to all
- Supportive, friendly environment

To find out more please contact diane@the-arthouse.org.uk or phone 01924 312000.



The Art House





Wakefield Recovery College Tackling Loneliness Course

**FREE
course**

**Face to
face
19+**

NHS
**South West
Yorkshire Partnership**
NHS Foundation Trust

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
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



Wakefield Recovery College Self Confidence Through Self Defence course



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
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

With all of us in mind.

Wakefield
Recovery and Wellbeing College
Home of the Discovery College



Heads Up – Free Weekly Football Sessions at Rycroft Leisure Centre



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



Turning Point – Free Emotional Wellbeing Workshops

FREE EMOTIONAL WELLBEING WORKSHOPS

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.



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

COMBATTING LOW MOOD

Sun 8th Oct: 11:30am - 13:00pm

POSITIVE BODY IMAGE

Sun 8th Oct: 13:00pm - 14:30pm

SOCIAL MEDIA PRESSURES

Tues 10th Oct: 14:00pm - 15:00pm (F2F)

Sun 22nd Oct: 13:00pm - 14:30pm

ANGER & IRRITABILITY

Sun 15th Oct: 11:30am - 13:00pm

EMOTIONAL EATING

Sun 15th Oct: 13:00pm - 14:30pm

IMPROVING SLEEP

Tues 17th Oct: 11:30am - 13:00pm

MENOPAUSE & ME

Wed 18th Oct: 13:00pm - 14:30pm

LONELINESS & ISOLATION

Sun 22nd Oct: 11:30am - 13:00pm

MINDFULNESS

Tues 24th Oct: 10:30am - 12:00pm

EXPLORING GRIEF & DEPRESSION

Sun 29th Oct: 11:30am - 13:00pm

MANAGING ANXIETY & WORRY

Tues 10th Oct: 12:30pm - 13:30pm (F2F)

Tues 10th Oct: 12:00pm - 13:30pm

Sun 29th Oct: 13:00pm - 14:30pm

TURNING POINT
TALKING THERAPIES



@wakefieldtalkingtherapies

TURNING
POINT





Museum Meet Up

Wakefield Museum Meet Up is all about meeting new people and connecting through creative activities inspired by the museum collections and Wakefield's unique heritage. Between September 2023 and February 2024, FREE monthly sessions will offer:

- ways for people to connect with local heritage
- a place for people to meet and make new friends
- the chance to develop and learn new creative skills

Come along to meet new people, learn about your local area and get hands-on with some creative fun! Our friendly staff will guide you through activities and there will be lots of opportunities to explore Wakefield Museum.

You can find more information at: [Wakefield Museum Meetup Group | Meetup](#)

Job/ Volunteer Opportunities

Yorkshire Cancer Community Administrator Job Opportunity

WE ARE hiring!
Administrator

- Supporting and signposting those who have recently been diagnosed.
- Liaising with other organisations to spread the word on our work.
- 17.5 hrs pw - flexible - £12.50 ph

Join our team!
Apply via the link or email;
info@yorkshirecancercommunity.co.uk

Yorkshire Cancer Community are advertising for an Administrator. They're looking for a compassionate and approachable individual to join them at Yorkshire Cancer Community. This person will be the first point of call for people affected by a cancer diagnosis who are looking for information and support.

The administration role will include:

- signposting patients, their families or professionals to sources of information, and help.
- Coordinating administrative tasks for Yorkshire Cancer Community and support our Engagement and Communications Officer and Board of

Trustees.

- Effectively maintain and update our data sources and ensure that our social media platforms are engaging with those who need us.
- As part of your development, we will provide training for you to be out in the community, deputising for our Engagement Officer to reach more people and networks with our key messages about cancer awareness, the importance of screening and how everyone can access help and support at the difficult time of a cancer diagnosis.

Information can be found at: <https://yorkshirecancercommunity.co.uk/were-hiring/>



Other Opportunities for local organisations

The Hatchling Creative Brief for Participation Groups

Wakefield district is gearing up for an unforgettable 366-day programme of cultural and heritage activity taking place next year during Our Year – Wakefield District 2024. Find out more about the full programme at www.ouryear2024.co.uk



The Hatchling, created and produced by Trigger, is a ground-breaking outdoor show that culminates in an extraordinary finale. Over three days, The Hatchling – a beautiful dragon – will hatch, explore and nest in Wakefield City Centre, before metamorphosing into a flying form – and then soaring into the sky.

We want to work with Wakefield homegrown participation groups and the wider community to activate and

animate areas of the city with 'flash-mob' style events, and to celebrate the local community and talent on the stage (streets!) of Wakefield.

Groups from across the district that would like to be involved are invited to send a short email to ouryear@wakefield.gov.uk outlining why the group would like to be involved, a short description of the group and how many are in your group, with links to any photos/ videos, and if you have an idea, a brief explanation of what you'd like to offer the dragon on her visit to Wakefield. Deadline for applications is 17th November 2023.

Tender for Children & Young Person's Specialist Bereavement Service available

The tender, Children and Young Person's Specialist Bereavement Service – Wakefield District Health and Care Partnership which is live on the e-procurement portal Jaggaer.

The closing date for clarification questions is the 25th October 2023 and the closing date for submissions is 8th November 2023.

Link to Contracts Finder notice: [Children and Young People's Specialist Bereavement Service, NHS West Yorkshire Integrated Care Board \(Wakefield District Health and Care Partnership\) - Contracts Finder](#)



Funding Opportunities

Hedley Foundation Grant

Grants are available to smaller charities operating across the spectrum of social need in the UK. £5000 are available per project.

The Foundation supports the following:

- Youth: to help disadvantaged young people, supporting youth projects through education, the arts, sport and adventurous activities.
- Disabled: to improve the quality of life of those with a mental or physical disability.
- The elderly and terminally ill: to improve the quality of life of the elderly and those receiving end of life care.
- Miscellaneous support: other social welfare projects such as those for carers, the homeless and ex-offenders.

Closing date is 13 December 2023

Surveys, Campaigns, New Websites & Other Newsletters

Yorkshire Cancer Community Quarterly Newsletter

Yorkshire Cancer Community's quarterly newsletter looks a little different this time. Instead of telling patient stories they've focused on their own cancer journey - to mark their fourth year as a charity.

This Celebration Newsletter which can also be found on their website: www.yorkshirecancercommunity.co.uk/celebration-newsletter/ will also be available as a printed edition. They'll be putting it on their information stalls and bringing copies out when they visit patient support groups.

Wakefield Recovery College's The Supporter Newsletter

Click here to view the 29 September edition The Supporter Newsletter:
www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/09/Newsletter-The-Supporter-Edition-169-29-September-2023-.pdf

Click here to view the 6 October edition of The Supporter Newsletter:
www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/10/Newsletter-The-Supporter-Edition-170-6-October-2023-.pdf

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



BULLETIN

OCTOBER 2023

w: battle-scars-self-harm.org.uk

e: info@battle-scars.org.uk



The exciting moment of the keys being handed over to Battle Scars CEO Jenny Groves, for what will become the Onward Mental Health Hub and the first-ever Battle Scars premises. Thank you **MUNROEK** for making this possible! Work is well under way to make this the welcoming, safe space we envision.



NEW Discovery Journal

A free workbook for 10-17 year-olds wishing to manage their self-harm.

Instructions on how to order are on our website, and must be ordered by the young person. A PDF copy is also available to download.



<https://www.battle-scars-self-harm.org.uk/i-self-harm.html>



BATTLE SCARS

Online Training For Professionals

Self-harm Q&A

Tue 17 Oct 10-12

Eating Disorder Q&A

Thu 2 Nov 10.30-12.30pm

1 Day Self-harm

Workshop

Tue 7 Nov 10-3.30pm

FACE-2-FACE SUPPORT GROUPS IN LEEDS

DROP-IN FOR LEEDS

YOUNG PEOPLE 16-25s

Lovell Park Hub

Wintoun Street,

Leeds LS7 1DX

6.30-8.30pm

Every Monday*

(*not bank holidays)

No booking, no referral, just drop in

DROP-IN FOR LEEDS

ADULTS

Tuesdays at the Lovell Park Hub,

Wintoun Street, Leeds LS7 1DA

Wednesdays at Vale Circles Hub,

12 Tunstall Road, Leeds LS11 5JF

6.30-8.30pm every four weeks

No booking, no referral, just drop in



VIRTUAL ADULT PEER SUPPORT GROUPS UK-WIDE

ADULTS ONLINE

PEER SUPPORT

'STANDARD' GROUPS

Mondays 6.30-7.30pm

Tuesday 1-2pm

Wednesdays 6.30-7.30pm

Thursdays 6.30-7.30pm

Fridays 1-2pm

'INBETWEENERS'

an online adult peer support group for people who struggle with self-harm but don't, or rarely, act on their urges

Alternate Thursdays 6.30-7.30pm



ONLINE PEER SUPPORT FOR PARENTS /CARERS/ FAMILIES / FRIENDS

of people of any age who struggle with self-harm

Alternate Mondays

& Tuesdays 6.30-8pm



VOLUNTEERS NEEDED IN LEEDS

FOR THE

BREAKFAST CLUB

TALKING TO STUDENTS

studying in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

study in Leeds

www.battle-scars-self-harm.org.uk
Registered charity in England & Wales No. 1177020 and Scotland No. SC052466

If you or someone you know might wish to receive the Battle Scars Bulletin, please ask them to click the link: <https://www.battle-scars-self-harm.org.uk/join-the-mailing-list.html> to register their details.



Connect to Support Website and Local Directory

The Connect to Support website for Wakefield District 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://wakefield.connecttosupport.org).

Yorkshire Smokefree Coffee Break

There's special Stoptober 'good things start to happen' coffee break, which discusses the ways in which you can quit for the 28 day challenge of Stoptober and the benefits that will be felt.

Read this here: <https://yorkshiresmokefree.nhs.uk/articles/good-things-start-to-happen-in-stoptober>

Yorkshire Smoke Free Referral Pathways:

- Phone 01924 252174 (service direct)
- Out of hours hub-
 - 0800 612 0011 (free from a landline)
 - 0330 660 1166 (free from some mobiles)
- Email- ysfwakefield@swyt.nhs.uk
- Website- www.yorkshiresmokefree.nhs.uk