



# The Supporter Newsletter

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

03 November 2023

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 \* ONE \*  
 \* \* \*  
 \* STEP \*  
 \* \* \*  
 \* AT \* A \*  
 \* \* \*  
 \* @ADOSEOFREMINDERS \*  
 \* TIME \*  
 \*

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)  
 📘 [facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)  
 📘 [facebook.com/wakefielddiscoverycollege](https://facebook.com/wakefielddiscoverycollege)  
 🐦 @WF\_RecoveryColl  
 @WakefieldDC  
 📷 @Wakefieldrecoverycollege  
 @Wakefielddiscoverycollege

**With all of us in mind.**

## New Ways November 2023

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|---|--|---|---|--|--|---|
| 8   | 8  | 1 Make a list of new things you want to do this month       | 2 Respond to a difficult situation in a different way                 | 3 Get outside and observe the changes in nature around you     | 4 Sign up to join a new course, activity or online community   | 5 Change your normal routine today and notice how you feel            |
| 6 Try out a new way of being physically active                      | 7 Be creative. Cook, draw, write, paint, make or inspire           | 8 Plan a new activity or idea you want to try out this week | 9 When you feel you can't do something, add the word "yet"            | 10 Be curious. Learn about a new topic or an inspiring idea    | 11 Choose a different route and see what you notice on the way | 12 Find out something new about someone you care about                |
| 13 Do something playful outdoors - walk, run, explore, relax        | 14 Find a new way to help or support a cause you care about        | 15 Build on new ideas by thinking "Yes, and what if..."     | 16 Look at life through someone else's eyes and see their perspective | 17 Try a new way to practice self-care and be kind to yourself | 18 Connect with someone from a different generation            | 19 Broaden your perspective: read a different paper, magazine or site |
| 20 Make a meal using a recipe or ingredient you've not tried before | 21 Learn a new skill from a friend or share one of yours with them | 22 Find a new way to tell someone you appreciate them       | 23 Set aside a regular time to pursue an activity you love            | 24 Share with a friend something helpful you learned recently  | 25 Use one of your strengths in a new or creative way          | 26 Try out a different radio station or new TV show                   |
| 27 Join a friend doing their hobby and find out why they love it    | 28 Discover your artistic side. Design a friendly greeting card    | 29 Enjoy new music today. Play, sing, dance or listen       | 30 Look for new reasons to be hopeful, even in tough times            | 30   | 30   | 30  |



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

# A message

Since the start of the Covid-19 pandemic in 2020, we have brought The Supporter to you weekly. As we are a co-produced service and are constantly adapting to our local need and want, earlier this year we asked you to vote on whether you still wished to receive the newsletter weekly. The votes came through and, with 44% of the votes, the decision has been made to move the newsletter to monthly. But don't worry, for the 28% of you who voted to keep the newsletter weekly (the second highest voted option), we will still be sending out regular updates from the College in addition to the newsletter, such as our Post-It Note style list of upcoming courses, and a story or similar from the College team, students or volunteers.

From this November edition, The Supporter will now come out on the first Friday of every month. If you wish to have anything placed in the newsletter, you'll need to make sure it's with us by the Monday before this (at the latest!). The monthly edition will be a little longer than our previous standard of eight pages, and will still include information about the College and its courses, updates from partners, a "what's on" guide for the local area and some activities. We're also going to be having a theme for each month (with next month being the obvious one of Christmas, including topics around coping with Christmas, financial support, loneliness and isolation, as well as things to do). If you'd like to see anything specific in your next newsletter, please let us know.

As we do with everything, we will be reviewing the monthly newsletters regularly so would love for you to give us your feedback on how you think it's going. Please get in touch with the team through any of the communication methods on the front page of the newsletter.

I'd like to take this time to thank everyone who voted and to thank all of you out there who continue to support us at the College and in turn, those who we support.

Lindsey, College Principal

Wakefield  
Recovery and Wellbeing College  
Home of the Discovery College



# TOGETHER WITH TRIN'

COME TOGETHER WITH TRIN' THIS AUTUMN. FACE NEW CHALLENGES & MEET NEW PEOPLE IN A POSITIVE ENVIRONMENT.

SESSIONS INCLUDE:

- PHYSICAL EXERCISE
- SOCIAL INTERACTION
- FRIENDSHIP

WAKEFIELD TRINITY STADIUM STARTS TUESDAY 7TH NOVEMBER 2023 OPEN TO MEN AGED 18-60 5-7PM



West Yorkshire Combined Authority

LEVELLING UP

Funded by UK Government

Tracy Brabin Mayor of West Yorkshire

EMAIL [ANDY.CASTLE@WAKEFIELDTRINITY.COM](mailto:ANDY.CASTLE@WAKEFIELDTRINITY.COM) FOR MORE INFORMATION



WAKEFIELD HOSPICE SHARING THE CARE IN THE COMMUNITY Registered Charity No. 518392

# Santa Dash in the City

Sunday 3rd December 2023, 9:00am  
A sponsored dash through Wakefield City Centre



Adults £12  
Children £10  
Family £35

Entry includes a Santa suit and finishers medal

Scan here to sign up



Free parking at the Ridings!

01924 331401

[www.wakefieldhospice.org](http://www.wakefieldhospice.org)

## What are the signs and symptoms of lung cancer?



A cough that lasts for 3 weeks or more



An ache or pain when breathing or coughing



A long-standing cough that gets worse



Persistent breathlessness



Chest infections that keep coming back



Persistent tiredness or lack of energy



Coughing up blood



Loss of appetite or unexplained weight loss

See a GP if you're experiencing any of these symptoms

If you feel like self-harming, instead try...

shout 85258 here for you 24/7



Holding ice in your hands



Using a pillow to vent your frustration



Scribbling on a piece of paper



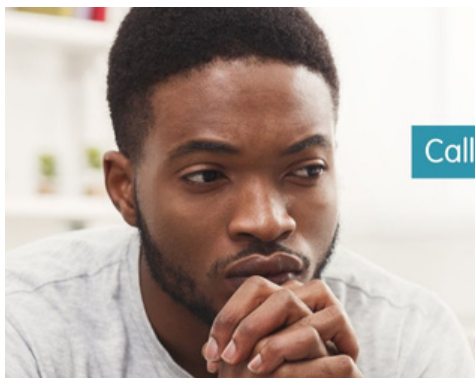
Going for a walk outside.



Listening to music you like or watching a film.



Decluttering or tidying up



Struggling with thoughts of suicide?

Call HOPELINE247 for free, confidential support.

HOPELINE247  
0800 068 41 41





OUTWOOD ACADEMY  
Family & Community  
Support Hub  
Park Hill



Park Hill Community Hub are pleased to offer a **FREE 6 WEEKS** baby massage group. This group is a time to bond with your baby and meet other parents.

Sessions will take place at **Outwood Academy Park Hill** and start from **16th November, 2:00PM**

This group is suitable for babies aged from 8 weeks to pre crawling. Siblings will not be able to attend these sessions.

To book your place, please contact the school admin office - **01924 303655**



# WAKEFIELD LIBRARIES WARM SPACES IS BACK!



- WE ARE PROVIDING HOT BEVERAGES FOR FREE!
- TEA & COFFEE... PLUS MILK & SUGAR!
- EXPECTED TO LAST UNTIL APRIL 2024



**wakefieldcouncil**  
working for you

mental health  
communication  
mindfulness  
sensory art  
togetherness

## CARE TO TALK

Care to Talk is a peer-to-peer support group for adults to interact with others who are experiencing poor mental health symptoms

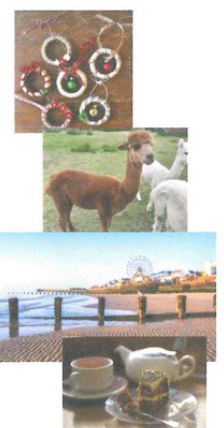
Contact Joanne on **07835 108239**

**Pontefract** (Every Friday)  
@ 11:30am to 1:30pm  
St. Mary's Community Centre, The Circle, Chequerfield, Pontefract WF8 2AY

**Hemsworth** (Every other Wednesday starting October 18th)  
@ 5pm to 6:30pm  
Hemsworth Community Centre, Bullenshaw Road, Hemsworth WF9 4NE

## CARE TO TALK

Care to Talk is about creating a safe and welcoming environment where people can participate in activities and engage with others. We don't sit in a circle or expect you to talk about your mental health (you can if you want) but do what makes you comfortable. We offer one-to-one support as well, if that's needed. We have trips away, visit local cafes and have regular speakers alongside our mini-workshops (everything from arts and crafts to mindfulness).



**What people say about us**

" I would recommend Care to Talk to anyone as it's a great support group and makes the members feel wanted

It helped me to forget all my stresses in my life by the amount of distraction and laughter there is there

Through this group, I managed to get part-time employment and keep it for two years. I have learnt coping strategies and really enjoy coming to the group

It's not the sort of group where you have to sit in a circle and talk about your life, but rather you can sit and do relaxing activities whilst just conversing with members about anything you wish

" I would definitely recommend this group to new starters. Joanne is very caring and understanding and always asks each one of us if we are okay



**Tuesday 16 January**

9.30am – 1pm via Zoom

(limited in person places: Featherstone Room,  
Wakefield One)  
SP-EAK (3.5 hours)

Suicide Prevention – Explore, Ask, Keep-Safe: An introduction to Suicide Prevention skills.

This covers the attitudes, myths and stigma surrounding suicide and explores the signs that may indicate someone is having thoughts of suicide. We will look at how to have open, safe and sensitive conversations about suicide with a person having thoughts of suicide and how we can support them through the use of a safety plan.

I need 35 participants in total to qualify for a funded session (free to you). Currently I have 9+ free places, available to anyone living/working/studying in West Yorkshire. Can you help to fill a place?  
Please contact Tracy Leach: [tleach@wakefield.gov.uk](mailto:tlead@wakefield.gov.uk)



**Fri 17 – Sun 19 Nov 2023  
Chapel**

To celebrate the Light Up Wakefield weekend, hundreds of free YSP entry tickets are available for residents of Wakefield Council districts between 17-19 November (inclusive). Proof of Wakefield address will need to be shown on entry. Book your entry tickets online or contact us for more information.

General admission tickets for non-Wakefield residents can be purchased online.  
<https://ysp.org.uk/whats-on/events/light-organ-wakefield-residents-free-admission#dates-and-times>

Light Organ is the collaborative invention of local artists Akeelah Bertram, Adam Glatherine and creative technologist Simon Fletcher. Visit the beautiful Chapel to experience this joyful and interactive artwork that brings sound to life with mesmerising colours and patterns of light. Sing, talk and clap into the microphones to activate a series of 40 large pipes that will transform the noises you make into a sculptural display of colourful, glowing lights. Try different sounds, volumes and movements to create your own light and sound experience and light up those dark winter days.

**wakefieldcouncil**  
*working for you*

**SEND COFFEE MORNING WITH THE PREPARING FOR ADULTHOOD TEAM**

Open to parents and young people to come along and join us for an informal chat and the opportunity to share your personal experiences, concerns or struggles with all things SEND and PFA related, including:

- Health
- Employment
- Relationships and Community Inclusion
- Independent living

**Monday 13th Nov 2023**  
**Wakefield Trinity Rugby Ground**  
**10am-12pm**

With: **Sammi Zafir**: Supported Employment & Preparing for Adulthood Coordinator  
**Annette Patrick**: Post 16 Officer  
**Tiarnan Farmer**: Post 16 Officer  
For Further Information please contact [SENDPFA@wakefield.gov.uk](mailto:SENDPFA@wakefield.gov.uk)

THE  
HEPWORTH  
WAKEFIELD  
FESTIVE  
MARKET

SAT 25 & SUN 26 NOV  
SAT 2 & SUN 3 DEC  
10AM – 4PM  
hepworthwakefield.org

**WEA** **Christmas Crochet**  
Adult Learning Within Reach

In this festive course you will make a variety of Christmassy crochet goodies!  
We will look at how to make winter warmers and unique decorations.  
Some experience of crochet would be beneficial, but beginners are more than welcome!

**COURSE CODE : Q00012140**

Monday, 13th November 2023 (6 sessions)  
 1.00 pm - 3.00 pm  
 St Mary's Community Centre  
The Circle  
Chequerfield, Pontefract  
West Yorkshire  
WF8 2AY

(If you receive certain benefits you may be entitled to a free course. Also, if you are on a low household income you may be eligible for a fee reduction)

To enrol please quote the course code either online or by ringing the WEA:

wea.org.uk 0300 303 3464

# Celebrate Safely: Follow The Firework Code



- Plan your firework display; making it safe and enjoyable, and make sure it finishes before 11 pm.
- Only buy fireworks that are CE-marked. Keep them, in a closed box, and use one at a time.
- Always read and follow the instructions on each firework. (Use a torch if you need to).
- Keep an arms-length distance with a taper and stand well back when lighting fireworks.
- Keep naked flames like cigarettes, away from fireworks.
- Never return to a firework once it has been lit.
- Do not put fireworks in your pocket, and never throw them.
- Fire any 'rocket' type fireworks well away from spectators.
- Never use paraffin or petrol on a bonfire.
- Make sure that any bonfires are out and the surroundings are made safe before leaving it unattended.

[westyorkshirefire.gov.uk/bonfire-night-safety](http://westyorkshirefire.gov.uk/bonfire-night-safety)

# **CHRISTMAS HAMPER APPEAL 2023**

We are delighted to announce we are embarking on our Family Christmas Hamper Appeal again this year.

We are as usual teamed up with the wonderful people at Wakefield Chantry Rotary Club, Wakefield Express and of course the Children First Hubs to bring light into the darkness this year. The Hubs, now working closely with teams from Social Care in our communities are in close contact with our families and support them in every way that they can, and this effort is a key part of that during the festive season. We are glad to be able to do this, but it is as always only possible with your help and generosity.



## **HOW CAN YOU HELP?**

There are several ways you or your organisation can help the Appeal:

- **Make finished Hampers (*preferred option this year*)**
- **Donate the contents (as the list below)**
- **Simply make a financial donation**

The DEADLINE for food or completed hampers to Market Street is **Friday 24<sup>th</sup> November 2023**. Please contact Kevin on [capoffice@btinternet.com](mailto:capoffice@btinternet.com) or 01924 381119 for more details and to let us know what you're able to do.

***Advance notice of your intentions will be especially helpful, thank you.***

**WE ARE SO APPRECIATIVE OF ALL THE FABULOUS SUPPORT WE RECEIVE, SO THANKS TO YOU ALL!**

### **Basic Hamper Contents:**

Tea or coffee  
Sugar  
Long life milk  
Breakfast cereal  
Tinned potatoes or Smash  
Tinned vegetables  
Stuffing  
Tinned ham or corned beef  
Tinned fruit  
Evaporated milk  
Fruit juice or dilute juice  
Chocolate biscuits  
Chocolate or sweets

### **Suggested Extras:**

Tinned ham/corned beef  
Meat paste  
Pasta / Rice  
Pot noodles / Cup-a-soup  
Pasta in sauce  
Gravy mix  
Jam or marmalade  
Angel Delight  
Children's sweets  
Christmas chocolates

Additional Christmas novelties welcome!

***(Please NO fresh food or alcohol)***



Our door is open...

# Organisations in your local area are here to help you.

Help at the Hub has been created to help people deal with the impact of coronavirus.

**Did you know?**

Your local community hub can provide help with **money, debt problems (including bills, rent, or mortgage payments), mental health and wellbeing services, and more.**

## HELP AT THE HUB

Find your local hub\*

### 1 Castleford Heritage Centre

Wednesday 10am-12pm  
Queen's Mill, Aire Street,  
Castleford WF10 1JL  
☎ 01977 556 741

### 2 St Marys, Pontefract

Friday 10am-12pm  
The Circle, Chequerfield  
Pontefract WF8 2AY  
☎ 01977 705 341

### 3 Ossett Town Hall

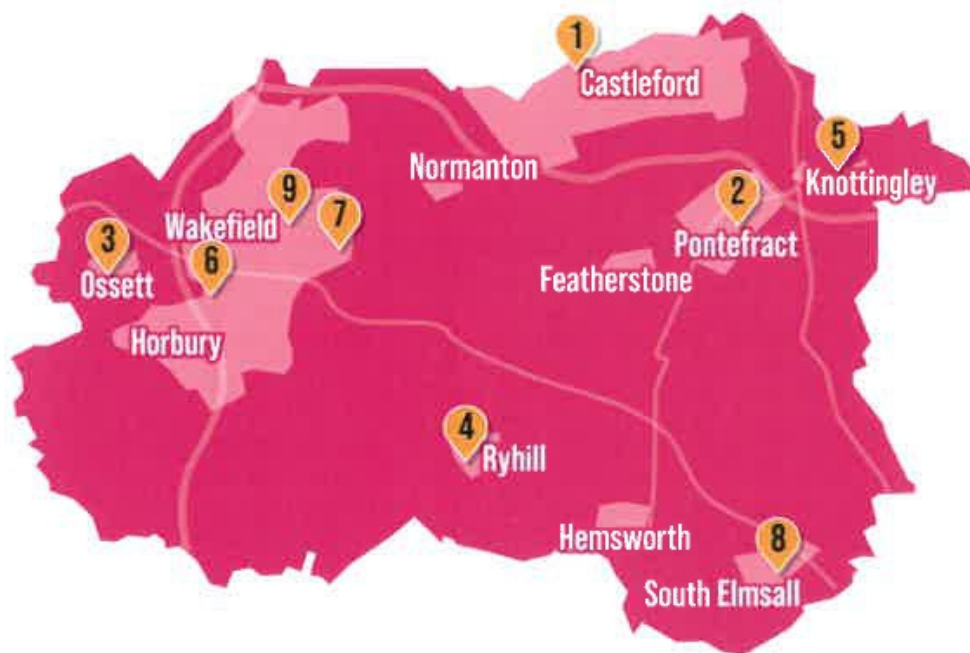
Monday 10am-12pm  
Market Place,  
Ossett WF5 8BE  
☎ 01924 303 040

### 4 Havercroft & Ryhill Community Learning Centre

Thursday 10am-12pm  
Mulberry Place,  
Ryhill, Wakefield WF4 2BD  
☎ 01226 727 824

### 5 Kellingley Club

Tuesday 10am-12pm  
Kellingley Social Centre,  
25 Marine Villa Rd,  
Knottingley WF11 8ER  
☎ 01977 673 115



### 6 St Georges, Lupset

Tuesday 10am-12pm  
Broadway, Lupset,  
Wakefield WF2 8AA  
☎ 01924 369 631

### 7 Eastmoor Community Project

Tuesday 10am-12pm  
St. Swithun's Community Centre,  
Arnccliffe Rd,  
Wakefield WF1 4RR  
☎ 01924 361 212

### 8 Westfield Centre South Elmsall

Tuesday 10am-12pm  
26 Westfield Ln,  
South Elmsall, Pontefract WF9 2PU  
☎ 01977 642 335

### 9 Lightwaves Leisure and Community Centre

Wednesday 10am-12pm  
Lower York St,  
Wakefield WF1 3LJ  
☎ 01924 360 158

\*Opening times given are for Citizens Advice drop-in



Visit [wakefield.gov.uk/hub](http://wakefield.gov.uk/hub) for further information



**NOV  
2023**

Phone 0300 123 1912  
Option 3, then 4 for  
more information

**DEC  
2023**

Phone 0300 123 1912  
Option 3 then 4 for more  
information

FIRST AID WORKSHOP

Wednesday 1st November  
13:30-14:30pm  
@ Socialicious

FESTIVAL OF LEARNING

Thursday 2nd November  
13:30-14:30pm  
@ Socialicious

INTERNATIONAL MEN'S DAY

Thursday 9th  
November  
13:30-14:30pm  
@ Socialicious

WORLD AIDS DAY

Friday 1st December  
13:30-14:30pm  
@ Socialicious

16 DAYS OF ACTIONS  
WORKSHOP

Wednesday 6th December  
13:30-14:30pm  
@ Socialicious

MANAGING ANXIETY AND  
WORRY-TT

Thursday 7th December  
13:30-14:30pm  
@ Socialicious

TALKING THERAPIES-  
RELATIONSHIP BREAKDOWNS

Thursday 16th November  
13:30-14:30pm  
@ Socialicious

HOW ALCOHOL AFFECTS THE  
FAMILY

Thursday 23rd November  
13:30-14:30pm  
@ Socialicious

WALK FOR WELLNESS

Thursday 26th  
November  
13:30-14:30pm  
@ Thornes Park Sports  
Centre WF2 8QZ

COPING WITH CHRISTMAS

Thursday 14th December  
13:30-14:30pm  
@ Socialicious

COPING WITH CRAVINGS AT  
XMAS

Thursday 21st December  
13:30-14:30pm  
@ Socialicious

WALK FOR WELLNESS

Thursday 28th December  
13:30-14:30pm  
@ Thornes Park Sports  
Centre WF2 8QZ



Can you help us “be the best we can be”  
We would like to invite you to join our  
NHS Equality Event

You are invited to join our stakeholder panel to review evidence that we will share from NHS services for submission and grading for the annual Equality Delivery System. This year we will be focussing on maternity services.

This event will be hosted by local NHS organisations

- West Yorkshire Integrated Care Board
- Calderdale and Huddersfield Foundation Trust
- Mid-Yorkshire Teaching Hospitals Trust
- Yorkshire Ambulance Service
- Locala

We are taking a hybrid approach by hosting this event both online and at White Rose House, Wakefield, WF1 1LT.

We want to make sure that that our services meet the needs of all our local communities. At our event, we want to tell you what we have done to support our patients and the public and get your feedback and views on local health services in relation to maternity services. We would like you to grade us on our approaches, this will help make sure our services are more accessible and meet the needs of local groups and our communities.

If you would like more information or would like to talk to someone about the event, please email [wycb-cal.equalityckw@nhs.net](mailto:wycb-cal.equalityckw@nhs.net)

If you would like to attend either in person or online, please complete the attached and send it to [Sophia.Rafiq1@nhs.net](mailto:Sophia.Rafiq1@nhs.net) before Tuesday 21 November 2023.

Once you have emailed us, we will send you a confirmation email with a Microsoft Teams invite or the venue details depending on how you have chosen to participate in the events.

Please complete the form below and return to [Sophia.Rafiq1@nhs.net](mailto:Sophia.Rafiq1@nhs.net) before Tuesday 21 November 2023.

Name:

Email address:

Group/s you represent:

I would prefer to attend: In person/online (please delete as appropriate)

Any additional support required:

Lunch will be provided, please let us know if you have any dietary requirements:

If you need help to understand how to use Microsoft Teams, please let us know and we will help you ahead of the event. You can download Teams as an app on your phone, tablet or just click the emailed confirmation invite that will be sent once you let us know you would like to attend.

# Poorly child?

If your child is unwell and you need advice when your GP surgery is closed, talk to GP Care Wakefield.

Why wait or walk when you can call up and talk to local GPs and nurses on evenings and weekends? Our team is here to reassure you and offer your child a same-day appointment if they need one.

## How to book



Call your GP surgery number as usual. When your practice is closed, your call goes straight through to GP Care Wakefield.



A clinical advisor will answer your call, assess what help or treatment your child needs and arrange a same-day appointment if they need one.



If we think your child could benefit from extra support to manage their symptoms, your child may be referred to the GP Care Children's Observation Hub for the rest of the day.

## GP Care is open:

Monday to Friday: 5pm to 9.30pm  
 Saturday: 9am to 5pm  
 Sunday: 9am to 1pm  
 Bank holiday: 9am to 3pm

\* Wakefield-registered patients only.  
 \*\*Grown-ups can use GP Care Wakefield too!



## GP Care Children's Observation Hub

Staffed by local GPs and nurses, this virtual hub helps parents and carers to monitor and manage their child's symptoms safely at home by phone, video and face-to-face when needed.

If your child is eligible for extra care from the children's observation hub this winter, your GP or nurse will give you further information at your appointment.

This includes a direct telephone number to contact the hub team for advice, reassurance and further care if you have any more concerns about your child, saving unnecessary hospital trips and worries.

## Local children's health advice you can trust

Nobody knows your child as well as you do. For advice on hundreds of health conditions, together with videos and tips to help you take care of your child's health 24/7, visit West Yorkshire Healthier Together online.



Scan here



GP Care Wakefield and the GP Care Children's Observation Hub is run by Conexus Healthcare CIC, a GP-led, not-for-profit group made up of all GP practices in Wakefield.

GP CARE WAKEFIELD

Conexus  
HEALTHCARE

UNDERSTANDING YOUR CHILD  
 SOLIHULL APPROACH

inourplace

# Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of WAKEFIELD

In paid partnership with:



Use Access Code  
**HEPWORTH**



# Accepting change

Change is a necessary and inevitable part of our daily lives. How we view and respond to these changes has a direct link to our emotional resilience. The way we deal with each change we face will be different, dependent on size, frequency and impact with lots of factors, including our health and wellbeing influencing how we approach it.

Join us on this short course as we explore change, how we respond to it, the reasons why we can resist it and what makes change easier and more positive.

23rd 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)  
01924 316946

**FREE  
course**

# Understanding hearing voices

This introductory workshop could be for you if you are interested in developing an awareness of what the experience of hearing voices may mean to you or someone you care about.

We will be talking about:-

- How common hearing voices is
- Different ways of understanding hearing voices
- Some useful ways that people have found to help with hearing voices

**23rd of November 2023- 1.00pm-3.00pm**

**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

**Accepting  
Change**

23/11/2023  
10am-12pm  
Online

**Understanding  
hearing voices**

23/11/2023  
1pm-3pm  
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

**Creative  
fitness**

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

**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

**Improving your  
sleep**

06/02/2024  
10am-12pm  
Online

**Dyslexia  
awareness**

08/02/2024  
10.30am-12.30pm  
Online

**New  
beginnings**

09/02/2024  
10.30am-1pm  
Online

**Enhancing  
positive  
interaction**

09/02/2024  
10.30am-12.30pm  
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

**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](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.



# NOVEMBER



Dark nights fall quickly  
Ushering in November  
The first snap of winter grabs and chills our fingers  
In the morning  
Autumn leaves still show their display  
Reds and gold's brilliant  
A sudden gust of wind blows them down  
To ripple over our feet  
The children chase them down the street  
Or amuse them by kicking a carefully placed heap.

As evening draws to a close  
The final fingers of light  
Point across the sky  
In shafts of glorious red  
The sun remains hidden behind the clouds  
But reflects on an early full moon  
With a glorious halo of light

November is a time for reflection  
And remembrance  
Let us not repeat the errors of the past  
But seek peace in these troubled times.

Ryder  
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1.11.2023

## BONFIRE NIGHT RAP

Rap up warm  
Mind that storm  
Fetch that guy  
Dump on high  
Bonfire not lit  
Time to quit  
Far too wet  
That's a bet  
At last a flame  
Back in game  
Give it a poke  
Clouds of smoke  
Flames sky high  
Soon recompense  
Neighbour's fence  
Sparks now fly  
Fireworks dry  
Now a blaze  
Upward gaze

Many bangs  
Upward sang  
Oohs and aahs  
Disappears afar  
Rockets bright  
Into the night

Catherine wheels  
Spin and reel  
Sparks glower  
Sparklers shower  
Fireworks bright  
Colours light

Soon to end  
No rockets send  
Happy faces  
Cheerful spaces  
Spuds in embers  
Everyone remembers  
It's the fifth of November.

