



28 November 2023

Edition 120

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

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Newsletters will be every two weeks. The next newsletter will be on the 12 December 2023.

Please send submissions to pmhnowakefield@gmail.com by 7 December 2023.



Network Updates

We have a google drive where leaflets/newsletters are stored

<https://drive.google.com/drive/folders/1zBDsXUyh98hIOek3MDA9qPpjKuGsc7>

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

Events & Meetings

National Energy Action Webinars

National Energy Action have a number of webinars, where free funded places are available to frontline staff or volunteers in non-commercial organisations providing advice to those in or at risk of fuel poverty. Click the links below to find out more information!

Living with the Energy Crisis - [Living with the Energy Crisis - National Energy Action \(NEA\)](#)

Understanding Fuel Poverty and Health - [Fuel Poverty and Mental Health - National Energy Action \(NEA\)](#)

Tackling the Cold - [Tackling the Cold - National Energy Action \(NEA\)](#)

Well Women Events



Domestic Abuse awareness

1st December 2023, 10am–12pm
Central Wakefield

16 Days of Action Against Gender Based Violence is an international campaign that runs from November 25th to 10th December for the Elimination of Violence Against Women and girls.

As part of this campaign we are holding a Free information session for the Women of Wakefield.

We are excited to be able to offer community awareness training for people to learn:

- What is domestic abuse and how to spot the signs
- Listening skills, how to hear a disclosure.
- How services work in Wakefield
- Know how to get help

Please note this is a women only event

Please confirm your attendance by emailing info@wellwomenwakefield.org.uk

To mark 16 days of action against Gender Based Violence starting on 25th November 2023 – we will be holding events to raise awareness. We are hosting a networking event on the afternoon of 1st December to meet with other colleagues all working towards the same goal – to end Violence Against Women and girls.

We are holding a Domestic Abuse Awareness session that morning (1st December) for community members & a Q&A on the 30 November for members of the community to have legal questions answered in relation to Domestic Abuse. A solicitor from Ramsdens will be answering those queries.

Those interested in attending should email us at info@wellwomenwakefield.org.uk to register their interest.



Well Women Centre Networking event for professionals

1st December 2023, 1pm-3pm
Central Wakefield

16 Days of Action Against Gender Based Violence is an international campaign that runs from November 25th to 10th December for the Elimination of Violence Against Women and girls.

As part of this campaign we are holding a networking event for professionals. To learn more about WWC service offer, meet with other professionals other services to clients within the district.

Let us know if you are wishing to hold a stand or simply attend and speak with other services/ professionals.

Please confirm your attendance by emailing info@wellwomenwakefield.org.uk



Q&A with Ramsdens Solicitors

30th November 2023, 1pm–3pm
Central Wakefield

We are supporting 16 Days of Action & The White Ribbon campaign 2023, a campaign that runs from November 25th to 10th December for the Elimination of Violence Against Women and girls.

As part of this campaign we are holding a free Q&A session with Ramsdens Solicitors to answer any legal questions you may have about Domestic abuse including:

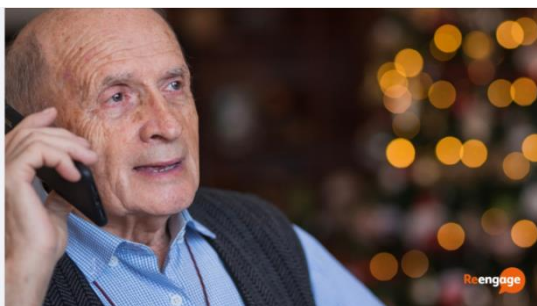
- Civil orders such as non-molestation orders, occupation orders, prohibited steps
- Legal separation/Divorce
- Child Contact
- Legal aid

Please confirm your attendance by emailing info@wellwomenwakefield.org.uk



Services, Groups & Community Courses

Re-Engage Community Christmas Call Companions



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.

Re-engage 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. The calls may 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, this service can bring them some joy, and a reminder that they are cared for and not forgotten.

To refer someone, please visit Re-engage's website, <https://www.reengage.org.uk/join-a-group/>



Weekly Health and Fitness Sessions on Zoom tailored for older people

Reengage Bringing generations together

Free online activity groups in West Yorkshire



We are a national charity offering weekly health and fitness groups on Zoom, tailored specifically for older people.

We offer help with getting set up on Zoom for those who would like it.

Our activities last for an hour and include chair yoga, tai chi, mindfulness and light exercise classes. There is always a chance to chat with others after each class.

To be eligible for our activity groups, you need to be:

- Aged 75 or older
- Live in West Yorkshire

To find out more:
Tel: 0800 716 543 or 0161 697 5049
Email: deb.meynell@reengage.org.uk
Website: www.reengage.org.uk/join-a-group/

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377) Company Number (07869142) | Registered office: 7 Bell Yard, London WC2A 2JR

Are you aged 75 or over?

Do you live in West Yorkshire?

Would you like to connect with other people and take part in an activity such as chair yoga, tai chi, or seated pilates?

If so, please register for Re-Engage's online activity groups!

Their weekly exercise sessions for older people, delivered by trained professionals, will keep you active from the comfort of your own home. Each 60-minute session includes around 45 minutes of gentle exercise, plus time to get to know one another in a friendly, sociable setting.

Sign up for free by clicking here: [apply to activity groups \(reengage.org.uk\)](http://reengage.org.uk)

Click here to download our handy guide to using Zoom: [Zoom guide for beginners \(reengage.org.uk\)](http://reengage.org.uk)
Zoom is a video call service you can use to virtually meet and interact with others.

Re-Engage Companionship Programmes

Reengage Bringing generations together

We're here to help



Are you aged 75 or over and looking for companionship? You're not alone.

There are thousands of people who wish they could meet new people, but are starting to find it hard.

At Re-engage, we offer a number of services to help. We work within your local community to set up regular social gatherings for small groups of people and most of them are just like you – aged 75 and over, and hoping to find new ways to get out and about in a way that suits them at this time of life.

Or if you'd like a bit of extra company from the comfort of your home, we can match you with one of our friendly volunteer call companions. They love a good chat and they're great listeners too.

“This service is vital to me. It's good to know I have friends.”
Tea party guest

“It's a heavenly thing to have those calls. I so look forward to it. I've never had anything like this before, ever.”
Call companions – older person

Our companionship programmes

“When you get to my age, all you do is look back on the life you had but Re-engage has given me something to look forward to, something to live for.”
Ina, 96



Our tea parties are free monthly social groups held in local communities across the UK. They are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages.

Call companions is a free telephone befriending service for people over the age of 75 who feel they would enjoy a friendly phone call every week or two from one of the charity's volunteers.

Community Christmas The period around Christmas can be difficult for anyone who is on their own. For the month of December, Community Christmas offers a weekly chat over the telephone with a friendly volunteer to lift your spirits.

Rainbow call companions is a telephone befriending service providing companionship to LGBT+ older people.

Call our freephone number 0800 716 543
Email info@reengage.org.uk
Or visit www.reengage.org.uk

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377). Company Number (07869142) Registered office: 7 Bell Yard, London WC2A 2JR

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



Adult Cuppa & Craft Group at Tieve Tara Medical Centre

Adult Cuppa & Craft

Free sessions open to everyone
No previous experience required
Come for a cuppa, chat, craft

When? Every Thursday from 12:30pm - 2:30pm

Where? Tieve Tara Medical Centre
Address: Park Dale, Castleford, WF10 2QP



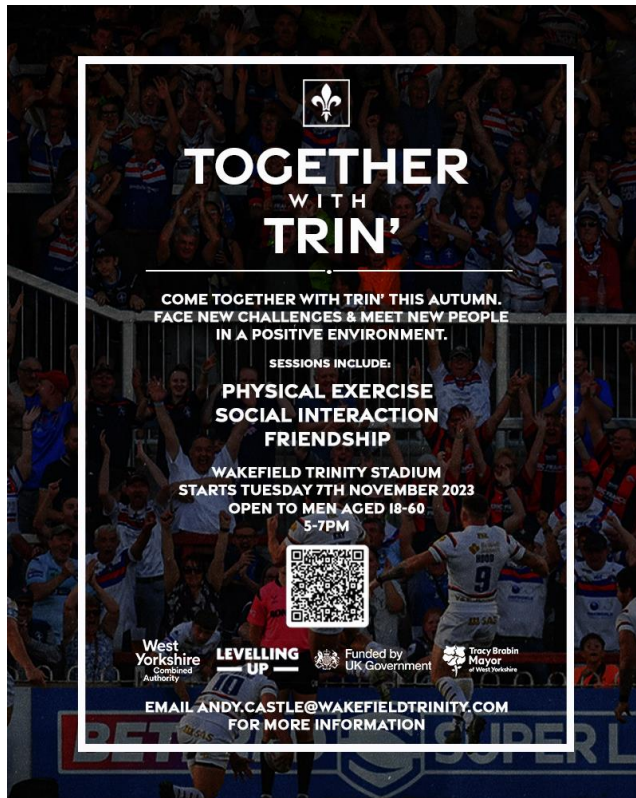
Are you wanting to
reconnect with local
people?

For more information, contact Spectrum
People on 07720 899781 or email
spectrumpeople@spectrum-cic.nhs.uk





Together with Trin Sessions



Wakefield Trinity Community Foundation is excited to announce that they're launching our all-new Together with Trin programme from the Be Well Support Stadium.

Commencing on Tuesday 7th November and running between 17:00-19:00, **Together with Trin is aimed at men** aged between 18 & 60 and has been created with the intention of implementing early intervention activities that will help tackle loneliness and isolation, improve confidence and self-esteem, and equip residents with the means to deal with cost-of-living pressures.

The project design has been inspired by the 'Five Ways to Wellbeing' and with the support of a UKSPF grant, we will prioritise engaging men facing life challenges such as unemployment, mental ill-health, long-term health conditions, or who live alone/have been recently bereaved.

Each session will be split into three phases, with sessions incorporating a mixture of physical activity, socialisation and community action activities.

- **Engage;**
- **Educate;**
- **Inspire;**

We aim to also have guest speakers from various areas such as sport, mental health and life skills speaking to and engaging with our participants at these sessions.

For more information, please email the Foundation's Community Engagement Officer Andy Castle on andy.castle@wakefieldtrinity.com. Alternatively, to sign up, please click [HERE](#).



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





Book your house clearance with Wakefield Hospice



Book your House Clearance with Wakefield Hospice
A service you can trust

Book Today

Take the stress out of your House Clearance with our fast, friendly and professional service

Get in touch for a free no-obligation quote today!

T: 01924 383294
E: collections@wakefieldhospice.co.uk
W: wakefieldhospice.org

raising funds to support local hospice care across the Wakefield district

Registered Charity No: 518392

About our service:

- A sympathetic and courteous approach to house clearances
- All team members DBS-checked
- Quoted on a job-by-job basis, following a pre-visit to the property
- Saleable items sold in hospice shops, raising funds for hospice care, recyclable items recycled and non-recyclable items removable at a competitive rate
- Property left in a clean and respectable condition upon completion

A quick, reliable & efficient service supporting your local community



Museum Meet Up



Wednesday
13 December 2023
11am - 12.30pm
1.30 - 3pm

Bookable activity timeslots at
<https://bit.ly/MuseumMeetup>



Museum Meet Up

Meet fellow museum lovers and try something new - for free!

Take a look at the patterns and fashions of wallpaper used in Wakefield in the past.

Then create foam blocks to print your own unique wrapping paper.

Access requirements?
Email us museumlearning@wakefield.gov.uk or call on 01924 302700

Wakefield Museum, Wakefield One,
Burton Street, Wakefield, WF1 3EB



ARTS COUNCIL
ENGLAND



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.

The next sessions are Wednesday 13th December, 11am – 12.30pm and 1.30 – 3pm

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



What's on at the Library

Dungeon Tours at Pontefract Castle

Every Friday, Saturday and Sunday from 10.45am – 11.30am. Ages 6+ (not suitable for under 5s)

Join us for a tour of the Castle dungeon. Soak in the atmosphere of this eerie underground space. Discover the many uses of the dungeon. See where Civil War prisoners left to languish scratched their names into the rock. Meet at the Gift Shop

Adults £4, Children 6+ £2.25

Book online at www.bit.ly/WMandCTickets

Castle Explorer Tours

Every Friday, Saturday and Sunday from 2pm – 2.45pm. All ages

In years gone by, Pontefract Castle was one of Britain's most important castles. It was known as the Key to the North! Discover who built and lived in the Castle and the stories it holds. Find out how it has changed over time. Tour is accessible for wheelchair users and visitors with pushchairs.

Adults £3, Children 5+ £2, Under 5s go free.

Book online at www.bit.ly/WMandCTickets

Castleford Crafts at Castleford Museum

Tuesday 19th December 2023 from 2pm – 3pm. Adults

Pop along for a relaxed hour's crafting with the friendly team at Castleford Museum. Explore Castleford's colourful and crafty past and try out a different activity each month.

This event is free and no booking is required.

Pontefract Museum Relaxed Openings

Every Tuesday from 2pm – 4pm

You can explore the Museum in a quieter, more relaxed setting and everybody is welcome! This means that any loud noises will be turned down or turned off. It will not be busy. You can be yourself. We have fidget and sensory objects to help you relax and explore. There is an extra quiet space if you need it. You can also try our activity sheets and crafts. We will have reduced noise from sounds and videos and low lighting levels.



#WalkItThrough

WOMEN'S WALK 'N' TALK SUPPORT GROUP

An opportunity to meet other like-minded women for some gentle exercise and relaxed conversation. Take a step towards a healthier, happier you!



Wednesdays: Thornes Park, Wakefield – Meet outside the Stadium, walk starts @ 6.30pm till 7.30pm

For more information or to book email
Catherine@bringmetolife.co.uk
www.bringmetolife.co.uk



@bringmetolifeww





Me and Menopause online Zoom sessions



Me & Menopause provides information, practical help and support to empower women to take control of their menopause and improve their health and mental wellbeing .

Where:

Online - ZOOM

When:

Saturday 13/01/24 @ 10am -12.30pm
Saturday 20/01/24 @ 10am -12.30pm
(Must be able to attend both sessions)

How to book:

Email catherine@bringmetolife.co.uk



Bespoke training delivered by:





MAN MATTERS

OUR SERVICES:

Coffee Groups



Advice & Practical Support




Counselling




For all who identify as male, are aged 18 & over and live in the Wakefield District.

Call our line, open Monday-Friday, 9am-5pm, for a confidential chat to find the right steps for you.

 **5-5a Cheapside,
Wakefield,
WF1 2SD**

 **01924 787507**



   NHS West Yorkshire

Charity: 1072174
Company Registration: 03580792



Man Matters Coffee Evening at Eastmoor Rugby Club

**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 at Airedale Library

**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



Turning Point Free Emotional Workshops

FREE EMOTIONAL WELLBEING WORKSHOPS

TURNING POINT
inspired by possibility



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.



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

FINANCIAL WORRIES

Sun 3rd Dec: 11:30am - 13:00pm

COMBATTING LOW MOOD

Sun 3rd Dec: 13:00pm - 14:30pm

EXPLORING GRIEF & DEPRESSION

Wed 6th Dec: 10:00am - 11:30am

WINTER WELLNESS

Sun 10th Dec: 11:30am - 13:00pm

IMPROVING SLEEP

Sun 10th Dec: 13:00pm - 14:30pm

KEEP MOVING FORWARD

Tues 12th Dec: 10:30am - 12:00pm

LONELINESS & ISOLATION

Thurs 14th Dec: 18:00pm - 19:30pm

MANAGING ANXIETY & WORRY

Sun 17th Dec: 11:30am - 13:00pm

SUPPORTING SINGLE PARENTS

Sun 17th Dec: 13:00pm - 14:30pm

However you are feeling around this festive time, always know that we can support you.

TURNING POINT
TALKING THERAPIES



@wakefieldtalkingtherapies



Turning Point Christmas Opening Hours

TURNING POINT TALKING THERAPIES CHRISTMAS OPENING HOURS 2023

Monday 18th December 8-8pm
Tuesday 19th December 8-8pm
Wednesday 20th December 8-8pm
Thursday 21st December 8-8pm
Friday 22nd December 8-4pm
Saturday 23rd December 9-4pm
Sunday 24th December CLOSED

Monday 25th December CLOSED
Tuesday 26th December CLOSED
Wednesday 27th December 8-8pm
Thursday 28th December 8-8pm
Friday 29th December 8-4pm
Saturday 30th December 9-4pm
Sunday 31st December CLOSED

Monday 1st January 2024 CLOSED
Tuesday 2nd January 8-8pm
Wednesday 3rd January 8-8pm
Thursday 4th January 8-8pm
Friday 5th January 8-4pm
Saturday 6th January 9-4pm
Sunday 7th January 10-4pm

 wakefield.talking@turning-point.co.uk

 01924 234860

 www.talking.turning-point.co.uk



**TURNING POINT
TALKING THERAPIES**





Wakefield Recovery College Developing Resilience Course



Developing Resilience: the key to self-management

This course provides the learners with tools to develop self-knowledge and self-reliance by focusing on the importance of resilience. It explores the qualities and actions of a resilient person and how to express resilience in one's life, in terms of one's thoughts, feelings and actions. It helps foster resilience by drawing from learners' experiences, working in small groups and feeding back in creative ways. Learners can apply their learning to their lives and take this forward in a suitable plan of action for the future.

This workshop is part of a 'Values in Self-care' series aimed at providing participants with the opportunity to explore, experience and develop spiritual tools (meditation, visualisation, appreciation, listening, play, creativity, and reflection) to enhance their inner strength and wellbeing, in a safe and relaxed setting by a trained and experienced tutor.

8th of December 2023- 10.30am-12.30pm



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 Discovery College's Introduction to Scrapbooking for Wellness Course



Introduction to scrapbooking for wellness

This introductory session will give you the chance to connect with your creative side. Scrapbooking is a pastime that has many benefits. It is fun to do and you will be working alongside others in a safe place. It is also known to be a hobby that improves a person's health. Other than getting the satisfaction of putting together a creative product, it also reminds people of what they have accomplished through the things they put on it. Please note: You will be asked to bring personal item such as; photos, pictures, cards or letters along to class that you may wish to add to your scrapbook. It is also advisable to purchase a scrapbook of your choice to bring along to the course. We will provide all the other materials needed.

06 December 2023- 1.30pm-3.30pm

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



Face to face
16-25

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 Yoga Sessions

**FREE
course**

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Yoga (Join in any week)

Do you want to exercise or find a physical activity that doesn't look as exhausting as some others? Why not give yoga a go?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

This session is brought to you with our partner Open Country and Linzi Clarke-Boyle.

Please note: This is a roll on roll off course, join for as long as you like over the duration of the course running weekly from Nov 2023 to Dec 2024. There will be breaks for Christmas, Easter and Summer, therefore no sessions will run between and including the following dates 22/12/23-05/01/2024, 29/03/24-05/04/24 & 23/08/24-30/08/24.

24th of November 2023- 10.00am-10.45am



**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



Professional Education & Training

Free Grief Training at Prince of Wales Hospice

Dates and times: 9.30am to 5.30pm on January 31st, February 1st, February 2nd, March 20, March 21st and March 22nd



The training involves:

- It would be for any professionals working in the Wakefield area who support people with bereavement.
- It can be in person or virtually it is up to the team
- I can do individual interest and team only days.
- The training can be catered to the needs of specific teams, but on a general sense it includes: what is grief, communication, self-care and risk information.
- It is a day's training gathering interest in the area.
- It will be run by Faye Olliffe, the Bereavement lead at the Prince of Wales Hospice, and wellbeing lead, Jo Dunford, will support me during some of the sessions.

If this interests you or have any questions please do not hesitate to contact folliffe@pwh.org.uk

ASIST Training Programme

Young Lives Consortium have an upcoming ASIST (Applied Suicide Intervention Skills) Training Program. Although the official dates are not finalised, they are planning to schedule this training in February 2024.

This training is important because it focuses on equipping individuals with the skills to recognise signs of suicidal thoughts and collaborate on creating a supportive plan for immediate safety. This raises awareness on this crucial topic, which is vital for building a safer and more compassionate community.

You can find more information about this training on our website www.younglives.net.



An accredited two-day, interactive training that prepares caregivers to provide suicide first aid interventions. For anyone 16 or older (despite previous training) can learn and use the ASIST model.

After taking ASIST, you will be better able to:

- Be suicide alert – identify people who have thoughts of suicide
- Understand the reasons behind thoughts of suicide and the reasons for living
- Assess risk and safety – develop a plan to increase the safety of the person at risk of suicide
- Recognise invitations for help
- Recognise potential barriers of seeking help
- Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care
- Effectively apply a suicide intervention model
- Link people with community resources

The ASIST workshop is divided into five sections that follow in a logical progression to gradually build comfort, confidence and understanding around suicide and suicide intervention.

Preparing: Sets the tone, norms, and expectations of the learning experience over the two days.

Connecting: Enables participants to reflect on their own attitudes towards suicide. This creates an understanding of the impact that attitudes can have on the intervention process.

Understanding: An overview of the intervention needs of a person at risk. The trainers focus on providing participants with the knowledge and skills to:

- Recognise risk
- Develop safeplans to reduce the risk of suicide
- Increase the safety of the person

Assisting: Presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation exercises in large and small groups.

Networking: The trainers share information about resources in the local community and promote participant commitment to encouraging the transformation of local resources into helping networks.

For more details, please visit our website:

www.younglives.net/training/asist-training/

To check the price and register your interest, please complete the Expression of Interest form (<https://forms.office.com/e/WaCia7Ybt>) or scan the QR code

ASIST Training - Expression of Interest Form



Young Lives Consortium, Lightwaves Leisure Centre,
Lower York Street, Marsh Way, Wakefield, WF1 3LJ
tel. no 01924 364 198, email: info@ylc.org.uk



Job/ Volunteer Opportunities

Cancer Alliance Board Lay Member Vacancy



A job at the Cancer Alliance means to transform care and support for those affected by cancer across West Yorkshire and Harrogate. They bring partners together to deliver better clinical outcomes and improved patient experience.

They're ambitious about transforming services so that cancer care, treatment and support is wrapped around each individual patient throughout their entire cancer journey – from awaiting and receiving diagnosis, to treatment options, to discharge where appropriate, end of life care where needed, living with and beyond cancer.

Could you help Cancer Alliance by making sure the patient and public perspective sits right at the heart of the decisions we make, by joining our Cancer Alliance Board as a Lay Member?

The Lay Board Members work alongside representatives of the NHS organisations from our six local communities, local councils, voluntary and community organisations and our charity partners such as Macmillan and Cancer Research UK.

They currently have a Lay Member vacancy and are looking for someone who is:

- Enthusiastic
- Committed to improving care and support for those affected by cancer, including patients, families, friends and those who care for them
- Confident to share the patient and public perspective in Board discussions and other work, and to take part in co-design and production where necessary
- Living or working in West Yorkshire or Harrogate

Our Board meetings take place once every two months – currently online via Microsoft Teams - and last approximately two hours. There will also be an opportunity to get involved in other specific projects and pieces of work. We'll pay reasonable expenses incurred on Board business.

Click here to find out more about the Alliance: [Home :: West Yorkshire and Harrogate Cancer Alliance \(wyhpартnership.co.uk\)](https://www.wyhpартnership.co.uk/)

Click here to read past Board agendas and minutes: [Our Cancer Alliance Board :: West Yorkshire and Harrogate Cancer Alliance \(wyhpартnership.co.uk\)](https://www.wyhpартnership.co.uk/)

Please forward your initial expression of interest to Tracy Holmes, Communications and Engagement Lead, by Thursday 30th November 2023.

You should tell us what you would personally bring to the role if you were successful and share any experience you feel would be relevant in the context of the role specification.

Interviews are expected to take place in December 2023.





Do you have experience Radiotherapy? Would you like to join Leeds Radiotherapy Research's Patient and Public Involvement Team?

What is Radiotherapy and why is it important?

Radiotherapy is a form of cancer treatment that uses high-energy X-rays to target the groups of cancer cells that form a tumour. It is delivered in separate bursts called "fractions". Doctors that decide how the Radiotherapy will be given are called Clinical Oncologists and they work with other health practitioners such as Radiographers and Nurses.



What is Radiotherapy Research?

Like many forms of cancer treatment, Radiotherapy aims to target cancer cells in a tumour and make sure they don't come back. However it also causes side effects which can be

difficult to manage and may impact the health of patients in the long term. Our research aims to look at the ways we can give patients the best chance of removing their cancer with the fewest side effects.



Why we need your help

When we are doing our research, we are looking to design methods that make radiotherapy more precise and more targeted to each individual that comes for treatment. However we can't always see things from the point of view of the patient - that's where you come in. We are looking for a group of individuals (patients, friends or family members) with experience of radiotherapy to help in the development of future radiotherapy studies. We would ask for your opinions and suggestions

about ideas for studies and for your help writing the patient information. We will also keep you updated on how studies are progressing.



The benefits of being involved

By becoming a member of the group you will have the opportunity to make Radiotherapy research more targeted towards the wants and needs of the people that matter the most, the patients. You will be part of a rewarding community that want to make Radiotherapy better, and we offer payment for your time and energy.

How to contact us

We communicate our opportunities via email or through the telephone. Our contact information can be found on the back of this leaflet.

We look forward to working with you!

Contact us:

Email our patient and public involvement representative Katherine O'Mahony

K.M.Omahony@leeds.ac.uk
leedsth-tr.trials@nhs.net

Telephone us or write to clinical trials team:

Radiotherapy Clinical Trials
Bexley Wing
Beckett Street
Level B1
St James's Hospital
Leeds LS9 7TF

Tel: 0113 206 8891 or 0113 206 8332



Can you help us improve Radiotherapy Research?



Could you share your experiences of cancer treatment?





Leeds Gate have two fantastic job opportunities

Leeds Gate are currently advertising for 2 fantastic job opportunities.

Wakefield Youth Worker. For more information, click here: <https://www.leedsgate.co.uk/youth-worker-wakefield>

West Yorkshire Mental Health worker – for more information, click here: <https://www.leedsgate.co.uk/mental-health-support-worker-west-yorkshire-1>

Volunteers needed for New Mental Health Community Panel

New Mental Health Community Panel

A chance to make a difference

We want volunteers to be part of a new community panel that will have their say on mental health services in Wakefield District.



If you have experiences of local mental health services please get in touch.

Contact Michelle on 01924 787379 or email michelle.poucher@healthwatchwakefield.co.uk

healthwatch
Wakefield
www.healthwatchwakefield.co.uk





KCRASAC Volunteer Opportunities


RASAC
Kirklees, Calderdale and Wakefield
Volunteer With Us

Here at RASAC we support people who have experienced rape, sexual or domestic abuse living in Kirklees, Calderdale and Wakefield.

We would not be able to do so without the amazing support of our wonderful volunteer team. Our volunteers work on our helpline, support with admin and connect with people in the local area. We are always looking for new people who are looking to develop their confidence, skill and gain new experiences to join our volunteer team.

If you are interested, please email anything@kcrasac.co.uk or go to www.kcrasac.co.uk We look forward to hearing from you!

No qualifications or experienced required.

Women identifying people over 18 years old.

Dedicate simply 3 hours a week.

More information :  0300 303 4787  www.kcrasac.co.uk

The current deadline for applications is **Monday 08/01/2024**, with interviews taking place the following week and our 7-week Induction Training course starting the following Friday.

You can find all the information you require to volunteer for KCRASAC in the volunteer application pack and form, found here: [Volunteer with us | KCRASAC](#)



Join our Mental Health Advisory Group



Partners in Care and Health

Join our Mental Health advisory group

Call for participation in the development of training to support professionals conduct holistic assessments and care planning

We extend a warm invitation to individuals passionate about mental health and who recognise the importance of holistic assessments, to join our advisory group.

What you will be doing?

Your insights will help shape the development of a training offer that will empower frontline staff to confidently assess and support people facing mental health challenges in a holistic way, that is aligned with the Care Act.

Who should join?

- Individuals with lived experience of mental health challenges
- Frontline staff actively working with people experiencing mental health challenges

What is the time commitment?

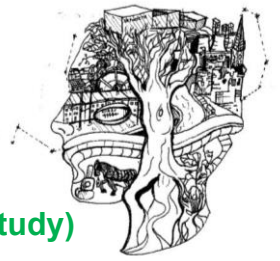
There will be three meetings, however you do not need to join every one (Online via MS Teams):

- Wednesday, 29th November: 1pm to 2:30pm
- Wednesday, 6th December: 1pm to 2:30pm
- Wednesday, 13th December: 1pm to 2:30pm

To express interest, [Click Here](#), or scan the QR code.

For programme enquiries, contact Ashlee Mulimba at Ashlee@healthydialogues.co.uk.





Join us in the World's Largest Study of Depression & Anxiety (GLAD Study)

GLAD Study Recruitment Poster v1.1 REC Ref: 19/LO/1218 Date: 25/09/2018

JOIN US IN THE WORLD'S LARGEST STUDY

OF DEPRESSION & ANXIETY
FUNDED BY THE NIHR AND PART OF THE NIHR BIOSOURCE



ARE YOU...

- ✓ AGED 16+
- ✓ LIVING IN ENGLAND
- ✓ EVER HAD CLINICAL OR SERIOUS ANXIETY AND/OR DEPRESSION



WE HOPE

400,000

PEOPLE WILL TAKE PART

PATIENTS WITH BIPOLAR DISORDER, BDD, OCD, OR RELATED DISORDERS ARE WELCOME TO JOIN

TELL A FRIEND OR SIGN UP TODAY AT WWW.GLADSTUDY.ORG.UK



EDGI Recruitment for research project

EDGI Recruitment Leaflet v1.1, IRAS:243566

Date: 15/08/2019

NIHR | BioResource

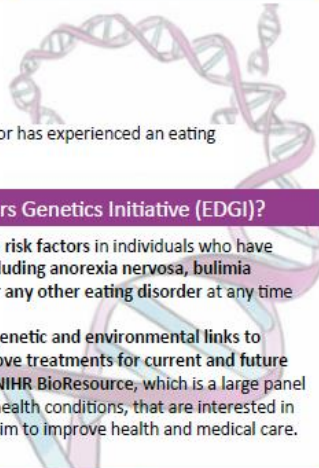


EDGIUK.org

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

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, 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/faqs

Alternatively you can contact us via:

- @ Email: EDGI@kcl.ac.uk
- Freephone: 0800 917 6016
- Phone: 0207 848 1639
- Facebook: @EDGIUK
- Twitter: @EDGI_UK
- Instagram: @EDGI_UK

Find out more by going to EDGIUK.org



Surveys, Campaigns, New Websites & Other Newsletters

Wakefield District Sight Aid has achieved The King's Award for Voluntary Service!

Congrats to Wakefield District Sight Aid for achieving The King's Award for Voluntary Service. This is the highest award a local voluntary group can receive in the UK and is equivalent to an MBE. Positive Mental Health Network are proud of Wakefield District Sight Aid for all that they have achieved!

Wakefield District Stronger Together group Video (Peer Leaders using lived experience to improve services)

Click here for a great video showing work of the peer leaders in our District: <https://www.youtube.com/watch?v=XI8EggBXKoM>

Results from The Big Conversation

THE BIG CONVERSATION

DID YOU TAKE PART IN THE BIG CONVERSATION?

Thank you!

Find out what makes Wakefield district the best place to live, work and grow by reading our story so far.

www.bigconversationwakefield.co.uk

Scan me to read

bigconversationwakefield.co.uk [mywakefield](https://www.facebook.com/mywakefield) [@mywakefield](https://twitter.com/mywakefield) [thebigconvowf](https://www.instagram.com/thebigconvowf)

wakefieldcouncil



BULLETIN

NOVEMBER 2023

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

e: info@battle-scars.org.uk



With the support of the building owners ^{MUNROEK}, the NHS and more partners, we're setting up the Onward Mental Health Hub which will house the new Battle Scars premises with a wide range of face-to-face services running within, such as peer support groups, activity groups (craft, games etc.), workshops for children, support for parents, events & training, etc. The rest of the building has various sized spaces for long-term lease (1-5 years) for both service delivery and office use, and rooms for hire (including a large annex that seats 100 people) suitable for groups, 1:1s, meetings, events and training. It is modernised inside, wheelchair accessible with a lift, easily accessible by bus and train (the new train station at the White Rose shopping centre) as well as a very short drive from the motorway with 40 private parking spaces and a fenced garden at the front. For enquiries contact: jenny.groves@battle-scars.org.uk



WEDNESDAY
13th DECEMBER
1-2pm

JOIN OUR NEXT FREE WEBINAR

THE MYTHS AND REALITIES OF SELF-HARM

HOSTED BY
JENNY GROVES
FOUNDER & CEO
BATTLE SCARS
SELF-HARM SUPPORT CHARITY
www.battle-scars-self-harm.org.uk

Bookings open on Tuesday 28th November
www.eventbrite.co.uk

BATTLE SCARS
Online Training For Professionals
www.battle-scars-self-harm.org.uk

1 Day Self-harm Workshop
Tue 7 Nov
10-3.30pm
Book via the website

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

www.battle-scars-self-harm.org.uk

Registered charity in England & Wales No. 1177020 and Scotland No. SC052466

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

VOLUNTEER with Battle Scars

Battle Scars is urgently searching for additional Virtual Group Facilitators UK-wide

Is it YOU we're looking for?

Training and support is provided to people with lived experience of self-harm to help facilitate online peer support groups



Winter Heroes

The winter months bring with them a range of health issues and it's inevitable that bugs will spread. Wakefield Council has put together a guide on how you can champion your winter health by following a few simple steps:

- Get vaccinated against COVID-19 and flu if you're eligible
- Wash your hands regularly and catch coughs and sneezes in a tissue
- Keep warm, especially in your own home
- Look after your mental health and wellbeing

To find out more about looking after your health during the colder months, visit www.wakefield.gov.uk/be-a-winter-hero

Your District Newsletter



Keep up to date with the latest news and stories, and events and activities happening in your local area, by signing up to @MyWakefield's free e-newsletter.

Subscribe NOW at <https://www.wakefield.gov.uk/yourdistrict>

The Supporter Newsletter

November's edition of The Supporter Newsletter is available here:

www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/11/Newsletter-The-Supporter-Edition-174-03-November-2023-1-1.pdf

Yorkshire Smokefree Service

Read the latest November coffee break from Yorkshire Smokefree Service. This month it concentrates on World Diabetes Day:

<https://yorkshiresmokefree.nhs.uk/articles/coffee-break-november-world-diabetes-day>

Yorkshire Smokefree 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