



# The Supporter Newsletter

01 December 2023



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.

The College will be closed from the 16th of December - 1st of January, inclusive.

Follow us on our socials for our 17 days of Christmas again - with a different activity each day to try.

Don't miss out on our monthly blogs on our website starting on the 8th of December.

<https://www.wakefieldrecoverycollege.nhs.uk/blog/>

## December Kindness 2023

MONDAY

TUESDAY

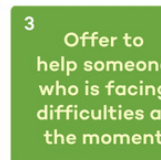
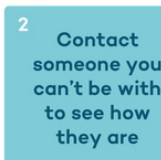
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together





Funded by  
UK Government

# Join Appletree Women's only group!

Every Monday  
at Appletree  
Community  
Garden starting  
4 December!

Time:  
10:30am - 12:30pm

Agbrigg Rd, Wakefield. Follow directions to WF1 5AE, and you'll  
find us down the long driveway opposite Newland St



Offering free crochet lessons, beauty therapy  
and gardening opportunities as well as  
sessions on getting active!

For more information, contact us  
on 07933 099445 or [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)

LEVELLING  
UP

West  
Yorkshire  
Combined  
Authority

Tracy Brabin  
Mayor  
of West Yorkshire

APPLE  
TREE  
COMMUNITY  
GARDEN

Spectrum  
People

# Happy Healthy Holidays January 2024

with Lightwaves & Next Generation

at  
Lightwaves Leisure & Community Centre  
Lower York Street, Wakefield, WF1 3LJ

for young people aged 8 to 16 years old

Refreshments and Lunch Provided

12 noon to 4pm

Wednesday 3 January 2024

to

Saturday 6 January 2024



Using Food, Arts & Crafts, Music, Sports, and Gardening  
to understand and participate in (your) our community

All activities are FREE to children & young people who are in receipt  
of and eligible for benefits-related free school meals and low income  
families. If unsure please contact us

Places are limited, please reserve your place by calling  
01924 360158 and leave a message with the team

WF  
Happy Healthy  
Holidays  
wakefield council

Department  
for Education

NEXT  
GENERATION  
Family Community

LIGHTWAVES  
Leisure & Community Centre

#HAF2024  
WAKEFIELD FAMILIES TOGETHER  
happy, healthy, safe

Funded by  
UK Government

LEVELLING  
UP

## Make it for Christmas

Join our easy painting, sticking and stamping  
sessions to help make Christmas Cards and  
Gift Bags for yourself and for our  
community pantry. No drawing skills required.

Wednesday 6 December

Session 1: 10.30 am to 12.30 pm

Session 2: 2.00 pm to 4.00 pm

Each session costs just £2 and includes Tea, Coffee,  
Biscuits and Mince Pies.

You are very welcome to book both sessions and spend the  
day. Jacket Potato lunches are  
available to purchase from the café  
at a special price of £2.



St Swithun's Community Centre  
Arncliffe Road, WF1 4RR

e: [info@eastmoorcommunity.co.uk](mailto:info@eastmoorcommunity.co.uk) w: [www.eastmoorcommunity.co.uk](http://www.eastmoorcommunity.co.uk)

To book your place or find out more about this group please contact us on  
01924 361212

This project is funded by the UK Government through the UK Shared Prosperity fund.

West  
Yorkshire  
Combined  
Authority

Tracy  
Brabin  
Mayor of  
West Yorkshire

EASTMOOR  
COMMUNITY PROJECT LTD

# CHILDRENS GIFT COLLECTION

at St Swithun's Community Centre

Drop off your donation  
of

★ advent calendars  
selection boxes  
toys

HERE

or

St Swithun's Community Centre

by Monday 11th December

Eastmoor Community Project  
at

St Swithun's Community Centre  
Arncliffe Road, Eastmoor

Wakefield WF1 4RR  
01924 361212



EASTMOOR  
COMMUNITY PROJECT LTD





This winter, all Wakefield Libraries are welcoming you to our warm spaces. Wet and windy out? Escape the chill and embrace the coziness of our warm libraries while enjoying a free cup of tea or coffee. We've got lots to do while you're warming up – including books, free computer and WiFi access, puzzles, activities, craft groups and good company.

# WAKEFIELD LIBRARIES WARM SPACES IS BACK!



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



Let's talk about...

## SPEED

“ It's not a crime is it? ”

**Every day, five people die on UK roads.**  
1 in 4 fatal crashes involve someone driving too fast.\*

If you break the speed limit, you are breaking the law.  
Road crime has devastating consequences for the families  
of people who are killed or injured on roads.

Whoever you are, however you travel,  
we need to talk about speed.



Join the conversation  
[www.brake.org.uk/RoadSafetyWeek](http://www.brake.org.uk/RoadSafetyWeek)  
#RoadSafetyWeek

ROAD  
SAFETY  
WEEK

Supported by  
**Brake**  
the road safety charity

Supported by  
**ARVAL**  
RAC Partner Group

**DHL**

**AUTOGLASS**

Supported by  
**THINK**

## 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](mailto:spectrumpeople@spectrum-cic.nhs.uk)

**Spectrum  
People**





## Cook, chop and natter

Come and learn maths in a fun and exciting way on a brand new one day course! A £40 shopping voucher is yours on completion of learning.

- Make a delicious dessert amongst friends!
- Use maths to calculate ingredients and portion size!
- Learn how to understand percentages on food labels and what they mean to you and your family!

Designed to help you learn maths in an enjoyable and fun way. All we need from you is dedication, enthusiasm and the readiness to cook and learn.

### Eligibility

Multiply is a fully funded government programme. To be eligible, you must:

- Be over 19 years old
- Not have a GCSE maths qualification at grade 4 or equivalent
- Have the right to live and work in the UK
- Have photographic ID/passport to enrol

**Monday 4th December 9am - 3pm**

**OR**

**Tuesday 5th December 9am - 3pm**

## FREE EMOTIONAL WELLBEING WORKSHOPS

### TURNING POINT TALKING THERAPIES

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

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



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](https://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

St George's Community Centre, Broadway, Lupset, WF2 8AA

**FESTIVE FUN**

Saturday 2nd December 1-4pm

Activities, games + crafts, face painting, visit from Santa, and refreshments!

SCAN HERE!

St George's

**Warm Spaces Creative Café**

Come along for hot food and family activities after school!

BRIGHT LIGHT SCULPTURES

Friday 8th December, 4-6pm

FREE - BOOKING REQUIRED

Book online by scanning the QR code below or contact our reception team on 01924 369631.

THE HERPETH WAKEFIELD

Funded by UK Government

**LEVELLING UP**

**ONLY £7\***

\* price per person, booking fees apply



## WREATH MAKING WORKSHOPS

BOOK NOW! Scan to book online or register in person (cash payments only) at our centre.

Venue: St George's Community Centre, Broadway, Lupset WF2 8AA

Dates available (pick one):

- Monday 4th December 10am-1pm
- Friday 8th December 1-4pm
- Saturday 16th December 11am-2pm

For more information please contact:

- 01924 369631
- [info@stgeorgeshupset.org.uk](mailto:info@stgeorgeshupset.org.uk)

2023 DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	centre closed					

EVENTS AT

St George's

**FAMILY CRAFTS**

SATURDAY 16th DECEMBER 11am-2pm

St George's Community Centre, Broadway, Lupset WF2 8AA

PAY donations welcome



# Young Futures *Term-time* activities for children + young people!

**Mondays 3-4.30pm | Connect Café**

*Ages 7-12 + 13-18*

Stop by this relaxed space at St George's - get online, do homework and college tasks.

**Mondays 6-7.30pm | Youth Café**

*Ages 11+*

This is your space to come and chill out. Join us every Monday at Jubilee Hall. Free wi-fi, snacks and - of course - good company!

**Tuesdays 4-5.30pm | A-Z Youth Café**

*Ages 7-11*

We will be offering free refreshments and tuck shop at St George's, as well fun activities and games. Meet friends, have fun.

**Tuesdays 5.30-7.30pm | Youth work around Lupset**

Catch the Young Futures team as they make their way around the estate or drop by Jubilee Fields for a chat and a kick about.

**Thursdays | The Tech Zone**

**Junior (ages 7-12) 3-5pm | Senior (ages 13-18) 5.30-7.30pm**

Want to access something online or game with friends? Use our wi-fi! Runs weekly, except for the week when our monthly events take place (see below).

**Monthly live music events**

*Ages 11+*

Join us at Jubilee Hall and enjoy music from live DJs!

**Fridays 2-5pm | Connect Café**

*Ages 7-12 + 13-18*

Stop by this relaxed space at St George's - get online, do homework or college tasks.

**Fridays 5.30-7.30pm | We Can with a Van!**

We'll be parking up around the Lupset estate in our van - offering games, youth work and a safe space for local young people.



**AGES 5-18**

## Winter activities at St George's

**COOK + PLAY**

**Tuesday 2nd January  
10:30-14:30**

Join Paula and Andy from Evergreen Active and the Young Futures Team: Learn how to prepare and cook a delicious curry with Paula before sitting down to eat our culinary creation together. An afternoon of high energy activities with Andy will follow. Free swim voucher for each child attending.

Dietary requirements catered for.

30 places available



**CREATE + CHILL**

**Wednesday 3rd January  
10:30-14:30**

Join us for a winter film and frolics including a free blanket to snuggle up in and take home. Gingerbread house making and decorating, a hot meal and pudding, make a snow globe and win a voucher for the best group winter scene using only newspaper and Sellotape. Get your thinking caps on - it's one voucher each for the winning group!

Dietary requirements catered for.

30 places available



**MINDFUL ME**

**Thursday 4th January  
10:30-14:30**

Celebrating how brilliant we all are and how we can look after ourselves. Join us in a high energy day glow dance session, fill your bellies with a delicious dinner, learn how to calm and centre yourself with a mindfulness session with the fantastic Compass team, and chill with your free to take home mindful activity pack including colouring book, fidget toy and swim voucher.

Dietary requirements catered for.

30 places available



**SKATE + SWIM**

**Friday 5th January  
10:00-17:00**

Get your skates on with St Georges family trip to Skate and Swim at Doncaster Dome. Ice skating and swimming sessions with a free packed lunch provided for families.

Leaving from St Georges at 10am, returning at approximately 5pm.

Please note a returnable deposit is needed for bookings to ensure no seats are left empty.

65 seats available



**TO BOOK:** Ring 01924 330266 to speak to Lesley. Please leave voicemail if no one answers.

**Compass Wakefield**  
mindful health and wellbeing service

**EVERGREEN**  
ACTIVE

# Activities for under 5s + their families



Childcare @ Broadway

Childcare @ Sandal

Childcare @ StSwithuns

Childcare @ Sunbeam

**WF2 8AA**

**WF1 5NU**

**WF1 4RR**

**WF2 8RH**

[facebook.com/ChildcareStGeorges](https://facebook.com/ChildcareStGeorges)

## Ongoing weekly sessions (term-time only)

**St George's**  
*Baby Weigh + Play*

Support, advice + community with people who get it.

For parents and carers and their little ones up to 12 months old

**Fridays 9.30-10.30am (term-time only)**  
West Wakefield Methodist Church  
Thornes Road, Lupset WF2 8QR

To find out more or book your place please contact: **Anne-Marie 07956 266144**

**JIGGLE & JIVES  
STAY, PLAY & MUSIC!**

**Tuesday's 9.30am-11.30am**  
at West Wakefield Methodist Church, WF2 8QR.  
Aimed at Parents and children aged 0-5yrs  
Term-time only  
£2 for 1st, £1 for additional children.  
Snack and drink provided.

## Short course starting Jan '24

**STARTS January 2024**

**Fridays from 11am,**  
West Wakefield Methodist Church  
Thornes Road, Lupset WF2 8QR.

**BABY MASSAGE**

To find out more or book your place please contact **Anne-Marie on 07956 266144**

**St George's**



# Activities for Adults

December 2023  
- January 2024



## MONDAY

**Mondays, Wednesdays +  
Thursdays by appointment**

Free talking therapies from qualified professionals, on your doorstep at St George's. Book with Turning Point on 01924 234860.

### Did you know...

Turning Point Talking Therapies also have free online and face to face workshops to support with emotional health issues? Find out more at <https://mytp.me/wakefield-talking-therapies-publications>

## TUESDAY

**HELP AT THE HUB**

Drop-ins 10am-12noon with Step-Up (employability support) and Citizen's Advice (help with anything from benefits to housing to consumer rights). + DWP drop-in from 1.15pm.

**from 12:30  
Free Lunch at the Church**

Pop by St George's Church on Tuesdays from 12:30 for a free lunch.

## HOLIDAYS

**Centre closure information**

Please note our centre will be closed Saturday 23rd December 2023 - Monday 1st January 2024 (inclusive).

## WEDNESDAY

**9.30-11.30am  
Cycling for Fun**

Enjoy cycling with new friends at this accessible group at Thornes Park Athletic Stadium. £3.30pp.

**10-11am  
Chair Exercise**

Gentle exercise to improve and maintain flexibility. £4pp.

**4-5pm  
Stop Smoking Support  
Group**

Peer support with expert advice and guidance from Yorkshire Smokefree Service.

## THURSDAY

**10.30-11.30am  
Coffee Morning**

Enjoy a cuppa with friends and neighbours. £2pp.

**1-2.30pm  
Crafty Chat**

Bring your craft projects along to this fun and friendly social group. £1pp.

**1.15-2.15pm Singing for Fun**

Join us at Jubilee Hall and find joy in song. You're welcome whether you think you can sing or not! First session is free, normal cost £3pp.

**Fortnightly Litter Pick  
7th December from 10.30am**

Help keep Lupset tidy and enjoy a free cuppa + snack afterwards.

**1-2.30pm  
Thursday Leisure Club (TLC)**

Fun and games every Thursday afternoon. £3pp.

## FRIDAY

**12.30-2pm Lunch Club**

A real St George's institution - meet old friends and new for a fab 3 course meal on Fridays. £7pp, plus £5 for transport (if needed).

## MONTHLY

**Litter Pick**

Usually second Sunday of the month, times vary. Let's leave Lupset looking lovely!

**st george's**

COME VISIT US!

St George's Community Centre,  
Broadway, Lupset WF2 8AA

☎ 01924 369631

✉ [info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk)

🌐 [www.stgeorgeslupset.org.uk](http://www.stgeorgeslupset.org.uk)

## Christmastime at **st george's**

FEEL HAPPY, WELCOME + PART OF SOMETHING

### FESTIVE FUN

**Saturday 2nd December  
13:00-16:00**

Join us for our community Christmas fun day, run with St George's Church Lupset.

We'll have games, crafts, face painting, plus a visit from Santa! Free food plus the cafe tuck shop open.

No need to book - just turn up!

### WREATH-MAKING

**Various dates  
3 hour workshops**

Make your own festive felt wreath for just £7pp (booking fees may apply).

Dates available (pick one):

- Monday 4th December 10:00-13:00.
- Friday 8th December 13:00-16:00.
- Saturday 16th December 11:00-14:00.



Book online  
or in-person  
(cash only)

### WARM SPACES

**Friday 8th December  
16:00-18:00**

Get together at our centre after school with free heating and wi-fi, craft activities with artists from The Hepworth, PLUS a free meal.

Second Friday of the month, December 2023 - March 2024.

There is no cost to these sessions, but please contact the St George's team to book so we can ensure we have enough for everyone.

### FAMILY CRAFTS

**Saturday 16th December  
11:00-14:00**

Enjoy family-friendly activities and food and drink from our cafe. Make reindeer food for Rudolph and his friends and create other Christmas crafts! Crafts are pay as you feel - donations welcome.

Runs alongside the third wreath making workshop (listed above).

No need to book - just turn up!

Turning poverty and isolation  
into warmth and local connection

[warmwelcome.uk](http://warmwelcome.uk)



## You're Welcome

Warm Welcome Spaces are opening their doors to local communities, offering everyone a free, warm, welcoming and friendly space. Why not explore your local Warm Welcome Space, it's a great place to connect with your community and to make new friends.

✉ [info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk)

☎ 01924 369 631



St George's Lupset



# Your Money Matters

## Advice Events

The rising cost of living is impacting most residents. From rent and mortgage payments to utility bills, it can be worrying to see an increase in our outgoing bills.

Get expert advice and support from Citizens Advice, Money Smart, Cash Wise and Wakefield Council's benefits and energy team on a range of issues, including:

- Money, benefits and debt
- Home energy and bills support
- Jobs and training opportunities

Find your local event, date and time by scanning the QR code below or visiting [www.wakefield.gov.uk/yourmoneymatters](http://www.wakefield.gov.uk/yourmoneymatters)



## Can't make it to an event?

Contact Money Smart, WDH Cash Wise or Wakefield District Citizens Advice for free advice and support on finances, bills and energy.

Wakefield Council Money Smart  
01924 305 892  
[Wakefield.gov.uk/moneysmart](http://Wakefield.gov.uk/moneysmart)

WDH Cash Wise  
01977 724 651  
[Getcashwise.co.uk](http://Getcashwise.co.uk)

Wakefield District Citizens Advice  
0800 144 8848 (freephone)  
[Wakefelddistrictcab.co.uk](http://Wakefelddistrictcab.co.uk)



For more cost of living support and information, visit [www.wakefield.gov.uk/costofliving](http://www.wakefield.gov.uk/costofliving)



See us at our  
**Drop In**

Come and speak to us at

**Eastmoor  
Community Project**

every Tuesday 10am – 2pm

Come to speak to us about savings, loans and budgeting, to help build your financial resilience.

[leedscreditunion.co.uk](http://leedscreditunion.co.uk)



Affordable. Flexible. Fair.

### MVDA

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

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

01924 787507



### MVSA

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

We offer practical & emotional support and person centred counselling.

01924 787507



Charity: 1072174  
Company Registration: 03580792

## TURNING POINT TALKING THERAPIES COMMUNITY CHECK-IN

DATE: Sunday 3rd December  
LOCATION: The Hepworth Wakefield WF1 5AW

DATE: Friday 8th December  
LOCATION: Morrisons, Stuart Road, Pontefract WF8 1BT

DATE: Thursday 14th December  
LOCATION: Xscape, Colorado Way, Castleford WF10 4TA

TURNING POINT  
TALKING THERAPIES

[talking.turning-point.co.uk](http://talking.turning-point.co.uk)

@wakefieldtalkingtherapies



It's the most wonderful time of the year!

**Red Roof**  
CENTRE  
Presents

# Winter Wonderland

A MAGICAL AFTERNOON FULL OF CHRISTMAS JOY

**SATURDAY**  
**9th DECEMBER**  
1PM - 4PM

\* £1.00 entry fee to visit Santa's Grotto  
Tickets to be purchased from reception  
prior to the event.

**FREE ENTRY**

- **SANTAS GROTTO\***
- **MRS CLAUS CHRISTMAS PARTY**
  - Magic Show
  - Christmas Carol Sing-Along
  - Party Games & Disco!
- **ACTIVITIES & CRAFTS**
- **FACE PAINTING & GLITTER TATTOOS**
- **RAFFLE**
- **CHRISTMAS STALLS**
- **FOOD & REFRESHMENTS AVAILABLE**
  - Purchase hot & cold food from the canteen.

**Fun for  
THE WHOLE  
Family**

Come along and join us for an afternoon of festive fun!  
Visit Santa in his grotto, sing and dance the day away at Mrs Claus & Elfie's Magical Christmas Party and enjoy the food, stalls and crafts!  
A wonderful family event brought to you by the Red Roof Centre.

FOR MORE INFORMATION PLEASE CONTACT RED ROOF CENTRE 01977 610931



**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



01924 331401

**Free parking  
at the Ridings!**

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

Scan here  
to sign up



TOGETHER  
WE CAN  
CHOOSE  
WELL

**NHS**

### MENTAL HEALTH

CALL 0800 183 0558 FOR FREE  
CONFIDENTIAL HELP, SUPPORT  
INFORMATION & GUIDANCE



TOGETHER  
WE CAN  
STAY HEALTHY



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

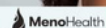
**Where:**  
Online - ZOOM

**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](mailto:catherine@bringmetolife.co.uk)



Bespoke training  
delivered by:



## Find local menopause support!

### So, what's on in January?

#### MONDAYS

Portobello Community Centre, Portobello  
7.30pm to 9pm (15 January to 12 February)  
Contact [sarahcuttspcf@gmail.com](mailto:sarahcuttspcf@gmail.com) /  
07799 534702

#### TUESDAYS

St Mary's Community Centre, Pontefract  
6.30pm to 7.30pm (9 January to 6 February)  
Contact [stmarys@stmaryscommunity.co.uk](mailto:stmarys@stmaryscommunity.co.uk) /  
01977 705341

Castleford Heritage Trust, Castleford  
10am to 11.30am (9 January to 6 February)  
Contact [chvtvolunteering@gmail.com](mailto:chvtvolunteering@gmail.com) /  
01977 556741

#### WEDNESDAYS

Havercroft & Ryhill Community Learning  
Project, Ryhill  
2.30pm to 3.30pm (10 January to 7 February)  
Contact [katherine@rycroftcommunity.co.uk](mailto:katherine@rycroftcommunity.co.uk) /  
01226 727824

#### THURSDAYS

Red Roof Centre, Kinsley  
6pm to 8.30pm (11 January to 18 January)  
Contact [tcarrington@kinsley-fitzwilliam.org.uk](mailto:tcarrington@kinsley-fitzwilliam.org.uk) /  
01977 610931

Evergreen Active, Hybrid - Online & Ossett  
1pm to 2pm (18 January to 15 February)  
[paula@evergreenactive.co.uk](mailto:paula@evergreenactive.co.uk) / 07948 623270

#### SATURDAYS

Bring Me To Life - Women's Wellness CIC, Online  
10am to 12.30pm (13 January to 20 January)  
Contact [catherine@bringmetolife.co.uk](mailto:catherine@bringmetolife.co.uk)

Dream Time Creative, Wakefield Library  
10am to 4pm (20 January)  
Contact [hello@dreamtimecreative.org](mailto:hello@dreamtimecreative.org)

**Friendly menopause support sessions  
bought to you by local community  
organisations. Come along!**



# Choose well for your mental health



South West  
Yorkshire Partnership  
NHS Foundation Trust

Are you aged 18 or  
over and living in  
Barnsley, Calderdale,  
Kirklees or Wakefield?

## Do you want to know:

- How you can look after your mental health and wellbeing?
- Where you or others can go for mental health and wellbeing support locally?



Download the 'choose well for  
mental health' guide at:

[www.southwestyorkshire.nhs.uk/choosewell](http://www.southwestyorkshire.nhs.uk/choosewell)  
or scan the QR code



If you require a copy of this information in any  
other format or language please contact the Trust.

With **all of us** in mind.



**No one likes to be alone around the festive period so here are some places you can go to stay warm, have a chat and even get some free festive food.**

## **Pontefract Community Kitchen**

**FREE** Full English breakfast

served all Christmas day morning

Where: Situated in the square near the kiosk shop  
opposite Pontefract bus station

## **St Georges Church**

A **free** lunch is available  
at st Georges church.

Where : St George's Road  
Wakefield, WF2  
8AA

Date: December 26th

Time : 12:30 - 1:30

## **MHA Community Christmas themed meals**

**Featherstone Community Centre**

**Hall** - Monday 18th December -  
11:30am - 2pm

**Fitzwilliam Community centre** -

Thursday 19th December - 10am -  
3pm

**Airedale Cafe** - Next To Library

Wednesday 20th December -  
10am-3pm



# **Food Banks**

## **Wakefield Food Bank**

St. Michaels Church,  
Westgate Common, WF2  
9RW  
Opening time:  
Wednesdays and Fridays  
1-3pm

## **Wakefield Street Kitchen**

Garden Street WF1 1DX  
Opening times:  
Wednesdays at 6pm

For a food parcel referral,  
please ring Wakefield  
Council on 0345 8 506  
506.

## **Hemsworth food pantry**

South Street,  
WF49AT, Hemsworth  
07907 104687

## **24/7 Phonelines available over the festive period**

The silver line -  
**Free telephone service for elderly people**

**0800 4 70 80 90**

**Samaritans 24/7 -**

**call 116 123 - anytime of the day about any problem.**

**24/7 Mental Health Support Line -  
0800 183 0558**

Wakefield Safe Space are also open 6pm-midnight every day throughout the festive period at Prosper House (formally Caduceus House), Upper Warrengate, Wakefield, WF1 4JZ (next door to Warrengate Medical Centre) for anyone in need. You can also call them on

**0777 696 2815**





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.

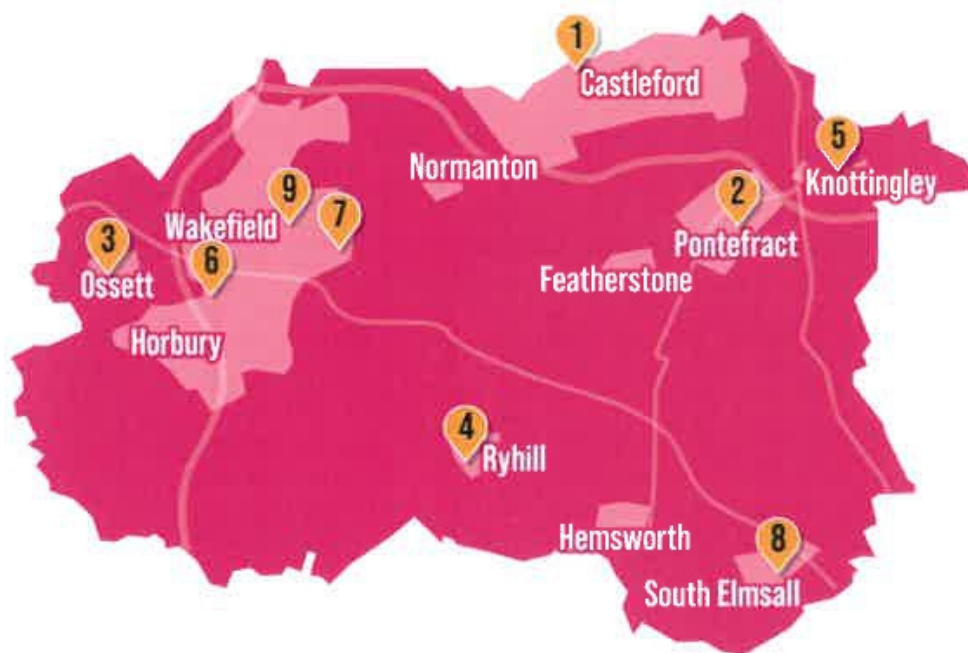
**Did you know?**

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



# Wakefield Recovery College

18+

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

## Living with and managing depression

05/12/2023  
10am-12pm  
Online

## Developing Resilience: the key to self-management

19/12/2023  
10.30am-12.30pm  
Online

## Understanding depression

22/01/2024  
1pm-3pm  
Online

## Understanding anxiety

24/01/2024  
10am-12pm  
Online

## Creative fitness

22/01/2024  
11am-12pm  
Normanton

## Rediscovering and renewing my Inner Values

26/01/2024  
10.30am-12.30pm  
Online

## Recognising burnout

29/01/2024  
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

## Everyday first aid +19

05/02/2024  
10am-11.30m  
Pontefract

## Improving your sleep

06/02/2024  
10am-12pm  
Online

## Creative crafting

06/02/2024  
9.45am-11.30am  
Pontefract

## Dyslexia awareness

08/02/2024  
10.30am-12.30pm  
Online

## New beginnings

09/02/2024  
10.30am-1pm  
Wakefield

## 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 scrapbooking for wellness

06/12/2023  
1:30pm-3:30pm  
Wakefield

## Galaxy Painting

25/01/2024  
10am-12pm  
Wakefield

## Learning more about IBS

31/01/2024  
10am-12pm  
Online

## Celebrate Wakefield's Year 2024 Exhibition

31/01/2024  
1pm-3pm  
Wakefield

## Learn how to macramé

08/02/2024  
10am-12pm  
Wakefield

## Understanding anxiety

21/02/2024  
10am-12pm  
Online

## Create your own gunk

22/02/2024  
10am-12pm  
Wakefield

## Transitioning from CAMHS to adult/alternative services

26/02/2024  
12pm-1pm  
Online

## Create a bottle Light

07/03/2024  
10am-12pm  
Wakefield

## Youth first aid

18/03/2024  
10am-12pm  
Pontefract

## Looking after your sleep

10/04/2024  
1.30pm-3pm  
Online

## An introduction to personality disorder

16/04/2024  
10am-12.30pm  
Pontefract

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.



**FREE**  
**course**



**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.**

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



A vibrant collage of various craft supplies arranged in a circular fashion. The items include two pairs of scissors (one yellow and black, one black and silver), a yellow glue stick, a red clothespin, a wooden clothespin, a small wooden bear figurine, a small wooden house figurine, a small wooden car figurine, a small wooden boat figurine, a small wooden airplane figurine, a small wooden helicopter figurine, a small wooden rocket figurine, a small wooden satellite figurine, a small wooden space station figurine, a small wooden moon figurine, a small wooden sun figurine, a small wooden star figurine, a small wooden heart figurine, a small wooden flower figurine, a small wooden leaf figurine, a small wooden branch figurine, a small wooden tree figurine, a small wooden house figurine, a small wooden car figurine, a small wooden boat figurine, a small wooden airplane figurine, a small wooden helicopter figurine, a small wooden rocket figurine, a small wooden satellite figurine, a small wooden space station figurine, a small wooden moon figurine, a small wooden sun figurine, a small wooden star figurine, a small wooden heart figurine, a small wooden flower figurine, a small wooden leaf figurine, a small wooden branch figurine, a small wooden tree figurine. The background is a mix of patterned papers, fabric scraps, and other craft materials.

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



**FREE  
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.

**19th of January 2024- 10.30am-12.30pm**



**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



# A CHRISTMAS WRAP

Dark nights  
Fairy lights  
Oh so bright  
Church bells ring  
People sing  
Christmas once a year  
Draws ever near

Santa Claus  
No time to pause  
Climbs in his sleigh  
Gets underway

Out in street  
No time to meet  
People rush  
In store crush  
Nowhere to park  
What a lark

Collect the tree  
Seems big to me  
Got it from afar  
Won't fit in car  
Called it a maxi  
Send family home in taxi

Weathermen bet  
No snow yet  
We all know  
There'll be no snow

Parcels round the tree  
Wrapped for you and me  
Children laugh  
Woollen scarf  
Gloves and hat  
Winter cold needs that

Fire burning in grate  
Don't be late  
Christmas food  
Gratitude  
Christmas pud  
All sounds good

Spare a thought  
For those with nought  
Out on the street  
No one to meet

Wish for peace  
And war to cease  
Have Christmas full of cheer  
Wish everyone a Happy New Year.

RYDER 2023

Merry Christmas and a Happy New Year to everyone  
ALL RIGHTS RESERVED





# UKULELE RAP

(OR YOU KIA (M)EL AND ME)

Nice to meet  
Tap that beat  
Play and sing  
With G string  
Struck a chord  
Not get bored  
Fingers where?  
Up down there  
Uke out of tune  
Fix quite soon  
Voices singing  
Rhythm ringing  
Not a clue

We will rock you.

Basic strum  
Need that drum  
Tap on wood  
Sounds quite good  
Found A seven  
I 'm in heaven  
Just need C  
Sounds ok to me  
Course so slick  
Passed too quick  
Need more time?

For darling Clementine

Good to meet  
Soon on street  
Meet like that  
Buskers' hat  
Out with refrain  
All singing in the rain  
Played so well  
Thanks to Mel  
Heaven sent  
Time well spent

Thanks for coming here

Please come back next year

As music provider

Goodbye from Kia Mel and Ryder

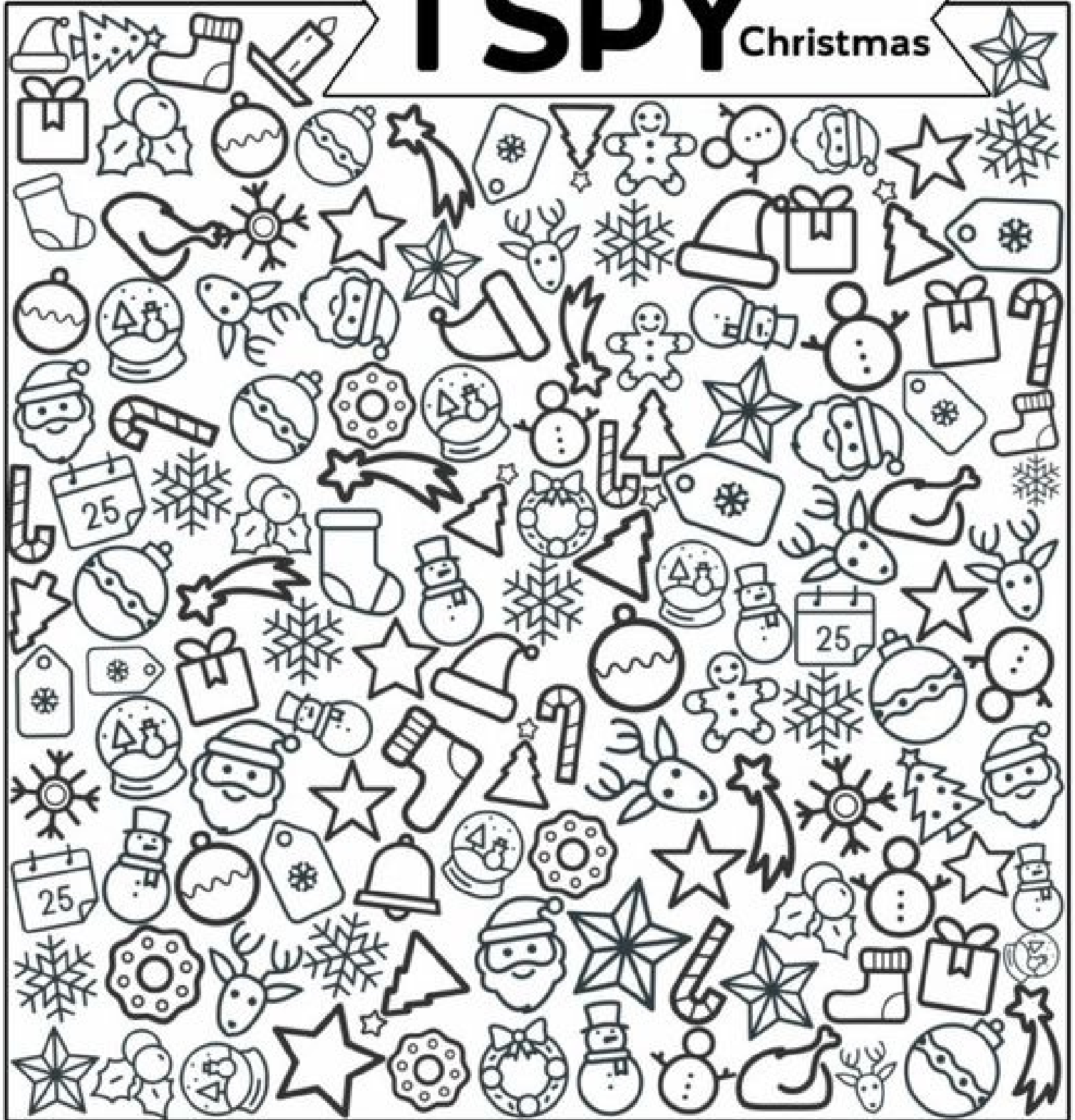
RYDER 2023

ALL RIGHTS RESERVED

THIS RAP WAS WRITTEN FOR THE STUDENTS ON A RECENT SUCCESSFUL LEARNING TO PLAY A UKULELE COURSE



# I SPY Christmas



- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 |  | 4 |  | 4 |  | 2 |  | 4 |  | 5 |  | 7 |  | 4 |  | 6 |  | 5 |  |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 4 |  |
| 3 |  | 2 |  | 4 |  | 6 |  | 2 |  | 7 |  | 3 |  | 9 |  | 6 |  | 3 |  |





# CHRISTMAS QUIZ

## Picture Round



Identify the festive films





# MERRY CHRISTMAS

