

Newsletter



12 December 2023

Edition 121

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Newsletters will be every two weeks. The next newsletter will be in January 2024. We will be in touch in the new year regarding the next newsletter and submission deadline date.



Network Updates

We have a google drive where leaflets/newsletters are stored

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

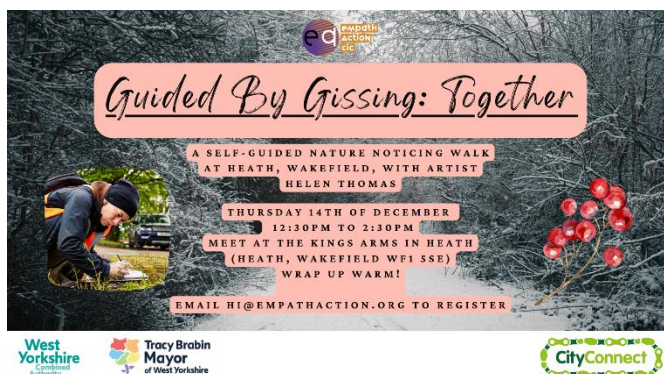
Previous newsletters can also be found here: [Positive Mental Health Network newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

Note from the Network

The Positive Mental Health Network wishes everyone a Merry Christmas (or happy holidays if you don't celebrate) and a Happy New Year. We hope everyone has a restful and joyful festive period however you're spending that time. We'll see you with a new newsletter in the New Year!

Services, Groups & Community Courses

Guided By Gissing: Together



Join Empath Action CIC and the wonderful artist Helen Thomas for a self-guided noticing walk in Heath. Learn to capture what you see and connect with nature!

We'll meet in the Kings Arms so we can keep warm, and then head out on the common where Helen will help us record what we see: that might be art, that might be Haiku, or it might be photography. Then we'll double back to the Kings Arms to get warm and discuss the walk and the things we've seen.

Register your interest: hi@empathaction.org

#GuidedByGissing is supported by City Connect with the aim of helping people get active in our district.



Join Appletree Women's Only Group



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 WFI 5AE, and you'll
find us down the long driveway opposite Newland St



Connect!



**Grow
with us!**



Learn!



**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

**LEVELLING
UP**

West
Yorkshire
Combined
Authority

Tracy Brabin
Mayor
of West Yorkshire



Spectrum
People



TURNING POINT
Inspired by possibility 

Weekend Workshops

Winter Wellness
Sunday 10th December
11:30am-1.00pm

Learn coping strategies for beating the winter blues and why the changes in season can have such an impact on the way we think and behave.

Improving Sleep
Sunday 10th December
1pm-2.30pm

This workshop will cover your sleep problems by looking at unhealthy and healthy patterns. You will have a better understanding of what constitutes poor sleep and what you could do to improve this.

Book via our website now:
talking.turning-point.co.uk/wakefield/
01924 234 860

**Wakefield IAPT
Talking Therapies**

Working together:  **NHS**
The Mid Yorkshire Hospitals
NHS Trust

If you would like to attend or you know someone that would, please send them the following link to register or follow the link in the PDF <https://talking.turning-point.co.uk/workshops>



Bring Me to Life Christmas Buggy Walk & Social

Christmas Buggy Walk & Social



Join us for a gentle walk, fresh air, and friendly conversations at our Buggy Walk and Social!

Enjoy a leisurely stroll and connect with others in a relaxed environment. After our walk, we'll head back to the Red Roof Centre, where you'll be treated to a free hot drink and enjoy some friendly conversation.



Wednesday 20th December
**10am - 11.30 - Meet at The Red roof Centre, Wakefield Road,
Kinsley WF9 5BP**

To register please contact
catherine@bringmetolife.co.uk





Buggy Walk & Social starting 12 January

Buggy Walk & Social

A safe and welcoming walk for women who have or who are caring for young children/babies.



Join us for a gentle walk, fresh air, and friendly conversations at our Buggy Walk and Social!

Enjoy a leisurely stroll and connect with others in a relaxed environment. After our walk, we'll head back to the Red Roof Centre, where you'll be treated to a free hot drink and enjoy some friendly conversation.

**Starting Friday 12th January 2024 for 8 weeks
(12th January - 1st March)**

**Fridays @ 10am - 11.30 - Meet at The Red roof Centre, Wakefield
Road, Kinsley WF9 5BP**

To register please contact catherine@bringmetolife.co.uk





Wakefield Safe Space

Wakefield Safe Space

 **07776962815**

Open Every Day.
Call from 6pm.
Phoneline open until Midnight.

We Listen If You Are...

- Feeling stressed, anxious or depressed
- Struggling to cope
- Have thoughts of self-harm
- Have thoughts of suicide

We aren't doctors or nurses, but we are all highly trained in Mental Health Support and Suicide Prevention



Ground Floor, Prosper House
Upper Warrengate
Wakefield
WF1 4JZ

(Opposite Warrengate Medical Centre)

If you are unable to drive or pay for public transport we can pay for Taxi's to and from our support



Who We Support

- ✓ Anybody aged 16+ in the Wakefield District
- ✓ Same night support
- ✓ No waiting list or need for a professional referral



Types Of Support

- ✓ 1 to 1 supports.
These are 45minutes and you may be offered a support time from 19:30 to 22:30, depending on staff availability on the night.
- ✓ Social space to talk to others 8pm to Midnight







From 1st January 2024 Our Name Is Changing



Here For You

Out Of Hours Support In A Safe Space

  WakefieldSafeSpace
  @WakefieldSafe



Gasped Hours over Christmas

Date	Opening	Group
Fri 22 nd Dec	9AM – 1PM	<u>MORNING GROUP</u> 10:00 – 12:00 Room 5, Airedale Library, The Airedale Centre, Castleford, WF10 3JJ
Mon 25 th Dec	CLOSED	NO GROUP
Tue 26 th Dec	CLOSED	N/A
Wed 27 th Dec	CLOSED	N/A
Thurs 28 th Dec	CLOSED	N/A
Fri 29 th Dec	CLOSED	NO GROUP
Mon 1 st Jan	CLOSED	NO GROUP
Tue 2 nd Jan	9AM – 5PM	N/A


The first group in the new year will be **Friday 5TH January**.

Support available for male victims of domestic and sexual abuse


MVDA
01924 787507

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.



GASPED






MVSA
01924 787507

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.



Charity: 1072174
Company Registration: 03580792



Coffee Evening @ Eastmoor Dragons

**MAN
MATTERS**

COFFEE EVENING @ EASTMOOR DRAGONS

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



Coffee Morning @ Airedale Library

**MAN
MATTERS**

COFFEE MORNING @ AIREDALE LIBRARY

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

Next Newsletter Date: Date to be announced in Jan 2024

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Submission Deadline: Date to be announced in Jan 2024



Male Sexual Violence Survivors Online Psych-Educational Group



ben's place

SPECIALIST SUPPORT
FOR MALE SEXUAL ABUSE SURVIVORS

Male Sexual Violence Survivors Online Psych-Educational Group

Meet other men who have been
through similar experiences.

- Free and Confidential
- For anyone who identifies as male
- Facilitated by professional trained workers.

8-week program:

Session #1: Introduction to Foundations

- > Establish group guidelines and create a safe and supportive environment.
- > Discuss hopes and aspirations for the group and individual goals.

Session #2: Self-care

- > Explore common effects of sexual violence on male survivors.
- > Provide strategies and techniques to enhance safety and promote stabilization.
- > Emphasize the importance of self-care in the healing process.

Session #3: Challenges Men Face

- > Discuss barriers and challenges men often encounter when disclosing their experiences.
- > Address societal norms, stereotypes, and stigma that may discourage disclosure.
- > Share strategies for overcoming these challenges and finding support.

Session #4: Re-viewing the Past

- > Examine the impact of silence and secrecy on survivors.
- > Address self-blame, guilt, and shame that may result from the trauma.
- > Explore ways to reframe the narrative and foster self-compassion.

Session #5: Mid-group Review

- > Review progress and experiences within the group.
- > Explore emotions and engagement in daily life.
- > Share successes, challenges, and insights gained so far.

Session #6: Developing Healthy Relationships

- > Discuss trust, intimacy, and sexuality in the context of healing from sexual violence.
- > Explore healthy relationship dynamics and communication skills.
- > Address any concerns or difficulties participants may have in forming and maintaining relationships.

Session #7: Justice/Injustice, Revenge, Telling, and Moving Forward

- > Examine participants' feelings about justice, injustice, and seeking revenge.
- > Discuss the benefits and challenges of disclosing the abuse to others.
- > Explore strategies for moving forward and reclaiming personal power.

Session #8: Consolidating Learning & Building a Valued Life

- > Reflect on the learning journey throughout the program.
- > Review key concepts, skills, and strategies covered in previous sessions.
- > Encourage participants to set goals and create a plan for a valued and fulfilling life moving forward.

Note: Each session will include a combination of psychoeducation, group discussions, experiential activities, and opportunities for participants to share their experiences and support each other. The facilitators aim to create a safe and non-judgmental atmosphere, respecting individual boundaries and confidentiality.

Adapted from the Living Well Foundation Model.

A Project by Survivors West Yorkshire

T: 07393 140 250
E: Ops@survivorswestyorkshire.org.uk
www.survivorswestyorkshire.org.uk
Charity No: 1198928

Places only available for Bens Place One to One clients – email ops@survivorswestyorkshire.org.uk to book a place

Supported by





Free Online Specialist Counselling for Male Survivors

FREE ONLINE SPECIALIST COUNSELLING FOR MALE SURVIVORS

DOCTOR

MUSICIAN

TEACHER

BROTHER

COACH

BUSINESSMAN

FATHER

ben's place
SPECIALIST SUPPORT
FOR MALE SEXUAL ABUSE SURVIVORS

Sexual abuse is something that I experienced
IT'S NOT WHO I AM...



survivorswestyorkshire.org.uk

Ben's Place is a Survivors West Yorkshire project

With thanks to Living Well for granting permission to adapt the poster

Charity No. 1188928



Wakefield Recovery College Upcoming 2024 Courses





Wakefield Recovery College Creative Fitness Course

**FREE
course**

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

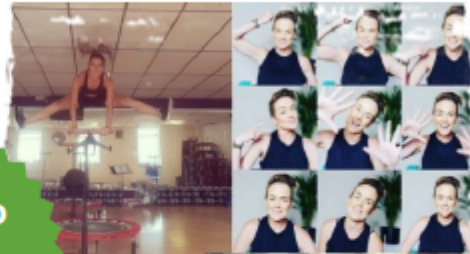
Creative fitness – trying something new for a better physical & mental wellbeing

Have you always hated the gym? Perhaps you've never found a kind of exercise or activity to keep you fit and healthy that you've actually enjoyed? Maybe you, like many many people, find gyms and fitness classes intimidating, anxiety provoking and uncomfortable? During our 12 week creative fitness course, run in partnership with Vibe Fitness, you'll get the opportunity to try some completely new and unusual fitness styles and classes that will show you what alternative (and most importantly fun!) types of exercise are out there. You'll try things such as Boogie Bounce, rocking out with drumsticks in Pound, combat style sessions in the form of Badass and Boxercise, and stretching and toning using giant rubber bands in Body Bands! You'll get to see the positive effect that this will have on your mental wellbeing, as well as your physical wellbeing, and will do so in a comfortable, welcoming, small and friendly setting. Please note that you can join this at any time within the 12 week course and join for as long or as little as you like. Please ensure you bring a bottle of water with you and wear appropriate clothing and footwear for exercise.

24th of January 2024- 11.00am-12.00pm

12 Weeks

Vibe Fitness, 26 Wakefield Road,
Normanton, WF6 2BT



Face to
face
18+

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

With all of us in mind.

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



Wakefield Discovery College Galaxy Painting Course

**FREE
course**



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Galaxy Painting

Using space as our theme you will produce a piece of art using foil paper, and acrylic paints on black card ending up with your own galaxy painting!

No experience needed, as full instructions and resources are provided.

This is a chance to relax, connect with other like-minded people in a calm and safe environment.

Art can increase our positive emotions, and lessen depressive symptoms. It can also reduce stress and anxiety. Helping us create works of beauty, problem solve, and refresh our bodies and our minds.

25 January 2024- 10am-12pm

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



Professional Education & Training

Parent Group Leader Training

For parents and volunteers wanting to provide peer to peer support

Empowering Parents Empowering Communities (EPEC)

Course Aim:

To train parents and volunteers to become Parent Group Leaders (PGLs), who will learn the skills, knowledge and key concepts to be able to deliver EPECs Being a parent course.

Course outcomes


- To understand the Being a Parent curriculum
- Gain the skills to lead and facilitate your own parenting programme.
- Learn to create a welcoming, friendly and knowledgeable place to share experiences openly and confidentiality.
- To gain understanding about group dynamics, and the importance of diversity

Course details/ key concepts

Learning takes place through group work, practical exercises and discussions.


You will be supported throughout the training process and beyond by facilitators and will complete a reflective journal.

12-week course 9.30-2.30 Term time



Contact Adrienne on
07721566050
aburras@wakefield.gov.uk

Contact your nearest hub for more information



Scan for Local Hub contact details



We are looking for enthusiastic individuals who could deliver our EPEC Being a Parent course. All training will be provided.

You will receive travel/mileage expenses.



Job/ Volunteer Opportunities


Following a successful launch of our new service in September , we are now recruiting another full time team member .

Here is a link with details & documents enclosed [Vacancy: Mental Health Outreach Worker – Community Enablement Team - Touchstone \(touchstonesupport.org.uk\)](https://touchstonesupport.org.uk)

Touchstone (registered charity No. 1012053) is a leading voluntary sector agency providing high quality services to improve the health and wellbeing of local people.

Mental Health Outreach Worker- Community Enablement Team
NJC Scale Points 18 – 22, starting at £29,269 pa
37 hours per week

This role is fixed term up to March 2025.



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

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

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

Online Information Session 1: Friday 15 December 2023 at 12:00pm via TEAMS:
[Click here to join the meeting](#) Meeting ID: 362 657 156 787 Passcode: R9SSNS


Online Information Session 2: Friday 05 January 2024 at 9:00am via TEAMS:
[Click here to join the meeting](#) Meeting ID: 385 352 030 228 Passcode: tsrnFN

CLOSING DATE: Monday 15th January 2024
Interviews will be held on: Wednesday 29th January 2024

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

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

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





Surveys, Campaigns, New Websites & Other Newsletters

Be a Winter Hero Campaign

BE A WINTER HERO

Champion your health this winter

- Get your winter vaccines if you're eligible
- Sharing isn't caring - catch your coughs and sneezes in a tissue, and wash your hands often
- Try to keep warm, especially in your home
- Look after your mental health and wellbeing
- Check in with your family and neighbours to make sure they are well

Scan for more information

For more tips and advice, visit wakefield.gov.uk/be-winter-heroes





The Supporter Newsletter

Click here to view December's edition of The Supporter Newsletter:

www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2023/12/Newsletter-The-Supporter-Edition-175-01-December-2023-.pdf

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

Harnessing the Power of Communities Newsletter by WY Health & Care Partnership

View all their newsletters from this year here: <https://www.wypartnership.co.uk/our-priorities/harnessing-power-communities/programme-news>

Mental Health and Money Advice

Maintaining your mental wellbeing is important but one of the things that can impact your wellbeing is money problems. Having problems with money can be difficult to discuss with someone else.

For more information, advice and support, click [here](#).