



# Positive Mental Health Network

## Christmas Events and Activities 2023



Members of the Positive Mental Health Network provided the following information for your use and sharing. However, the network is not responsible for the accuracy of the contents, and you are strongly advised to book or contact the event/activity organiser directly to ensure that the event/activity is still taking place. You are also strongly advised not to arrive without booking a place, if booking is required. Christmas is believed to be a time to reconnect with friends and family while also having fun. However, it can also be a time of loneliness. We hope this information is useful, particularly for people in our communities who are socially isolated or lonely over the Christmas and holiday season.



### Christmas Lunches

Who	Where	Time & Booking info
Pontefract Community Kitchen	Situated in the square near the kiosk shop opposite Pontefract bus station.	25 <sup>th</sup> December Open Christmas day morning to anyone in need. Providing a full English breakfast.
St Georges Church	St George's Road Wakefield, WF2 8AA	26 <sup>th</sup> December 12:30 – 1:30

	United Kingdom	Contact: 01924 787801 Email: <a href="mailto:info@stgeorgeslupset.co.uk">info@stgeorgeslupset.co.uk</a>
<b>Featherstone Community Centre</b>	Featherstone Community Centre Hall Baneberry Dr, Featherstone, Wolverhampton WV10 7TR	Monday 18 <sup>th</sup> December 11:30am - 2:00pm  Contact:01902 734524
<b>Fitzwilliam Community Centre</b>	Wakefield Rd, WF9, Fitzwilliam, Pontefract WF9 5AP	Tuesday 19 <sup>th</sup> December 10:00am - 3:00pm  Contact: 01977 617617
<b>Airedale Café</b>	Airedale Cafe area (next to library) The Airedale Centre, The Square, Castleford WF10 3JJ	Wednesday 20 <sup>th</sup> December 10:00am- 3:00pm  Contact: 07490 131184
<b>Outwood Memorial Hall</b>	1-2 Victoria St, Outwood, Wakefield WF1 2NE	Thursday 28 <sup>th</sup> December  Booking is required. Contact: 01924 565 330 to book a place £5 per head 12:30-3pm

 **Home Instead** presents...

Wakefield X-Mas Special  
*Friendship* Lunch 

**Dress code**  
Dress to impress



**Price**  
£5 per head

**Date**  
Thurs 28th Dec

 **Outwood Memorial Hall**  
1-2 Victoria St, Outwood,  
Wakefield WF1 2NE



12.30PM - 3PM

**Food choices** Pie and peas, steak pie, pork pie, chicken pie and cheese onion pasty (veg).  
Entertainment & Christmas music  
Bingo, X-Mas party games and Raffle

**Booking is required.**  
Contact the office to book your place  
**01924 565 330**  
"Why not join us and make some new friends?"

[www.homeinstead.co.uk/wakefield](http://www.homeinstead.co.uk/wakefield)  
Wakefield Friendship Lunches are sponsored by Home Instead Wakefield



**St Georges Community  
Centre**



St George's are excited to provide these activities for a variety of ages and interests!

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

**FEEL HAPPY. WELCOME + PART OF SOMETHING**

<p><b>FESTIVE FUN</b></p> <p><b>Saturday 2nd December 13:00-16:00</b></p> <p>Join us for our community Christmas fun day, run with St George's Church Lupset.</p> <p>We'll have games, crafts, face painting, plus a visit from Santa! Free food plus the cafe tuck shop open.</p> <p>No need to book - just turn up!</p>	<p><b>WREATH-MAKING</b></p> <p><b>Various dates 3 hour workshops</b></p> <p>Make your own festive felt wreath for just £7pp (booking fees may apply).</p> <p>Dates available (pick one):</p> <ul style="list-style-type: none"> <li>Monday 4th December 10:00-13:00,</li> <li>Friday 8th December 13:00-16:00,</li> <li>Saturday 16th December 11:00-14:00.</li> </ul>
<p><b>WARM SPACES</b></p> <p><b>Friday 8th December 16:00-18:00</b></p> <p>Get together at our centre after school with free heating and wi-fi, craft activities with artists from The Hepworth, PLUS a free meal.</p> <p>Second Friday of the month, December 2023 - March 2024.</p> <p>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.</p>	<p><b>FAMILY CRAFTS</b></p> <p><b>Saturday 16th December 11:00-14:00</b></p> <p>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.</p> <p>Runs alongside the third wreath making workshop (listed above).</p> <p>No need to book - just turn up!</p>



Book online or in-person (cash only)

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

01924 369 631 St George's Lupset

## Thornycroft Centre

Join Ciswo's annual Christmas party! Filled with live music, games, quizzes and a three course Christmas lunch!



You're invited to our

# Christmas Party

Join us for our annual Christmas party. Running Tuesday - Friday, enjoy live music, bingo & quizzes, a three-course Christmas lunch, a festive raffle and more.

**£10 per person**

**12th - 15th December | 10am - 3pm**

Location :  
Thornycroft Centre, Halfpenny Lane, Pontefract, WF8 4AY

01977 703384  
[thornycroft@ciswo.org.uk](mailto:thornycroft@ciswo.org.uk)

## Mindful Movers

Mindful movers are a diverse group of people that appreciate being outside in green spaces. The group walk, jog, run, participate in sports and alternative activities such as circuits, orienteering, and bushcraft more together.

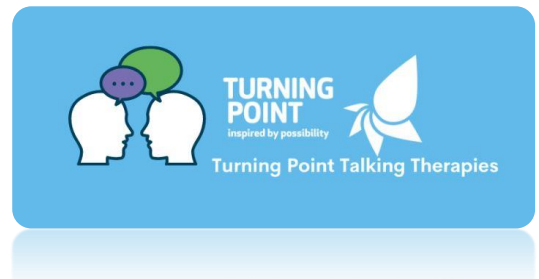
Mindful Movers will have their usual free walk and talk session on Friday 22nd December and Friday 29th December. They meet by the tree stumps in the carpark opposite Thornes Park Stadium shortly before 10 a.m. The walk normally ends at 11 a.m. and covers about 2 km.

Contact info: 07742 428216 [runwalktalkmm@gmail.com](mailto:runwalktalkmm@gmail.com)



## Turning Point

Turning Point offers free Talking Therapies to help people build the skills and the resources they need to deal with life's obstacles. Qualified therapists chat with you about what you're going through and what coping skills could help you manage stress and negative thoughts or build resilience. Services have been developed to assist those who are experiencing poor mood, depression, anxiety, or stress, among other specific concerns.



**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](mailto:wakefield.talking@turning-point.co.uk)  
 01924 234860  
 [www.talking.turning-point.co.uk](http://www.talking.turning-point.co.uk)

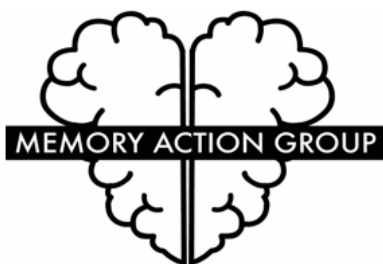
 SCAN ME  


**TURNING POINT TALKING THERAPIES**

**TURNING POINT**  
inspired by possibility

## Memory Action Group

The Memory Action Group is an open-access service. Refreshments, activities, games, information, support, day trips, entertainment, and friendships are all available through the service. Memory Action Group is open on Friday, December 22nd, Wednesday, December 27th, Friday, December 29th, and Wednesday, January 3rd. These are drop-in centres for individuals living with dementia and their caregivers.



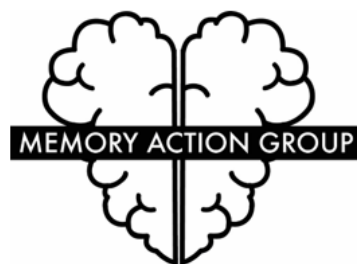
A PEER SUPPORT GROUP FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS (Registered Charity No 1203322)

### Drop in Centre

At West Wakefield Methodist Church (**Lower Hall**),  
Thornes Road, Wakefield, WF2 8QR

Open every Wednesday 2pm – 4pm and every Friday 2pm  
– 4pm (fourth Friday each month in **upper hall** for  
Singalong & Dancing).

For Further information contact Jan on 01924 365213,  
07963 568892 or [memoryactiongroup@gmail.com](mailto:memoryactiongroup@gmail.com)



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## LSLCS

LSLCS was established and is still managed by people who have first-hand experience with mental health issues. They each have their own unique perspective on what it's like to be in a crisis and what works and what doesn't. LSLCS services will be available as usual during the festive period; emotional support will be provided to persons who are lonely, isolated, nervous, or depressed, or may be in a crisis.

***The catchment area is WF3, WF10, and Leeds postcodes as well as BD4 and BD11***



- Teen Connect Helpline (ages 11-18 and parents/carers) open every evening until 2am [www.teenconnect.org.uk](http://www.teenconnect.org.uk)
- Safe Zone (face to face support for ages 11-17 and parents/carers) open 3 evenings a week [www.safezoneleeds.org.uk](http://www.safezoneleeds.org.uk)
- Connect Helpline ages 19+ is open every evening 6pm – 2am <https://www.islcs.org.uk/services/connect-helpline/>
- Dial House (face-to-face) for ages 16+ is open 5 evenings a week- <https://www.islcs.org.uk/>
- For any young person or parent/carer living in West Yorkshire Night OWLS Helpline is open 8pm – 8am <https://wynightowls.org.uk/>

The below videos will give you an overview of the services and how best to contact them.

Teen Connect - <https://www.youtube.com/watch?v=fhWGI8bCzBs>

Safe Zone - <https://www.youtube.com/watch?v=BCIW3XEicqM>

Connect Helpline - <https://www.youtube.com/watch?v=ygi2vWftR5k>

Dial House @ Touchstone - <https://www.youtube.com/watch?v=Ek6rG6n6ZUU>

Dial House – <https://www.youtube.com/watch?v=i1GxyjJOcF0>

Night OWLS (Overnight West Yorkshire Listening Service) - <https://www.youtube.com/watch?v=SKBYOfWh6RI>

## 5 Towns Veterans Support Hub

The 5 Towns Veterans Support Hub at Purston Park [5 Towns Veterans Support Hub](#) will be offering a hot drink and warm space Monday to Friday 09:30-12:30 (excluding Public Holidays). Contact number is 0800 6990552 when closed.



## WEA

Free online courses will be provided over the holiday season.



See below for available courses, course times, and how you can sign up!



# Beat loneliness during the holidays

FREE courses

Do you find the festive season challenging or lonely? Take a break from the noise and chaos of Christmas and join WEA tutor Jane Williams for a trio of charming and FREE online courses over the holiday season. Whether you try one or all, search the course codes to find out more and sign up.



**Mythology of the winter sky**

When: 21/12/23  
Time: 5:00pm – 6:30pm  
Course code: Q00012522  
Cost: Free

**The 12 lunches of Christmas**

When: 25/12/23  
Time: 5:00pm – 6:30pm  
Course code: Q00012529  
Cost: Free

**Garden birds at Christmas**

When: 26/12/23  
Time: 5:00pm – 6:30pm  
Course code: Q00012524  
Cost: Free

**Sign up now:**

Simply visit [thewea.info/findmycourse](https://thewea.info/findmycourse) or call 01332 002193




If you receive certain benefits you may be entitled to a free course. Scan this QR code to book online, using a smartphone or tablet.

## Wakefield Council Opening times.

Opening hours for Libraries, markets, parks, museums and more, can be found here: <https://www.wakefield.gov.uk/contact-wakefield-council/christmas-and-new-year-opening-times/>

### Wakefield One and Wakefield Town Hall Christmas and New Year Opening Times 2023 / 24





Date	Opening hours
Friday 22 <sup>nd</sup> December	8:30am-5pm



Saturday 23 <sup>rd</sup> December-Monday 1 <sup>st</sup> January	Closed
Tuesday 2 <sup>nd</sup> January	8:30am-5pm

## Available helplines

Helpline	Contact Information
Age UK advice line 	01977 552114 (regular friendship service) 0800 678 1602  Free to call 8am-7pm 365 days a year.  Age UK is supporting older people through the cost-of-living crisis.
Samaritans 	116 123 <a href="http://www.samaritans.org">www.samaritans.org</a>  Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress or struggling to cope.
Live Well Wakefield 	01924 255363 Monday-Friday 09:00-17:00  Live Well Wakefield is a referral-based social prescribing and supported self-management service for individuals (18+) who live in the Wakefield District or have a Wakefield GP.
C.A.L.M Helpline 	0800 58 58 58 Open 365 days a year 5pm-12am  <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>  CALM provides support for anyone who needs it. CALM provides a free, anonymous and confidential services.
SANE Line 	0300 304 7000 Open 365 days a year from 4pm to 10pm  National out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

<p>Papyrus Helpline</p> 	<p>0800 068 41 41 9am-12pm 365 days a year 01274 875587 9am-5pm Monday-Saturday</p> <p>PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK, and the promotion of positive mental health and emotional wellbeing in young people.</p>
<p>Wakefield Safe Space</p> 	<p>07776 962 815</p> <p>Open after 6pm every evening for those ages 16 and over at Prosper House (formally Caduceus House), Upper Warren gate, Wakefield, WF1 4JZ (next door to Warren gate Medical Centre).</p> <p>1 to 1 support available between 7:30-10:30pm</p> <p>Wakefield Safe Space support anyone in the Wakefield District aged 16 or over who feels they need someone to listen and speak through their mental health challenges in a safe, friendly, and non-judgmental environment.</p>
<p>Kooth</p> 	<p>020 3984 9337</p> <p>Open 24 hours a day, 365 days a year</p> <p><a href="#">Home - Kooth</a></p> <p>Kooth is a free online mental health and emotional wellbeing support service for children and young people.</p>
<p>THE MIX</p> 	<p>0808 808 4994</p> <p>Text THEMIX to 85258</p> <p><a href="http://www.themix.org.uk">www.themix.org.uk</a></p> <p>The Mix is a UK based charity that provides free, confidential support for young people under 25.</p>




-The five ways to wellbeing are:

- **Connect** – spending time developing relationships with your family, friends, colleagues, and neighbours will help boost your mental wellbeing.
- **Take notice** – being aware of the present moment, including your thoughts and feelings, your body, your family and friends, and the world around you will help boost your mental wellbeing.
- **Be active** – finding an activity that you enjoy and making it a part of your life will help boost your mental wellbeing.
- **Give** – even the smallest act, whether it's a smile, a thank you or a kind word, or a larger act such as volunteering will help boost your mental wellbeing.
- **Keep learning** – whether it's learning how to cook, about your family history, or a new language, learning new skills can give you a sense of achievement and a new confidence, and will help boost your mental wellbeing.
- Making a few positive changes will help reduce your risk of developing a mental health problem, such as stress, anxiety, and depression. This can have a significant impact on your quality of life.
- Learn more at [www.nhs.uk](http://www.nhs.uk) And [Five ways to positive mental wellbeing - Wakefield Council](#)



# 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