



The Supporter Newsletter

05 January 2024



Credit: @adoseofreminders

01924 316946

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk
 wakefielddiscoverycollege@swyt.nhs.uk

facebook.com/wakefieldrecoverycollege
 facebook.com/wakefielddiscoverycollege

@WF_RecoveryColl
 @WakefieldDC




@Wakefieldrecoverycollege
 @Wakefielddiscoverycollege

With all of us in mind.

Read the latest blog by Emily on our website.

<https://www.wakefieldrecoverycollege.nhs.uk/blog/my-couch-to-5k-journey-week-1-getting-dressed/>

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
 28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

Vacancy: Eastmoor Community Project Limited
Based at: St. Swithun's Community Centre
Job Title: Centre Support/Community Pantry Administrator
Hours: 37.5 per week
Salary: £26,800 per annum

MAKE A
difference

Are you looking for a role with meaning? Do you want to work in the community to make a real difference to the lives of people living in Eastmoor and the surrounding area?

Then this is the role for you!

Eastmoor Community Project is a small, vibrant, charitable voluntary community organisation, based on Eastmoor estate and we are currently looking to recruit an Administrator to support our Community Pantry and General Office

As a registered charity, we look to provide support and advice to our community members, aiming to generate and maintain community involvement and build long term capacity for local residents

We do this by working with our local community to assess local needs and respond accordingly, working with partners and stakeholders to identify gaps in provision.

During these unusual times, the demand for support has been greater than ever. We respond in many ways, including the provision of a Community Pantry which requires co-ordination and supporting our volunteers.

All of which makes the role more than just Administration; it offers varied and challenging work, giving a real opportunity to make a difference.

To find out more and for an application pack, please contact us on

01924 361212 or email

info@eastmoorcommunity.co.uk .

Closing Date for Applications 19 January 2024





WE ARE HIRING

JOB POSITION:

MAN MATTERS' SUPPORT WORKER

9am to 5pm - 30 hours a week - Flexible.

(with potential to increase hours.)

Occasional weekend and evening work.

Offering 1-2-1 Support to clients.
Facilitating Coffee Groups & Workshops.

APPLY NOW:

<https://linktr.ee/gaspedofficialjobs>



Charity: 1072174
Company Registration: 03580792

**Order repeat
prescriptions
on the
NHS App**



TOGETHER
WE CAN
CHOOSE
WELL



MENTAL HEALTH

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



TOGETHER
WE CAN
STAY HEALTHY



PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINE247

0800 068 4141
07860 039 967
pat@papyrus-uk.org



JOIN BRING ME TO LIFE FOR AN ESCAPE TO EDENS FOREST IN HONLEY. A 30-ACRE WOODLAND SANCTUARY FOR A REJUVENATING WELLBEING DAY.

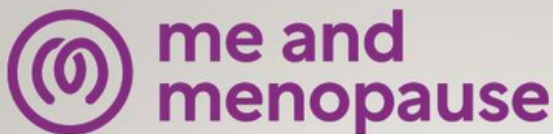
NESTLED WITHIN NATURE YOU CAN ENGAGE IN DIVERSE, SEASONAL ACTIVITIES USING NATURAL RESOURCES, FROM BUSHCRAFT TO CAMPFIRE COOKING.

JOIN US ON THIS JOURNEY OF SELF-DISCOVERY, BALANCING MIND AND BODY AMIDST THE THERAPEUTIC EMBRACE OF NATURE.

WHEN: WEDNESDAY 17TH JANUARY 2024
TIME: 10AM - 2.30PM
SESSIONS ARE FREE AND LUNCH IS PROVIDED. HOWEVER, WE DO REQUIRE A £7.50 NON-REFUNDABLE DEPOSIT TO SECURE YOUR PLACE



Me & Menopause



Struggling with Menopause? Is this you?

At Red Roof Centre we have FREE Menopause information sessions that are welcoming and tailored for anybody who wants to learn more about this topic together with tips to help you through this journey

2 x 2.5 Hour sessions (must attend both)

Thursday 11th January AND Thursday 18th January
 6pm to 8.30pm

FREE Tea and Coffee

Please email tcarrington@kinsley-fitzwilliam.org.uk to book your place

Red Roof Centre
 Wakefield Road
 Kinsley
 WF9 5BP



FREE EMOTIONAL WELLBEING WORKSHOPS



TURNING POINT TALKING THERAPIES

Delivered by qualified therapists and co-produced by experts by experience, 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

 wakefield.talking@turning-point.co.uk

POSITIVE BODY IMAGE

Sun 7th Jan: 11:30am - 13:00pm

BOOSTING LOW SELF ESTEEM

Sun 7th Jan: 13:00pm - 14:30pm

KEEP MOVING FORWARD

Wed 10th Jan: 14:00pm - 15:30pm

JANUARY BLUES WELLBEING WORKSHOP (Socialicious Recovery Hub - WF1 1PN)

Thurs 11th Jan: 13:30pm - 14:30pm

FINANCIAL WORRIES

Sun 14th Jan: 11:30am - 13:00pm

MANAGING ANXIETY & WORRY

Sun 14th Jan: 13:00pm - 14:30pm

SUPPORTING SINGLE PARENTS

Sun 14th Jan: 10:30am - 12:00pm

NAVIGATING RELATIONSHIP BREAKDOWNS

Sun 14th Jan: 13:30pm - 15:00pm

JANUARY BLUES WELLBEING WORKSHOP

Mon 15th Jan: 12:00pm - 13:00pm

SUPPORTING NEW PARENTS

Wed 17th Jan: 10:00am - 11:30am

HOW TO BE KIND TO YOURSELF

Sun 21st Jan: 11:30am - 13:00pm

EXPLORING GRIEF & DEPRESSION

Sun 21st Jan: 13:00pm - 14:30pm

SUPPORTING NEW DADS

Thurs 25th Jan: 17:30pm - 19:00pm

SOCIAL MEDIA PRESSURES

Sun 28th Jan: 11:30am - 13:00pm

CARING FOR CARERS

Sun 28th Jan: 13:00pm - 14:30pm

*All are delivered via TEAMS, unless otherwise stated.

TURNING POINT
TALKING THERAPIES



@wakefieldtalkingtherapies

FREE FACE TO FACE WELLBEING WORKSHOP

JANUARY BLUES

Thursday 11th January
13:30pm - 14:30pm

Socialicious Recovery Hub
1A Westmorland Street
Wakefield WF1 1PN



This workshop is a great introduction to all round good wellbeing advice, to help challenge those new year January Blues.

Delivered by a qualified therapist and co-produced by experts by experience, this informal workshop shares top tips for staying well, building resilience, managing stress and negative thoughts. Whilst learning about recognising any early warning signs of poor mental health and how to access further help if needed.

Drop into this free workshop to beat those January Blues and benefit great self-care within your mental health care plan.

NHS

GET VACCINATED. GET WINTER STRONG.

Flu and COVID-19 vaccines reduce your risk of serious illness if you have an underlying health condition

The advertisement features a woman in a winter coat sitting at an outdoor cafe table, smiling. The background shows a building with large windows.

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)



GET STARTED WITH

MINDSET AND MINDFULNESS

Everyone starts somewhere, learn from industry experts, get invaluable skill and techniques in mindset and mindfulness.

Email your local Prince's Trust team: YHOutreach@princes-trust.org.uk or chat to us via live chat:



@princestrust     

ON THIS COURSE YOU'LL:

- Receive a mindset diary
- Understand key terminology in relation to mindfulness
- Identify how to use a positive mindset to reframe a failure, using role models and finding personal strengths

DATES FOR YOUR DIARY:

Taster day: 24th Jan 2024

Course dates: 29th Jan - 2nd Feb 2024

Application deadline: 19th Jan 2024

Location: Online (MS Teams)

Eligibility criteria: Aged 16-25, not in full-time education or employment.



Prince's Trust





YOUR FUTURE STARTS HERE

Uncover new skills, gain work experience and improve your local community. All with a group of people just like you. Start Something, together.

Find out more
via webchat at:
princes-trust.org.uk



@princestrust



ON THIS COURSE YOU'LL:

- 12- week personal development programme
- Boost your confidence by taking part in adventurous activities
- Achieve an accredited qualification & complete a work-based placement
- Email us: YHOutreach@princes-trust.org.uk

DATES FOR YOUR DIARY:

Taster day: January 2024

Course dates: Jan - April 2024

Application deadline: January 10th 2024

Location: Wakefield

Eligibility criteria: Aged 16 - 25

▶ TEAM

Estates and facilities open day

NHS

South West
Yorkshire Partnership
NHS Foundation Trust



Thursday 25 January 2024

10am – 3pm

**Conference centre, Kendray Hospital, Doncaster Road,
Barnsley S70 3RD**

Come along and find out more about the career opportunities and development available in estates and facilities at our Trust, including:

- Catering
- Housekeeping
- Transport
- Portering
- Electrician
- Plumber
- Health and safety
- Fire advisor
- Security
- Joiners
- Painters
- Gardeners

Our colleagues from recruitment will also be available to offer application and interview advice.

Register your interest (optional) or find out more by emailing katie.whittam@swyt.nhs.uk

With **all of us** in mind.

West Yorkshire Energy Affordability Helpline

0800 448 0721

Dedicated Energy Affordability Advisers who can provide benefit, debt and energy efficiency advice and help you with any problems you are having with your energy supplier.

The phone line is open Monday - Friday 9am-5pm.
You can also chat from the website or complete an online form at www.citizensadviceleeds.org.uk/energy-bills/
Self help information is available at www.citizensadvice.org.uk.



Funded by UK Government

LEVELLING UP

Chase away the January Blues New Meditation Course

Make time for yourself and enjoy an hour of relaxing meditation to soothing sounds.
Then relax further over a lovely cuppa with cakes.

Starts Wednesday January 10th 2024

10.30 am to 12.00 noon



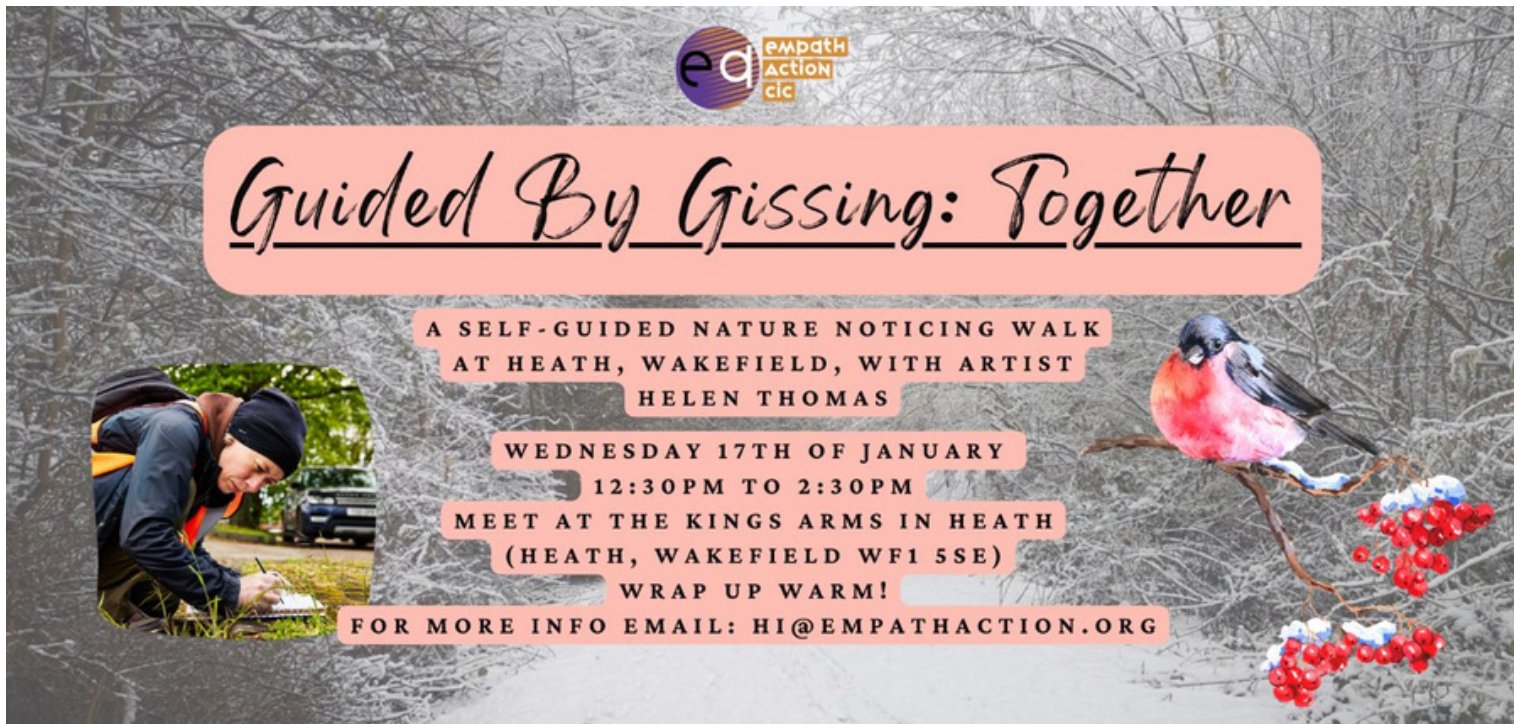
£2 to book your session - refundable on attendance


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

e: info@eastmoorcommunity.co.uk w: 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.



 **Empath Action CIC**

Guided By Gissing: Together



A SELF-GUIDED NATURE NOTICING WALK
AT HEATH, WAKEFIELD, WITH ARTIST
HELEN THOMAS

WEDNESDAY 17TH OF JANUARY
12:30PM TO 2:30PM

MEET AT THE KINGS ARMS IN HEATH
(HEATH, WAKEFIELD WF1 SSE)

WRAP UP WARM!

FOR MORE INFO EMAIL: HI@EMPATHACTION.ORG



RSVP

Please let us know which event you'll be coming to and if you'll be coming with someone you care for.

RSVP to Emma Newton – Health Improvement Specialist (Carers' Champion)
emmanewton@wakefield.gov.uk 07836 330 379

☀️ Come and join us! ☀️



Your voice matters to us:
If you care for a family member or friend who couldn't manage without your help we want to hear from you!

Refreshments provided at both events.

You are welcome to come with the person you support.

A quiet space will be available at both venues.



You're invited!



Refreshments provided

Carer Voice Network Launch Events

Find out what the Carer Voice Network is and how you can get involved

Hear updates from Council leaders about how they are prioritising unpaid carers.

Take part in discussions on carer issues and tell us what matters to you.

Ask questions, chat to service leads and get support.

☀️ **9th January 2024, 1-2:30pm- The Old Restaurant Wakefield Town Hall, Wakefield, WF1 2HQ (lift accessible)**

☀️ **10th January 2024, 10-11:30am- Sandal Rugby Club, Standbridge Ln, Sandal, Wakefield WF2 7DY (Free car parking)**



Adult Learning Within Reach

Beginners British Sign Language (BSL)

If you have contact with deaf people in your day-to-day life, you may want to take a British Sign Language course. Knowing how to sign can make your communication more inclusive for everyone you interact with. This BSL course is suitable for you if you need to communicate with deaf people in a voluntary or community role, or simply through social interactions. This course is aimed at complete beginners. You will start from scratch to learn foundational BSL skills. Learning to sign is a great skill which will enable you to communicate in a more inclusive way. This Basic Sign Language (BSL) is suitable for beginners and will explore a range of topics to help build the learner's sign language vocabulary. The course also aims to evoke a desire to learn more sign language to facilitate communication with members of the deaf community. Opportunities are available to progress to our intermediate WEA courses.

Dates:	Mon 22/01/2024 - Mon 04/03/2024
Times:	6:00pm - 8:00pm
Duration:	6 sessions
Tutor:	Caroline Cleghorn
Course code:	Q00013405
How you'll learn:	Online
Availability:	10+ places remaining
Status:	Available
Fee range	Free to £44.40

You don't have to deal with it alone

Grief is one of the most painful of all life experiences. It can impact on how we sleep, eat, engage with friends, family and our enjoyment of usual interests and activities. Adjusting to living a very changed life, in healthy and helpful ways, may demand different ways of coping with our many thoughts and feelings.

For some people, support by someone not known to them, or mutual support that can come from being with others in a group, can make all the difference. We can't change what's happened. We can help you to find your ways of coping with what's happened.

Wakefield & District

Bereavement Support Service

Provided by  THE PRINCE OF WALES HOSPICE



Care. Compassion. Community.

How to register

You can refer yourself or ask your GP or a health professional to make the referral.

- Call 01977 781452
- Email bereavement.pwh@nhs.net
- Visit www.pwh.org.uk/bereavement

GPs and health professionals should use our referral form, which can be found on www.pwh.org.uk/bereavement.

The Prince of Wales Hospice
Halfpenny Lane, Pontefract,
West Yorkshire WF8 4BG

The Five Towns Plus Hospice Fund Limited
Registered Charity number 514999,
Registered Company number 1797810

Commissioned by the Wakefield Clinical Commissioning Group



About the service

The Prince of Wales Hospice provides the Wakefield District Bereavement Support Service for the area. Our safe, non judgmental, confidential and support services are available to

- anyone over 18;
- have been bereaved longer than four months
- registered to a GP in the Wakefield area

You can refer yourself or ask a health or social care professional to make the referral.

Call: 01977 781452
Click: www.pwh.org.uk/bereavement
Email: bereavement.pwh@nhs.net



What support do we offer?

We start with a space to do an assessment which helps explore your needs, wants and support, which sometimes includes external support.

Our service may include:

Listening support

Our bereavement listeners provide a space to listen and support you through your grief. This can be face to face, telephone or online and is over 6 sessions.

Counselling sessions by trainee counsellor

Our trainee counsellors are bereavement trained and are working towards qualifying as a counsellor. They provide a space and therapeutic support over a period of 6 sessions, this can be face to face, telephone or online.

Counselling sessions by counsellor

Our counsellor offers counselling for complicated or traumatic grief such as murder, multiple complex grief and child grief to name a few. It is over a period of 12 sessions, this can be face to face, telephone or online.

Groups

It can be comforting to know that you are not alone with your feelings. We run occasional group sessions where you can meet others in similar situations. Please see our website for up to date information: www.pwh.org.uk/bereavement



Self Management Workshops

Our workshops provide an opportunity to share ideas in a small, friendly group, and learn practical skills for use in everyday life

Open to anyone aged 18+, living in the Wakefield district, or registered with a Wakefield GP, and looking to improve their wellbeing



Current workshops:

Coping with Pain

- Practice relaxation and distraction techniques
- Learn how to pace activities successfully

Boosting Self Confidence

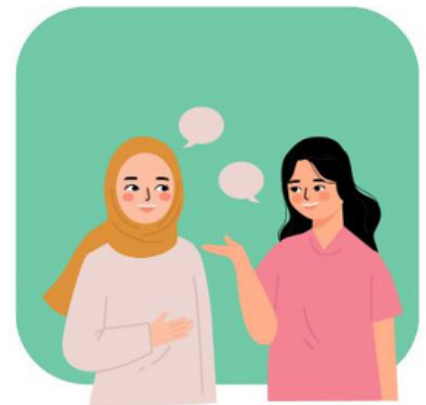
- Learn ways to improve your self-esteem
- Set goals to help improve your confidence

Feeling Positive, Busting Stress

- Challenge negative thinking and staying positive
- Learn how to recognise the early signs of stress

Managing Fatigue with Health Conditions

- How fatigue affects our mind and body
- Learn how to prioritise, plan, and pace activities



How long do workshops last?

Each workshop lasts for 1 hour, and you can take a break whenever you wish

Where do workshops take place, and what do I need to join?

All workshops take place online via the free Microsoft Teams app. You will need either a smartphone, computer or tablet, an email address, and an internet connection. We can support you to download and access Microsoft Teams

For more information please contact us: (Workshop dates are also available on our website)

Yoga
Join any week

Every Friday
10am-10.45am
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-11.30am
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

Journaling for
wellbeing

19/02/2024
10am-11.45am
Pintefract

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
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

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 gong

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

Understanding hearing voices

14/03/2024
1pm-3pm
Pontefract

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
wakefielddiscoverycollege@swyt.nhs.uk
01924 316946

Discovery College

Part of Wakefield Recovery and Wellbeing College

With all of us in mind.

**FREE
course**

Celebrate Wakefield's Year 2024 Exhibition - Creative Workshop

Our partners at the West Yorkshire History Centre are inviting students to come along to create art and craft pieces inspired by the records within the John Goodchild Collection to be part of the West Yorkshire History Centre exhibition.

John Goodchild was a local historian and antiquarian who amassed this collection over his lifetime. Believed to be one of the largest private collections relating to Yorkshire collected by a single individual, the John Goodchild Collection truly reflects our Yorkshire heritage with a wide variety of records from 12th century onwards.

You will have the opportunity to look at how the areas around us have changed, how they look now compared to the past and how would we like them to look in the future? We will use a series of picture postcards, letters, advertisements and journals from the collection to think about what's changed since they were created and how quickly things are changing now with buildings coming and going. We will use drawings & paintings, crafting patches & calligraphy to create something new from something old.

You will have the opportunity to experience original archival records, gain confidence and skills in using Archive services and have fun creating your own masterpiece for the exhibition.

Whether it's a poem or a painting, the work created by the students will form part of our John Goodchild Exhibition, our Year 2024 celebrations and be displayed in the West Yorkshire History Centre for all visitors to see!

28th of February 2024-10.30am-12.30pm

2 Weeks

**West Yorkshire History Centre, 127 Kirkgate,
Wakefield, WF1 1JG**



**Face to
face
18+**



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

FREE
course

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

**FREE
course**

Recognising burnout

Join us in this workshop to discover what the term 'burnout' means. You will explore different factors relating to burnout and the signs and symptoms that are commonly associated with it. You will begin to understand ways to avoid burning out and learn practical coping strategies to maintain a healthy work life balance.

This workshop is suitable for all but may be particularly useful for those who have experienced burnout, or who would like to know a bit more about it and how it is different from day to day stress.

**29th of January 2024
10.00am-12.00pm**



**Online
18+**



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

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

**FREE
course**



NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

Transitioning from CAMHS to adult/alternative services

If you are involved with CAMHS and approaching the age that you are due to leave their service and are unsure as to what happens next and what to expect, then this is the course for you.

This session has been developed by CAMHS practitioners and young people who have transitioned from CAMHS services and will be delivered by a CAMHS professional and a young person with lived experience.

The session will:

- provide a better understanding of what happens when you leave CAMHS and what support can be offered during this time.
- acknowledge the feelings and emotions that may be involved with transitioning from the service.
- provide details of alternative services that you could get potentially get involved in that could support you if you do not meet the criteria for NHS adult mental health services
- provide you with an opportunity to ask questions to somebody who works within CAMHS and a young person who has lived through the transition.

This session is also suitable for those who may benefit from knowing more about this subject to support somebody else through this time.

26th of February 2024- 12.00pm-1.00pm



**Online
16-25**

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

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

**FREE
course**

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

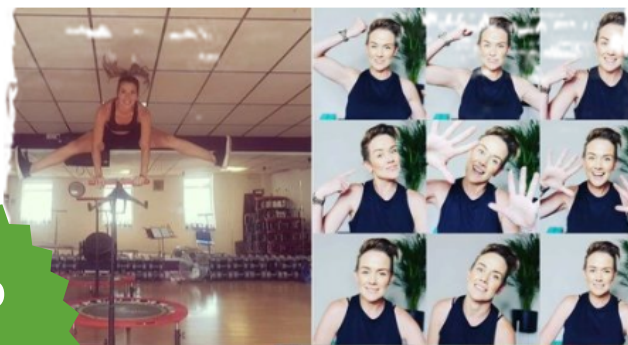
Have you always hated the gym? Perhaps you've never found a kind of exercise or activity to keep you fit and healthy that you've actually enjoyed? Maybe you, like many many people, find gyms and fitness classes intimidating, anxiety provoking and uncomfortable? During our 12 week creative fitness course, 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.

22nd of January 2025- 11.00am-12.00pm

8 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

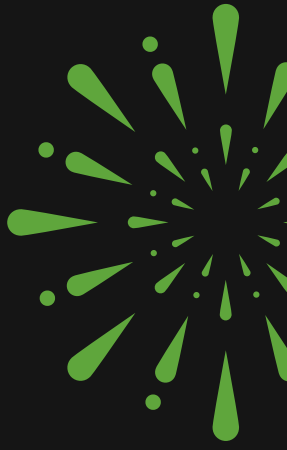
**Wakefield
Recovery and Wellbeing College**
Home of the Discovery College



New Year



The old year draws to an end
Good wishes do we send
Remember all the good times had
All in the world is not bad
In times of trouble stand fast
And hope it will not long last
Greet the new year without fear
Remember it is
Only the start of another year



Spring is just around the corner
Flora and fauna
Bright blooms soon appear
As we welcome in the New Year

RYDER 2024
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HAPPY NEW YEAR TO ALL



