



The Supporter Newsletter

02 February 2024

* ★ *
 * YOUR *
 * KINDNESS *
 * SHOULD *
 * INCLUDE *
 * YOURSELF *
 * TOO. *
 * ★ *
 * ★ *
 * ★ *
 * ★ *

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.

Friendly February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

WEDNESDAY



7 Show an active interest by asking questions when talking to others

THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together

Wakefield Safe Space have had a name change and are now Here For You

We Listen

When You Don't Know Where Else To Turn

Struggling to cope, feeling down, having thoughts of self-harm or suicide?



You are not alone.

We are: Here For You

- **Kirklees: 07741900395**
- **Leeds: 07760173476**
- **Wakefield: 07776962815**

Every Evening, All Year Round
6pm to Midnight.

Free, safe and confidential support.



   @HereForYouTS



Here For You

Out Of Hours Support In A Safe Space



TOUCHSTONE
inspiring communities, transforming lives



64% of people don't know that you can self-refer to NHS Talking Therapies online to access treatment for anxiety and depression

NHS Talking Therapies can help



Wakefield Safe Space has changed its name and are now known as "Here For You".

We Listen

When You Just Need To Talk

Call for Same Night Help In Our Safe Support Spaces

Every Day of the Year From 6pm



Calling local parents and carers!

Thursday 22 February 2024

Between 10.00 and 11.30 am
Oakhill Family Hub
Hardwick Road
Featherstone
WF7 5JB



Use your ideas and make a difference. Just turn up or call Anne-Marie to find out more on 07597 80162.



wakefieldcouncil
working for you

SEND COFFEE MORNING WITH THE PREPARING FOR ADULTHOOD TEAM

Open to parents and young people to come along and join us for an informal chat and the opportunity to share your personal experiences, concerns or struggles with all things SEND and PFA related, including:

- Health
- Employment
- Relationships and Community Inclusion
- Independent living

Monday 12th February 2024
Sharlston Community Centre
10am-12pm

With: **Sammi Zafir**: Supported Employment & Preparing for Adulthood Coordinator
Annette Patrick: Post 16 Officer
Tiarnan Farmer: Post 16 Officer
 For Further Information please contact SENDPFA@wakefield.gov.uk

Three tips for responding when someone opens up about their mental health:

1. **Take it seriously**
2. **Listen and ask questions**
3. **Don't try and fix it**

Who you can talk to this #TimeToTalk Day



0300 123 3393
 Open 9am-6pm weekdays

SAMARITANS

116 123
 Always open



0800 58 58 58
 Open 5pm - midnight

If you're in Wales:



0800 132 737
 Always open

If you're under 25:



Text THEMIX to 85258
 Always open



PAPYRUS
 PREVENTION OF YOUNG SUICIDE

HOPELINE247

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

ncha



24 hour Mental Health Helpline



Are you feeling worried or stressed?

We're here to help 24 hours a day,
seven days a week.

0800 183 0558

**We run a confidential helpline
for people with mental health
needs and their carers.**

It's available to adults in
the Calderdale, Kirklees,
Wakefield, Leeds and Barnsley
areas.

We provide emotional support to
improve your mood and wellbeing.

We'll listen and give you the help you
need to get back on track.



Working in partnership with the NHS in Kirklees,
Calderdale, Wakefield, Leeds and Barnsley.

FREE SUPPORT FOR YOUR MENTAL HEALTH

TURNING POINT TALKING THERAPIES WAKEFIELD SERVICE




If you are aged 16 years or older and are registered with a GP in the Wakefield or Five Towns District, you can access our services by contacting us directly.



WHAT WE CAN HELP WITH

- Stress
- Depression & Low Mood
- Anxiety & Worry
- Obsessive Compulsive Disorder
- Panic Disorders & Panic Attacks
- Low Self-Esteem & Low Confidence
- Social Anxiety
- Post Traumatic Stress Disorder
- Health Anxiety
- Chronic Pain & Long Term Health Conditions
- Complex Grief
- Phobias
- Poor Sleep

For more information scan the QR code or contact us on the below:

-  talking.turning-point.co.uk
-  01924 234 860
-  wakefield.talking@turning-point.co.uk

HOW WE CAN HELP

- Wellbeing Workshops & Webinars
- Guided Self-Help
- Online CBT Therapy - SilverCloud
- Cognitive Behavioural Therapy
- Eye Movement Desensitisation & Reprocessing Therapy
- Interpersonal Therapy
- Dynamic Interpersonal Therapy
- Couples Therapy for Depression
- Emotion Focused Counselling
- Mindfulness

GROUPS
ONE TO ONE
ONLINE
FACE TO FACE
VIDEO CALL
TELEPHONE

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

MINDFUL PREGNANCY - COPING WITH STRESS & POSITIVE BIRTH

Fri 2nd Feb: 10:00am - 12:00pm

COMBATTING LOW MOOD

Sun 4th Feb: 11:30am - 13:00pm

ANGER & IRRITABILITY

Sun 4th Feb: 13:00pm - 14:30pm

MANAGING INTRUSIVE THOUGHTS

Sun 11th Feb: 11:30am - 13:00pm

OVERCOMING PANIC ATTACKS

Sun 11th Feb: 13:00pm - 14:30pm

MANAGING INTRUSIVE THOUGHTS

(Socialicious Recovery Hub - WF1 1PN)

Thurs 15th Feb: 13:30pm - 14:30pm

KEEP MOVING FORWARD

Thurs 15th Feb: 17:30pm - 19:00pm

MINDFUL PREGNANCY - MANAGING ANXIETY AND CONNECTING WITH BABY

Fri 16th Feb: 10:00am - 12:00pm

BOOSTING LOW SELF ESTEEM

Sun 18th Feb: 11:30am - 13:00pm

MENOPAUSE & ME

Sun 18th Feb: 13:00pm - 14:30pm

MANAGING ANXIETY & WORRY

Sun 25th Feb: 11:30am - 13:00pm

LIVING WITH CHRONIC PAIN

Sun 25th Feb: 13:00pm - 14:30pm

*All are delivered via TEAMS, unless otherwise stated.



TURNING POINT TALKING THERAPIES



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies



180 years of Eastmoor: its people and their houses

Come and see this new exhibition that celebrates the
architectural and social heritage of Eastmoor
from the small Victorian settlement that was centred on Stanley Road
to the later council estate that was built in the 20th century

Wakefield Library:
Saturday 10th February until Saturday 24th February

St. Swithun's Community Centre:
Monday 26th February 10am until 6th March

For further information visit
<https://bit.ly/180yearsofeastmoor>

OUR YEAR
Wakefield District 2024

HAH
Harrison Architectural Heritage

Supported with funding by
wakefieldcouncil

This new “Children’s Health Services App - HDFT” is crammed with helpful advice and help on infant feeding, schools, immunisation, diet and exercise with new affordable recipes, local support and activities from all the Wakefield Families Together partners. It’s free to download right now and available for both Android and Apple devices.

<https://www.hdft.nhs.uk/services/childrens-services/wakefield-0-19-service/>



Download the NEW
**Growing Healthy
Wakefield 0-19 App**



Scan the QR code or search for
'Children's Health Service HDFT App'
www.hdftchildrenshealthservice.co.uk



**Children's
Health
Services**
HDFT
Download on the
App Store
GET IT ON
Google Play

Thursday, 1st February:

- **Children's Behavior Workshop:**

Time: 9:30 AM - 11:30 AM

Venue: Ossett War Memorial Community Centre, WF5 8AN

Focus: Understanding and managing children's behavior difficulties through role play and scenarios.

- **Addressing Children's Mental Health:**

Time: 12:30 PM - 2:30 PM

Venue: Ossett War Memorial Community Centre, WF5 8AN

Focus: Exploring children's mental health, behavior strategies, available services, and courses.

Friday, 9th February:

- **Stress and Anger Management:**

Time: 9:30 AM - 11:30 AM

Venue: Lightwaves Community Centre, WF1 3LJ

Focus: Building confidence, addressing stress and anger triggers, and improving individual skills.

Thursday, 29th February:

- **Taking Care of Your Needs as a Parent/Carer of Disabled Children:**

Time: 9:30 AM - 11:30 AM

Venue: Jubilee Hall Community Centre, WF2 8NS

Focus: Developing skills for self-care, using interactive activities, role play, quizzes, and relaxation techniques.

- **Being Your Disabled Children's Advocate:**

Time: 12:30 PM - 2:30 PM

Venue: Jubilee Hall Community Centre, WF2 8NS

Focus: Understanding the role of a child's advocate, necessary skills, jargon used in meetings, and building confidence.

Wednesday, 28th February:

- **Children's Mindfulness:**

Time: 9:30 AM - 11:30 AM

Venue: Castle Children's Centre, WF1 5NJ

Focus: Practicing mindfulness techniques for children, handling negative emotions, and managing stress.

Wednesday, 13th March:

- **Self-Harm in Children:**

Time: 9:30 AM - 11:30 AM

Venue: Jubilee Hall Community Centre, WF2 8NS

Focus: Increasing knowledge about self-harm in children, spotting triggers, and supporting children in managing self-harm.

- **Working to Overcome Anxieties:**

Time: 12:30 PM - 2:30 PM

Venue: Jubilee Hall Community Centre, WF2 8NS

Focus: Exploring individual anxiety issues, acquiring necessary skills, and practical solutions for daily life, especially as a carer.

Wednesday, 6th March:

- **Accessing SEND Services and Navigating Support:**

Time: 9:30 AM - 11:30 AM

Venue: Castle Children's Centre, WF1 5NJ

Focus: Navigating information and services, understanding SEND matters, local hubs, and knowing rights.

To book a space please email gillian@kidzaware.co.uk or call us up at 01924376882

What Parents & Carers Need to Know about MYLOL

AGE RESTRICTION
13-19

WHAT ARE THE RISKS?

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as "the number one teen dating website in the world", claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sinister predators" and "inappropriate activities" on the site.

FLIMSY AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unfavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

Advice for Parents & Carers

DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

EXPLAIN PRNACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or WiFi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



The National College

NOS National Online Safety
#WakeUpWednesday



Live Well
Wakefield

General Self-Management Programme

For those living with any long term condition

An opportunity for you to learn and share supportive tools and techniques together with others - to help you stay more in control of your health and wellbeing

Focus of the programme:

- Set goals to build self confidence
- Practice problem solving tools for challenging times
- Plan how to work in partnership with healthcare teams
- Learn how a healthy lifestyle can support condition management



Carers of loved ones with long term conditions are also welcome to participate

**When: 1:00pm until 3:30pm every Tuesday for 6 weeks -
9 April until 14 May 2024**

Where: Online using the free Microsoft Teams App

Participants must be 18+, and live in the Wakefield district, or be registered with a Wakefield GP

For more information and future in person/online dates, please contact us:



Live Well
Wakefield



Empowering people with long term conditions to live their best life
This programme is delivered by people with lived experience of long term conditions

New Beginnings for Mental Health Programme

For those living with a mental health condition

An opportunity for you to learn and share supportive tools and techniques together with others - to help you stay more in control of your emotional wellbeing, and improve the quality of your life

Focus of the programme:

- Set small goals to build confidence
- Explore how food can affect our mood
- Plan set-back strategies for difficult days
- Learn relaxation skills for troubling thoughts
- Practice tools to manage daily anxiety/mood






When: 24th April to 5th June 2024, 10:30 AM - 1:00 PM. Every
Wednesday for 7 weeks

Where: online using the free Microsoft Teams app

Participants must be 18+, and live in the Wakefield district, or be registered with a Wakefield GP

For more information and future dates, please contact us:

 livewellwakefield@swyt.nhs.uk  01924 255363  www.livewellwakefield.nhs.uk



Funded by
UK Government

**LEVELLING
UP**

JEWELLERY MAKING

Course starts 9th February
and runs for 4 weeks

Fridays 10am-1pm

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

Week 1 - Native American Olgala butterfly
bracelet

Week 2 - Beaded beads necklace

Week 3 - Upcycled ring pull bracelet

Week 4 - Native American beaded daisy
chain necklace

3

Sessions £3 a week for £10 for
all 4 (cash only). Reserve your
spot today by booking online,
calling us on 01924 369631 or
visit us at St George's
Community Centre, Broadway,
Lupset WF2 8AA.

BOOK NOW!



1

2

4



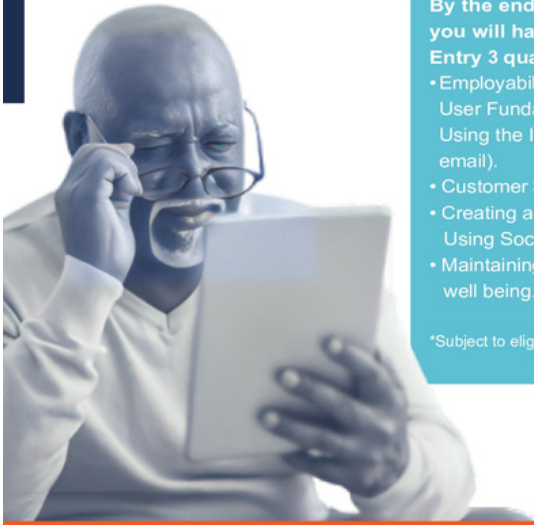
West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire

st george's

This project is funded by
UK Government through the
Shared Prosperity Fund

ESSENTIAL DIGITAL SKILLS



By the end of the course you will have achieved **Entry 3 qualifications*** in:

- Employability (IT units, IT, User Fundamentals. Using the Internet, Using email).
- Customer Service.
- Creating an Online Profile Using Social Media.
- Maintaining Personal well being.

*Subject to eligibility criteria

Wednesdays 9.30am – 2.30pm
21st February (15 sessions)

St Swithun's Community Centre,
Arncliffe Road, Wakefield, WF1 4RR
Usman Manzoor – 07511 178204
usman.manzoor@woodspeentraining.co.uk



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!

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

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.

Monday 5th February 9am - 3pm

OR

Thursday 8th February 9am - 3pm

WILD THINGS BITESIZE

Join us for a wildlife wander and natter



MONDAY 12TH
FEBRUARY
1PM - 3PM

NEWMILLERDAM

NEWMILLERDAM

MONDAY 12TH
FEBRUARY
1PM - 3PM



Nearest bus stop is: Newmillerdam opposite fox and hounds

From Wakefield:
59a bus from stand 18 of bus station

From Barnsley:
59 bus from bus station

Parking available in Barnsley road car park

Meeting in the carpark next to the disabled parking.



Wakefield Recovery College

18+

Yoga

Join any week

Every Friday
10am-10.45am
Online

Creative fitness

Wednesdays
11am-12pm
Normanton

Journaling for wellbeing

19/02/2024
10am-11.45am
Pintefract

Understanding post-traumatic stress reactions

20/02/2024
10am-11am
Online

An introduction to personality disorder

21/02/2024
1pm-3.30pm
Online

Learning more about IBS

21/02/2024
1pm-3pm
Online

Understanding anxiety

21/02/2024
10am-12pm
Online

Boogie Bounce

23/02/2024
10am-11am
Online

Unlocking your key to compassion

23/02/2024
10.30am-12.30pm
Online

Living with and managing anxiety

27/02/2024
10am-12pm
Online

Celebrate Wakefield's Year 2024 Exhibition – Creative Workshop

28/02/2024
1pm -3pm
Wakefield

Writing for self-expression

29/02/2024
1.30pm-3pm
Online

Appreciating your contribution

01/03/2024
10.30am-12.30pm
Online

For those that give too much : Everyday stress

06/03/2024
10am-12pm
Online

Valuing yourself: exploring self-care and self-esteem

08/03/2024
10.30am-12.30pm
Online

Living with and managing depression

12/03/2024
1pm-3pm
Online

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

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Create your own gonk

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
11am-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

Learning more about IBS

24/04/2024
10am-12pm
Online

An introduction to autism

30/04/2024
1pm-3.30pm
Online

Self-care and self-soothe

08/05/2024
1pm-3pm
Wakefield

Adapt and recover from adversity (19+)

13/05/2024
10.30am-12pm
Wakefield

Understanding depression

15/05/2024
10.30am-12.30pm
Online

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**

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

Journaling for wellbeing

Journaling has been proven to have a positive effect on mental health. This course will provide an opportunity for you to learn how to start journaling as a means to maintain your wellbeing. You will discover the proven benefits of journaling and have the chance to experiment and practice some of the recognised techniques suggested. You will discover a range of activities and prompts including the art of reflection and free writing allowing you to connect to your emotions in a new light.

19th of February 2024- 10.00am-11.45am

4 Weeks

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



**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

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**

The truths about smoking and tobacco

Smoking is still the greatest cause of preventable death in the UK and our aim within Yorkshire Smokefree Wakefield is to help as many smokers quit as possible, but we also want to educate as many people as possible about the risks of smoking and the health benefits to quitting. We want to increase the knowledge of the population about the ways to quit and how Yorkshire Smokefree can help.

If you have an interest in health improvement, are a smoker yourself or know someone who would like to quit and would like to find out more ways of quitting then come along to this interactive session.

The session will be information giving via PowerPoint but we will also have an interactive quiz and a chance to have a go on our carbon monoxide

13th of March 2024- 12.45pm-1.45pm

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



**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

**FREE
course**



**South West
Yorkshire Partnership**
NHS Foundation Trust

Illegal Tobacco, Vapes and Organised Crime

Serious organised crime gangs are bringing illegal nicotine products into our area, threatening the safety and health of local people.

This session will open your eyes to an issue many are unaware of, happening here on your doorstep. You will find out why selling cheap tobacco is not a victimless crime, learn about its effect on public health and see evidence of links to crimes like modern day slavery.

You will also learn how to spot different types of illegal cigarettes, the laws relating to vapes and what you can do to help tackle the issue and protect your health.

The session includes images and videos from West Yorkshire Trading Standards enforcement visits, including the surprising ways illegal tobacco is hidden.

13th March 2024- 2.00pm-3.00pm

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



**Face to
face
18+**

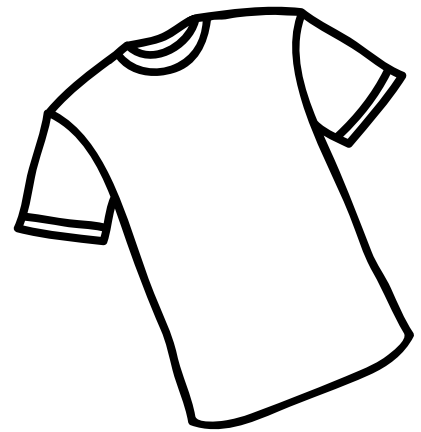
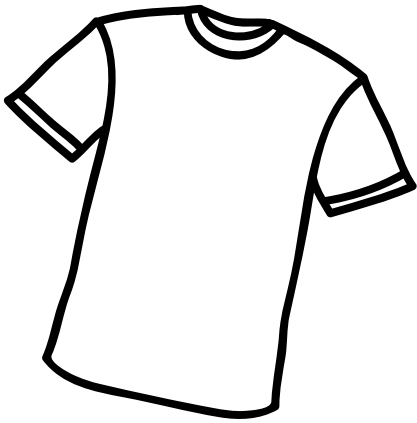


Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

With all of us in mind.

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

CLOTHES RAP



Neat rows
Clothes pose
Standing attention
Worth a mention
Leather not faux
Don't you know?

Shoes to fit
Pullover knit

New suit
What a beaut

Off the peg
Shorten leg

All your kit
Great fit

Fashion best
Nothing less

Smart strides
Stand with pride

Lots of coats
Push out boat

Annual coat
Good quote

Can afforder
Wardrobe order

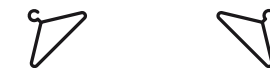
Always fit
Cool kit

Clothes to crave
Time to save

Never mind shop
With all these clothes

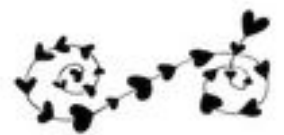
It's time to stop.

RYDER 2023
ALL RIGHTS RESERVED





Valentine's Day



Z U G Z E V D A D P G D M O J B J Q B F
T E C H O C O L A T E R Y B P R M M A O
H O L I D A Y M Z B S H E P Y Q L Z L U
A T C A N D Y V S N M S X E I F U E L R
T N I R L H H N O W N F U F T N J H O T
K B R C T K K I H X E K W T X I K E O E
F E B R U A R Y K S B E D I W F N Y N E
A M X T I V T D P R S O T Y F Y S G S N
U I Y C J P U V B S C K U S J Z L L R T
I N M J A A P T E J X W F Q X T W T M H
G E Q P P R E N V E L O P E U S Z C B N
D Q N O M A D D E F F A F L F E B W B S
O Y I R G X J S A L D L X F G G T X M B
A X Q O J E G Q W N I S O Y Q I V A S C
A Y B T R R Y Y B T E E J W P E F V L V
R D E N P R H E D C N N V Q E L Q T B C
J K P E C F R I E N D S H I P R O H H O
N R U B H E A R T J S M V H G E S V A I
A W L O S V A L E N T I N E O Z S E E W
R M L P M V I C D O P T S D G L R E D E

CANDY

HOLIDAY

BE MINE

RED

LOVE

PINK

HEART

SWEETS

FOURTEENTH

FRIENDSHIP

CHOCOLATE

GREETING

ENVELOPE

BOUQUET

FEBRUARY

GIFT

BALLOONS

VALENTINE

FLOWERS

CARDS

