

Newsletter



27 February 2024

Edition 122

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Newsletters will be every two weeks. The next newsletter will be on the 19 March 2024.

Please send submissions to pmhnowakefield@gmail.com by 14 March 2024.



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 \(wakefieldrecoverycollege.nhs.uk\)](#)

Events & Meetings

Battle Scars Webinar for Self-Harm Awareness Day

Battle Scars
WEBINAR
for Self-harm Awareness Day
FRIDAY 1 MARCH

SELF-HARM THROUGH THE AGES
A brief look at the history of self-harm and presentations of self-harm depending on someone's age

Presented by:
JENNY GROVES
Founder & CEO
Battle Scars
Self-harm Support Charity

FREE

 **FRIDAY 1 MARCH 2024 1-2PM**

Bookings open
13 February
via Eventbrite
<https://www.eventbrite.co.uk/o/battle-scars-40615783143>

Booking is now open!

Book your place now (via Eventbrite – search Battle Scars Self-harm Support Charity, online event)



Kidz Aware Conference

Kidz Aware are holding a conference called voices united on Tuesday 27th February 2024 at Jubilee Hall community centre in Wakefield.

The event is to bring together parents/carers of disabled children and the community sector organisations within the Wakefield District

Objective:

We want to provide parents/carers of local disabled children an equal platform and opportunity to voice their concerns and opinions on the main issues surrounding services in the WMDC areas in positive way that can be worked upon in partnership.

Outcomes:

- To ensure support for disabled children/young people and their families is provided and their concerns are addressed and that there are opportunities for services to provide support to these families in need.
- Pooling resources to create better outcomes for disabled children/young people with mental health difficulties.
- Bring about a greater understanding of preventative services for disabled children/young people and their families in the district.
- Share resources and get to know about services available.
- Create clear pathways.

The conference will start with several speakers from the voluntary and community sector organisations within the Wakefield District.

In the afternoon through workshop discussion, the aim is to identify positive and more challenging areas of services and, where appropriate, put forward practical solutions and bring about a long-term partnership between families and service providers to ensure we bring about positive outcomes.

Thus shaping a new pathway to children's mental /wellbeing and disabilities services.

Click here to book your tickets: <https://www.eventbrite.co.uk/e/voices-united-conference-tickets-795277896597?aff=odsjfcfb&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-source=fb&utm-term=checkoutwidget&fbclid=IwAR1tGHfb4AHuvpcPs7U3QEEc0Hp9tc1L8m0DvG1U5aRWuamfggk2a7T1ihA>



Services, Groups & Community Courses

Art Therapy at Tieve Tara Medical Centre

<h1>Creative Art Therapy</h1>	<h2>Tieve Tara Medical Centre Park Dale WF10 2QP</h2>
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Slots available Monday's
and Wednesday's

looking to improve your wellbeing



- Suitable for all ages
- No experience of art needed
- It's not an art class
- Welcoming and safe
- Regular 1-1 sessions
- Each lasting an hour
- Free sessions
- Private and supportive

Art Therapy uses art to help people express and resolve difficulties in their lives.

For more information
email: spectrumpeople@spectrum-cic.nhs.uk
Call: 07720 899781





Community Craft Room at Tieve Tara

Welcome to the Community Craft Room

**A welcoming space to chat, enjoy
a hot drink and crafting.
Craft materials provided free.**

Where?

**Tieve Tara Medical Centre
Park Dale, Airedale
Castleford, WF10 2QP**

**If you'd like to book this
room - whether for
yourself or an organisation,
contact Spectrum People
via phone or email**

**Email: spectrumpeople@spectrum-cic.nhs.uk
Call: 07720 899781**





Work it out is back for 2024!

Our first of 3 x 4 week session blocks this year that are totally £0.00 and just for men

Work It Out is a 4 week series of classes that support you to kickstart your fitness journey, whether you're a complete beginner or returner We welcome men of all ages, shapes, sizes and fitness levels to take part in this progressive class



We meet you where you're currently at and help you build confidence and strength along the way

Our studio is a fully equipped and completely private environment and we are trained and experienced to specifically understand your barriers and fears around starting to exercise, either for the first time or after a long break

We are here to support you at every step and look forward to meeting you very soon

Did we mention that it's free yet? And absolutely zero requirement to join up to anything else if you don't want to.

Starts Sunday 4th February 10-11am

Book your place here: <https://bookwhen.com/evergreen-active>

Umbrella Family Centre CIC

Umbrella-Family Centre CIC (previously MJ Languages-Polish Community Centre CIC funded in 2017) is supporting vulnerable families mainly from Polish and other Eastern European communities (but their doors are open to every vulnerable family) in Wakefield District and surrounding areas.

At the moment they have only the project 'Better Together' – they're delivering activities for people at risk or experiencing loneliness in the Polish and other Eastern European communities in Wakefield District and surrounding areas.

In the past, they delivered a number of different projects, from language support to immigration advice.

In the Polish community is a high number of vulnerable families with mental health problems. Hopefully, they will be able to start the new project which will provide support to them.

Umbrella-Family Centre CIC is happy to work jointly with other organizations if that will be possible.



The CAS Project – Free Artist’s Workshops

Castleford Heritage Trust are offering some Free Artist Workshops as part of their new project - The CAS Project.

The CAS Project
FREE Artist Workshops

Explore your views on life in Castleford
Learn new creative skills from local artists
Be part of a town-wide conversation and
Community Exhibition.

For more details contact Jenny Catch on: jennycatch.cht@gmail.com
Tel: 07791955942

Queen's Mill
CASTLEFORD

The aim is for local people and community groups to be able to creatively express their ideas on life in the town and what is important to them. They are keen to get as many local groups as possible involved. This may be: what they treasure from the past, what they value now and/or what their hopes are for the future.

- The Workshops can be held at their own venue or a venue/room can be provided.
- They can work with any community groups/staff groups/other groups (as long as they are from Castleford).
- They have flexibility around times/dates across the Spring and Summer.
- Where participants are interested, their work will feature in a community exhibition alongside work from the artists involved.

For more information, email: jennycatch.cht@gmail.com or call 07791955942

 <p>Julie McCready</p> <p>My Artist and Teacher roles are interwoven. My own learning quickly becomes a shared moment. Community projects allow me to help others build confidence in themselves. Together we capture an 'ever changing world' pushing the boundaries of textiles and threads, mixing nature with a vast array of media, materials and techniques.</p>	 <p>Rebecca Dye</p> <p>I'm a storyteller. I tell stories through live performance, through a podcast series, and through alternative games. I work with communities to help them tell their stories, often through audio and oral history. I'm fascinated by our local stories, our personal histories, our local legends, myths and our voices.</p>
 <p>Rachel Forster</p> <p>I'm interested in all things arty and creative - particularly where there is a good story too. I love working on collaborative projects and getting to know different communities. Although originally a theatre designer my main inspiration is finding new art forms and techniques that seem relevant to different projects and I'm always looking for the next inspiring artform.</p>	 <p>Rhiannon Kendall</p> <p>Rhiannon Kendall is an LGBTQ+ Artist, Workshop Facilitator and Tutor of Art and Digital Skills in a Prison. Rhiannon encourages others to explore their own stories, experiences and heritage through creativity using drawing, painting, collage and poetry. Rhiannon frequently coordinates arts projects, exhibits her work and performs her poetry</p>



NHS App toolkit

Do you have the NHS App? Did you know you can **order repeat prescriptions**, **book appointments**, and **view your GP health record** on the app?

The NHS App is a **safe, quick and simple way** to access a range of NHS services on your smartphone or tablet - anytime, anywhere. It is easy to download from the App Store or Google Play store. Once you have downloaded the NHS App, you will need to set up your NHS login if you have not already got one. You will need one of the following photo IDs to set this up:

- a passport, a UK driving licence (full or provisional), a European driving licence (full) or a European national identity card.

If you do not have one of these, contact your GP surgery and ask to be registered for online services.

[The NHS App toolkit](#) contains materials to help you to spread the word about what the NHS App can do in your area.

Digital Support Team – Conexus Healthcare

A promotional graphic for the NHS App. It features a hand holding a smartphone displaying the NHS App interface. To the right of the phone, there is a list of services: 'Order repeat prescriptions' (with a pill icon), 'Book appointments' (with a calendar icon), and 'View your records' (with an eye icon). Below this list is the text 'And much more...'. In the bottom left corner of the graphic is the NHS App logo. The background is light blue with a sunburst pattern.





Heavy Metal Therapies

Heavy Metal Therapies is a local CIC (one of the founders is a SWYT Psychologist) They have now started their face to face peer support group, meeting monthly at Throwback Coffee in Wakefield.

Click here to find out more: <https://heavymetaltherapy.co.uk/be-reyt-peer-support-groups/>



This is an online resource and community of people who find metal music helpful for mental well being. It is a place to find and share experiences of how metal has helped us, the meaning we take from songs or lyrics, and play lists that we have found useful. It is for everyone, so we don't judge each others metal preferences.

If you would like to share your own recovery story about how metal has helped you please contact them, they can make stories anonymous if you prefer.

They continue to develop a few shared playlists under heavy metal therapy, which can be expanding and changing. They like people to share their own music or art if it comes with a reason/message to do with mental health.

They may be a small and select group, but we are open to suggestions of expanding. Hopefully over time this will become led by and shaped by those who use it, so it's not set in stone, it can grow and change. See this video for a [bit more about heavy metal therapy](#).

Heavy metal therapy has both a website and on social media. Find them on [Facebook](#), [YouTube](#), [Twitter](#) and [Instagram](#). They are a registered Community Interest Company (more [here](#))

Quick disclaimer: they know it's called heavy metal therapy, but they are not claiming to be a substitute for psychological therapy, they are a self-help and peer support community. If you feel you need support from mental health services please seek it through appropriate channels (in the UK this is usually via your GP). Also, all things metal tend to be quite swearsy and have dark themes, so there's quite a bit of that in the stories and playlists.



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.





Here For You
Out Of Hours Support In A Safe Space



@HereForYouTS



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 8pm





Live Well Wakefield – New Beginnings for Mental Health Programme



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

For more information about all Live Well Wakefield's programmes and workshops follow the link: [Live Well Wakefield - Self Management Programmes and Workshops - YouTube](#)



Wakefield District Bereavement Service

Wakefield District Bereavement Service paperwork has now changed and can be found on their website. Please use this paperwork from today to refer into the service. Click here to view their website:

[The Prince of Wales Hospice - UK Charity Fundraising & Palliative Care Bereavement \(pwh.org.uk\)](http://www.pwh.org.uk)

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

Turning Point On Demand Wellness Webinars

In December Turning Point launched a series of On-demand Wellness Webinars, freely available to watch via their [website](#).

Through this wonderful series of free online modules, their therapists share valuable methods, techniques and evidence-based strategies of how to better Manage Low Mood, Improve Your Sleep and Manage Worry. No GP referral is needed and there are no waiting lists for this offer – just simply [Register](#).

It's an ideal, simple, confidential place to start, for anybody who is seeking support for their mental health.



TURNING POINT TALKING THERAPIES - WAKEFIELD



ON-DEMAND WELLNESS WEBINARS



We now offer a series of On-demand Wellness Webinars - delivered and presented by our local team of qualified therapists who share valuable methods, techniques and evidence-based strategies, to support your mental health – freely available via our website.
No GP referral is needed and there are no waiting lists for this offer.
Scan the QR code to start.

CURRENT SESSIONS INCLUDE:



MANAGING LOW MOOD



MANAGING WORRY



STRATEGIES TO IMPROVE YOUR 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



TURNING POINT TALKING THERAPIES



@TurningPointTalkingTherapies
@wakefieldtalkingtherapies



Free Emotional Wellbeing Workshops

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

COMBATTING LOW MOOD

Fri 1st Mar: 13:00pm - 14:30pm

Sun 24th Mar: 11:30am - 13:00pm

SOCIAL MEDIA PRESSURES

Sun 3rd Mar: 11:30am - 13:00pm

OVERCOMING PANIC ATTACKS

Sun 3rd Mar: 13:00pm - 14:30pm

MENOPAUSE AND ME

Fri 8th Mar: 11:30am - 13:00pm

HEALTH ANXIETY

Sun 10th Mar: 11:30am - 13:00pm

POSITIVE BODY IMAGE

Sun 10th Mar: 13:00pm - 14:30pm

IMPROVING YOUR SLEEP

Sun 17th Mar: 11:30am - 13:00pm

HOW TO BE KIND TO YOURSELF

Sun 17th Mar: 13:00pm - 14:30pm

KEEP MOVING FORWARD

Mon 18th Mar: 13:30pm - 15:00pm

SOCIAL MEDIA PRESSURES

(Socialicious Recovery Hub - WF1 1PN)

Thurs 21st Mar: 13:30pm - 14:30pm

MINDFUL PREGNANCY - COPING WITH

STRESS & POSITIVE BIRTH

Fri 22nd Mar: 10:00am - 12:00pm

GRIEF AND DEPRESSION

Sun 24th Mar: 13:00pm - 14:30pm

SUPPORTING NEW DADS

Thur 28th Mar: 17:30pm - 19:00pm

*All are delivered via TEAMS, unless otherwise stated.



TURNING POINT TALKING THERAPIES



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies



FREE SUPPORT FOR YOUR MENTAL HEALTH

TURNING POINT
inspired by possibility



TURNING POINT TALKING THERAPIES WAKEFIELD SERVICE

SCAN ME



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



TURNING POINT
TALKING THERAPIES



@TurningPointTalkingTherapies
@wakefieldtalkingtherapies



Re-Engage Telephone Befrienders

Re-Engage have trained telephone befrienders ready to be matched with older people in need of a regular phone call to help reduce isolation and loneliness.

[Refer here](#) or ring freephone 0800 716543.



Would you like a call companion?



“ The calls are such a comfort ”

If you are aged 75 or over and in need of companionship, we may be able to help.

As you get older it's not unusual to spend more time on your own, particularly if you've lost loved ones or your health isn't what it used to be.

We want you to know that Re-engage is here for you.

If you'd like a bit of extra company, we can match you with one of our friendly call companions. They love a good chat and they're great listeners too.

Bringing generations together

How it works

One of our call companions will phone you at a time that suits both of you, most likely once a week or twice a month.

The calls last for half an hour or so and you can chat about anything that interests you.

What's great is that the same volunteer phones you each time, so you can get to know each other and share stories and laughter – for as long as you both want.

The service is completely free and you don't have to continue with it if you decide it's not for you.

To be eligible for a call companion, you need to be:

- aged 75 or older
- in need of companionship
- at a stage in your life when you struggle to leave the house.

“ A good chat means the world ”

To find out more call 0800 716 543
email us on info@reengage.org.uk
or visit www.reengage.org.uk

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377). Company Number (07869142)
Registered office: 7 Bell Yard, London WC2A 2JR



24 Hour Mental Health Helpline

ncha

NHS

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.



Maternal Journal at the Art House



Wellbeing activities to support pregnant and new mums.

**Mondays from
18 Sept 2023**

10:00-12:00

**The Art House,
Drury Lane,
Wakefield,
WF1 2TE**



Explore the joys and challenges of pregnancy and being a mum using drawing, painting, collage and other creative activities.

- No art experience required
- Free to all
- Supportive, friendly environment

To find out more please contact diane@the-arthouse.org.uk or phone 01924 312000.



The Art House





YOU'RE INVITED!

WF-I-Can Mentoring

We'd like to invite you to take part in WF-I-Can Mentoring Programme.

You can meet one-to-one with a mentor to explore what matters to you. We will work with you to find places to go, things to do and support you in your journey!

For more information or to make a referral:

- visit:
<https://wf-i-can.co.uk/cod/>
- email:
wfican@ylc.org.uk
- or use the MS Form:
<https://forms.office.com/e/1nizT8gdyz>



Meetings will be friendly and informal, in a place where you feel safe and comfortable.

WF-I CAN





Fit Reds Men Wakefield Sessions

FIT REDS MEN WAKEFIELD

FREE TO ATTEND

WHAT

Come along to our 12-week **FREE** award winning Fit Reds programme. Experience high quality fitness and sports sessions along with informative workshops to support you in making positive lifestyle changes.

The Weekly fixtures consist of:
First Half: Healthy Lifestyle Discussions
Second Half: Sport and Fitness Session

WHEN

Beginning 22nd February 2024
6:30pm - 8:30pm
Outwood Academy, Wakefield Road, Hemsworth, Pontefract, WF9 4AB

HOW

Email Sean.Margison@barnsleyfc.co.uk for more information

FREE 8 WEEK GYM MEMBERSHIP UPON COMPLETION

SIGN-UP NOW

www.barnsleyfccommunity.co.uk 01226 211333



Open Country

Thanks to funding from the Climate Action Grant Fund, Open Country Wakefield are pleased to be offering five free taster days in March exclusively for adults with learning disabilities and autism, to give them a taste of their brilliant outdoor services.



Trailblazer Taster Day
Tuesday 5th March 2024
10am until 4pm
Leaving from Thornes Park Nursery
FREE but booking is essential

An exclusive day for adults with learning disabilities or autism. Join Open Country for a day of fun in the local countryside improving the footpath access. All equipment and personal protective wear will be provided.

To book your place please ring 07426 716677 or email wakefield@opencountry.org.uk www.opencountry.org.uk

Supported by the Community Grants for Climate Activity Fund

West Yorkshire Combined Authority | Tracy Brabin Mayor of West Yorkshire | [wakefieldcouncil](http://wakefieldcouncil.gov.uk) | [Nova](http://www.nova.co.uk) building a vibrant future

Trailblazer Group - Path Improvement Work - Tuesday 5th March 2024, 10am - 4pm

Working to make Wakefield more accessible to all! This Tuesday group carries out important tasks like path laying and widening. They also put in signage posts, cut back branches, create more seating in our green spaces and remove barriers.

Walking Group - 4 Mile Circular Walk in Judy Woods - Thursday 7th March 2024, 10am - 4.15pm

For those with a passion for hiking! This Thursday group enjoys wonderful circular ambles of between 4-6 miles long in the scenic Yorkshire countryside. Local drop-offs home are included in the cost of the service.



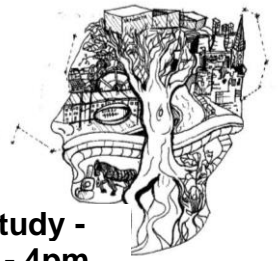
Walking Group Taster Day
Thursday 7th March 2024
10am until 4.15pm
Leaving from Thornes Park Nursery
FREE but booking is essential

An exclusive day for adults with learning disabilities or autism, join Open Country for a day of fun in the local countryside on this 4 mile walk. All equipment and walking boots can be provided.

To book your place please ring 07426 716677 or email wakefield@opencountry.org.uk www.opencountry.org.uk

Supported by the Community Grants for Climate Activity Fund

West Yorkshire Combined Authority | Tracy Brabin Mayor of West Yorkshire | [wakefieldcouncil](http://wakefieldcouncil.gov.uk) | [Nova](http://www.nova.co.uk) building a vibrant future





Wild Things Taster Day

Friday 15th March 2024
10am until 4pm
Thornes Park Nursery
FREE but booking is essential

An exclusive day for adults with learning disabilities or autism. Join Open Country for a day of fun in the local countryside, studying nature. All equipment will be provided.

To book your place please ring 07426 716677 or email wakefield@opencountry.org.uk www.opencountry.org.uk

Supported by the Community Grants for Climate Activity Fund



Wild Things Group - Nature Study - Friday 15th March 2024, 10am - 4pm
For nature lovers and gardeners in the making! This group runs every Friday and participants enjoy growing wildflowers and vegetables at our Thornes Park polytunnel or nature study outings to local green spaces.

Tandem Cycling Group -Beginners Track Ride - Sunday 17th March 2024, 11am - 3pm
For anybody wanting to ride a bike in a fabulous group setting - enjoy exercise on a bicycle made for two!




Tandem Cycling Taster Day

Sunday 17th March 2024
11am until 3pm
Meeting at the BCKAT Track in Wakefield
FREE but booking is essential

Join disability charity Open Country for a day of fun in the local countryside. Our tandem cycling taster day is open to keen cyclists or adults with disabilities who want to try adapted cycling.

To book your place please ring 07426 716677 or email wakefield@opencountry.org.uk www.opencountry.org.uk

Supported by the Community Grants for Climate Activity Fund





Tree Planting Taster Day

Tuesday 19th March 2024
10am until 4pm
Leaving from Thornes Park Nursery
FREE but Booking Essential

An exclusive day for adults with learning disabilities or autism, join Open Country for a day of fun in the local countryside. All equipment and personal protective wear will be provided.

To book your place please
ring 07426 716677
or email
wakefield@opencountry.org.uk
www.opencountry.org.uk

Supported by the Community Grants for Climate Activity Fund



Nature Force Group - Tree Planting - Tuesday 19th March 2024, 10am - 4pm

For people passionate about conservation! This Tuesday group carries out important nature tasks locally including tree and wildflower planting, pond creation, and mowing/raking in churchyards.

Referring people to Open Country is quick and easy - just give us a ring on 07426 716677 for an informal chat.



Coming up at Wakefield Recovery College

Wakefield Recovery College

18+

NHS
South West Yorkshire Partnership
NHS Foundation Trust

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
Pontefract

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.

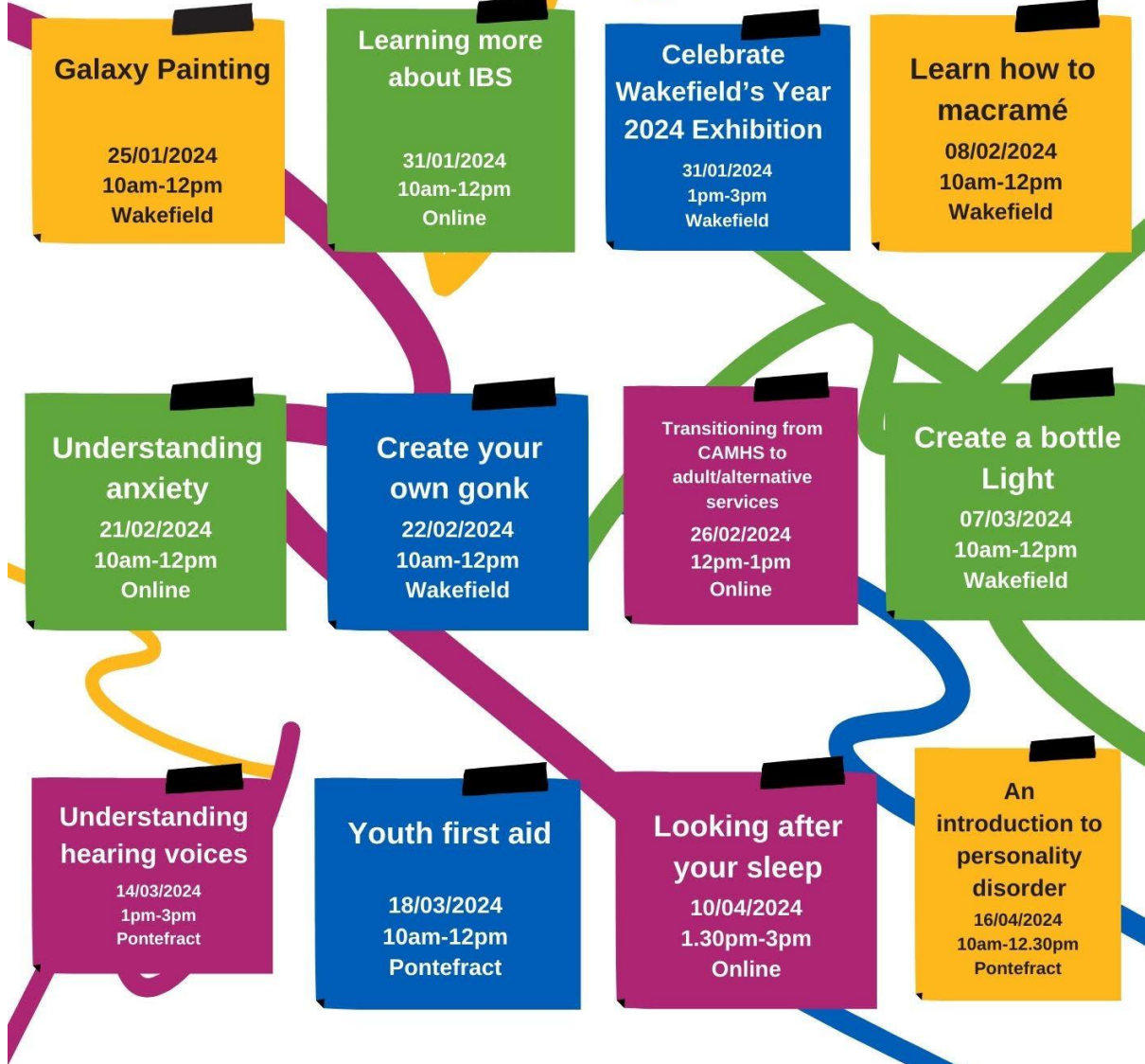


Coming up at Wakefield Discovery College

**Wakefield
Discovery
College**

Online
16 - 25yr
olds

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



Contact the college to enrol
www.wakefielddiscoverycollege.nhs.uk
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01924 316946

Discovery College
Part of Wakefield Recovery and Wellbeing College

With all of us in mind.



Job/ Volunteer Opportunities

Dad Matters Coordinator

Hiring Now

HOME START

Supporting Dads

- Understand the needs of dads – as an individual and as a parent
- Provide person centred support for dads and their families

Dad Matters Coordinator- Barnsley
37 HRS PER WEEK

Apply - 01924 251205 or recruitment@homestartwakefield.org.uk

HOME START Home-Start Wakefield & District

BARNSELY Metropolitan Borough Council

Trustee Role at Gasped

Work with Us

GASPED

We're on the lookout for passionate individuals to join our team as TRUSTEES at GASPED!

Trustee Role:
Making sure that the decisions made by the charity and the board put the needs of the beneficiaries first. Safeguarding both the physical and non-physical assets such as property and reputation.

Benefits:

- Gain confidence
- Learn new skills
- Help change someone's life

Location:
Gasped Office: 5-5a Cheapside, Wakefield, WF1 2SD

Commitment:
Approx. 1 hour a week.

To apply : **01924 787501**

<https://forms.gle/4VDwxcP26Niu6ZtP9> www.gasped.co.uk/volunteer-gasped-trustee/



Become a Community Connector

Being a 'community connector' means you can...

- Help us shape local services
- Help others have a say in the design and development of health care services
- Support your community to help us make a difference
- Learn more about the NHS
- Take part in training and develop new skills
- Receive out of pocket expenses or funding for your organisation for helping us

You can decide how much time you give us, and how much you want to get involved.



How to get involved

To get involved you will need to commit to three two-hour training sessions. The sessions will provide you with all the information, advice, and support you need. You can do the training in stages. Once you have completed the training you will receive a certificate and will be ready to go.

The course content is:

Session 1: More about our Trust and how the NHS works

Session 2: Legal obligations for involvement and equality

Session 3: Methods and approaches to involvement – becoming a community connector



How can you help?

Some of the opportunities you could support include...

- Reaching people in the local community
- Helping us to deliver a survey
- Gathering feedback in a way that supports people to have a say
- Helping to organise or be part of running an event or activity
- Improving services by working directly with NHS staff
- Being part of any local NHS research
- Being part of or promoting our readers panel
- Bringing skills that support connection or communication
- Being an ambassador and promoting opportunities for involvement

Remember, you choose what you do, how you do it and how much you want to be involved.



Contact us

Call or text us on 07721 649311*
Call us on 01924 316426*
Email volunteer@swyt.nhs.uk
(*Monday – Friday during office hours)

For more information including course dates and times visit <https://www.southwestyorkshire.nhs.uk/get-involved/connecting-people/>



If you require a copy of this information in any other format or language call or text us on 07721 649311, call us on 01924 316426 or email volunteer@swyt.nhs.uk

إذا كنت تحتاج إلى نسخة من هذه المعلومات بأي تنسيق آخر أو لغة أخرى اتصل أو أرسل لنا رسالة نصية على الرقم 07721649311 - اتصل بنا على أو راسلنا على البريد الإلكتروني Volunteer@swyt.nhs.uk

Pokud potřebujete tyto informace v jakémkoli jiném formátu nebo jazyce, zavolejte nám nebo napište SMS na číslo 07721 649311, zavolejte na číslo 01924 316426 nebo napište e-mail na volunteer@swyt.nhs.uk

اگر به یک کپی از این اطلاعات در قالب یا زبان دیگری نیاز دارید، تماس بگیرید یا به شماره 07721649311 پیامک ارسال کنید، می توانید با شماره 01924316426

Si vous nécessitez ces informations dans un format ou une langue différente, appelez-nous ou envoyez-nous un SMS au 07721649311, appelez-nous au 01924316426 ou envoyez un e-mail à volunteer@swyt.nhs.uk.

Ja Jums ir nepieciešama šīs informācijas kopija jebkādā citā formātā vai valodā, zvaniet vai sūtiet mums īsziņu uz tālruna numuru 07721 649311, zvaniet uz tālruna numuru 01924 316426 vai sūtiet ziņojumu uz e-pasta adresi volunteer@swyt.nhs.uk.

Jeśli potrzebujesz uzyskać kopię niniejszych informacji w innym formacie lub języku, zadzwoń lub wyślij SMS pod numer 07721 649311, możesz również zadzwonić pod numer 01924 316426 lub wysłać wiadomość e-mail na adres volunteer@swyt.nhs.uk

ਜੇਕਰ ਤੁਹਾਨੂੰ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਇਸ ਜਾਣਕਾਰੀ ਦੀ ਕਾਪੀ ਦੀ ਲੋੜ ਹੋ ਤਾਂ ਸਾਨੂੰ 07721 649311 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ ਸਾਨੂੰ 01924 316426 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ volunteer@swyt.nhs.uk 'ਤੇ ਈਮੇਲ ਕਰੋ।

اگر آپ کو کسی دوسرے فارمیٹ یا زبان میں اس معلومات کی کاپی درکار ہے تو ہمیں 07721 649311 پر کال یا ٹیکسٹ کریں، ہمیں پر volunteer@swyt.nhs.uk یا ای میل کریں۔ 01924 316426

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Connecting people



Can you connect people?
Become a 'community connector'

With all of us in mind.

JOB NO 3380 MAY 23



Funding Opportunities

Culture Grants Funding for Communities



Wakefield Council's 'Culture Everywhere Micro Grants' aim to support Wakefield district based community groups, charities, and other VCSE organisations to run creative and heritage projects, events and activities.

These grants are intended to support residents across the district to have the opportunity to experience culture in their communities during [Our Year – Wakefield District 2024](#).

Funding is available up to £1,500 and application deadlines are monthly throughout the year. Visit the Culture Everywhere webpage at www.wakefield.gov.uk/CultureGrants for more information and to apply, and the [Application Guidance page](#) for our guidance and top tips.

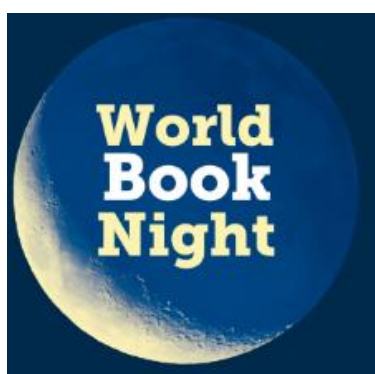
If you have any queries, please get in touch with D'arcy and Matthew at culturegrants@wakefield.gov.uk



Credit: Nick Singleton

Surveys, Campaigns, New Websites & Other Newsletters

World Book Night (23rd April) FREE BOOKS



Marcia, Wakefield Council's Senior Library Officer, is working on an application for World Book Night [World Book Night](#) which gifts free books to libraries. The aim is to target people who don't regularly read for pleasure or have access to books. This increases literacy levels and library membership.

If you work with any group that would benefit from the scheme and would be happy to work with Wakefield Libraries, please contact madey@wakefield.gov.uk (telephone 07825907503) as soon as possible. The Reading Agency requires contact details of potential partners for their evaluation purposes.



Wakefield Libraries Health and Wellbeing Offer - Reading Well for Children and Young People

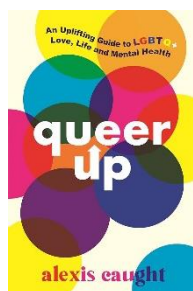
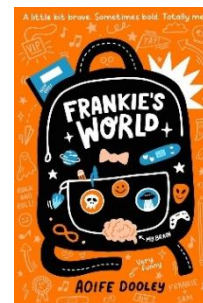
Wakefield Libraries, support a Health and Wellbeing programme developed by the Reading Agency, called Reading Well, with in this there are two strands for Children and Young People, called Reading Well for Children and Reading Well for Teens. All the books have been chosen by young people, health professionals and library staff, which support, inform, and help Children and Young People understand their feelings, handle difficult experiences, and boost confidence. These books can be borrowed from your local library, judgement free.

Reading helps by reducing feelings of stress and depression, increasing feelings of relaxation. Increases self-esteem and a greater ability to cope with difficult situations. Reading is associated with better sleeping patterns. Young people who read for just 30 minutes a week are 20% more likely to report greater life satisfaction.

Reading Well for Teens, Booklist:

Healthy minds, Managing feelings, Anxiety and depression, Neurodiversity, Body image, understanding bereavement and loss, Learning about life, Boost your confidence, Surviving online, Sexuality, gender and mental health.

As a person with autism, I thought it was very relatable. I wish I had access to a book like this when I was 13. It has information at the end about what autism is and how you can help someone with autism. Not cluttered with words...I love the illustrations. They are cool!"



The content page made me happy! I like the doodles, how the chapters are organised. I like that there are stories of real people, it includes advice for allies. The book is informative."

For further information:

Wakefield Libraries: www.wakefield.gov.uk/libraries

The Reading Agency: Reading Agency - Home | Reading Agency



Save Our House!



Man Matters Open Up Campaign Video

Man Matters have collaborated with a Work Experience Student to create a campaign promoting and encouraging men to open up about their feelings. #MANMATTERSOpenUpChallenge

It would be great you could share Man Matters' video:

Instagram: https://www.instagram.com/reel/C2QDORELOir/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Facebook: <https://www.facebook.com/reel/226767603815126>

Twitter: <https://x.com/GaspedOfficial/status/1748041414951252061?s=20>

TikTok: https://www.tiktok.com/@manmattersuk/video/7326922842824527137?is_from_webapp=1&sender_device=pc&web_id=7270539983705589280

Or even better, if you or someone you know **identifies as male** and are interested in taking part in this filming, please fill in this form <https://forms.gle/kYfHHEPiVnDUAfEk7>



RASAC Surveys



RASAC
Amplifying West Yorkshire
Survivor Voices

Join RASAC in improving mental health services for West Yorkshire adults who've experienced rape or sexual abuse. Share your voice in the below short, confidential, questionnaire.



0300 303 4787
helpline@kcrasac.co.uk
www.kcrasac.co.uk



Bradford District Care NHS Foundation Trust are working in partnership with Kirklees, Calderdale and Wakefield Rape and Sexual Assault Centre (KCRASAC) to identify how mental health services across West Yorkshire can be improved to support people who have experienced sexual abuse or rape. To support this work, KCRASAC are undertaking a number of consultation activities (see below). The views of all stakeholders, particularly survivors, are crucial to this work and they would be grateful if you could circulate the below opportunities to your networks. The questionnaires only take 5 minutes but the potential impact is huge.

To facilitate this, they have developed two separate questionnaires – one tailored towards professionals and another for individuals with lived experiences. We kindly request the network's participation and encourage you to share the respective questionnaire with your connections, particularly across West Yorkshire, allowing them to gather a diverse range of perspectives.

If you have any questions about the work they are doing or are interested in how you might be further involved, please contact Laura Dixon, Consultant Psychological Therapist, on laura.dixon@bdct.nhs.uk or Heather Conboy, Project Lead on heather.conboy@kcrasac.co.uk.

- **Questionnaire for those in West Yorkshire who have experienced sexual abuse, 18+:** <https://forms.office.com/e/BLZEh1EMB1> (See digital poster with QR code attached)
- **Questionnaire for those supporting people who have experienced sexual abuse:** <https://forms.office.com/e/GGX5HQHV2N>



Join the #allofusconversation and help us to be relevant today, and ready for tomorrow!

At South West Yorkshire Partnership NHS Partnership Trust they are taking some time to refresh their strategy. Their strategy is their medium to long term plan that describes what they are going to do in the next five years. This includes how they can improve things for the workforce, services and support families and carers. It is very important to them that they understand your perspective on what you think is going well, what could be better and how they can develop their organisation for the future.

They are also developing their clinical strategy at the same time. They know that their clinical approach will support the workforce, who are key to ensuring that our hospitals and community teams are in the best possible position to provide outstanding physical and mental health care in a modern healthcare system and environment over the next five years.

You can find out more information about their Strategy refresh via our Trust website: [#allofusconversation - South West Yorkshire Partnership NHS Foundation Trust](#)

How to get involved:

They want to hear everyone's voice and need your help in reaching as many people in our communities as possible.

- Send any previous engagement insight with the subject line 'ALLOFUS' to involvingpeople@swyt.nhs.uk
- Use their data capture forms to run a workshop [for local people](#) – complete the form and [equality monitoring form](#) and send to involvingpeople@swyt.nhs.uk marked 'ALLOFUS' – please include your name and source of information.

You can complete their survey by following this link: <https://www.surveymonkey.com/r/93YV6HP> or by scanning the QR code below:



If you would like to get more involved, they have resources that can help you run a workshop or presentation, please contact involvingpeople@swyt.nhs.uk for more information.

You can find out more about the strategy refresh on the Trust website: [#allofusconversation - South West Yorkshire Partnership NHS Foundation Trust](#)



BULLETIN

JANUARY 2024

w: battle-scars-self-harm.org.uk
e: info@battle-scars.org.uk



FREE VIDEO FOR SCHOOLS

Battle Scars has produced a free 15-minute video which can be shown in schools, or at youth groups etc. The purpose of the video is to expose the reality about self-harm, and be frank about the consequences, encouraging young people to seek help as early as possible.



It is important for young people to discover they are not alone, that there are adults who understand exactly what they're going through, and that there are positive ways forward.

To access the video click: <https://www.battle-scars-self-harm.org.uk/work-with-young-people.html> and complete the e-registration form on the website.



Onward Mental Health Hub

Help needed:

we need help to paint the inside of the building during January.



If you can help, please contact jenny.groves@battle-scars.org.uk

See our February Bulletin for an update on how on the refurbishment work at Onward Mental Health Hub is progressing.

TRAINING FOR PROFESSIONALS WHEREVER YOU ARE IN THE UK

We offer training* on self-harm with virtual or face-to-face, 1-day or 2-hours, individual or private bookings (From £500)

See our website for training dates or get in touch to check availability for private group training

SELF-HARM
Trainer: Jenny Groves
Founder & CEO

Battle Scars is happy to hold short sessions (20 mins to an hour) as an introduction to: mental health services, other charities, GP surgeries, schools, job centres, private companies etc. during team meetings or staff training days

- 1-day training workshop on Self-harm Thursday 18 January 9.30-3pm
- 2-hour Q&A training session on Self-harm Tuesday 30 January 10am-12noon
- 1-day training workshop on Self-harm Tuesday 27 February 9.30-3pm
- 2-hour Q&A training session on Self-harm Thursday 14 March 1.30-3.30pm
- 1-day training workshop on Self-harm Tuesday 9 April 9.30-3pm

<https://www.battle-scars-self-harm.org.uk/training-about-self-harm-or-eating-disorders.html>

FACE-2-FACE SUPPORT GROUPS IN LEEDS

DROP-IN FOR LEEDS YOUNG PEOPLE 16-25s



Lovell Park Hub
Wintoun Street,
Leeds LS7 1DX
6.30-8.30pm
Every Monday*
(*not bank holidays)

No booking, no referral, just drop in

DROP-IN FOR LEEDS ADULTS

Tuesdays at the Lovell Park Hub,
Wintoun St, Leeds LS7 1DX 10 & 24 Jan
Wednesdays at Vale Circles Hub,
12 Tunstall Rd, Leeds LS11 5JF 2, 16, 30 Jan
6.30-8pm **NEW! now every 2 weeks**
from January 2024

No booking no referral, just drop in



VIRTUAL ADULT PEER SUPPORT GROUPS UK-WIDE

ADULTS ONLINE PEER SUPPORT 'STANDARD' GROUPS

Mondays 6.30-7.30pm
Tuesday 1-2pm
Wednesdays 6.30-7.30pm
Thursdays 6.30-7.30pm
Fridays 1-2pm

See website for dates

'INBETWEENERS'

an online adult peer support group for people who struggle with self-harm but don't, or rarely, act on their urges
Alternate Thursdays 6.30-7.30pm
See website for dates



ONLINE PEER SUPPORT FOR PARENTS /CARERS /

FAMILIES / FRIENDS

of people of any age who struggle with self-harm
Alternate Mondays & Tuesdays 6.30-8pm
See website for dates

Volunteer with Battle Scars
Is it YOU we're looking for?

Various roles based at our new premises in south Leeds, from facilitation of different groups to helping out with the garden.

Training and support is provided to people with lived experience of self-harm to help facilitate the various peer support groups.

If you're interested, please **contact us**.





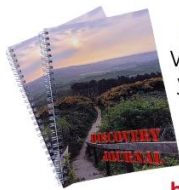
Battle Scars February Bulletin



Onward
Mental Health Hub

Thanks everyone for following our progress with the Onward Mental Health Hub. As expected, we've got a number of delays slowing the project down. Onward House is almost surrounded by scaffolding while small teams of Battle Scars staff, volunteers and supporters are getting on with prepping the inside and decorating to a high finish. It looks like we won't be able to move in or show potential partners around before March but both the look and energy of the building are picking up. We will soon be looking for more volunteers to set up daytime as well as specialised groups – anybody interested, please contact me:

jenny.groves@battle-scars.org.uk



FREE for young people
Workbook for 10-17 year-olds wishing to manage their self-harm.

To order:
<https://www.battle-scars-self-harm.org.uk/workbook-for-10-17-year-olds.html>

Battle Scars
WEBINAR
for Self-harm Awareness Day
FRIDAY 1 MARCH

SELF-HARM THROUGH THE AGES
A brief look at the history of self-harm and presentations of self-harm depending on someone's age

FREE

Presented by:
JENNY GROVES
Founder & CEO
Battle Scars
Self-harm Support Charity

FRIDAY 1 MARCH 2024 1-2PM

Bookings open 15 February via Eventbrite
<https://www.eventbrite.co.uk/a/battle-scars-40615783143>

BULLETIN

FEBRUARY 2024

[w: battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)

[e: info@battle-scars.org.uk](mailto:info@battle-scars.org.uk)



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DROP-IN FOR LEEDS ADULTS



Vale Circles Hub,
12 Tunstall Rd, Leeds LS11 5JF
Tuesday 13 & 27 Feb

Lovell Park Hub
Wintoun St, Leeds LS7 1DA
Wednesday 7 & 21 Feb

No booking, no assessment, no referral, just drop-in 6.30-8pm



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www.battle-scars-self-harm.org.uk

Registered charity in England & Wales No. 1177020 and Scotland No. SC052466



The Supporter Newsletter

The January edition of The Supporter Newsletter can be read here: [Newsletter The Supporter Edition 176 05 January 2024 \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-176-05-january-2024)

The February edition of The Supporter Newsletter can be read here: www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2024/02/Newsletter-The-Supporter-Edition-177-02-February-2024-.pdf

New to the newsletter? Take a look at some of our past editions here [The Supporter Newsletter - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](https://wakefieldrecoverycollege.nhs.uk/newsletter-the-supporter-edition-176-05-january-2024).

Yorkshire Cancer Community Winter Newsletter

Click here to view Yorkshire Cancer Community's Winter Newsletter: <https://yorkshirecancercommunity.co.uk/winter-newsletter-2023/>

Yorkshire Smokefree Service Coffee Break

Here's the link to the February coffee break: <https://yorkshiresmokefree.nhs.uk/articles/world-cancer-day>

This month it concentrates on World Cancer Day.

Yorkshire Smokefree referral pathways:

- Phone 01924 252174 (service direct)
- Out of hours hub-
- 0800 612 0011 (free from a landline)
- 0330 660 1166 (free from some mobiles)
- Email- ysfwakefield@swyt.nhs.uk
- Website- www.yorkshiresmokefree.nhs.uk