



The Supporter Newsletter

01 March 2024

* ★ * * ★ *
 * **YOUR** *
 * **KINDNESS** *
 * #ADOSEOFREMINDERS *
 * **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.

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

TUESDAY



5 Bring to mind people you care about and send love to them

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

THURSDAY



7 Take three calm breaths at regular intervals during your day

FRIDAY

1 Set an intention to live with awareness and kindness

SATURDAY

2 Notice three things you find beautiful in the outside world

SUNDAY

3 Start today by appreciating your body and that you're alive

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



See us at our
Drop In

Come and speak to us at

**Eastmoor
Community Project**

every Tuesday 10am – 2pm

Come to speak to us about savings, loans and budgeting, to help build your financial resilience.

leedscreditunion.co.uk



Affordable. Flexible. Fair.

**Responding
to Our
Community**

**VOLUNTEERS
NEEDED**

Join our team of volunteers to:

- Support clients to attend their local health care appointments
- Overcome social barriers
- Improve health and wellbeing in our community



Contact Julia on 01924 361212
info@eastmoorcommunity.co.uk

EASTMOOR
COMMUNITY PROJECT LTD

**Wakefield
Online
Distance
Learning**

**Supporting Special
Educational Needs**

FREE
Online Learning
Level 2**

**Subject to completion



Understanding Autism



Special Educational
Needs in Education



Specific Learning Difficulties



Working with Individuals with
Learning Disabilities



wakefieldcouncil

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



Poorly child?

NHS

Talk to GP Care Wakefield
if you're worried about a
little one on evenings and
weekends

Just call your GP practice and the
call comes straight through to us.

GP CARE WAKEFIELD



Wakefield Adult Education Service

FREE**
Introduction to
British Sign
Language

**Free if you earn £23,400 or below

Manygates Education Centre

5th March 2024 -
19th March 2024
1pm - 3pm

01924 303 302
manygates@wakefield.gov.uk



wakefieldcouncil



PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINE247

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



March 2024

Inspiring Recovery 'Get Connected'

Workshops & Events

Phone our 'Get Connected' team for more details on our monthly workshops and events.

Dial 0300 123 1912
Select Option 3, then 4.

7 March, Thursday
International Women's Day
1:30pm-2:30pm
@Socialicious

14 March, Thursday
World Kidney Day
1:30pm-2:30pm
@Socialicious



21 March, Thursday
TT Managing Social Media
Pressure Workshop
1:30pm-2:30pm
@Socialicious

28 March, Thursday
Walk for Wellness
1:30pm-2:30pm
@Thornes Park

Individuals over the age of 25 can be a part of our 'Get Connected' events and workshops.



Needle Exchange Services



Inspiring Recovery offers **FREE** and confidential **NEEDLE EXCHANGE** at our hubs and select pharmacies across Wakefield District as part of our Harm Reduction Advice and Support.

**PLEASE CONTACT US
FOR MORE INFORMATION**

Call us: 0300 123 1912
Email: Wakefield-IR@turning-point.co.uk

Drop-in Services Available

Turning Point
Radcliffe House,
10 Bull Ring, Wakefield,
WF1 1HA

Turning Point
4-6 Wesley Street,
Castleford,
WF10 1AE

Join our ART WORKSHOP

What is it?

A fortnightly face-to-face create and craft workshop.

Who is it for?

Service Users.

Where is it held?

Socialicious Recovery Hub
1A Westmorland Street
Wakefield
WF1 1PN



When?

Alternate weeks on a Monday.
9:30am - 10:30am

Contact our Get Connected Team on 0300 123 1912 option 3, then option 4 to learn more.

Craft & Chinwag

When?

Every Thursday 12:30pm - 2:30pm

Where?

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



Free sessions
Open to everyone
Refreshments provided



Different craft option weekly
You can bring your own ideas or do something different.



Have a natter, hot drink and make new friends!

For more information,
email spectrumpeople@spectrum-cic.nhs.uk
or call 07720 899781



#MyWholeSelf



How's my mental health today?

How do I feel today? Mentally? Physically?



My Stress Container

How full is my container? Am I using helpful coping strategies? Are they working?

Learn about your Stress Container [here](#).



My mental health journey

Our mental health is part of the wider journey of our lives. [Learn more](#).



Looking after my wellbeing

How did I sleep last night? Am I eating a balanced diet and drinking enough water?

For tips on supporting your mental health, especially when working from home, look at our [guidance](#).



How's my thinking today?

How are my thoughts making me feel? Am I having unhelpful thoughts?

Create Your Mind Plan with [Every Mind Matters](#) to get tips to help deal with stress and anxiety and boost your mood.



There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.



Join the campaign for workplace culture change. Check out our resources at mhfaengland.org



What can I do to look after my whole self?

Write down a few things that you can do to improve your wellbeing.

Check in next week to see how you are doing.

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have a distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

Young Person's Clinic for Under 19s

For all your sexual healthcare needs without an appointment.

Availability is based on a first come first served basis until capacity is reached.

Drop-in times

Monday: 3pm to 5pm
Wednesday: 3pm to 5pm

spectrum-sexualhealth.co.uk
@SpectrumCICSH
0800 055 6442



HIRING NOW



OFFICE MANAGER

Mon - Fri 9am -5pm
based in Wakefield Office

Salary £32,076 - £33,945

Tel. 01924251205 ask for Hazel
Recruitment@homestartwakefield.org.uk

Scan to apply



Job No:2403
Closing date:
18th March 2024
@ noon



Happy Healthy Holidays with Lightwaves & Next Generation

at

Lightwaves Leisure & Community Centre
Lower York Street, Wakefield, WF1 3LJ

Tuesday 02 April to Friday 05 April 2024
12 noon to 4pm

BUILDING ON OUR COMMUNITY IDENTITY

HONESTY

HONESTY Ehrlichkeit
honnátság



We are all
CONNECTED

Teamwork
is better work

Artwork by
the January 2024 HHH Group



For ages 8 to 11 and 11 to 16 years old

Food, snacks & refreshments are provided

Activities include - Sports & Games with 5Sports team and Arts & Crafts
with local community artists, Tony W & Helen T

Free for young people on FREE school meals and low income
£4 per day for non free school meals (reduced rates for families)

Places are limited, please reserve your place by calling
01924 360158 and leave a message with the team

#HAF2024



Department
for Education



Wakefield School Nursing here for you



- emotional health
- sleep
- behaviours
- toileting
- healthy lifestyle
- high school drop in
- physical health
- sexual health
- hearing & vision

Call
0300 373 0944
for help &
advice for
children and
young people
aged 5-19



Wakefield Growing Healthy
0-19 team

Wakefield Growing Healthy

@Wakefield0_19

Wakefield0_19



Download our new app





Funded by
UK Government

**LEVELLING
UP**

Wednesdays
10am-1pm
from 6th March 2024

St George's Community Centre,
Broadway, Lupset WF2 8AA
Phone: 01924 369631
Email: info@stgeorgeslupset.org.uk

KRISSY'S CRAFTS

UNLEASH
YOUR
CREATIVITY!

**BOOK
TODAY**
£3 a week or
£20 for all 8!

WEEK 1:
6th March
Double easel card



WEEK 2:
13th March
Weave a mat



WEEK 3:
20th March
Dorset
Singleton
button



WEEK 4:
27th March
Felt flowers
brooch



WEEK 5:
3rd April
Beaded
dragon



WEEK 6:
10th April
Dorset
Cartwheel
buttons



WEEK 7:
17th April
Macramé
wall
hanging



WEEK 8:
24th April
Watercolours



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



Develop the skills and attitudes you need to gain employment in the **Armed Forces or Uniformed Services.**

Offering:

- ETCAL Level 2 in Preparation for Military Service
- NCFE Level 3 Certificate for Entry to the Uniformed Services
- Functional Skills in Mathematics and English

- For those aged 16 plus
- 50% physical and 50% academic training
- Enrichment activities throughout programme
- Financial support available

mpct.co.uk



Take the next step to a career in the Armed Forces...



SCAN THE QR CODE
TO VIEW OUR PROSPECTUS


Contact us today.

mpct.co.uk

 **Megan Hodson**

 **Wakefield**

 **07485 310 526**

 **megan.hodson@learningcurvegroup.co.uk**

Open Country are thrilled to introduce our new 'Wild about Water' group. It will run every Wednesday and will enable people with disabilities to access and enjoy blue spaces. It will work in the same way as our current weekend outings, where you book onto the activities that you'd like to try. Booking is essential and most activities will be fully accessible, but we will specify if they are not.

The activities are funded with thanks to Wakefield Council Culture Grants as part of Our Year – Wakefield District 2024.

March

6th: Riverside Pottery Part 1 – A gentle amble along the River Aire to get inspiration for next week's pottery class, followed by a waterside café stop.

13th: Riverside Pottery Part 2 - Pottery creation next to the River Aire with 'Riverside Paint a Pot'.

20th: Waterside Sketching - Feeding and drawing the ducks and swans at Pontefract Park.

27th: Introduction to Watercolours – A gentle stroll followed by an introduction to painting with watercolours at Pugneys Country Park.

To book on, please call Ella on 07426 716677 or Beth on 07857 834364 or email wakefield@opencountry.org.uk

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:



Nonbinary participants needed for mental health research project

Are you nonbinary and have received mental health services in England? Are you interested in sharing your experience? This project may be for you!

This project is open to anyone 14 or older!

About the study:

You will be asked to take part in a 60-90 minute interview about your gender identity journey, experience with mental health struggles, and your experience of mental health services. Interviews can be conducted in person or online. If you are under the age of 18, parental consent may be needed.

Why participate?

Your participation may help to inform the research community about experiences that are unique to nonbinary people and provide feedback to professional and support services, such as mental health providers and LGBTQ+ organizations.

For more information, please contact:

Heather C. Metz
(she/her)
07873 359664
H.Metz@uea.ac.uk



SeNSS
South East Network for Social Sciences

UEA University of East Anglia



We want you to join our

Parent and Carer PANEL

Help us create six new parent and carer community panels across Wakefield District. The panels will bring together pregnant women, parents and carers of children of all ages.

Get involved and make health and care services better for all parents and carers.

Use your ideas and make a difference

Get in touch to find out more

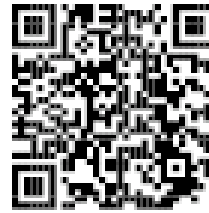
Contact Anne-Marie Barnes on 07597 801623

Or telephone our office on 01924 787379 or email enquiries@healthwatchwakefield.co.uk



Wakefield Discovery College

Online
16 - 25yr
olds



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

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

Introduction to journaling for wellbeing

20/05/2024
1pm-3pm
Pontefract

Accepting change

03/06/2024
10am-12pm
Online

Understanding anxiety

26/06/2024
1pm-3pm
Online

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

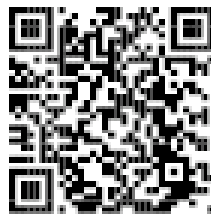
Discovery College

Part of Wakefield Recovery and Wellbeing College

With all of us in mind.

Wakefield Recovery College

18+



Yoga

Join any week

Every Friday
10am-10.45am
Online

Creative fitness

Wednesdays
11am-12pm
Normanton

Accepting Change

18/03/2024
10am-12pm
Online

Connecting with the 5 senses

18/03/2024
12.30pm-2.30pm
Wakefield

Managing fatigue with health conditions

18/03/2024
10.30am-11.30pm
Online

Understanding anxiety

20/03/2024
1pm-3pm
Pontefract

Stroke awareness

21/03/2024
10am-12pm
Wakefield

Medication and me (Q&A session)

08/04/2024
1pm-3pm
Wakefield

Scrapbooking for wellness

09/04/2024
10am-11.45am
Wakefield

Enhancing positive interaction

10/04/2024
10.30am-12.30pm
Online

Pastel drawing

12/04/2024
1pm -3pm
Pontefract

Exploring spirituality and healing

12/04/2024
10.30am-12.30pm
Online

Freedom from fibromyalgia

15/04/2024
1pm-3pm
Pontefract

Trailblazers

16/04/2024
10am-4pm
Wakefield

Book folding

17/04/2024
10.30am-12.30pm
Wakefield

The inner scream: Understanding self-harm

18/04/2024
1pm-3pm
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.

**FREE
course**



Connecting with the 5 senses

Join us in this 2 hour workshop to discover how to better connect with your senses. It will teach you how to spend less time caught up in your thoughts and more time feeling and appreciating yourself and the world around you. You will have the opportunity to participate in group activities designed to help you connect with your senses then spend time reflecting on how this feels for you. These techniques can then be added to your wellbeing toolkit.

18th of March 2024 - 12.30-2.30pm

**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**



Positive steps

This series of 5 sessions can be attended individually or as a full course. Each session covers an aspect of dementia or supporting someone living with dementia to help you feel informed, empowered, and prepared to manage your future with dementia. You may wish to attend as a family carer, a person living with dementia or because you have an interest in dementia and dementia care.

1. Introduction to Dementia: Provides a general overview of what dementia is, the different types of dementia and the common symptoms.
2. Coping with Symptoms of Dementia: A more in depth look at symptoms of dementia and how we can make these easier to cope with.
3. Practical care in Dementia: Looks at supporting people living with dementia with day to days tasks such as washing and dressing and what aids and adaptations might help us do this.
4. Finances and Support for Dementia: An introduction to the types of support available for people living with dementia and their carers, including financial help, local support and care services.
5. Planning for the Future with Dementia: Thinks about advance care planning and emergency care planning both for people living with dementia and their carers.

16th of May 2024- 1pm-3pm

5 Weeks

**Connections, 15a Westgate, Wakefield,
West Yorkshire, WF1 1JZ**



**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**



NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

Looking after your sleep

Have you ever struggled to sleep? Does your phone keep you awake at night? Do you know how amazing sleep is for health and wellbeing? Do you want to learn some techniques that may help improve your sleep, hopefully helping you feel, looking and performing better?

If you answered yes to any of these questions, then why not join our expert from the sleep charity who will be delivering this 90 minute session to explore what you really need to know about sleep.

This session will be delivered online via Microsoft Teams.

10th of April 2024 - 1.30pm-3.00pm



**Online
16-25**

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

With all of us in mind.

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

FREE
course



Stroke Awareness

Would you know what signs to look for if you thought someone may be having a stroke? Have you suffered a stroke yourself, or care for someone who has? Would you like to learn more about living a healthy lifestyle and how you can help prevent yourself from having a stroke? What if you are a Health Care Professional; do you know much about strokes? Would you like to increase your knowledge and skills? This really informative and interactive workshop offers you the opportunity to understand what a stroke is and what you can do to prevent the risk of having a stroke, along with other information about diet, blood pressure and local support groups. The group is facilitated by a stroke support coordinator from the Stroke Association who has experience in supporting people following a stroke.

21st of March 2024 - 10am-12pm

Prosper House, 59 Upper Warrengate,
Wakefield WF1 4JZ



Face to
face
18+

F	A	S	T
F is for FACE Has their FACE fallen on one side?	A is for ARMS Can they raise both ARMS and keep them there?	S is for SPEECH Is their SPEECH slurred?	T is for TIME It's TIME to call 999 if you see any of these signs

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

THE HERON

Standing
Stock still
His grey and white plumage
Blending into the river's background

Hidden but not hidden
The water rushes down to the cut
Cold
Never slowing or stopping
Fuelled by the icy waters
The winter snows from the hills above

He stands
Waiting
Silent
On the waterfall's edge

No movement from him
Like a statue
Frozen in time

The river rushes on
Never slowing

He never moves
Like a hunter awaiting his prey
Patience is his virtue.

It can be ours
Stand still
Watch
Stay in the moment
See all
Hear all
And miss nothing.

RYDER 2024
ALL RIGHTS RESERVED

