

Newsletter



19 March 2024

Edition 123

We have rebranded the newsletter. If there is a particular section you're interested in reading, click on it and it'll take you to that section

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Newsletters will be every two weeks. The next newsletter will be announced at a later date!

Please continue to send articles and posters to pmhnwakefield@gmail.com and they will be emailed to members.



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

**Dementia Together Event for All
at the Ridings Shopping Centre on
the 16th of April 2024**



Come and join us for information and entertainment.


11.00am -15.00pm Information Stalls
11.00am-13.00pm Mandala Art card printing
12.00pm-12.45pm Karen Singing
13.00pm-13.30pm Celebrating Diversity
13:45pm-14:45pm Singing for the Brain with Antony
15.00pm-Close

For any information, please contact
Wakefield Alzheimer's Society on 01924
373264
e-mail: Wakefield@alzheimers.org.uk



List of organisations attending the event

Active Minds Day Care Services
Admiral Nurses
Adult Social Care
Age UK Wakefield District
Alzheimer's Society
Care Coordinators- Primary Care
Care Link- WDH
Carers Wakefield
Citizens Advice
Complete Care West Yorkshire Ltd
Complex Needs- Mid Yorkshire Teaching
Hospital Havercroft & Ryhill Community Centre
Health Watch
Home Instead
Library Service
Live Well Wakefield
Local Support Groups
Memory Action Group
Memory Service
Methodist Homes Association
Radfield Home Care
St Georges Community Centre
The Prince of Wales Hospice
Turning Point Talking Therapies
Umbrella - Family Centre CIC
Wakefield and District Society for Deaf People
Wakefield Hospice

 REGULATOR Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.



Services, Groups & Community Courses

Empath Action CIC invites you to celebrate Earth Day

Empath Action CIC invites you to join them in the run up to Earth Day to celebrate all things flowers and plants with our Guided By Gissing worksheets.

These free worksheets are great for home education or for adults looking for a reason to get out flower spotting in the Wakefield District. To be involved get out hunting flowers in your local park or nature reserve, take pictures of what you see, and send your photos to us on social media at @empathaction or via email so we can share your fabulous finds. See something that isn't on the worksheets? Great, let us help you identify it by sending us a photo.

To get your worksheets just email us on hi@empathaction.org.

Flower and Plant Spotting With Guided by Gissing!

MARCH

Ground Ivy Wild Garlic

Lesser Celandine Dandelion

SEND US YOUR PHOTOS AND ADD TO OUR GISSING GALLERY!

#GuidedByGissing
www.empathaction.org/guidedbygissing
hi@empathaction.org

Flower and Plant Spotting With Guided by Gissing!

APRIL

Harebell Primrose Wood Anemone

FIND ME IN WOODLANDS, TOWNS AND CITIES

FIND US IN WOODLANDS, ALONG HEDGEROWS AND IN GRASSLANDS

Some plants take a long time to develop, so while you might be able to spot them in early Spring, they may not flower until much later in the year. The Harebell is one example. Their stalks can be seen in April but we won't see them flower with their purple star bells until the Summer!

SEND US YOUR PHOTOS AND ADD TO OUR GISSING GALLERY!

#GuidedByGissing
www.empathaction.org/guidedbygissing
hi@empathaction.org

Guided by Gissing is supported by City Connect and is designed to get you out exercising in our District.



Tea, Toast & Creative Mornings

Tea, Toast and Creative Mornings

Start your morning off with some creativity, tea and toast!
Sessions are open to everyone and free.

When? 10am - 12pm

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

Sessions starting 6 March

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



Ben's Place



ben's place

SPECIALIST SUPPORT
FOR MALE SEXUAL ABUSE SURVIVORS

Bens Place is a free, online trauma-informed counselling service for men who have been victims of childhood sexual abuse or adult rape. For more information visit survivorswestyorkshire.org.uk or email us at ops@survivorswestyorkshire.org.uk



DOCTOR

MUSICIAN

TEACHER

COACH

BUSINESSMAN

FATHER

BROTHER

ben's place

SPECIALIST SUPPORT
FOR MALE SEXUAL ABUSE SURVIVORS

Sexual abuse is something that I experienced
IT'S NOT WHO I AM...

survivorswestyorkshire.org.uk
Ben's Place is a Survivors West Yorkshire project
With thanks to Living Well for granting permission to adapt the poster



West Yorkshire Survivors Panel Discussion Recordings are now available to watch!

In November 2023, SWY held a mini online film festival with panel discussions between activists from around the UK. The discussions covered a number of topics surrounding sexual violence, and consider where we have been, where we are and where we are going. The recordings of these discussions are now available to watch on YouTube (scan the QR codes below or visit <https://www.youtube.com/@Survivorswy/videos> to watch!)

Kintsugi Conversations: Sexual Violence and Creative Arts Activism (Parts 1&2)



Kintsugi Conversations: Undercover Sexual Harassment - The Truth



Kintsugi Conversations: Boys and Men Healing





How can Turning Point help?

FREE SUPPORT FOR YOUR MENTAL HEALTH



TURNING POINT TALKING THERAPIES

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

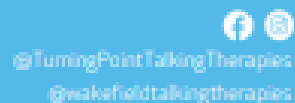
To self-refer scan the QR code or contact us on the below:

- 🌐 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



HOW TO FIND US

**57 KIRKGATE
WAKEFIELD
WF1 1HX**



The shop is located opposite the bottom entrance of The Ridings Centre. There is a bus stop right outside.

PHONE LINE OPENING TIMES

Monday - Thursday: 8:00am - 20:00pm
Friday: 8:00am - 16:00pm
Saturday: 9:00am - 16:00pm
Sunday: 10:00am - 16:00pm

We also have additional locations across the district including GP surgeries, community centres and libraries.

Please see our social media for full details of our locations or phone 01924 234860

ALREADY PART OF A GROUP OR ORGANISATION?

Contact us and we can put on a workshop just for you. For details and to book onto any, please see our website and follow us on social media.

EMOTIONAL WELLBEING WORKSHOPS

Our workshops are delivered by therapists and are informal sessions to provide you with more information about common mental health symptoms. The workshops are filled with useful techniques and coping strategies to help and support your mental wellbeing.

We have an extensive range of self help topics, some of which include Managing Anxiety or Panic Attacks, Improving Sleep or Combatting Low Mood.

There is no pressure to share personal experiences, you can just come along and learn. However, there will be opportunity for you to ask questions or share if you choose to do so. We will also let you know more about further support and resources available to you.



TURNING POINT TALKING THERAPIES



@TurningPointTalkingTherapies
@wakefieldtalkingtherapies



Turning Point Emotional Wellbeing Workshops in March

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



TURNING POINT TALKING THERAPIES

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



Suicide Prevention Resources from a Lived Experience Co-Production Project; Leeds Mind

As volunteers on a suicide prevention project, we have used our own experiences to create several lived experience informed resources for professionals and wider public to raise awareness and reduce stigma around suicide and improve care for clients and families.

All of us have personal connections to suicidal crisis - either from being in that position ourselves, supporting someone else or being bereaved by suicide. We have been part of the [Suicide Prevention Coproduction Project](#) - funded by West Yorkshire Health and Care Partnership's Suicide Prevention Programme and facilitated by Leeds Mind.

We hope the resources will provide helpful first-person accounts to staff and lead to positive changes for people experiencing mental health crisis in the future. We also aimed for the resources to be informative and provide solidarity to those struggling themselves, supporting someone or have been bereaved by suicide.

Our Coordinator said, said: "Our volunteers' experiences will ring true for a lot of people out there and we hope that by sharing those stories, we can give a voice to the people of West Yorkshire, empower them and create change."

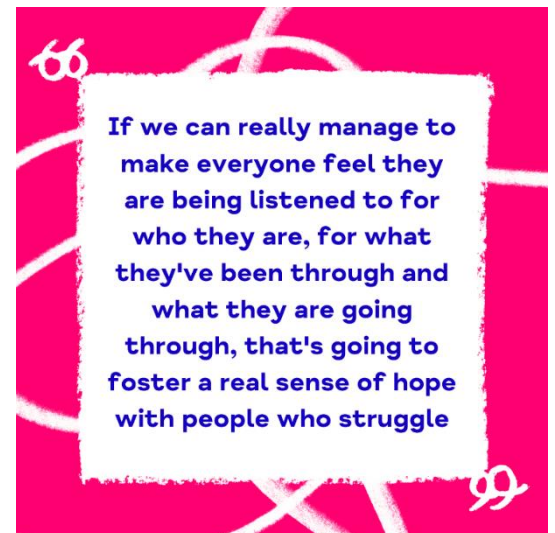
One of our Volunteers said: "This project has given the voice to so many that have been silenced, ones who can make a difference with partnerships such as these."

Resources for Professionals:

- [Surviving Crisis; Learning From Lived Experience](#). A Leeds Mind Suicide Prevention Podcast.
- [Lived Experience Involvement Guidelines](#)
- ['Preventing suicide: communication, support and follow-up'](#): Lived Experience Films.

Resources for Public:

- [Book of Cope](#)
- [Bereavement Support Leaflet](#)



You can find all of our resources, information about the project on our website: <https://www.leedsmind.org.uk/services/suicide-prevention-co-production/>



Wakefield Recovery College Courses

Wakefield Recovery College

18+



NHS
South West Yorkshire Partnership
NHS Foundation Trust

Yoga
Join any week

Every Friday
10am-10.45am
Online

Creative fitness

Wednesdays
11am-12pm
Normanton

Medication and me (Q&A session)

08/04/2024
1pm-3pm
Wakefield

Scrapbooking for wellness

09/04/2024
10am-11.45am
Wakefield

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

Developing Resilience: the key to self-management

19/04/2024
10.30am-12.30pm
Online

Improving your mindset

24/04/2024
10am-12pm
Wakefield

Rediscovering and renewing my Inner Values

26/04/2024
10.30am-12.30pm
Online

Understanding anxiety

01/05/2024
1pm-3pm
Wakefield

Journaling for wellbeing

02/05/2024
1pm-3pm
Online

An introduction to autism

07/05/2024
10am-12.30pm
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 Recovery College

18+



NHS
South West Yorkshire Partnership
NHS Foundation Trust

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.



Wakefield Discovery College Courses

**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.wakefelddiscoverycollege.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk
01924 316946

Discovery College
Part of Wakefield Recovery and Wellbeing College

With all of us in mind.



Job/ Volunteer Opportunities

Touchstone Job Opportunity Administrator

Touchstone (registered charity No. 1012053) is a leading voluntary sector agency providing high quality services to improve the health and wellbeing of local people.

Prosper House , Wakefield Community Enablement Team - Administrator
NJC Scale Points 07 – 11, £24,294 pa/pro rata
Mon -Fri 26hrs per week (5 days)



This role is fixed term up to 31st March 2025 (potential extension) .

Touchstone is a multi-award-winning mental health and wellbeing charity operating in communities across Yorkshire. Touchstone understands that we can only deliver excellence to the people we serve if the people we recruit are happy, empowered, supported to reach their potential and trusted to lead.

The post holder will provide administrative support to the Community Enablement Team based at Prosper House in Wakefield. Providing day to day running of the office , and maintaining provisions in the building. Developing and maintaining administrative systems, receiving, and processing referrals and collating relevant data for reporting purposes. Servicing meetings, recruitment and supporting individuals and groups who may attend the site. You will have strong interpersonal skills and adopt a person-centred approach and confidently use a range of IT packages .

Information Session: Friday 29th March 10-11am, this will be held on TEAMS

[Click here to join the meeting](#) Meeting ID: 399 773 418 540 Passcode: PoYy6C

Closing Date: Monday 8th April , 9am 2024 .

Interviews will be held on: Friday 19th April 2024

For more information, please contact Jill Gaffrey jillg@touchstonesupport.org.uk

As an employee of Touchstone, all successful applicants continually benefit from the following:

- Personal wellbeing budget
- 28 days annual leave (rising to 31 after 2 years) + 8 bank holidays (pro-rata)
- Agile working policy
- Cycle to work scheme
- Access to counselling and 24/7 confidential staff Mindful Employer helpline
- Health and wellbeing and fun organisational staff away days
- Inclusive maternity and parental policies and pay
- A full range of staff and peer support networks
- Additional day of leave for a celebration day
- Lots of learning and development opportunities

Touchstone is an equal opportunities organisation, a Trans Positive employer and applications are welcome from all sections of the community, particularly, BME and LGBT communities and/or people with disabilities who are under-represented within Touchstone. Further information can be obtained from our equal opportunities policy. Please note that we do not hold a sponsor licence and we do not intend to offer sponsorship for this particular role. You should therefore ensure that you have/will have the right to work in the UK to be able to undertake this role, if appointed, you will be required to provide relevant right to work documents at the point of an offer being made to you. Applications can be obtained by visiting www.touchstonesupport.org.uk or by e-mailing recruitment@touchstonesupport.org.uk. Feedback is only provided at the interview stage.



Touchstone are excited to offer this job role following increasing demand and expansion of our service in the Wakefield District . We are recruiting a new administrator to the team, who will be working alongside the Community Enablement Team staff based at Prosper House Wakefield.

Closing date 8th April

There will be an information session which will be held on **Teams Friday 29th March 10-11am.**



New Mental Health Community Panel Volunteer Opportunity

New Mental Health Community Panel

A chance to make a difference

We want volunteers to be part of a new community panel that will have their say on mental health services in Wakefield District.



If you have experiences of local mental health services please get in touch.

Contact Michelle on 01924 787379 or email michelle.poucher@healthwatchwakefield.co.uk

healthwatch
Wakefield

www.healthwatchwakefield.co.uk





Surveys, Campaigns, New Websites & Other Newsletters

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>



Battle Scars Bulletin

Click here to view Battle Scars latest bulletin for March:

https://drive.google.com/file/d/1J2FL5m8Pu0cHpgVrlf2nUavLzW0mAJ7M/view?usp=drive_link

The Supporter Newsletter

The March edition of The Supporter Newsletter is available to read. Click here to view: [Newsletter The Supporter Edition 178 01 March 2024](#)

wakefieldrecoverycollege.nhs.uk

New to the newsletter? Take a look at some of the past editions here [The Supporter Newsletter - Wakefield Recovery and Wellbeing College](#) wakefieldrecoverycollege.nhs.uk.

Yorkshire Cancer Community's Voice Newsletter

The February edition of the Voice Newsletter is now available to view on Yorkshire Cancer Community Website. Click here to view:

<https://yorkshirecancercommunity.co.uk/news/>

[The March edition of the Voice Newsletter is now available to view. Click here:](#)
<https://yorkshirecancercommunity.co.uk/news/>

If you have got any stories to share or ideas for articles in future editions of the VOICE, please get in touch by email: info@yorkshirecancercommunity.co.uk.

Yorkshire Smokefree Service's Coffee Break

This month concentrates on National no smoking day. Click here to view:

<https://yorkshiresmokefree.nhs.uk/articles/coffee-break-march-no-smoking-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

or via ICE if you have access to it.

Any questions or if you would like some further training sessions please get in touch on the email above.