



The Supporter Newsletter

05 April 2024

♥ HEY,*
YOU ARE
exactly ♥
WHERE YOU
NEED TO BE.
*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.

Credit: @adoseofreminders



Eid Mubarak from all of us!



Active April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					



ACTION FOR HAPPINESS

Happier · Kinder · Together

We're always looking to ensure we have the best offer for our community and, as a co-produced service, we'd like to get your latest thoughts and feelings on the duration of our courses and workshops. Please could you let us know your thoughts this month on the below, emailing or calling us with your preference (A, B or C).

A

I prefer one-off, stand-alone workshops (usually just a couple of hours long at a time and sometimes with a "next steps" workshop that you can book on to separately). I know I'm more likely to be able to commit to (or feel well enough to attend) one-off workshops or shorter sessions, picking and choosing which individual sessions I'd like to attend.

B

I prefer longer-length courses (usually between 4 and 12 weeks long, with each session being a couple of hours long). I like to be able to see the same group of people each week and attend a full series of sessions in one go.
I know that I can commit to attending every week for several weeks.

C

I prefer a mix of both.



Wakefield

Recovery and Wellbeing College

Home of the Discovery College



HM Government

NHS



SAY YOU SERVED

Tell your GP practice if you've ever served in the UK Armed Forces.

It could be relevant to your health and means you'll get the support that's right for you.

Find out more at nhs.uk/veterans

Juggling bills and unexpected costs?

Finding it hard to get essentials like toiletries, sanitary items, shoes, or clothes?

We can help.



Walk-in Wardrobe

Open for appointments on Fridays. Other days can be arranged based on your needs & availability.

Please contact Lesley for further information:

📞 01924 369631

👤 Lesley George

✉ lesley.stables@stgeorgeslupset.org.uk



Room Hire

Local Information

Free Wi-Fi

Board Games + Toys

Food Parcels (Referrals Only)

Food Pantry (Paid Membership)



GET SUPPORT AND ADVICE

Mondays, Wednesdays + Fridays

By appointment only

Free talking therapies from qualified professionals, on your doorstep at St George's. Book with Turning Point on 01924 234860.

Did you know...

Turning Point Talking Therapies also have free online and face to face workshops to support with emotional health issues? Find out more at <https://mytp.me/wakefield-talking-therapies-publications>

Tuesdays

10am-12noon Drop-Ins

Chat to Step-Up for all things employability, or talk with Citizens Advice for help with anything from benefits to housing to consumer rights.

10am-2pm Drop-In

Stop by for advice from Leeds Credit Union - a not-for-profit financial services organisation that provides savings accounts to help people build a financial safety net, as well as loans that are affordable and can help build or repair a borrower's credit rating.

from 1.15pm Drop-In

Get support direct from the Department for Work and Pensions (DWP).

Community Transport



Are you a local group or organisation wanting to get out and about more? Hire our minibus!

- 16 seater minibus,
- Driver supplied,
- Space for up to 2 wheelchairs*

*Please note wheelchairs are larger than the minibus seats so this will reduce overall seating capacity.

PRICES

St George's Community Transport membership fee: £25 per year.
Hourly hire rate: £30 (inclusive of driver and fuel).
Minimum hire: 3 hours.

ELIGIBILITY

We encourage community groups and organisations to hire from us. The Minibus is not available for private hire (i.e. personal/family trips such as stag or hen dos).

Community Book Swap

Borrow Litter Pick Equipment

Community Cafe + Kirsty's cakes and catering

OPEN | Monday - Friday | 9am - 1pm
Fresh, homemade food at reasonable prices - veggie + vegan options



SEND Open Events



An opportunity for Year 10s & 11s, parents, carers and schools to find out more about our specialist SEND provision.

Explore our exceptional facilities and meet our highly supportive team.



To find out more and register your place, scan the QR code or visit heartofyorkshire.ac.uk/events.

Castleford College
Wednesday 10th April
1.30pm - 6.00pm



Wakefield College
Wednesday 17th April
1.30pm - 6.00pm



Selby College
Wednesday 24th April
1.30pm - 6.00pm



Short presentations delivered at:



**Understanding
Autism
at
Cedar's Family
Centre**

**Monday Morning
9.30am - 11.30am
6 Weeks
Starting on
8th April 2024**

**Contact Emily on
07917 102 234 or
estansfield@wakefield.gov.uk
for more information!**

Wakefield
Adult
Education
Service

Wakefieldcouncil
working for you



**Could you be our new
volunteer Treasurer?**



**PLACES WHERE KIDS EAT FREE (OR FOR £1)
DURING EASTER HOLIDAYS 2024**

moneysavingcentral.co.uk/kids-eat-free

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from From Mon - Fri in Half Terms 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

COCONUT TREE

One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

SUNDAY 28 APRIL 2024
SHOW STARTS 10:30AM

WAKEFIELD BID PRESENTS

WAKEFIELD CLASSIC & AMERICAN CAR & BIKE SHOW
CITY CENTRE - WFI IHG

HOT RODS
AMERICAN CARS
TRUCKS
CUSTOMS

MOTORBIKES
CLASSIC CARS
VEHICLES OF INTEREST
ALL WELCOME!

★ LIVE ENTERTAINMENT ★
★ QUALITY FOOD & DRINK ★ COSTUMERS ★
★ TOP 10 TROPHIES INCLUDING: ★
BEST BIKE & BEST IN SHOW!

wakefieldbid.co.uk

EXHIBITORS:
Entry: £5 per vehicle Gates open at 8am
All proceeds donated to Wakefield Hospice

Call Paul Copley for entry details
07860 778857

WAKEFIELD HOSPICE
LOOKING AFTER THE CARE OF THE COMMUNITY

Copyright of MONEY SAVING CENTRAL



PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINE247

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

We Listen
When You Just
Need To Talk

Call for Same Night Help In Our
Safe Support Spaces

Every Day of the Year From 9pm



Here For You 0777 696 2815

Out Of Hours Support in a Safe Space

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Cancer Health and Wellbeing event

Would you like to meet health care professionals and local services showcasing information and support available to Cancer patients and carers?

Then join us on **18 April 2024, 12-2pm** at the Cancer health and wellbeing event, Upper floor exhibition area, The Ridings Shopping Centre, Wakefield, WF1 1DS.



Working together
making a difference



Pathways into Research with [South West Yorkshire Partnership Foundation Trust Research & Development \(R&D\) Team](#)

As an R&D team, we are passionate about ensuring our research answers questions important to our families, carers, and service users, across Barnsley, Wakefield, Kirklees, and Calderdale.

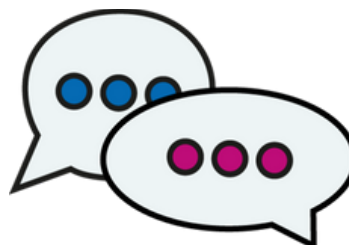
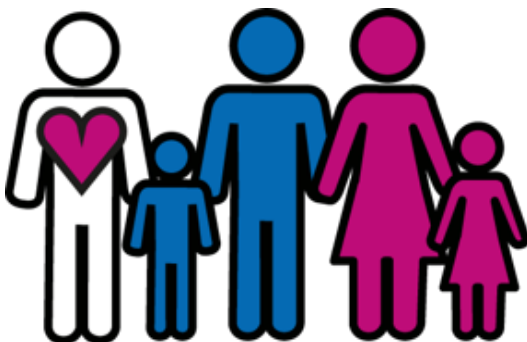
We are a friendly team, so get in touch to find out more about our activities and for any research studies that maybe relevant to you as a participant, or for services users to get involved in.

Why is research important?

- NHS Trusts involved in research have better services user outcomes and staff are happier,
- Research studies help to answer important questions about new ways to offer treatments and services,
- You can help make a difference, by helping to improve treatments and quality of life, now and for future generations,
- Allows families, carers, service users to take an active role in their care, as well as working with researchers to shape important questions,
- Find out more about being part of research by watching this short video from the [National Institute of Health Research \(NIHR\)](#)

Want to get involved in research?

Getting involved is a click away. Join our research involvement group (RIG) is an online monthly meeting where you can learn i) more about our research, ii) be a voice for your community and iii) participate in study activity as a member or volunteer. If you would like more information, drop us an email: research@swyt.nhs.uk phone: 01924 316289 if you would like to speak to a member of the team.



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

As volunteers on a suicide prevention project, Leeds Mind have used their 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 those involved have personal connections to suicidal crisis - either from being in that position ourselves, supporting someone else or being bereaved by suicide. They 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. Here's what they had to say:

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:

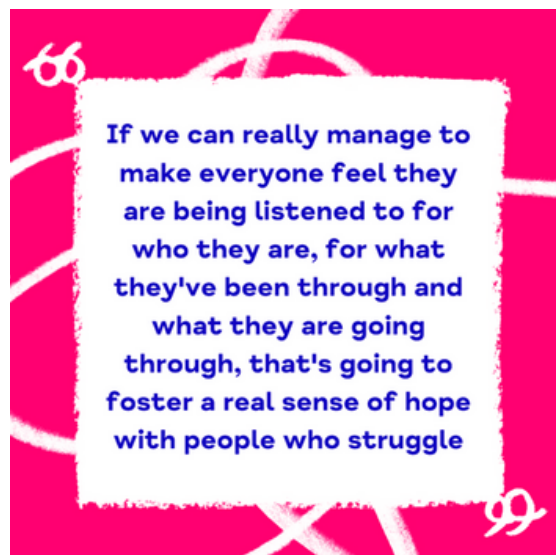
- [Surviving Crisis; Learning From Lived Experience](#). A Leeds Mind Suicide Prevention Podcast.
- [Lived Experience Involvement Guidelines](#)
- ['Preventing suicide: communication, support and follow-up'](#): Lived Experience Films.

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/>



This resource was created by the Leeds Mind Suicide Prevention Volunteers and the Leeds Mind Suicide Bereavement Services.

The services listed have been chosen by our volunteers. There are many other sources of support available to you.

For a directory of support in West Yorkshire, please visit the West Yorkshire Suicide Prevention website:



Get in touch

If you have any questions about the support listed or about the Leeds Mind Suicide Bereavement Services, please don't hesitate to get in touch with our friendly team.

We're Open:

Monday to Thursday 9am – 5pm
Friday 9am – 4:30pm

Call: 0113 305 5800
Email: sbs@leedsmind.org.uk

We're here for you.

A pocket resource of support available to anyone impacted by suicide.

You are not alone.



Reg'd charity number 1007625

Everyone's grief is unique, but you do not have to tackle the journey by yourself. We have compiled some of the key information we found the most helpful, or wished we had known.

“When I have a down day, and it's normal to have them, I remind myself that I have dealt with and managed the most horrific situation and come through it.”

“I wished I'd asked more people for help rather than going it alone, that I didn't have to be brave all the time...”

You can read more from our volunteers and their journey through grief, here:



We understand because we have been there too.

Support for you

Leeds Mind Suicide Bereavement Services

Compassionate support for people bereaved or affected by suicide. Delivered by staff who understand because they've been there. Open to anyone living in West Yorkshire.



West Yorkshire 24 hour mental health helpline

The West Yorkshire helpline provides confidential support, advice and information for anyone over 18 who is concerned about their mental health, or is worried about a family member or someone they care for. Call 0800 183 0558

SOBS

Survivors Of Bereavement by Suicide. Peer-led support to adults impacted by suicide. Helpline: 0300 111 5065



Samaritans

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call 116 123

SHOUT - text support

24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere. Text 'SHOUT' to 85258.

Winston's Wish

Helps children, teenagers and young adults find their feet when their worlds are turned upside down by grief. Call 08088 020 021

Grief Encounter

Support for bereaved children and young people. Grief talk helpline: 0808 802 0111



What happens next

Support After Suicide – journey days

A timeline tool of what you may experience



Help is at Hand

A resource for people bereaved through suicide or other unexplained death, and for those helping them.



Tell Us Once

Tell Us Once is a service that lets you report a death to most government organisations in one go.



The Inquest Handbook

A free and trusted guide for bereaved families & friends affected by a sudden death that involves an inquest.



Recovery Colleges Characterisation and Testing 2 (RECOLLECT 2):
Study 1.

Study Summary

RECOLLECT 2 is a five-year programme of work to better understand Recovery Colleges in England. As they are rapidly expanding, we want to explore how Recovery Colleges might benefit those that use them by exploring the impact of Recovery Colleges on student outcomes. This project has been approved by North West - Greater Manchester West Research Ethics Committee [REC Ref 22/NW/0091 / IRAS ID: 303212

Can I take part?

You can take part in RECOLLECT 2 if you:

- have recently enrolled at a Recovery College participating in RECOLLECT 2 (have attended no more than one introductory Recovery College course or workshop)
- are aged 18 or over.
- are accessing, accepted by but are waiting to access, or discharged within the last 12 months from local secondary or tertiary NHS mental health services (e.g., a community mental health team, assertive outreach team, outpatient clinic)

What does taking part involve?

Taking part involves completing a set of questionnaires at four different time periods over a year; when you first join the Recovery College, then 4, 8 and 12 months afterwards. You can complete the questionnaires either on paper, online, over the phone, via video call or you can be sent a copy by post.

The questionnaire should take about an hour to complete. You don't have to complete them all in one go. A member of the research team can walk you through the questionnaires and will give you options on how to complete them.

We will also ask you if you would like to agree for us to see your medical records. You can say no and still take part in RECOLLECT 2.

How is my participation recognised?

We provide £15 for each questionnaire you complete (total £60 for all 4 timepoints).

If you have any questions or would like to be involved, you can complete the expression of interest form
<https://kings.onlinesurveys.ac.uk/expression-of-interest-form-2>



You can also email us at RECOLLECT@kcl.ac.uk or talk to a member of staff at your Recovery College. Scan the link below to watch a video about the study.



Do you have any free time come and watch



Good Mood Football League



A competitive team event for people who experience mental ill health, substance misuse

Good Mood League Tournament 2024

Thursday 10am-2pm, Feb 29th @The Zone St. Andrews Road, Huddersfield HD1 6PT (Indoor 3G pitch)

Thursday 10am-2pm, May 16th @West Riding FA Sports Ground, Fleet Lane, Woodlesford, Leeds, LS26 8NX

Thursday in 10am-2pm Sept (date tbc) @West Riding FA Sports Ground, Fleet Lane, Woodlesford, Leeds, LS26 8NX

Thursday 10am-2.30pm, Nov 28th @ The Zone St. Andrews Road, Huddersfield HD1 6PT ((Indoor 3G pitch)

Kick off at 11am prompt. Its a league competition open to teams previously involved and new teams where possible 7 a side(depending on numbers). There will be a medal and trophy ceremony at the November event but there will be some medals for the other fixtures. Please bring a packed lunch. Free parking at the sites as well as facilities for rest, changing and toilets. Indoor and outdoor (West Riding FA ground) 3G pitches.

To book a place email alex.feather1@swyt.nhs.uk or call 07827 232698

Places are limited and will be allocated on a first come basis.

Encouraging spectators welcome.





Live Well
Wakefield

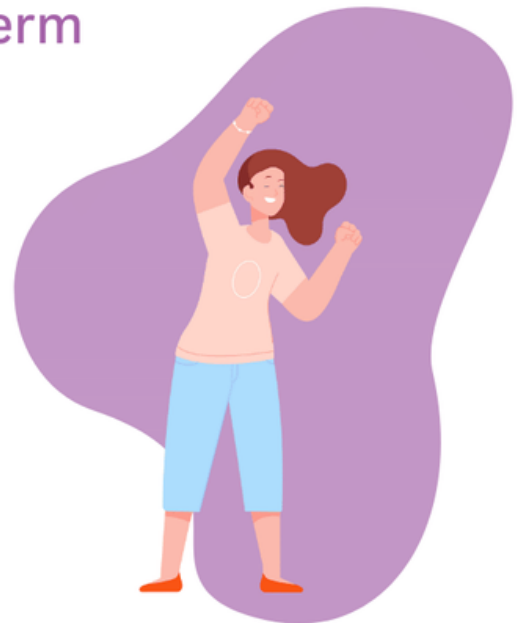
General Self-Management Programme

For those living with any long term condition

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

Focus of the programme:

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



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

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

Where: Online using the free Microsoft Teams App

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

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



Funded by
UK Government

**LEVELLING
UP**

manmatters.org
manmatters@gasped.co.uk

MAN MATTERS WELLBEING COURSE

A 6 week Wellbeing Workshop Programme, running throughout 2024, to teach self-management skills to men to empower them take control of their own wellbeing.

To find out
more OR to
book on
to our
Workshops,
call our line.



01924 787507

**ACTION
PLANNING**

**RELAXATION &
BREATHING
TECHNIQUES**

**MANAGING
EMOTIONS &
ANXIETY**

**EXERCISE, FOOD &
REST FOR
IMPROVED MOOD**

**EFFECTIVE
COMMUNICATION**

**MAN
MATTERS**



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire



NHS
NHS West Yorkshire
Integrated Care Board

Charity:
1072174
Company Registration:
03580792

MVDA

01924 787507

We offer a safe space for men, in the Wakefield District, who are experiencing or have been affected by Domestic Abuse, to openly talk.

Our service offers practical & emotional support, advice, information and person centred counselling.



GASPED



MVSA

01924 787507

We offer a West Yorkshire wide service for male victims of Sexual Abuse, giving them a safe space to openly talk.

We offer practical & emotional support and person centred counselling.



Charity: 1072174

Company Registration: 03580792

Work with Us



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/



OUR SERVICES:

Coffee Groups



Advice & Practical Support



Counselling



For all who identify as male, are aged 18 & over and live in the Wakefield District.

Call our line, open Monday-Friday, 9am-5pm, for a confidential chat to find the right steps for you.



5-5a Cheapside,
Wakefield,
WF1 2SD

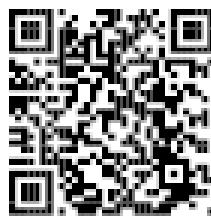


01924 787507



Wakefield Recovery College

18+



Yoga

Join any week

Every Friday
10am-10.45am
Online

Creative fitness

Wednesdays
11am-12pm
Normanton

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

Exploring spirituality and healing

12/04/2024
10.30am-12.30pm
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

Stroke awareness

21/03/2024
10am-12pm
Wakefield

Understanding anxiety

01/05/2024
1pm-3pm
Online

Journaling for wellbeing

02/05/2024
1pm-3pm
Online

Enhancing positive interaction

03/05/2024
10.30am-12.30pm
Online

An introduction to autism

07/05/2024
10am-12.30pm
Online

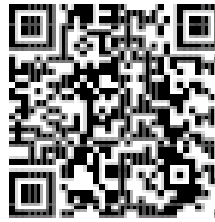
Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

Wakefield Recovery and Wellbeing College
Home of the Discovery College

With all of us in mind.

Wakefield Discovery College

Online
16 - 25yr
olds



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

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

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.

FREE
course



What the heck are archives?

Have you ever wondered if you were descended from a knight? or if your family name bears a coat of arms? Archive research can help you find out more about your family and local history.

So if you want to learn what an archive is, look back in time to discover what records survive and how to search your family history, then join us on this workshop delivered by our partners at the West Yorkshire history centre.

15th May 2024- 10.30am-12.00pm

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

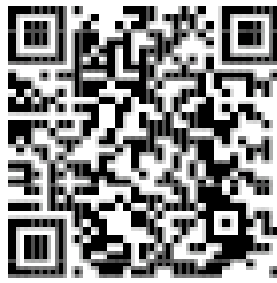


Face to
face
18+



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

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



Time out to Refresh and De-stress

This course provides the learners with tips and techniques at how to promote inner peace by developing the 'habit' of peacefulness. By being peaceful we are more able to access other positive resources or qualities within the self to enable us to cope with problems and to develop our own wellbeing. Learners can apply their learning to their lives and take this forward in a suitable plan of action for the future.

This workshop is part of a 'Values in Self-care' series aimed at providing participants with the opportunity to explore, experience and develop spiritual tools (meditation, visualisation, appreciation, listening, play, creativity, and reflection) to enhance their inner strength and wellbeing, in a safe and relaxed setting by a trained and experienced tutor.

10th of May 2024- 10.30am-12.30pm



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

**FREE
course**



You can play ukulele!

Have you always wanted to learn a musical instrument but think you are not musical? Maybe you have seen the Ukulele Orchestra of Great Britain and wished you could play like that!

With the right support, step by step guidance and alongside others you will learn to play at least one song on the ukulele by the end of the course. Mel has taught ukulele to a variety of people and provides a fun, friendly and supportive environment.

Playing an instrument and singing is extremely beneficial for your mental wellbeing, reduces stress levels and is fun! If you are an absolute beginner this course is for you.

Surprise your family & friends at Christmas with your newfound skill!

Please note:

- If you have long false nails, they are great for strumming but not so good for placing your fingers on the fret board.
- Ukuleles are usually played right-handed, most left-handed people play right handed so they can pick up a ukulele and play anywhere. Please let us know, prior to the session, if you would prefer to learn left-handed.

09th of May 2024- 10.30am-11.30am

3 Weeks

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



You Can Play Ukulele!

**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

Accepting change (16-25)

Change is a necessary and inevitable part of our daily lives. How we view and respond to these changes has a direct link to our emotional resilience. The way we deal with each change we face will be different, dependent on size, frequency and impact with lots of factors, including our health and wellbeing influencing how we approach it. Join us on this short course as we explore change, how we respond to it, the reasons why we can resist it and what makes change easier and more positive.

03rd of June 2024 - 10.00am-12.00pm



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

SPRING

Five am
It is cold but
The birds begin their early dawn chorus
Awakening us with their call

Buds
Appear as if by magic:
Pushing out
Delicate stems
Reluctantly from the hardened soil

Spring is here as the seasonal clock moves
Slowly forward

The snowdrops have gone
Early daffodils
Replace them in swathes
Leaning into the wind along the roadside banks

But beware Jack Frost still nips
In the early morning air

Spring arrives in a hurry
While snow remains on the hills
And rain lashes down
The full moon* shines bright
And gold in the early evening
Stars appear to shine brighter

The sun comes out
And warms the soil
Life returns from winter's grip
See it as a renewal that lifts the spirit.

RYDER 2024
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*The final full moon of winter is apparently called the Worm moon. Native Americans noted winter's end by trails of earthworms illuminated on the newly thawed soil.