



# The Supporter Newsletter

**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

03 May 2024



Credit: @adoseofreminders



01924 316946



[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)



[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)



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@WF\_RecoveryColl  
@WakefieldDC



@Wakefieldrecoverycollege  
@Wakefielddiscoverycollege

With all of us in mind.

## Meaningful May 2024

### MONDAY



### TUESDAY



### WEDNESDAY

1 Do something kind for someone you really care about

### THURSDAY

2 Focus on what you can do rather than what you can't do

### FRIDAY

3 Take a step towards an important goal, however small

### SATURDAY

4 Send your friend a photo from a time you enjoyed together

### SUNDAY

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together



## JOHN GOODCHILD COLLECTION

# OPENING EVENT

**Saturday 18<sup>th</sup> May 10am – 4pm**

Please join us to celebrate the opening of our new exhibition at West Yorkshire History Centre which shines a light on the fascinating John Goodchild archive collection for the first time.

Enjoy talks, activities, and a chance to explore original documents from the collection which uncover the life of local school master Joseph Abbott.





## John Goodchild Collection

The John Goodchild Collection came into the care of the West Yorkshire Archive Service in 2017. It is believed to be one of the largest private collections relating to Yorkshire collected by one person.

John's passion for preserving our heritage has left us with an unrivalled and rich resource for anyone interested in the history of Yorkshire.

For the first time, West Yorkshire Archive Service will be showcasing some of the treasures and curiosities from this important local collection.

Monday 10am – 4pm  
Tuesday 10am – 4pm  
Thursday 10am – 4pm  
Friday 10am – 4pm  
Closed Wednesdays  
and weekends



Made possible with

**Heritage  
Fund**

West Yorkshire History Centre, 127 Kirkgate, Wakefield, WF1 1JG  
[www.wyjs.org.uk/archive-service](http://www.wyjs.org.uk/archive-service) Tel: 0113 535 3040



West Yorkshire  
**Archive Service**

# Need support to attend your healthcare appointments?



**Is anxiety stopping you from attending your appointments?**

**Do you need support using public transport to get to your appointment?**

**Is finding your way around the hospital causing you to avoid appointments?**

**Do you need support to attend an important health screening?**

**Do you forget your appointments due to memory issues?**

**To find out more please turn over**



## **Who can we support?**

**18+**

**Individuals struggling to attend their healthcare appointments or avoiding attending their healthcare appointments**

**Those with an upcoming appointment**

**Wakefield District residents**

**Those able to finance their own travel to the appointment**

**Peer Support Volunteers can provide support to appointments in a way that meets your needs.**

**You will also be offered a Social Prescribing conversation to support you to address any non-clinical needs, to improve your independence, health and wellbeing in the future.**

**Contact us for more information or to refer:**



**01924 255363**



**[www.livewellwakefield.nhs.uk/referrals/new](http://www.livewellwakefield.nhs.uk/referrals/new)**

**(please inform us of the date, location and time of appointment)**



**Live Well**  
Wakefield

EASTMOOR  
COMMUNITY PROJECT LTD



To find out more come to our

# **DROP IN SESSION**

**Every Thursday from 11am to 1pm**  
at  
Eastmoor Community Project  
for tea and a friendly chat

## **Who can we support to attend healthcare appointments?**

- You need to be 18+
- Wakefield District residents
- Individuals struggling to attend their healthcare appointments
- Those with an upcoming appointment

St Swithun's Community Centre  
Arncliffe Road, Eastmoor  
Wakefield WF1 4RR  
01924 361212

If you would like to find out more, please contact  
Julia on 0192 361212

Starting Soon!

St Mary's  
Community  
Centre, Pontefract

01977 705 341

stmarys@stmaryscommunity.co.uk



Courses can be completed for free if you are earning under £23,400 per year!

Wakefield Council



Get Started in  
Employment



Introduction to British  
Sign Language

FREE\*\*  
Online Learning  
Level 2

01924 303 351

wakefieldonlinelearning@wakefield.gov.uk



Business Skills



Working with Children &  
Young People



Health and Social Care



Mental Health



Special Educational Needs



\*\*Subject to completion

Wakefield Council

**DON'T MISS  
IT!**



## WY Police Project Search Information event

Tuesday 7th May, 4:30pm and 6pm  
Wakefield College

One-year employment focussed  
Supported Internship with West  
Yorkshire Police in Wakefield.

Book a place by emailing  
projectsearch@heartofyorkshire.ac.uk  
or call 07483396212



## Accessing pharmacy services



Some local pharmacies may have  
different opening hours over the  
bank holiday.

Search '**find a pharmacy NHS**' to  
find an open pharmacy near you on  
the day you need access.

Your  
health  
matters  
Help us  
help you

Funded by  
UK Government

LEVELLING  
UP

**HOME  
START**  
Wakefield  
& District



**VOLUNTEERS  
NEEDED**

Are you a parent, grandparent or carer?  
Do you have around 2 hours per week spare?

Would you like to learn new skills, gain  
experience and improve your confidence?

Are you passionate about helping others?

**Join Now**



**01924 251205**



Supported by

COMMUNITY FUND Wakefield Council



## Having a baby?



Come and join us on **Wednesday 8 May** at  
**St Swithun's Community Centre** at 10:30am.

You will have the opportunity to discuss  
antenatal care at Mid Yorkshire Teaching  
NHS Trust, the role of the midwife, and the  
support Families and Babies (FAB) can offer.

You can also find out how you and your baby can help  
improve health and wellbeing for future generations by  
taking part in **Babi Wakefield**.

There'll be light refreshments and the chance to meet  
other Polish mums-to-be living in Wakefield District and  
North Kirklees.

We'll also have a reading corner set up for any babies or  
toddlers coming with you, and each child will receive a  
Bookstart reading pack including lots of fun activities!

If you'd like to know more, email [dasa.farmer1@nhs.net](mailto:dasa.farmer1@nhs.net)





# #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 Whole Self

# MOT



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.



## 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.



My Whole Self

Join the campaign for workplace culture change. Check out our resources at [mhfaengland.org](https://mhfaengland.org)

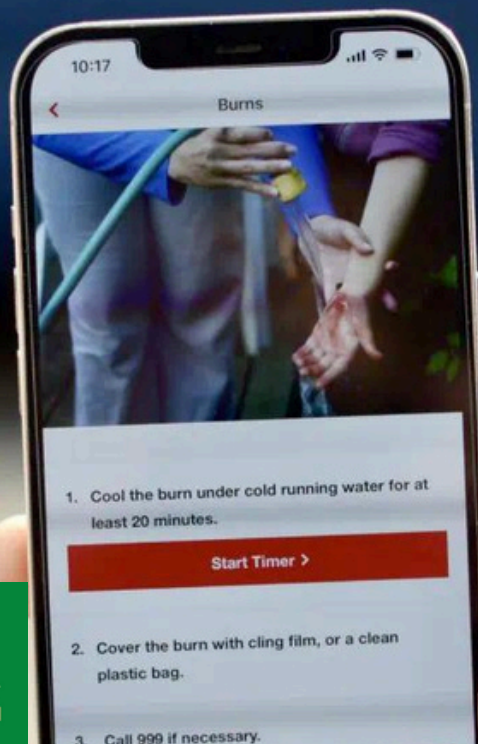


## What can I do to look after my whole self?

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

Check in next week to see how you are doing.

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## Download Free first aid apps

Learn first aid fast and stay prepared for emergencies wherever you are. Download our free first aid app today for guidance and training.





**Call 0300 123 1912**

## **Turning Point Inspiring Recovery @5 Towns Veterans Support Hub**

### **Drop-In Services**

**Every Friday: 10:00am -12:00pm**

Turning Point Inspiring Recovery work with people who need support with their drug and alcohol use. We aim to inspire and empower them to discover new possibilities in their lives.

Everything we do is aimed at providing good quality, person-centred services in the right location at the right time, making a real difference for the people and communities we support.



We're available at  
The Veterans Centre,  
32A Ackworth Road,  
Featherstone, WF7 5LU



**[turning-point.co.uk](http://turning-point.co.uk)**

Turning Point - Registered Charity 234887  
America House  
2 America Square  
London EC3N 2LU

**TURNING  
POINT**  
inspired by possibility





# FREE FACE TO FACE WELLBEING WORKSHOP

## FINANCIAL WORRIES

**Thursday 16th May  
13:30pm - 14:30pm**

**Socialicious Recovery Hub  
1A Westmorland Street  
Wakefield WF1 1PN**



Earning and managing money might be difficult when your mental health is poor. Worrying about money might also have a negative impact on your mental health. When things are tough, it's natural to feel worried, apprehensive, or depressed. It can feel like a never ending cycle.

Job insecurity, redundancy, debt, and financial difficulties can all be stressful. This workshop is designed and delivered by our qualified therapist who will teach you tools and techniques to help you become more aware of your financial situation and how to deal with it.

Drop into this free workshop to help manage your financial worries more effectively.



[wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)

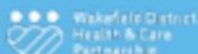


**01924 234860**



[www.talking.turning-point.co.uk](http://www.talking.turning-point.co.uk)

**BOOK A PLACE**



**TURNING POINT  
TALKING THERAPIES**



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies





# Storytime and Citizens Advice Information Morning

Tuesday 14 May 10am-12pm  
South Elmsall Library

Come along for Storytime, and then join us for a tea or coffee afterwards and chat to one of the Citizens Advice Bureau team to find out more about the services, help and support they can offer.

- ☎ 01977 723220
- @ southelmsalllibrary@wakefield.gov.uk
- 🖱 [wakefield.gov.uk/libraries](http://wakefield.gov.uk/libraries)
- 📘 Wakefield Libraries
- 🐦 @WFLibraries
- 📷 @WFLibraries

**wakefieldcouncil**





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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



# 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**

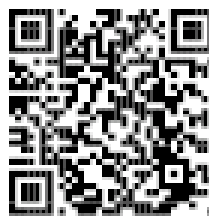


**01924 787507**



# Wakefield Recovery College

18+



**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

## Yoga Join any week

Every Friday  
10am-10.45am  
Online

## Creative fitness

Wednesdays  
11am-12pm  
Normanton

## Couch to 5k

22/05/2024  
1pm-2pm  
Wakefield

## Self-care and self-soothe

22/05/2024  
10am-12pm  
Wakefield

## Understanding hearing voices

23/05/2024  
1pm-3pm  
Pontefract

## New beginnings

03/06/2024  
10.30am-1pm  
Wakefield

## Understanding depression

03/06/2024  
10am-12pm  
Online

## Bouncing back or a new normal

03/06/2024  
10am-2pm  
Online

## Creative Crafting

04/06/2024  
9.45am-11.30am  
Wakefield

## Bookbinding

05/06/2024  
10.30am-12pm  
Wakefield

## Living with and managing anxiety

05/06/2024  
10am-12pm  
Pontefract

## Introduction to Woodland Skills

06/06/2024  
10am-12pm  
Wakefield

## For those that give too much : Everyday stress

10/06/2024  
1pm-3pm  
Wakefield

## Everyday First Aid (19+)

10/06/2024  
10am-11.30am  
Wakefield

## Coping with pain

12/06/2024  
1.30pm-2.30pm  
Online

## Learning more about the West Riding Pauper Lunatic Asylum

19/06/2024  
10am-12pm  
Wakefield

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto: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

**Introduction to  
journaling for  
wellbeing**  
20/05/2024  
1pm-3pm  
Pontefract

**Accepting change**  
03/06/2024  
10am-12pm  
Online

**Understanding  
anxiety**  
24/06/2024  
1pm-3pm  
Online

**Introduction to  
scrapbooking  
for wellness**  
02/07/2024  
1pm-3pm  
Pontefract

**Learn how to  
macramé**  
15/07/2024  
1pm-3pm  
Wakefield



Contact the college to enrol  
[www.wakefielddiscoverycollege.nhs.uk](http://www.wakefielddiscoverycollege.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)  
01924 316946

**Discovery College**

Part of Wakefield Recovery and Wellbeing College

With **all of us** in mind.

# The History of LGBTQ+

This 90-minute session is open to all individuals interested in gaining insights into the LGBTQ+ community's historical journey. The course aims to foster greater awareness and comprehension regarding the significance of Pride Month and the fundamental message of "love is love."

**19th of July 2024- 10am-11.30am**

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



Face to  
face  
18+



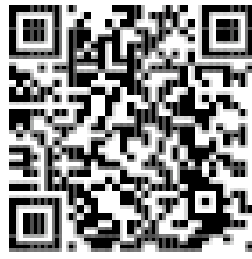
Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946



**FREE**  
**course**

With all of us in mind.

**FREE  
course**



# An introduction to rap

Rap is a musical form of vocal delivery that incorporates rhyme, rhythmic speech and street vernacular. Join us to discover the components of rap and learn how to compose and deliver your own Rap in a fun informal creative space.

**04th of July 2024- 1pm-3pm**

**2 weeks**

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



**Face to  
face  
18+**

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946



# Introduction to Woodland Skills

Do you want to learn some practical skills in a woodland setting?

This course, running with our partners at Athelas CIC, provides the opportunity to learn with instruction and supervision, how to develop a range of woodland skills.

Practical skills covered will include:

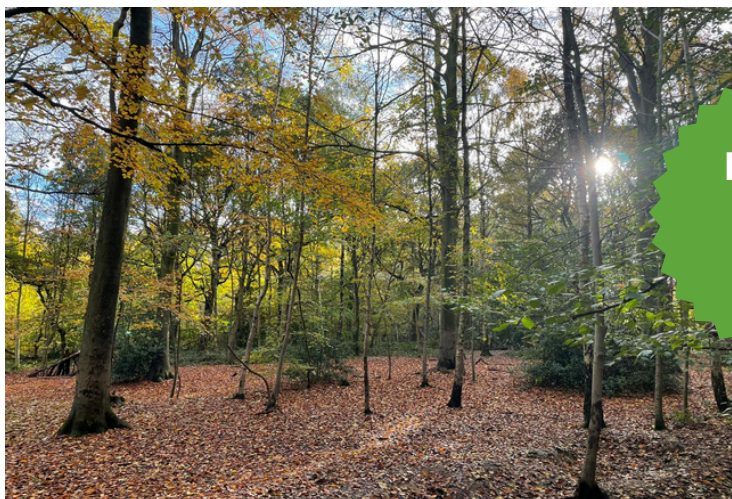
- 1) The safe lighting, management, use, and extinguishing of an open fire.
- 2) The safe use of hand tools and carving knives to create natural crafts.
- 3) The identification of a range of native and introduced trees and plants, and their uses and ecology.

The course is designed to give adult students access to a woodland environment where they can gain practical skills and support their wellbeing by being out in nature. Students will need a moderate level of fitness as the sessions are held in a woodland setting which is accessed by paths which are sometimes muddy.

The location for this course is within Bulcliff Woodlands, Denby Dale Road. There is a bus stop within walking distance and there are car parking facilities available. However, if you have any concerns about travel to or from the location, including financial restrictions, please contact the College and we will see if we are able to offer any support for this.

**The course runs for 4 weeks starting on:**  
**Thursday 6th June 2024 - 10am - 12pm**

**Bulcliff Woodlands, off Denby Dale Rd/A636,  
Wakefield**



Face to  
face  
18+



**FREE**  
**Workshops**



Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946

With all of us in mind.



# Bouncing back or a new normal?

The course will challenge a standard view of resilience and consider what this means in practice. It will utilise various analogies and concepts to reframe our thinking in responding to change. The course will encourage services and students to consider how they might adapt effectively to changes in the organisation. This workshop is suitable for all but may be particularly useful for those who would like to be equipped with practical tools for maintaining resilience in the workplace and helping others to do the same.

**Monday, 3rd June 2024, 10am to 2pm**  
**(with lunch break)**

**Online only**



**Face to  
face  
18+**



Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946

**FREE**  
**course**



With **all of us** in mind.

# A Brief History of Mayday and Maypole dancing.

Mayday has different meanings and origins today:

1. An ancient celebration of the half-way point between the spring equinox and the summer solstice based in agriculture and Celtic traditions.
2. A commemoration of the historic struggles and gains made by workers and labour movement observed on the 1st of May in many countries.
3. It is also a well-known distress call used by ground staff and pilots in an emergency.

Mayday was first attested in 900AD the celebration mainly focused on the symbolic use of fire to bless cattle and other livestock as they were moved to summer pastures. This early custom continued into the early 19th century during which time cattle would be made to jump over fires to protect the milk from being stolen by fairies.

In Scotland the term 'latha buidhe bealltainn' meant the bright or yellow day of Beltane (which refers to the first day of the week) and hence means the 1st of May. Beltane is the old name for marking the beginning of summer.

Beltane is a pagan holiday. It falls about halfway between the Spring Equinox 'Ostara' and the coming solstice 'Litha'. The holiday celebrates spring at its peak and the coming summer.

Beltane is sometimes referred to as May Day.

It was celebrated by lighting bonfires, decorating homes with May flowers and visiting holy wells and feasting.

Among the many superstitions associated with May Day was the belief that washing the face with dew on the morning of May 1st would beautify the skin and bring good luck. (Good luck with that one!)

In 1899 May the 1st was designated May Day in support of workers by an international federation of socialist groups and trade unions in commemoration of the 'Haymarket affair' a violent confrontation that took place on May the 4th 1886 in Chicago Illinois.

Mayday was traditionally a day when farmers did not work

## Mayday as a call sign

This has its roots in early radio communication. It was coined by Frederick Stanley Mockford a senior radio officer at Croydon Airport.

He chose 'Mayday' because it sounded distinct and was unlikely to be confused with other words.

It is used when an aircraft or crew (applies to shipping as well) faces a critical situation engine failure fire or other life threatening issues.

They transmit the signal three times to ensure clarity and the signal indicates that immediate assistance is required.

It is universally recognised and transcends language barriers.

# Mayday Rap

Grab your gear  
Mayday is here  
Don't shout it out  
Three times near  
Or helicopters appear  
Go see the dance  
Don't miss the chance  
See ribbons fly  
Up to the sky:  
Rock and roll:  
Around the Maypole.

RYDER 2024 - all rights reserved



## Maypole Dancing

The maypole has its roots in ancient Rome and medieval Germany. It was a pagan celebration. In the 17th century it was banned because it was believed to be immoral. The spring weather and the Maypole celebration are associated with fertility.

Maypole dance is a ceremonial folk dance performed around a tall pole garlanded with greenery or flowers and hung with ribbons that are woven into complex patterns by the dancers. Such dances are survivals of ancient dances around a living tree as part of spring rites.

Typically they are performed on May Day. They also occur at midsummer in Scandinavia and in other parts of Europe. They appear in pre – Columbian Latin America and later integrated into ritual dances of Hispanic origin and in Basque sword dances. Nobody knows much of the origins of the maypole dance.

The poles were originally brightly painted and up to 27 metres in height. The top of the maypole needs a crown to which you can attach ribbons. It can be fixed or a rotating one depending on the dances.

There are two types of dance one with people dancing around a tall pole decorated with flowers flags and emblems. The more popular version which originated in the 18th century has a smaller pole with ribbons.

The music played is traditional tunes for example Blackberry Quadrille and the Moon and Seven Stars. Some tunes date back to the 1650's.

The instruments used are pipe tabor (small drum) and fiddle but also melodians or accordions. In previous years whatever instrument that could be found.

A ribbon is attached for each dancer.

As revived today the dancers may be pairs of boys and girls standing alternately around the base of the pole each holding the end of a ribbon. Pastel or white clothes are worn decorated with flowers or a specially made historical costume.

There are usually six to eight ribbons. Maypoles use colours to represent the season and harvest to come for example:

Gold – sun green –leaves and vines purple for grapes blue for the sky.

Often there is the crowning of a May Queen.

Some celebrations as in Germany are held the night before May Day.



## Rap around the Maypole

Maypole dancing  
Children prancing  
Colours vibrant  
Music alignment  
Round they go  
Rhythm flow  
Colours bright  
In the light  
Old traditions  
Twisting ribbons  
Blue and white  
Left and right  
Music plays  
People sway  
In the street  
To the beat  
In musical time  
To an ancient chime.



RYDER 2024  
ALL RIGHTS RESERVED



For those of you who are interested in seeing Maypole dancing, it is held on the first Saturday in the month of May at Gawthorpe (near Ossett). Ryder's let us all know there is one this Saturday the 4th May, plus a carnival.

