



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

02 August 2024



Credit: @adoseofreminders



01924 316946



www.wakefieldrecoverycollege.nhs.uk



wakefieldrecoverycollege@swyt.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk



facebook.com/wakefieldrecoverycollege
facebook.com/wakefelddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefelddiscoverycollege

With all of us in mind.

Altruistic August 2024

MONDAY



5 Spend time wishing for other people to be happy and well

TUESDAY



6 Smile and be friendly to the people you see today

WEDNESDAY



7 Give time to help a project or cause you care about

THURSDAY

1 Set an intention to be kind to others (and yourself) this month

FRIDAY

2 Send an uplifting message to someone you can't be with

SATURDAY

3 Be kind and supportive to everyone you interact with

SUNDAY

4 Ask someone how they feel and really listen to their reply

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Summertime

Exciting news!!! From September 2024, anyone aged 16 or over will be able to attend our Recovery College offer!!!

Summer holiday opening hours

Whilst we shut down our courses, throughout the summer holidays most of us will still be here working away in the background getting everything ship-shape for our next term. You can still reach the team Monday to Friday 8am-4pm on 01924 316946 or at wakefieldrecoverycollege@swyt.nhs.uk.

Because of the school holidays we do have a lot more staff needing to use their well deserved annual leave and therefore we ask that you're a little patient with us if it takes us a day or two longer to get back to you than it normally would. Thank you for your understanding and we'll see you at a course in the new term!

Term times

Our summer 2024 term will finish on Wednesday 24 July.

Our summer holidays for 2024 will be from Thursday 25 July to Monday 26 August (our summer holidays are a little short than Wakefield schools, at the request of our students).

Our autumn 2024 term will start on Tuesday 27 August.

New courses!

We have a bunch of new and exciting free courses coming this autumn term. Some are already out to enrol on, but keep an eye out for the likes of:

Introduction to healthy cooking
Let's get cooking
Card making for wellbeing
Christmas crafting

BADASS (a combat workout)
Advanced crafting sessions
New woodland skills sessions
And many more!

You said, so we did...



Over the past two years we've been piloting our Discovery College offer for 16-25 year olds. During that time, we've gathered valuable feedback from our students, partners, professionals, carers, parents and members of the public about how the Discovery College has been working and whether we needed to make any changes to make it more suitable for our local population. We've taken some time to go over all of that feedback and we've really heard what you had to say to us, so...

Great news!!! From September 2024, anyone aged 16 or over will be able to attend our Recovery College offer (previously only for those aged 18 and over). This will enable our 16 and 17 year olds to attend a much larger variety of courses and workshops. It also means that should they wish to attend with a parent, carer, or just anyone else who is over the age of 25, they now can. To view and enrol on any of our Recovery College courses, head to our courses page. If you're interested in what we have in place to ensure this works smoothly and everyone is safe when attending, please head to our FAQs section.

Over the coming months we will be working hard behind the scenes with other services that specifically support young people to re-develop a Discovery College offer for high-school aged children and young people. If you have any ideas of what you might want this offer to look like, or tips on what topics you think we should cover, please do get in touch at

wakefielddiscoverycollege@swyt.nhs.uk

"What the heck" and more!

I never really thought learning about Archives would be something that I would find that interesting, but since I started working with the College in December 2022 I had heard nothing but positive feedback about the series of sessions that our partners at the West Yorkshire Archive Service facilitate, so attending these sessions had been on my to do list for quite some time. I also knew from meeting with Helen Walker (the tutor and Archivist at the centre) to schedule the sessions, that her knowledge in this area was apparent and her passion to share this with others and support the mental health and wellbeing of individuals is amazing.

Unfortunately, due to other commitments my attendance had sadly fallen to the bottom of my priority list. However, when I met with Helen to schedule in this term's series of sessions, I had full intention to prioritise these and make sure I attended (although I'm not sure how I missed putting the bookbinding one in my diary, but at least I now have one to look forward to next term) so that's what I did and I really enjoyed them!!

When I arrived for my first session 'What the heck are archives?!', I was super impressed by the building whilst feeling quite conflicted that the building felt welcoming, fresh and modern, yet we were there to learn and experience historical items. I don't think I have ever seen a book so big and I'm not sure I would have the strength to carry one of those around!!

Before attending this session, I hadn't ever really thought about the preservation of our historical records and the time and effort that is spent in keeping these safe, where the records may have come from, or what is the difference between an archive and a historic document, it really was eye opening! It was lovely to meet and spend time with some of the students who attend the College and to learn alongside them and our volunteer Kev, who regularly supports these sessions.

The second course I attended was the 'Learning more about the West Riding Pauper Lunatic Asylum creative workshop' which again, I knew very little about. I had a vague idea of where it used to be, what it was about and as I had heard quite a few horror stories, my perception of the establishment was quite negative, so I was keen to learn more about the asylum, and that I did! I won't 'spoiler alert' the session, but I certainly learnt a lot about the establishment and it certainly challenged my initial perception of life in the asylum. It was lovely to see some familiar faces from the 'What the heck are archives' session. Understandably the topic can be quite emotive, particularly for those who may have had an ancestor who lived there, but Helen is great at being able to support students with this and advise of services that they can offer for finding out more through the Archives or the Ancestry service (which is free of charge to access via their centre), or support that we can offer at the college.

As the course scheduled on this occasion was a creative workshop, I did worry about the 'creative output' I would create, as although I do really enjoy arts and crafts, I am very much a follow instructions kinda of crafter, so to be left to my own inspiration was certainly out of my comfort zone! But I stuck with it and once I got into the flow, I really enjoyed it and although I'm no Picasso, I was impressed by my creation. I was also really impressed to see that as a cohort of students, who had all sat and listened to the same thing and had all looked at the same resources, everyone created something different and unique to them. Everyone's creations really were amazing! I am looking forward to seeing them all pulled together for the online exhibition and I am very much looking forward to attending the bookbinding session next term!

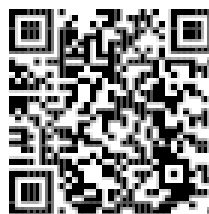
So, as I have now joined the club of attendees that shares the positivity for these sessions, for anybody considering attending this course, I can happily recommend that you do!!

And I am also happy to share a picture of my creation with you, to show that nobody needs to be a trained artist to give one of our creative sessions a go, it really was the taking part that I enjoyed and helped with my wellbeing!



Wakefield Recovery College

16+



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Yoga Join any week

Every Friday
10am-10.45am
Online

Introduction to Healthy Cooking

27/08/2024
12.45pm-15.45pm
Wakefield

Creative fitness

28/08/2024
11am-12pm
Normanton

Pebble painting

02/09/2024
12.30pm-3pm
Wakefield

Understanding anxiety

09/09/2024
1pm-3pm
Online

Boosting self- confidence

19/09/2024
10.30am-11.30am
Online

Stroke Awareness

24/09/2024
1pm-3pm
Pontefract

Feeling positive, busting stress

24/09/2024
1pm-3pm
Pontefract

Managing fatigue with health conditions

27/09/2024
2pm-3pm
Online

An introduction to mindfulness

30/09/2024
1pm-3pm
Online

Journaling for Wellbeing

01/10/2024
10am-12pm
Pontefract

Couch to 5K

02/10/2024
1pm-2pm
Wakefield

Scrapbooking for wellness

02/10/2024
1pm-3pm
Wakefield

Let's get cooking

04/10/2024
10am-12.30pm
Wakefield

Freedom from fibromyalgia

07/10/2024
1pm-3pm
Wakefield

Improving your sleep

08/10/2024
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.

Scrapbooking for wellness

This 4 week course will give you the chance to connect with your creative side:

Scrapbooking is a pastime that has many benefits. It is fun to do and you will be working alongside others in a safe place. It is also known to be a hobby that improves a person's health. Other than getting the satisfaction of putting together a creative product, it also reminds people of what they have accomplished through the things they put in it.

Please note: You will be asked to bring personal item such as; photos, pictures, cards or letters along to class that you may wish to add to your scrapbook. It is also advisable to purchase a scrapbook of your choice to bring along to the course. We will provide all the other materials needed.

Please ensure you let the College know at the time of booking if you have any dexterity issues or other concerns around using smaller pieces of equipment. Our crafting sessions often use equipment that may be more challenging to use with dexterity issues (such as pencils, pastels, sewing equipment or paintbrushes) and if informed in advance, we are able to make our sessions fully accessible for those with additional crafting support needs.

02nd of October 2024 - 1.00pm-3.00pm

4 Weeks

Prosper House, 59 Upper Warrengate, Wakefield
WF1 4JZ



**Face to
face
16+**



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

FREE
course



With all of us in mind.

Pebble painting

This is a fun and interactive workshop where we explore the history of pebble painting alongside the introduction of the creative art of painting pebbles or rocks. We will teach you how to paint and create designs onto pebbles with acrylic paints and pens and provide you with step by step instructions that will allow you to repeat this activity at home.

You can be as creative as you like producing pieces of individual art, that may even lead to a new hobby. The art of pebble painting is fun, mindful and can help with concentration. Decorated pebbles can be used for gifts, paperweights, add them to your garden or even leave them around your local area for people to see and get inspiration from.

Please ensure you let the College know at the time of booking if you have any dexterity issues or other concerns around using smaller pieces of equipment. Our crafting sessions often use equipment that may be more challenging to use with dexterity issues (such as pencils, pastels, sewing equipment or paintbrushes) and if informed in advance, we are able to make our sessions fully accessible for those with additional crafting support needs.

Please note that some of the materials used in these sessions may not be able to be taken on to ward environments.

02nd of September 2024 - 12.30pm-3pm

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



**Face to
face
16+**



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

**FREE
course**



With **all of us** in mind.

Your path to a better future

Free advice and support in:

-  Health and wellbeing
-  Confidence and resilience
-  Exploring financial support
-  Maths and English tuition
-  Finding local training and volunteering opportunities
-  Getting ready for work



Looking for ways to move your life forward?

We offer **free**, one-to-one advice, supporting you to meet your goals and progress to a brighter future.

Whether you'd like guidance to develop your skills, access financial support, build a healthy lifestyle or explore career options, our friendly team can adapt our appointments to suit your needs.



Get started!

Contact us to start:

Email: Pathways2Progress@edt.org
Call: 01135 177064

[Click here to find out more](#)

Eligibility Criteria:

To join Pathways to Progress you must be aged 16 or older, live in West Yorkshire, have the right to live and work in the UK, be out of work and not in receipt of unemployment related benefits.

This project is funded by the UK Government through the UK Shared Prosperity Fund.

Leeds Credit Union Drop in Session

FREE advice on banking and budgeting etc.

EVERY FRIDAY
10.00 AM - 3.00 PM

ST MARY'S COMMUNITY CENTRE
THE CIRCLE
CHEQUERFIELD, PONTEFRAC
WEST YORKSHIRE
WF8 2AY

01977 705341

 stmarys@stmaryscommunity.co.uk



Affordable. Flexible. Fair.

SAMARITANS

If you're feeling
affected by the
news, you can
talk to us.

Call free day
or night on **116 123**



PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINE247

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

Spot the signs

What to do

Heat exhaustion

- Headaches
- Dizziness
- Rapid breathing
- Cramps
- Nausea
- Paler than usual
- Sweating but skin is cool to the touch

Heat stroke

- Headaches
- Dizziness
- Hot and dry skin
- Body temperature over 40°C
- Becoming confused or unresponsive

Heat exhaustion

- Help them to a cool place and give them plenty of water.
- Call 111 and/or seek medical advice.
- If their condition worsens, call 999.

Heat stroke

- Call 999 immediately.
- Quickly move them to a cooler place and remove as much of their outer clothing as possible.
- Wrap them in a cold wet sheet to lower their body temperature.
- Continue to pour cool water over the sheet and monitor them until help arrives.



[HTTPS://LINKTR.EE/GASPEDOFFICIALJOBS](https://linktr.ee/gaspedofficialjobs)

JOIN! OUR TEAM

Join our rapidly growing team

X2 COMMUNITY OUTREACH/SUPPORT WORKER

1st Sept 2024 – 28th Feb 2025 (6 months)

May be extended subject to further funding.

09:00 – 17:00 – 2 days a week – 15hrs

Occasionally work as required
(weekend and evening work)

£9,477 per annum.



[HTTPS://LINKTR.EE/GASPEDOFFICIALJOBS](https://linktr.ee/gaspedofficialjobs)

PERKS

- A generous 28 days annual leave (pro rata) plus statutory bank holidays.
- A supportive training package company pension scheme and contribution.
- Incremental full sick pay.
- Access to our Employee Assistance Programme.
- Access to discounted products and services.
- Enhanced disclosure barring scheme (DBS) check (cost covered)
- City centre base.



MAN
MATTERS

COFFEE AFTERNOON



Every Wednesday, starting 5th June 2024.

Ferrybridge Community Centre,
The Square,
Ferrybridge,
Knottingley,
WF11 8PQ

13:00 – 15:00

If it is your first time attending, please call our line before hand.
01924 787507



Charity: 1072174
Company Registration: 03580792

[HTTPS://LINKTR.EE/GASPEDOFFICIALJOBS](https://linktr.ee/gaspedofficialjobs)

You'll be a part of a supportive team within a rapidly growing local Charity, dedicated to delivering Practical & Emotional Support and Person Centred Counselling to individuals across the Wakefield District.

At GASPED, we value diversity and are committed to creating an inclusive workplace.

Join our diverse team of passionate individuals!





EMPLOYMENT SUPPORT

Did you know that Turning Point Talking Therapies has a dedicated team of Employment Advisors that offer expert guidance and support for any of your work concerns.

If you are waiting for treatment from us or are in active treatment with our service, please speak to your therapist or contact the service if you are interested in receiving support around employment, in addition to your therapy.

Wakefield District
Health & Care
Partnership**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies

FREE

WELLBEING WEBINAR

NEURODIVERGENCE & WELLBEING

Tuesday 6th August
13:00pm - 14:30pm
Free Online Session

Being neurodivergent can impact a person's mental health, with particular risks on burnout, anxiety disorders, depressive disorder and insomnia.

Within this workshop our qualified therapist explores the effect of common mental health issues on neurodivergent minds. Join us to learn coping strategies to help manage your emotional wellbeing.

Book via our website now:

talking.turning-point.co.uk/workshops

Wakefield District
Health & Care
Partnership**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887

Working together:

**Mid Yorkshire Teaching**
NHS Trust

Normanton Library

Teddy Bears Picnic
August 22nd
10:30 - 11:00

Join us for a fun filled morning, there will be stories and songs and make sure to bring your favourite teddy bear! Under 5s only.

OUR YEAR
Wakefield District 2024



Wakefield Council

INCLUSIVE SPORTS FESTIVAL

FREE SPORT TASTER EVENTS FOR ALL ABILITIES



SATURDAY 7TH SEPTEMBER
THORNES PARK STADIUM
11AM TO 2PM

SUNDAY 15TH SEPTEMBER
FEATHERSTONE LEISURE
10AM TO 1PM

WWW.WAKEFIELD.GOV.UK/DISABILITYSPORT



Aspire
HEALTH

Yorkshire
Sport
Foundation

OUR YEAR
Wakefield District 2024

Wakefield Council
working for you

Stepping Stones

By Complete Skills Solutions

Ready to
step into
your career
in retail?



Our Stepping Stones programme can help you land your next job and connect you with opportunities in your local area.

Job interviews available with Food Warehouse, Home Bargains and JD Sports.*

Job description

- Assist customers
- Receive, unpack, and organise stock
- Keep the store clean and organised

Ideal candidate

- Strong Communicator
- Dependable and reliable
- Ability to work in a fast-paced environment
- Good attention to detail

*Subject to eligibility



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hello@completesteppingstones.co.uk
completesteppingstones.co.uk

Complete
Skills
Solutions

Supported by
West Yorkshire
Combined
Authority
Tracy
Braine
Mayor of
West Yorkshire

16-18 years old & unemployed?



The Ridings Shopping Centre
Thursday 19th September
11am - 2pm

Careers Advice | Job search/CVs | Mental health
Youth Services | Supported Internships
Training & College | Sexual health



Win Amazon Vouchers and more!

connexions
part of Shaw Trust
WAKEFIELD DIGITAL



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024

moneysavingcentral.co.uk/kids-eat-free



LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

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

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!

PRETO

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

DEE DEES CAFE @ THE RANGE

Kids under 16 Eat For Free with one paying adult throughout the summer holidays

HARVESTER

Kids eat for £1 is back! From Monday - Friday until 30th August (excluding bank holidays) Via the App

MORRISONS

Spend £4.49 and get one free kids meal Daily

TESCO CAFES

1 Free Kids meal with every 60p Spend, from July 1st Scotland & NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS

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

YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi

MARCO PIERRE WHITE

Under 12s eat free from 22nd July to 31st August 2024 when an adult dines from the à la carte menu.

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.

COCONUT TREE

One child eats free per paying adult. Valid Daily, 12pm - 6pm from Mon 22nd July to Fri 6th Sept 2024.

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!

TOBY CARVERY

Kids Eat for £1 all summer at Toby Carvery! Valid Monday - Friday until August 30th 2024 via the App

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.



Prince's Trust

GET STARTED WITH HEALTH & FITNESS

Everyone starts somewhere, our self-development programmes help you build the skills and confidence to reach your potential

Find out more
via webchat at:
princes-trust.org.uk



@princestrust



ON THIS COURSE YOU'LL:

- Develop health and fitness skills in a supportive environment
- Develop your confidence, communication skills and teamwork throughout the week
- Gain a qualification in resilience
- Explore and develop different protective factors and learn how to apply helpful habits to help manage life's challenges

DATES FOR YOUR DIARY:

Taster Day: 6th August 2024

Course dates: 12th - 16th August 2024

Application deadline: 2nd August 2024

Location: Dewsbury

Eligibility Criteria: Aged 16 - 25 years old

➤ GET STARTED



Visit the GREAT OUTDOORS!

Spending time outdoors is excellent for your mental health, but knowing what to do outdoors and encouraging family to join you can be tricky!

Come and join us for a family walk around our local area to learn some fun ways to enjoy connecting with nature whilst boosting your own mental health!



17th August 10-2

29th August 1-3

Bulcliffe Woods, WF4 4JN



ATHELAS CIC

Limited to two children per adult

Email athleascic@gmail.com or ring 07845864106 to book

Yonder presents

YOGA AT THE CASTLE Thursday 15th August 2024 PONTEFRACT CASTLE

Together
Included in the ticket price

Me time
Additional fees apply

6pm Scott
Rawlings live on
keys

6.30pm Hatha
Yoga

7.30pm Workshop
8.30pm Vinyasa
Flow

9.15pm Moonlight
Meditation

6pm til 9.30pm | Age 14+ event Tickets available on Eventbrite

For the mind and body:

Inversions workshop
Breath work
Tarot card readings
Reiki
Reflexology
Sound bath
Crystals, clothing & candles
Feminine Cyclical living
taster tutorial

For the belly:

Pizza from PizzaBox Co
Drinks served by The Thirsty
Steed

Funded by
UK Government

Ferrybridge Community Centre

FREE HAIRCUTS

Men, Womens & Children.

Cuts, Trims, Clippers, Scissor
work.

Dry cuts only.

Children from 2 years old.

WEDNESDAY 7TH
AUGUST

9:00am - 3:00pm

No Appointments, just come along
and wait.

PROVIDED BY 'HAIR BY KAYLEIGH' &
FERRYBRIDGE COMMUNITY PANTRY



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire

WWW.FACEBOOK.COM/HAIRKAYLEIGH

MIDSUMMER FRIENDS



Now as the sun reaches high
To its zenith in the sky
After heavy summer rain
appreciate the rainbow's
multi-coloured glow
And can freely meet
Any friend now, in the street
To sit beside
Or with pride
Treat our friends with care
Otherwise they may not be there
Where young meets old
Go with it, let's be bold
On Yorkshire day do not forget
The friends we once met
Keep that trust
Friends are a must
For when we are in need
Out there is a friend in – deed.

RYDER 2024
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