



# The Supporter Newsletter

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

06 September 2024



Credit: @adoseofreminders

 01924 316946

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

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

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 @WF\_RecoveryColl  
@WakefieldDC

 @Wakefieldrecoverycollege  
@Wakefelddiscoverycollege

**With all of us in mind.**

## Self-Care September 2024

### SUNDAY

1

Find time for self-care. It's not selfish, it's essential

### MONDAY

2

Notice the things you do well, however small

### TUESDAY

3

Let go of self-criticism and speak to yourself kindly

### WEDNESDAY

4

Plan a fun or relaxing activity and make time for it

### THURSDAY

5

Forgive yourself when things go wrong. Everyone makes mistakes

### FRIDAY

6

Focus on the basics: eat well, exercise and go to bed on time

### SATURDAY

7

Give yourself permission to say 'no'

8

Be willing to share how you feel and ask for help when needed

9

Aim to be good enough, rather than perfect

10

When you find things hard, remember it's ok not to be ok

11

Make time to do something you really enjoy

12

Get active outside and give your mind and body a natural boost

13

Be as kind to yourself as you would to a loved one

14

If you're busy, allow yourself to pause and take a break

15

Find a caring, calming phrase to use when you feel low

16

Leave positive messages for yourself to see regularly

17

No plans day. Make time to slow down and be kind to yourself

18

Ask a trusted friend to tell you what strengths they see in you

19

Notice what you are feeling, without any judgement

20

Enjoy photos from a time with happy memories

21

Don't compare how you feel inside to how others appear outside

22

Take your time. Make space to just breathe and be still

23

Let go of other people's expectations of you

24

Accept yourself and remember that you are worthy of love

25

Avoid saying 'I should' and make time to do nothing

26

Find a new way to use one of your strengths or talents

27

Free up time by cancelling any unnecessary plans

28

Choose to see your mistakes as steps to help you learn

29

Write down three things you appreciate about yourself

30

Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

# Termtime



**Exciting news!!! We are now 16+**



## Term times

Our autumn 2024 term will start on  
Tuesday 27 August.

The autumn term at Wakefield Recovery College is a vibrant period, brimming with opportunities for learning and personal development. This term, the College continues to offer a wide array of courses aimed at enhancing mental health and wellbeing. From creative writing and creative crafting to stress management and physical fitness, there's something for everyone.

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

## College news

Wakefield Recovery College is excited to announce that it is now open to individuals aged 16 and above.

This expansion allows younger members of the community to benefit from the College's wide range of courses and workshops designed to support mental health and wellbeing.



**Dear Emily:** Wishing you all the best as you embark on your maternity leave! May this time be filled with joy, rest, and wonderful moments with your new baby. Your presence will be missed, but we are excited for you and look forward to your return.

## 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!



# Wakefield Recovery and Wellbeing College

Home of the Discovery College

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



- *Find your skills*
- *Discover your strengths*
- *Explore volunteering*
- *Recognise yourself*

Our courses and  
workshops are

**FREE**

Our free co-produced courses and workshops for people aged 16 and over provide a supportive environment to empower you to learn more about and take control of your health and wellbeing (or that of someone you support).

We offer specialised support on the path to wellness, learning from experts by experience and professionals, in a friendly, non-academic environment. Our courses and workshops are run with our local partners and take place at different venues across the community, as well as online.

✉ Wakefield Recovery College  
Drury Lane Health and Wellbeing Centre,  
Drury Lane,  
Wakefield  
WF1 2TE

✉ wakefieldrecoverycollege@swyt.nhs.uk

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

☎ 01924 316946

✕ @WF\_RecoveryColl

📷 Wakefieldrecoverycollege

f [facebook.com/Wakefieldrecoverycollege](https://facebook.com/Wakefieldrecoverycollege)



If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

With **all of us** in mind.

## Get in touch

If you would like to find out more about the Wakefield Recovery and Wellbeing College, the home of the Discovery College, you can contact us at:

✉ Wakefield Recovery and Wellbeing College  
Drury Lane Health and Wellbeing Centre,  
Drury Lane,  
Wakefield  
WF1 2TE

☎ 01924 316946

✉ wakefieldrecoverycollege@swyt.nhs.uk

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

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X @WF\_RecoveryColl

📷 @Wakefieldrecoverycollege



Scan the QR code  
to visit our website

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

JOB NO 4368 AUG 24

We provide courses and workshops that can help you on your recovery journey.

Recovery is a personal journey! It's about building lives, creating opportunities, taking control and instilling hope.

Your journey may involve you becoming an expert in your own self care, finding new skills and interests or building on your strengths and inner resources – and our courses can support you to do all this!

You can find out more details about the courses now on offer at the Recovery College on our website at:

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

Courses are run in partnership with local and national partners, community organisations, charities, Trust staff and volunteers. The courses take place at different venues across the community and online.

### Find the course for you



Our courses are **free** and available to anyone aged 16 and over. If you want to improve your own wellbeing or knowledge in a particular area, enrol with us! You do not need to be in poor health to start your journey. You might want to support yourself or think that gaining knowledge and skills would benefit someone else. Everyone is welcome.

We are not postcode restricted and no referral is required! You can enrol on our website, but if you have any issues getting online or with filling in forms, just give us a call and we can support you to do this over the phone.

When you enrol for the first time you will be invited to have a chat with a member of the team to complete an individual learning plan. This will enable us to book you onto the courses you are interested in and let us know how we can support you at the College.

You can be part of our community for as long as you like but our aim is to support you to access community services when you feel ready. Many of the volunteers who facilitate our sessions were once students at the College, so in time and with growing confidence the opportunities are endless!

**FREE**  
courses and  
workshops

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

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



FIND YOUR SKILLS



DISCOVER YOUR STRENGTHS



EXPLORE YOUR POTENTIAL  
TO VOLUNTEER



RECOGNISE YOURSELF

With all of us in mind.

### Interested in volunteering?



If you would like to volunteer at the College to help run one of the courses, help to develop a course or support learners taking part – let us know as there are lots of opportunities to get involved. Your skills to share could be anything from living with a health condition, to a crafting hobby, to a practical skill such as gardening, cooking, baking, flower arranging, we welcome your ideas.

There are lots of reasons why you might want to volunteer – it could be to gain skills to help you in to employment, because you want to give something back to your community or because you want to become more active and improve your wellbeing.

Whatever your motivation – we can help you do it.

*Just get in touch and we'll let you know how you can get involved.*

### Our values



The College and our courses have been co-produced with a non-clinical focus by people who have experience of health problems, health professionals, local people and partnership organisations - ensuring that courses offered support the needs and aspirations of people in our local communities.

We believe that people who have experience of health problems – whether that is personal experience or as a carer for someone – are the experts in their own lives. So, we want your help to develop the College and the courses on offer, sharing your ideas with us so that together we can create opportunities that will support people as they choose. This is co-production – and it's what the College is all about!

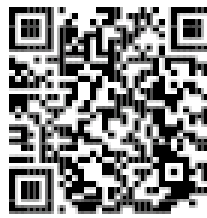
### Our values – we believe:

- everyone has a wealth of knowledge and valuable expertise – which they can use to help us develop the college for the benefit of all
- everyone should be given the opportunity to reach their potential
- that the College will aim to be fully accessible for everyone
- in working together in the design and provision of the courses available
- everyone has the equal right to enjoy all the opportunities that life can provide
- that our work is based on the principle that hope, mental health and wellbeing are essential to every person



# Wakefield Recovery College

16+



## Yoga Join any week

Every Friday  
10am-10.45am  
Online

## Boosting self-confidence (18+)

19/09/2024  
10.30am-11.30am  
Online

## Stroke Awareness

24/09/2024  
1pm-3pm  
Pontefract

## Feeling positive, busting stress (18+)

26/09/2024  
10.30am-11.30am  
Online

## Managing fatigue with health conditions (18+)

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

## Create your own Gonk

09/10/2024  
10am-12pm  
Wakefield

## Understanding depression

16/10/2024  
10am-12pm  
Pontefract

## What the heck are archives?

16/10/2024  
10.30am-12pm  
Wakefield

## Understanding hearing voices

17/10/2024  
1pm-3pm  
Online

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.

# 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**

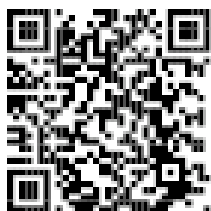


**Face to  
face  
16+**



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

**FREE**  
**course**



**With all of us in mind.**



# 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.

**14th of November 2024- 11am-12pm**

**3 Weeks**

**Physio room/Kitchen, Second Chance Headway  
Centre, Almshouse Lane, Wakefield,  
WF1 1AD**



**Face to  
face  
16+**



**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.**

# Living with and managing depression

If you are interested in developing an awareness of what the experience of depression may mean to you or someone you care about, then this workshop could be the one for you. During the course we will introduce and explore the nature of depression, discuss the impact of depression on life and explore diagnosis and treatment options, as well as ways of tackling symptoms of depression yourself.

It is not necessary to have a deep understanding of depression to attend, however this workshop ties in with our “understanding depression” workshop and we would recommend you attend both where possible.

**02nd of December 2024-10.00am-12.00pm**

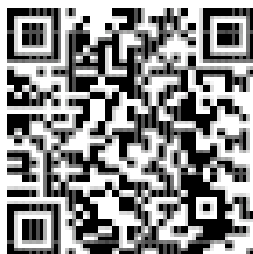


**Online**  
**16+**



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.



## Try our Free new Boxercise Class

Led by professional instructor Paula  
Open to all. Gloves Provided.

Children welcome but must be  
accompanied by an adult.



**Thursday  
12 September  
4.30pm to 5.30 pm**

**Get fit and have fun!**

St Swithun's Community Centre, Arncliffe Road, WF1 4RR

e: [info@eastmoorcommunity.co.uk](mailto:info@eastmoorcommunity.co.uk)

w: [www.eastmoorcommunity.co.uk](http://www.eastmoorcommunity.co.uk)

To book your place or find out more about this group please contact us on  
**01924 361212**

This was funded by the UK Government through the UK Shared Prosperity fund.

EASTMOOR  
COMMUNITY PROJECT LTD



West  
Yorkshire  
Combined  
Authority  
Tracy  
Brabin  
Mayor of  
West Yorkshire

## Simply Leisure

Monday afternoon, 1pm – 3pm

Starts Monday 9 September



### Open Day Event Monday 16 September at 1pm

Free Cuppa and Cake

Join us on the 16<sup>th</sup> September to see what we  
have planned. There are lots of different  
activities for men and women.

We look forward to meeting old and new  
members alike to our friendly group.

St Swithun's Community Centre, Arncliffe Road, WF1 4RR

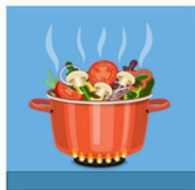
e: [info@eastmoorcommunity.co.uk](mailto:info@eastmoorcommunity.co.uk)

To book your place or find out more about this group please contact us on  
**01924 361212**

EASTMOOR  
COMMUNITY PROJECT LTD

## Free 8 Week Cooking Course One Pot Cooking

Wednesday 18 September  
10.30am to 12.00pm



Enjoy eating what you have cooked here at  
the centre or take it home with you.  
Please book your place at reception.

St Swithun's Community Centre, Arncliffe Road, WF1 4RR

e: [info@eastmoorcommunity.co.uk](mailto:info@eastmoorcommunity.co.uk)

w: [www.eastmoorcommunity.co.uk](http://www.eastmoorcommunity.co.uk)

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COMMUNITY PROJECT LTD



West  
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Mayor of  
West Yorkshire



Funded by  
UK Government

## Lego imagination and creative workshop

**Age 5+**  
All ages  
welcome

Children under  
16 must be  
accompanied by  
an adult.

Come along and join  
us and let your  
imagination go wild.  
Can you build the  
fastest car, the tallest  
rocket or the best  
fairytale castle?

**SATURDAY  
21st  
September  
1:30pm - 3:30pm**

### This is a FREE workshop.

This workshop has been designed to run along side our community  
pantry as part of the 'Health and Wellbeing' part of the project.

Contact Ferrybridge Community Centre or Ollie for further details.

We only have a limited number of spaces  
available so please make sure you get in  
touch to book your place.



Supported by



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Yorkshire  
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Authority

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Mayor of  
West Yorkshire



16-18 years old & unemployed?

# YOUTH FAIR

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

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



Competitions, Games – win Amazon vouchers and more!



## Do you need support to attend 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?

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, time, and location of the appointment)

## SPOT THE SIGNS

- Feeling anxious or worried
- Low Mood
- Appetite/ Weight Changes
- Quiet and Withdrawn
- Emotional Outbursts
- Sleep Problems



CALL US: 01924 787507



Charity: 1072174  
Company Registration: 03580792



## COFFEE EVENING

Every Monday - excluding Bank Holidays.

Eastmoor Rugby Club,  
Woodhouse Road,  
Wakefield,  
WF1 4RD

18:00 - 21:00

CALL US: 01924 787507

If it is your first time attending, please call our line beforehand.



Charity: 1072174  
Company Registration: 03580792



PAPYRUS  
PREVENTION OF YOUNG SUICIDE

HOPELINE247

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





### Coffee Break September: “You have the Power”

“Know your numbers week” from Blood Pressure UK takes place every September to raise awareness about the importance of checking your blood pressure and know the risks of having high blood pressure. This can then prevent heart disease and stroke and other illnesses by getting the treatment you may need. This year from the 2nd -8th September the focus is on you having the power to test your blood pressure and the easiest way to do this is with a home blood pressure monitor. Use this online tool to help you understand your blood pressure numbers Check your blood pressure reading - NHS ([www.nhs.uk](http://www.nhs.uk))

If you do not have access to a home blood pressure monitor you can get a blood pressure test done at some local pharmacies, with an over 40s health check via your GP practice and some GP practices have blood pressure stations to do your own testing.

A third of people in the UK have high blood pressure but many do not know that they have it unless they check their blood pressure. There may not be one single cause of high blood pressure but a healthy lifestyle and making some changes can help.

Smoking can raise the blood pressure and stopping smoking is one of the best things you can do for your blood pressure and your health overall.

Did you know that every cigarette smoked causes an instant rise in your blood pressure and heart rate! Smoking damages the wall of your blood vessels causing a narrowing of your arteries. Your blood can clot, and your heart is having to work much harder, putting you at risk of a heart attack and stroke. The good news is that after just 20 minutes of stopping smoking your blood pressure and heart rate returns to normal. Keep it that way by not having another cigarette!

It is important to get your Blood Pressure checked regularly every 5 years for non-smokers and annually for smokers and those with a long-term medical condition. Empower yourself and get your blood pressure tested, know your numbers and to stop smoking today!



# World Suicide Prevention Day

## Tuesday 10th of September 2024

**Walk With Us, Or Simply Join Us.**

**2pm – Thornes Park, Wakefield, WF2 8TY.**

**Grass Near The Duck Pond**

**1 in 5 of us will have thoughts of suicide.**

Yet sadly, 15 people die every day in the UK by suicide.

Help us spread hope and support to thousands of others who may be having thoughts of suicide or have lost loved ones.

**There is another way.**

**#StartTheConversation**

**#ChangeTheNarrative**







# Suicide Awareness Training

## About the course

Through our short online Suicide Awareness Training you will gain skills and confidence to help someone who may be considering suicide.

## Who it's for

The training is recommended for anyone aged 16 and over.

Anyone can learn how to have a potentially life-saving conversation.

## What you'll learn

- How to spot suicide warning signs
- How to have a conversation with someone you're worried about
- Where to signpost to for further support
- Suicide is preventable

## How long it will take

This training takes approximately 20 minutes to complete and you will get a certificate when you have completed the training.

[www.zerosuicidealliance.com/suicide-awareness-training](http://www.zerosuicidealliance.com/suicide-awareness-training)

## More training available



[www.eventbrite.co.uk/o/the-young-lives-consortium-12802872125?](http://www.eventbrite.co.uk/o/the-young-lives-consortium-12802872125?msockid=0220655bb42665c73f0d7736b533642f)

[msockid=0220655bb42665c73f0d7736b533642f](http://www.eventbrite.co.uk/o/the-young-lives-consortium-12802872125?msockid=0220655bb42665c73f0d7736b533642f)

### Light A Little Hope

**Tuesday 10th September**

Join us in lighting a candle, or shining a light at 8pm to remember the lives lost to suicide and provide hope to anybody who may be thinking about suicide

#StartTheConversation



## Finding a way to say it

Sometimes the hardest words to say are the most important.

This World Suicide Prevention Day, we want to show everyone that talking about difficult feelings, including suicidal thoughts, doesn't have to be scary.

A recent poll showed that only 45% people feel comfortable talking to family and friends about suicidal thoughts, compared to 74% who feel comfortable talking about mental health.\*

We want to change this. By talking more openly about suicide, we can give people the chance to express how they feel and get the support they need. It could even save a life.

On #WSPD we're sharing some top tips for how you can help make a change:

### What Should People Do

**Watch** out for changes in behaviour that could mean someone's struggling to cope.

**Speak** up to let someone know that there is support available.

**Play** your part by reaching out to anyone you're concerned about.

**Ditch** the stigma – suicidal thoughts are far more common than most people know – so let's talk about it!

## How to help someone open up

We know how hard it can be to find the right words to talk openly about how we're feeling. But when someone is dealing with difficult thoughts or worries, having someone there to listen can make all the difference.

Here are some tips to help you talk to someone you're worried about:

- Choose a safe, quiet space, give the other person your full attention and put away your phone.
- Ask how they're doing, using open questions that need more than a yes or no answer, such as "How do you feel?" or "What's that like for you?"
- Listen without judgement and try not to jump straight in with your advice or opinions.
- Don't be afraid to ask someone if they're having suicidal thoughts. It gives them permission to tell you how they feel.
- Let them know that there is always someone there to listen. They can call Samaritans free day or night on **116 123** or visit **samaritans.org** for other ways to contact us.
- Remember to look after yourself, Samaritans is here to support you too.





HM Government

# Get help to juggle work and life

Government support for childcare costs for working parents



15 hours childcare for children aged from 9 months starting in September

Childcare Choices

## Using your childcare hours

Here are some things to consider when using government funded childcare support. Remember it's always a good idea to speak to your provider about their arrangements.

You could get up to 15 hours of childcare per week over 38 weeks. This works out at 570 hours per year. Some providers will allow you to 'stretch' your hours over more than 38 weeks, using fewer hours per week.

You can claim your hours the term after your child reaches the relevant age and you meet the eligibility criteria. These terms begin on 1 January, 1 April and 1 September.

You can use your hours alongside other childcare schemes such as Tax-Free Childcare or Universal Credit Childcare, and you can use your hours flexibly with a range of childcare providers. These include nurseries, childminders, pre-schools and playgroups.

Remember, your childcare hours don't cover additional hours, activities, or extra costs such as meals. Speak to your provider about any additional charges on top of the funded childcare hours, including any alternative options they offer.

If you already use 15 hours for your 2 year old and they then turn 3, you can reconfirm as normal, and the code will be valid for the 30 hours offer.

Some providers will have different arrangements for when you can use your childcare hours. Speak to your provider about whether the hours they offer are convenient for you.

If you're on parental leave and you plan to return to work by the end of September 2024 – or you're starting a new job – you can also now apply for your childcare code. Visit the website for more information.

To continue getting your childcare hours you need to confirm your details are up to date every 3 months. You should get a reminder when you need to do this.

## Government childcare support

From September 2024, eligible working parents in England with children aged 9 months and older will be able to get 15 hours childcare per week.

This means you could access 15 hours of childcare over 38 weeks a year for children from 9 months until they turn 3 years of age.

Don't forget the existing offers for 3 and 4 year olds, helping even more families to save money on their childcare costs.

You may be able to get this expanded 15 hours childcare if:

- ✓ You have a child aged between 9 months and 3 years of age.
- ✓ You live in England.
- ✓ You and your partner (if you have one) each earn at least the equivalent of 16 hours a week at the National Minimum Wage or Living Wage on average, but no more than £100,000 per year.

## How to get your code

- 1 Visit the Childcare Choices website. Check your eligibility online.
- 2 Speak to your provider. Check that they can offer your child a place and check what their arrangements are.
- 3 Apply for your code online. You will find the link on the Childcare Choices website. You'll need your National Insurance number (or unique taxpayer reference if you are self-employed), the date you started or are due to start work, details of any government support or benefits you receive, and the UK birth certificate reference number (if you have one) for your child.



Scan for more information

- 1 Give your code to your provider. You may find out if you're eligible straight away, but it can take up to 7 days for your code to come through.
- 5 Reconfirm your details on your Childcare Account every 3 months.

## Important dates to remember

31 August

Deadline for eligible parents of children aged from 9 months old to get their codes.

1 September

15 hours for children aged 9 months old and over becomes available.

There is a range of other government support to help working families with the cost of childcare, including Tax-Free Childcare and Universal Credit Childcare.

Visit [childcarechoices.gov.uk](https://childcarechoices.gov.uk) or search 'Childcare Choices' to find out more and see what help you can get.

If you have difficulties finding childcare that suits you and your child, please contact your local authority's Family Information Service.

Childcare Choices

**You're invited to  
our clinic tour!**

Have you ever wondered  
what to expect when you  
visit one of our clinics?

Let us guide you through the  
appointment process,  
showcase our facilities and  
alleviate any fears you may  
have about attending.

Tour date: **10 September**

Tour time: **9:00 - 11:30am**

Email your interest:  
**wakefield.sh@spectrum-cic.nhs.uk**

Clinic address: **Trinity Walk Clinic, Unit LG1A, Trinity  
Walk Shopping Centre, Wakefield, WF1 1QS**

**spectrum-sexualhealth.org.uk**



## Music & Movement Masterclass Opportunity

Wanting to learn more about how music and  
movement can help people with memory issues?

Run by three international movement, dance and music therapists



**Able to commit to full day on 23 September  
and a couple of hours later that week?**

If so we have 10 spaces for creatives to join a masterclass  
led by 3 international therapists. Paid involvement for 23  
September; voluntary commitment later in week.

To express interest contact  
**Spectrumpeople@spectrum-cic.nhs.uk**

Attach your CV and explain your connection to Wakefield  
and why you should be involved.

**23 September** at St Marys Community Centre, Pontefract.  
Workshops throughout the week and across Wakefield District.

Supported with funding by  
**wakefieldcouncil**

**Spectrum  
People**

In Cahoots Collaborative is Funded by Wakefield Council as part of Our Year - Wakefield District 2024



## Second Chance Headway Centre - Abseil Fundraiser with Kay & Louise

I would like to let you know that myself and my colleague, Kay Taylor who is one of our Support Workers at Second Chance Headway Centre, Brain Injury Support Charity are taking part in a sponsored Abseil down Wakefield Cathedral on Saturday 21 September 2024.

For those of you who know me personally, Second Chance Headway have been a tower of strength to myself and my youngest daughter who was seriously injured in Australia in October 2021. She suffered a brain injury, stroke and multiple complex orthopaedic issues and without the support of Second Chance who have provided continual help, support and rehabilitation therapy, our lives would have been very different indeed.

It has been a very long arduous 3 year journey, particularly for my daughter in terms of her recovery but I simply could not miss the opportunity to take part in such a great fundraising event and give something back to this amazing Charity (by the way, I am petrified of heights so this is definitely a ice breaker for me).

We ourselves, as a Charity have donated to Wakefield Cathedral Funds in order to participate in this event and any monies raised above this donation will go directly to our own Charity, Second Chance Head Centre (Registered Charity Number 1121645).

We rely totally on donations to keep our Charity running and if you would like to donate and support us, please click on the link below.

<https://www.justgiving.com/campaign/secondchanceheadwaycentrewakefield-abseilfundraiser>

Any donations we receive will be very much appreciated and cannot thank you enough for your support.



## **AUTUMN**

**Stubble glows in the evening light  
Golden fields in sunset bright  
Bales neatly rolled in the fields  
For winter feed: a good yield**

**Autumn ushered in quite slow  
Commenced about a fortnight ago  
The wind strips leaves off the trees  
In response to the autumnal breeze**

**Equinox approaches: the sun crossing the equator  
Nature balances day and night evenly - no later  
Now a chill in the morning air  
Catches you unaware**

**Leaves begin to change colour and fall  
Gold red yellow - blown up against the wall  
Nature's last hurrah before winter's icy finger  
Walks are shorter now and we do not linger**

**Cooler temperatures and shorter day  
As the daylight fades away  
Early evening darkness falls  
Owls begin their evening calls**

**Birds line up on telegraph wires  
Ready soon to be southbound flyers  
Animals finish eating your veg  
Having stripped blackberries from the hedge**

**Spiders find their way in to the warm  
In the garage dormice find a new dorm  
For winter draws on now and fast  
What a shame autumn cannot last**

**With rich colours bright  
Fading with the light  
Children prepare for a new school start  
With clothes new and smart**

**Cold days and early frost  
Turn out those winter tops thought lost  
Save up now for that good cheer  
We all know that Christmas  
Will soon be here!**

**RYDER 2024**

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