



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

04 October 2024




Credit: @adoseofreminders

Get in touch to find out more

 01924 316946

 www.wakefieldrecoverycollege.nhs.uk

 wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk



Follow us on social media



With **all of us** in mind.

Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

Termtime

Exciting news!!! Happy 10th Birthday



Updates

At Wakefield Recovery College, we are committed to offering a variety of free courses aimed at enhancing mental health and well-being. Our courses cover a wide range of interests and needs, from managing anxiety and building resilience to engaging in creative activities like crafting. Each course is designed to provide practical tools and strategies in a supportive and inclusive environment. Whether you're interested in mindfulness, stress reduction, or exploring your artistic talents, our experienced facilitators are here to guide you. Join us at Wakefield Recovery College and discover a community dedicated to your personal growth and recovery journey.

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

College news



We are excited to announce that Wakefield Recovery College is thinking about planning a repeat of a special event we hosted in 2020 this January, and we would love to gauge your interest in participating. Whether you would like to showcase your products or services as a stall holder or simply attend and enjoy the event, we want to hear from you!

Please let us know your preference via email at wakefieldrecoverycollege@swyt.nhs.uk selecting one of the options below:

Are you interested in participating in our event this January 2025?

A: I would like to be a stall holder.

B: I would like to be an attendee.

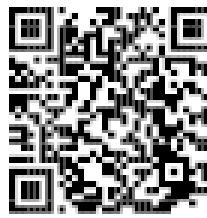
New courses!

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:

Body image workshop
Music lessons
Let's get cooking
Advanced crafting sessions
Card making for wellbeing
Wellbeing in the woods
Christmas rag wreaths
And many more!

Wakefield Recovery College

16+



Yoga Join any week

Every Friday
10am-10.45am
Online

For those that give too much : Everyday stress

21/10/2024
10am-12pm
Online

Creative crafting

22/10/2024
9.45am-11.30am
Pontefract

An introduction to self soothe and self care

24/10/2024
10am-12pm
Wakefield

Accepting change

04/11/2024
1pm-3pm
Online

Wellbeing in the woods

04/11/2024
11am-2pm
Wakefield

Writing for self- expression

04/11/2024
10.30am-12pm
Online

Card making for wellbeing

05/11/2024
1pm-3pm
Pontefract

Learning more about the West Riding Pauper Lunatic Asylum

06/11/2024
10.30am-12pm
Wakefield

An introduction to autism

06/11/2024
10am-12pm
Online

The inner scream: Understanding self- harm

06/11/2024
1pm-3pm
Wakefield

Living with and managing anxiety

07/11/2024
1pm-3pm
Wakefield

Let's get cooking

08/11/2024
10am-12.30pm
Wakefield

Boogie Bounce

08/11/2024
10am-11am
Normanton

Bookbinding

13/11/2024
10.30am-12pm
Wakefield

Recognising burnout

13/11/2024
10am-12pm
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.

Body image workshop

Let's talk about body image! This friendly workshop will give you the opportunity to learn about what body image is and give you some tips on how to have a better relationship with your body image. We will talk about body positivity and focus on the acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities. During the session we will look at ways:

- to promote a positive body image
- explore how history and background impact beauty standards
- you can look at yourself as a complete person and not just what looks back at you in the mirror

and most importantly, work towards accepting the body you are in!

25th November 2024- 12.30pm-3.00pm



Online
16+



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

FREE
course



With all of us in mind.

Wellbeing in the woods

Do you want to spend time in a woodland area learning practical skills such as carving, woodland management, woodcraft skills, outdoor cooking, along with developing life skills such as self-awareness, self-esteem, confidence, self-management, resilience and determination and nature-based mindfulness? If you do, then this is the course for you.

On a Monday for 6 weeks, our partners at Grow well, Wakefield are going to run their Wellbeing in the woods, therapeutic school for the Wakefield Recovery College. The sessions will take place in the woodland area at the rear of Fieldhead Hospital and are ideal for anyone who maybe experiencing mild mental health challenges such as depression and anxiety and maybe having difficulty accessing outdoor projects and experiences.

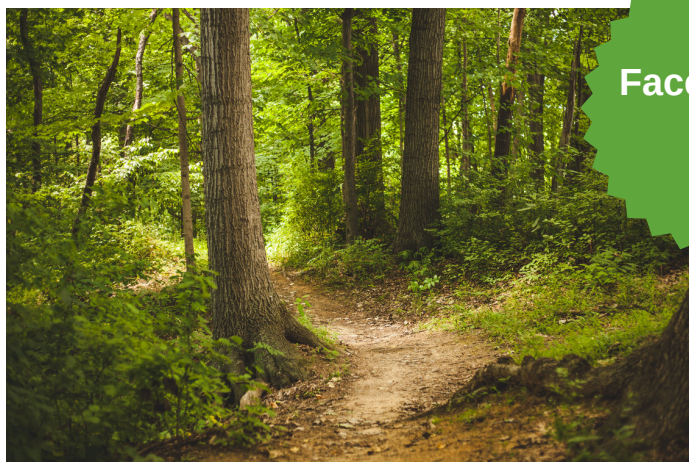
The sessions will be run by a level 3 Forest School practitioner and will provide engagement with outdoor natural environments that are beneficial for mental health and wellbeing through a restorative effect, positive social contact and opportunities for physical activity.

As there will be a lunch break during each session, please ensure you bring a packed lunch and drinks with you to each session. Please ensure you also wear weather-appropriate clothing and sturdy shoes (trainers or boots) for walking in the woodland.

04th of November 2024- 11.00am-2.00pm

6 Weeks

**Fieldhead Campus, Fieldhead Hospital,
Ouchthorpe Lane, Wakefield,
WF1 3SP**



**Face to face
16+**



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

FREE
course



With **all of us** in mind.

For those that give too much: Everyday stress

Life can feel pretty relentless at times. There are always things to do, responsibilities to oversee and people to please. At times we can go to bed cross with ourselves for not getting enough done in the day and vowing that we'll do so much more tomorrow.

In this informal workshop we'll hit our own 'pause button' and explore our own personal stressors and their impact on us. We will consider what helps to reduce our levels of stress and explore ways of introducing more peace into our lives.

21st October 2024- 10.00am-12.00pm



Online
16+



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

FREE
course



With all of us in mind.



Our door is open...

Organisations in your local area are here to help you.

Help at the Hub has been created to help people deal with the impact of coronavirus.

Did you know?

Your local community hub can provide help with **money, debt problems** (including bills, rent, or mortgage payments), **mental health and wellbeing services**, and more.

HELP AT THE HUB

Find your local hub*

1 Castleford Heritage Centre

Wednesday 10am-12pm
Queen's Mill, Aire Street,
Castleford WF10 1JL
☎ 01977 556 741

2 St Marys, Pontefract

Friday 10am-12pm
The Circle, Chequerfield
Pontefract WF8 2AY
☎ 01977 705 341

3 Ossett Town Hall

Monday 10am-12pm
Market Place,
Ossett WF5 8BE
☎ 01924 303 040

4 Havercroft & Ryhill Community Learning Centre

Thursday 10am-12pm
Mulberry Place,
Ryhill, Wakefield WF4 2BD
☎ 01226 727 824

5 Kellingley Club

Tuesday 10am-12pm
Kellingley Social Centre,
25 Marine Villa Rd,
Knottingley WF11 8ER
☎ 01977 673 115



6 St Georges, Lupset

Tuesday 10am-12pm
Broadway, Lupset,
Wakefield WF2 8AA
☎ 01924 369 631

7 Eastmoor Community Project

Tuesday 10am-12pm
St. Swithun's Community Centre,
Arncliffe Rd,
Wakefield WF1 4RR
☎ 01924 361 212

8 Westfield Centre South Elmsall

Tuesday 10am-12pm
26 Westfield Ln,
South Elmsall, Pontefract WF9 2PU
☎ 01977 642 335

9 Lightwaves Leisure and Community Centre

Wednesday 10am-12pm
Lower York St,
Wakefield WF1 3LJ
☎ 01924 360 158

*Opening times given are for Citizens Advice drop-in

Our workshops are open to anyone aged 18+, living in the Wakefield district, or registered with a Wakefield GP, and looking to improve their wellbeing

Coping with Pain - Workshop

By learning practical tools and techniques together with others it could help you manage the impact of chronic pain, helping you to get more out of life and improve your wellbeing



Focus of the workshop:

- Tools to help manage pain setbacks
- Making plans to help manage pain at home
- Practising relaxation and distraction techniques
- Challenging negative thinking and staying positive




When:

Wednesday 25 September 2024, 10:00 AM - 11:00 AM
 Wednesday 16 October 2024, 11:00 AM - 12:00 PM
 Thursday 21 November 2024, 1:00 PM - 2:00 PM
 Monday 6 January 2025, 10:00 AM - 11:00 AM
 Monday 10 February 2025, 1:00 PM - 2:00 PM
 Wednesday 19 March 2025, 10:00 AM - 11:00 AM

Where do workshops take place, and what do I need to join?

All workshops take place online via the free Microsoft Teams app. You will need either a smartphone, computer or tablet, an email address, and an internet connection. We can support you to download and access Microsoft Teams

For more information please contact us: (Workshop dates are available on our website)

 livewellwakefield@swyt.nhs.uk  01924 255363  www.livewellwakefield.nhs.uk

Our workshops are open to anyone aged 18+, living in the Wakefield district, or registered with a Wakefield GP, and looking to improve their wellbeing

Managing Fatigue with Health Conditions - Workshop

By learning practical tools and techniques together with others it could help you manage the way chronic fatigue makes you feel - helping you to feel more in control of your health and wellbeing



Focus of the workshop:

- Learning how to keep a fatigue/activity diary
- Managing symptoms such as 'brain fog'
- Looking at how fatigue can affect our mind and body
- Practising techniques to help conserve energy levels
- Challenging negative thinking and tools to stay positive

When:

Friday 27 September 2024, 2:00 PM - 3:00 PM
 Tuesday 1 October 2024, 11:00 AM - 12:00 PM
 Monday 4 November 2024, 10:00 AM - 11:00 AM
 Tuesday 17 December 2024, 11:00 AM - 12:00 PM
 Friday 31 January 2025, 11:00 AM - 12:00 PM
 Tuesday 4 March 2025, 11:00 AM - 12:00 PM

Where do workshops take place, and what do I need to join?

All workshops take place online via the free Microsoft Teams app. You will need either a smartphone, computer or tablet, an email address, and an internet connection. We can support you to download and access Microsoft Teams

For more information please contact us: (Workshop dates are also available on our website)

 livewellwakefield@swyt.nhs.uk  01924 255363  www.livewellwakefield.nhs.uk

Self Management Workshops

Our workshops provide an opportunity to share ideas in a small, friendly group, and learn practical skills for use in everyday life

Open to anyone aged 18+, living in the Wakefield district, or registered with a Wakefield GP, and looking to improve their wellbeing

Current workshops:

Coping with Pain

By learning practical tools and techniques together with others it could help you manage the impact of chronic pain, helping you to get more out of life and improve your wellbeing

- Practice relaxation and distraction techniques
- Learn how to pace activities successfully



Managing Fatigue with Health Conditions

By learning practical tools and techniques together with others it could help you manage the way chronic fatigue makes you feel - helping you to feel more in control of your health and wellbeing

- How fatigue affects our mind and body
- Learn how to prioritise, plan, and pace activities




How long do workshops last?

Each workshop lasts for 1 hour, and you can take a break whenever you wish

Where do workshops take place, and what do I need to join?

All workshops take place online via the free Microsoft Teams app. You will need either a smartphone, computer or tablet, an email address, and an internet connection. We can support you to download and access Microsoft Teams

For more information please contact us: (Workshop dates are also available on our website)

 livewellwakefield@swyt.nhs.uk  01924 255363  www.livewellwakefield.nhs.uk

Do you need support to attend healthcare appointments?

Our support is free, and all our volunteers and staff are DBS checked



Everyone was wonderful. I felt very safe and very supported

What support do we provide?

Peer Support Volunteers help people to access their healthcare appointments to improve their overall health

Social Prescribers help people to address their non-clinical needs, by linking them to local support options to improve their independence and wellbeing

Who can we support?

Individuals finding it difficult to attend any healthcare appointments who are:

Aged 18+ and registered with a Wakefield district GP


Have a booked healthcare appointment taking place within the Wakefield district

Able to finance their own travel

If I had known about this support I would have gone to my appointment months ago

Contact us for more information, or to refer

 www.livewellwakefield.nhs.uk

 01924 255363

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

🌸 Come see us next week as we join the Turning Point Talking Therapies team for their wonderful World Mental Health Day event on Thursday 10th October 2024 🌟

This is the teams' second time hosting this amazing event, with this year set to be bigger and better than last years! Their extensive agenda includes guest speakers, a visit from the mayor, cake, choir singers, the talking therapies Employment Support team will also be there hosting a Mini Jobs Fair too, as well as armchair aerobics and many more activities to enjoy! This event is one not to be missed.

This year's #WMHD theme is all about prioritising mental health in the workplace and so, this multi-services event offers great opportunities for you to access free support information from organisations and providers available to you across the district – all in one place. Join us, along with many other local support services to find out how you can improve your overall physical and mental health, as well as managing your wellbeing at work. We look forward to seeing you there!

🏠 The Ridings Shopping Centre (Middle Mall) #Wakefield

📅 Thursday 10th October

🕒 10:00am – 15:00pm



FREE EVENT World Mental Health Day

Hosted by Turning Point Talking Therapies

- ✓ **FREE LOCAL RESOURCES & INFORMATION**
- ✓ **GUEST SPEAKERS**
- ✓ **ACTIVITIES**
- ✓ **CAKE!**



The Ridings
Shopping Centre
Wakefield
WF1 1DS
MIDDLE MALL



10th October
10am - 3pm



**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887



@TurningPointTalkingTherapies
@wakefieldtalkingtherapies

CREATIVE
AWARDS
SCHEME



The SANE Creative Awards Scheme aims to improve the quality of life for people with mental health problems, their carers and families by supporting their artistic ambitions and helping fulfil their creative potential.

Proposals can be submitted for works of visual art encompassing all forms of painting, drawing, printmaking, photography, mixed media and digital art.

Awards will be given to cover or contribute to the cost of materials, specific projects or training courses, or towards providing replacement care in the case of carers who wish to apply. Awards range from £100 to £300.

For more information visit
www.saneuk.me/scas

or contact Thomas Andrews
telephone: 020 3805 1790
email: tandrews@sane.org.uk



SANE is working in partnership on this scheme with the Open College of the Arts, a national distance learning provider of courses in Art and Design. They will be offering advice, guidance and members of the awards judging panel.

SANE - St Mark's Studios, 14 Chillingworth Road, London, N7 8QJ - Registered Charity No. 296572;
Registered Company No. 2114937

VOLUNTEER OPPORTUNITIES



Home Visit Befrienders:

Home Visit Befrienders offer companionship and friendship to an isolated older person living in their own home by providing regular weekly visits – for this role we ask volunteers to commit to visiting once a week for around an hour per visit. The role is flexible and can be carried out through the day or on an evening or weekend, the day and time of the visit does not always have to be the same and can be changed to suit the volunteers schedule. Home Visit Befrienders must be aged 18 or over.



Telephone Befrienders:

Volunteer from your own home as a Telephone Befriender offering friendship and conversation by telephoning an isolated older person living alone. Volunteers in this role spend around 30 - 60 minutes each week chatting with their client listening and providing stimulating conversation. Telephone Befrienders must be aged 18 or over.



Group Support Volunteers:

We hold a number of weekly groups across the district where volunteers can help and support group leaders by setting up before sessions and clearing down afterwards, making attendees feel welcome and amongst friends, supporting with activities, listening and chatting with people and helping with refreshments. Group Support volunteers must be aged 18 or over.



Retail Assistants

Volunteers can assist in our shops in Horbury, South Elmsall or Wakefield - greeting and serving customers, preparing goods for sale, assisting with shop displays and handling cash transactions on the till. Retail Assistant volunteers must be aged 16 or over. Our shops are open Monday, Tuesday, Thursday, Friday and Saturday.



Reading Friends

The role of a Volunteer Reading Friend is to encourage Primary school children who need support with reading and who are often not aware of the interests and pleasures they can derive from books. In relaxed 1-1 sessions talking and reading together the volunteer gradually builds up the child's confidence and encourages him/her to enjoy reading. Volunteers are matched with local schools that are involved with our Schools Project. Volunteers in this role must be literate and able to relate easily to children as well as been both a clear communicator and good listener, and must be aged over 18.



Time For Tea Volunteers:

Time for Tea events run throughout the district in shared public spaces such as supermarkets and shopping centres. They provide an opportunity for older people to gather informally and enjoy refreshments in open areas they already visit, making it a regular drop-in event and providing passers-by with an easy opportunity to engage, feeling comfortable and safe. Volunteers provide a warm and welcome smile to attendees joining the event, sit and have a chat, socialise with participants and help serve refreshments. Events run for 2 hours. Volunteers in this role must be aged 16 or over.



Feedback Call Volunteers:

Volunteers with administration experience can offer their skills in a "work from home" environment. We have a number of roles to fill for people who have experience talking on the telephone, working with a computer database system, and/or have office and administration skills or are looking to expand these skills. This role is flexible and can be carried out at a time to suit the volunteer. Volunteers in this role need to be confident speaking on the telephone as well as being both a clear communicator and good listener, and must have access to a telephone and laptop/computer/tablet device and must be aged 18 or over.



Step Out Volunteers:

Step out volunteers provide encouragement and support to older people that have lost their confidence in doing day to day activities. A Step Out Volunteer is matched with a client for a 6-8 week period and would help build confidence in such tasks as taking a bus, accompanying to the shops/supermarket, accompanying to a local group or simply getting out for a walk. Volunteers must be available to volunteer in this role during office hours Monday-Friday 09:00-16:00. Step Out Volunteers must be aged 18 or over.



Other ways to Volunteer with Age UK Wakefield District:

We always welcome people that are happy to help us on a less regular basis. Activities like Fundraising, Knitting Campaigns, Participating and helping at event days (Armed Forces Day/Park Runs etc) are a great way to get involved without a regular commitment. If you have specific skills that you think may be useful, please get in touch for a friendly chat and together we can Be The Difference.

For more information about our volunteer opportunities please call 01977 552114 or contact our Volunteer & Befriending Manager - Tracey Shaw at: volunteering@ageukwd.org.uk

OPEN THE DOOR GENTLY Writing into Trauma

KATE THOMPSON

OCTOBER 10 2024 | 17:00 - 19:00 GMT



[Open the Door Gently - Writing into Trauma Tickets, Thu, Oct 10, 2024 at 5:00 PM | Eventbrite](#)

Open the Door Gently - Writing into Trauma
Practitioner-led workshop by Kate Thompson, comparing models of writing into trauma - from psychology, psychotherapy and narrative practice.
www.eventbrite.co.uk

Mental health awareness matters.

MENTAL HEALTH FOUNDATION



SEPTEMBER'S 10 AFFIRMATIONS

I am in control.

I attract positive people into my life.

I can deal with whatever life throws at me.

I am healthy.

I am building a life I love.

My potential is powerful.

My uniqueness is my gift.

I'm braver than I give myself credit for.

My voice is powerful.

My future will be positive.

edgiuk.org

join us in the eating disorders genetics initiative

WE HOPE 10,000 PEOPLE WILL TAKE PART!

Take part to help us understand **genetic** and **environmental risk factors** for eating disorders.

Individuals with **anorexia nervosa**, **bulimia nervosa**, **binge eating disorder** or **any other eating disorder** are welcome to join

If you choose to complete this study please select South West Yorkshire Partnership NHS Foundation Trust when prompted

For any queries, please call Debby Walker on 01924 316289 or send an email to debby.walker@swyt.nhs.uk

Join online



Our research is open to anyone who....

- Is aged over 16
 - Lives in England
 - Has ever experienced any eating disorder*
- *No clinical diagnosis required

What is the Eating Disorders Genetics Initiative (EDGI)?

We want to understand how **genetic** and **environmental risk factors** influence eating disorders.

Together, with your contribution, we can make a difference and improve future treatments!

Join us at edgiuk.org

How to join EDGI UK

Register

Register on our website, edgiuk.org and read the information sheet



Consent

Provide your consent using the online form



Online Questionnaire

Complete an online questionnaire to see if you are eligible. This takes around 30 minutes



Send a saliva sample

Send a saliva DNA sample through the post using the free return envelope



Email edgi@kcl.ac.uk
Call 0800 917 6016



@edgi_uk

EDGI UK

EDGI is part of the NIHR BioResource. For more information visit bioresource.nihr.ac.uk



Thanks to funding gratefully received from the Baring Foundation and our project partners Creative Minds and South West Yorkshire NHS Foundation Partnership Trust we are working to create positive change for male in-patient mental health service users during 2025, and we'd love your help!

Through our Creative Care for Men's Mental Health project we aim to support the mental health recovery in and through art, from ward to community of 500 men.

We are running an online and an in person Practitioner Focus Group to gather insights and experiences that will help us to maximise this project's potential. These will take place on the 7th October in the morning (online) or afternoon (in an accessible central Halifax location).

We would love to hear from people who already work confidently and effectively on male wards / with male service users / with men with lived experience of mental ill health as well as people who would like to, but don't currently feel comfortable or able to do so.

For those who can attend, we can offer a per diem of £50 to support your time and contributions. If you would like to attend please register your interest here via this [link](#) and we will confirm attendance.

Wakefield Friendship Lunches

Locations, dates & times:

Silkwood Farm Silkwood

Business Park, Ossett, WF5 9TR,
7th Oct, 4th Nov & 2nd Dec, 12.30pm - 3.00pm

The Bridge Inn Bridge St, Wakefield, WF1 5RT,

15th Oct, 12th Nov & 10th Dec, 12.30pm - 3.00pm

Hampsons Plant World Denby Dale Rd, Durkar, WF4 3AZ,

23rd Oct, 20th Nov & 18th Dec, 12.30pm - 3.00pm

The Wetherby Whaler The Empire, 550 Leeds Road, WF1 2DX,

31st Oct & 28th Nov 12.30pm - 3.30pm

Choose a meal from the menu

Entertainment

Bingo, Games & Raffle

Contact the office to book your

place 01924 565 330

www.homeinstead.co.uk/wakefield

Wakefield Friendship Lunches are sponsored by Home Instead Wakefield

Early booking

recommended but
not required.

"Why not join us and
make some new
friends?"

We're here
to *support*
you in your
own home.

♥ Home Help

♥ Companionship

♥ Personal Care

♥ Dementia Care

♥ Live-In Care

♥ Healthcare at Home

♥ Nail Care

To find out more, call our friendly team

01924 565330

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WOULD YOU LIKE TO BE A DIGITAL CHAMPION?



We are looking for patient
volunteers to join a brand
new Digital Champion Group
in Wakefield, supporting
General Practices!



- Be trained to deliver digital support sessions in your community
- Support local people manage their health with the NHS App
- Promote Online Consultation Systems
- Encourage digital inclusion

Email us to express your interest!
digitalsupport.wakefield@nhs.net
Alternatively, scan the QR code to
submit your details



The Digital and Transformation Team in general practices across Wakefield have recently launched a brand-new Digital Champion Volunteer Group. The objective of this group is to bring together people across Wakefield to work in partnership to improve the digital awareness of patients and support general practices to provide high quality digital care and service delivery.

Digital Champions will be extensively trained by our Digital Support Officers in a range of digital tools, including the NHS App and PATCHS. Once trained, the digital champions will conduct promotional sessions within their local community to support the uptake of these digital tools.

We look forward to delivering in-depth training to all patient volunteers over the next two months and are excited to evaluate the impact of their work on NHS App and PATCHS usage figures across Wakefield.

The recruitment for the group is ongoing and we welcome new members; please contact Digitalsupport.wakefield@nhs.net for more information.

10th BIRTHDAY RAP

Staff and volunteers
Are sincere
For support
When help is sought
Always there indeed
When someone in need

Conditions share
Being there
Much tact
Selfless act
Caring
Sharing
Giving
For living
Health of nation
Provide inspiration
Able to listen
Good unison
Turn lives around
To solid ground
Friendly hand
A cohesive band
Just being there
Shows we care
Courses
Discourses
Revision
Provision
Dedication to task
Never too much to ask
Team work

The college moved at pace
A great showplace
Innovation
Expectation
Newsletter
Etcetera
Poetry rhymes
Forward with the times
New courses
Resources

On this 10th year
Give us a cheer
Dedication to cause
Deserves a round of applause.

RYDER 2024
ALL RIGHTS RESERVED

