



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

01 November 2024

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.

**SAYING NO
CAN BE
THE BEST
FORM OF
SELF CARE**

#ADOSEOFREMINDERS

Credit: @adoseofreminders

New Ways November 2024

MONDAY



4 Sign up to join a new course, activity or online community

TUESDAY



5 Change your normal routine today and notice how you feel

WEDNESDAY



6 Try out a new way of being physically active

THURSDAY

7 Be creative. Cook, draw, write, paint, make or inspire

FRIDAY

1 Make a list of new things you want to do this month

SATURDAY

2 Respond to a difficult situation in a different way

SUNDAY

3 Get outside and observe the changes in nature around you

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



Termtime



College news



Both Touchstone (including the Here For You and Community Enablement services) and the Wakefield Recovery and Wellbeing College want to take the time to tell you about some exciting developments you will start to notice over the coming months. In the spring of 2025 we will be moving to another Wakefield venue together, which will be able to offer us both the additional space that we require and better accessibility for all who work in and attend our services.

In November 2024, you will notice that our current venue, Prosper House, will be going up for sale. Please don't worry though, it will still be business as usual inside Prosper House and we will all be continuing to offer our great support services for the 16+ Wakefield district population (and beyond!) as normal.

We're all very excited about what the future holds, working even more closely together with each other, as well as with additional statutory and third sector organisations, in a space that you will hopefully feel safe and supported from. As we get closer to our move in the spring of 2025, keep an eye out on our social media pages, websites and newsletters as we will release further updates, keeping you in the loop about new projects and our new location. In the meantime, you can continue to access our services from Prosper House at the following times:

Wakefield Here For You – 7 days a week, 6pm-midnight, 07776 962 815 Here For You - Wakefield - Touchstone

Community Enablement Team – Monday to Friday, Monday -Thursday 8.30-4.30pm , Friday 8.30-4pm 07760173479 Wakefield Community Enablement Team - Touchstone

Wakefield Recovery and Wellbeing College – Monday to Friday, 8am-4pm, 01924 316946 / www.wakefieldrecoverycollege.nhs.uk

Here For You - Wakefield - Touchstone

A post on Touchstone provided by: <https://touchstonesupport.org.uk>

Shoutout



We would like to thank Crafting4Good for kindly donating crafting supplies to us.

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:

Dementia Positive steps

Music lessons

The history of LGBTQ+

Advanced crafting sessions

Card making for wellbeing

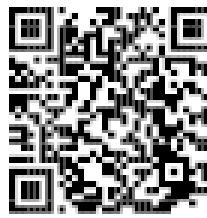
Wellbeing in the woods

Christmas rag wreaths

And many more!

Wakefield Recovery College

16+



Yoga Join any week

Every Friday
10am-10.45am
Online

Recognising burnout

13/11/2024
10am-12pm
Online

Dyslexia awareness

14/10/2024
10.30am-12.30pm
Online

You can play ukulele!

14/11/2024
11am-12pm
Wakefield

The History of LGBTQ+

18/11/2024
1pm-2.30pm
Wakefield

Connecting with the 5 senses

20/11/2024
10am-12pm
Wakefield

Coping with pain

21/11/2024
1pm-2pm
Online

Learning more about IBS

21/11/2024
1pm-3pm
Online

Body image workshop

25/11/2024
12.30pm-3pm
Online

Living with and managing depression

02/12/2024
10am-12pm
Online

Understanding anxiety

03/12/2024
1pm-3pm
Online

Scrapbooking for wellness

21/01/2025
10am-12pm
Pontefract

Creative fitness

22/01/2025
11am-12am
Normanton

Dementia – Positive Steps (16+) (twice weekly)

27/01/2025
5pm-6.15pm
Online

Improving your mindset

30/01/2025
10am-12pm
Wakefield

Understanding depression

03/02/2025
1pm-3pm
Wakefield

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.

Dementia- Positive steps

This is a 5-week course, with 10 sessions, occurring on Mondays and Wednesdays of each week. Each week/topic can be attended individually or join us for the full course. Each week, split in to part 1 and part 2 of a topic, covers an aspect of dementia or supporting someone living with dementia to help you feel informed, empowered, and prepared to manage your future with dementia. You may wish to attend as a family carer, a person living with dementia or because you have an interest in dementia and dementia care.

- Introduction to Dementia: Provides a general overview of what dementia is, the different types of dementia and the common symptoms.
- Coping with Symptoms of Dementia: A more in depth look at symptoms of dementia and how we can make these easier to cope with.
- Practical care in Dementia: Looks at supporting people living with dementia with day to days tasks such as washing and dressing and what aids and adaptations might help us do this.
- Finances and Support for Dementia: An introduction to the types of support available for people living with dementia and their carers, including financial help, local support and care services.
- Planning for the Future with Dementia: Thinks about advance care planning and emergency care planning both for people living with dementia and their carers.

Please note: Week commencing the 17th of February will be a break week due to half term.

27th of January 2025- 5pm-6.15pm

5 Weeks



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.

The History of LGBTQ+

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

18th of November 2024- 1.00pm-2.30pm

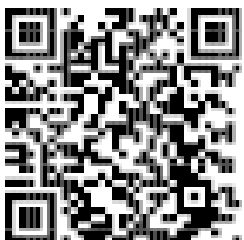
**Prosper House, 59 Upper Warrengate,
Wakefield, WF1 4JZ**



**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.

Coping with pain

This programme, facilitated by Live Well Wakefield, will help you to:

- Meet and share with others who live with chronic pain
- Look at additional tools/techniques for managing persistent pain problems
- Practice some pain management techniques
- Make a plan to help manage pain at home

The small group is very informal and we will be showing you things we use to help us cope with persistent pain.

21st November 2024, 1pm - 2pm
Online



Online
18+



FREE
course



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

With **all of us** in mind.

Learning more about IBS

Sometimes just listening and learning helps when you have a diagnosis of Irritable Bowel Syndrome (IBS).

This non-medical course is facilitated by people with years of lived experience of different symptoms of the condition aims to help you take control of your IBS by looking at how your gut works, diet, lifestyle and alternative approaches, as well as tips and advice from a leading professor in IBS.

If you want to understand more about the symptoms of IBS and where to find further useful information from, then come along a join this free, friendly, interactive course.

This workshop is offered online via Microsoft Teams to ensure you feel comfortable in your own environment and that you don't have to worry about the perils of getting to a new place whilst living with IBS.

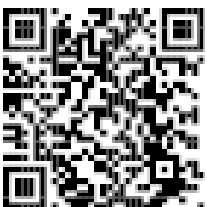
21st of November 2024
1.00pm-3.00pm



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.

Mental Health Community Panel

A chance to make a difference

We want more people to be part of our community panel. We work together with local services to improve mental health services in Wakefield District.



If you have experience with mental health services please get in touch.

Contact Ellie on 01924 787379 or 07542 850661 or email Ellie.Bead@healthwatchwakefield.co.uk
www.healthwatchwakefield.co.uk



See us at our
Drop In

Come and speak to us at

**Eastmoor
Community Project**

every Tuesday 10am – 2pm

Come to speak to us about savings, loans and budgeting, to help build your financial resilience.

leedscreditunion.co.uk



Affordable. Flexible. Fair.

New Beginnings

Adults

Introduction
to BSL Signing



Includes learning to have conversations in sign together, covering your own introductions, feelings, activities, a great basis to signing & how to use it: bsl alphabet & lots more!

Signature BSL Qualified
20+ yrs experience

Qualified Sign Instructor

8 Years Teaching
Fully Insured



Have fun, meet new friends & learn a great communication skill in Ossett & Mirfield with our new Adults Introduction to BSL Signing classes

British Sign Language is used throughout Britain, in schools and nurseries, it is great to use in the work place, retail, leisure, medical and noisy environments with deaf individuals, people who are losing their hearing, children, babies & animals.

6 week courses start in Ossett on Tuesday 12th Nov at 7.15pm & Wednesday 13th Nov in Mirfield about 7.30pm

You will receive a signing manual, along with weekly handouts to make it easy to remember and to practice the signing

Classes are roughly 1 hour each week, always with extra time to finish learning, ask further questions and socialise.

Bookable online at: <https://newbeginnings.classforkids.io>



PERINATAL MENTAL HEALTH SUPPORT

Weekly Wednesday morning sessions

Focus on infant stages (from pregnancy to 2 year olds)

Normalise conversations

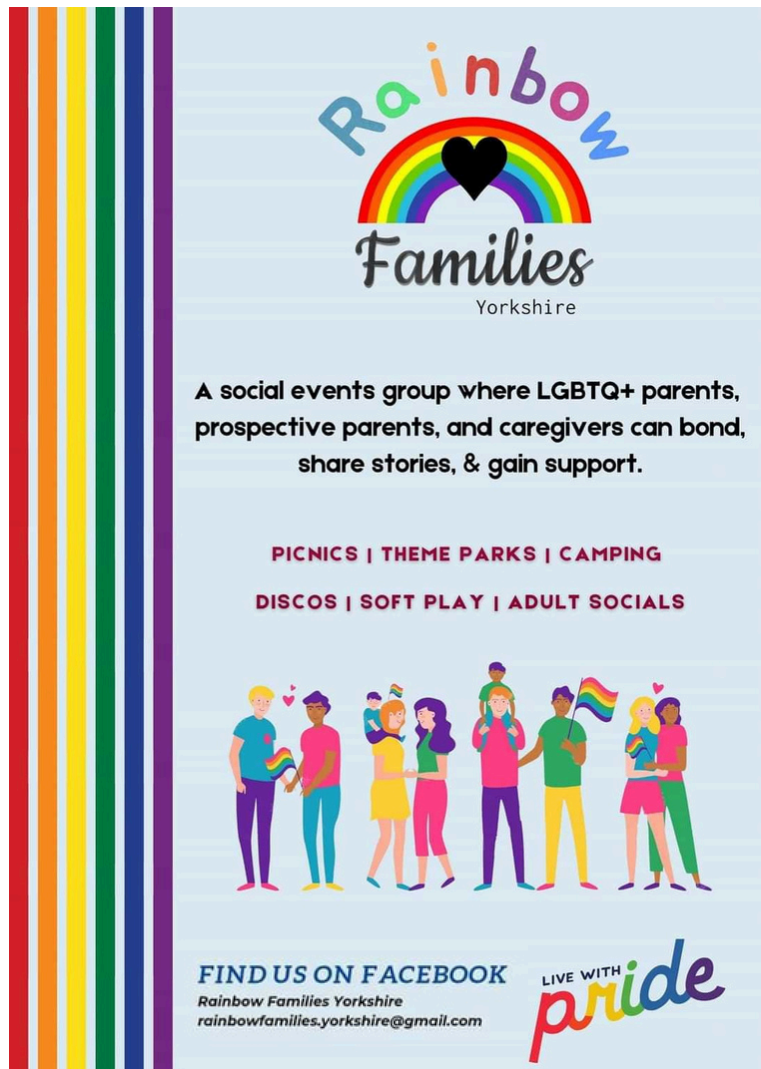
Expert speakers brought in

ALL FAMILY MEMBERS WELCOME

In association with

Wakefield Council, Home Start, 50 five, cashwise

Find us at:
Just Football Stadium, Prince Drive, Fitzwilliam, WF9 5FD



Rainbow Families Yorkshire

A social events group where LGBTQ+ parents, prospective parents, and caregivers can bond, share stories, & gain support.

PICNICS | THEME PARKS | CAMPING

DISCOS | SOFT PLAY | ADULT SOCIALS

FIND US ON FACEBOOK
Rainbow Families Yorkshire
rainbowfamilies.yorkshire@gmail.com

LIVE WITH pride



Trinity Centre St Marys Room

Catching up over Coffee & Cake

Every 1st Saturday of the month

10am – 12pm

Everyone is welcome to join us

Sometimes having coffee with your best friend, is all the therapy you need.




Maintain your winter garden & make a seasonal arrangement.

Normanton Library
Saturday 16 November
10:00am - 11:30am

Back by popular demand! - Come and join us for an informative talk from an experienced gardener, from the National Garden Scheme.

Learn how to maintain an attractive garden through the winter period. And also how to make a beautiful seasonal arrangement with things found in your garden.

There will be an opportunity to ask questions.

Refreshments provided.

01924 302525
Normantonlibrary@wakefield.gov.uk
wakefield.gov.uk/libraries
Wakefield Libraries
@WFLibraries
@WFLibraries

wakefieldcouncil

FREE

ON-DEMAND WELLNESS WEBINARS

- ✓ **MANAGING LOW MOOD**
- ✓ **MANAGING WORRY**
- ✓ **STRATEGIES TO IMPROVE YOUR SLEEP**

Our On-demand Wellness Webinars are freely available to work through in your own time; whenever and wherever is most convenient for you.

These webinars provide guided video content, presented by our local therapists. Alongside useful, non-compulsory activities, that can be completed as you follow through each section.

Visit our website to try them today - talking.turning-point.co.uk/events



NHS Wakefield District Health & Care Partnership
TURNING POINT TALKING THERAPIES
Turning Point - Registered Charity - 234887

Working together:
NHS
Mid Yorkshire Teaching

FREE

WELLBEING WEBINAR

BOOSTING LOW SELF-ESTEEM

Sunday 3rd November
11:30am - 13:00pm
Free Online Session

Join our free online webinar to understand what low self-esteem is and how it can impact your life.

This session teaches you practical coping strategies on how to boost your self-esteem - providing you with practical tips on how you can improve your overall confidence and emotional wellbeing.

Book via our website now:

talking.turning-point.co.uk/workshops



TURNING POINT
Inspired by possibility



NHS Wakefield District Health & Care Partnership
TURNING POINT TALKING THERAPIES
Turning Point - Registered Charity - 234887

Working together:
NHS
Mid Yorkshire Teaching

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Turning Point - Registered Charity - 234887

Working together:
NHS
Mid Yorkshire Teaching

FREE EMOTIONAL WELLBEING WORKSHOPS



Delivered by qualified therapists and co-produced by experts by experience, our informal workshop sessions have been designed to provide you with useful techniques and coping strategies to help improve your mental health and wellbeing.

As well as providing you with useful information about common mental health symptoms.

NOVEMBER

To access you need to be aged 16+ and be registered with a Wakefield District GP.

For more information and to book your place onto any workshop, scan the QR code, or contact us on the below:

- talking.turning-point.co.uk/workshops
- 01924 234 860
- wakefield.talking@turning-point.co.uk

BOOSTING LOW SELF ESTEEM

Sun 3rd Nov: 11:30am - 13:00pm

COMBATting LOW MOOD

Sun 17th Nov: 13:00pm - 14:30pm

HOW TO BE KIND TO YOURSELF

Wed 13th Nov: 11:30am - 13:00pm

Sun 24th Nov: 13:00pm - 14:30pm

IMPROVING YOUR SLEEP

Sun 10th Nov: 13:00pm - 14:30pm

MANAGING ANXIETY & WORRY

Sun 17th Nov: 11:30am - 13:00pm

NAVIGATING RELATIONSHIP BREAKDOWNS

Sun 3rd Nov: 13:00pm - 14:30pm

WINTER WELLNESS

Sun 24th Nov: 11:30am - 13:00pm

WELLBEING AT WORK

Sun 10th Nov: 11:30am - 13:00pm

*All are delivered via TEAMS, unless otherwise stated.

NHS Wakefield District Health & Care Partnership
TURNING POINT TALKING THERAPIES
Turning Point - Registered Charity - 234887



@TurningPointTalkingTherapies
@wakefieldtalkingtherapies

Groups, activities + courses for adults

November 2024



Mondays

4-7pm

NHS Smokefree bookable 1-2-1s.
Register on 01924 252174.

Various

Bookable appointments with Turning Point Talking Therapies - also available on Wednesdays + Thursdays. Call 01924 234860 to book.

Tuesdays

10am-12noon

Drop-in with Step-Up + Drop-in with Citizens Advice.

10am-2pm

Drop-in with Leeds Credit Union.

from 12:30

Free Lunch at the Church.

from 1.15pm

Drop-in with DWP.

5-7pm

No Bulls Hit (men's darts social).

Wednesdays

9.30-11.30am

Cycling for Fun at Thornes Athletic Stadium. £3.40pp.

10-11am

Chair Exercise. £4pp.

1-2pm

NHS Smokefree information session. Bookable 1-2-1s available afterwards. Register on 01924 252174.

Thursdays

10.30-11.30am

Coffee + CHAT.

1-2.30pm

Crafty Chat at the Church. £1pp.

1-2.30pm

Thursday Leisure Club (TLC).

1.30-3.30pm

Singing for Fun at Jubilee Hall. £3pp, first session free.

Fridays

12.30-2pm

Friday Lunch Club. £7pp + optional door-to-door transport £5.

Coming soon!

Dates TBC

English + Maths course

Sat 7 December

Festive Funday

Children, young people + families November 2024



Under fives + families (term-time only)

Tuesdays

9.30-11.30am: Jiggle & Jives Stay, Play & Music

West Wakefield Methodist Church. For children ages 0-5 and their parents/ carers. £2 for the first child and £1 each for additional children.

Fridays

9.30-11.30am: Baby Weigh + Play

West Wakefield Methodist Church. For little ones up to 12 months + their parents/ carers.

NEW! FAB Breastfeeding Support.

The second Friday of the month at St George's community café, 1-3pm.

PLUS courses starting Friday 8th November

Maternal Journal + Baby Massage.

Contact Anne-Marie for more information/ to book on 07956 266144.

Young Futures for children and young people ages 7-18

Mondays

3-4.30pm Connect Café in the Young Futures office. Ages 7+.

6-7.30pm Youth Café at Jubilee Hall. Ages 13+.

Tuesdays

4-5.30pm A-Z Youth Café. Ages 7-12.

6-8pm Youth Work around Lupset, various locations.

Thursdays

4-6pm Spokes - bike repairs + maintenance. Ages 7+

5.30-7.30pm Tech Zone in Young Futures office. Ages 11+.

Fridays

3-5pm Connect Café in Young Futures office. Age 7+.

6-8pm We Can with a Van, various locations.

Future SELPH - Support for 16-25 year olds across Wakefield

Do you...

- Feel overwhelmed?
- Struggle with the basics?
- Want to connect to your community and make friends?
- Need help, advice, guidance or support?



Future SELPH helps young people to build their own unique path to an improved sense of mental health and wellbeing.

To self-refer, or refer someone else complete the form available at <https://linktr.ee/futureSELPH>.

BEREAVEMENT



When someone you love dies – it can be completely devastating. Everyone will be affected by bereavement at some point in their life and it can be an incredibly tough and overwhelming time. HOPELINE247 hears from many young people who tell us that they feel suicidal after experiencing a bereavement. So we have put together some information about bereavement, how it can feel and what kind of help is available.

How does it feel?

There is no right or wrong way to feel when someone you love dies. You may have good days as well as bad days. There's no set time frame for grief – it is a lifelong process. Your emotions might be quite powerful and overwhelming sometimes and yet, at other times, you may feel distant or numb.

Common feelings associated with bereavement can be shock, fear, overwhelming sadness, anger, numbness, guilt or even relief – especially if you've seen a loved one suffer for a period of time. All of these feelings are understandable and normal reactions.

Some bereavement and loss experts suggest that there are four stages of grief: accepting your loss is real, experiencing the pain of grief, adjusting to life without your loved one and, in time, putting less energy and time into grief and more into another aspect of your life.

You may well experience all of these things at some point but not necessarily in a specific order. Grief can leave you feeling all over the place. In time though, these feelings can become less intense.

WHAT CAN I DO TO HELP MYSELF?

Sit with the pain.

After a significant loss, the pain can seem unbearable. Especially at first. We may feel like we're not coping, or that things will never get better. It's really important to allow ourselves to experience the pain, so that we can heal from it. Grief can often be thought of as part of a restorative or healing process. By pushing the pain away, and not allowing ourselves to confront it, we can experience it again at a later time. Some prefer this approach as it allows them to delay the pain for the time being and address other life factors. Sometimes, delaying the grieving process can be therapeutic but, inevitably, a time will come when you may feel like you are at a stage to handle certain emotions. By using support and acknowledging that things may take time to feel okay again you will be better able to cope with a loss, and less likely to develop unhealthy coping strategies that may put you at risk.

Let it out.

It's important to be able to express what we really feel. It's okay to not feel okay – and it's okay to cry. Being able to release your emotions and allow yourself to genuinely feel what you feel can help in the long and short term.

Reach out for help.

There's a popular saying that goes: "a problem shared is a problem halved". This idea is relevant when it comes to loss – reaching out to people who are compassionate and empathic can be truly healing. It is also important that we avoid those who do not empathise or offer compassion. There are a number of specialised services who offer this support depending on the type of loss a person has experienced.

Don't blame yourself.

Often after experiencing a bereavement, some people reflect on what happened to cause this or what went wrong. This reflection can sometimes lead to feelings of guilt and can impact your self-esteem. It is important not to get consumed by this guilt, to remember that death is a natural part of life and that one individual cannot take full responsibility for what has happened. Also, it is natural to sometimes feel happy after a loss, even though we are also experiencing pain at the same time – and that's okay!

Give it time.

Bereavement can be like a rollercoaster. It's going to take time for things to feel different. How long will depend on many things – most importantly the significance of the loss to you, not other people. Gradually though, feelings may change and you will adapt. Life might not be the same as before – you may experience other losses related to the bereavement – but time will make a difference. We may also need to take time to reflect, to appreciate what has changed. This kind of reflection can often bring a whole new level of perspective for some, and can even be a positive to take away from the grieving process.

Look after yourself.

Take time to be kind to yourself. Take time off work if you need to or have a break. Engage in an activity that you enjoy; something that feels do-able and manageable. If you need to talk about the person who's died – that is okay and sometimes it's really important too. You may notice things feel harder on the anniversary of someone's death or perhaps on the birthday of the person who has died. If something like this is coming up and it's making you feel vulnerable, plan ahead and take time to look after yourself.

WHEN SUPPORTING SOMEONE ELSE

If you are supporting someone else through bereavement don't diminish their feelings or try and fix things. Give them space. Listen and allow them to talk freely. This will help them feel heard and less alone. It's not your job to fix everything – just being with someone can be very valuable and comforting.

WHERE CAN I GET HELP FROM?

Bereavement can be incredibly painful and difficult. While the pain from a bereavement is totally natural and understandable, it is not always easy to live with. There are lots of different services and options if you want to talk to someone about loss and bereavement.

While being bereaved and experiencing grief isn't an illness, your GP might be able to refer you for a service like counselling or prescribe medication if appropriate.

You don't need to see your doctor to access help as there are lots of different services that offer help. The list below outlines some different services that are available for you.

Cruse Bereavement Support

Cruse Bereavement Support
0800 808 1677

helpline@cruse.org.uk

Advice to anyone who has been affected by a death, including bereaved military families.

Hope Again

www.hopeagain.org.uk

Cruse's website for children and young people.

Bereavement Advice Centre
0800 634 9494

Supports bereaved people on a range of practical issues via a single freephone number.

Bereavement Trust

0800 435 455

Helpline for people who are experiencing bereavement.

Child Bereavement UK

0800 028 8840

Supports families and provides training to professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Child Death Helpline

0800 282 986

www.childdeathhelpline.org.uk

Helpline for anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recently or long ago.

Lullaby Trust

0808 802 6868

Provides support for bereaved families and anyone affected by a sudden infant death.

NHS Choices

www.nhs.uk

Information on bereavement.

Royal College of Psychiatrists

www.rcpsych.ac.uk

Information on bereavement.

Survivors of Bereavement by Suicide (SOBS)

0300 111 5065

email.support@uksobs.org

A self-help, voluntary organisation which aims to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

Winston's Wish

08088 020 021

ask@winstonswish.org

www.winstonswish.org

Winston's Wish is a childhood bereavement charity in the UK. The charity offers a wide range of practical support and guidance to bereaved children, their families and professionals.

If a bereavement leads you to think about suicide:

For some young people, the pain or difficulties related to someone dying may lead to thoughts of suicide. HOPELINE247 offers support for anyone up to the age of 35 who is experiencing thoughts of suicide.

We can give you a safe space to talk about thoughts of suicide and what's been happening in your life for suicide to feel like an option.

HOPELINE247

If you are thinking about suicide or are concerned about a young person who may be, you can contact HOPELINE247 for confidential support and practical advice.

Call: 0800 068 4141

Text: 88247

Email: pat@papyrus-uk.org

www.papyrus-uk.org

Our Suicide Prevention Advisers are ready to support you.



Registered with
**FUNDRAISING
REGULATOR**

© PAPYRUS Prevention of Young Suicide

Registered Charity Number: 1070896

OSCR Registered Charity Number: SCO52556

edgiuk.org

join us in the eating disorders genetics initiative

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

WE HOPE 10,000 PEOPLE WILL TAKE PART!

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

JOIN A WALK!

OUR HEALTH WALKS ARE REGULAR SHORT WALKS THAT LAST BETWEEN 20 MINUTES TO 90 MINUTES AND ARE AIMED AT PEOPLE OF ALL ABILITIES AND FITNESS LEVELS

WHEN:

MEETING AT 10AM
LASTING APPROX. 1 HOUR
EVERY MONDAY
STARTS ON 4TH NOVEMBER

WHERE:

MEETING IN FRONT OF THE ENTRANCE
AT ASPIRE AT THE PARK
PARK ROAD, PONTEFRACT WF8 4QD

NO EXPERIENCE/EQUIPMENT NECESSARY
JUST SUITABLE CLOTHING.

WALK LED BY QUALIFIED WALK LEADER

FURTHER DETAILS: TIM BOX 07817 783853



TO GET INVOLVED IN AN ASPIRE WALKING GROUP, VISIT WWW.WAKEFIELD.GOV.UK/WALKING OR SCAN THE QR CODE!

wakefieldcouncil
working for you

Aspire
HEALTH

Leo events presents
**Christmas
craft/gift
fair.**

**Raising funds
for Stepping
stones baby
bank**

**Free entry
all welcome
10am -1pm**

**Festive food
menu
served from
1pm**

Saturday

23

November

The British Oak
Denby Dale Road,
Calder Grove WF4 3DL

Food • Raffle • Cake • baubles • jewellery •
Xmas Eve boxes • Toys • Wax melts •
Sweets handmade gifts and so much more
to book a stall call 07754958934



KESTREL
ESTATES

YOU ARE INVITED TO FEATHERSTONE CHRISTMAS LIGHTS TRAIL

Calling all Featherstone households!

Get into the festive spirit and take part in our **Christmas Lights Trail!** Join us in making this holiday season magical for the children of Featherstone, who will be exploring our town and voting for the **best-decorated house!**

How it works:

- Decorate your house for Christmas and enter the competition.
- Children from the community will visit the decorated homes and cast their votes.
- The winning home will receive **£100 in Amazon gift vouchers!**

KEY DATES:

- **REGISTRATION DEADLINE: FRIDAY, 10TH NOVEMBER 2024**
- **TRAIL DETAILS RELEASED: MONDAY, 27TH NOVEMBER 2024 AT THE FEATHERSTONE CHRISTMAS LIGHT SWITCH-ON.**
- **WINNER ANNOUNCED: MONDAY, 16TH DECEMBER 2024 AT THE GIRNHILL INFANT SCHOOL CHRISTMAS FAIR.**



SCAN ME

Organised by Kestrel Estates in Partnership with Friends of Girnhill School

FEATHERSTONE CHRISTMAS LIGHTS TRAIL

Kestrel Estates, your local independent family-run estate agency, is proud to host the Featherstone Christmas Lights Trail. We believe in the importance of building a strong, connected community, and what better way to spread festive joy than by lighting up our town together?

This year, we've partnered with Friends of Girnhill School to support their Christmas Fair and to make this event even more special for our community.



How the Competition Works:

- **Decorate Your Home:** All Featherstone households are invited to deck their homes in festive lights and decorations. From traditional displays to creative, themed setups, all are welcome to join.
- **Register to Enter:** Simply scan the QR code on the front of this leaflet to provide your details and home address by 10th November.
- **Trail Launch:** The Christmas Lights Trail map, featuring all participating homes, will be released during the Featherstone Christmas Light Switch-On event on 27th November. Families can then visit each home on the trail, admire the displays, and encourage their children to vote for their favourite!
- **Vote for the Best House:** Votes will be collected via an online poll on Kestrel Estates' social media page, so be sure to follow us! We'll be counting on the community's input to crown the winner.
- **Winner Announcement:** The house with the most votes will win £100 in Amazon gift vouchers! The winner will be announced at the Girnhill Infant School Christmas Fair on 16th December.



**GIRNHILL INFANT SCHOOL
CHRISTMAS FAIR
MONDAY 16TH DECEMBER
3:30PM - 5PM**

Your participation in the Christmas Lights Trail will not only bring smiles to children's faces but also contribute to a heartwarming cause.

**MISSION
CHRISTMAS
cashforkids**



You will find that this year **1 in 3 children** are living in poverty across the UK. You can help those children this Christmas by donating to Cash for Kids in any way possible. There are many ways you can help cash for kids this year.

DONATING GIFTS

All gifts should be new and unwrapped, and you can drop them off at our office at 64 Station Lane, Featherstone, WF7 5BB

Here are the things you can donate, they support any gifts from ages 0-18



Organised by Kestrel Estates in Partnership with Friends of Girnhill School

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.



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.

If you are struggling to access our webpages, here are our direct online referral links for each area.

Kirklees Area

<https://forms.office.com/e/EQZ7w3QAWp>

Leeds Area

<https://forms.office.com/e/1zY2A6iP2b>

Wakefield District

<https://forms.office.com/e/mfaXgJlybG>



Now Open To Refer Online 24/7

Here For You when you are struggling to cope

- For You
- For Family
- For Friends
- For Professionals

Refer any time and one of our team will be in touch within 24 hours.

Visit www.touchstonesupport.org.uk/hereforyou and click on your nearest area



**GREEN DOCTOR**

FREE INDEPENDENT ENERGY ADVICE SERVICE

Groundwork's Green Doctors help UK residents **stay warm, stay well, and save money** on household bills.

For more information or to arrange a free home visit* contact:

Phone: 0300 303 3292
Email: greendoctoryorkshire@groundwork.org.uk
www.groundwork.org.uk/greendoctor



*Subject to eligibility

GREEN DOCTORS CAN HELP YOU TAKE CONTROL OF YOUR ENERGY BILLS

+ Practical solutions to reduce your energy costs

- Using your heating system and controls efficiently
- Managing damp, mould and condensation
- Reducing energy usage and waste

+ We help with energy bills

- Fuel debt support
- Grants for boilers and insulation
- Water bills
- Money advice
- Energy bill health check

+ We can install

- Draught proofing
- LED light bulbs
- Reflective radiator panels
- And more

For more information, to arrange a home visit or to make a referral contact:

Phone: 0300 303 3292

Email: greendoctoryorkshire@groundwork.org.uk

www.groundwork.org.uk/greendoctor



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@GroundworkYorkshire



@groundworkyorkshire



@Groundwork In The North



@Groundwork Yorkshire

**GREEN DOCTOR**

PAPYRUS

PREVENTION OF YOUNG SUICIDE

HOPELINE247

0800 068 4141

07860 039 967

pat@papyrus-uk.org



Day Services with a difference

 **07426 716677**



Nature Force

- ✓ Undertake valuable conservation work in West Yorkshire
- ✓ Meet every Tuesday at Thornes Park
- ✓ Tasks can include: tree planting, meadow cutting and raking, pond work and much more!
- ✓ Tools, training, transport and volunteer support all provided



Trailblazers

- ✓ Deliver worthwhile path and access improvement works across Wakefield
- ✓ Meet every Wednesday at Thornes Park or Wakefield Bus Station
- ✓ Tasks can include: cutting back vegetation, re-surfacing paths, creating new paths, installing benches
- ✓ Tools, training, transport and volunteer support all provided



Wild Walkers

- ✓ Explore the Yorkshire countryside with a fun, friendly group
- ✓ Meet every Thursday at Thornes Park or Wakefield Bus Station
- ✓ Walks of up to 6 miles, a great way to improve health and fitness
- ✓ Dropped off at home at the end of the day (if you live in the local area)



Wild Things

- ✓ Have fun exploring the natural world
- ✓ Meet every Friday at Thornes Park
- ✓ Try all sorts of accessible activities including bird-watching, growing plug plants, pond-dipping, butterfly surveying and more!



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UK Government

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**LEVELLING
UP**

**SKILLS
FOR LIFE**
MULTIPLY

Mega-maths games!

Come and learn maths in a fun and exciting way on a brand new one day course!

- Use maths skills to beat your team mates
- Using multiplication and division when you play your cards right
- Dominating the game by being able to budget your money wisely

Designed to help you learn maths in an enjoyable and fun way. All we need from you is dedication and enthusiasm!

A £40 shopping voucher is yours on completion of learning.



Eligibility

Multiply is a fully funded government programme. To be eligible, you must be aged 19+, not have a GCSE maths qualification at grade 4 or equivalent, have the right to live and work in the UK and have photographic ID/passport to enrol.

Date: Wednesday 13th November 2024

Time: 9:30am – 2:30pm

Venue: St Georges Community Centre, Lupset Broadway, Wakefield, WF2 8AA

For more information or to make a referral please contact Simon Dowling.

Email: simon.dowling@realisetraining.com or Mob 07875 056184



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West Yorkshire

 **Realise**

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



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POWERED BY
**LEVELLING
UP**

**SKILLS
FOR LIFE**
MULTIPLY

Cook, chop and natter!

Come and learn maths in a fun and exciting way on a brand new one day course!

- Make a delicious dessert amongst friends
- Use maths to calculate ingredients and portion sizes
- Learn how to understand percentages on food labels and what they mean to you and your family

Designed to help you learn maths in an enjoyable and fun way. All we need from you is dedication and enthusiasm!

A £40 shopping voucher is yours on completion of learning.



Eligibility

Multiply is a fully funded government programme. To be eligible, you must be aged 19+, not have a GCSE maths qualification at grade 4 or equivalent, have the right to live and work in the UK and have photographic ID/passport to enrol.

Date Tuesday 12th November 2024

Time: 9:30am – 2:30pm

Venue: Balne Lane Community Centre, Balne Lane, Wakefield, WF2 0DP

For more information or to make a referral please contact Simon Dowling.

Email: simon.dowling@realisetraining.com or Mob 07875 056184



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West Yorkshire

 **Realise**

**Click here to
find out more**

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

NOVEMBER

**NOVEMBER BRINGS THE EARLY MORNING FOG
ON HILL TOPS A BLANKET SHROUDS THE LAND
GHOSTLY BUILDINGS LOOM UP THEN VANISH IN THE COLD DANK AIR
WAIT FOR THE SUN TO BREAK THROUGH TO LIFT THE FOG
AND REVEAL A CLEAR BRIGHT DAY WITH MAGNIFICENT VIEWS ACROSS THE HILLS.**

**AS THE CLOCKS GO BACK:
SPEND THE HOUR SAVED TRYING TO FIND:
ALL THOSE CLOCKS AND WATCHES MISSED.**

**AND AS THE DAYS SHORTEN
LOOK FOR BEAUTY IN THE REMAINING AUTUMNAL COLOURS**

**DARK AND GLOOMY DAYS MAY LIE AHEAD
PREPARE THOSE FIRE LOGS FOR THE WINTER
AS IT DRAWS ITS CLOAK AROUND US
CHRISTMAS APPROACHES.**

**HALLOWEEN HAS ARRIVED
CHEERFUL PUMPKINS GRIN AT US FROM DOORWAYS
AND SCARY PUPPETRY HANGS IN THE GARDENS
OF THE HOUSES
ENJOY THE TREATS
AVOID THOSE TRICKS**

**BONFIRE NIGHT FOLLOWS
FIRES IN THE GARDENS SMOKING IN THE COLD NIGHT AIR
FIREWORKS LIGHT UP THE SKY
WHIZZ BANGS JUMPING JACKS AND CATHERINE WHEELS
ROCKETS LAUNCH INTO THE SKY
COLOURS BRIGHT REDS GREENS AND GOLD
SOME WITH A LOUD BANG
ROAST CHESTNUTS OR HOTDOGS
STEAMING COFFEE TO WARM FROZEN FINGERS AND TOES**

SHARE WITH FRIENDS.

**REMEMBRANCE DAY APPROACHES:
REMEMBER THOSE WHO MADE SACRIFICES
AND THE FREEDOMS GAINED SHOULD NOT BE LOST.**

**ABOVE ALL HAVE FUN AND ENJOY THIS TIME
FIND GOOD CHEER:
BEFORE THE END OF ANOTHER YEAR.**