



# The Supporter Newsletter

December 2024

## Get in touch to find out more

☎ 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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With **all of us** in mind.



Credit: @adoseofreminders



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- |  |   |  |   |  |   |   |
|--|---|--|---|--|---|---|
| 1 Spread kindness and share the December calendar with others    | 2 Contact someone you can't be with to see how they are             | 3 Offer to help someone who is facing difficulties at the moment | 4 Support a charity, cause or campaign you really care about    | 5 Give a gift to someone who is homeless or feeling lonely     | 6 Leave a positive message for someone else to find             | 7 Give kind comments to as many people as possible today      |
| 8 Do something helpful for a friend or family member             | 9 Notice when you're hard on yourself or others and be kind instead | 10 Listen wholeheartedly to others without judging them          | 11 Buy an extra item and donate it to a local food bank         | 12 Be generous. Feed someone with food, love or kindness today | 13 See how many different people you can smile at today         | 14 Share a happy memory or inspiring thought with a loved one |
| 15 Say hello to your neighbour and brighten up their day         | 16 Look for something positive to say to everyone you speak to      | 17 Give thanks. List the kind things others have done for you    | 18 Ask for help and let someone else discover the joy of giving | 19 Contact someone who may be alone or feeling isolated        | 20 Help others by giving away something that you don't need     | 21 Appreciate kindness and thank people who do things for you |
| 22 Congratulate someone for an achievement that may go unnoticed | 23 Choose to give or receive the gift of forgiveness                | 24 Bring joy to others. Share something which made you laugh     | 25 Treat everyone with kindness today, including yourself!      | 26 Get outside. Pick up litter or do something kind for nature | 27 Call a relative who is far away to say hello and have a chat | 28 Be kind to the planet. Eat less meat and use less energy   |
| 29 Turn off digital devices and really listen to people          | 30 Let someone know how much you appreciate them and why            | 31 Plan some new acts of kindness to do in 2025                  |   |  |   |   |

December Kindness 2024

ACTION FOR HAPPINESS

Happier · Kinder · Together



# Welcome to our festive edition of The Supporter!



We know that the festive period isn't always kind to everyone and, for some, it is a very challenging time of year. If you need support during the festive period, there are still several services open and available. Below is a list of some of these services:

- Wakefield's Here For You service - 07776 962815 - Available 7 days a week, 6pm-midnight, and based at Prosper House, Upper Warrengate, Wakefield, WF1 4JZ
- Wakefield's 24/7 mental health support line - 0800 183 0558
- Samaritans 24/7 service - 116 123
- Shout - a free text support service - text SHOUT to 85258
- Wakefield Libraries host over 80 activities and events per week throughout the year, including knit and natter, scabble, chess, code clubs, health walks, chill and chat, coffee mornings, to name but a few. Nearly all events are FREE and you can just turn up, no booking is required. Photographs of the library service's events appear regularly on their social media. Full details of their events and activities can be found on their website <https://www.wakefield.gov.uk/libraries-and-local-history/library-information/library-events/>.



This guide has been pulled together by the Wakefield Mental Health Alliance to give you information of services in Wakefield supporting mental health and wellbeing over the Winter months.

It includes information from members of the Positive Mental Health Network and Mental Health Alliance Stakeholder Group.

## **Winter Wellness**

**A brief guide of what's happening over November, December 2024 and January 2025**

Winter 2024



If you're looking for some support or things to get involved in during the festive period, our friends at the Wakefield Mental Health Alliance have put together this fantastic guide:

<https://www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2024/12/Winter-Wellness-2024.pdf>



# A Christmas Rap

Christmas time is here  
Round again for another year  
Time for festive fun  
Probably won't see the sun

Houses lit with cheerful lights  
Reindeer and snowmen bright  
Time to bake  
Mince pies Christmas cake  
Turkey and Christmas pud  
So very good

Put up the Christmas tree  
Presents round for you and me  
Decorations shining bright  
Cold winter moonlit night

Stockings hung  
Church bells rung  
Children pretend to be in bed  
Waiting for Santa's sled  
Noise up on roof  
Sounds like reindeer hoof

Footprints on the path  
Soot trod on the hearth  
Santa has left his mark  
Shame couldn't find where to park

Guests arrive  
Long drive  
Doorbells ring  
Parties full swing  
Time to rest  
Enjoy the fest

An annual tune  
Boxing Day sales soon  
Coming up will be Big Ben  
As old year end

Christmas is nearly here  
And if you miss it  
It'll be back next year.

**MERRY CHRISTMAS AND A HAPPY  
NEW YEAR**



# Termtime



## College news



During our festive holiday period, we will be rolling out our annual “Days Of Christmas” series. Keep an eye on our social media pages for activities, support and other things to keep you busy whilst we’re away.

### Festive opening times

Open as usual up to 4pm  
Thursday 19 December 2024.  
**Closed to emails, phone calls  
and courses from Friday 20  
December 2024 until Sunday 5  
January 2025.**  
Open as usual from 8am Monday  
6 January 2025.

### New courses!

We have a lot of new and exciting free courses coming up in 2025. Some are already out to enrol on, but keep an eye out for the likes of:

**Beginners pottery**  
**Veterans moving forwards**  
**Mindful walking**  
**Understanding bi-polar**  
**Understanding OCD**  
**Introduction to rap**  
**Your journey through relaxation**  
**Confidence - mind & body techniques**  
**Chair-based exercising**  
**Navigating pregnancy loss**  
**Exploring birth trauma**



# Wakefield Recovery and Wellbeing College Home of the Discovery College



The Wakefield Recovery and Wellbeing College and the Discovery College provides free courses and workshops that can help anyone aged 16+ with their wellbeing and 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.

**Our courses can support with all of this!**

## Volunteering with the College

We welcome anyone over the age of 16 who feels they have the understanding and expertise to work with and share their experiences with our students.

Being a volunteer at the Wakefield Recovery and Wellbeing College is an opportunity to boost your skills, as well as give something back if you wish. We have lots of roles available and we would welcome and support anyone who would like to volunteer within the College.

Co-Producer

Co-Facilitator

In-reach  
Co-Facilitator

Study Partner

Supportive  
Administration

Study Partner

Promotion and  
Marketing

If you'd like to get involved, but aren't quite sure about committing to be a volunteer, we also have "Friends of the Recovery College" opportunities (which also encompasses our Discovery College). This is a more informal way of getting involved with things like shaping what the Colleges look like, looking at future courses to see if they fit with what our audience expect, or even contributing to the weekly newsletter "The Supporter".

**Whatever your motivation  
– we can help you do it.**

**If you can get involved or if you want to know more  
about what is going on, get in touch, we would love  
to hear from you.**



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With **all of us** in mind.

# The Christmas Robin

A robin hopped on to my garden wall  
With a Christmas message to us all  
He said to listen to his song  
Even though it would not be long:  
I have seen where others are in despair  
Please remember this as we share

Try not to forget those who are on their own  
Who have to spend Christmas alone  
Remember troubles in this world and care  
Because at Christmas we have time to share

Catch up with old friends  
Good wishes at this time do send  
Gather presents round the tree  
For your annual Christmas festivities

Make haste Christmas is upon you once more  
Dust off those decorations  
Hidden behind the loft room door  
Collect a tree and a saved up yarn  
Smell the scent of pine as they hang in farmer's barn  
Decorations and multi coloured lights flash  
To brighten up that Christmas bash  
Enjoy the festive fun  
With games and friends and maybe  
A little sun  
But think of others who cannot join in and share  
With troubles and no Christmas fare

Enjoy what you have and care  
As with friends by your side you sit  
in your fireside chair.

Just then the sun broke through the clouds  
Of that bleak December dawning  
And in a bright winter morning  
The robin danced on the wall  
And ceased his morning call  
As the rays of sunshine shone  
In a flash he was suddenly gone.

**MERRY CHRISTMAS AND A HAPPY NEW YEAR TO YOU ALL**

RYDER 2024  
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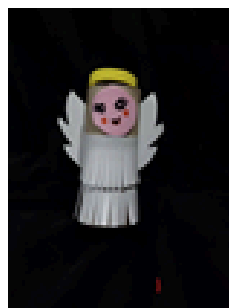
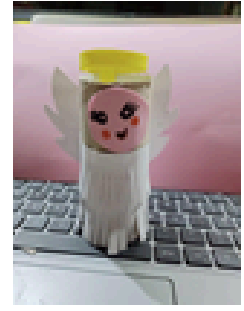
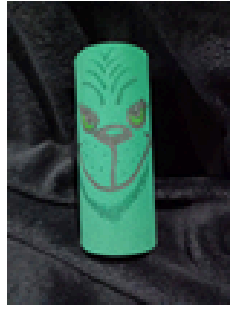
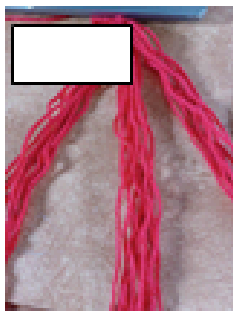


## Tubing Christmas Figures

- Take the tubing from a clean, kitchen/toilet roll.
- Use either sticky back foam or coloured paper, design the outfits and characters.
- Pencil out each part of the design and use pens or coloured foam to create the correct shapes for your chosen character.
- Assemble the largest pieces first and build up!
- Alternatively, you can paint directly onto the tubes, allow the coats to dry in-between adding lighter colours.
- Why not add a name to your characters and use them as a 'place setting' for a meal over the festive period?

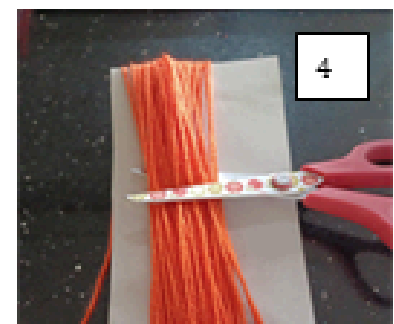
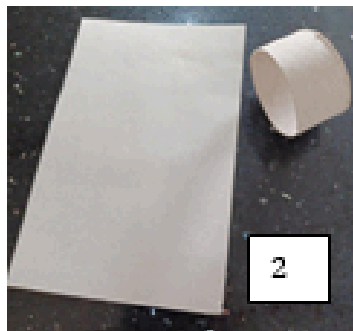
To make the scarf for your characters use wool strands. Approximately nine strands depending on how thick the wool. Tie the strands together at one end and 'plait' by separating the stands into three sections and placing the left set of strands over the centre set, then placing the right set over the middle and repeat until the plait has reached the end, then tie the end stands.

✓ *For the hat see the reverse for the instructions.*

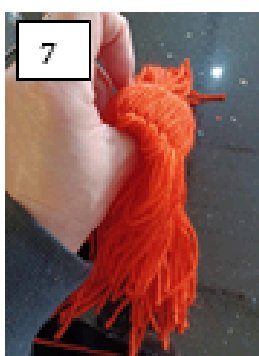
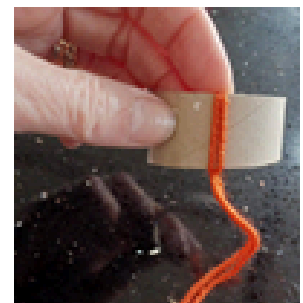
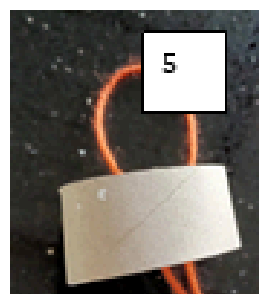


## Bobble Hat

1. Choose the colour/s wool you want to do the hat and the beard of your gonk.
2. Cut a circle of card from your kitchen roll.
3. Using a piece of card (approximately 18cm x 10 cm) or a book, wrap the wool you need for your hat around the longest part – about 60 times (more times if you use thin wool, less if you use thick wool) NB: *if you don't do it enough times or you lose count it will not matter as you can cut more lengths later.*
4. Cut through the centre of the wool so you end up with long strands of wool.



5. Take a strand of wool, make a loop and tie to the circle of card as shown.
6. Repeat step '5' until the circle of card is full
7. Push the long strands of wool back up through the centre of the card.
8. Tie a knot to form the hat as shown and trim the strands to chosen size.







National  
Poetry Centre



South West  
Yorkshire Partnership  
NHS Foundation Trust

# Poetry Anthology

The Hope Collective is an exciting new poetry anthology, inviting voices from the community to submit poems that explore hope, joy, light, and meaning.

## Criteria

Everyone is welcome to participate, including NHS staff and patients.

Poems must be under 450 words, written by an individual, and focused on one of the four themes - hope, joy, light or meaning

## Submissions

Submissions are open until 7pm on 31 January 2025.

Poems should be submitted through the online form (accessed via the QR code).

Share your Creative Voice



A panel of NHS staff, patients, and representatives from the National Poetry Centre and Creative Minds will select 60 poems based on their emotional impact. The anthology will be published in Spring 2025, with proceeds supporting EyUp!, the Trust's charity for mental health and community services.

For assistance with submissions, please contact the research and development team

[research@swyt.nhs.uk](mailto:research@swyt.nhs.uk)  
01924 316289



With all of us in mind.

# Our Services



## **RUNNINGFIT**

A friendly group of like-minded people who support each other to achieve. We warm-up set off together and run at your own pace. Everybody is welcome and nobody is ever left behind.

## **WALKINGFIT**

Free weekly power walking meets. Walking Fit is for anyone who would love to get out, be a bit more active and meet fab new people at the same time. Nobody is ever left behind.

## **FAMILYFIT**

We bring wide-ranging programs, which focus on fun games and activities designed to engage families and young people to become more active. We provide a moderate level of workout in a fun and supportive environment.

## **MSAFIT**

We provide a fun-filled, action-packed multi-sports activity camp for children aged 5-11 years old. We aim to make your child's experience at our camp a memorable one.

## **PEFIT**

PE Fit develops pupils' knowledge, skills, and understanding of Physical Education. This will improve children's mental, cognitive, social, and physical well-being. This supports children's academic success, resilience and confidence to achieve.

## Contact us

to discuss your community wellbeing project ideas

**T:** 07948 623270 **E:** [hello@evergreenactive.co.uk](mailto:hello@evergreenactive.co.uk)





# Understanding Eating Difficulties

During this 4 week introduction to understanding eating difficulties course, students will explore, different types of eating problems, the possible causes, signs and symptoms, where support can be accessed and how to support someone living with an eating difficulty.

Throughout the course, students will learn about disordered eating, anorexia nervosa, bulimia nervosa, binge eating disorder, and avoidant restrictive food intake disorder.

This course is for anyone interested in learning more about eating difficulties and how to support their own wellbeing or the wellbeing of another. The course has been co-produced and will usually be co-facilitated by individuals with professional experience and lived experience in a non-judgemental and supportive environment.

**25th February 2025- 10am-12.30pm**

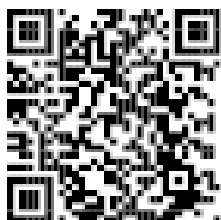
**4 weeks**

**Online**  
**16+**

*Believe in  
Yourself*

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

**FREE**  
**course**



**With all of us in mind.**

# Understanding self-harm

Self-harm is something that makes many feel uncomfortable, yet it is more common than you think.

This workshop aims to explore self-harm and risky behaviours, we will consider:

- Cause and effect how and why it is done
- Explore ways to best manage self-harm
- Dispel the myths surrounding self-harm
- Consider helpful responses to this behaviour.

This 2 hour workshop incorporates discussion and activities in a safe and supportive environment.

**12th March 2025 - 10am-12pm**

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



**Face to  
face  
16+**



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01924 316946

**FREE  
course**



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# Accepting change

Change is a necessary and inevitable part of our daily lives. How we view and respond to these changes has a direct link to our emotional resilience. The way we deal with each change we face will be different, dependent on size, frequency and impact with lots of factors, including our health and wellbeing influencing how we approach it.

Join us on this short course as we explore change, how we respond to it, the reasons why we can resist it and what makes change easier and more positive.

**Monday 10 March 2025, 1.00pm - 3.00pm**  
**2 weeks**



Face to  
Face 16+



**FREE**  
**course**



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# Understanding post-traumatic stress reactions

This workshop is designed for individuals who are experiencing difficulties following traumatic events, including PTSD, and those who support them.

If you or someone you care about is struggling with the lasting effects of trauma, this session will help you understand why these reactions persist and teach practical strategies to manage the symptoms.

We hope to create a safe and supportive environment, in which we hope to explore:

- Common Reactions to Trauma
- Coping Strategies
- Rebuilding Your Life

You will not be asked to share personal details of your trauma during the session, but you will hopefully leave with useful skills and a deeper understanding of the path to recovery.

The course has been developed by clinicians with extensive experience of working with trauma, alongside those who have had lived experience.

**Wednesday, 26th February 2025**

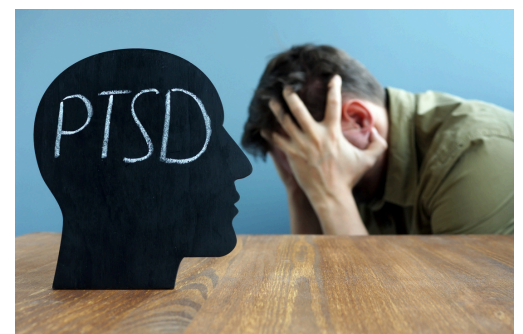
**1pm - 3pm**

**Prosper House, Wakefield**

**FREE**  
**course**



**Face to**  
**face**  
**16+**



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[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946



# Introduction to healthy cooking

Have you ever wanted to eat a little healthier but just not known where to start when it comes to cooking or preparing nutritious, but actually tasty meals? Have you always thought that healthy meals must mean boring meals? Perhaps that healthy meals means expensive meals? Why not come along to our introduction to health cooking to learn just how exciting, cheap and easy it can be to make food that's good for your body and your mind.

Each session we'll look at a range of dishes we'll all prepare together, looking at breakfast options, lunch options and dinner options (or should that be breakfast, dinner and tea??). All equipment and ingredients will be provided for you, but we do ask that you make sure to tell us when booking if you have any dietary requirements, intolerances or allergies please.

Please note this course runs as one session every other week, for three sessions.

**4th March 2025 at 12.45pm - 15.45pm**

**3 sessions - every other week**

**Second Chance Headway Centre (Kitchen),  
Almshouse Lane, Wakefield, WF1 1AD**



Face to  
face  
16+



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01924 316946

**FREE**  
**course**



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# Understanding Anxiety

Do you want to gain an understanding of anxiety? Then this workshop may be for you. It will explore areas such as the vicious cycle of anxiety, what happens to our bodies when anxious, how anxiety impacts on life and some brief tips on how anxiety can be managed.

This is a great opportunity to explore anxiety with others who are experiencing the same thing.

If you already feel you have a good understanding of what anxiety is and how it effects us and are instead looking to learn ways to manage anxiety, we would recommend our “Living with and managing anxiety” two week course.

**20th January 2025- 10.00am - 12.00pm**

**Pontefract Library, Shoemarket, Pontefract,  
WF8 1BD**



**Face to  
face  
16+**



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01924 316946

**FREE  
course**



# An introduction to rap

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

**27th February 2025, 10.30am-12.30pm**  
**2 weeks**

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

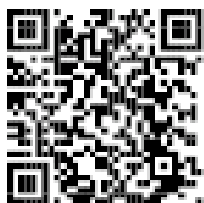


**Face to  
face  
16+**



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01924 316946

**FREE  
course**







# MERRY Christmas

FROM ALL OF US HERE AT THE WAKEFIELD RECOVERY  
AND WELLBEING COLLEGE

THANK YOU FOR BEING PART OF OUR 2024.

WE HOPE YOU ENJOY THE FESTIVE PERIOD IN  
WHICHEVER WAY YOU CHOOSE TO SPEND IT AND WE'LL  
SEE YOU ALL IN 2025.