



The Supporter Newsletter

May 2025



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.

Meaningful May 2025

MONDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

TUESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

WEDNESDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

THURSDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

FRIDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SATURDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

SUNDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why



ACTION FOR HAPPINESS

Happier · Kinder · Together



Termtime



College news



It's been a busy start to the Summer Term for us here at the College. The team had their latest inset day and we focused on annual planning for next term. We've taken all of your feedback over the past year and hopefully have come up with a schedule and several new courses for our 2025-26 academic year that we think you'll enjoy.

We're still after your thoughts on our term times...After feedback from our students, many years ago we changed our summer holiday period to be shorter and therefore enable students to attend courses at the end of August, before the school summer holidays finish. As a co-produced service, we want to know if this is still relevant. Please let us know if you would prefer for the College to:

1. Stay the same and start our autumn term the last week of August
2. Follow the Wakefield school holidays and start our term in September
3. Offer a small selection of workshops throughout the summer holidays (approximately one a week) and then start the autumn term in September

Let us know on wakefieldrecoverycollege@swyt.nhs.uk or on 01924 316946.

Next newsletter, we hope to be able to bring you a couple of pieces of exciting news...watch this space!

Term opening times

Open 8am-4pm Monday to Friday.

Winter term

20 January - 14 February 2025.

February half term

15 February - 23 February 2025.

Spring term

24 February - 4 April 2025.

Courses



Pottery



Caring for carers



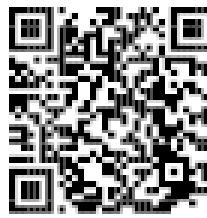
**Take a stroll
with us**



**Confidence
– mind and
body
techniques**

Wakefield Recovery College

16+



Galaxy Painting

19/05/2025
10am-12pm
Pontefract

Your journey through relaxation

21/05/2025
1pm-3.30pm
Online

Confidence – mind and body techniques

22/05/2025
10.30am-1pm
Online

Learn how to macramé

02/06/2025
1pm-3pm
Wakefield

Freedom from fibromyalgia

02/06/2025
1pm-3pm
Online

Creative crafting

03/06/2025
9.45am-11.30am
Pontefract

Scrapbooking for wellness

04/06/2025
1pm-3pm
Wakefield

Understanding hearing voices

05/06/2025
1pm-3pm
Online

Dementia – Positive Steps

05/06/2025
1pm-3.30pm
Wakefield

Everyday First Aid (19+)

06/06/2025
10am-11.30am
Pontefract

Living with and managing anxiety

09/06/2025
10am-12pm
Pontefract

Accepting change

10/06/2025
1pm-3pm
Online

Card making for wellbeing

10/06/2025
1pm-3pm
Pontefract

An introduction to mindfulness

11/06/2025
10am-12pm
Online

Fire safety in the home – practical training

12/06/2025
10am-12pm
Wakefield

Take a stroll with us

16/06/2025
10am-11am
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.

Take a stroll with us

Life is busy and heading out for a walk can be the last thing on our minds, but the positive impact that this can have on both our physical and mental health, should really make it the top of our priority lists. So now is the time to prioritise this in your diary to join us for a gentle walk at the park and hopefully help support you learn how you can build this exercise into your daily life from home.

We will be mindful of our surroundings and enjoy the company of our fellow walkers, even if it's wet and we need our rain jackets. We will have a topic of interest for our walk to help us learn more about the benefits of walking and being outdoors and you will be encouraged to develop this learning whilst you are on your walks from home.

The walk will be at a gentle pace and held within an adaptable venue, however, students will need a moderate level of fitness to engage within the walk.

You will need to dress in comfortable clothes and trainers appropriate for exercising in. Ensure you bring a bottle of water but please be advised this will need to be carried. The Holmfield Arms has agreed to let us use their toilet, but please be aware that these toilets are near the meeting place and there are no other public toilets along the walk route.

16th June 2025, 10am - 11am

4 weeks

**Thornes Park Stadium, Horbury Road,
Wakefield, WF2 8TY**



**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.

Dementia Positive steps

This series of 5 sessions can be attended individually or as a full course. Each session 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.

1. Introduction to Dementia: Provides a general overview of what dementia is, the different types of dementia and the common symptoms.
2. Coping with Symptoms of Dementia: A more in depth look at symptoms of dementia and how we can make these easier to cope with.
3. 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.
4. 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.
5. Planning for the Future with Dementia: Thinks about advance care planning and emergency care planning both for people living with dementia and their carers.

05th of June 2025- 1pm-3.30pm

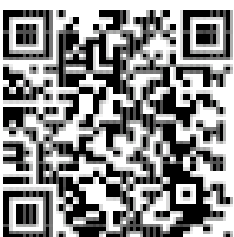
5 Weeks

**West Yorkshire History Centre,
127 Kirkgate, Wakefield, WF1 1JG**



**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.

Connecting with the 5 senses

Join us in this 2 hour workshop to discover how to better connect with your senses. It will teach you how to spend less time caught up in your thoughts and more time feeling and appreciating yourself and the world around you. You will have the opportunity to participate in group activities designed to help you connect with your senses then spend time reflecting on how this feels for you. These techniques can then be added to your wellbeing toolkit.

9th July 2025 - 10.00am-12.00pm

**West Yorkshire History Centre
127 Kirkgate, Wakefield, WF1 1JG**



**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.

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.

10th June 2025, 1pm-3pm
On-line



Online
16+



FREE
course



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



SEND Fest!

Tuesday 13 May 2025

Join us at our FREE SEND event and find out about the amazing support local to you!

Find out about the support and activities available to you and your family. Pop in and chat to friendly staff from our Family Hubs, the NHS, and lots of interesting local organisations.

St George's Community Centre, Broadway, Lupset, Wakefield WF2 8AA

Free limited parking is available!

Free goody bag for each family!

Free drink and cake for everyone on the day!

Pop in from 10.00 am to 1.00 pm

For more information

01924 787379

07885 913396

enquiries@healthwatchwakefield.co.uk

www.healthwatchwakefield.co.uk

healthwatch
Wakefield



BECOME A TRUSTEE

Help shape the future for children, young people, and families across West Yorkshire.



WE'RE LOOKING FOR PEOPLE WITH SKILLS IN:

- Finance and accounting
- Legal and governance
- Fundraising and income generation
- Marketing and communications
- HR and organisational development
- Youth work or social care



APPLY NOW

(Deadline 30th May)

Send your CV + a short personal statement to:

✉ info@ylc.org.uk

☎ For more info contact Emily Castle 01924 364198

Voluntary position (expenses covered).

Three tips for responding when someone opens up about their mental health:

1. **Take it seriously**
2. **Listen and ask questions**
3. **Don't try and fix it**

Remember you're

Strong Valued Beautiful Brave

Cherished Enough Important

Worthy Supported

Needed Cherished

Sufficient Amazing

Kind Loved



#ITSOKAYTOTALK

#ANDYSMANCLUB

Funded by
UK Government

RENEWED BY
LEVELLING UP

Craft & Chinwag

NEW TIME!

When?

Every Thursday 12pm - 2pm

Where?

**Tieve Tara Medical Centre
Park Dale, Castleford, WF10 2QP**



**Free sessions
Open to everyone
Refreshments provided**



**Different craft option weekly
You can bring your own ideas
or do something different.**



**Have a natter, hot drink and
make new friends!**



**For more information,
email spectrumpeople@spectrum-cic.nhs.uk
or call 07720 899781**

**Spectrum
People**

Supported by
**West Yorkshire
Combined Authority**

Are you aged 5-11 and looking after someone at home?

If Yes - Complete the Young Carer's Survey!



What is a Young Carer?

A Young Carer is someone who helps to look after a family member or friend who has a disability, long-term illness, mental health condition or who has an addiction.

Young Carers often do extra helping at home such as cooking, cleaning and food shopping. They may help someone take medication, get dressed and move around - or give cuddles and reassurance if the person is worried or sad.



Not sure if you are a Young Carer?

Some young people may not realise they are a young carer.

Take the Sidekick quiz to see if you could be a young carer:



Have your say!

We want to make things better for Young Carers in Wakefield.

Please complete our Young Carer's Survey - we would love to hear what Young Carers think!

Scan me to be taken to the survey.



Online Young Carer's Survey

- It will take no more than 10 minutes.
- Ask a grown-up you trust if you need help.
- Your answers are private—no one will know they are yours.
- We will share findings on wf-i-can.co.uk



The survey closes on Sunday 11th May 2025 at 11:59pm.

If you are a young carer and would like to know more about the support available for you and your family (such as groups, activities or 1-to-1 support) speak to a teacher so they can put you in touch with the Wakefield Young Carers Team.
Youngcarers@wakefield.gov.uk 01977 727622



May 2025

Facilities,
Services +
Support

Café



Monday - Friday,
9am-2pm

Providing a variety of
homemade food and drinks
at reasonable prices.

Childcare



We run four quality, not-for-
profit nurseries:

Broadway (Lupset), Sandal,
St Swithun's (Eastmoor) and
Sunbeam (Lupset).

Clothing



Walk-in Wardrobe
open for appointments!

Providing clothes, toiletries,
sanitary items and other
essentials to families in need.

Employability



Drop-in for support from
Step-Up Employability on all
things jobs.

Tuesdays, 10am-12noon

Drop-in for help from the
Department for Work and
Pensions (DWP).

Tuesdays, 2-3pm

Facilities



Our community centre has:

accessible toilets and baby
changing facilities, a board
game + toy library,
community book swap, free
wi-fi, litter pick equipment (to
borrow), local info, minibus
and room hire.

Food



Struggling to get food on
the table? Talk to us.

We can provide emergency
food parcels (referrals only),
and run a food pantry (paid
membership).

General Advice



Drop-in for support from
Citizens Advice on all sorts
from housing to consumer
rights, the law to benefits.

Tuesdays, 10am-12noon

Health



Blood Pressure Checks

Drop-in to the centre for your
numbers + helpful info.

NHS Smokefree Yorkshire

Bookable appointments,
Mondays 4-7pm. Information
sessions Wednesdays 1-2pm.
Call 01924 252174 to register
and book.

Wellbeing



Connect West Wakefield

Our community connector
can help you get out and
about and feel less isolated.
We'll work together to make
small positive changes to
help you achieve the goals
you set.

connect@stgeorgeslupset.org.uk

**Turning Point Talking
Therapies**

Free talking therapies from
qualified professionals, on
your doorstep at St George's.
Book on 01924 234860.

COME VISIT US!

St George's
Community Centre,
Broadway, Lupset
WF2 8AA



01924 369631



info@stgeorgeslupset.org.uk



www.stgeorgeslupset.org.uk



May 2025

**Socials +
Courses
for Adults**

Mondays

6.45-8pm
Table Tennis.

Exercise classes

1.15-2.15pm
Reiki + Mindfulness

2.30-3.30pm
Adaptive Chair Yoga

Each class costs £4 and runs 28th April - 19th May.

Tuesdays

10:30am-12.30pm
Cake and Conversation.
Practice your English conversation skills/ help others with theirs. A great way to meet neighbours from around the world!

12.30-1.30pm
Lunch at the Church.

5-7pm
No Bulls Hit, our men's darts and dominoes social.

Wednesdays

9.30am-12noon
All Things Digital. Book a 30min slot or drop in for support with your tech.

9.30-11.30am
Cycling for Fun at Thornes Athletic Stadium. £3.40pp.

10-11am
Chair Exercise. £4pp.

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 **First session free!**
Singing for Fun at Jubilee Hall. £3pp.

Fridays

12.30-2pm **New transport deal!**
Friday Lunch Club. £7pp + optional door-to-door transport £3.

1.30-3pm **Starts 28th May!**
Friday Social Club, movies, quizzes, games and more (fortnightly). First session 28th May - games.

Courses, workshops + events

Starting 1st May
One Pot Wonder course.

Tuesday 6th May, 9.30-11.30am
Air dry clay workshop. £3.

Starting 12th May
Maths course.

Starting 13th May
Employability Skills.

Tuesday 13th May, 10am-1pm
SEND Fest!

Wed 27th May, 9.30-11.30am
Needle felting workshop. £3.

Friday 30th May, 12noon-3pm
Community Funday!

COME VISIT US!

St George's
Community Centre,
Broadway, Lupset
WF2 8AA



01924 369631



info@stgeorgeslupset.org.uk



www.stgeorgeslupset.org.uk





FUTURE SELPH

We support 16-25 year olds to develop an improved sense of mental health and wellbeing.

As part of this we run one to one support sessions and small group sessions.

- One to one support enables you to work on personal goals with a named worker.
- Our group sessions help you to connect with others, learn new skills and have some fun along the way.

To find out more about Future SELPH visit www.futureselfph.co.uk

May 2025

Children,
Young People
+ Families

Little ones + their families

Tuesdays, 10.30-11.30am

Jiggle & Jives Stay, Play and 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.

Wednesday mornings

Rhyme Time

Prices + booking info at rhythmtime.net/west-yorkshire-south.

Fridays, 9.30-10.30am

Baby Weigh + Play
We're back at St George's!

Free drop-in sessions for parents, carers and their little ones from birth to 12 months.

Want to find out more? Please contact Anne-Marie on 07956 266144.

Coming soon...

Baby Massage - 5 week course starting in June, exact dates TBC.

Please contact Anne-Marie on 07956 266144 for more info/ to book.

Young Futures ages 7-18

Mondays

3-4.30pm

Youth work around Lupset. Various locations, all ages. Come say hi!

6-7.30pm

Youth Café at Jubilee Hall. Ages 13+.

Tuesdays

4-5.30pm

A-Z Youth Café. Ages 7-12.

Thursdays

3.45-5.30pm

Spokes - bike repairs and 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, all ages. Come say hi!

Current groups:

Mondays

Neuro Link- a social group for independent neurodiverse young people - weekly.

Tuesdays

RESPECT boxing program - from fury to focus one punch at a time - weekly.

Budgeting with Mick- a useful and practical budgeting course - weekly.

Wednesdays

Art and crafts with Janet - no art skills required to attend. Supporting mindfulness and social opportunities at St George's - weekly.

Thursdays

Dungeons and Dragons - fantastical and friendly group - meets fortnightly.

Walking group - for local walks with some bigger trips on the horizon - meets fortnightly, alternates with Dungeons and Dragons.

Fridays

Art for wellbeing with Sarah - supporting wellbeing through art at St George's and through off site trips.

PLUS Minecraft group - various dates.

Upcoming groups:

Our successful Neuro-Inclusion Group is returning - life hacks for neurodiverse young adults.

Adulting 101 - Getting to grips with the challenges of being an adult - from how to read laundry labels to making friends as an adult.

To refer yourself

Call: 01924 330 267

Text: 07379 120 168

Email: futureselfph@stgeorgeslupset.org.uk

COME VISIT US!

01924 369631

info@stgeorgeslupset.org.uk

www.stgeorgeslupset.org.uk



St George's
Community Centre,
Broadway, Lupset
WF2 8AA



Paper Craft and Card Making with Glue and Stickers

Enjoy a relaxing, creative morning and join us
to make some lovely birthday cards.
All materials provided.



Tuesday 13 May
10.30am to 12.30

FREE SESSION - PLEASE BOOK YOUR PLACE AT RECEPTION

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

e: info@eastmoorcommunity.co.uk

w: www.eastmoorcommunity.co.uk

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

**EASTMOOR
COMMUNITY PROJECT LTD**

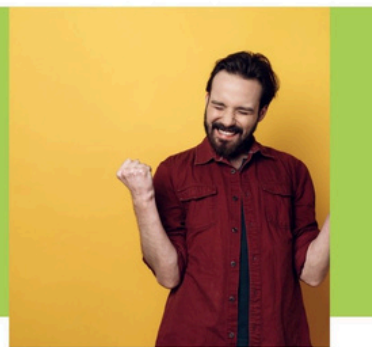


**Live Well
Wakefield**



SELF- CONFIDENCE AND ME

Develop skills to challenge low self-confidence, and explore ways to improve self-esteem and overall wellbeing



What to expect

A free, 2 hour, small group workshop providing an opportunity to:

- Explore the effects of low self-confidence and how it makes us feel
- Practice relaxation and distraction techniques
- Explore how to challenge negative thinking patterns and remain positive
- Learn strategies to help manage emotions
- Practice setting achievable goals to build confidence.

Why choose us?

Our workshops are lead by a team of trained staff and volunteers with their own experiences of living with a long-term condition

Useful Information

Who: Anyone aged 18+, living in the Wakefield district, or registered with a Wakefield district GP

Where: Online via Microsoft Teams or in person at accessible venues across the Wakefield district

When

- 12th May 10AM-12PM
Online
- 28th May 12:30-2:30PM
Airedale Library
- 23rd June 10AM-12PM
Wakefield One Library
- 24th June 10AM-12PM
Online
- 15th July 10AM-12PM
Pontefract Library

For more information or to book please contact us

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

Join the **Team** programme, our 12-week personal development course, for the chance to gain new skills, take a qualification, and meet new people.

Aged 16-25?

FIND YOUR DIRECTION

- Take on your own group community project
- Take part in a residential trip
- Get two weeks' work experience
- Develop your English and Maths skills
- Spend some time developing your CV and interview skills

Contact us to book your place or scan the QR code:



07740 516899



5th May 2025



ohardwick@heartofyorkshire.ac.uk



Castleford College
Thunderhead Ridge
WF10 4UA

SCAN ME



In
partnership
with
**The King's
Trust**

Men's Creative Shed

What?

Workshops for anyone who **identifies as male**, is **18+** and **lives in the Wakefield District**. They are led by professional artists and supported by one of our support workers and member of staff at The Art House. Sessions are relaxed, friendly and adaptable to suit you. No prior experience is needed, all materials are provided and it's all free. There's even a cuppa if you want one!

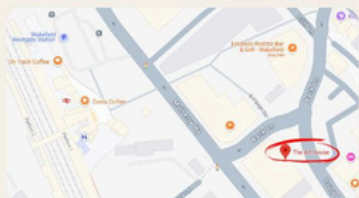
When?

Every Tuesday for 10 weeks, starting Tuesday 6th May.
13:30 - 15:30

Where?

The Art House, Drury Lane,
Wakefield, WF1 2TE

For more information or to register,
call our office on **01924 787501**.



The Art House

The Baring
Foundation

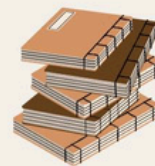
Painting and Drawing

Enjoy some taster sessions into different painting and drawing techniques, suitable for all levels of experience. Try innovate ways to create portraits, ways to use watercolours, pen and create 'wash' backgrounds. The sessions will be adapted to suit participant interest, and are designed to show that art can be created in many different ways.



Book-Binding

Create your own small books using a variety of traditional bookbinding techniques. Artist, Kirstie Williams, will guide you through the step-by-step process of bookbinding techniques such as: Japanese stab binding, pamphlet stitch and concertina books.



Ceramics

Explore working with clay to create your own objects, pots, tiles or ornaments to treasure. Professional ceramicist Chris Byard will guide you through the handbuilding processes step by step. You will use methods such as pinching, forming, sculpting and coiling to create your own beautiful objects. The objects will be glazed and fired in our kiln, and can be collected approximately 3 weeks after the course.



The Art House

The Baring
Foundation

Morning Meet Up

Looking to start your day with a friendly chat?



When? Every other Wednesday 9.45 - 11.45am
Where? Tieve Tara Medical Centre, Park Dale,
Airedale, WF10 2QP

Sessions are flexible, welcoming and supportive,
with the opportunity to be creative and explore the local area.
The kettle is always on!

For more information contact Della on 07542 028297
or Helen on 07543 315343



CALL
111

select mental
health option

NHS

Are you in a mental health crisis?

0800 612 0011 0330 660 1166

Free from landlines

Free from most mobiles



Yorkshire
Smokefree Service



You're up to 4 times more likely to stop with our help

Yorkshire Smokefree offers a free and friendly service with NHS qualified staff. One to one, telephone and online support available.

Yorkshire Smokefree Wakefield in partnership with Wakefield Council, is pleased to announce they will be launching an innovative new quit bus that will provide specialist stop smoking support across the Wakefield District. This mobile service will visit local communities, offering free stop smoking support, specialist advice, guidance on prescription products and ongoing support during your quit journey. The bus will be available outside St Swithun's Community Centre between 09.30-3pm

Tuesday 13th May

Come along to explore the new quit bus, meet our friendly team, and learn how we can help you achieve better health by quitting smoking.

Visit our website at: www.yorkshiresmokefree.nhs.uk

Facebook: Yorkshire Smokefree

Twitter: @YSmokefree

With all of us in mind.

WORLD BEE DAY 2025

Sunday 18th May

A fun filled day out for all the family, a wide range of bee themed activities on offer from the charities and organisations taking part.

Venue:

Rose Garden - Thornes Park (10-4pm)

Ticketed time slots available

£5 Family tickets are available here



12yrs
upwards



abilities

SEND SESSIONS

Starting
Friday 2 May 2025
500pm - 6.30pm
and every second

Friday following at Thornhill Community
Preschool

Lots of activities, arts & crafts
& pony therapy with Crunchy.



Register your place by calling Emma 07512 723441
Or Angela 07795 441875

Come and sing your
favourite songs and help
support the community

THE BIG SING 2025



10th May



2-4pm

(Doors open at 1:30pm)



Queen Elizabeth Grammar School
154 Northgate, Wakefield WF1 3QX

**FREE
EVENT**

Donations will be
welcomed at the event



Try this mindful colouring activity

