



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

July 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.

Jump Back Up July 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together



Termtime



College news



Newsletter update

If you caught up with our newsletter last month you will have seen that one of our team secretaries, Kia, has now started her maternity leave and won't be back with us until late spring 2026. Kia has been the main staff member behind our monthly newsletter for the past 18 months, so during her maternity leave the newsletter may not be able to be with you as frequently as we usually deliver it.

Our wonderful volunteer, India, has stepped up to support the delivery of The Supporter as often as possible (THANK YOU India!!). Due to India's commitments around volunteering and our staff commitments around teaching and partnership working, some months the newsletter may be shorter, it may look a little different to normal or we may have to unfortunately miss a month. We apologise in advance for any inconvenience or upset that this may cause (we know how much you enjoy our newsletter) and we'll do our best as a team to still get this out to you as often as possible.

Term opening times

Open 8am-4pm Monday to Friday.

Summer term

5th June 2025 - 22nd July 2025

Summer holidays

23rd July 2025 - 31st August 2025

Autumn term

1st September 2025 - 24th October
2025

Courses



Improving your mindset



Understanding anxiety



Living with and
managing depression



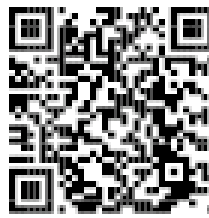
Take a stroll or roll
with us



Understanding trauma
responses and skill
practice workshop

Wakefield Recovery College

16+



Improving your mindset

02/07/2025
10am-12pm
Wakefield

An introduction to personality disorder

07/07/2025
1pm-3.30pm
Pontefract

Living with and managing depression

07/07/2025
10am-12.30pm
Wakefield

Connecting with the 5 senses

09/07/2025
10am-12pm
Wakefield

Understanding anxiety (16+)

15/07/2025
1pm-3pm
Online

Understanding eating difficulties

02/09/2025
10am-12:30pm
Online

Beginners Pottery

04/09/2025
1pm-3pm
Pontefract

Understanding anxiety (16+)

08/09/2025
1pm-3pm
Wakefield

Take a stroll or roll with us

09/09/2025
10am-11pm
Wakefield

Freedom from Fibromyalgia (16+)

10/09/2025
1pm-3pm
Online

Understanding trauma responses and skill practice workshop

10/00/2025
10am-12pm
Pontefract

Understanding self-harm (16+)

17/09/2025
1pm-3pm
Online

Understanding depression (16+)

26/09/2025
10am-12pm
Pontefract

Living with and managing anxiety (16+)

16/10/2025
10am-12pm
Online

Your journey through relaxation

22/10/2025
10am-12:30pm
Wakefield

Learning more about IBS (16+)

17/11/2025
1pm-3pm
Online

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

Wakefield Recovery and Wellbeing College
Home of the Discovery College

With **all of us** in mind.

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.

8th September 2025, 1pm to 3pm

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



**Online
16+**



**FREE
course**



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

Living with and managing depression

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

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

11th November 2025 - 1pm - 3pm

On-line

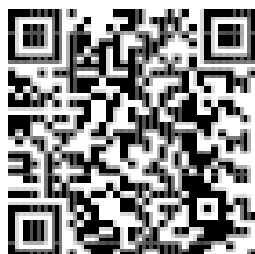


**Face to
face
16+**



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

**FREE
course**



With **all of us** in mind.

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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.

1st December 2025, 10am - 12pm

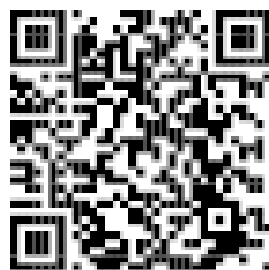
On-line



Online
16+



FREE
course



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

IN THIS TOGETHER

Cervical screening confidence



A project by Groundwork Yorkshire and associated partners; hoping to bridge the gap between unreached groups, busting myths and making regular screening more accessible.

Mandi.reeve@groundwork.org.uk 07908611046
Fouziya.Asim@groundwork.org.uk 07977160636



IN THIS TOGETHER

Cervical screening confidence

DROP-IN SESSION

Wednesday 11th June 2025

10am to 12noon

**Warrengate
Medical Centre**

What to expect:

- What cervical screening is—and isn't
- Honest conversation about fears, discomfort, and past experiences
- Tips on how to feel safer, heard, and in control at your appointment
- Optional Q&A or lived experience story
- Free handouts

Making cervical smears
more accessible.

"You don't have to be fearless to
take care of yourself- just
supported"

mandi.reeve@groundwork.org.uk 07908611046
fouziya.asim@groundwork.org.uk 07977160636



Coffee Break: How smoking can increase your risk of osteoporosis



Osteoporosis is a condition that weakens our bones, making them brittle, fragile and vulnerable to fractures. You may not even know you have this condition as sometimes it is only diagnosed when you have a fall and break a bone.

Smoking can affect our bone health and studies have shown that tobacco use can decrease bone density and lead to this often-debilitating condition. Nicotine and other chemicals from smoking interfere with the absorption of calcium. Calcium helps stop the bone from becoming porous reducing the risk of bone mass loss and lessening the risk of the bones becoming weak and fragile.

Smoking increases bone mass loss as chemical changes happen when nicotine and other chemical from cigarettes attach to bone cells which are called osteoblasts, and this eventually kills the cell. Because bones are comprised of living tissues that are always

regenerating these osteoblasts are always working hard to make sure that strong new bone tissue is made, and osteoclasts have the job of making sure that old bone tissue is removed.

This process is called remodelling. Smoking interferes with this remodelling process which is what leads to weak, brittle and fragile bones. Men and women can be affected. Studies have shown that smoking increases the risk of developing osteoporosis by 40% in men and 31% in women. If you did break a bone your healing time and recovery can be much slower if you smoke. This can be up to twice as long!

During this long recovery you may be unable to do the activities you once used to do, become depressed or experience anxiety and your quality of life can be greatly hampered.

Smoking also interferes with hormonal balance particularly lower oestrogen levels in women and lower testosterone in men which can lead to bone mass loss. Smokers can also have poor blood circulation with less oxygen supply and less calcium reaching the bones. This will also make the healing process slower as poor circulation slows down the body's ability to mend fractures.

Other risk factors include **poor diet and little or no exercise**.

Protect yourself from the risk of developing this condition by stopping smoking, eating a healthy diet which is rich in fruits and vegetables which have a high calcium and vitamin D content.



Smokers tend to have low vitamin D levels leading to poor calcium absorption. Try and take regular exercise which are low impact and weight bearing and of course always check with your GP before starting any new exercise regime especially if you are already at risk of having osteoporosis. Reducing alcohol use can also help as this hinders the absorption of calcium which can also lead to bone loss.

Check your risk at [Royal Osteoporosis Society - Better Bone Health for Everybody](#).

Quitting smoking can help slow the progression of smoking related bone loss even if you have already been diagnosed! Stop smoking, protect your bone health now and your future bone health too!

[NHS Stop Smoking Service - Yorkshire Smokefree](#)

How to stop smoking with our help



Text 'YSF' to 80800



Arrange a call with one of our advisors



Call 0800 612 0011 or 0330 660 1166

Arrange a call with one of our advisors

Call 0800 612 0011 (free from a landline) or 0330 660 1166 Monday to Friday between 8.30am and 4.30pm and Saturdays between 9am until 4.30pm



Forename

Surname

Postcode

Contact number

Preferred callback time

Please let us know when will be most convenient for us to call and we will try and accommodate you. Please note we can only call back within our opening hours and we can only try calling 3 times. So if you don't hear from us within a week please either call us or complete this form again.

☒ I agree to the [privacy policy](#).

☐ I'm not a robot



Request callback

Email:- ysfwakefield@swyt.nhs.uk

Website:- www.yorkshiresmokefree.nhs.uk

Courses at Manygates Centre

Manygates Lane, Sandal WF2 7DQ • 01924 303302

Business Skills	Start Date	No of wks	Day	Time
AAT Level 3 Certificate in Bookkeeping	03/09/2025	29	Wed	9.30am - 4pm
AAT Level 2 Certificate in Accounting	09/09/2025	12	Tue	9.30am - 4pm
AAT Level 1 Award in Business Skills	18/09/2025	6	Thur	9.30am - 4pm
AAT Level 1 Award in Bookkeeping	06/11/2025	6	Thur	9.30am - 4pm
Education & Training				
Teaching Assistants Level 3	04/09/2025	34	Thur	6pm - 9pm
How to be a Teaching Assistant	16/09/2025	6	Tue	6pm - 8.30pm
How to be a Teaching Assistant	17/09/2025	6	Wed	10am - 12.30pm
Introduction to British Sign Language	30/09/2025	5	Tue	6pm - 8pm
Safeguarding Adults and Children	04/11/2025	2	Tue	6pm - 8.30pm
Safeguarding Adults and Children	05/11/2025	2	Wed	10am - 12.30pm
Safeguarding Adults and Children	06/11/2025	2	Thur	10am - 12.30pm
Teaching Assistants Level 2	18/11/2025	26	Tue	6pm - 8.30pm
Teaching Assistants Level 2	19/11/2025	26	Wed	10am - 12.30pm
Teaching Assistants Level 2	20/11/2025	26	Thur	10am - 12.30pm
Digital Skills				
Get started with Microsoft Word	15/09/2025	6	Mon	1.15pm - 4.15pm
Smart Phones/Tablets 4 Beginners - Stage 1	18/09/2025	2	Thur	9.30am - 11.30am
Get started with Microsoft Word	18/09/2025	6	Thur	12.30pm - 3.30pm
Smart Phones/Tablets 4 Beginners - Stage 2	02/10/2025	5	Thur	9.30am - 12noon
Get started with Microsoft Excel	03/11/2025	2	Mon	12.45pm - 3.45pm
Move on with Microsoft Word	03/11/2025	4	Mon	9.15am - 12.15pm
Google Gurus	06/11/2025	4	Mon	12.30pm - 3pm

Digital Skills (continued)	Start Date	No of wks	Day	Time
Using your computer	13/11/2025	3	Thur	9.30am - 11.30am
ITQ User Skills in Microsoft Office	17/11/2025	12	Mon	12.30pm - 3.30pm
Move on with Microsoft Excel	01/12/2025	6	Mon	9.15am - 12.15pm
Creative Arts & Crafts				
GCSE Art & Design Intro - Textiles	04/09/2025	8	Thur	1pm - 4pm
Sewing Level 1 and 2 Award Introduction	15/09/2025	3	Mon	9am - 12noon
Sewing	15/09/2025	10	Mon	1pm - 3.30pm
Sewing Level 1 and 2 Award Introduction	16/09/2025	3	Tue	6pm - 9pm
Drawing & Painting	16/09/2025	10	Tue	1pm - 3.30pm
Pottery	16/09/2025	10	Tue	6pm - 8.30pm
Sewing	17/09/2025	10	Wed	9.30am - 12noon
Handcrafted Gifts - Textiles	17/09/2025	10	Wed	1pm - 3.30pm
Art Level 1 and 2 Award Introduction	17/09/2025	3	Wed	9am - 12noon
Clay Jewellery Making	17/09/2025	10	Wed	1pm - 3.30pm
Sewing	18/09/2025	10	Thur	6pm - 9pm
Pottery	18/09/2025	10	Thur	1pm - 3.30pm
Art Level 1 and 2 Award Introduction	18/09/2025	3	Thur	6pm - 9pm
Art for Wellbeing (Journalling)	19/09/2025	10	Fri	9.30am - 12noon
Sewing Level 1 and 2 Award	06/10/2025	15	Mon	9am - 12noon
Sewing Level 1 and 2 Award	07/10/2025	15	Tue	6pm - 9pm
Art Level 1 and 2 Award	08/10/2025	15	Wed	9am - 12noon
Art Level 1 and 2 Award	09/10/2025	15	Thur	6pm - 9pm
GCSE Art & Design - Textiles	06/11/2025	24	Thur	1pm - 4pm



01924 303302



manygates@wakefield.gov.uk

Courses at St Mary's Community Centre

The Circle, Chequerfield, Pontefract WF8 2AY - 01977 705341

Digital Skills	Start Date	No of wks	Day	Time
Get started with Microsoft Word	16/09/2025	6	Tue	1pm - 4pm
Move on with Microsoft Word	17/09/2025	4	Wed	9.15am - 12.15pm
Smart Phones/Tablets 4 Beginners - Stage 1	17/09/2025	2	Wed	12.45pm - 2.45pm
Smart Phones/Tablets 4 Beginners - Stage 2	01/10/2025	5	Wed	12.45pm - 2.45pm
Google Gurus	04/11/2025	4	Tue	1pm - 3.30pm
Move on with Microsoft Excel	05/11/2025	6	Wed	9.15am - 12.15pm
Using your computer	12/11/2025	3	Wed	12.45pm - 2.45pm
Get started with Microsoft Excel	02/12/2025	2	Tue	1pm - 4pm
Employment Programme				
Employability - Confidence is Key	18/09/2025	3	Thur	9.30am - 12noon
Wellness & Work	18/09/2025	10	Thur	12.30pm - 3pm
Employability - Strategies to Succeed	09/10/2025	10	Thur	9.30am - 12noon
Employability - Confidence is Key	04/12/2025	3	Thur	12.30pm - 3pm
Education & Training				
How to be a Teaching Assistant	16/09/2025	6	Tue	10am - 12.30pm
Safeguarding, Prevent and British Values	04/11/2025	5	Tue	10am - 12.30pm
Teaching Assistants Level 2	09/12/2025	26	Tue	10am - 12.30pm
Business Skills				
AAT Level 1 Award in Business Skills	15/09/2025	10	Mon	12noon - 4pm
AAT Level 1 Award in Bookkeeping	09/12/2025	6	Tue	9.30am - 4pm



DENHALE ARC OPEN DAY



**SATURDAY 2ND AUGUST. 12PM-4PM
@ DENHALE ACTIVE RECREATION CENTRE
WF2 9EF**

**TRY SPORTING ACTIVITIES AND
MEET LOCAL ORGANISATIONS SUCH AS MEDEQUIP
ANDY'S MAN CLUB, SENSE, HELP FOR HEROES & MORE!**

FREE FUN FOR THE WHOLE FAMILY!

Be Part of Research:

Small actions can lead to big discoveries

Be Part of Research is a free service which makes it easy to find and take part in vital health and care research across the UK.

Simply tell us which health conditions you're interested in. We'll match you to suitable studies and send you information on how to take part.

Find out more
www.bepartofresearch.uk



Four reasons why research needs all kinds of people to get involved



Without research, there would be no new treatments or advances for conditions like diabetes or cancer.

Every time someone receives a test or a scan, or a treatment for a health condition, it's because of the many people who took part in health and care research. But to improve health and care for all of us, we need everyone to get involved.

Some communities are far less likely to take part in research than others. This can include people from ethnic minorities, older people, women, people with disabilities, and people living in remote and rural communities. Often the areas most affected by ill health have the lowest numbers of people taking part in research.

More volunteers are always needed to take part in research – but it's critical that these volunteers come from as wide a range of backgrounds as possible. Ideally, the mix of people involved in a study should reflect the patient group that the research is designed to help.

Here are a few ways you could help by taking part in research:

1. Ensuring medication works for everyone

Not everyone responds to treatments and medicines in the same way. Genetic differences can affect how easily people break down a drug and how much of it enters their bloodstream.

These differences can be seen between men and women and between people of different ethnicities. If a drug is mainly tested on men from one ethnicity, for example, then we won't really know how well it works in women or in other ethnicities.

2. Better understanding risks for diseases

Your ethnicity can determine how likely you are to develop a certain condition, and we still don't fully understand the reasons why. [For example](#), in England, people of South Asian heritage are much less likely to have, or die from, the most common types of cancer than White people. But they have higher rates of cardiovascular disease and diabetes. Black people are less likely than white people to get most cancers, but have a significantly increased risk of stomach and prostate cancer.



Some NIHR research is tackling these disparities directly. The [LOLIPOP study](#) is looking at why people from South Asian backgrounds are more likely to suffer from cardiovascular disease and Type 2 diabetes. The [TRANSFORM study](#) is trying to understand why Black men are more likely to die from prostate cancer than white men.

By taking part in research you could help doctors understand why certain people are more affected by certain conditions than others.

3. Improving treatments and health services for all

Not everyone has the same outcomes from, or access to, healthcare through the NHS and we don't fully understand why. For example, [Black and Asian women](#) are more likely to die during pregnancy than white women, although overall numbers are low. Babies of South Asian women are less likely to suffer an unexplained death in infancy. While babies born to women on lower incomes are more likely to suffer complications than those on higher incomes.

Some NIHR research is looking at these health inequalities. The [Poverty Proofing Maternity Services study](#) is looking at what might be preventing low-

income women using maternity services. This will help identify practical solutions to make those services more accessible.

4. Closing the gap for rural and coastal communities

People in [rural and coastal towns](#) have higher rates of preventable conditions, are more likely to go to A&E and have shorter life expectancy than those living in cities. Yet most research is centred on hospitals in large cities, and people recruited to those studies tend to live nearby.

[Engaging people from different locations](#) in clinical research can help us understand why these differences exist, so that health inequalities can be addressed.

But if the conditions that are more common in rural and coastal communities are mostly being studied in urban populations with different lifestyles, the evidence generated through research may not be as useful.

One way of encouraging participation in underserved communities is to bring research to people's doors using [research vans](#).

How you can get involved with research

Whatever your age, ethnicity, gender or background - you can make a huge difference to the health and care of tomorrow. Simply [sign up to Be Part of Research](#) and you'll be matched to studies that meet your interests – taking place at locations near you.

Join a health and care study

You can also take part in vital health research looking at how to improve health and care for everyone. Use our [study search tool](#) to find a study that interests you.

Here are some trials currently looking for volunteers from a range of backgrounds, and population groups, like those mentioned above:

- [Mothers Working to Prevent Early Stillbirth Study 20-28](#) (Manchester)
- [Diversity in diabetes feasibility study](#) (Nottingham, Leicester)
- [Urine biomarkers for detecting prostate cancer](#) (Several sites across England)
- [Saans: COPD Health](#) (Looking at treatment for COPD amongst South Asian people in Manchester/Liverpool)

Recovery with Research: A Learning Journey

NHS

South West
Yorkshire Partnership
NHS Foundation Trust

COMING SOON!



Week 1 - What is Research?



Week 2 - Research and Ethics



Week 3 - Get Involved in Research



Week 3 - Consolidating Learning

In this course you will learn...



Join the Collaborative Network – Help Shape the Future of Services



Are you passionate about improving health and care services? The Collaborative Network is a new Trust-wide initiative that brings together people with lived experience—across mental health, physical health, disability, and our local communities—with staff to work in partnership on meaningful change.

This is a safe, inclusive space where your voice is not only heard but genuinely valued. Whether you've used services, supported someone who has, or want to help improve how things work, your experiences can help shape policies, redesign services, and influence decisions that matter.

Together, we aim to:

- Build respectful, equal partnerships between staff and people with lived experience
- Improve how services are designed, delivered, and developed
- Tackle inequalities and amplify underrepresented voices
- Foster a culture of learning, reflection, and shared leadership

Importantly, the way the network works—its structure, roles, and priorities—will be shaped by its members. Even the name of the network will be co-produced. Everyone involved will have a say in how we move forward, ensuring the network reflects the needs and values of those it serves.

You don't need any formal experience—just your perspective. Support, training, and recognition will be available to help you take part in a way that works for you.


Interested in finding out more?

Let's work together to make services better for everyone.
Join Chris and Matt for an online introduction session:

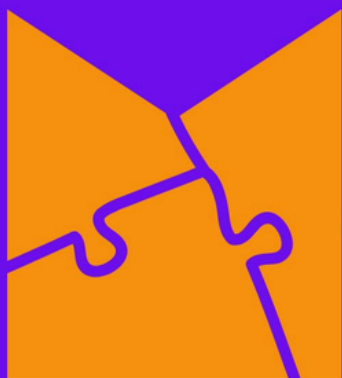
Thursday 17th July 10:00 AM – 11:00 AM

To book your place, email: InvolvingPeople@swyt.nhs.uk

Let's work together to make services better for everyone.



With **all of us** in mind.



The importance of **community** for refugees and asylum seekers

#RefugeeWeek
COMMUNITY AS A SUPERPOWER

The challenges refugees and asylum seekers face in their home countries, during their journeys, and once they arrive in the UK leave both physical and mental scars.

These challenges make it harder to heal, build connections, and integrate into new communities, further impacting their mental health.



How can we help refugees and asylum seekers **integrate into their local communities** and support their mental health?

→
OUR POLICY CALLS

A place to call home

Asylum seekers should be housed in community-based accommodation.



The right to work

Asylum seekers should be granted the right to work if they have been waiting for longer than six months for a decision on their claim.

Free bus travel

Asylum seekers should be granted the right to free bus travel or access to concessionary schemes.

Invest in peer support

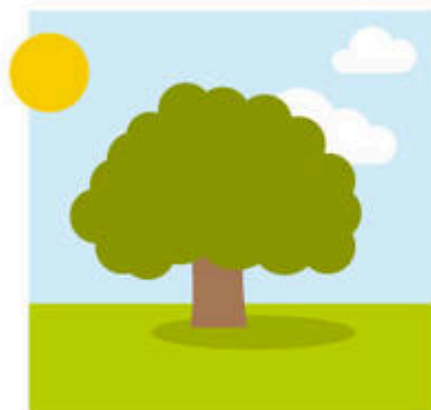
Asylum seekers and refugees should have access to peer support programmes and community initiatives.



English language classes

Asylum seekers and refugees should be supported to access English classes.

How to enjoy the sun safely



Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.



Together we are
beating cancer



Meet the team at our upcoming community events!

Inclusive Festival 2025 - Thornes Park Stadium



Date: Saturday 16th August **Time:** 11:00am - 2:00pm **Location:** Thornes Park Stadium, Wakefield, WF2 8TY

Join us for an exciting event aimed at promoting inclusivity and accessibility in sports and physical activities within the Wakefield District and beyond.

This year's event is set to be the largest disability sports event in the area, and it promises to be bigger and better than the first one, last year.

What's Happening...

Sporting activities, the opening of a brand-new track, and lots of organisations and groups providing information and advice.

WHAT'S ON >

Slow Down. Creative Wellbeing Workshops

Every fourth Wednesday of the month*, 10.15 - 11.45am, FREE

Suitable for over 18s

FREE. No need to book, just drop in

Slow down, look and connect in these creative sessions at The Hepworth Wakefield.

Join our friendly learning team to spend time looking, reflecting and responding to art works through guided creative looking activities. Take the time to notice details and consider our own responses to the work.

No previous experience or art knowledge required.

Art can help us to feel well and explore our feelings. Artworks often embody an emotion, experience or story that might be difficult to understand or express with words. Art also helps us to understand different experiences and connect to others. Making and looking at art can help develop wellbeing skills such as mindfulness.

Join us on the following dates:

- Wed 25 June 2025, 10.15 – 11.45am
- Wed 16 July 2025*, 10.15 – 11.45am
- Wed 27 Aug 2025, 10.15 – 11.45am
- Wed 24 Sept 2025, 10.15 – 11.45am
- Wed 22 Oct 2025, 10.15 – 11.45am
- Wed 26 Nov 2025, 10.15 – 11.45am
- Wed 17 Dec 2025*, 10.15 – 11.45am
- Wed 28 Jan 2026, 10.15 – 11.45am
- Wed 25 Feb 2026, 10.15 – 11.45am

*July and December sessions will take place on the third Wednesday of the month due to school holidays.

The Hepworth Wakefield has its own car park located on Thornes Lane, WF1 5QJ. Parking is free for those attending the session. Please give your registration number to the welcome desk when you arrive.

The gallery is a 5-minute walk from Wakefield Kirkgate station and is on the Wakefield Free City Bus route from the bus station, and Westgate and Kirkgate stations. You can find full details on how to get to the gallery [here](#).

If you wish to visit the gallery spaces before or after the Wellbeing workshop, please collect/purchase a ticket from the welcome desk.

Entry to the galleries is FREE for Wakefield residents, members, carers and under 18s. Entry for non Wakefield residents is £13/ £11. Concessions are available.

If you have any questions please contact the Learning Team on 01924 247398 or email learning@hepworthwakefield.org



Join us at our Liver Care Event

Date: Friday 5 September 2025

Time: 10am – 3pm

Venue: St Swithun's Community Centre, Armcliffe Road, Wakefield, WF1 4RR

What we do:

The Community Liver Health Checks Team are encouraging members of the public to get their liver checked for free in our mobile clinic vehicle. The event offers individuals an opportunity to prioritise their liver health by gaining valuable information about various types of liver disease and how to improve their liver health.

Liver Scan Criteria:

To be eligible for a free liver scan, you must have one or more conditions from the list below:

- You may have previously had or been at risk of Hepatitis B or C
- You consume more than 14 units of alcohol a week
- You are 50 years old and over with Type 2 diabetes
- You are 50 years old and over with a body mass index of >30 BMI or >27 BMI for some people depending on your ethnic background

You will be asked these questions prior to being offered a scan of your liver by the CLHC team. If you have had a liver scan in the last 12 months you will not be eligible.

For more information email: leedsth-tr.wylivercareodn@nhs.net

Visit our website at: <https://www.westyorkshirelivercareodn.nhs.uk/>

Volunteer RAP 2025

PART 1

**Yo volunteers
Give your best
No time for rest
Energy high
Reach for the sky
Dedication to cause
No time to pause
Giving
Living
Engaging
Changing
Respect
Effect
Circumspect
Helping out
Time to shout
We do not rest
We are the best.**

PART 2

**Yo Volunteers
Greeting
Meeting
Old friends
Time to blend
Impossible quizzes
Scoring misses
Old tracks
History racks
Horse racing
Heart pacing
Lunch bun
Had fun
Great game
Glad you came
Good cheer
Come again next year.**