



The Supporter Newsletter

August 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.

Altruistic August 2025

MONDAY



4 Ask someone how they feel and really listen to their reply

TUESDAY



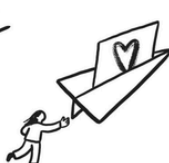
5 Spend time wishing for other people to be happy and well

WEDNESDAY



6 Smile and be friendly to the people you see today

THURSDAY



7 Give time to help a project or cause you care about

FRIDAY

1 Set an intention to be kind to others (and yourself) this month

SATURDAY

2 Send an uplifting message to someone you can't be with

SUNDAY

3 Be kind and supportive to everyone you interact with

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Termtime



College news



Building Update

As some of you might already be aware, on Monday 18th August 2025 we will be moving out of our base at Prosper House in Wakefield, following the building being recently sold. Whilst there are longer term plans that involve us and other services moving in to a Wakefield wellbeing hub together, due to circumstances beyond our control this won't be available for some time.

In the meantime, we will be continuing to offer courses from community venues across the Wakefield district and online. We will also be moving our offices and some of our courses in to a temporary space on Denby Dale Road, opposite Sainsbury's on Ings Road in central Wakefield. It's easy to get to, is on the free city shopper bus route and has free car parking extremely close nearby. Keep an eye on our [website news pages](#) for full information once we have moved in and made ourselves comfy.

Term opening times

Open 8am-4pm Monday to Friday.

Summer holidays

23rd July 2025 - 31st August 2025

Autumn term

1st September 2025 - 24th October
2025

Autumn holidays

25th October 2025 - 2nd November
2025

Courses



Improving your mindset



Understanding anxiety



Living with and
managing depression



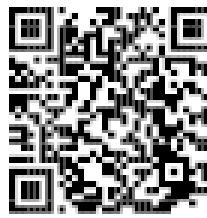
Take a stroll or roll
with us



Understanding trauma
responses and skill
practice workshop

Wakefield Recovery College

16+



Understanding eating difficulties

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

Understanding anxiety (16+)

08/09/2025
1pm-3pm
Wakefield

Take a stroll or roll with us

08/09/2025
10am-11pm
Wakefield

Freedom from Fibromyalgia (16+)

10/09/2025
1pm-3pm
Online

Understanding trauma responses and skill practice workshop
10/09/2025
10am-12pm
Pontefract

Everday First Aid (19+)

12/09/2025
10am-11:30am
Wakefield

Simple weaving techniques (16+)

16/09/2025
1:30pm-3:30pm
Wakefield

Introduction to Healthy Cooking (18+)

16/09/2025
12:45pm-3:45pm
Wakefield

Understanding self-harm (16+)

17/09/2025
1pm-3pm
Online

The impact of substance abuse (16+)

22/09/2025
1pm-3pm
Online

Recognising burnout (16+)

25/09/2025
10am-12pm
Pontefract

Understanding depression (16+)

26/09/2025
10am-12pm
Pontefract

Creative fitness – trying something new for a better physical & mental wellbeing (16+)

01/10/2025
11am-12pm
Normanton

Boogie Bounce (16+)

03/10/2025
10am-11am
Normanton

Confidence – mind and body techniques (16+)

08/10/2025
10am-12pm
Online

Living with and managing anxiety (16+)

16/10/2025
10am-12pm
Online

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

Wakefield Recovery and Wellbeing College
Home of the Discovery College

With **all of us** in mind.

Pebble painting

This is a fun and interactive workshop where we explore the history of pebble painting alongside the introduction of the creative art of painting pebbles or rocks. We will teach you how to paint and create designs onto pebbles with acrylic paints and pens and provide you with step by step instructions that will allow you to repeat this activity at home.

You can be as creative as you like producing pieces of individual art, that may even lead to a new hobby. The art of pebble painting is fun, mindful and can help with concentration. Decorated pebbles can be used for gifts, paperweights, add them to your garden or even leave them around your local area for people to see and get inspiration from.

Please ensure you let the College know at the time of booking if you have any dexterity issues or other concerns around using smaller pieces of equipment. Our crafting sessions often use equipment that may be more challenging to use with dexterity issues (such as pencils, pastels, sewing equipment or paintbrushes) and if informed in advance, we are able to make our sessions fully accessible for those with additional crafting support needs.

Please note that some of the materials used in these sessions may not be able to be taken on to ward environments.

8th September 2025 - 10am - 12.30pm

**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**

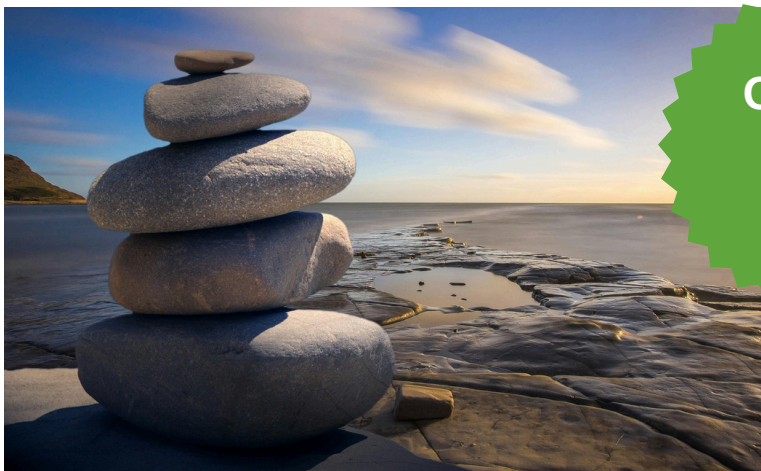


With **all of us** in mind.

Your journey through relaxation

Join Wakefield Recovery College for a one-off session exploring what relaxation is, different types of relaxation and how you can incorporate relaxation into your routine. Following this course, you will have learned valuable relaxation techniques that you can use moving forwards and share with anyone else who can benefit from these coping mechanisms.

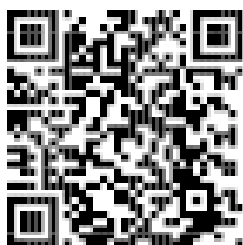
Wednesday 22nd October 2025
10:00am - 12:30pm
Online via Teams



**On-line
only
16+**



FREE
course



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

An introduction to mindfulness

This course will provide students with the opportunity to develop or acquire knowledge on mindfulness. The course will use this form of self-care to help students recognise the present moment and hopefully reduce stress or anxiety. The course aims to enable students to be aware of negative thoughts and allowing a sense of control with identifying them. This course provides mindfulness techniques in hope that students can try implement these in the future. The course is for anybody looking to gain a sense of understanding around mindfulness and to apply this in day-to-day life.

Please note we ask you to bring to the session:

- Object to look at and touch
- Object to smell
- Something to eat (for mindful practice)

13th November 2025,
10am-12pm, On-line only



Online
16+



FREE
course



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



FUTURE SELPH

Empowering 16-25 year-olds to overcome life challenges

Future SELPH aims to enhance your support networks, boost your self-esteem, and help you manage your wellbeing more effectively through a 12-Week Programme of group activities



What To Expect

- ✓ A Youth Worker will contact you via call or social media.
- ✓ Meet in person for an initial assessment and goal-setting.
- ✓ Participate in small group activities and meet other participants on the programme.
- ✓ Attend skills workshops around Resilience, Esteem, Emotional Wellbeing and more.
- ✓ Have weekly 1-2-1 Phone Calls with your Youth Worker around your goals.



To Register Your Interest-
Scan the QR Code above or
visit our website at
youth-association.org/our-programmes/mental-health/

THE YOUTH ASSOCIATION

Our socials

The Youth Association YouthAssociationUK TheYouthAssociation
 YouthAssocUK the_youth_association @youthassocuk

Conexus
HEALTHCARE

Based in **Wakefield**, our programme begins with an **individual assessment** to understand each young person's needs and set personalised goals.

The first four weeks focus on group building, helping participants connect with others in a safe and supportive environment. This is followed by **12 weekly workshops** covering a range of topics including:

- **Self-Esteem**
- **Speaking with Confidence**
- **Healthy Relationships**
- **Resilience**
- **Goal Setting**
- **...and more!**

In addition to group sessions, participants receive a weekly one-to-one phone call with a member of our team — offering a space to reflect, share, and track progress.

Location: Based on geography of young people referred at that time- E.G- Wakefield Centre, Castleford, Pontefract.

Free Travel: Bus tickets are provided to ensure all participants can attend without cost.

If you feel this programme could help you, or you work with someone who could benefit from support, scan the **QR Code** on our poster to refer.

LIMITED SPACES LEFT! LIMITED SPACES LEFT! LIMITED SPACES LEFT! LIM



LIMITED SPACES LEFT! LIMITED SPACES LEFT! LIMITED SPACES LEFT! LIM

Need Maths and English Qualifications?

Join Street League's **FREE** course starting September 2025.

Location: The Hut, Castleford, WF10 3ES



**STREET
LEAGUE**

- Ages 16-24
- Free breakfast and travel
- Smaller classes and quicker results

01

Gain your Maths and/or English in 12 weeks

Equivalent to a grade 4 at GCSE Level, our dedicated Functional Skills Tutor teaches small groups daily with a 84% pass rate.

02

Support with your next steps

Our supportive staff can help you write your CV, apply for jobs or college and help prepare for interviews.

03

Free Nike Kit and £100 voucher

Option to play sport every day from football to badminton. £25 refer a friend bonus!

✉ beau.burns@streetleague.co.uk

☎ 07889 599706

✉ isobel.elliott@streetleague.co.uk

📷 [@streetleague_wakefield](https://www.instagram.com/streetleague_wakefield)

☎ 07590 417868





Summer s'cool 2025: Free Creative Workshops for Young People!

From game design to digital art, storytelling to stand-up comedy – summer s'cool is back with free workshops across Wakefield district!

Play and learn with professional teaching artists! Explore the programme and book your workshops now! [summer s'cool - What's Happening - Creative Wakefield](#)

Gaming s'cool

Join BAFTA-winning game gurus this summer! Level up your creativity – generate your own game, design a hero, create your own world, and learn new skills.

- Free sessions for ages 8–12 – limited places available
- SEND sessions available for ages 10-25yrs

Digital Explorers

Draw, paint, build, and create! Hands-on workshops led by professional teaching artists. Make models, design a logo, write a movie, take photos and more – while celebrating everything brilliant about where you live.

- Free sessions for ages 8–12
- SEND sessions available for ages 10-25yrs

Story Forge

Join multi-award winning artists to create a dark and atmospheric adventure video game inspired by local storytelling. Develop your skills in digital storytelling, art, game development, virtual reality and immersive audio production.

- Free week of creative skills for ages 13-17yrs.

I Can Be...

- A performer!
- A Song Writer!
- A Stand-Up Comedian!

Explore what You Can Be with a creative workshops! Learn new skills and discover creative careers!

- Free creative workshops for 13-17yrs.

Drawing
Painting
Making Models
Photography



Play & Learn with Professional Teaching Artists!



summer s'cool


Global Network of Learning Cities

 WFDsummers.cool  @wfdsummers.cool

summer s'cool


Global Network of Learning Cities

 WFDsummers.cool  @wfdsummers.cool

WX Wakefield Exchange

JASON AND THE WAKEFIELD ADVENTURE
FRI 20 JUN - SUN 7 SEP
FREE EXHIBITION



 **ARTS COUNCIL ENGLAND**

 **wakefieldcouncil**

STARTING
FROM 31st JULY



STREET
LEAGUE

FREE FOOTBALL SESSIONS



TURN UP AND PLAY

EVERY THURSDAY

3PM-4PM

A1 FOOTBALL FACTORY, (WF8 1HG)

Aged 16 - 24

Contact Beau
07889599706

Open Access Pathway

About

The Open Access Pathway is a collection of resources run by West Yorkshire Adult Eating Disorder Services (Link-ED and CONNECT). We offer support around Eating Disorders to a wider audience using platforms such as Instagram and Teams.

The Open Access Pathway is a shared space for peers and professionals to support and offer guidance to each other around living with disordered eating.

Our mission: We help eating disorders be better understood and supported, by educating, upskilling and inspiring hope.

Our aims: – Inform and educate people about what eating disorders are
– Inform and upskill carers and professionals to better support people experiencing disordered eating
– Share tools for people experiencing disordered eating

We are not a crisis service and encourage you to see the support list if needed.



The Hub

The Hub is a virtual group, for people with experience of disordered eating, to speak with other people who have experienced/are experiencing the same.

Day: Tuesday
Time: 14:00 – 15:30
Location: Teams
Frequency: Weekly



We also have a **Twilight** Hub on the first Wednesday of the month.

Please email virtualconnect.lypft@nhs.net to get the links.

Carers' Group

Carers' Group is a virtual space, for people who support someone with experience of disordered eating, for example friends, family and carers.



Day: First Wednesday of every month.
Time: 19:00–20.00
Location: Teams
Frequency: Monthly (first of month)

Instagram

Our Instagram is an online space which shares content to educate, raise awareness, inspire.

Username: @Connectlypft



How to join

For information, and joining details email us at virtualconnect.lypft@nhs.net. The auto-reply will give you all the information you need, including joining links and guidelines.

Note: Whilst the OAP represents us as a service, it is not a crisis service, nor does it process referrals. This email is for the OAP only, please send any enquiries for the services (CONNECT or Link-ED) to the appropriate emails



Bright skies don't always mean bright moods



Social anxiety disorder can be a **debilitating condition**, which can lead to other mental health conditions such as agoraphobia and depression.

It can be treated with therapy (e.g. CBT), medication, or both.



Emotional symptoms include:

- Fear and avoidance of social situations
- Intense worry about interacting with others
- Anticipatory anxiety before social interactions
- Over-analysing and criticizing your performance in social interactions
- Negative self-talk and low self-esteem



Physical symptoms include:

- Rapid heartbeat and palpitations
- Trembling
- Hot flushes or blushing
- Sweating
- Upset stomach or nausea
- Tightened breathing
- Dizziness or feeling lightheaded
- Muscle tension



Social Anxiety Disorder could mean someone might:

- Avoid work environments
- Choose not to eat in front of others
- Avoid communicating with others, for example ordering food or buying an item in a shop
- Cancel or struggle to keep up with social commitments
- Prefer to stay at home



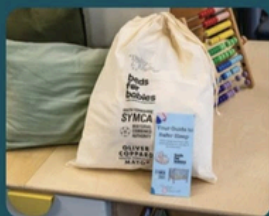
For more information about
Social Anxiety Disorder and other
conditions, visit:
mentalhealth-uk.org/conditions



Are you struggling to find a cot or bed for your young child?

South Yorkshire's Mayor Oliver Coppard has established an innovative new scheme to tackle bed poverty. **Beds for Babies**, part of the Safe Place to Sleep programme, will provide children under five with a bed and bedding to ensure they have a safe place to sleep.

Oliver Coppard has said: "By guaranteeing families who need it access to a safe bed, crib, cot or Moses Basket, we can make a huge difference to education, health and social outcomes later in life as well as reducing the real-life financial pressures facing many families in South Yorkshire right now."



Family **HUBS**
and Start for Life

"Baby-basics"

SOUTH YORKSHIRE
SYMCA
MAYORAL
COMBINED
AUTHORITY

OLIVER
COPPARD
SOUTH YORKSHIRE'S
MAYOR

BARNSELY
Municipal Borough Council

Welcome to
**create
& bloom**

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



This app will help you to unlock your creativity through a series of painting, drawing, movement and creative writing exercises.

Download the app now:



Google Play store



Apple store

A good night's sleep has been shown to improve a child's learning and development. It can also improve the whole family's physical and mental health. This can be disrupted by bed poverty, for example broken beds, soiled or mouldy bedding, having no choice but to share a bed, or the lack of an age-appropriate bed.

The Beds for Babies scheme can support families through the provision of:

- Moses Baskets
- Cots
- Cot beds
- Toddler beds
- Mattresses
- Bedding bundles

Do you need help?

Please talk to your midwife, health visitor, social care professional, local Family Hub or the charity or organisation that is supporting you. They will be able to make a referral on your behalf.

Do you support families?

Please scan the QR code below to access our referral form.

Our team will be in touch once we've processed your referral



The South Yorkshire Mayoral Combined Authority has invested £2.1 million into Beds for Babies, working with Baby Basics UK as the delivery partner.

For more information about the Beds for Babies scheme, please visit:
southyorkshire-ca.gov.uk/beds-for-babies



Scan for more information

Family **HUBS**
and Start for Life

bedsforbabies
a safe space to sleep project

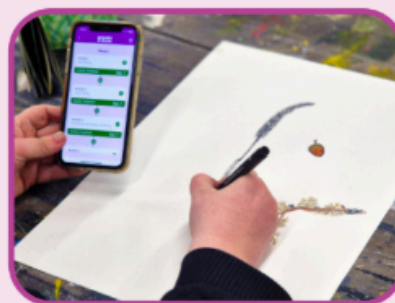
SOUTH YORKSHIRE
SYMCA
MAYORAL
COMBINED
AUTHORITY

BARNSELY
Municipal Borough Council

Each series of activity, provided by our expert partners and supportive creatives will:

- Support you to build your skills and confidence
- Help develop your own artwork
- Unlock your style and expression
- Support your wellbeing
- Encourage you to spend time each day with creative activities
- Help you relax and unwind from day-to-day life

There is a combination of written, audio, visual worksheets and videos that you can access at any time, whenever and however long you need and can be repeated as you feel fit!



Find us on Instagram
createandbloomapp



Summer Edition

Kids Activity Pack

Full of family friendly fun activities and challenges for everyone!



Trans Pennine Trail

www.transpenninetrail.org.uk

Trans Pennine Trail Activity Packs

Just Launched – Summer Holidays Activity Pack

- Unleash the fun and excitement of summer with the **Trans Pennine Trail Kids Summer Activity Pack!**
- Packed with a variety of **engaging and creative activities**, there's a **fun experiment for kids to see how sunscreen protects their skin**, ensuring they stay sun-safe while having fun.
- They'll be able to **explore the great outdoors with a summer leaf hunt**, and **get hands-on by building a bug hotel to welcome new insect friends**. And for those who love to get creative in the kitchen, there's a **simple and delicious blackberry cordial recipe to try**.
- They can also **discover and draw rocks** and **test their knowledge with our Summer Quiz**. The pack also includes a **dragonfly colouring-in page** and a **summer wordsearch** to keep their active minds sharp and entertained.
- It's a fantastic way to keep busy over the summer holidays and enjoy the beauty of the season!



Find your local Salvation Army | salvationist.org.uk

The Salvation Army

The Music Man Project

The Salvation Army in **Wakefield** are delivering their Music Man project **on the last Monday of every month 10.30am until 12.00pm**.

These sessions are for adults with disabilities and their carers.

This is a **FREE** monthly event of accessible song, music, actions, and fun. Their **facilities are fully accessible** and there is **parking on site**.

They even throw in a cuppa and some biscuits! **The next one is this coming Monday the 28th July 2025.**

The Music Man Project

Wakefield Salvation Army
4 Vicarage Strret South
Wakefield
WF1 1QX



Dementia Friendly Bowling

Every Friday 10:30-12:30

£2 per person

This session especially welcomes those living with dementia and their carers/family too.

BOOKING IS ESSENTIAL

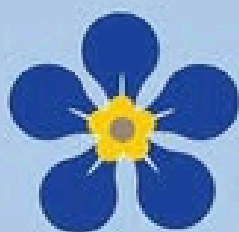
To book on a session please

contact us on 01977 722777

or visit

www.ticketsource.co.uk/thehutcastleford

**The Hut, Kershaw avenue,
Airedale, Castleford WF10 3ES**



**Dementia
Friendly**

THERAPY GROUPS AND SELF-MANAGEMENT COURSES



Scan Me

All of our Therapy Groups and Self-Management Courses are delivered by our therapists and follow NICE recommended treatments to help you learn new ways to manage how you feel.

THERAPY GROUPS

EACH THERAPY GROUP CONSISTS OF 10 TO 13 SESSIONS

Overcoming Depression and Low Mood

Overcoming Anxiety and Worry

Breaking Through Obsessive Compulsive Disorder (OCD)

Overcoming Social Anxiety

Building Self-Esteem and Supporting Self-Acceptance

CBT Skills for People with ADHD

Healing Grief and Depression

Improving Your Relationship

Acceptance and Commitment Therapy for Long Term Conditions


Mindfulness-Based Cognitive Behavioural Therapy (MBCT)

Preparing for Trauma Therapy Group

REFER YOURSELF

If you are aged over 16 years old and are registered with a Wakefield District GP you can refer yourself via:

 talking.turning-point.co.uk

 01924 234 860

 wakefield.talking@turning-point.co.uk

SELF-MANAGEMENT COURSES

EACH SELF-MANAGEMENT COURSE LASTS BETWEEN 4 TO 6 WEEKS

Positive Steps Stress Management

Men's Wellbeing Group

Positive Steps for 16-25

Living with Long-Term Physical Health Conditions

Wellbeing in Pregnancy

Postnatal Wellbeing Course

Overcoming Panic Attacks and Anxiety

Breaking Through Insomnia

Overcoming Health Anxiety

Over 65's Managing Depression and Anxiety



**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887



**TURNING
POINT**
inspired by possibility



EMPLOYMENT SUPPORT



CAN I ACCESS THE EMPLOYMENT SUPPORT SERVICE?

Our Employment Support offer is designed to complement your therapy. It is exclusively available to Turning Point Talking Therapies clients.

Whether you are already employed, exploring new opportunities or looking to re-enter the workforce, our employment team are here to help. You can access this service offer whilst waiting for treatment.

Please speak to your therapist or contact the service if you are interested in receiving support around employment, in addition to your therapy.

HOW CAN I BENEFIT?

Employment is good for our mental wellbeing, giving us structure, social interaction with others, as well as a sense of purpose and financial gain.

Our Employment Support Service strives to promote the benefits of work. Sharing valuable resources, expert advice and guidance for your specific employment concerns.

We will work with you, at your own pace, to help create a bespoke plan for your individual needs.

Benefits include one-to-one support, unique actionable steps to help you progress, help with speaking to employers about wellbeing at work, preparation of CV's and so much more.

WHAT WE OFFER

- ✓ Personalised Career Guidance
- ✓ Developing Toolkits & Techniques
- ✓ Skill-building Resources
- ✓ Job Search Assistance
- ✓ Goal Orientated Action Plans
- ✓ Person Centred advice on Employment Matters, including Work Related Stress, Work Retention and Sick Leave

We value your time and ours, so if your circumstances change or you no longer require employment support, kindly inform us at your earliest convenience.

WORKSHOPS AND WEBINARS ARE AVAILABLE FOR EMPLOYMENT SUPPORT - FOR MORE DETAILS VISIT OUR WEBSITE



Wakefield District
Health & Care
Partnership

**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies

Coffee Break August: Show how much your pet means to you this month, as 26TH August is National Dog Day

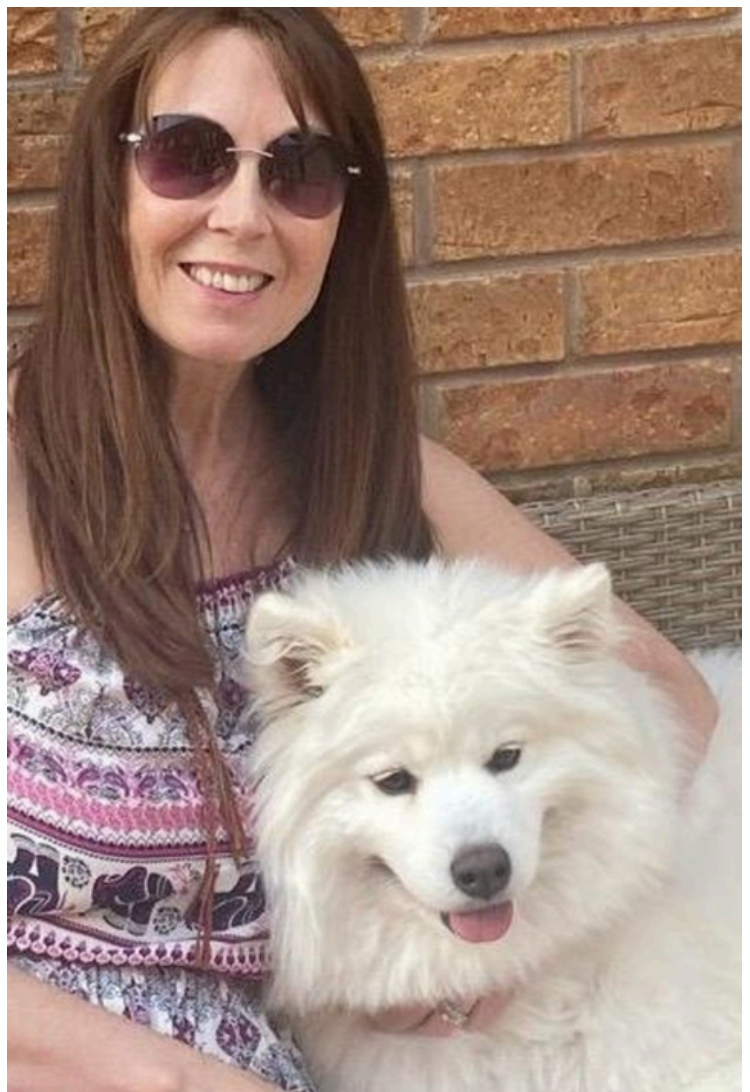
Say PAWS OFF to become smoke free

Article source: https://yorkshiresmokefree.nhs.uk/articles/national-dog-day_

On the 26th of August we observe National Dog Day, originally an idea for an awareness day to raise attention for animals residing in shelters and adoption centres. On National Dog Day, dog lovers are encouraged to honour their furry friends and promote positive physical and mental animal wellbeing everywhere.

As a nation of animal lovers, we make sure our pets live a good life and have their daily needs met as well as including them as members of our family. We are often aware of how second and third hand smoke affects people, especially our children, but did you know that being exposed to smoke in the home affects our pets too?

Toxins in tobacco smoke can harm your pet as it can damage your pets' cells like it can humans. Research has shown that our pets can be exposed to a significant amount of smoke when living in a smoker's home and will often suffer from the same problems as we do such as breathing difficulties, asthma, skin allergies, eye problems



and even cancers such as lung, nose, mouth and lymphoma.

Dogs' noses are particularly sensitive and act as big air filters. Long nosed dogs are particularly at risk of nose cancer and shorter nosed dogs are at more risk of

lung cancer.

Cats are particular at risk as they groom themselves and digest the smoke particles and toxins that have settled in their coats, which can lead to mouth cancer. Our feathered friends also suffer the effects of passive smoking as they have very sensitive respiratory tract's and they also groom their feathers. Even if you smoke with the doors or windows open, the smoke still circulates around the home and settles in house dust, carpets, rug's and other soft furnishings. Fish are also at risk as nicotine dissolves easily in water and is toxic to them.

If your health is on the top of your list of reasons why you want to quit smoking why not have your pet's health on the top of your list too. This will be a great encouragement to start your quit attempt.

Why not spring clean your house with pet friendly cleaning products, starting with your pets bedding and move on to the rest of the home including the carpets and soft furnishings and curtains where there are toxins, residue's and deep-rooted smells from tobacco smoke.

This new freshness in the home will help you keep motivated to stay smoke free. Why not treat your pet to some special pet grooming products with the money you have saved from not smoking.

You'll want them to smell like this all the time from now on! If you smoke in your car then deep clean it and treat yourself to a fabulously smelling air freshener.

Your furry friends are at risk from discarded cigarette butts in the garden as these contain nicotine, heavy metals and toxins and can be accidentally eaten by your pet. Why not give your outside space a summer makeover too! It does not have to be expensive or time consuming. Just small changes can make a real difference to how you view your space and what it is used for. Removing all ashtrays and old cigarette butts is a great start.

Think how you might like to use your outside area and create a domain that is yours to enjoy being in that does not involve the daily ritual and bind of going outside for a cigarette. Make it a smoke free zone that is inviting, stimulating and a positive environment for you and your pet to be in.

Changing your space in small ways often changes your perspective in bigger ways! It's worth remembering that pets are sensitive and at risk from nicotine in any form.

If you are using NRT (nicotine replacement products) or electronic cigarettes and vapes, be mindful of where and how you use them, away from pets and be aware how you discard your products, so your pets are not at risk from E-cigarette liquid, batteries or components of the device.

Wash your hands after smoking or vaping! Signs of nicotine poisoning in pets can be vomiting, being lethargic, unsteady, shaking, a fast heart rate,

drooling and seizures and your vet should be consulted straight away.

As your health starts to improve from the day you stop smoking and your energy levels increase and breathing becomes easier, then your pets will benefit from this too. You'll have extra energy to throw the ball in your new smoke free garden or go on more walks with your dog. This will also help you keep busy, and the fresh air and exercise will help with any withdrawal symptoms and urges to smoke.

Say PAWS OFF to become smoke free and make this month your time to quit for good for your own health and wellbeing as well as for your pets!

NHS

**Yorkshire
Smokefree service**



Phone 01924 252174 (service direct)

Out of hours hub -

0800 612 0011 (free from a landline)

0330 660 1166 (free from some mobiles)

Email- ysfwakefield@swyt.nhs.uk

Website -

www.yorkshiresmokefree.nhs.uk

Yorkshire Workshops - Hospital Rooms

These in-person workshops are open to anyone who has used mental health services, as well as their friends, families or carers. Led by acclaimed artists, the sessions are relaxed, creative, and open to all — no experience needed.

They are part of a Hospital Rooms project to create permanent artworks for wards at Fieldhead and Kendray Hospitals, and the ideas, conversations and creativity shared in these workshops will help inspire the final artworks.

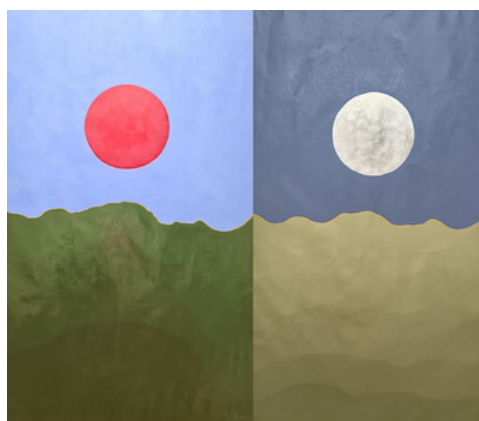


Free art workshop with Meera Shakti-Osborne at The Hepworth Wakefield

Monday • 2:30 PM

The Hepworth Wakefield

Free



Free art workshop with Deborah Segun at Yorkshire Sculpture Park

Wednesday • 2:00 PM

Yorkshire Sculpture Park

Free



Whether you're an experienced artist or just curious to try something new, this workshop offers a welcoming space to experiment, connect and create. All materials will be provided, and no previous experience is necessary.

Find out more about the project: www.hospital-rooms.com / @_hospitalrooms

The workshop is free and all workshop materials will be provided.

Please email Tim (tim.steer@hospital-rooms.com) for further information.

In-person at The Hepworth Wakefield in the learning studios

Do you or your team need support to remain well in work?

We offer one to one social prescribing support for individuals, plus tailored workshops for both employees and employers

What we can help with?

Social prescribing can help connect you to local support to address any social needs and health-related barriers, helping you stay well at work, support your return to work, and prevent future absences

Social needs may include:

- Mobility & aids/adaptations
- Finances
- Managing long-term conditions
- Housing concerns
- Mental wellbeing
- Bereavement support
- Social isolation
- Caring responsibilities
- Personal safety

**Healthy
Working
Life**

For information on wellbeing workshops and how to refer, please turn the leaflet over



What to expect

- ✓ Conversations led by you
- ✓ Tailored one to one support
- ✓ Step-by-step action plan

Social Prescribing eligibility

- ✓ Aged 18-66
- ✓ Live in the Wakefield district or registered with a Wakefield district GP

We can support those who are either:

- ✓ Employed but on sick leave
- ✓ Employed with a long-term condition
- ✓ Feeling at risk of needing sick leave

Workshop: Managing your wellbeing at work



Are you employed within the Wakefield district and interested in looking after your wellbeing at work?

Whether in a new or existing role, this free, 1 hour workshop could support you to improve your wellbeing

All workshop sessions are delivered online via Microsoft Teams



TOPICS COVERED

- Understanding what impacts on our wellbeing
- How to clearly communicate our needs at work
- Practicing self-management tools for staying well at work and at home
- Awareness of local support options available

Workshop: Promoting workplace wellbeing

TOPICS COVERED

- Understanding the impact of absence
- Social factors that impact wellbeing
- Holding meaningful conversations with employees to explore wellbeing needs
- Preventative approaches to absence
- Local support options for employees

Are you in a staff support role looking to build on compassionate leadership cultures to support workforce wellbeing and retention?

This free, 1 hour workshop can support you to build on existing organisational practices

How to refer

- Self refer
- Refer someone else, with consent

Contact us:

01924 255363

www.livewellwakefield.nhs.uk

Workshop eligibility

- Aged 18+
- **And any of the following:**
 - Employed within the Wakefield district
 - Live within the Wakefield district
 - Registered with a Wakefield district GP

Healthy
Working
Life

SCAN



For information on social prescribing support please turn the leaflet over



FROM A BEACH HUT



A row of beach huts each with its brightly
painted door

Like miniature houses lining the shore

In a neat row: blues pinks and reds

Wooden box shapes on the beach: like an
upmarket shed

Families gather outside with deck chairs on the
solid ground

It's summer holidays once again – for which we
are bound.

From inside a kettle whistles on portable hob
A morning cuppa just the job

Each wave rushes inwards towards the beach
Listen to the call of the sea along the reach

Early morning surfers try to catch a wave
Waxing their shiny new boards to look brave
Sooner or later to be tipped in the deep
Should have stayed in bed asleep

Children rush off with buckets and spades held
aloft

Laughing and playing on that deep golden
sand so soft

Adults sedately stroll along the harbour wall
The moored up yachts with tinkling bells call

The rock pools absorb children for a time
Or ride the funicular on its cliff-ward climb

Then to play down on the sand

While adults sit in deck chairs listening to the
band

Building sandcastles and digging a moat
Before the tide comes in and makes it float

Flashing lights and music draw away from the
beach

The fairground calls us within its reach

Cool inside from the afternoon sun

Waiting with anticipated fun

Dodgems are a favourite ride

Sparks flying from the roof inside

We fly round the floor trying not to bump

When we do it makes us jump

Or push the wheel over spinning to the right
And bump and bang 'til the car shakes and gives
us a fright

Roll a penny in the arcade from the past

Bags of coins don't seem to last

The noise and laughter of a winning game

To miss it would be a shame

Outside candy floss sticking everywhere
Have a coffee from a cafetiere.

In the cool of early evening light
The last sun's rays still shining bright

Listen to the rush of water over shingle

Dip your toes and feel the tingle

Watch the waves roll in relax and enjoy

The sounds of the sea as it rocks the harbour
buoy.

We finally close the beach hut door
Having had time for fun and to explore

A great day at the sea

Lock the door it's time for tea.

RYDER 2025

ALL RIGHTS RESERVED

READER NOTE: BEACH HUTS CAN SELL FOR £55,000 AS A STARTING PRICE! ONE
LAST YEAR REACHED £400,000 TO START. THEY ARE GOOD FUN IF YOU CAN
RENT ONE FOR A DAY.

ENJOY THE SUMMER BREAK EVERYONE!

