



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

September 2025



Credit: @adoseofreminders

Get in touch to find out more

01924 316946

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk



Follow us on social media



With **all of us** in mind.

Self-Care September 2025

MONDAY

1 Find time for self-care. It's not selfish, it's essential

TUESDAY

2 Notice the things you do well, however small

WEDNESDAY

3 Let go of self-criticism and speak to yourself kindly

THURSDAY

4 Plan a fun or relaxing activity and make time for it

FRIDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

SATURDAY

6 Focus on the basics: eat well, exercise and go to bed on time

SUNDAY

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

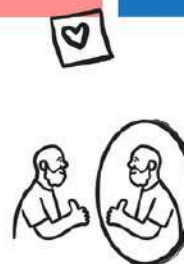
26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier • Kinder • Together



Termtime



College news



Attendance Update

It's the start of the 2025/26 academic year! As we go in to our eleventh year, we've taken some time to look at some of our standard processes and co-produce these again. One thing that's especially been highlighted through this review is the need to revisit and remind people about our attendance guidelines. Whilst we have no restrictions on the amount of courses and workshops you can do with us, or on how long you can keep coming back to us, we do have guidelines in place around only attending the same course twice. The reasons behind this include; ensuring that those who have never attended can access the course; the same information is taught in the course topic on each occasion so if after two bookings on the same course you are unable to remember or practice what you've learned, we might need to support you to access something that would be more beneficial for you; and because a recovery college is suppose to help support you to join community groups in your local area that you can attend as often as you like and form your own community connections with. We can review this with individuals though, so if you do feel you have a need to attend the same course more than twice, please give us a call and we can discuss it with you.

Term opening times

Open 8am-4pm Monday to Friday.

Autumn term

1st September 2025 - 24th October
2025

Autumn holidays

25th October 2025 - 2nd November
2025

Christmas term

3rd November 2025 - 7th December
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**

We've moved!

On Monday 18th August 2025, the team started the mammoth task of moving from our old base of Prosper House to our new home in Wakefield. We're now all set up and we wanted to give you full details on how to find us. Our new address is The Workspace, Space Station, 6 Denby Dale Road, Wakefield, WF1 1HR, What3words location [entire.energetic.hurray](https://www.what3words.com/entire.energetic.hurray). It's a large warehouse-looking building opposite the right hand side entrance to the Sainsbury's car park on Ings Road. This is what the building looks like from the front:

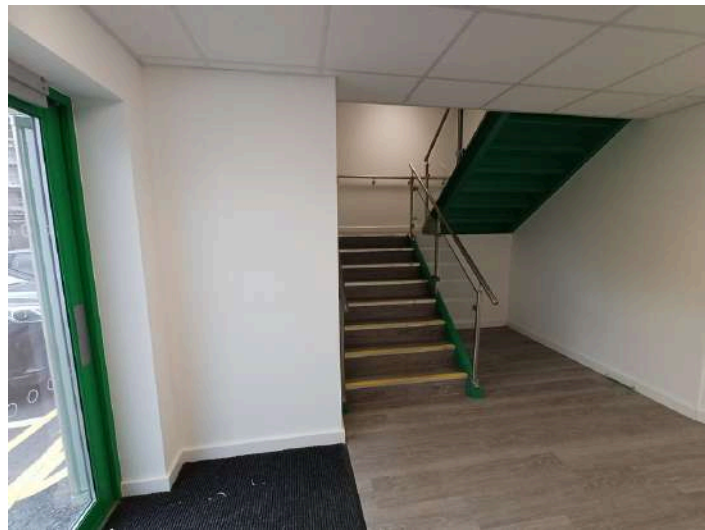


When you visit us though, you'll need to go to "The Workspace", on the side of the building, rather than the main reception at the front of the building. This is where it is and what it looks like:

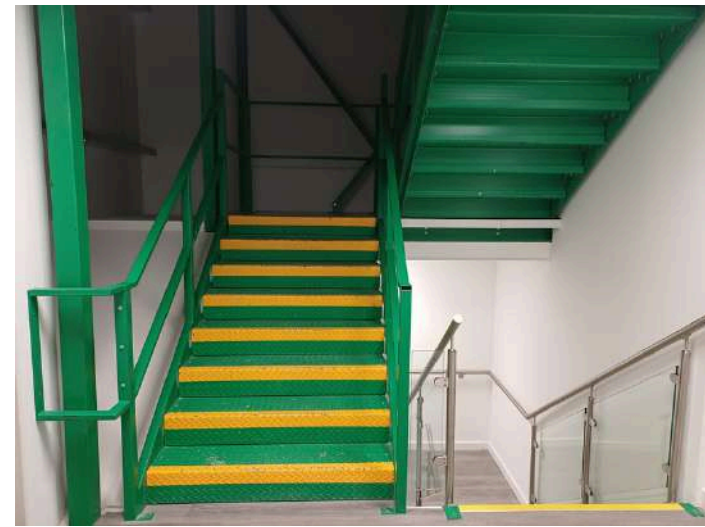


When you get to The Workspace, you'll need to press the intercom for either Office 2 if you are visiting the staff team or Office 15 if you are coming for a course/workshop and one of the team will buzz you in (you need to pull the door, not push).

We are located on the first floor, so you will go up one flight of stairs, through the white door, then the grey door and then left down the corridor. If you have access requirements that mean you are unable to use stairs, please see below for more information on our lift access.

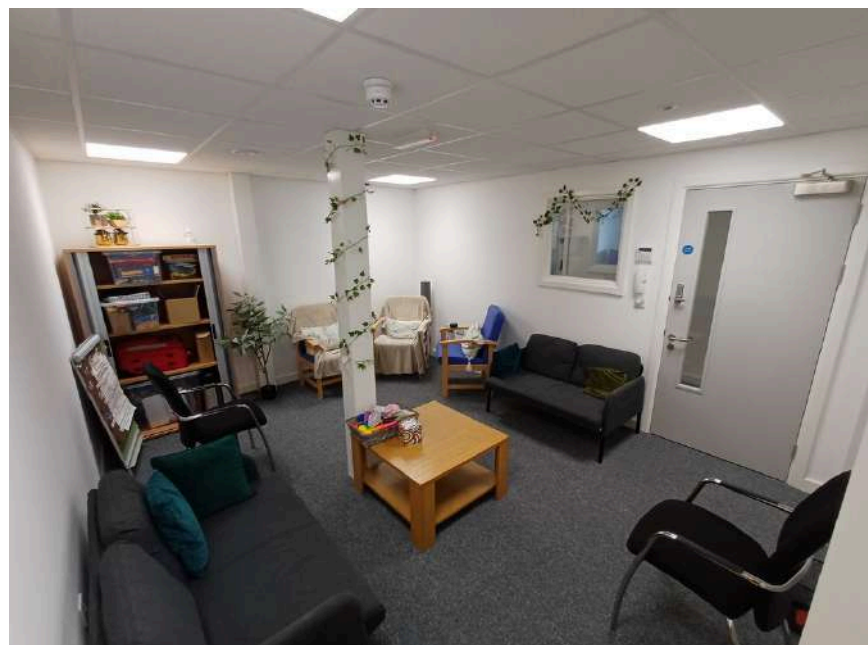


Please make sure you do not go up to the second floor (up the green and yellow metal staircase) as this area is alarmed and is only for gaining access to the storage units and for an emergency fire exit).



Office 2 is almost at the end of the corridor on the left hand side. Office 15 (our classroom) is a little over halfway along the corridor on the right hand side. If the lights happen to be off when you reach the corridor, please don't worry! In keeping with our sustainability and green pledges, the lights will come on automatically as you start walking. This is so that no one can accidentally leave the lights on!

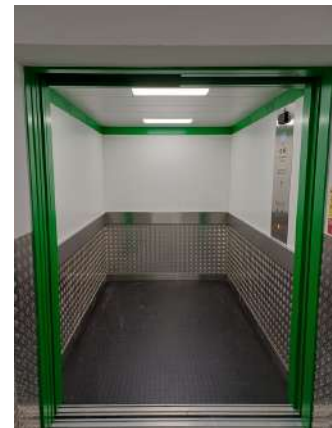
When you come along to a course or workshop with us here, this is what the room looks like. It's small and cosy on purpose so that our groups here won't be any larger than 10 people, plus two tutors, and we have lots of options for the layout of the room to make it appropriate for delivery of each specific course. We share this space with the Here For You evening service, so if you ever need their support, you will then be familiar with the space that they use.



Disabled access

Please head to main reception on arrival where one of our team will be there to meet you if you are coming for a course/workshop that you have confirmed a place on or a pre-arranged visit/time. The reception area is nice and welcoming – Dave, Murry and the rest of the team will let us know if you arrive early so that we can pop down and meet you.

We'll then head to the lifts together to get to the office and course space. This is through the storage unit, so we've provided a few photos (there's also a video on the News pages on our website) so that you are fully prepared for what this will look like if you've never been in one before. Either of the lifts will take us to the first floor where the office space is and we'll always come out of the same door we went in to (you'll see in the photos that one of the lifts has an additional set of doors in green at the back that also opens the other side when on the first floor):



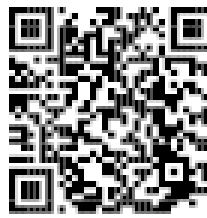
When you leave, we'll do the same in reverse, but so you know what the inside of those giant loading bay doors look like, we've also taken a photo of that above! You'll just need to push the big red button on the right to open the door and head back out of the main entrance we came in through.

We hope you like our new space as much as we do. We know it's a little unconventional, but it's a lovely and welcoming space and we're sure we'll be happy here.



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.

Introduction to Creative Writing

Every wanted to get creative, but not sure where to start? This new course could be for you! 'Introduction to Creative Writing' requires no previous skill or experience - you'll learn the basics in a friendly and inclusive environment with students just like you. Guided by our expert tutors, you'll engage with your imagination and get creative. Over five weeks we will explore different styles and techniques working towards writing prose and short stories to help you develop your own writing practice you can use for years to come! Writing creatively can be transformative in helping you to manage anxiety, improve self-esteem and overall wellbeing; contact Wakefield Recovery College to secure your spot!

5-week course starts:
Monday 6th October - 10:00am - 12:00noon
Onlie Via Teams

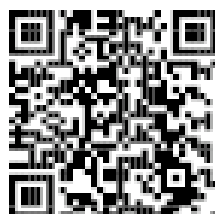


Online
18+



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

FREE
course



You can play ukulele!

Have you always wanted to learn a musical instrument but think you are not musical? Maybe you have seen the Ukulele Orchestra of Great Britain and wished you could play like that!

With the right support, step by step guidance and alongside others you will learn to play at least one song on the ukulele by the end of the course. Mel has taught ukulele to a variety of people and provides a fun, friendly and supportive environment.

Playing an instrument and singing is extremely beneficial for your mental wellbeing, reduces stress levels and is fun! If you are an absolute beginner this course is for you.

Surprise your family & friends at Christmas with your newfound skill!

Please note:

- If you have long false nails, they are great for strumming but not so good for placing your fingers on the fret board.
- Ukuleles are usually played right-handed, most left-handed people play right handed so they can pick up a ukulele and play anywhere. Please let us know, prior to the session, if you would prefer to learn left-handed.



Face to
face
18+



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

FREE
course



Diabetes awareness

This workshop is aimed at anyone over the age of 16 looking to learn more about diabetes and its effects on both our physical and mental wellbeing. The session is designed to provide learners with a deeper understanding of the two main different types of diabetes, exploring similarities and differences between Type 1 and Type 2 diabetes and including topics such as the causes of diabetes, what goes wrong in the body when diabetes develops, common symptoms of diabetes, how diabetes can affect physical and mental wellbeing and key health checks.

The course will empower learners with knowledge and understanding of diabetes and enable them to make more informed decisions about managing their own health and wellbeing and/or the health and wellbeing of those people they care for.

Please note: A further course on the management of diabetes is in development and, when complete, is recommended to accompany this workshop.

Friday 7th November 2025
10am-12pm

Online
16+



FREE
course



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

Airedale Healthy & Sustainable Communities Fund

For funding up to £2,500 or £4,000 for joint bids. (Version 2 08/08/2025)



Coalfields
Regeneration
Trust

BUILDING PROSPERITY & OPPORTUNITY

We are pleased to announce that applications for the Airedale Healthy and Sustainable Communities Grants are now open.

<https://form.jotform.com/241267078675062> - This link will take you directly to our online application portal.

Application window:

- Opens: 19th August 2025.
- Closes: 16th September 2025 (4 weeks).
- After the closing date, all applications will be reviewed. Suitable projects will then be presented to the Airedale Decision-Making Panel for funding decisions.

Eligibility

- Demonstrate how you can contribute to the Core20Plus5 priorities, which currently focus on five key health areas:

Maternity

Hypertension

Early Cancer Diagnosis

Chronic Respiratory Disease

Severe Mental Illness

Funding available:

- Joint bids (partnership between organisations): up to £4,000.
- Single organisation bids: up to £2,500.

Online drop-in sessions if anyone needs any help or guidance:

- Wed 27/08/2025 11:00 - 12:00
- Wed 10/09/2025 14:00 - 15:00



How to support your mental health while working shifts

MENTAL
HEALTH
at WORK



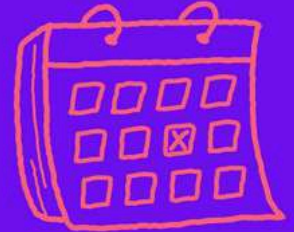
MENTAL
HEALTH
FOUNDATION

1

Set clear work-life boundaries

Work-life balance can be tough when you're working different hours and changing schedules.

Share your work schedule with family and friends to manage expectations.



2

Look after your sleep

Working evenings or night-time can disrupt your sleep, and negatively affect your mental health.

Try to keep a regular sleep schedule, and avoid caffeine and heavy meals close to bedtime.



3

Establish a routine

Shift work can make it hard to maintain a regular routine, which can be stressful.

Try to create flexible routines that include relaxation and well-being boosting activities.



4

Planning with uncertainty

Unpredictable schedules can make it tough to plan, particularly long-term.

Focus on setting short-term goals to motivate yourself. Try to talk to your manager about more predictable scheduling.



5

Maintain good relationships

It can be hard to connect with your colleagues when you're working different shifts with different people.

Try to participate in social activities and keep up consistent communication with your team members.





The Hepworth Wakefield Harvest Festival

Saturday 20 & Sunday 21 September 2025, 10am-5pm

£2.50 in advance / £3.50 on the day / FREE for Members and under 18s

Celebrate the start of autumn and enjoy a weekend in the company of some of the UK's finest independent designers, makers, store owners and producers all set to get you ready for the change in the season.

You'll find over 60 stalls selling artisan food and drink, blankets, books, candles, ceramics, home and kitchenware, plants, prints, textiles, vintage items and seasonal produce.

Plus family activities in the galleries and garden, live music, street food and discounted exhibition entry.



THE FREEDOM FESTIVAL

Sat 27 Sep 2025 - Sat 27 Sep 2025

10:00 - 16:00

The Art House

Free

Join The Art House for an inspiring and fun day of creativity, connection and community at their Freedom Festival! Expect joyful celebrations of peace, unity, and freedom through music, art, creative events, food and shared stories.

At a time when the world can feel divided, celebrating unity matters more than ever. Coming together reminds us that compassion and connection are powerful forces for change. It's in moments like these – eating together, creating side by side and listening to each other's stories that we see how much stronger we are when we stand together.

YORKSHIRE SCARE GROUNDS SCREAM PARK

Yorkshire Scare Grounds are designed to thrill, scare and entertain you with live actors, authentic sets, atmospheric lighting and sound, and static and moving props. Face your fears this October for a spine-chilling experience you won't forget.

Recommended for age 12 years upwards. Not suitable for wheelchairs due to ground conditions.

Please dress as if you are going for a walk on an October evening. As part of the attraction is outdoors you should dress accordingly. Fancy dress, face paints and masks are not allowed and flat shoes are a must as some surfaces are uneven.

📅 Fri 10 Oct 2025 - Sun 02 Nov 2025

🕒 18:30 - 23:00

📍 Yorkshire Scare Grounds Scream Park

💷 £30.68 - £32.80

ATTRACTIONS INCLUDING...



ILLUMINATE: BIOFLUORESCENCE IN NATURE

📅 Fri 24 Oct 2025 - Fri 31 Oct 2025

🕒 17:45 - 19:00

📍 RSPB Fairburn Ings

💷 £25 - £31

Discover an invisible natural world on a night time adventure and experience nature in a whole new biofluorescent light at RSPB Fairburn Ings!

Explore and discover a different perspective on nature as the foliage and creatures of the nature reserve glow in the dark under the light of a UV torch. This is a new and emerging conservation technique; come and make new discoveries together.

This event will use UV torch light to view nature at night. If you have a high sensitivity to light, please take this into account when deciding to book this event.



Our Young Women in Sport Leadership programme is now open!

You can now apply to our 2025/26 Young Women in Sport Leadership programme! ❤️

Hosted by SAMH and Scottish Women in Sport (SW/S), we're looking for women:

 Age 18 -25

 Passionate about sport and physical activity

 Looking to improve confidence and leadership skills

This is a 12-month mentorship programme to support you to learn more about mental health and wellbeing, as well as make connections in the physical activity and sports sector.

"I cannot emphasise enough how welcoming and empowering the environment is within the cohort."

Sign-up here: <https://forms.office.com/e/e1HJebzgKi>

FARMER COPLEYS

Your local farmer

At Farmer Copleys there's always plenty to do at the Festival and this year is no different. There'll be the return of the Tractor Ride, Live Shows, Archery, Vintage Rides, Storytime, Magical Mr Zen, Velcro the Scarecrow, Daily Fancy Dress Competition, The Dog Parade, Photo Opportunities galore and loads more.

The Pumpkin Princess and 'Not So Wicked' Witch of the West will be on hand to help you find your perfect pumpkin and the witch may even have a little prize for your best outfits.

Make the most of golden hour and into the evening for the amazing festival atmosphere with some fantastic live music, marshmallow toasting and perhaps a drink or two at the Pumpkin Bar.

Please note: Entry to the pumpkin festival does not include a pumpkin and some rides and activities are an additional charge on the day.



PUMPKIN FEST 2025

📅 Sat 27 Sep 2025 - Fri 31 Oct 2025

🕒 10:00 - 16:00

📍 Farmer Copleys

💷 £6



**SEASON
SAVER**

Take advantage of great discounts when you book multiple shows together in one season.

theatre Royal Wakefield

HAMLET

A full-scale production set in the shadowy medieval court of Denmark, where love, power, and vengeance collide.

Experience this Shakespearean classic with ghostly apparitions, intense family betrayals, and thrilling sword fights. A tale of ambition, heartbreak, and the eternal question: To be or not to be?

📅 Thurs 2 Oct 2025

🕒 19:30

📍 Matcham Auditorium

💷 From £15

Spritz Menu
Loaded Fries
Nachos
Pizza

Summer Evening Market

Thursday
21st
August

5.30-
8.30PM

Join us for an evening
of summer fun!

@thenewinnwaltonmarket

**The New Inn
Walton**

144, Shay Lane
Walton
Wakefield
WF2 6LA



@Broken-Bones Boutique



@ROSALA FLOWERS



@GONE POTTY



@SISCIA SELF CARE



@POPPINS



@O LITTLE KNITS



@THE HONEY FLORIST



@CRAFTY NORAH's



**Let's Get
Learning**



Principles of the Mental Health Care Worker

Topics include Mental Health and Mental Issues and approaches to Care and Management in Mental Health.

**Wakefield
Adult
Education
Service**

**Level 2
Online
Course**

Understanding Cancer Support

Topics include cancer awareness, introduction to diagnosis and treatment of cancer, care and support, end of life and bereavement care.

**Wakefield
Adult
Education
Service**

**Level 2
Online
Course**

Principles of the Prevention and Control of Infection in Health Care Settings

Topics include the importance of personal hygiene, decontamination, cleaning and waste management, as well as infection prevention and control in a healthcare setting.

**Wakefield
Adult
Education
Service**

**Level 2
Online
Course**

Understanding the Safe Handling of Medication in Health and Social Care

Topics include understanding medication and prescriptions, supply, storage and disposal of medication, legislation, administering medication and record keeping.

**Wakefield
Adult
Education
Service**

**Level 2
Online
Course**

A Day in the Life... Lost at Sea!

Doz

August 19, 2025



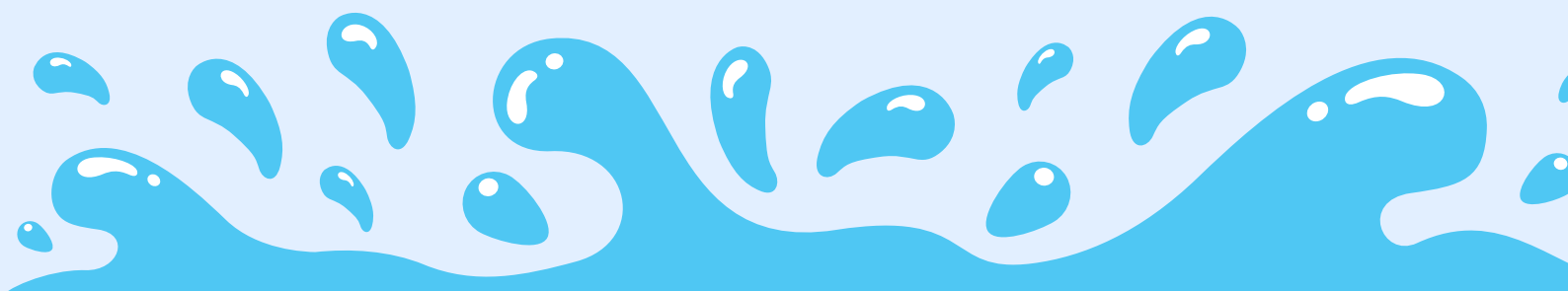
I've always been a water baby – water brings me peace. I was the child that happily spent whole summer days floating along a river pretending to be John Everett Millais' 'Ophelia' while my family enjoyed a picnic with chattering teeth along the riverbank. Water is one of the few loves of my life that has never waned. As I've aged and unfortunately developed a disability, water has become even more important to me – the one place I'm weightless, get a little pain respite and importantly, I don't need to use my cane in the water – nobody knows I'm any different at all.

Living in land-locked Leeds and unable to drive to West Yorkshire's popular wild swimming spots, my ability to immerse myself in water is somewhat limited. If we visit my partner's parents, we always go for a wild swim in a local river and I'll never get over the peace that brought me the first time I was floating along with a low current in an ice cold river – suddenly I was 8 years old playing pre-Raphaelites in Santon Downham again.

Usually in the summertime we visit my parents in the Northeast and hit as many beaches as we can for a seaside swim. My favourite beach since I was about 15 has been, and remains, Saltburn. But that can be tricky if the car park is full and the funicular is out of action as it's unfortunately not the most accessible. Recently my mam told me about a beach they'd visited which was beautiful and almost entirely flat, perfect! So a couple of weeks ago when we made it back to Teesside, we headed a little further to Sunderland to visit Seaburn beach on a beautiful sunny Saturday with no idea just how memorable this trip would turn out to be...

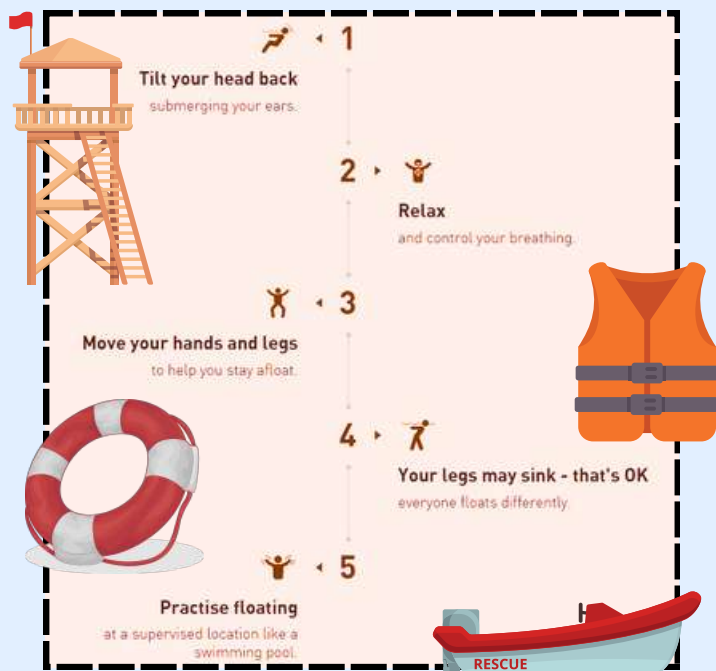
Once we'd arrived, my step-dad, my partner and I headed straight for the sea, making sure to enter between the two flags that identified the area that had been approved for swimming by the lifeguards. It was a little choppy than we'd expected considering the weather, but not the roughest sea I'd entered by a long shot. Minutes after entering the sea I found myself being taken further away by the sea, my step-dad smartly advised me to swim sideways to get myself back and that did the trick. But moments later, out I went again. I had no control over it whatsoever. I was caught in an invisible rip tide. I know what to look out for when entering the sea to avoid a rip tide (darker, deeper water with fewer breaking waves and a rippled surface surrounded by choppy water) but there were none of those signs. Later I found that even the lifeguards hadn't been able to spot it, so I had no chance.

Initially, I panicked. When I found my ardent swimming was fruitless, I became momentarily frightened. The waves were hitting me hard and despite being a relatively strong swimmer, it was clear I wasn't going to be making it over them and back to the sand, I shouted help to my step-dad, waving when I could as I found myself more and more adrift with the shoreline becoming a faraway place.



Luckily, as I spend the majority of my life in a state of panic, I'm uncharacteristically calm and collected in crises. Once I knew I couldn't get back over the waves, I relaxed. I knew that either I would be rescued, or I wouldn't – but that I had no control over either of those outcomes and I surrendered to my fate. Being somewhat morbid, as Tony Soprano would say: "one of them witchy broads", I had seen enough true crime and disaster media to know that the best thing I could do was stay calm and tread water. So I did.

I don't know how long this all lasted, it felt simultaneously instantaneous and eternal. But every now and then I would lift my arms as high as I could and wave – hoping those on the shore would see me and know I was still there and needed help. I repeated to myself aloud: "You're okay. . You're going to be fine" hoping I wasn't telling myself a lie.



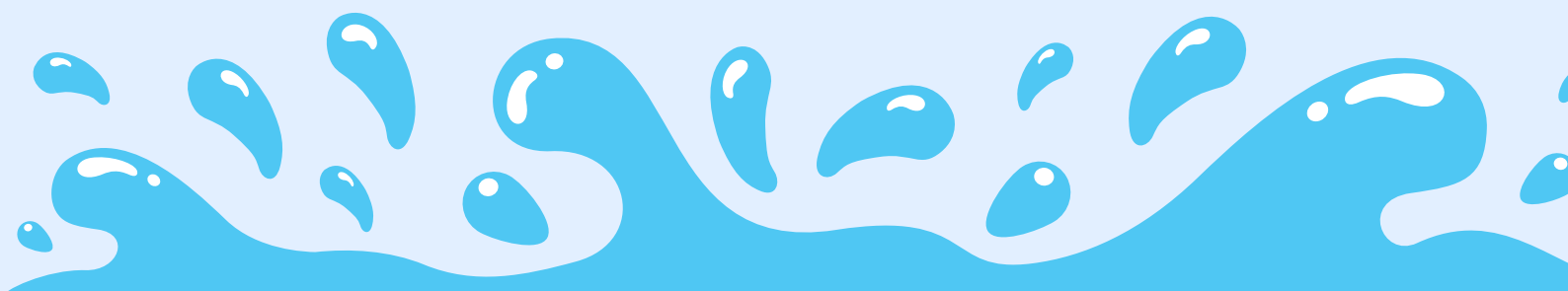
Finally, I heard someone shouting "Hello! You're okay, I'm on my way to you! Don't worry!". Suddenly an angel on a body board appeared and as happy as I was to see her, I think she was equally surprised and happy to find me cool as a cucumber, just apologising for needing rescue and terribly embarrassed!

By this point I was exhausted from treading water and the exertion of trying to get myself back over the waves, so I wasn't able to pull myself up on to her board. Instead, we both held on tight on either side and started kicking our way back to shore. At one point, I lost a swim shoe! Then let my other one go in tribute, despite feeling terrible for littering in the sea but glad that my swim shoes were the only thing I lost that day (plus maybe a little dignity)

Two men on a jet ski appeared, kit out in big helmets that made it difficult to hear them, but it was clear they wanted me to try and come aboard. The back of the jet ski was sloped with handles either side, so I mustered enough strength to drag myself up and onto the safety of the vehicle. Then one of them men threw himself over me, presumably a precaution to keep me safely on the jet ski, and off we went. The surreal nature of the day took its toll and I was overcome with the urge to giggle uncontrollably as we zoomed back to shore. Getting myself in check just in time to hear 'Brace for impact!' And we crashed onto land – that hurt, let me tell you. I was safe, mortified, but safe.

Four days after my ordeal, Matt McDavid a father of two from Leeds had a similar experience in Flamborough about an hour south of where we'd been and unfortunately, he wasn't so lucky. This weighs heavily on my heart, knowing how close I came to not being here writing this silly little article for you to read. I was incredibly lucky; many people have a different fate at beaches in the UK every year.

I was rescued by three wonderful lifeguards from the [RNLI – The Royal National Lifeboat Institution](#) that are a charity organisation who've had lifeguards patrolling beaches since 2001. In 2024 alone they carried out over two million preventative actions, helped over 17,000 people and



saved 85 lives. I'm confident if it wasn't for their quick action that day, I wouldn't be here to thank them.

The RNLI has been a charity for over 200 years and to this day relies on the kindness and generosity of its supporters to provide life-saving interventions – without people like us supporting them, people like me wouldn't be here. You can support them by becoming a member and giving a monthly donation (which I did before I was even back in Yorkshire!), you can volunteer for them, you can leave them money in your will, and you can fundraise for them.

After all this, it would be easy to stay out of the water. But Jaws didn't stop me and this won't either. Once I was back in Leeds, I got straight to my local pool and got back to regular swimming and water aerobics classes. I've had a few wobbles when water got in my mouth or nose, but I use some of the grounding techniques I've learned from our relaxation, mindfulness and anxiety courses to keep myself calm and remember I'm safe.

What I'm going to do next is give back through fundraising. Being disabled limits my options somewhat, so what I'm going to do that's within my capabilities and helps continue my exposure therapy is to complete a sponsored swim. I'm swimming regularly to build up my stamina and going to complete an hourlong swim aiming for at least 50 lengths in an hour. If you would like to sponsor me, either with a sum or per length, it would be greatly appreciated, and I'll be forever grateful. Details of this fundraising are to be confirmed but I'll be happy to share it with anyone who's interested.

But I would love it if everyone who's read this article, if nothing else, could share the great work they'd do. Tell your friends, tell your family, tell your co-workers – sing the praises of this amazing organisation at every possible opportunity. Hopefully one day this organisation won't have to rely on charity, but in the meantime, the more people know about the amazing work they'd do, the more money will come their way to put life-saving work into action.

As we approach another bank holiday weekend, visit beaches and rivers and enjoy the water wherever and whenever you can. But make sure you know you're doing it safely. Don't go in alone. Don't go in if inebriated. Only swim where a lifeguard is present. Make sure you're swimming within the allocated safe areas. And if you do all that and still find yourself in jeopardy the way I did – stay calm, treat water and keep waving for help, following the RNLI's Float to live advice (lay back so that your ears are in the water and float on your back). If you're on shore and see anyone who looks to be having trouble, alert a lifeguard immediately.

'Just keep swimming!'



16-18 years old & unemployed?



The Ridings Shopping Centre

Wednesday 10th September

11am - 2pm

Careers Advice | Job search/CVs | Mental Health
Youth Services | Supported Internships
Training & College | Sexual Health



Competitions, Games – win Amazon vouchers and more!

01924 371579

Connexions
Wakefield-Digital



Location

The Ridings
Shopping Centre

Almshouse Lane
Wakefield, WF1 1DS

Outside
Poundland and
M&S

Bus

Wakefield Bus Station is a 5 minute walk, or depart the Free City Bus outside The Ridings on Kirkgate.

Train

Wakefield Westgate and Wakefield Kirkgate Railway Station are both approximately a 10 minute walk.

Car Parking

There are pay and display car parks situated in The Ridings.

For more information visit
www.connexionswakefield.co.uk

or call us at 01924 371579

Connexions
Wakefield-Digital



WHERE ARE WE NOW?

THIS HERITAGE OPEN DAY MEET OUR VERY SPECIAL GUESTS AS ART, DRAMA AND HISTORY COLLIDE TO EXPLORE MENTAL HEALTH EXPERIENCES PAST AND PRESENT

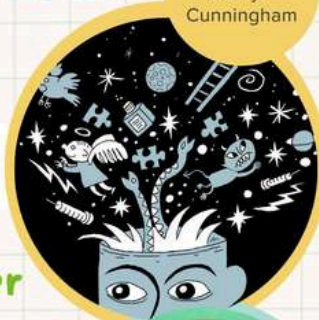
Saturday 20 September
10:30am-3:00pm

- artist Darryl Cunningham will be on hand to talk about his work
- enjoy performances from 'All in Your Head' at 11:45am & 13:00pm
- learn something new on guided tours of the Museum at 11:00am & 1:30pm

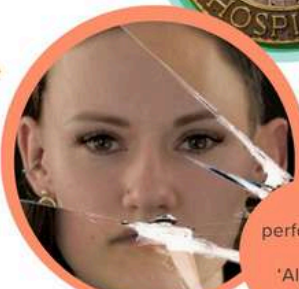
We'll also have handling objects and craft activities – get in touch to find out more!

We're free to visit & everyone is welcome.
Book your place by calling
01924 316360 or email
museum@swyt.nhs.uk

Meet artist
Darryl
Cunningham



Discover 200
years of mental
health history



See
performances
from
'All in Your
Head'



WHERE ARE WE NOW?

Saturday 20 September
10:30am-3:00pm

What's on:

Throughout the day you'll have the chance to chat to artist Darryl Cunningham about his work. Get creative and have a go at making your own comic strip with Darryl's expert hints and tips. We'll also have handling objects so you can get hands on with history!

- 11:00-11:30am: tour of Museum's exhibition by the MHM team (booking required)
- 11:45am-12:00pm: Humanising Mental Health selected scene performance (booking required)
- 13:00-13:15pm: Humanising Mental Health selected scene performance (booking required)
- 13:30-14:00pm: tour of Museum's exhibition by the MHM team (booking required)

We're free to visit & everyone is welcome. Book your place by calling 01924 316360 or email museum@swyt.nhs.uk



Mental Health Museum
Fieldhead Hospital
Ouchthorpe Lane
Wakefield WF1 3SP



Mental Health Museum
Fieldhead Hospital
Ouchthorpe Lane
Wakefield WF1 3SP

Preparation for Adulthood Drop in Sessions

14th October 25

Platform 1, Hemsworth

11th November 25

The Hut, Airedale

9th December 25

Wakefield One - Library

Drop in sessions run

from: 09:00-12:30

Do you/does your young person or a young person you work with have a Wakefield EHCP and live in the Wakefield District?

Do you/they need to talk to someone about what may come next, once they leave school and begin their transition into adulthood?

Our drop in sessions are open to professionals, parents/carers and young people:

Feel free to join us for a chat for guidance around Preparation for Adulthood and support on the following pathways:

- Education & Employment**
- Health**
- Community Inclusion**
- Independence**

**Can't make the session? Please contact
SENDPFA@wakefield.gov.uk to request a
telephone appointment!**

Vaccines help protect what matters most

Check
**your child's
vaccines** are
up to date



STAY STRONG. GET VACCINATED.



Cash Wise



by Vico Homes



Building on the foundations

Cash Wise offers free support and guidance to help you take control of your finances.

If you are a Vico Homes customer and struggling to manage your money, get in touch with the team.

For more information about Cash Wise, including money saving tips and advice, visit our website or Facebook page:
www.getcashwise.co.uk

Cash Wise can help you:

- Understand your benefit options.
 - Reduce your outgoings.
 - Set up a household budget.
- Get your finances back on track.

Providing an individual flexible support service:

- One to one support.
- Phone support.
- Digital / online help.
- Home visits.
- Events, workshops and drop in sessions.

Phone: **01977 724 651**

Text: **07860 019867**

Email: **cashwise@vicohomes.co.uk**

Complete a contact form online or request a webchat at **www.getcashwise.co.uk**



Feeling the Squeeze?



Healthier

Wealthier

 Wakefield Families 





The Healthier Wealthier Wakefield Families project provides support for parents and families to help tackle any financial problems that could impact on maintaining a healthy household.

Working in partnership with

Cash Wise 
by Vico Homes

wakefieldcouncil
working for you



-  Tailored support for parents and families with children under 12.
-  District-wide support.
-  All tenure types supported.
-  Home visits and phone support.

01977 724651

www.getcashwise.co.uk/contact-us/

New Beginnings

Life moves on
And time has gone
Time does not stand still
Nights are darker and more chill
Pause for a moment and reflect
Stand still and recollect
What worked well and what did not:
To start the new term clear
For the last quarter of the year

Summer is out
Without a doubt
It has been long and hot
Time now to achieve - a lot
Soon the rain comes real steady
So umbrellas at the ready
September is upon us
No fuss no muss*

Nothing left behind: except a few specks of dust

And in order to move forward
New programmes approved by the board
It's a new beginning
And award winning
Setting out new programmes will affirm:
The start of the new term.

Emanating from our brand new base
Initiatives bubble to the surface
New programmes to promote
New ideas to float
Creative poetry and writings abound
Haiku and limericks astound
New energies to sap
Even inspirational Rap!

New premises with empty space
Just waiting to embrace
Understanding change
New courses to arrange
Painting and the arts
Knowledge to impart
Health and welfare in full store
Who could ask for more?

History and mindful technique
All arranged bespeak
And play out old tunes once more
From our ukulele class in full score
Christmas presents later to appear
As we draw to the end of the year

Therefore retaining principles well clear
To subjects we hold dear
Study and enjoy
New learning to employ
Come and do your best
Staff and volunteers: will do the rest.

*muss an old word meaning mess from the
1800's

RYDER 2025
ALL RIGHTS RESERVED