



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

October 2025

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.

BE PROUD OF
YOURSELF FOR
HOW HARD YOU
ARE TRYING.
YOU'RE DOING
BETTER THAN
YOU THINK.

Credit: @adoseofreminders

Optimistic October 2025

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



Termtime



College news



It's finally October, and it's officially Autumn! Are you ready for Halloween? Check out this month's Newsletter for some spooky treats!

We'd also like to welcome Emily, one of our coordinators, back from maternity leave!

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



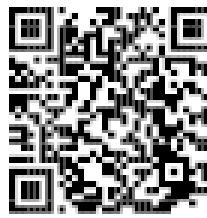
Take a stroll or roll
with us



Understanding trauma
responses and skill
practice workshop

Wakefield Recovery College

16+



For those that give
too much: Everyday
stress

Learn how to macrame

06/10/25
1pm-3pm
Wakefield

Introduction to creative writing

06/10/2025
10am-12pm
On-line

Confidence - mind and body techniques

08/10/25
10am-12pm
On-line

Introduction to aromatherapy

9/10/25
1pm-3pm
Wakefield

Pastel drawing

13/10/25
1pm-3pm
Pontefract

Living with and managing anxiety

16/10/25
10am-12pm
On-line

Bookfolding

20/10/25
1pm-3pm
Pontefract

21/10/25
1pm-3pm
On-line

Your journey through relaxation

22/10/25
10am-12.30pm
On-line

Improving your sleep

23/10/25
1pm-3pm
On-line

An introduction to personality disorder

03/11/25
1pm-3pm
On-line

Accepting change

04/11/25
1pm-3pm
On-line

Journaling for wellbeing

04/11/25
10am-12pm
Wakefield

Christmas Junk Crafting

06/11/25
10am-12pm
Wakefield

Managing fatigue with health conditions

07/11/25
11am-11.45am
On-line

Diabetes awareness

07/11/25
10am-12pm
On-line

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.

NEW courses on Birth, Loss & associated Trauma

Wakefield Recovery College have partnered with Jo Naylor, a senior counsellor with over 25 years experience in providing counselling for pregnancy related distress to provide two NEW courses:

- **Your Birth Story Matters: Healing from Birth Trauma**
- **Navigating Loss, Finding Hope: A support course after Miscarriage**

Each course runs twice; once as a **standalone session** open to the **birthing parent AND their partners/birthing partners**, and once over **2 sessions** which is open **ONLY to the birthing parent**.

These courses are scheduled to take place **online** as follows:

Navigating Loss, Finding Hope: A support Course after Miscarriage

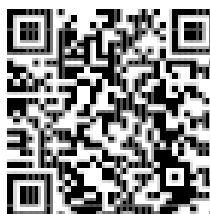
Birthing Parent ONLY: 19th + 26th Nov 2025 - 10:00 - 11:30am

Birthing Parent AND Partner/s: 11th Nov 2025 10:00 - 11:30am

Your Birth Story Matters: Healing from Birth Trauma

Birthing Parent ONLY: 18th + 25th Nov 2025 - 10:00 - 11:30am

Birthing Parent AND Partner/s: 12th Nov 2025 10:00 - 11:30am



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

Understanding hearing voices

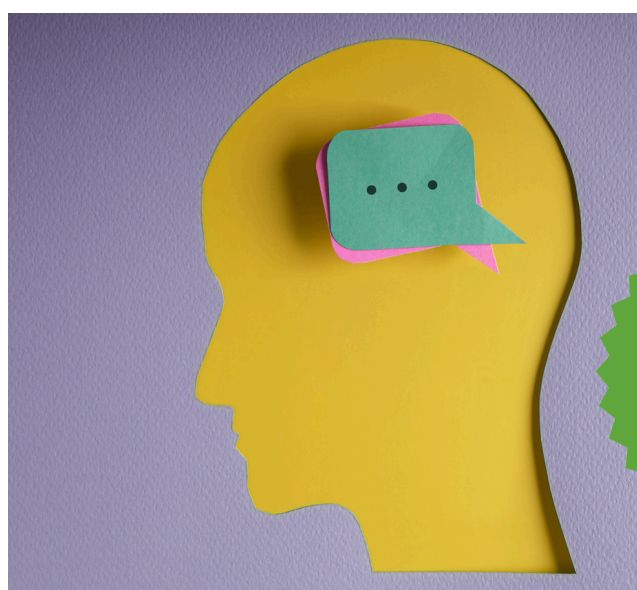
Did you know that the experience of hearing voices that other people do not is more common than many of us realise? Are you interested in developing an understanding of what the experience of hearing voices may mean to you or someone you care about.

During this 2 hour workshop that is usually co-facilitated by someone with lived experience and someone with professional experience, we will talk about:

- how common hearing voices is
- different ways of understanding hearing voices
- some useful ways that people have found to help with hearing voices

Please check out our blog for our newsletter article about hearing voices and the Wakefield hearing voices network.

20th November 2025- 1pm-3pm,
online

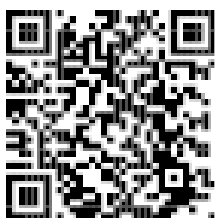


Online
16+



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

FREE
course



With **all of us** in mind.

Christmas rag wreaths

Our simple rag wreath workshop will guide you through the simple steps needed to make your very own rag wreath to take home and hang up for Christmas. Whilst it looks complicated, it's actually very easy and quicker to do than you might think. We might even throw in a few Christmassy tunes to get us in the mood and best of all, you'll be able to take home the wreath you make.

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.

3rd December 2025
10am - 3pm

Space Station, 6 Denby Dale Road,
Wakefield, WF1 1HR

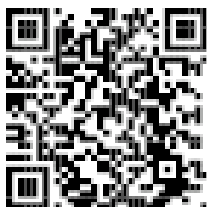


**Face to
face
16+**



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

FREE
course



Wakefield Mental Health Day

Local Support, Lasting Impact



Friday 10th October
10.00am - 16.00pm



Wakefield Exchange
Union Street
Wakefield WF1 3AD

Join us and our partners at Wakefield Exchange on Friday 10th October for a day of connection, inspiration, and support as we bring together local services, guest speakers and community partners to promote mental wellbeing and digital inclusion across the district.

#WakefieldMentalHealthDay

#WMHD

THE
HEPWORTH
WAKEFIELD



NHS
TURNING POINT
TALKING THERAPIES

Turning Point - Registered Charity - 234887

**TURNING
POINT**
inspired by possibility



Wakefield Mental Health Day

Local Support, Lasting Impact

We're proud to host our third annual Wakefield Mental Health Day, a community-led event marking World Mental Health Day.

Discover free mental health support, hear from inspiring guest speakers, explore interactive stalls, get involved in creative activities, benefit from digital skills support and enjoy free physical health checks.

Free to attend – just drop in!



Scan for
more info

EVENT HIGHLIGHTS

- Inspiring Guest Speakers: Steve Phillip founder of The Jordan Legacy CIC and co-founder of The Baton of Hope Suicide Prevention campaign, and Briony Hallas - Healing Through Art: A Mental Health Journey
- Inclusive Sports Demonstrations
- “Ask The Therapist” Panel: Talking Mental Health with the Experts
- Free Physical Health Checks
- Interactive Support Stalls: Free resources from Wakefield based services
- Creative & Family-Friendly Activities: Wellbeing corner, workshops & a live art co-production piece
- Digital Literacy Support: On-the-day help from the NHS

#WakefieldMentalHealthDay

#WMHD



THE
HEPWORTH
WAKEFIELD



NHS
TURNING POINT
TALKING THERAPIES

Turning Point - Registered Charity -234887

TURNING
POINT
inspired by possibility



Seated Zumba!

We are thrilled to be supported by Sport England and The National Lottery to offer 12 weeks of **FREE** Seated Zumba classes for over 50's



**Thursdays
10.15am
Event Space**



Castleford Market, WF10 1BE

Starting Oct 2nd 2025

No need to book, just come along
a few minutes early to your first
session to get started



01977 552114

Registered Charity No: 1096511 Company Limited by Guarantee No: 4512958 Registered in England and Wales

Christmas Donation Appeal



Put a smile on the face of a child in need this Christmas

For Christmas this year, we want to make sure that **every child we support receives a brand new outfit.**

From newborns, toddlers, teenagers and young adults, we hope to spread festive cheer to as many children as possible – up and down the country – with brand new outfits and pyjamas.

But we need your help.

Perhaps you could pick up an extra item of clothing when you do your Christmas shopping this year?

Or help us spread the word by sharing this poster?

However you can support us, it won't go unnoticed!



Find your local donation drop-off point at theclothingbank.org.uk/locations

UNMUTE

A CREATIVE MUSIC & WELLBEING WORKSHOP SERIES

SUPPORTED BY WAKEFIELD COUNCIL CULTURE GRANTS.

FREE 8-WEEK PROGRAMME FOR ADULTS (18+)

PSYCHOLOGY, MUSIC, CREATIVITY AND CONNECTION

MON 13TH OCT 2025 - 1ST DEC 2025

6PM-7.30PM

THE BRIG

ST MARY'S RD, ALTOFTS, WF6 2JH

MUSIC LISTENING & LYRIC ANALYSIS

THEMES LIKE RAGE & RELEASE, THE INNER CRITIC, LYRICS & LIBERATION



Email: connect@theoptimacollective.org

Tel: 01924 806182

Scan the QR Code to Register



Welcome to

create & bloom



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

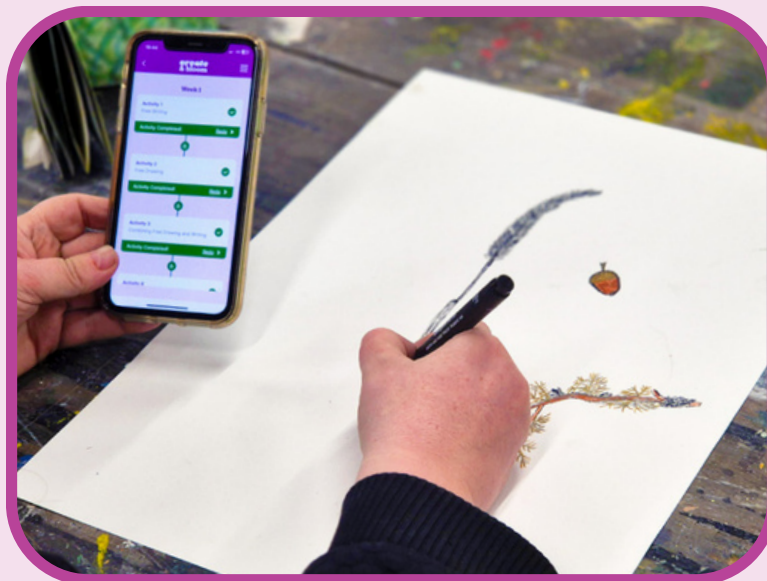


Apple store

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

Create & Bloom was developed by South West Yorkshire Partnership NHS Foundation Trust with additional funding from Arts Council England, Locala, Calderdale Cares Partnership and Calderdale Council.

WAREHOUSE WORKERS NEEDED

Through Smart Solutions & BIFFA



- **Location: Hemsworth, WF9 3TH**
- **Shifts: Monday - Friday 7AM - 7PM**
- **Pay: £12.71 Per hour**
- **Induction: Every Wednesday**
- **Rewards and incentives each month**
- **10 Minute walk from the bus stop**
- **Ages 18-30**

CONTACT

Isobel.elliott@streetleague.co.uk



07590 417868



**STREET
LEAGUE**



UNIVERSITY
of York

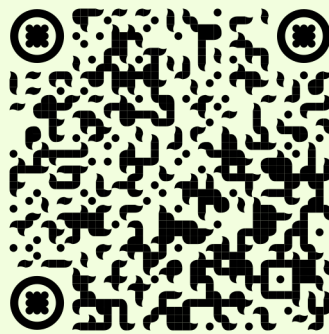


MultiAge

Multilingualism and Ageing

We want to understand how younger and older bilingual adults speaking Mirpuri-Pahari-Pothwari and/or Panjabi use their languages and switch between them.

Please scan QR code, email or call to express interest and learn more.



email: multiage-project@york.ac.uk

website: multiage.github.io

mobile: 07435017504



Are you:

18-30 OR 62-74 years old?



A speaker of English and Mirpuri-Pahari-Pothwari and/or Panjabi?



Willing to share ~2.5 hours in person at a location of your choice, to help scientific research and receive a £25 Amazon voucher?



WF-I CAN

14 - 17

MENTAL HEALTH QUESTIONNAIRE

ARE YOU **14 - 17**
AND LIVE IN
WAKEFIELD?

SCAN ME



YOUR VOICE MATTERS!

ENTER THE
PRIZE
DRAW!

X1 £30 AND
X2 £10 LOVE
2 SHOP
VOUCHERS

DEADLINE:
30TH
OCTOBER

FOR MORE INFO OR SUPPORT EMAIL:
INFO@YLC.ORG.UK OR CALL: **01924 364198**



WF-I CAN

18 - 25

MENTAL HEALTH QUESTIONNAIRE

ARE YOU **18 - 25**
AND LIVE IN
WAKEFIELD?

SCAN ME



YOUR VOICE MATTERS!

ENTER THE
PRIZE
DRAW!

X1 £30 AND
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FOR MORE INFO OR SUPPORT EMAIL:
INFO@YLC.ORG.UK OR CALL: **01924 364198**

Hope Collective | unspoken, loss, begin & moment



<https://forms.office.com/e/W2fM02evHd>



What is the Hope Collective?

The Hope Collective is a research study exploring how, when and in what format poetry could support connection, giving voice to the unspoken and unheard.

Why could writing poetry be helpful?

Poetry can be a helpful tool in healthcare. It works by slowing things down, using pictures and comparisons to help us think deeply. This creates a space where we can all connect over our shared human experiences. Because of this, poetry can be a powerful way to bring healthcare workers closer to parents and their families.

Who can submit a poem?

There are no age limits. Anyone is welcome to submit a poem, whether you have suffered loss or supported someone who has. There are four categories – unspoken, loss, begin and moment. There will be a closing date of **11th December 2025**.

CASUAL TUTOR

JOB VACANCY

Salary: £17,874.60 to £19,690.80,
pro rata. TUL 4

TUT point: 10-13

Contractual hours: 22.2

Basis: Part time

Job category/type: Casual/ Relief

Subject areas include:

- Parenting / SEND including Autism
- Working with the elderly
- Planning/Cooking on a budget
- Independent Living Skills
- Basic craft activities

Job reference: 243826

Closing Date: 12th October 2025

For more information and to apply:

www.wakefield.gov.uk/jobs



If you would like to
know more about the
role please call Deb
Hayes on:



Opening Hours

Tues, Weds, Thurs: 1pm-4pm

Getting Here

Motorway: M1 use J41 follow signs for Fieldhead Hospital

Bus: From Wakefield bus station, use buses towards Pinderfields Hospital

Train: Westgate or Kirkgate station

Sat Nav: Ouchthorpe Lane, WF1 3SP

Admission

The museum is free. A suggested donation of £2 supports the museum's mission and activities.

Contact Us

E: museum@swyt.nhs.uk

T: 01924 316360

MHM

Fieldhead

Wakefield

WF1 3SP

www.mentalhealthmuseum.co.uk

We proudly support #hellomynames

Mental Health Museum is a charity registered in England and Wales, no. 1055931-12



With all of us in mind.



What we do...

Discover with us...

Our collections help to explore themes of control and freedom, working for wellbeing, personal recovery journeys, changes in treatments and services, and our shared lived experiences. We have permanent collections on display in the museum for you to explore and a temporary exhibition programme that includes two new exhibitions a year, outreach displays in changing locations and loans to other museums and galleries.

Learn with us...

We are always learning. Our collections, exhibitions and activities exist to support the life-long learning of our communities. We have a formal learning programme of activities that can be booked by schools, community groups and staff teams. We also offer more informal activities such as high-light tours you can book, mini-museum boxes that you can hire and activities for wards and community mental health services.



Create with us...

We are always looking for ways we can create with you. Our collections, displays and learning activities have been inspired and created by you. Our projects get you involved in developing what we do and how we do it. You can help us collect, put on exhibitions, tell your stories and display your artwork.

Share with us...

You are the reason why we exist. We want to listen to what you think and feel about our collections. You can share your thoughts by leaving your comments on our 'Your say' board, leaving us a message on Twitter or Facebook and getting involved in our activities and projects. Sharing with us helps us to grow, better understand our collections, and supports us to combat stigma and prejudice.

FEEL GOOD FRIDAYS



Weekly Kickabout for Men (18+)

Frickley Park 3G, WF9 2EQ

Starts Friday 10th October 4 - 5 PM

Free until 12th December 2025

No pressure. Just football. Join a welcoming group of lads for a weekly kickabout designed to boost your mood, build confidence, and connect with others through the power of sport.

Whether you're here to play, chat, or just get moving – you're part of the team.

Each session includes a fun match or activity, and new players are always welcome.

What You'll Need: Football boots or astro trainers (essential) Shin pads (optional)

Don't have the right footwear? Contact us before attending!

atf@wakefield.gov.uk or 07796 114342

Scan for more activities!



wakefieldcouncil

You can find specific suggestions in an article by Doz on our blog!

Spooktober Watchlist Prompts

<https://www.wakefieldrecoverycollege.nhs.uk/blog/how-to-have-a-happy-halloween-a-watchlist-guide/>

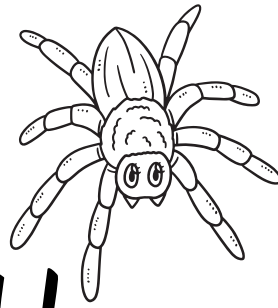
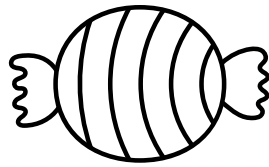
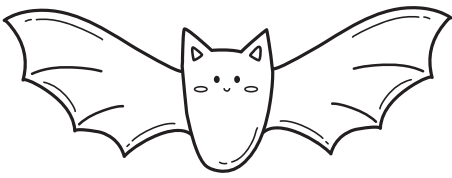
This October if you're looking to watch a spooky film why not use one or all of these prompts to guide your watching experience!

- 1st - Animated
- 2nd - B Movie
- 3rd - Clowns
- 4th - Demons
- 5th - Eighties
- 6th - A Female/AFAB directed
- 7th - Ghost movie
- 8th - Hammer Horror
- 9th - Independent
- 10th - Japanese
- 11th - Korean
- 12th - Horror Love Story
- 13th - Musical
- 14th - Non-English speaking
- 15th - Outer Space
- 16th - POC directed
- 17th - Queer/LGBTQ+
- 18th - Remake
- 19th - Silent Film
- 20th - Teen-movie
- 21st - Under 90mins
- 22nd - Vincent Price
- 23rd - Witches
- 24th - X-Rated (banned upon release)
- 25th - Year you were born
- 26th - Zombies
- 27th - Set in 19th Century
- 28th - Filmed in 20th Century
- 29th - A Trilogy
- 30th - Letterbox'd Top 250
- 31st - Letterbox'd Bottom 250

There are lots of websites and apps you can use to find films for free such as:

- Channel 4/ ITVX / BBC iPlayer
- Pluto TV
- Tubi
- U
- YouTube

You can also sign up with your local library and many libraries have a wide variety of DVDs you can borrow using just your library card!



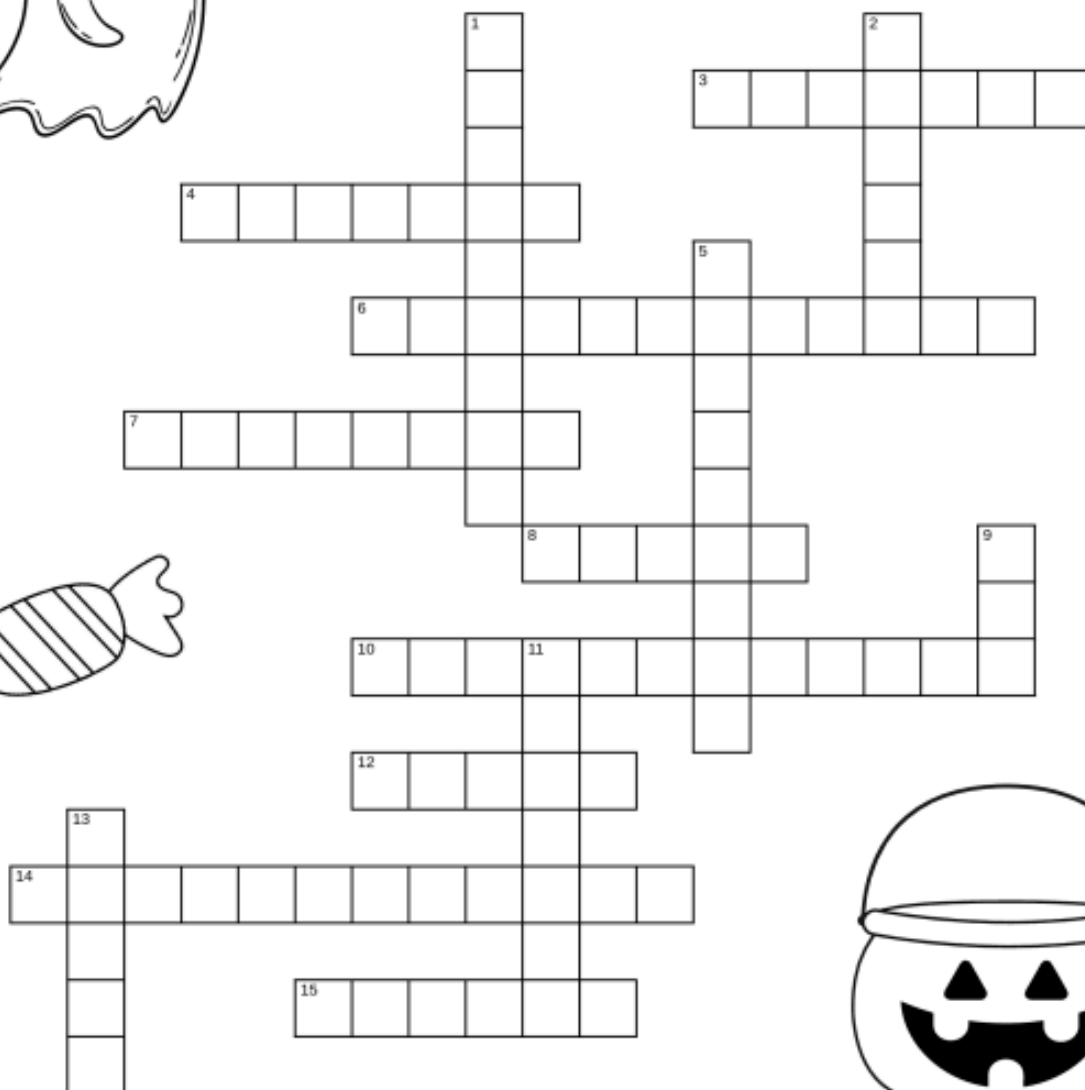
Happy Halloween





HALLOWEEN

CROSSWORD



Across

3. The month when Halloween is celebrated.
4. A mythical creature that drinks blood.
6. A pumpkin with a glowing carved face.
7. The bones inside your body.
8. Often seen with a pointy hat and broomstick.
10. What you say when collecting candy on Halloween.
12. A spooky spirit that can haunt places.
14. A place where people say ghosts and goblins live.
15. Often seen as creepy crawlers on Halloween.

Down

1. Stuffed figure set up to scare away birds from crops.
2. A reanimated corpse in horror stories.
5. A tri-colored Halloween treat.
9. A creature that flies at night and is linked to Halloween.
11. What you wear to dress up as something else for Halloween.
13. Sweet treats collected on Halloween.

Firstprintable
.com

Answers available at https://firstprintable.com/wp-content/uploads/2025/09/Printable-Halloween-Crossword-Medium-2-Answer-Key_Firstprintable_com.pdf

Free crosswords and other Halloween activities available free of charge at <https://firstprintable.com/halloween-crossword/>

AN AUTUMNAL TRAIN RIDE

The evenings draw in quicker now
The trees not ready to shed from bough
Long hot days of summer departed
And are just a memory charted
As we pick up speed in afternoon light
It is just the place to sit and write.

Jack Frost's fingers waiting to be uncurled
Leaves turn to gold but not unfurled
Owls perch in trees and make their
spooky calls
As darkness early falls

Harvesting is complete
Fields of stubble which was once wheat
Yellow fields are bare
Now just an empty square
We rattle past on the tracks
Engine sheds and coal stacks
Hide the view from our coach
Whistles sound on our approach

Shop fronts flash past
At speed so fast
Row upon row of pumpkins line the stalls
All shapes and sizes large and small
Grinning faces carved upon their tough
skin
To surprise shoppers walking therein
Painted witches hang in the shops
Broomsticks and trivia form backdrops
Spelling out the time of year
As Halloween draws near

We pass a place where actors do perform
With cauldrons and witches dodging
storms

A jolt from the train disturbs writing fast
As stations long forgotten are slowly past

A long three quarter mile tunnel lies ahead
Built by those long dead

Entering its gloomy depths quite fast
Are we reminded of its past?
We cannot see hands in front of faces
The light barely shows us in our places
Is someone staring back out of the dark?
As we flash past in blackness stark

Just a trick of the light
To give us such a fright
Bursting out into sunshine once more
Our senses return in full store

Finally at journey's end darkness
surrounds

And no more train whistle sounds
We walk towards the wicker gate
Halloween time does create

Unusual effects:
Is that a footfall from behind?
Playing tricks upon the mind
Was that the gravel crunching?
Or just a train shunting

There is no sound
As we slowly turn around
Maybe someone not paid a fare?
To find that there is no one there!

RYDER 2025
ALL RIGHTS RESERVED

NOTE: To my readers the tunnel and the footsteps I did not invent.