



# The Supporter Newsletter

November 2025

Get in touch to find out more

📞 01924 316946

🌐 [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

✉️ [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)



Follow us on social media



With all of us in mind.

Respond to a difficult situation in a different way



ACTION FOR HAPPINESS

Credit: @actionhappiness

## New Ways November 2025

MONDAY



3 Get outside and observe the changes in nature around you

TUESDAY



4 Sign up to join a new course, activity or online community

WEDNESDAY



5 Change your normal routine today and notice how you feel

THURSDAY



6 Try out a new way of being physically active

FRIDAY



7 Be creative. Cook, draw, write, paint, make or inspire

SATURDAY

1 Make a list of new things you want to do this month

SUNDAY

2 Respond to a difficult situation in a different way

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times

ACTION FOR HAPPINESS

Happier · Kinder · Together



# Termtime



## College news



### 🌟 A Quick Heads-Up from the Team 🌟

We're currently very short-staffed, so it might take us a little longer than usual to respond to messages. We're really sorry for any delays and truly appreciate your patience 🧡

📞 If your query is urgent, please call us on 01924 316946 and if we can't answer straight away leave a message — we'll get back to you as soon as we can.

Thanks so much for bearing with us!

Take care,

The Wakefield Recovery and Wellbeing College Team 💬🌟

### Term opening times

Open 8am-4pm Monday to Friday.

#### Christmas term

3<sup>rd</sup> November 2025 - 7<sup>th</sup> December  
2025

#### Christmas course break

8<sup>th</sup> December 2025 - 17<sup>th</sup> January  
2026

#### Christmas holidays

20<sup>th</sup> December 2025 - 4<sup>th</sup> January  
2026

### 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+



## Managing Fatigue with Health Conditions

07/11/2025 - 14/11/2025  
11:00am-11:45am  
Online

## Living with and managing depression

11/11/2025  
1pm-3pm  
Online

## The history of LGBTQ+

12/11/2025  
10am-11.30am  
Wakefield

## An introduction to mindfulness

13/11/2025  
10am-12noon  
Online

## Learning more about IBS

17/11/2025  
1pm-3pm  
Online

## Your Birth Story Matters: Healing from Birth Trauma (Birthing Parent Only)

18/11/2025 - 25/11/2025  
10am-11:30am  
Online

## Thriving Minds: Your Path to Improved Mental Wellbeing

19/11/2025 - 03/12/2025  
1pm-3:30pm  
Online

## Navigating Loss, Finding Hope: A support course after Miscarriage (Birthing Parent only)

06/11/2025 - 04/12/2025  
10am-11:30am  
Online

## Understanding hearing voices

20/11/2025 - 05/11/2025  
1pm-3pm  
Online

## Hidden harm and parental alcohol use

24/11/2025  
10am-12noon  
Online

## Coping with Christmas

27/11/2025  
10am-12noon  
Online

## Understanding anxiety

01/12/2025  
10am-12noon  
Online

## Coping with Chronic Pain

02/12/2025  
1pm-2:30pm  
Online

## Boost your writing confidence

03/12/2025  
1pm-3pm  
Online

## An introduction to autism

04/12/2025  
1pm-3:30pm  
Online

## Understanding anxiety

19/01/2026  
1pm-3pm  
Pontefract

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto: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](#)

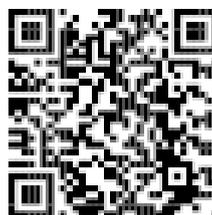
Birthing Parent ONLY: 19<sup>th</sup> + 26<sup>th</sup> Nov 2025 - 10:00 - 11:30am

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

## [Your Birth Story Matters: Healing from Birth Trauma](#)

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

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



Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946

# Understanding hearing voices

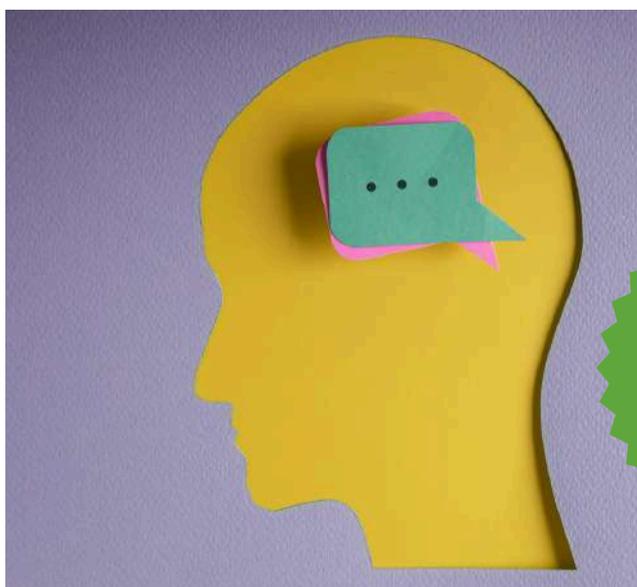
Did you know that the experience of hearing voices that other people do not is more common than many of us realise? Are you interested in developing an understanding of what the experience of hearing voices may mean to you or someone you care about.

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](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946

**FREE**  
course



With all of us in mind.

# Dementia Positive steps

This series of 5 sessions can be attended individually or as a full course. Each session covers an aspect of dementia or supporting someone living with dementia to help you feel informed, empowered, and prepared to manage your future with dementia. You may wish to attend as a family carer, a person living with dementia or because you have an interest in dementia and dementia care.

1. Introduction to Dementia: Provides a general overview of what dementia is, the different types of dementia and the common symptoms.
2. Coping with Symptoms of Dementia: A more in depth look at symptoms of dementia and how we can make these easier to cope with.
3. Practical care in Dementia: Looks at supporting people living with dementia with day to days tasks such as washing and dressing and what aids and adaptations might help us do this.
4. Finances and Support for Dementia: An introduction to the types of support available for people living with dementia and their carers, including financial help, local support and care services.
5. Planning for the Future with Dementia: Thinks about advance care planning and emergency care planning both for people living with dementia and their carers.

**05th of June 2025- 1pm-3.30pm**

**5 Weeks**

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



**Face to  
face  
16+**

Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946



**FREE  
course**

With all of us in mind.

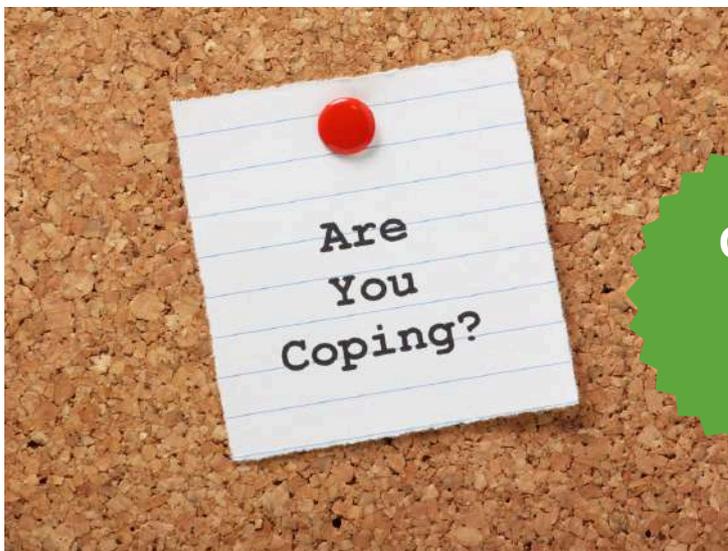
# Coping with Christmas

Christmas is a time for celebration, but for many it can be the toughest part of the year. If you've ever found yourself feeling a little less than jolly in the Christmas period, this course could be for you.

Join us for a 2-hour online workshop to discuss the stressors that Christmas can bring and find some practical hints and tips to deal with the financial, emotional spiritual and social concerns you may have in the lead up to the big day.

27<sup>th</sup> November 2025,  
10am - 12pm

on-line



Online  
16+



**FREE**  
course



Contact the college to enrol  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946



# Pontefract, Castleford & Ossett Christmas Light Switch On 2025



## ***Castleford Light Up - Tuesday 25th November 2025 - 12pm - 6pm***

Join us in Castleford for some festive cheer with the community focussed event hosting a Christmas market and caterers, rounding out the evening with themed street and stage entertainment which will provide lots of festive fun for all ages as we count down to the Light Switch on and the start of countdown to Christmas within the town centre.

## ***Ossett Light Up - Saturday 29th November 2025 - 12pm - 7pm***

Join us at Light Up Ossett where we'll celebrate the start of the festive season with a host of activities including a Christmas market, street food, funfair rides, a stage with live music and entertainment!

## ***Pontefract Light Up - Sunday 30th November 2025 - 12pm - 6pm***

Pontefract Light Up is back, the community focussed event with a Christmas market and street food caterers will round out the evening alongside themed street and stage entertainment which will provide lots of festive fun for all ages as we count down to the Light Switch on and the start of countdown to Christmas within the town centre.





Tel: 01977 722777

Email: [thehut@wakefield.gov.uk](mailto:thehut@wakefield.gov.uk)

Kershaw Avenue, Airedale,  
Castleford, WF10 3ES



## Monday

- 10:00-14:00 Street League (education) Bookable via Street League
- 13:30-15:30 Mad Monday's for over 55's (crafts, Games & bowling)
- 15:00-16:00 Street League - open access
- 15:30-17:00 Young carer group -(referral only) 13+ years (term time)
- 15:30-17:00 After School Club (age 5-11) - open access
- 17:00-20:00 Airedale Project (sports, games & bowling) [elite kids coaching community-sports](#)
- 19:00-20:00 Clubbercise Castleford with Claire. Bookable with Claire (07955 848952)
- 19:00-21:00 Castleford Sea Cadets (Activities & Sports) Bookable via Castleford Sea Cadets (07304 154116)



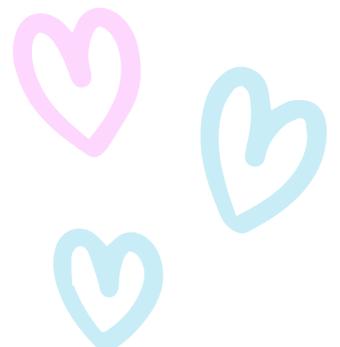
## Tuesday

- 10:00-11:00 Over 60's movers dance with the tigers (Castleford Tigers Foundation)- open access
- 11:00-12:00 Walk rugby with the tigers (Castleford Tigers Foundation) - open access
- 11:00-14:00 Over 50's club (free games and refreshments) - Open access
- 10:00-14:00 Street League (Maths & English education) Bookable via Street League
- 16:00-18:00 Police Education, sports and games - open access - 11<sup>th</sup> November
- 16:00-18:00 Skateboarding (age 11-16) - open access
- 17:00-20:00 Airedale Project (sports, games & bowling) Bookable via Elite Kids Coaching [elite kids coaching community-sports](#)



## Wednesday

- 10:15-11:45 Pop up play village - 5<sup>th</sup> & 19<sup>th</sup> November - Bookable via Pop up play village website
- 16:30-18:00 Fryston Scouts. Bookable with Fryston Scouts
- 17:00-20:00 Airedale Project (sports, games & bowling) [elite kids coaching community-sports](#)





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Email: [thehut@wakefield.gov.uk](mailto:thehut@wakefield.gov.uk)  
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Castleford, WF10 3ES



## Thursday

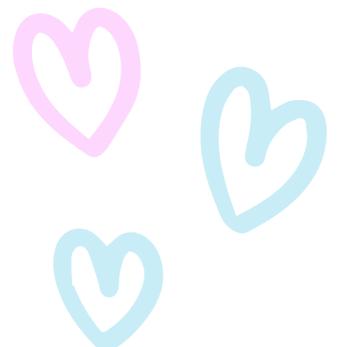
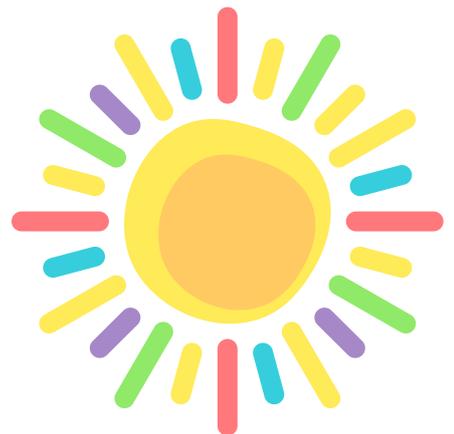
- 10:00-12:00 Walking cricket with Game On! - open access
- 10:00-14:00 Street League (education) Bookable via Street League
- 13:00-15:00 Adult activities and crafts to reduce anxiety and stress - Open access
- 16:00-18:00 Skateboarding (age 11-16) Youth Hub
- 17:00-20:00 Airedale Project (sports, games & bowling) [elite kids coaching community-sports](#)

## Friday

- 9:30-13:00 Nourish & Thrive (Slow cooker session) Bookable via Helen -[helen.ogg@coalfields-regen.org.uk](mailto:helen.ogg@coalfields-regen.org.uk)/07716202522
- 10:00-13:00 Cooking in Colour (Stick blender session) Bookable via Helen -[helen.ogg@coalfields-regen.org.uk](mailto:helen.ogg@coalfields-regen.org.uk)/07716202522
- 10:30-12:30 In This Together - (women's health screening)
- 10:30-12:30 Dementia friendly bowling. Bookable via The Hut
- 16:00-17:00 Under 12's Roller Disco. Bookable via [Ticket Source](#)
- 17:15-18:15 Under 12's Roller Disco. Bookable via [Ticket Source](#)
- 17:30-19:00 Young Persons' Mental Health Group (last Friday of every month) - open access
- 18:00-20:00 Game On! Football - open access
- 18:15-20:30 Over 12's Roller Disco. Bookable via [Ticket Source](#)

## Saturday

- 10:00-11:00 Sportscool (multi-sports, age 4-11) - 1st & 8th November - open access
- 12:00-13:00 Under 12's Roller Disco. Bookable via [Ticket Source](#)
- 13:30-14:30 Under 12's Roller Disco. Bookable via [Ticket Source](#)
- 15:00-16:00 Over 12's Roller Disco. Bookable via [Ticket Source](#)





## YOUR VOICE MATTERS!

Join the Young Lives Advisory Group – where your ideas make a difference.



Meet  
online  
once a  
month



Work on  
projects to  
better  
support  
young  
people



Support  
digital  
content &  
create  
activities



Share  
experiences  
& make  
suggestions  
on improving  
services

To express your interest - email [Sadie@ylc.org.uk](mailto:Sadie@ylc.org.uk) or  
call 07708 471999 / 01924 364198



# ADVENTURES AWAY FROM HOME



*A FREE outdoor experience in the Yorkshire Dales National Park  
For youth groups ready to explore, discover and connect!*

☀️ Calling all youth organisations!

Give your young people an unforgettable day out in nature — completely free, between November & March 2026 with meals provided.

What's included:

- ✓ 4 hours of adventure in the beautiful Yorkshire Dales
- ✓ A meal provided for every young person.
- ✓ We can support with Transport costs if this is a barrier.
- ✓ Young people get to choose their activities from the following;

*\*Dates depending:*

- Dark Skies Event
- Be a Young Ranger for the day!
- Grand Day out in Grassington
- Ingleborough Caves
- Spring time on the farm

- ✓ Supportive, inclusive spaces designed especially for:

- Ethnically diverse communities
- SEND groups (Special Educational Needs & Disabilities)
- Young carers
- Girls' groups and other under-represented young people



Who can take part?

👥 Youth organisations bringing a minimum of 15 young people aged [11-18 or 25 if SEND]

🚫 No experience needed — just a sense of adventure!

Why get involved?

Because every young person deserves a chance to explore somewhere new, breathe fresh air, build confidence, and feel a sense of belonging in the outdoors.

📌 Delivered by the Yorkshire Dales National Park Authority Learning & Engagement Team

# I Can Be...

## A Screenwriter

## A Production Designer

## A Cinematographer

Discover Screen Careers - A FREE Creative Skills Day for 13-17yrs

Saturday 29 November, 10:15am - 3:30pm  
WX Wakefield, Union Street, WF1 3AD



Funded by  
UK Government

Wakefield Council



# WE ARE HIRING

**Social Prescribing Link Worker**

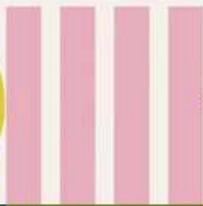
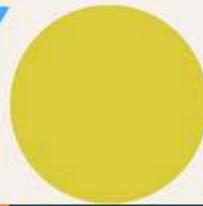
- Full time role
- £28,412 per year
- Great benefits
- Rewarding job in a friendly team

**FIND OUT MORE**  
[www.nova-wd.org.uk](http://www.nova-wd.org.uk)

**APPLY NOW**



# CRAFTED



MAKERS



M



SATURDAY

NOVEMBER  
08  
2025



ARKET



10:00



16:00

FREE ENTRY



**Monday 27th**

**Forbidden Corner Trip,  
10am-5.30pm** Ages 7-11

Join the Young Futures Trip to Forbidden Corner - a unique labyrinth of tunnels and chambers.

Please collect and complete a consent form from the Young Futures team to secure your child's place.

This trip is subsidised by Young Futures at St George's but we are requesting £5 per child towards the admission fee. If you are currently experiencing financial difficulties but would like your child to attend, please contact the team - discretion assured.



**Tuesday 28th  
Pumpkin Festival,  
11am-2pm** All ages

**WORD  
FEST**  
MAKE WORDS COUNT

Join us for a family-friendly fun day with a pumpkin carving contest on the theme "Myths and Legends", a scavenger hunt craft activities like Robin Hood Hats, fairy doors and more. We'll serve free food and drinks and we'll offer treats for sale at the tuck shop too.

A limited number of pumpkins will be available from reception a week before the event to help you take part - please check our Facebook for updates.

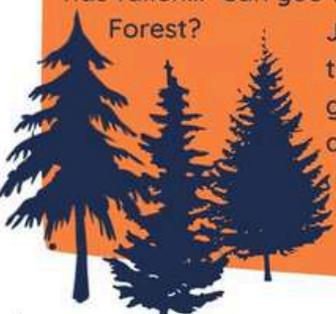


**Wednesday 29th** **WORD  
FEST**  
Escape the Forbidden Forest, 2-4pm  
Ages 7+

The trees have closed in, the path has disappeared, night has fallen... Can you find your way out of the Forbidden Forest?

Join Story Trails this WordFest to solve the mystery of the forest in this fun guided story, containing riddles, puzzles and playful adventure for families.

Book at [ticketsource.co.uk/st-georges-lupset](https://ticketsource.co.uk/st-georges-lupset)



**Wednesday 29th  
Trip to Flip Out,  
10.30am-3.30pm** Ages 11+

Join the Young Futures Trip to Flip Out - the world's biggest indoor trampoline and adventure park.

Please collect and complete a consent form from the Young Futures team to secure your young person's place.

This trip is subsidised by Young Futures at St George's but we are requesting £8 per child towards the admission fee. If you are currently experiencing financial difficulties but would like your child to attend, please contact the team - discretion assured.



**Thursday 30th** **WORD  
FEST**  
The Wondershelf, 11am or 2pm All ages

Step into a magical bookcase where myths and legends burst into life!

Join Temsis Theatre on an unforgettable adventure packed with puppetry, music, and laughter. A celebration of imagination and the joy of reading. Perfect for curious minds and dreamers of all ages.

11am - book at [ticketsource.co.uk/st-georges-lupset](https://ticketsource.co.uk/st-georges-lupset)  
2pm - book at [bit.ly/3Wmn7HB](https://bit.ly/3Wmn7HB)



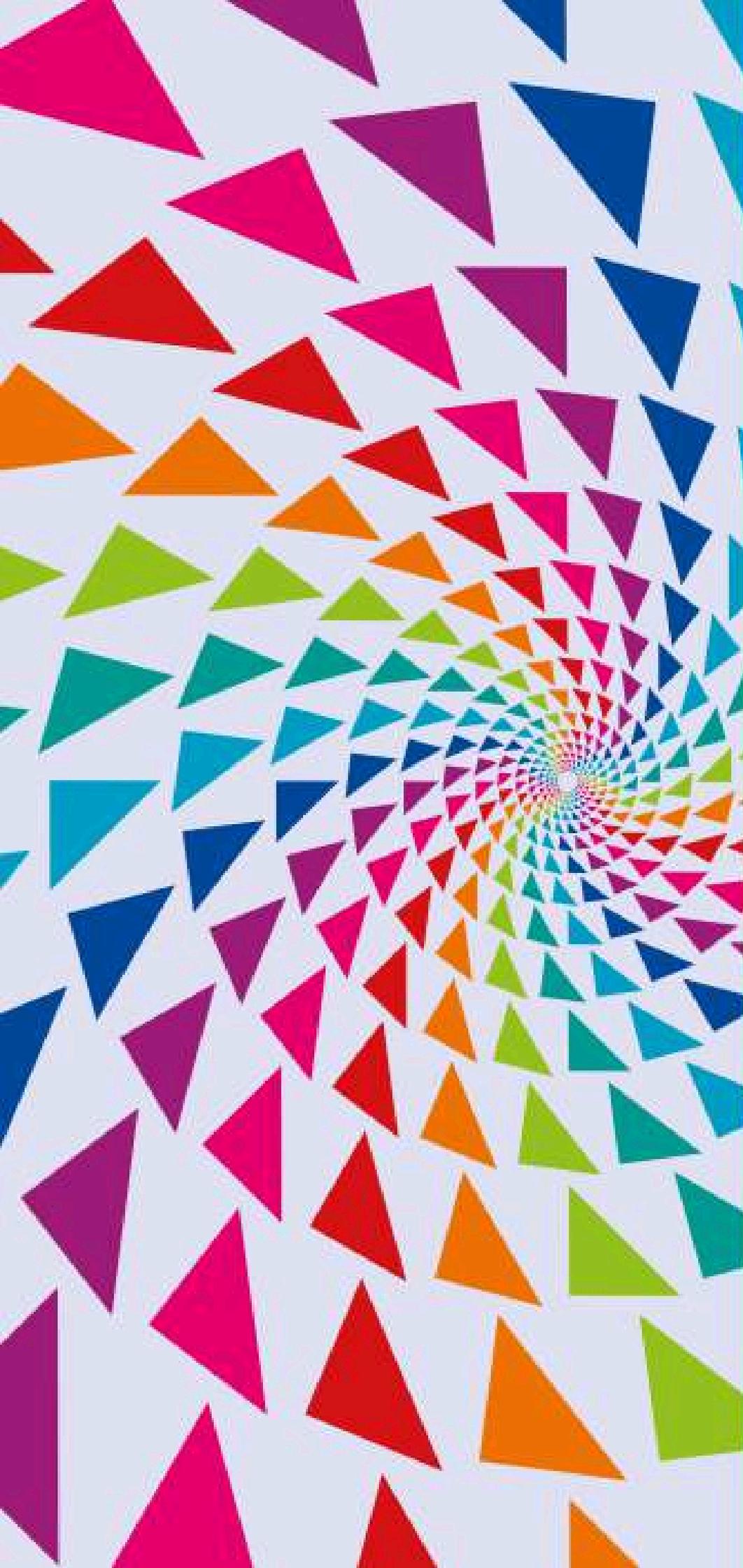
**OCTOBER  
HALF TERM**



**st george's**

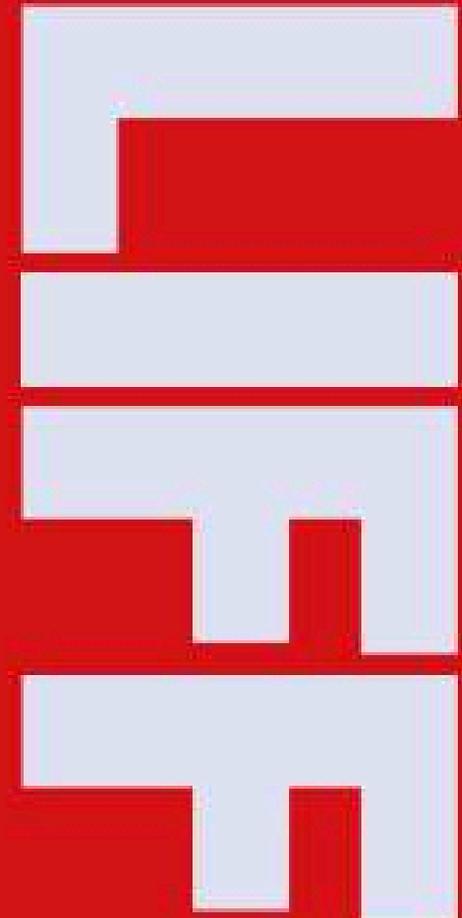
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WF2 8AA



LEEDS INTERNATIONAL  
**FILM**  
FESTIVAL

30 October —  
16 November



**2025**

**Free Guide**

**LEEDSFILM.COM**

Instagram Facebook X @leedsfilmfest

LEEDS ARTS EVENTS & VENUES | THE LEEDS CITY REGION



# illuminate™ the GARDENS



*Prepare to be enchanted one last time as Illuminate The Gardens returns for its grand finale after a dazzling 8-year run at the stunning Sheffield Botanical Gardens. This beloved annual event is more than just a fireworks show—it's a vibrant, multi-sensory experience designed for all ages, filled with wonder, excitement, and heart warming community spirit.*

## Event Information

### *Getting here*

Sheffield Botanical Gardens is situated between Clarkehouse Road and Ecclesall Road in south Sheffield. Access to the event will be through the entrance on Thompson Road (S11 8RB) or through the archway on Clarkehouse Road (S10 2LN).

**Parking around the Botanical Gardens is extremely limited** so attendees are encouraged to walk or use public transport wherever possible.

### Facilities on site

There are toilets with disabled access and baby changing facilities available in The Curator's House and near the Thompson Rd entrance. There will also be additional portaloos available around the site.



**Thought Bubble**

THE YORKSHIRE COMIC ART FESTIVAL

# COMIC CONVENTION

Harrogate Convention Centre  
15 & 16 November 2025

Tickets on sale!



WORLD

TOUR



# K-POP DEMON

# PARTY

Saturday

01

12-3PM

NOV

**CALDER & HOPS**

60 NORTHGATE, WAKEFIELD, WF1 3AP

PRE-BOOK NOW 01924 299627

OR ASK BEHIND THE BAR FOR DETAILS.

*£6 per child  
(includes meal  
& goody bag)*

# WEEKLY PLANNER @ THE ART EXCHANGE CIC

**MON**

Studio hot desking, adults only  
9:30am-3pm

**TUE**

**WED**

Discover Your Calm & Create: New Art Class for 10-17 year olds  
1-2pm

Meet, Make & Mingle, adult social group,  
6-8pm

**THU**

Portfolio Building Class 10-16 year olds  
4.30-5.30pm

Life drawing, adults only  
7-9pm

**FRI**

Autumn Art Adventures for ages 5-10 year old  
11am-12pm



Booking essential, [theartexchangewakefield@gmail.com](mailto:theartexchangewakefield@gmail.com)



## WHAT'S ON THIS WEEK!



ANTENATAL, POSTNATAL AND SUPPORTERS WELCOME!

**Monday 20<sup>th</sup>  
October**

**Tuesday 21<sup>st</sup>  
October**

**Wednesday 22<sup>nd</sup>  
October**

**Thursday 23<sup>rd</sup>  
October**

**Friday 24<sup>th</sup>  
October**

**Wakefield Library**  
Burton Street,  
Wakefield WF1 2EB  
**9:30am-11am**

**Kendal Drive Family Hub** 51 Kendal Drive,  
Castleford, WF10 3SP  
**1pm-2:30pm**

**Ferrybridge Community Centre**  
The Square,  
Ferrybridge,  
Knottingley, WF11 8PQ  
**9:30am-11am**

**Cedars Family Hub**  
Barnsley Road,  
Hemsworth, WF9 4PU  
**1pm-2:30pm**

**Oakhill Family Hub**  
Hardwick Rd,  
Featherstone,  
Pontefract, WF7 5NF  
**9:30am-11am**

**Butterflies Family Hub** Wakefield  
Road, Normanton,  
WF6 1BB  
**1pm-2:30pm**

**Ossett Library**  
Town Hall, Market  
Place, Ossett  
WF5 8BE  
**1pm-2:30pm**

**South Elmsall Library**  
Barnsley Rd, South  
Elmsall, Pontefract,  
WF9 2BP  
**9:30am-11am**

**Horbury Library**  
Westfield Road,  
Horbury,  
WF4 6HP  
**1pm-2:30pm**

**Pomfret Family Hub**  
Rookhill Road,  
Pontefract, WF8 2DD  
**1pm-2:30pm**

# 16 days of action 2025

NOV 25<sup>TH</sup> - DEC 10<sup>TH</sup>

 8-10 Wood Street, WF1 2ED



**25 Nov**

10AM -12PM

Join us for **Banner Making**, to prepare banners for the 'reclaim the night' march.

**27 Nov**

6PM

We are joining the 'Reclaim the night' march! 6pm – 8.30pm from Wakefield Exchange.

**1 Dec**

1PM

Ramsdens Solicitors Q & A session

**2 Dec**

10AM-12PM

**40th Celebration at Wood Street!**  
Join us for a cuppa and a cake to celebrate 40 years of WWC.

**3 Dec**

10AM - 12PM

Wakefield District Domestic Abuse Service: Drop in & Information Session for members of the public.

**5 Dec**

11AM-12PM

In-person workshop for professionals: **Technology Assisted Abuse**. To sign up for this, please email [info@wellwomenwakefield.org.uk](mailto:info@wellwomenwakefield.org.uk)

**8 Dec**

12PM-1.30PM

Workshop for professionals: Trauma informed working with survivors of GBV. To sign up for this, please email [info@wellwomenwakefield.org.uk](mailto:info@wellwomenwakefield.org.uk).



# Hearing Voices Network

for people who hear voices, see visions or have other unusual perceptions



## **Wakefield *Hearing Voices Group***

Friendly peer support group for people who hear voices, see visions, or have other unusual perceptions.

Chat through your experiences with people who can relate.

### ***When?***

**Mondays 12-1.30pm  
(excluding bank holidays)**

### ***Where?***

**Agbrigg & Belle Vue  
Community  
Centre  
Montague Street  
Wakefield  
WF1 5BB**

### ***Who?***

**The group is open to anyone who hears voices or has other unusual perceptions, whether they use mental health services or not. People can bring a friend, family member or worker if they'd like to.**

**If you'd like to speak to someone about this group, please ring  
01924 316936.**



# November Article Spotlight



In this month's '**Article Spotlight**', we're featuring a blog article by one of our volunteers, India, who also volunteers for the charity [Burning Nights CRPS Support](#).

Click [HERE](#) to read the full story.

## **About Burning Nights CRPS Support**

A charity working towards a brighter future for everyone with Complex Regional Pain Syndrome through raising awareness, educating healthcare and the public, and supporting people living with the condition, their loved ones and caregivers, every step of their journey.

### Two perspectives, one goal: Raising awareness of CRPS

Presenting to the British Psychological Society Conference 2025

India Fradgley and Dr Amy Burton



## **Did you know?**

November is CRPS awareness month! Throughout the month of November every year for 25 years, the CRPS community and their families and supporters around the world come together to help raise awareness of Complex Regional Pain Syndrome, we know it as CRPS Awareness Month.

# BONFIRE NIGHT NOSTALGIA

The leaves have turned to gold  
And flutter down in endless spiral: tenfold  
As a child we gathered wood on carts  
From shops and parks eager to make a start  
Great fun to build a bonfire and try to make it stable  
Oh dear is that mum's kitchen table

It was a time of great companionship  
As we built a bonfire from the tip  
Sadly such times have gone  
Remember those happy times and move on

In the cold evening light  
The fire blazing into the night  
Smoke spiralling up as it slowly caught  
Then fireworks brought  
Potatoes carefully wrapped in foil  
To be placed in hot ashes not too long and spoil  
Showers of fizzing sparks  
From sparklers waved in an arc

Rockets placed in bottles or in the ground  
Whoosh up: skyward bound  
Catherine wheels spin  
If the pin stays in  
Upright fireworks explode in myriad colours bright  
Disappearing into the blackened night

Soon the fire dies down  
Glowing embers are great to gather round  
And quiet descends with no more sound  
And talk of times past  
And how the fireworks did not last  
Hot coffee and hot dogs great  
Hot potatoes roasted with butter cannot wait

To do all this sounds quite unique  
If such pleasures you still seek  
Remember your clothes smell of smoke for about a week,  
And fireworks seem to be a financial drain:  
But the betting is that in November next year: you'll do it all again.

RYDER 2025

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