



The Supporter Newsletter


December 2025

Be kind to yourself
& others -
Acknowledge that
the festive period
can be difficult for
many reasons.

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.

December Kindness 2025

MONDAY

1 Spread kindness and share the December calendar with others

TUESDAY

2 Contact someone you can't be with to see how they are

WEDNESDAY

3 Offer to help someone who is facing difficulties at the moment

THURSDAY

4 Support a charity, cause or campaign you really care about

FRIDAY

5 Give a gift to someone who is homeless or feeling lonely

SATURDAY

6 Leave a positive message for someone else to find

SUNDAY

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together



Please note: There will be no
January 2026 edition of The Supporter



Termtime



College news



Our 2025

Wow! What a year!

We've had some ups and we've definitely had some downs this year. 2025 has seen some professional and personal challenges for many of us in this team. If it's not been an easy year for you, you are not on your own! We've been right there alongside and riding the wave with you.

This year, the team have faced unprecedented challenges within our recovery college. For those of you who've been with us for some time, you'll know that due to two of our team being on maternity leave, we were already facing short staffing issues from late springtime. Some of our team and their family members have faced their own illnesses and health challenges. We had to (fairly quickly) vacate our old premises at Prosper House and find a new space to store our equipment and operate some of our courses from. Unfortunately the timing of the move also coincided with the school summer holidays, another bereavement within the team and additional short staffing. That short staffing continued and increased further, coming to a head when our poor Steph had a nasty accident in October. This left us with no admin! Now, you might not know it, but the Recovery College's main cogs-in-the-wheel are our admin colleagues and we almost grind to a halt without them!! So those of us left have all been like swans...looking serene and like we've got everything covered on the surface, but underneath it all we're paddling super quickly to keep everything afloat.

On the positive side, we had another honorary team member join us this year when Kia and her partner welcomed their first child, a baby boy (congratulations Kia!). We were **extremely** grateful to all those involved to be able to get extended support for a couple of days a week to help us with basic admin cover from our peer support worker Katie, and extended coordination cover from our coordinator Doz (we get to keep them both on until March now! Woohoo!). Emily returned to us from maternity leave ready and raring to go. We've been successfully running courses from our new venue at Space Station (thank you to the staff there for your support in this) and have launched lots of new courses, like take a stroll, diabetes-related courses and courses for people who have experienced birth trauma and/or baby loss. We've been successful in obtaining funding bids to help us support local communities, such as carers, with projects across the district. We've also secured several new partners who all have the same ethos and aims as us, working together to support our local communities. Our Freedom from fibromyalgia course went viral! After our tutor Keilly promoted this on a national social media platform, we were so inundated with enrolments from across Britain for this that we had to extend our offer and put on several additional courses over this year and next. Our volunteer base has grown and we've watched many of our volunteers go on to education or employment opportunities. Whilst every single one of our volunteers are valued beyond belief, we would like to give a shout out to two volunteers have gone above and beyond this year and we really couldn't have managed without you! India has single-handedly had the mammoth task of keeping our newsletter going this year (though she's taken a well deserved rest from this month's edition) and

supported our team with numerous other projects and graphic-design advice and expertise. Kev has supported almost every single promotion and marketing event we've attended this year, gone out of his comfort zone to support course facilitation and his confidence has grown beyond belief! A heart-felt thank you to you both. We've also had some wonderful social work students working with us this year! A special thanks to Tia and Veronica for all of their tireless partnership work and volunteer celebration day planning, Henry for his unwavering support during our move and at our marketing events, and to Macy for her proactiveness, jumping in at the deep end and ability to step in alongside her own studies and help us at a time when we really needed it.

Overall it's been a challenging year, but the team is so supportive of one another that we all prop each other up when one person is struggling, ensuring that we we can keep our beloved recovery college still functioning and offering the support that we do to our amazing students and communities.

2026 will no doubt come with its own challenges for us all. Remember though, if you're struggling, we understand and we've struggled too. Reach out and talk to us. The festive period isn't always a fun and happy time for everyone - most of us find it stressful at the very least! It can be lovely and a time with family, friends and neighbours, but it can also be a time when it highlights feelings of loneliness and isolation or reminds us of those who can't be with us anymore. Don't suffer alone - call us. We're always happy to have a chat. This year we're closed for Christmas from Saturday 20th December, returning Monday 5th January. When we're not here, please do contact one of our lovely colleagues at Here For You Wakefield if you need help, support or someone to talk to. They're open 365 days a year, 6pm-midnight, on 07776 962815. You can also read our guide to coping with celebrations: <https://www.wakefieldrecoverycollege.nhs.uk/wp-content/uploads/2025/11/Your-Guide-to-Navigating-Annual-Celebrations.pdf>

2025 in numbers

100% of people who attended told us they would recommend us to their friends and family.

We had 536 new enrolments this year. That's 3 every working term-time day!

We enrolled 3930 places on courses!

Our busiest and most well attended courses were in June and September.

We have 2037 students registered with us at the moment.

Our most popular months for new bookings were March and April.



Term opening times

Open 8am-4pm Monday to Friday.

Christmas course break

8th December 2025 - 17th January 2026

Christmas holidays

20th December 2025 - 4th January 2026 - No staff, telephones or emails

Term 2

Courses begin again on the 19th January 2026



Courses



Dementia - Positive steps



Fire safety in the home (a practical course)



Diabetes awareness



Managing diabetes



Understanding anxiety



**Wakefield
Recovery
College**

16+



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

**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-2pm
Online

**Boost your writing
confidence**

03/12/2025
1pm-3pm
Online

**An introduction to
autism**

04/12/2025
1pm-3.30pm
Online

**Creative crafting for
beginners**

20/01/2026 (6 weeks)
9.45am-11:30am
Pontefract

**Managing Fatigue with
Health conditions**

20/01/2026
11am-11.45am
Online

**Card making for
wellbeing**

21/01/2026 (2weeks)
1pm-3pm
Wakefield

Creative fitness

21/01/2026 (8 weeks)
11am-12noon
Normanton

**Scrapbooking for
wellness**

21/01/2026 (4 weeks)
10am-12noon
Wakefield

**Diabetes
awareness**

23/01/2026
10am-12noon
Wakefield

Managing diabetes

30/01/2026
10am-12noon
Wakefield

**Simple weaving
techniques**

04/02/2026 (2 weeks)
1pm-3pm
Wakefield

**Your journey
through
relaxation**

05/02/2026
10am-12.30pm
Online

**Understanding
depression**

09/02/2026
12.30pm-2:30pm
Online

**Confidence – mind
and body
techniques**

23/02/2026
1pm-3pm
Online

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

**Wakefield
Recovery and Wellbeing College**
Home of the Discovery College

With **all of us** in mind.



The College's "Days of Christmas" returns for another year!

Between Saturday 20th December 2025 and Sunday 4th January 2026, we will be bringing back our "Days of Christmas" series on our social media platforms. Every day, whilst the team take their well-deserved two weeks off work and we shut down our phone lines and close our emails, we release activities, reflections, tasks and support via all three of our main social media platforms (Facebook, X/Twitter and Instagram). Why not check in with our pages every day and see what you might like to do with other like-minded students.



COULD YOU BE A TRUSTEE?

Nova Wakefield District is hosting a friendly, welcoming session for anyone who's ever thought about becoming a charity trustee - or who's simply curious about what trustees do.

We especially want to hear from people from diverse backgrounds and experiences, as local charities are stronger when their boards reflect the communities they serve.



Trustees are people who lead charities and, together with other board members, decide how they are run. They care about a charity and want to help guide it in the right direction.

HOW TO GET INVOLVED

The session will cover

- What trustees actually do
- The key responsibilities (in plain English!)
- Why diversity in decision-making really matters
- Where to find support in Wakefield District and next steps if you're interested

Dates of online sessions

- Monday 24 November, 1pm - 2pm
- Tuesday 25 November, 9am - 10am
- Wednesday 26 November, 10am - 11am
- Thursday 11 December, 2pm - 3pm

To book on, visit
tinyurl.com/wakefieldtrustee
or use this QR code



Supported by
West Yorkshire
Combined
Authority
Tracy
Brabin
Mayor of
West Yorkshire

On Board Buses Consultation

West Yorkshire Combined Authority are designing new buses for the new bus network! They want your input to make sure the internal features of the buses meet your needs (e.g. accessibility, seating, staying comfy, wifi, journey alerts, and more). Head to the website to have your say:

www.yourvoice.westyorks-ca.gov.uk/OnBoardBuses



**FUTURE
SELPH**

safety empowerment learning practical skills health + wellbeing

Struggling with
the basics?

Overwhelmed?

Want to
learn new
things?

Want to connect to
your community
+ make friends?

Is daily
life difficult?

A free service
in Wakefield
for 16-25
year olds.

What you've said about us:

"My world has got a bit bigger" - AS, 24

"I've discovered my normal" - LP, 23

"You give me hope I'll be OK someday" - RJ, 21

We support 16-25 year olds to
discover an improved sense of
mental and emotional wellbeing.

You refer yourself or are
referred

Together we can choose
where + when to meet

1-2-1 support about things
that matter to you

Social groups

Meeting
new
friends

Professional
advice

We can support you whilst you
are on waiting lists for other
services.

We'll listen to find out
what's going on + we
won't judge

Skills workshops

We'll make sure you have the tools
you need on your journey

Volunteer
opportunities



**FUTURE
SELPH**

st george's

Refer yourself by...

- Scanning the QR code
- Calling 01924 330267
- Texting 07778 057175

Or emailing
futureSELPH@stgeorgeslupset.org.uk



Wakefield Recovery College

CHRISTMAS MOVIE MATCH-UP

Which movie is each team members favourite?

Answers at the bottom, no cheating!

Averil	a. The Holiday
Di	b. Miracle on 34 th street
Doz	c. Christmas Chronicles
Emily	d. One Magic Christmas
Gail	e. Home Alone
Katie	f. Bridget Jones' Diary
Kia	g. It's a Wonderful Life
Lindsey	h. Nativity
Macy	i. Arthur Christmas
Steph	j. Elf
Tina	k. White Christmas
Rachel	l. Harry Potter & The Philosopher's Stone

Answers: Averil - j | Di - f | Doz - d | Emily - g | Gail - k | Katie - i | Kia - b |
Lindsey - h | Macy - i | Steph - c | Tina - a | Rachel - e

Modelling Construction Group

Combating isolation and loneliness in men this winter period.

What?

A confidential group for anyone who identifies as male, is 18+ and lives in the Wakefield District or has a Wakefield GP.



Includes?

Wooden Modelling
Tower Building
Team Work



Key Details

When?

Every Thursday until
25th February 2026.
14:00 - 16:00

Where?

The Art House,
Wakefield, WF1 2TE

How do i take part?

Contact our office to refer
and book an assessment.
Once these things have
taken place, you can join
straight away.

Can i volunteer?

Yes, volunteer opportunities are
available. Contact our office for
more information.





Take a mindful moment and
spend some time colouring
in our Christmas Eve scene.



NEURODIVERSITY AND ME

Join our workshop and explore practical ways that can improve your daily life and help you to feel more confident with or without a diagnosis



What to expect

A free, 2 x 1 hour, small group workshop providing an opportunity to:

- Understand how neurodiversity affects us
- Learn ways to improve concentration, communication & organisation
- Discuss ways to address sensory overload
- Practice breathing techniques
- Connect with other people who identify as being neurodiverse

Why choose us?

Our workshops are lead by a team of trained staff and volunteers with their own experiences of living with a long-term condition

Useful information



Who: Anyone aged 18+, living in the Wakefield district, or registered with a Wakefield district GP



Where: Online via Microsoft Teams or in person at accessible venues across the Wakefield district

When?

Online via MS Teams

Wednesday 10 December,

Thursday 11 December

1:00 – 2:00 PM

For more information or to book please contact us

✉ livewellwakefield@swyt.nhs.uk ☎ 01924 255363 🌐 www.livewellwakefield.nhs.uk

Makers Wonderland

08/11/25 - 23/12/25

The Art House

"Step into a spellbinding winter wonderland where the charm of a traditional Christmas market meets the curated elegance of a contemporary art exhibition. From handcrafted ceramics to unique textiles, each item in this curated collection has been thoughtfully selected to showcase Yorkshire's most inspiring artists, makers, and designers." Cost = Free event.

Carols by Candlelight

12/12/25 & 19/12/25, 7pm

Wakefield Cathedral

"Carols by Candlelight is a magical evening filled with traditional carols, festive cheer, and the glow of hundreds of candles right here in the heart of Yorkshire."

Cost = Tickets for this annual event cost between £15-£25 each. They sell out every year so you'll need to act quickly to get your ticket.

What's on in Wakefield this December

<https://experiencewakefield.co.uk/whats-on/>

Santa's Magic Workshop

22/11/25 - 24/12/25

National Coal Mining Museum

"Meet Father Christmas and his busy team of elves, as they tinker away preparing for the big day in their twinkling, enchanted, toy-making workshop, enjoy a very special, heart-warming Christmas story, take part in a festive trail, where children will craft their very own wooden memento, get creative with Christmas crafts and receive a special gift from Father Christmas." Cost = £12.50 for Children, £5.50 for adults (+ £1 extra on Christmas Eve).

Christmas at Nostell

01/12/25 - 04/01/26

Nostell Priory

"Nostell is transformed into a storybook adventure. Follow the story room by room before finishing the house experience with the enchanting gingerbread village, reimagined with festive wonder. From here, at weekends, your journey continues through the garden to the glass house, where Father Christmas will make his appearance." Cost = £6.50. Quiet sessions with Santa 10am-11am on 7/14/21 December - reserve on 01924 863892.

What's on at the new Wakefield Exchange

<https://wxwakefield.co.uk/Whats-On/Details?event=Festive-Fun-25>

Forever Funky - over 60's disco **04/12/25 12:30pm-3:30pm - FREE**

"Forever Funky is the daytime disco for over 60s who like to party. The DJ will be spinning tunes from the 60s, 70s & 80s, with a festive twist for the Christmas season. With an onsite bar, coffee shop and street food, Forever Funky is your chance to let loose and dance like nobody's watching. So grab your dancing shoes (or comfy trainers) join us for an afternoon of music, memories, and moves that never go out of style.

Dress code: Sparkles and shine!

This event is in partnership with Age UK."

Toddler Christmas disco (ages 0-5)

19/12/25 9:30am-11:30am - FREE

"There'll be joyful dancing, playful games, and plenty of giggles, all set to your favourite holiday tunes. Feel free to dress up in your cutest Christmas costume (reindeer antlers, elf hats, or sparkly tutus welcome)!"

Family drop in - Watercolour Christmas cards

06/12/25 12pm-2pm - FREE

"Drop into WX and create your own beautiful watercolour Christmas Cards.

Chris Teal is an experienced Brusho watercolour artist. Drop in for this free, fun hands on session, and create beautiful Christmas cards, using watercolours, glitter and mixed media! This session is suitable for children aged 4 and up."

Clay Christmas pudding workshop (ages 19+)

09/12/25 9:30am-11:30am - FREE

"Take a little clay and a lot of Christmas magic to make your own Christmas Pudding Decorations! Make clay Christmas puddings as hanging decorations which will be glazed and fired in the kiln ready for collection before Christmas. This workshop is not recommended for pregnant women due to the use of glazes. Booking required. Call 01924 303302 or email manygates@wakefield.gov.uk."

Kids Christmas disco (ages 5-12) **20/12/25 12pm-2pm - FREE**

"Get ready to hit the dance floor with your friends, show off your best moves, and dive into a night of games, tunes, and holiday fun. Whether you come dressed as a cool elf, a sparkly snowflake, or just rock your favourite party outfit, it's all about good vibes and great energy."

Family drop in - Festive paper garland making **21/12/25 11am-3pm - FREE**

"This cheerful drop-in activity invites kids to get creative with colourful paper, glitter, and all things Christmassy. They'll design and craft their very own paper garlands. Think stars, snowflakes, candy canes, and jolly shapes galore, to take home and hang up for the holidays. This relaxed session is all about snipping, sticking, and spreading seasonal joy. No booking needed, just pop in and join the merry making!"

Who we are

I am a family man with thirty years of tutoring experience. Based in Wakefield and servicing the West Yorkshire area. I can provide lessons in your own home tailored to suit any age or ability.

- Exams, GCSE, School work
- Music for fun or entertainment
- Enthusiasts
- All levels and abilities

Contact us

Please get in touch to discuss your options and arrange a free preliminary consultation:

Phone: 07902 672 133

Email: nicolas.greensmith8@gmail.com

Wakefield; West Yorkshire



Piano Tutor

Phone: 07902 672 133

Email: nicolas.greensmith8@gmail.com

What we offer

- Free preliminary consultation to meet up and assess your needs and discuss your options.
- Ongoing weekly Tutorials in your own home.
- Lessons and schedule tailored to suit your needs.
- Adaptable schedule to fit around you, your holidays, your aspirations
- Online Support between lessons.
- Help with choosing and buying music books

A local, supportive service who understand additional mental health needs whilst learning.

Our products & services

Weekly Tutorials

Weekly tutorials are recommended to help with consistency and provide a good medium for making consistent progress going forward. Practice in between sessions is highly recommended and will aid more rapid progress.

1

Ongoing online support

Online video chat can help support you between lessons and help cover any gaps or missed appointments. It is also a useful medium for discussion and supporting your musical needs in general.

2

Theory Lessons

Including support for GCSE music and General Music Theory as covered by ABRSM and other examination boards

3

Wakefield's Festive Feels

No One Should Feel Alone at Christmas

If you're feeling lonely this Christmas, we'd love to welcome you for a warm drink and a friendly chat. ❤️

☕ Free hot drink

👥 Good company

🕒 9:30am – 10:30am 25th December

💛 No selling, no pressure, just a safe, welcoming space

Whether you'd like someone to talk to or simply to sit with others, you're more than welcome to join us. Please share this with anyone who might appreciate a little warmth and connection this season. ✨

You're not alone we're here.

Buttons Wakefield

Button Up Your Taste Buds



07375511316

buttonswakefield.com

Bridge Gate Farm, Shay Lane, Walton, Wakefield, WF2 6PR

home instead.

BE A SANTA

- Help Home Instead Wakefield bring joy to our local elderly residents this Christmas!



Non - perishable food
(tins, tea, biscuits, soups, etc.)



Selection boxes & festive treats



Toiletries & small comfort items



Drop off your donations at:

Home Instead Wakefield, 3H, The Gateway, Fryers Way, Ossett, WF5 9TJ
Farmhouse Kitchen, Silkwood Business Park, WF5 9TR, 3rd Nov & 1st of Dec, 12PM - 3PM
The Bridge Inn, Bridge St, WF1 5RT, 6th Nov & 4th Dec, 12PM - 3PM
Hampsons Plant World Denby Dale Rd, WF4 3AZ, 19th Nov & 17th Dec, 12PM - 3PM

Collection ends: 17th December

All collections will be distributed through Home Instead Wakefield, Age UK, Alzheimer's Society and local food banks.

♥️ Let's make sure no one is forgotten this Christmas.



Reverse Advent Calendar

This year, why not support local food banks (some of whom have seen a 25% decrease in donations this year) with a reverse advent calendar. Either alongside receiving your own advent treat, or instead of, why not put aside one food bank item a day to donate. You can find out more about food banks, donations and support via [Wakefield Council](#), or directly through our local food banks, including [The Well Project](#) in Normanton, [The Link](#) in Castleford and [St. Catherine's](#) in Wakefield.

Card making for wellbeing

During this 2-week course, we will explore the craft of card making. Crafting can relieve stress and tension in our everyday life and can be an opportunity to express ourselves creatively. This course will be a chance to meet new people and learn new skills whilst improving our wellbeing. You may decide that the mindful craft of card making will become a new hobby for you and a skill that you can recreate at home and share your new skills with your friends and family. Your wonderful creations could also make great personalised gifts.

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.

21st of January 2026 - 1.00pm-3.00pm
2 Weeks

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



**Face to
face
16+**



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

FREE
course



With **all of us** in mind.

Introduction to Woodland Skills

Do you want to learn some practical skills in a woodland setting?

This course, running with our partners at Athelas CIC, provides the opportunity to learn with instruction and supervision, how to develop a range of woodland skills.

Practical skills covered will include:

- 1) The safe lighting, management, use, and extinguishing of an open fire.
- 2) The safe use of hand tools and carving knives to create natural crafts.
- 3) The identification of a range of native and introduced trees and plants, and their uses and ecology.

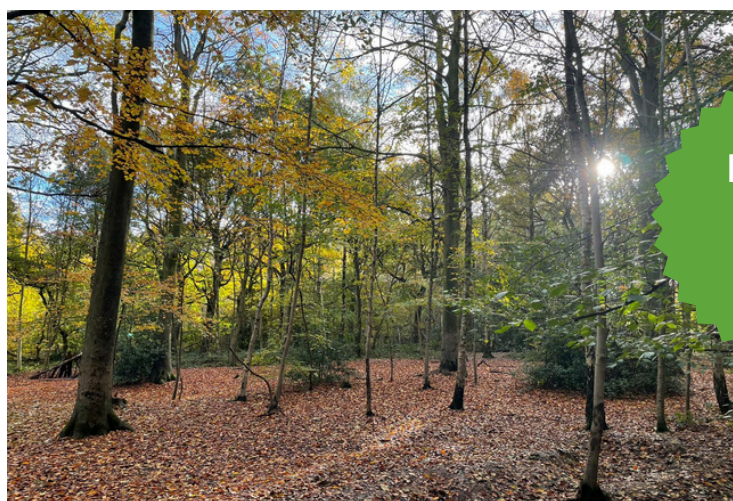
The course is designed to give adult students access to a woodland environment where they can gain practical skills and support their wellbeing by being out in nature. Students will need a moderate level of fitness as the sessions are held in a woodland setting which is accessed by paths which are sometimes muddy.

The location for this course is within Bulcliff Woodlands, Denby Dale Road. There is a bus stop within walking distance and there are car parking facilities available. However, if you have any concerns about travel to or from the location, including financial restrictions, please contact the College and we will see if we are able to offer any support for this.

The course runs for 4 weeks starting on:

22nd of January 2026- 1pm to 3pm

**Bulcliff Woodlands, off Denby Dale Rd/A636,
Wakefield**



Face to
face
18+



FREE
Workshops



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

With all of us in mind.

Fire safety in the home – practical training

In our two hour practical fire safety training session, taught by an experienced fire safety advisor and previous fire fighter, you'll get the opportunity to:

- Learn about the things needed to start or fuel a fire and how we can reduce the risk of fire in the home by being more aware of these.
- See some of the consequences of not being fire aware.
- Learn about the different types of fire extinguisher and what each of these are for.
- Learn how to safely tackle a small fire, using fire extinguishers and a fire blanket.
- Learn how to safely make your way out of a smoke filled room (please note the "smoke" used in the practical is non-harmful and simply mimics the limited visibility caused by real smoke).

14th of May 2026- 10.30am-12.00pm

**Fieldhead Campus, Fieldhead Hospital,
Ouchthorpe Lane, Wakefield, WF1 3SP**



**Face to
face
18+**



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

**FREE
course**



With all of us in mind.

A Christmas Rap

Christmas time is here
Round again for another year
Time for festive fun
Probably won't see the sun

Houses lit with cheerful lights
Reindeer and snowmen
bright

Time to bake
Mince pies Christmas cake
Turkey and Christmas pud
So very good

Put up the Christmas tree
Presents round for you and
me

Decorations shining bright
Cold winter moonlit night

Stockings hung
Church bells rung
Children pretend to be in bed
Waiting for Santa's sled
Noise up on roof
Sounds like reindeer hoof

Footprints on the path
Soot trod on the hearth
Santa has left his mark
Shame couldn't find where to
park

Guests arrive
Long drive

Doorbells ring
Parties full swing
Time to rest
Enjoy the fest

An annual tune
Boxing Day sales soon
Coming up will be Big Ben
As old year end

Christmas is nearly here
And if you miss it
It'll be back next year.

**MERRY CHRISTMAS AND A
HAPPY NEW YEAR**



Here For You Wakefield & 5 Towns

Struggling to Cope?
Feeling Overwhelmed?
You Are Not Alone.

Out of Hours Support in a Safe Space
Free urgent mental health support.

- No need for GP or hospital.
- Available to 16 years+



Call: 07776 962 815

We are open for support from 6pm to
midnight every day of the year

Refer online any time

Our teams will call you back within 24hours

Go to our website or scan the QR
code to refer online.



www.touchstonesupport.org.uk/hereforyou



HereForYouTS



Here For You

Out Of Hours Support In A Safe Space



Wakefield District
Health & Care
Partnership





MERRY Christmas

FROM ALL OF US HERE AT THE WAKEFIELD RECOVERY
AND WELLBEING COLLEGE,

THANK YOU FOR BEING PART OF OUR 2025.

WE HOPE YOU ENJOY THE FESTIVE PERIOD IN
WHICHEVER WAY YOU CHOOSE TO SPEND IT AND WE'LL
SEE YOU ALL IN 2026.