



The Supporter Newsletter

February 2026

Be gentle with yourself when you make mistakes




ACTION FOR HAPPINESS

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.

Friendly February 2026

MONDAY



2 Ask a friend how they have been feeling recently

TUESDAY



3 Do an act of kindness to make life easier for someone

WEDNESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

THURSDAY



5 Make time to have a friendly chat with a neighbour

FRIDAY



6 Get back in touch with an old friend you've not seen for a while

SATURDAY



7 Show an active interest by asking questions when talking to others

SUNDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Over the next year we still hope to get our newsletter out to you monthly, however, we're still facing staffing shortages so there may be the odd month when publishing a newsletter isn't possible. Don't worry though, you can keep in the loop via our website and social media pages instead.





Termtime



College news



Welcome back! With term two starting back on the third week of January and the winter solstice behind us now, we can well and truly start to look forward to Spring heading our way next month. We're now through the darkest weeks (shortest days) of the year, the birds have started singing a little more, Valentine's day is around the corner and the clocks go forward on the 29th March.

New years don't have to mean new starts, or "new you" promises - what's wrong with the you that you already know! There's a lot of pressure to feel like you have to make changes or keep up with trends and resolutions. This year, our team haven't made resolutions as such and have made self-care promises, or looked at things we'd like to achieve instead, such as swapping the TV for a book or a board game a couple of nights a month, meal planning, or going out for a walk during our meeting calls. We're using 2026 to focus on ourselves and the power of saying "no" to things when we're feeling overwhelmed. What self-care promises have you made to yourself lately? Why not make the first promise attending a new wellbeing course of ours...there's lots of new exciting topics (and the return of some of favourites) this year. Take a quick look at our courses pages each week for new listings <https://www.wakefieldrecoverycollege.nhs.uk/courses-and-enrolment/>.

This month sees the start of Ramadan, a spiritual month for our Islamic friends and colleagues where people partake in additional prayer, fasting, reflection and generosity, followed by the celebration of Eid at the end of this period. Join is in wishing everyone *Ramadan Mubarak*!

Term opening times

Open 8am-4pm Monday to Friday.

Term 2 - first half (2026)

19th January - 13th February

Spring half term (2026)

14th February - 22nd February

Term 2 - second half (2026)

23rd February - 27th March

Easter holidays (2026)

28th March - 6th April

Term 3 - first half (2026)

7th April - 22nd May

Upcoming Courses



For those who give to much: Everyday stress



Fire safety in the home (a practical course)



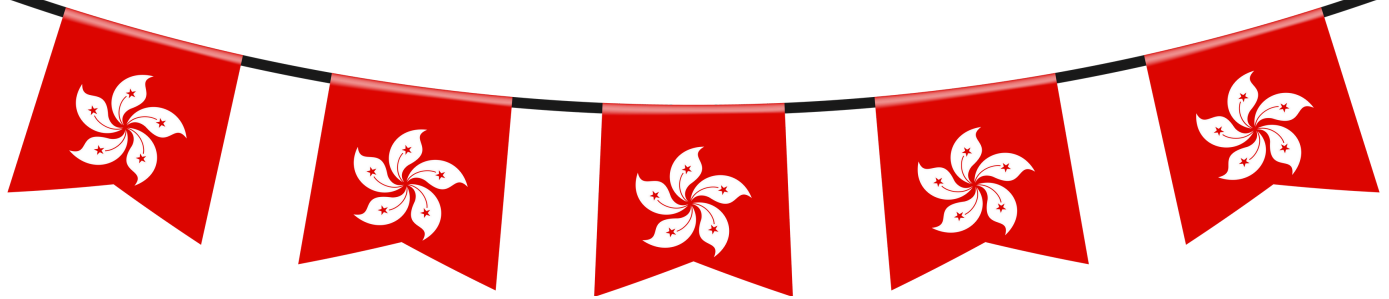
Understanding eating difficulties



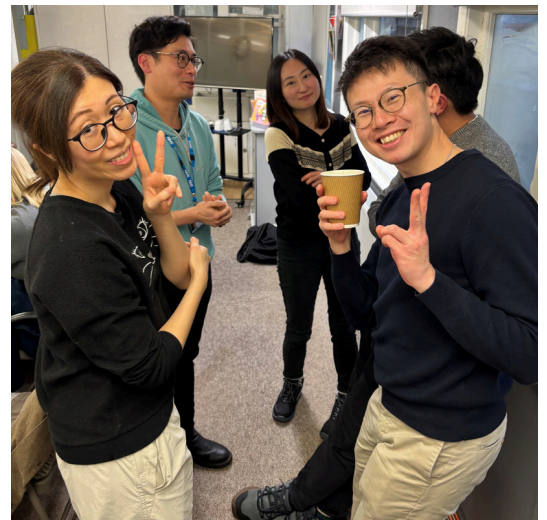
Dementia - positive steps



Alone together: navigating family estrangement



Visitors from the other side of the world!

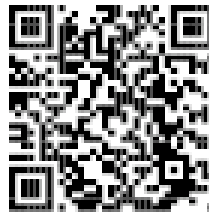


On the 22nd January 2026 all three of our South West Yorkshire Partnership Teaching NHS Foundation Trust recovery colleges (Barnsley, Calderdale and Kirklees, and Wakefield) welcomed six delegates from the Hong Kong Hospital Authority mental health services, as well as their Imroc representative, Ashleigh. Angus, Charles, Chi, Leon, Olivia and Wendy, all occupational therapists, were visiting various recovery colleges across England to learn more about peer workers/working, co-production, recovery models and how they could then implement some of this learning back at home to support their service users and carers and then develop the existing peer offer they have. Find out more about their trip here:

<https://www.southwestyorkshire.nhs.uk/2026/01/23/recovery-and-wellbeing-colleges-welcome-delegation-of-guests-from-hong-kong/>

Wakefield Recovery College

16+



NHS
South West Yorkshire
Partnership Teaching
NHS Foundation Trust

**Introduction to
Creative Writing
(16+)**

02/02/26
10am - 12pm
Online

**Coping with
Chronic Pain (18+)**

03/02/26
1pm - 2pm
Online

**Simple weaving
techniques (16+)**

04/02/26
1pm - 3pm
Wakefield

**Your journey
through relaxation**

05/02/26
10am - 12.30pm
Online

**Understanding
depression
(16+)**

09/02/26
12.30pm - 2.30pm
Online

**Book folding
(16+)**

10/02/26
1pm - 3pm
Wakefield

**Confidence –
mind and body
techniques (16+)**

23/02/26
1pm - 3pm
Online

**Living with and
managing
anxiety (16+)**

23/02/26
10am - 12pm
Online

**Dementia –
Positive Steps
(online) (16+)**

23/02/26
5pm-6.15pm
Online

**Learn how to
macramé
(16+)**

24/02/26
1pm - 3pm
Pontefract

**Improving your
mindset (16+)**

25/02/26
10am - 12pm
Wakefield

**Spring Rag
Wreaths (16+)**

02/03/26
1pm - 3pm
Pontefract

**Improving your
sleep (16+)**

02/03/26
1pm - 3pm
Online

**Connecting with
the 5 senses (16+)**

04/03/26
10am - 12pm
Wakefield

**Freedom from
fibromyalgia
(16+)**

04/03/26
1pm - 3pm
Online

**Recognising
burnout (16+)**

5/03/26
10am - 12pm

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.


SURROUNDED BY **ALCOHOL**

AS A **CHILD?**

Support for any **16-30 year old** who is an Adult Child of an Alcoholic and lives in the Wakefield District.

Services available:

- 1-2-1 Support
- Counselling
- Family Mediation
- Creative Groups
- Online Workshops

 **01924 787501**

For those who are interested in improving their personal and professional lives by raising their self awareness of how their parent's alcoholism affects them.



Charity: 1072174
Company Registration: 03580793

WE SEE YOU.

Confidential **support group** for males who have been affected by domestic abuse.

At GASPED, we are dedicated to making sure we offer a discrete and confidential service. If you have been affected by domestic abuse and would like more information, please call or email us.

#WeSeeYou #FightTheStigma



01924 787507

manmatters@gasped.co.uk

Charity: 1072174


Company Registration: 03580793


ARE YOU A VICTIM OF SEXUAL ABUSE?

Support for anyone who **lives in West Yorkshire, identifies as male, is 18+** and has been affected by **Sexual Abuse**.

- Practical & Emotional Support
- Person-Centred Counselling
- A Safe Space to talk openly
- Access to an ISVA



 **01924 787507**

 **manmatters@gasped.co.uk**



West
Yorkshire
Combined
Authority

Charity: 1072174
Company Registration: 03580793

SUPPORTING YOU INTO EMPLOYMENT

Support for anyone **18+** who is out of employment or at risk of losing their job due to ill mental health and, or, musculoskeletal problems and living in the Wakefield District.

SUPPORT AVAILABLE:

- 1-2-1 Practical & Emotional Support
- Person-Centred Counselling

GET IN
TOUCH

HOW TO REFER:



Our Online Form:
<https://forms.gle/V63tgM85ErppjJWt6>



Call Us:
01924 787501 to go through our referral form with a member of our team.



Email Us:
resourcecentre@gasped.co.uk for our team to email you our referral form, please email it back to us.



NHS
West Yorkshire
Integrated Care Board

Charity: 1072174
Company Registration: 03580793

Based in Wakefield, Second Chance support people living with brain injury on their rehabilitation journey. This service is funded by NHS West Yorkshire Integrated Care Board for people living in Wakefield and surrounding areas.

Caseworker Service.

Helping those living with brain injury.



Registered Charity 1121645

Caseworker Service.

Helping those living with brain injury.

We can help people living with brain injury by assigning them an experienced, friendly and supportive brain injury professional to work with them in their home or community.

What is this service?

The Caseworker Service helps adults with brain injuries, their families and their carers, with advice, advocacy and access to further support. This service is fully funded and can be accessed at any point following a brain injury.

What support is offered?

The team work with people to identify what kind of support they might need. The caseworker will then liaise and coordinate with a wide range of organisations in order to help people to access that support. This could be:

- Supporting people to identify and access rehabilitation and social care where appropriate
- Support identifying and implementing rehabilitation strategies
- Elements of basic vocational rehabilitation
- Preventative health advice and liaison with health services
- Education and support for children whose parents have sustained a brain injury
- Emotional and practical support
- Support and education for family and friends
- Help to access statutory services
- Signposting to services for help with benefits and legal issues
- Early intervention support during transition from hospital or rehabilitation settings
- Peer support groups

Further support

This service also provides further support such as:

- Complex case support, coordination and advice to other agencies
- Training for professionals and organisations, to help them recognise and support people with advanced brain injury
- Care needs assessments and specialist reports for other agencies

Eligibility Criteria

- Currently resident in West Yorkshire (not necessarily registered with a GP)
- Aged 18 +
- Either has an Acquired Brain Injury or is supporting someone with an Acquired Brain Injury
- Non degenerative condition
- Does not have a diagnosed Learning Disability
- Client or their legal representative must consent to the referral.
- Professional/Support Agency Referral Only

Please note that we cannot provide support where the only need is for benefits advice. However, we would always seek to signpost to relevant local welfare rights organisations

We are always happy to discuss potential referrals to our service.

Accessing this service

To help someone access this service, please contact us.

☎ 01924 366735

@ casework@sche.co.uk

For more information go to secondchancewakefield.com



second chance

we improve life after brain injury

About Us

Second Chance has a team of clinicians, rehab assistants, support workers, administrative staff and volunteers who are passionate about enabling people and their families to thrive after brain injury. We offer free support and advice to individuals, families, and carers, where possible, through telephone calls, face to face appointments, support groups and bimonthly social groups.

As a registered Charity we are constantly Fundraising to improve the support and opportunities we offer.

We also offer regular and specific therapeutic / rehabilitation support, accessed via various funding streams including social services, health, and self-funding.

Group and one-to-one sessions

Our experienced and dedicated team of support workers provide an extensive range of therapy led activities. These sessions work on individualised goals and needs through participation in one-to-one and group activities such as mobility, relaxation, communication and language, drama, art, cooking, music, comprehension, budgeting, and social skills.

Therapy

Our onsite specialist multi-disciplinary team assess, monitor, and manage the current and ongoing needs of the individual. Following their specialist holistic assessments, they offer individualised advice and treatment plans.

Peer Support

Our centre offers a unique and safe space for people with brain injuries to support and learn from each other. In our experience this helps improve insight and awareness of difficulties. It aids in the acceptance and adjustment to changes in a person's life.

Family

It is important to us that family are equally supported. We offer one-to-one, peer group support and social support opportunities. Educational workshops covering cognitive issues, strategies, practical support such as benefits and legal advice, housing and adaptations are run for free throughout the year.

We offer a range of facilities within our buildings:

- ▶ A fully accessible disability kitchen with adjustable worktops, cupboards, hob, and sink
- ▶ A large social room with a pool table and an open kitchen area.
- ▶ A therapy room equipped with a plinth and physio equipment. This is used by our specialist physiotherapist and support team to provide physical exercise.
- ▶ Several multi-function rooms for group sessions and workshops.
- ▶ An outdoor seating space with planters
- ▶ Access to a range of IT equipment including desktop PCs, tablets and iPads



"Our dedicated, highly trained staff and volunteers are the most important resource we have for helping our members."

Nathan Garbutt-Moore, Business Manager at Second Chance



SCAN NOW

Phone:
01924 366 735

Text:
07835 985 676

Email:
rehab@schc.co.uk



Registered Charity
Number: 1121645

www.secondchancewakefield.com



Mining Memories: Join the Journey

Help uncover and revive
the stories, spaces and spirit
of our miners' welfares

**We're looking for anyone with a connection to
mining communities - past or present, including
former coal mining industry workers and those
living with mental and physical ill-health**

**No experience required, just curiosity, willingness to
share, or a love of heritage and creativity.**

- You will help guide the project investigating the history of miners' welfares
- Develop innovative ways to improve wellbeing through creative activities connected to museum collections, collections in community hands, and coal mining heritage.
- The project will be piloted in Wakefield, with activities expanding regionally and nationally. It aims to once again bring community spaces to life and build a compelling case for future investment in heritage-based creative health.
- Through creative workshops, storytelling sessions, co-curated displays, and community gardening projects, people will engage with heritage in new ways that create a sense of pride in their local area and improve health and wellbeing outcomes in former mining communities.

Get Involved

Express your interest by email:
Spectrumpeople@spectrum-cic.nhs.uk
or
Contact Carla Rivers, Spectrum People
Tel: 07892 769 803



SCAN ME !



Point a phone camera
at the square to
email us



Esmée Fairbairn
Communities &
Collections Fund

Funded by the Esmée Fairbairn Collections & Communities Fund

Be Part of 'Coalfield Voices'

Coalfield Voices is a new group in Wakefield. We bring local people together to help shape creative projects inspired by the history and spirit of our coalfield communities, especially our miners' welfares.

Everyone is welcome. We would especially like to hear from people who have lived experience of physical or mental health challenges.

By joining, you can:

- Share your ideas and help guide the project
- Help choose artists and plan creative activities
- Get involved with local history, creativity and wellbeing projects
- Meet new people and make friends
- Volunteer in a flexible way — try something new and build your skills by helping to create events, exhibitions or research activities

You don't need any experience. We'll meet locally, at flexible times, and we can cover travel costs.



If you'd like to get involved or want more information, you can

Email: welfaresreimagined@gmail.com

Text: 07892769803

Call:

- Carla (Spectrum People) 01924 311 400
- Imogen (National Coal Mining Museum) 01924 848 806

**MAN
MATTERS**

®



**1-2-1 Practical &
Emotional Support**



Counselling



Coffee Groups

**For all who identify as male, are 18+, live in the
Wakefield District or have a Wakefield GP.**

Contact us for a confidential referral.



01924 787507



manmatters@gapsed.co.uk



Charity: 1072174
Company Registration: 03580793

TEAM



TALKS

Help us to support your team!

MAN MATTERS are a service offering Practical & Emotional Support to anyone who is over 18, identifies as Male and lives in the Wakefield District.



If you would like a 5 - 10 minute presentation delivering to your team please get in touch.

We are happy to come down day or night to explain our services and ensure that your guys know how and where they can access support.



01924 787507



Charity: 1072174
Company Registration: 03580793



Charity: 1072174
Company Registration: 03580793

Men's Creative Shed

Craft and creativity to support men's
mental health and wellbeing



The Art House

**Free ten week creative course to improve
confidence, mental health and wellbeing**

- Connect with others
- Small groups
- Taught by professional artists
- No experience necessary
- Free to all

What?

This course includes creative activities such as photography, ceramics, printmaking and book binding

When?

Running until summer 2026, get in touch to find out when the next course runs

Where?

The Art House, Drury Lane, Wakefield, WF1 2TE

**To find out more or sign up contact
Diane on 07918443102 or email
diane@the-arthouse.org.uk**

**The Baring
Foundation**

The Art House





MDROC

**Culturally Adapting the
Dementia offer in Recovery
Colleges for Muslim
Communities**



M-DROC

We want to hear your views on how the dementia offer in recovery colleges can be better adapted for people of Muslim background

We are looking to speak to...

- People living with dementia who identify as Muslim
- Or carers who identify as Muslim
- Have experience with the Recovery College (or who may not have used it but are aware of it),
- A formal diagnosis of dementia / care for someone who does.

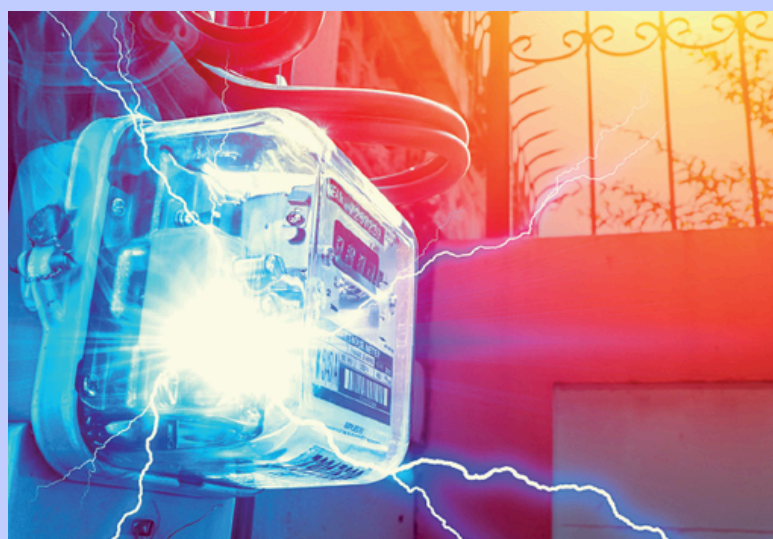
If you are interested in taking part, please contact:

Dr Sanda Ismail via email:

U.S.Ismail@liverpool.ac.uk



**UNIVERSITY of
BRADFORD**
Department of Applied
Dementia Studies



Energy Debt Fund

- Struggling to pay your energy bill?
- Worried about your energy debt?

Apply here:

www.wakefield.gov.uk/moneysmart

Or ring the Money Smart team today on **01924 305892**

moneysmart@wakefield.gov.uk



wakefieldcouncil

<https://www.wakefieldfamiliesaltogether.co.uk/save-the-date-early-years-fest-2026/>

Come along to this year's Early Years Fest and hear about all things baby – from pregnancy to your child being ready to start school! ★FREE EVENT★ for all families in the Wakefield district. In the Premier Suite at Pontefract Racecourse, Park Road, Pontefract WF8 4QD (from the car park, head towards Grand Stand & Paddock) (free parking on-site, refreshments and snacks provided, café available) !! Don't miss out on: your children's favourite TV characters, a pop-up Stay and Play with story time, a FREE playful learning kit to take home, an adventure trail to explore, and local experts on hand to answer all your child development and family-life questions! Mini Masterclasses will give bitesize tips and information on a range of topics to add to your parent toolbox:

Baby Massage – a taster session to learn strokes and rhymes to help soothe and relax you and your baby.

Parent and Infant Relationship – there is support available to keep building on the positive bond with your child. **A Parent's Toolkit** – find out about the groups and online programmes to support you as a parent.

Feeding my child – from breastfeeding to introducing your baby to solids, find out about the local support available. **Playful Learning at Home** – find out more about how play at home can support your child's development including their speech. Secure your place on the Mini Masterclasses here:

<https://eu.surveymonkey.com/r/EYFEST2026>

Money Smart

A free Council service to help you become smarter at managing your money and make the most of your income.

Why not get in touch with us to find out how we can help with...

- Maximising your income
 - Budgeting
 - Managing your debt
 - Dealing with mortgage arrears
 - Reducing energy costs and debt
 - Getting in a position where you can start saving
 - Accessing adult education, training and developing job skills
- ...and more!

We are open to all residents across the Wakefield district and all advice is free and impartial!

www.wakefield.gov.uk/moneysmart

01924 305892

moneysmart@wakefield.gov.uk



wakefieldcouncil

EARLY YEARS FEST 2026



Wednesday 25th February 2026
Pontefract Racecourse
Between 10am - 4pm

Wakefield District's Calico Dress

Weaving Stories in Wakefield

Join a global embroidery movement inspired by "The Red Dress". Together, we can stitch Wakefield's stories into a community-embroidered Calico Dress.



You're Invited!
Everyone welcome
No experience needed

Join as an individual,
group or organisation

Information Gathering Sessions:

Tuesdays, 11am-1pm
10 Feb | 17 Feb | 3 Mar | 17 Mar
The Art House, Wakefield

Want to Get Involved?
Please email

bridget.gill@spectrum-cic.nhs.uk



Supported with funding by
wakefieldcouncil



The Art House

Supported by Wakefield Council Culture Grant

Learn how to macramé

The resurgence of a vintage craft 'macrame' is on trend and we will show you the basic techniques and knots to get you started on your macrame journey.

Macramé can help with mental clarity, stress release, improve fine motor skills, reduce anxiety, and build confidence.

It is also a chance to connect with others in a safe and supportive environment.

Date: 24th of February 2026,
1pm - 3pm

Venue: St Giles Church, Market Pl,
Pontefract WF8 1AT



Face to
face
16+

FREE
course



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

The History of LGBTQ+

This 90-minute session is open to all individuals interested in gaining insights into the LGBTQ+ community's historical journey. The course aims to foster greater awareness and comprehension regarding the significance of Pride Month and the fundamental message of "love is love."

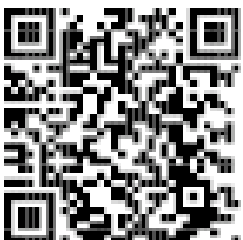
17th of March 2026
1 pm to 2:30pm
One off workshop



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.

Foundations of Wellbeing

This 4-week course provides a comprehensive introduction to the key aspects of wellbeing, focusing on mental, social, physical, and emotional health. Participants will learn to identify signs and symptoms of common health issues, explore effective coping strategies, and discover resources for support. Each week will delve into a different dimension of wellbeing, offering practical tools and techniques to enhance overall health and resilience. This course will include a variety of topics including cancer and serious mental illnesses.

Date: Tuesday 14 April 2026

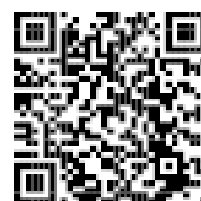
1pm - 3pm

4 weeks

Venue: 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**

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**

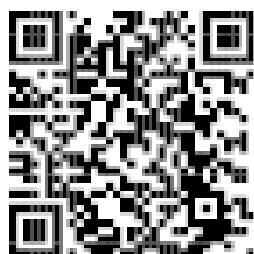


**Face to
face
18+**



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

**FREE
course**



With all of us in mind.

For those that give too much: Everyday stress

Life can feel pretty relentless at times. There are always things to do, responsibilities to oversee and people to please. At times we can go to bed cross with ourselves for not getting enough done in the day and vowing that we'll do so much more tomorrow.

In this informal workshop we'll hit our own 'pause button' and explore our own personal stressors and their impact on us. We will consider what helps to reduce our levels of stress and explore ways of introducing more peace into our lives.

Wednesday the 20th of May 2026

10am - 12pm

Online via Microsoft Teams



**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.

Help us to improve services

Your feedback is vital in helping the Trust improve its services. Whether you're a service user, carer, or family member, we value your insights and want to hear about your experience of Trust services.

You can use your smartphone to scan the QR code next to each option to access more information. If you're unable to use the QR code, please speak to a member of staff who can provide the details in a written format.

The **friends and family test** gives you a quick and anonymous way to share feedback about the service you received including a rating and comments you wish to provide.



The Trust's **customer service team** is here to support you if you wish to share a comment, raise a concern or make a formal complaint about the care you or a family member have received.



Become involved in the Trust through **involvement and engagement** activities.



Volunteers play a vital role across our Trust; they are at the heart of our services. By reflecting the communities we serve, they help deliver better care for families and friends. Join our volunteer team.



No matter how you choose to share your feedback, it will be reviewed by the relevant service and where appropriate, used to make improvements across the Trust.

If you require a copy of this information in any other format or language please contact the Trust.

With **all of us** in mind.