



The Supporter Newsletter

March 2026

"It's OK to say no to taking something else on when you feel overwhelmed or burned out."

Get in touch to find out more

 01924 316946

 www.wakefieldrecoverycollege.nhs.uk

 wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk



Follow us on social media



With all of us in mind.

Mindful March 2026

SUNDAY

1 Set an intention to live with awareness and kindness

MONDAY

2 Notice three things you find beautiful in the outside world

TUESDAY

3 Start today by appreciating your body and that you're alive

WEDNESDAY

4 Notice how you speak to yourself and choose to use kind words

THURSDAY

5 Bring to mind people you care about and send love to them

FRIDAY

6 If you find yourself rushing, make an effort to slow down

SATURDAY

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

Don't forget...over the next year we still hope to get our newsletter out to you monthly, however, we're still facing staffing challenges 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



Hello March! We have started noticing the first signs of Spring starting to show, Hooray! Lighter mornings, brighter afternoons and a few brave daffodils popping up – there's a real sense of life under our feet and new opportunities awaiting to blossom. With the clocks going forward at the end of the month, coupled with the Spring equinox we can start to enjoy some more daylight for new pursuits, more outdoor time and much needed vitamin D!

Like the earth and sky, at College this month there is movement and we've got plenty happening for everyone! Our wellbeing courses are continuing to grow and we have had some staff have return from being off so we can move forward with lots of exciting planning of old favourites and new ideas for the months ahead. Whether you're looking to build confidence, explore creativity, learn coping strategies or simply connect with others in a supportive space, there's something for you. If you haven't browsed in a while, it's worth having another look – new sessions are added regularly: <https://www.wakefieldrecoverycollege.nhs.uk/courses-and-enrolment/>.

March is also a time of important observances and awareness dates. Ramadan began last month for many of our Muslim friends, colleagues and learners – a time of reflection, prayer, fasting and generosity, ending with the celebration of Eid in the middle of March. We send our warm wishes to all who are observing: Ramadan Mubarak. March also marks the end of Lent for many Christians, following a season of reflection and preparation leading up to Easter. In addition, we recognise Mother's Day on 15th March, a time to celebrate and appreciate mothers, mother figures and caregivers in our communities who who hold dear.

As the season shifts, maybe this is your reminder to try one small new thing – join a course, learn something new, start a conversation, spend ten minutes outside in the daylight, or simply give yourself permission to slow down, observe and find your inner bud waiting to blossom. And if we happen to still get that icy weather, why not cosy in for a little longer and start a new book in celebration of World Book Day at the start of the month. You don't have to overhaul your life to make March meaningful. **Small steps count.** We're really looking forward to seeing you this month – whether that's in a classroom, online, or at one of our events. Let's step into Spring together!

Term opening times

Open 8am-4pm Monday to Friday.

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

Summer half term (2026)

23rd May - 31st May

Term 3 - second half (2026)

1st June - 19th July

Upcoming Courses



Foundations of

Wellbeing: A Holistic Introductory Approach to Social, Emotional, Mental and Physical health including Cancer and Serious Mental Illnesses



Improving your mindset



Managing diabetes



Caring for carers

Goodbye pillar...

hello room 16!



For anyone who's visited us at our Space Station venue, whilst it is nice and homely, the supporting pillar in the middle of our main teaching room does cause us a few logistical/delivery issues. Well...*good news!* We've managed to acquire the slightly bigger room next door to it that also doesn't have a supporting pillar in the middle of the room! From Tuesday 3rd March, all courses that were due to happen in room/office 15 at Space Station will now take place in room/office 16. Please ensure you now press the intercom buzzer for room/office 16 on your arrival instead.

Ask the **West Yorkshire Mayor** about transport, jobs, housing and more.

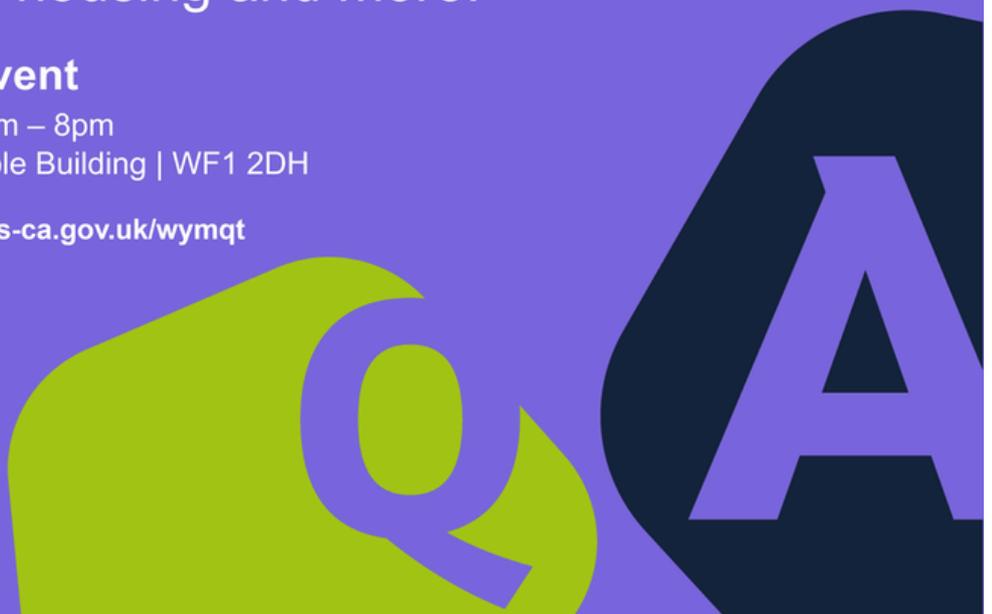


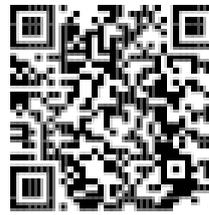
Register for the event

Tuesday, 10 March, 6.30pm – 8pm
Wakefield College – Seacole Building | WF1 2DH

Access yourvoice.westyorks-ca.gov.uk/wymqt

or scan the QR code





**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+)**

05/03/26
10am - 12pm
Online

**BADASS (a
combat workout)
(16+)**

06/03/26
10am - 11am
Wakefield

**Thriving Minds:
Your Path to
Improved Mental
Wellbeing**

10/03/26
10am - 12.30pm
online

**An introduction to
self soothe and
self care (16+)**

11/03/26
10am - 12.30pm
Wakefield

**Dyslexia
awareness (16+)**

12/03/26
1pm - 3pm
Wakefield

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

16/03/26
12.30pm - 3pm
Online

**The History of
LGBTQ+ (16+)**

17/03/26
1pm - 2.30pm
Online

**Accepting
change (16+)**

30/03/26
1pm - 3pm
Online

**Understanding
anxiety (16+)**

31/03/26
1pm - 3pm
Online

**Creative crafting
for beginners
(16+)**

14/04/26
9:45am-11:30am
Wakefield

**Foundations of
Wellbeing: A Holistic
Introductory
Approach to Social,
Emotional, Mental
and Physical health
including Cancer and
Serious Mental
Illnesses**

14/04/26
1pm - 3pm
Wakefield

**The impact of
substance use
(16+)**

15/04/26
1pm - 3pm
Wakefield

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.



FOREVER FUNKY

THURSDAY 5 MARCH 2026

START TIME:12:30PM - END TIME: 3:30PM

FREE

Free over 60s daytime disco! No need to book, just bring your dancing shoes.



BLUE PLAQUE UNVEILING: BRITISH JEFFREY DIAMOND

WEDNESDAY 4 MARCH 2026

START TIME:2:30PM - END TIME: 4PM

FREE

Join Wakefield Civic Society to celebrate the history of British Jeffrey Diamond, a company that manufactured mining machinery in Wakefield for over 100 years!



LET'S TALK ADULT SOCIAL WORK EVENT

THURSDAY 19 MARCH 2026

START TIME:4:45PM - END TIME: 7PM

FREE

Connect with managers, hear real stories, and explore Adult Social Work roles in a welcoming space.



THE CAT THAT SLEPT FOR A THOUSAND YEARS

SATURDAY 21 MARCH - SUNDAY 12 APRIL 2026

START TIME:10AM - END TIME: 5PM

FREE

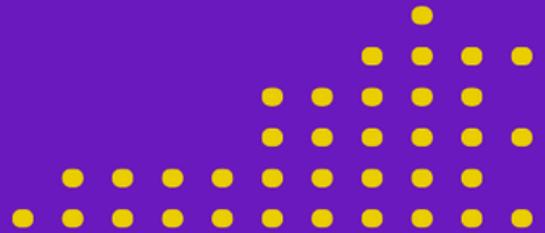
Bringing a touch of magic, The Cat That Slept For A Thousand Years is a 10 metre long Cat that snores, purrs, twitches its ear and swishes its tail!



I Can Be...A Games Developer!

A FREE Creative Skills Day for 13-17yrs

30 March, The Factory, Wakefield Exchange
Led by award -winning games company Team17



I Can Be... A Games Developer! is a free creative skills day for young people aged 13-17 yrs, taking place in The Factory at Wakefield Exchange on Monday 30th March, 10:15am-3:40pm. *Breakfast and lunch are included.* *Guide age is 13-17yrs.

Led by real games designers from Team17, the award-winning studio behind the iconic Worms games, this exciting hands-on day offers young people the chance to:

- Design and pitch original games ideas
- Learn about coding and game feature design
- Explore quality testing like a pro
- Discover how games find and engage audiences

You'll work in teams, think creatively, and get a taste of the skills used every day in the game industry.

Book your place: <https://creativewakefield.net/event/i-can-be-a-game-developer-ages-13-17/>. If you have any questions, please contact creativewakefield@wakefield.gov.uk

National Careers Week 2026

3rd 4th and 5th March

Camphill
WAKEFIELD

Would you like to join a number of businesses who are offering exciting and immersive activities for our students?

Last year's activities proved immensely valuable for the students, positively impacting their future choices

This year we are hosting 3 days of activities run by:

Solupak

Santander UK

NHS

PoW Hospice Caring Kitchen

Greenkeeper

Wakefield First

CATVPULT FILMS

Complete Care Yorkshire

Fanfare Music

Nexer Digital

And we are keen to invite more businesses to run activities!



Watch last year's brilliant video [here](#)

If you are interested in joining us, email: raph.taylor@camphill.ac.uk

theatre **Royal** Wakefield

40 Years
Reimagined

GALA NIGHT

at
Theatre
Royal
Wakefield

**Saturday 21 March
2026**

We invite you to join us for a very special evening on March 21 2026, to celebrate all things Theatre Royal Wakefield, past, present and future.



We would love to have as many of our supporters at this night as possible, not just as a celebration of the theatre, but also as a celebration of the people that help us stay on our feet and keep this wonderful theatre running.

Whether you can join us for a three course meal or a champagne reception, or just grab a seat for the show, it would be great to have you there.

Tickets are on sale, so choose whatever suits you best, and enjoy a wonderful night of entertainment, support and most importantly... fun!!

Three-Course Dinner & Champagne Reception & Show

Indulge in a pre-show dinner in elegant surroundings, followed by the reception and performance.

£100

Champagne Reception & Show

Toast the occasion with bubbles before the curtain rises.

£55

Show-Only Tickets

Enjoy the full gala performance in our historic auditorium.

£15-35

**Book your tickets now and be part of something extraordinary.
All proceeds support Theatre Royal Wakefield's community programmes**

www.theatreroyalwakefield.co.uk

WE ARE WAKEFIELD



 Wakefield
Cathedral

Friday 6th March 2026 - 9.30am to 11.30am

Join us for a morning of business networking & collaboration for all at Wakefield Cathedral.

With a powerful but subtle nod to International Women's Day, our key speakers will be:

- **Rev. Lesley Greenwood-Haigh, Managing Chaplain, HM Prison New Hall**
- **Claire Mothersdale, Chaplaincy Volunteer and Church Army Evangelist in training**

They will share powerful insights into the routes that can lead women into the criminal justice system, along with the care, compassion and support needed to reduce reoffending.

This is a free event for We Are Wakefield members.

Non-members can attend for a one-time-only taster session, £12 charge applied on booking.



International
Women's Day



**NATIONAL
COAL MINING
MUSEUM**

Walking on Hot Coals Firewalk Challenge

Wednesday 18 March 2026

Take on the ultimate challenge, push your limits, and walk across hot coals - every step you take helps keep the story of coal mining alive.

ncm.org.uk/firewalk

Registration
£30pp

Company Registration Number: 1702426
Charity Registration Number: 517325





Wakefield District Bereavement Service

Bereavement Support Group

Informal peer support for anyone who has suffered a loss.

Airedale Library

Tuesday 17th March
Tuesday 7th April
Tuesday 5th May

1.30-3pm

No need to book, just come along and pull up a chair.



01977 664865

bereavement@ageukwd.org.uk



Working together on the path to employment

If you've served in the Armed Forces and you have a health condition, our Veterans Employment Service can help you on your journey towards employment.

Our specialist team will help you to change your life and take positive steps forward on your own terms.

poppyfactory.org/employment
support@poppyfactory.org



Registered Charity No. 225348



Employment support for Forces Families

If you're 18+ and your career has been affected by a family member's time in the Forces, the Families Employment Service can help you build a brighter working future.

poppyfactory.org/families
familiesinfo@poppyfactory.org



Registered Charity No. 225348



Veterans' Sports & Social Club

Stronger Together. Healthier Lives.

A friendly and supportive space for military veterans to connect, stay active, and improve mental and physical wellbeing.

- ✓ Friendship and peer support
- ✓ Improved mental wellbeing
- ✓ Inclusive physical activity
- ✓ Reduced social isolation
- ✓ A safe, welcoming environment

Weekly Sessions

Location	Denhale ARC, WF2 9EF
Day	Tuesday
Time	09:30 – 12:00
Contact	Simon Mosley
Email	smosley@disabilitysportyorkshire.org
Phone	07460 852400

You Are Not Alone. Join Us Today.

In partnership with Disability Sport Yorkshire

Vaping and e-cigarettes

The facts



Most children and young people don't vape or smoke.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

Vapes are not harmless.

Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

Harmful for the environment.

Over 8 million vapes are thrown away every week or recycled incorrectly. Vapes contain batteries and difficult-to-recycle plastics that break down in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

Don't be duped!





The Youth Association is one of the oldest and most innovative youth work charities in the UK. We are proud of our history, our record of championing good youth work and the generations of young people we have supported to overcome disadvantage.

Youth Work Training 2026 -2027

- April Tuesday 21st - Wakefield
- September dates tba - Leeds/Barnsley

Hop on to one of our groups or send us an expression of interest <https://youth-association.org/our-programmes/youth-work-training/>



Level 2 Award



Level 3 Certificate

TYA train youth workers to nationally recognized JNC levels of qualification. Our aim is to help grow and develop our sector workforce across Yorkshire & the Humber, as part of our strategy and mission

For further details or to arrange an informal chat please contact Gill on 01924 333400 gill.arabskyj@youth-association.org

Registered office: 12 South Parade, Wakefield, WF1 1LR
Registered charity number: 519883
Registered company number: 2154503



Airedale and Ferry Fryston

Community Connector

IN PARTNERSHIP WITH HEALTHY AND SUSTAINABLE COMMUNITIES

FREE to people living within Airedale and Ferry Fryston



I'm here to help you connect with the support you need.

What I Offer:

- I work with adults and young people, offering tailored 1:1 support to help with anxiety and social isolation. I can guide you to local groups, activities, or services, helping you feel more confident and connected.
- If you're feeling isolated, nervous, or unsure about attending a group or appointment, I can join you for that first visit. You don't have to take that step alone.
- I can point you towards health services, housing support, local charities, community groups, and many other helpful resources. My goal is to make sure you have clear, simple access to the support that's best for you.
- I regularly link with local organisations, groups, and services so I can offer up-to-date advice. I can support you in finding volunteering opportunities, and assist with enrolling on free high-speed training courses, ensuring you can access the opportunities that suit your needs.

As your Community Connector, my role is to make it easier for you to find the right help, at the right time.



chloe.smith@coalfields-regen.org.uk

Spotlight on research

Have you ever wanted to make a difference? Perhaps change things for future generations? Maybe share your experiences? Even see your name or story published?

This month, over the next few pages, we're running a spotlight on different research engagement opportunities available to our students, tutors, volunteers, staff and supporters.

You can read more about the joys of being involved in research from our volunteer India and her blog <https://www.wakefieldrecoverycollege.nhs.uk/blog/testing-co-production-in-practice-reflections-from-our-beta-workshops/>

and from Mark, one of the research and development team

<https://www.wakefieldrecoverycollege.nhs.uk/blog/spotlight-on-a-service-research-and-development/>



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



How was moving from Children's Services to Adult Social Care ?



Moving from one service to another can feel like a big step ... your voice can help us make it better for other young people in the future.

We're collecting experiences from:

- ✓ Young people
- ✓ Parents and carers
- ✓ Professionals

Your thoughts will help us understand what works, what doesn't, and what really matters during this change.

Share your experiences to help shape a better transition for young people.



Scan the QR code to take the survey, it only takes a few minutes.

THANK YOU



wakefieldcouncil

More Information:



adultsocialcare@wakefield.gov.uk

Opportunity to take part in mental health research

PIONEER MH

Police involvement in interagency crisis mental health first response pathways in England: A realist and cost consequence analysis.



WHAT IS THE STUDY AIM?

We aim to understand and evaluate how community multiagency first response mental health crisis pathways in England work, who they work for and why, in response to the policing strategy 'Right Care Right Person'.

WHAT WILL IT INVOLVE?

You can choose to be involved in interviews, focus groups and a series of workshops. These will involve discussing the way the crisis first response services work in your area, from your experience.

If you are interested in taking part or want to find out more, please contact your local research assistant.

Name: Ammarah Rajah /Kasia Malczuk

Email: Ammara.Rajah@swyt.nhs.uk /Kasia.Malczuk@swyt.nhs.uk

Website: <https://www.cntw.nhs.uk/services/research-and-development/pioneer-mh/>

WHO ARE WE LOOKING FOR?

Do you have lived experience of a mental health crisis?

Have you called for crisis help for someone you care about (family/friend)?

Do you work within services that respond to mental health crises, such as NHS mental health services, A&E, ambulance, police or voluntary organisations?

We want to speak with people with different backgrounds and experiences.



WHO TO CONTACT



University of
Sheffield

Can you help with our research?

We are looking for 10 adults (aged 18+) living in Yorkshire to share their experiences of using social care services for support with food. This may include:

- Help with food shopping (online and in-store)
- Help with food preparation
- Help with eating or mealtime support
- Community food providers and Lunch Clubs

Please note this does not include people living in residential care or supported accommodation.

You will be invited to take part in **three 2.5 hour focus groups** to help shape our research.

As a thank you for your time, you will receive a £82.50 gift voucher after attending each of the sessions. Refreshments and travel reimbursement will be provided.

We ask that you **please ensure you are available for all three sessions** which will be held at Barnsley Civic (S70,2JL) on the following dates:

- Thursday 19th March, 12-2.30pm
- Thursday 24th September, 12-2.30pm
- Thursday 26th November, 12-2.30pm

If you are interested or would like more information, please contact Selina Treuherz: s.e.treuherz@sheffield.ac.uk and Hannah Lambie-Mumford h.lambie-mumford@sheffield.ac.uk

Please note that we will be selecting people to ensure that the groups' experience is representative for the project.

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.

The impact of substance use

In this 2-hour workshop you'll get a brief overview of the different types of substances, the effects they have and the risks posed to those that use them.

This course will be delivered via MS Teams and will include a PowerPoint Presentation. There will be a break at the halfway point.

15th April 2026,
1pm - 3pm
On-line

On-line
only
16+



FREE
course



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

Managing Diabetes

The course is aimed at anyone over the age of 16 looking to learn more about managing diabetes. The course will explore the key behavior changes which help manage diabetes and reduce the risk of long-term complications, whilst also acknowledging the role of medications and technology. The topics covered will include healthy eating, physical activity, stopping smoking and managing stress. Tutors will also discuss, high and low blood glucose levels, the annual review and share their lived experience to provide “top tips”. The course will empower participants with knowledge and understanding of diabetes and enable them to make more informed decisions about managing their own health and wellbeing and/or the health and wellbeing of those people they care for.

Friday the 17th of April 2026
10am to 12pm

One off workshop

Space Station Wakefield, 6 Denby
Dale Rd, Wakefield WF1 1HR.



DIABETES

16+

FREE
course



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

Managing fatigue with health conditions

This workshop, facilitated by Live Well Wakefield, will help you to:

- Create a fatigue/activity diary
- Manage symptoms such as "brain fog"
- Understand how fatigue affects the mind and body
- Practice energy saving techniques
- Strategies for maintaining a positive outlook and challenging negative thoughts

We will learn practical skills to help manage condition-related fatigue and feel more in control of your health and wellbeing.

21st of April 2026 - 11am to 11:45 am
2 week course
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.

Understanding Anxiety

Do you want to gain an understanding of anxiety? Then this workshop may be for you. It will explore areas such as the vicious cycle of anxiety, what happens to our bodies when anxious, how anxiety impacts on life and some brief tips on how anxiety can be managed.

This is a great opportunity to explore anxiety with others who are experiencing the same thing.

If you already feel you have a good understanding of what anxiety is and how it effects us and are instead looking to learn ways to manage anxiety, we would recommend our “Living with and managing anxiety” two week course.

27th of April 2026- 10am to 12pm

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



Online
16+



FREE
course



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

Caring for Carers

Carers Wakefield & District are proud to announce that they are now able to offer the 'Caring For Carers' self-management course for carers and are delivering this through Wakefield Recovery College. This course will cover action plans, support available to you, considers the emotional pressures of being a carer and introduces various relaxation techniques. The course will run over 4 weeks and will enable you as a carer to focus on your own health and wellbeing, as well as that of the person you care for, giving you the confidence and skills to make changes that will be of benefit to you both.

Starts: 28th of April 2025

10 - 12 noon

Lasts: 4 weeks

Venue: Space station, 6 Denby Dale Road,
Wakefield, WF1 1HR.



Face to
face
18+



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

FREE
course



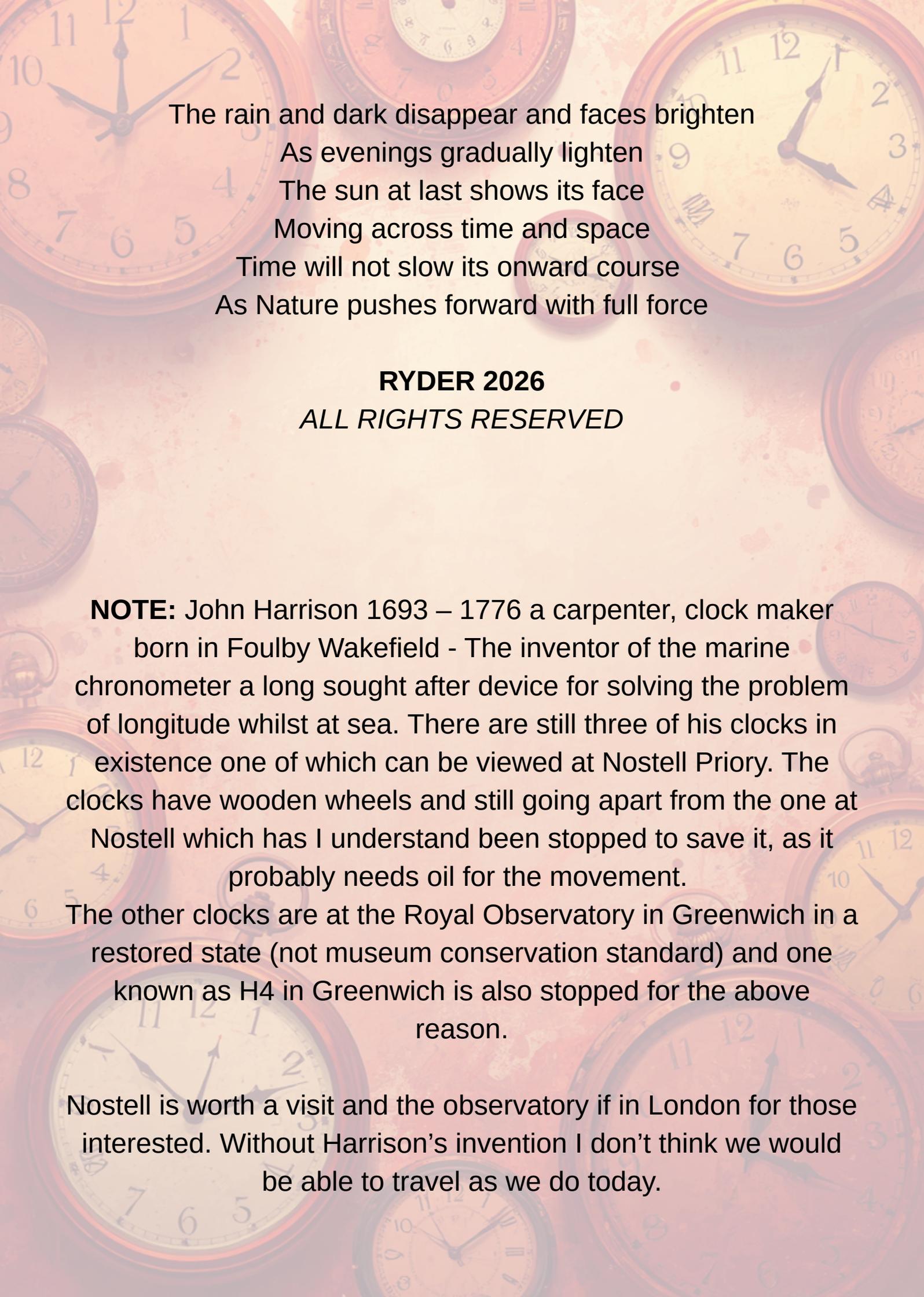
SPRING CLOCKS

The wheels on the clocks have moved round
Old man time will not be bound
*Harrison's clocks still move on and last
Despite three hundred years have passed
Without him and his clocks you would set off to who knows where
And never find a way back home from there

We cannot stop the force of time
And our clocks do religiously chime
Their dulcet tone
In everybody's home

But I hear you say
All clocks have batteries today
But twice a year we chase round
To alter them all I'll be bound
And in some cruel twist
Later in the month find all those we missed

As the clocks change: Spring is soon here
As earth moves round another year
Snowdrops appear in woodland glade
Hidden at first by tree shade
Crocuses push up through frozen soil
As we shake off winter's coil



The rain and dark disappear and faces brighten
As evenings gradually lighten
The sun at last shows its face
Moving across time and space
Time will not slow its onward course
As Nature pushes forward with full force

RYDER 2026
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NOTE: John Harrison 1693 – 1776 a carpenter, clock maker born in Foulby Wakefield - The inventor of the marine chronometer a long sought after device for solving the problem of longitude whilst at sea. There are still three of his clocks in existence one of which can be viewed at Nostell Priory. The clocks have wooden wheels and still going apart from the one at Nostell which has I understand been stopped to save it, as it probably needs oil for the movement. The other clocks are at the Royal Observatory in Greenwich in a restored state (not museum conservation standard) and one known as H4 in Greenwich is also stopped for the above reason.

Nostell is worth a visit and the observatory if in London for those interested. Without Harrison's invention I don't think we would be able to travel as we do today.