



The Supporter Newsletter

April 2026



@HAPPYZODESIGNS

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.

Active April 2026

MONDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

TUESDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

WEDNESDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

THURSDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

FRIDAY

3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Plant some seeds and encourage growth

24 Get active in nature. Feed the birds or go wildlife-spotting

31 (Imagined) Get active in nature. Feed the birds or go wildlife-spotting

SATURDAY

4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try out a new exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

32 (Imagined) Have a 'no screens' night and take time to recharge yourself

SUNDAY

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

33 (Imagined) Take an extra break in your day and walk outside for 15 minutes



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 April!

Spring is in full swing, and with it comes the warmth we've all been craving. I don't know about you, but feeling the first sunshine on my arms during those warm days in March was truly the tonic we needed. The rainbow of tulips, the delicate blossom, and the soft green returning to the hedgerows remind us that change can unfold slowly and gently - and still be beautiful. Patience is key as we wait for more of those glorious days. There's something deeply hopeful about this time of year.

With celebrations such as Passover, Easter, and Vaisakhi on the Jewish, Christian, and Sikh calendars, many of our religious and spiritual friends will be marking meaningful moments this month. And with bank holidays and school breaks on the way, the buzz of outdoor activities - high streets, supermarkets, DIY stores, and parks - coaxes us out of our winter hibernation. It's an invitation to reset routines, reconnect with hobbies, embrace new beginnings, or simply rest - whatever feels right for you.

Coming Up...

We've got lots happening at the College this month! Our wellbeing courses continue to grow, and we're introducing new ideas alongside old favourites. Whether you're hoping to learn something new, meet people, or just take a breather, there's something for you.

Browse our current courses, and keep an eye out - sessions for the new academic year (2026–27) will start appearing soon:

<https://www.wakefieldrecoverycollege.nhs.uk/courses-and-enrolment/>

Remember, you don't need to reinvent yourself this April - small shifts are powerful. Wherever you are right now, you're welcome here. We're really looking forward to seeing you, whether in person, online, or at one of our events. Let's step into April together with warmth, patience, and hope.

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



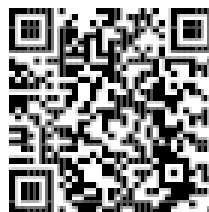
Improving your mindset



Managing diabetes



Caring for carers



16+

Wakefield Recovery College

**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
10am - 12pm
Online

**Reflective
Writing (16+)**

16/04/26
10am - 12pm
online

**Managing
diabetes (16+)**

17/04/26
10am - 12pm
Wakefield

**Managing
Breathlessness
(18+)**

21/04/26
10am - 12pm
Pontefract

**Managing Fatigue
with Health
conditions (18+)**

21/04/26
11am - 11.45am
Online

**Caring for
carers**

28/04/26
10am - 12pm
Wakefield

**Galaxy Painting
(16+)**

28/04/26
1pm - 3pm
Pontefract

**Improving your
mindset (16+)**

29/04/26
10am - 12pm
Wakefield

**Take a stroll or
a roll with us
(16+)**

29/04/26
1pm - 2pm
Wakefield

**Boogie Bounce
(16+)**

01/05/26
10am - 11am
Wakefield

**Creative fitness –
trying something
new for a better
physical & mental
wellbeing (16+)**

06/05/26
11am - 12pm
Wakefield

**An introduction
to personality
disorder (16+)**

11/05/26
10am - 12pm
Online

**Pebble painting
(16+)**

12/05/26
1pm - 3pm
Pontefract

**Understanding
depression (16+)**

13/05/26
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.

For more information on any WX events please visit - <https://wxwakefield.co.uk/whats-on>



THE GROOVE ASSEMBLY

FRIDAY 3 APRIL 2026

START TIME: 4PM - END TIME: 10PM

FREE

The Groove Assembly sees WX welcome the coming together of some local DJ talent for a bank holiday event to make the dancefloor shake!



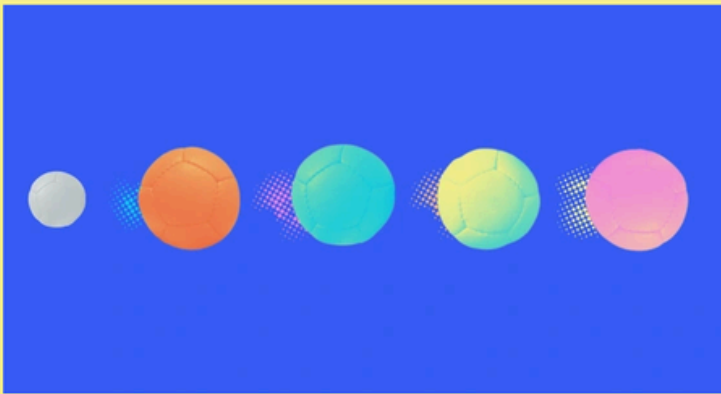
DOG LIFE DRAWING

FRIDAY 10 APRIL 2026

START TIME: 7PM - END TIME: 9PM

£10

Dog people, this one's for you! Join us for this relaxed and friendly dog drawing session, with real life pups.



BOCCIA SOCIAL

THURSDAY 16 APRIL 2026

START TIME: 11AM - END TIME: 1PM

FREE

Join Active Future for this inclusive sport social club.



THIRD FLOOR SOUL: FUNK & SOUL BAND

SATURDAY 18 APRIL 2026

START TIME: DOORS 6.30PM, START 7PM - END TIME: 10:30PM

FREE

Powerhouse funk and soul band Third Floor Soul bring their vibrant energy to 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.

2 week course starting:
Tuesday the 2nd of June 2026, 1.00pm-
3.00pm
St Giles Church, Market Place, Pontefract
WF8 1AT



**Face to
face
16+**



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

**FREE
course**





WHAT'S ON

For more information on any Wakefield Experience events please visit - <https://experiencewakefield.co.uk/whats-on/>



[ACTIVITY](#) [FAMILIES](#) [FESTIVAL](#)

TULIP FESTIVAL

📅 WED 01 APR - FRI 01 MAY 2026

🕒 10:00 - 16:00

📍 [Farmer Copleys](#)



[ACTIVITY](#) [CINEMA](#)

ADVENTURE CINEMA

📅 THU 25 JUN - SUN 28 JUN 2026

🕒 18:00 - 21:00

📍 [Nostell, National Trust](#)



[FAMILIES](#) [HERITAGE](#) [TOUR](#)

PONTEFRACT CASTLE EXPLORER TOURS

📅 NOW - SUN 28 JUN 2026

🕒 13:00 - 13:45

📍 [Pontefract Castle](#)



[ART](#) [WORKSHOP](#)

INTRODUCTION TO ILLUSTRATION

📅 SAT 02 MAY - SAT 02 MAY 2026

🕒 11:00 - 16:00

📍 [The Art House](#)



[CHRISTMAS](#) [FOOD AND DRINK](#) [MUSIC](#)

WAKEFIELD CRAFT BREW FESTIVAL

📅 SAT 23 MAY - SAT 23 MAY 2026

🕒 13:00 - 18:00

📍 [Tileyard North](#)

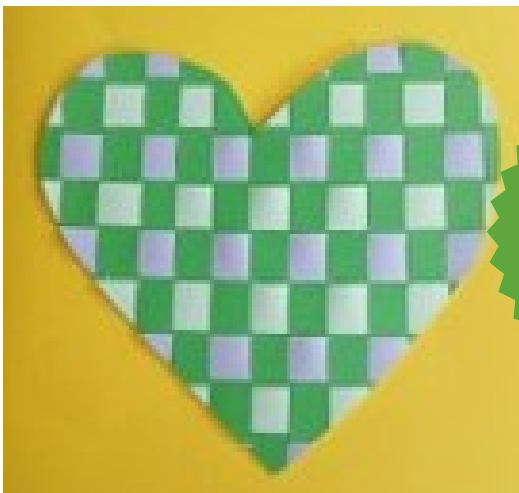
Simple weaving techniques

Weave Your Way to Wellbeing: A Simple Weaving Course with Everyday Items

Discover the joy of weaving using items you already have at home! Our Simple Weaving Course is perfect for beginners and those looking to explore a new hobby without the need for specialised equipment. Join us for a fun and relaxing experience that nurtures your creativity and enhances your wellbeing. Sign up today and start weaving your way to a happier, healthier you!

2 week course starting:
23rd June 2026 - 1pm to 3pm

St Giles Church, Market Place,
Pontefract WF8 1AT



Face to
face
16+



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www.wakefieldrecoverycollege.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk
01924 316946

FREE
course



WHAT'S ON

For more information on any Wakefield Museums & Castles events please visit - <https://museumsandcastles.wakefield.gov.uk/whats-on/>



Proms at the Castle
Pontefract Castle
Sat 20 Jun 2026

Proms at the Castle is back for 2026! Enjoy a magnificent evening of music and light as Pontefract Castle proudly presents the West Yorkshire Symphony Orchestra.



Tributes at the Castle
Pontefract Castle
Sun 21 Jun 2026

Get ready to step back in time for an unforgettable evening of music and nostalgia at Pontefract Castle! Enjoy an awesome 80s tribute act at the castle.



Dungeon Tours
Pontefract Castle
Fri 13 Mar 2026 - Sun 28 Jun 2026

Join us for a tour of the Pontefract Castle dungeon! Soak in the atmosphere of this eerie underground space.



Pontefract Castle Explorer Tours
Pontefract Castle
Fri 13 Mar 2026 - Tue 31 Mar 2026

Learn about history where it happened on an Explorer Tour! Walk in the footsteps of royalty and Civil War soldiers.

Coping with chronic pain

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

- Meet and share with others who live with chronic pain
- Look at additional tools/techniques for managing persistent pain problems
- Practice some pain management techniques
- Make a plan to help manage pain at home

The small group is very informal and we will be showing you things we use to help us cope with persistent pain.

23rd June 2026 - 10am-11am
one-off session



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.

**Tune in to your
feelings, without
judging or trying
to change them**



ACTION FOR HAPPINESS

JUNCTION 32

YORKSHIRE OUTLET SHOPPING

For more information on any Junction 32 events please visit -

<https://junction32.com/whats-on-now/>



Meet Jumbo the elephant

To launch this amazing event, Jumbo the animatronic elephant and circus character will be roaming around meeting and greeting guests. Be sure to save the date, 2nd April, to spot Jumbo and interact with this gentle giant. Jumbo will appear, alongside his chaperone, for three 20-minute sessions at 11am, 12pm and 1pm, offering people the chance to take photos and see the spectacle up close.

Understanding OCD

Are you curious about obsessive compulsive disorder (OCD) and how it impacts daily life? In this interactive course, you'll gain a clear understanding of what OCD really is, explore the difference between obsessions and compulsions, and learn how the cycle is maintained. Hear powerful firsthand accounts of living with OCD, bust common myths, explore treatment options and explore some self-care tips. Whether you want to learn for yourself or support someone you care about, this workshop offers practical insights and knowledge that can make a real difference.

Starting 6th July 2026, 1pm-2.30pm

On-line



Face to
face
16+

FREE
course



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



For more information on any Cannon Hall Farm events please visit - <https://www.cannonhallfarm.co.uk>

SPRING LAMBS
AT CANNON HALL FARM
MARCH 28 - APRIL 12

A photograph of a smiling man in a brown jacket holding a small black and white lamb. The text 'SPRING LAMBS' is in large white letters with a white lamb silhouette. Below it, 'AT CANNON HALL FARM' is on a green ribbon, and 'MARCH 28 - APRIL 12' is in white on a black background.

BLUEY
AT CANNON HALL FARM
ON MAY 9TH AND 10TH

Book your farm tickets online
All tickets have to be prebooked in advance

A cartoon illustration of Bluey the dog jumping joyfully. The text 'BLUEY' is in large white letters. Below it, 'AT CANNON HALL FARM ON MAY 9TH AND 10TH' is in blue. A blue circle on the right contains the text 'Book your farm tickets online All tickets have to be prebooked in advance'. A colorful house is in the background.

Adventure Playground

Neurodiversity & me

Join us for a free 2-hour workshop developed and delivered by our partner Livewell Wakefield exploring practical ways you can improve your daily life and feel more confident with or without a diagnosis. We will explore how Neurodiversity affects us, how to manage these experiences, and ways to connect with other people who identify as neurodiverse.

Starts 8th July 2026, 1pm - 2pm (2 weeks)

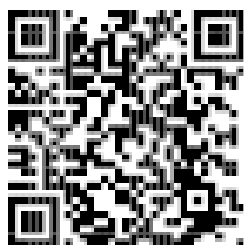
On-line



Face to
face
18+



FREE
course



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wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

Opportunity to take part in mental health **PIONEER**

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



WHAT IS THE STUDY

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.

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.



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 TO CONTACT



Happy Easter!



LIMITED SPACES LEFT! LIMITED SPACES LEFT! LIMITED SPACES LEFT! LIM



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Need Maths and English Qualifications?

Join Street League's **FREE** course starting **May, September & January**. Location: **The Hut, Castleford, WF10 3ES**

- **Ages 16-24**
- **Free breakfast and travel**
- **Smaller classes and quicker results**



**STREET
LEAGUE**

01

Gain your Maths and/or English in 12 weeks

Equivalent to a grade 4 at GCSE Level, our dedicated Functional Skills Tutor teaches small groups daily with a 84% pass rate.

02


Support with your next steps

Our supportive staff can help you write your CV, apply for jobs or college and help prepare for interviews.

03

Free Nike Kit and £100 voucher

Option to play sport every day from football to badminton. £25 refer a friend bonus!

 beau.burns@streetleague.co.uk

 isobel.elliott@streetleague.co.uk

 07889 599706

 @streetleague_wakefield

 07590 417868



Free Event

wakefieldcouncil
working for you

COMMUNITY HUB

**We are here to help. Support with
community activities, asylum and
refugee integration and events, food
and clothing**



More Info:

Every Tuesday 9-4

Millennium Hall
South Kirkby & Moorthorpe Town Council
Burntwood Community Centre
South Kirkby
WF9 3QS

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

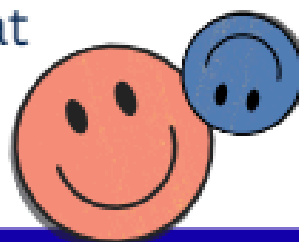
Your thoughts will help us understand what works, what doesn't, and what really matters during this change.

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

EASTER EGGS

**Chocolate Easter eggs make everyone very
Happy
Over Easter with
Colourful wrappers attracting us to shelves
Overburdened with goodies
Lighter evenings make the days seem longer at
the
Advance of Spring towards the Summer
Time requiring us to move the clocks forward
and to reflect as
Everything awakens – the days being brighter
and warmer so it is:**

**Early to rise in the mornings with
Great days ahead of us as the sun gains
strength so we can
Go out and enjoy Easter and days in the Spring
Sunshine.**

**RYDER 2026
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