



# The Supporter Newsletter

May 2026



@HAPPYZODESIGNS

Get in touch to find out more

01924 316946

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

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



Follow us on social media



With all of us in mind.

Meaningful May 2026

MONDAY



4 Send your friend a photo from a time you enjoyed together

TUESDAY



5 Let someone know how much they mean to you and why

WEDNESDAY



6 Look for people doing good and reasons to be cheerful

THURSDAY



7 Make a list of what matters most to you and why

FRIDAY

1 Do something kind for someone you really care about

SATURDAY

2 Focus on what you can do rather than what you can't do

SUNDAY

3 Take a step towards an important goal, however small

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



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 May!

As we bounce into a more dependable spring, we're no longer noticing just the leafy greens and pale yellows of daffodils, but the vibrant bursts of tulips, candy-floss blossoms, and the awakening of ferns unfurling their furry fronds to greet 2026. I have to say, I feel lighter and brighter. What we were hoping for during those darker days is finally here, folks, and winter is loosening its grip.

This more settled shift has me eyeing up the winter coat that's taking up far too much space, itching to tackle the cupboard of doom, and ready to buy the first sun cream of the year because the weather person has promised me a sunny Saturday. I'm hoping I'm not alone, as we Brits do love to go just slightly too early with the shorts and flip-flops.

With early May and the Spring Bank Holidays ahead, I'm reminded of maypoles in school fields, dancing, bells, and ribbons. As adults, the chance (if we're fortunate) to step away from routine for a little while is welcome. May is also a special month for the Recovery College. Mental Health Awareness Week, taking place from the 11th to the 17th, invites compassionate and honest conversations. Mental health isn't something we switch on for one week of the year, but it's a timely reminder that we're not alone.

We also mark International Nurses Day on the 12th of May, offering a heartfelt moment of recognition for the care, skill, and resilience shown across the NHS. Here at the Recovery College, we have plenty happening to keep us connected and well, so please take a look at our course calendar and keep an eye out for new courses arriving later this year!

I'm placing all my hope in May to deliver the shift we're craving—but knowing how unpredictable it can be, best to come prepared: jacket on in the morning, umbrella in bag, sunglasses at the ready in the afternoon, oh and don't forget the sun cream...lets be optimistic.

### Term opening times

Open 8am-4pm Monday to Friday.

#### Term 3 - first half (2026)

7<sup>th</sup> April - 22<sup>nd</sup> May

#### Summer half term (2026)

23<sup>rd</sup> May - 31<sup>st</sup> May

#### Term 3 - second half (2026)

1<sup>st</sup> June - 19<sup>th</sup> July

#### Summer holidays (2026)

20<sup>th</sup> July - 23<sup>rd</sup> August

#### Term 1 (2026/27 academic year)

24<sup>th</sup> August - 23<sup>rd</sup> October

### Upcoming Courses



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



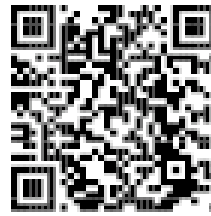
#### Improving your mindset



#### Managing diabetes



#### Caring for carers



**Boogie Bounce  
(16+)**

01/05/26  
10am - 11am  
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  
Wakefield

**Fire safety in  
the home –  
practical  
training (18+)**

14/05/26  
10.30am - 12pm  
Wakefield

**Your journey  
through  
relaxation**

18/05/26  
1pm - 3.30pm  
Online

**Hidden harm &  
parental alcohol  
use (16+)**

19/05/26  
1pm - 3pm  
Online

**Pastel drawing  
(16+)**

19/05/26  
1pm - 3pm  
Pontefract

**For those that give  
too much :  
Everyday stress  
(16+)**

20/05/26  
10am - 12noon  
Online

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

21/05/26  
1pm - 3pm  
Online

**Couch to 5K  
(16+)**

01/06/26  
10am - 11am  
Wakefield

**An introduction  
to mindfulness  
(16+)**

01/06/26  
1pm - 3pm  
Online

**Card making for  
wellbeing (16+)**

02/06/26  
1pm - 3pm  
Pontefract

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

02/06/26  
1pm - 3.30pm  
Online

**Scrapbooking  
for wellness  
(16+)**

02/06/26  
10am - 12noon  
Pontefract

**Summer rag  
wreaths (16+)**

02/06/26  
1pm - 3pm  
Wakefield

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

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

With **all of us** in mind.



# IS GAMBLING GETTING IN THE WAY OF THE LIFE YOU WANT TO LIVE?

If you are concerned about your gambling or you have been affected by someone else's gambling, you can talk to us.

**Find help and support today.**

Our services are **free**, flexible and confidential.

To complete a referral to **NECA Gambling Service**, please scan the **QR code**



**Contact Telephone - NECA Gambling Services**

0191 562 3309 | North East

01423 740 723 | Yorkshire & Humber

Charity Number: 516516



## **MEN WANTED. NO DANCE EXPERIENCE NEEDED!!**

“I wouldn’t change it for the world... it’s made me feel miles better in myself.”

Think dance isn’t for you?

Good. This is for you.

### **★ TRY SOMETHING DIFFERENT**

- Build confidence and self-esteem
- Get fitter (at your own pace)
- Meet solid people who’ve got your back
- Step out of your comfort zone — safely
- Feel a sense of achievement, pride and belonging

### **👊 THIS IS FOR MEN** with experience of:

- Addiction & recovery
- The criminal justice system
- Homelessness
- Trauma
- Mental health struggles
- Social Isolation

No judgement. No labels. Just a chance to do something positive.

Dance United Yorkshire have spent the past 2 years working with men facing real-life challenges — including addiction, prison, and poor mental health — using dance to build confidence, connection, and purpose.

You’ll be supported every step of the way.

- No experience needed
- No pressure to be “good”
- Just turn up and give it a go

### **FEEL BETTER. MOVE DIFFERENT. THINK DIFFERENT.**

The Project:

- Monday 11<sup>th</sup> May – Saturday 16<sup>th</sup> May (most days are 10am – 3pm with Saturday being a longer day. If you are interested, all timings will be explained)
- Cutsyke Church, Leeds Road, Castleford, WF10 5HA
- Cooked lunch and snacks provided

Contact: [helen@duy.org.uk](mailto:helen@duy.org.uk) 07775334098.

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



## TODDLER DISCO

FRIDAY 24 APRIL 2026

START TIME:10AM - END TIME: 12PM

FREE

The cutest disco in town is back!



## THE SPRING HOEDOWN

FRIDAY 24 APRIL 2026

START TIME:6PM - END TIME: 11PM

£15

Cowgirls and cowboys assemble... the rodeo is rollin' into town.



## SOUL SHED: MUSIC, POETRY, COMEDY

SATURDAY 2 MAY 2026

START TIME:7PM - END TIME: 10:30PM

FREE

Soul Shed returns with another showcase of a variety of talent, both homegrown and nationally known. From poetry to music to comedy, there's something for everyone.



## THE GALACTIC GATHERING SCI FI COMIC CON & COLLECTORS FAIR

SUNDAY 3 MAY 2026

START TIME:10AM - END TIME: 4PM

FROM £4

Calling all bounty hunters...join the hunt for an out of this world experience!

Come and sing your favourite songs  
and help support the community

# THE BIG SING 2026



**Saturday 9th May**



**Between 2.00 and 4.00 pm**

(Doors open at 1:30 pm)



**Queen Elizabeth Grammar School**

**154 Northgate, Wakefield WF1 3QX**

**FREE PARKING!**

## FREE EVENT

Donations welcome  
along with a  
prize draw  
raffle!



Charity Number 1203322

## #HOPE COLLECTIVE



### Hope Collective 3.0 Silence, Trace, Shadow, Longing

Open now until 4 June



UNIVERSITY OF  
Southampton

UNIVERSITY OF  
HUDDERSFIELD

### What is the Hope Collective?

Poetry can be a helpful tool. It can help us to think deeply and creates a space where we can connect over our shared human experiences. The bond between parents and children never fades, no matter how young or old they are. For parents and families who suffer the death of a baby (unborn or born) or child (including adult children), the loss and emotional fallout are indescribable.

### Why have we chosen these words for the final anthology in this series?

These words reflect suffering but also act as a goodbye and a beginning. In this way Silence may no longer be a void but a deliberate, peaceful exhale after a long storm following the death of a loved one. Trace may serve as the delicate proof that we or our child was here, the silver lining of a faded memory that refuses to disappear. While Shadow acknowledges the depth of our grief, it may also help to confirm the presence of a light nearby. Finally, Longing may transform unbearable suffering into forward-looking hope for what may lie beyond the horizon.

### Who can submit a poem to Hope Collective 3.0?

There are no age limits. Anyone is welcome to submit a poem, whether you have suffered loss or supported someone who has. Use the QR code to submit a poem or the following link: <https://forms.office.com/e/sg7s3jsN9p>

Drugs

🕒 3 mins read

## Turning Point Launches Ketamine Harm Reduction Campaign

Turning Point is launching 'Know Your K' a national harm reduction campaign designed to give practical, non judgemental information to help people who use ketamine to stay safe.

Ketamine use is rising across the UK, especially among teenagers and young adults. At the same time, we're seeing more people experiencing bladder and kidney damage, rapid tolerance, dependency, and mental health impacts.

This campaign supports early intervention by helping people understand the risks, spot early warning signs, and seek help sooner.





WHAT'S ON

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



ACTIVITY HERITAGE TOUR

### MUSEUM STORE TOURS: WATERTON AND WALTON HALL

FRI 15 MAY - FRI 15 MAY 2026

10:00 - 11:00

Wakefield Museums and Castles  
Collections Store



ACTIVITY FAMILIES FESTIVAL

### TULIP FESTIVAL

NOW - SUN 03 MAY 2026

10:00 - 16:00

Farmer Copleys



ACTIVITY CRAFT FAMILIES FESTIVAL  
HERITAGE MARKET PERFORMANCE  
TOUR

### CASTLEFORD ROMAN FESTIVAL

SAT 30 MAY - SAT 30 MAY 2026

10:00 - 16:00

Castleford Precinct



ACTIVITY HERITAGE TALK TOUR

### THE SECRETS OF THE BLACK HORSE

TUE 02 JUN - TUE 02 JUN 2026

18:30 - 21:30

The Black Horse

**Wakefield**

**Recovery and Wellbeing College**

Home of the Discovery College



**South West Yorkshire  
Partnership Teaching**

NHS Foundation Trust

## Alone together: Cutting ties and creating new ones

Family estrangement, or no longer speaking to someone you used to be close to/are related to, is much more common than you might think. During this two hour workshop, we will talk about different meanings behind and types of family estrangement, uncover some insightful facts that will make you feel less alone (did you know for example that 1 in 5 UK families are touched by family estrangement and its consequences), discuss some of the reasons someone may distance themselves from their family, hear some personal stories from those who have experienced family estrangement and look at ways to cope and manage with this experience. Due to the specific and emotive nature of this topic, we will have a variety of specialised support services that we will talk about and will ask you, on enrolment, if there is anyone you wish not to have contact with so that we can ensure you do not run in to them on the same workshop.

**25<sup>th</sup> June 2026, 1pm-3pm**  
On-line



On-line  
16+



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

**FREE  
course**



With all of us in mind.

## WHAT'S ON

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



### **Volunteer talk: The Medieval Herb Garden**

**Pontefract Castle**

**Sat 18 Apr 2026 - Sat 13 Jun 2026**

Join Carole, one of our volunteer gardeners, as she talks about the plants in our Medieval Herb Garden.



### **Urban sketching: Pontefract Pontefract Museum**

**Fri 24 Apr 2026 - Fri 19 Jun 2026**

Pop along for an afternoon of urban sketching. Be inspired by our Picturing Pontefract exhibition.



### **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.

## Healthier Lifestyle

Ready to feel healthier, happier and more confident in your choices?  
Our FREE 12 week Healthier Lifestyle Group is here to help!

**Tuesday 14th April to 30<sup>th</sup> June 2026**

**Balne Lane Community Centre,  
WAKEFIELD, WF2 0DP**

**1:30pm - 3pm**

We offer group programmes and online support to adults aiming to move towards a healthier lifestyle.

Book your place today through the Aspire Health and Wellbeing Team



[aspirereferral@wakefield.gov.uk](mailto:aspirereferral@wakefield.gov.uk)  
01924 307811



# Do you want to get involved in something exciting?

As part of National Mental Health Awareness week in October, we have an exciting opportunity to create **two new art displays**, and we'd love your ideas and contributions:

**1. Wakefield One Museum:**

A display that highlights the positive impact of our work and helps introduce us to people who may not know who we are. This will link in with the work of Wakefield Healthwatch. This will be displayed in October.

**2. Recovery College 'In-Your-Face' Display:**

A bold, eye-catching installation designed specifically for the Recovery College, with the potential to be showcased in poster holders across railway stations throughout the Wakefield district.

Your artwork can be anything creative — including poetry or written pieces. This project is all about celebrating the benefits of what we do at Wakefield Recovery College. If you already have something we could use, please feel free to send in a photograph of your art piece via email.

It might be a picture of a skill you have learned with us or something you do to support your own mental health, so it might be a photo of some crocheting or knitting or gardening – just nothing with names on please. Also, for us to use the artwork we do need written consent you can send an email to us with the following words that accompany your artwork:

## **Artwork Consent**

I consent to allowing Wakefield Recovery College as part of the SWYT to use artwork or abstracts of artwork created at home, in Trust publications, on the website or in printed materials and for the use for display in the Wakefield Museum. I understand this consent does not expire; however, it may be withdrawn by the group/service in writing. I understand that withdrawal of consent for museum display requires one month's notice.

I understand that the group/service retain copyright and all creative rights of the original artwork.



With all of us in mind

# Artwork consent form for service users

Member of staff responsible: \_\_\_\_\_

Date: \_\_\_\_\_

Name of service: \_\_\_\_\_

I consent to allowing the Trust to use artwork or abstracts of artwork created at \_\_\_\_\_ group/service, which I was a part of, in Trust publications, on the website or in printed materials and for the use for display in the Wakefield Museum. This consent does not expire; however, it may be withdrawn by the group/service in writing. Please note that withdrawal of consent for museum display requires one month's notice.

The group/service retain copyright and all creative rights of the original artwork.

First name	Last name	Sign here
_____	_____	_____
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_____	_____	_____
_____	_____	_____
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_____	_____	_____

To participate and have your artwork included, please return this form via electronic, photographed or scanned copy to: [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

# CREATE THE CHANGE

**MENOPAUSE SUPPORT COURSE**



# CREATE THE CHANGE

An 8 week course providing holistic information and support for women experiencing perimenopause and menopause.

Sessions led by Evergreen Active's menopause trained expert Paula and The Art House's experienced artist facilitators.

## The course provides:

- Up to date information on menopause symptoms and how to manage them including myth-busting and honest discussions
- Accessible creative activities including photography, drawing, painting and collage, all designed to help you explore your symptoms and process emotions
- Gentle exercise including walking and strength-building, with ideas to take home
- Nutritional advice to help manage symptoms and support general good health and wellbeing
- Time to chat and connect with others going through similar experiences over a cup of tea or coffee in a relaxed and supportive space

£10 Course Fee,  
Refundable after  
attending 4 sessions

Starts Thursday 7 May,  
18:00-19:45

The Art House,  
Wakefield, WF1 2TE



To find out more information or to book your place, scan the QR code or head to [www.the-arthouse.org.uk/create-the-change-menopause-support-course/](http://www.the-arthouse.org.uk/create-the-change-menopause-support-course/) or contact 01924 312000

The Art House



Supported with funding by  
**wakefieldcouncil**

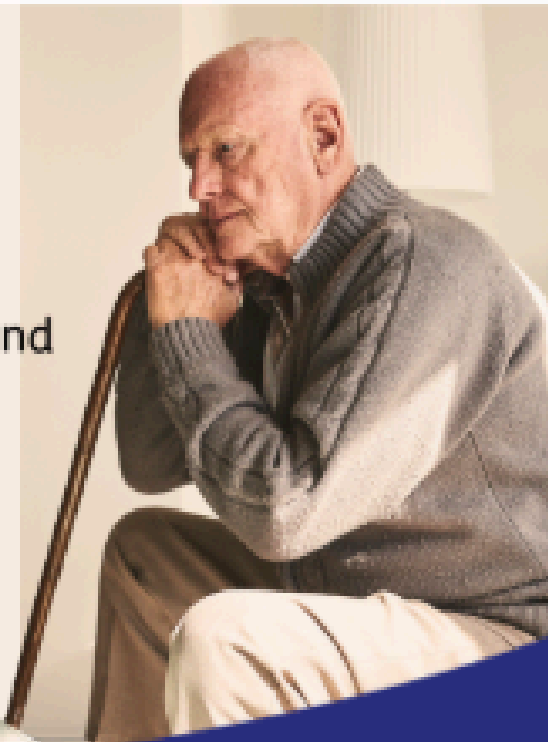
# By Your Side Support

**Six months of support helping you reconnect,  
rebuild and move forward**

Are you feeling isolated or lonely? Would you like someone to talk to and support you to build confidence getting out and about, and help you make new social connections?

**By Your Side** offers a structured six-month, face-to-face companionship program for older adults. You'll be matched with a trained volunteer who will visit regularly and support you in engaging with your community by attending groups, clubs, activities, and local places of interest. Helping you to build confidence, reduce loneliness, and foster new friendships and social connections.

- Weekly or fortnightly visits
- Escorted outings to attend groups, clubs, activities or places of interest
- Confidence building around joining clubs and groups and getting out and about
- Focus on what matters to you
- Help setting and achieving personal goals
- Structured support to greater independence - or longer term support if needed.



To find out more or make a referral:

 01977 664 864 / [befriending@ageukwd.org.uk](mailto:befriending@ageukwd.org.uk)





Our volunteers asked for additional training to feel confident in facilitating in groups.

You asked for changes to language and inclusivity on enrolment forms.

You wanted some of our joint Recovery College/Live Well Wakefield resources translating.

You found you were having to miss certain courses due to pain management or concentration.

You wanted clear directions and information on accessing our new teaching room at Space Station.

Community venues have asked us to deliver from their spaces.

You wanted a bereavement and loss course.

The team designed and have started delivering regular half-day co-facilitation training, available to anyone who would like to co-facilitate a session with us.

We've now done it! Terminology is now more inclusive and we now better ranges e.g. sexuality.

We've worked with Live Well Wakefield and our translation services to start producing these.

We moved our Fibromyalgia course to online so that you can join from home and be comfortable.

We added a full step-by-step guide on how to find us, with photos and access requirements, to our website on our news pages.

We've worked with the Community Connectors and various community venues to be able to access community spaces at rates that mean we're able to afford to bring courses to more venues.

We agreed! So we've started co-producing a loss course with lots of lived experience voices in it.

# Lovely things you've said about the Wakefield Recovery and Wellbeing College recently

At a February public health neighbourhood health planning meeting, community professional and lived experience stakeholders described the Recovery College as one of a few Wakefield services that has “got it right”, being described as “like gold dust”.

“I love the College’s volunteer huddles. They keep me connected and I love meeting up with everyone.”

“Completely explained if you were a beginner and it wasn’t a pressurised environment.”

“Many thanks for presenting the course today. Excellent delivery and an informative, interactive session.”

“I don’t know where I would be without the support from the College.”

“The course was well organised, the tutor was very competent on the subject.”

100% of attendees have said they would recommend us to friends and family again this year.

“It’s great - all the staff are lovely and so kind.”

“This course was extremely good and I found it very helpful. I have struggled with a number of issues raised by this course and now I can put things into proper perspective. I feel I learned a great deal from this course and I would encourage others to attend.”

# 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

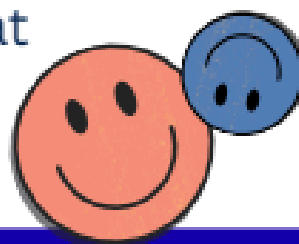
Your thoughts will help us understand what works, what doesn't, and what really matters during this change.

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



# Transitions of a Child's Life



**Thursday**  
18<sup>th</sup> June 2026



**10:00am – 12:30pm**



West Wakefield Methodist Church, WF2 8QR

✓ FREE EVENT

✓ FREE PARKING

✓ REFRESHMENTS PROVIDED

## ABOUT THE EVENT

A friendly and collaborative network event exploring transitions across a child's life – from pre-conception through to 25+.

Hear from guest speakers across different life stages, sharing professional insights, experiences and learning around key transition points.

*Ideal for professionals working with children, young people and families across Wakefield.*

### We'll explore:

- Conception to birth
- Birth to toddler
- Toddler to child
- Child to young person
- Young person to 25+

### We will also explore:

- What's working well in Wakefield
- What challenges or barriers exist
- What could be improved to support smoother transitions



### SPECIAL INPUT

**from the 16–25 Mental Health Community Builder,**

sharing insights from young people's experiences of mental health services, including transitions from children's to adult services.



## GUEST SPEAKERS



**Denise Wheatman** – Public Health (*Risk & Resilience*)



**Darren Dooler** – Social Prescriber (*Future Selph / S.M.a.S.H Society*)



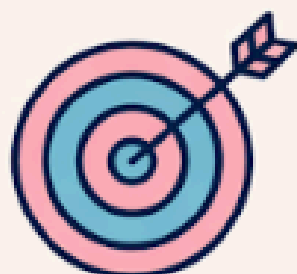
**Holly & Tara** – Managers (*The Old Quarry Adventure Playground*)



**Lindsey Ball** – Alternative Provision Lecturer (*Wakefield College*)



**Ken Stenton** – Youth Worker (*Enabling Youth*)



## JOIN THE CONVERSATION

Help shape smoother transitions for children and young people in Wakefield.

Book your free place by scanning the QR code or clicking the link below.

**BOOK YOUR TICKETS HERE**



SCAN ME!



## **Would you like to support the development of CAMHS services?**

**We're looking for people aged 16 to 21 who have had experience of CAMHS services in Wakefield to join our Design Group for 4 evening sessions on Tuesday 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> June**  
(Time TBC and location to be decided with group participants based on preference)

**The design group will help us to plan a series of creative writing and other creative activities that will be offered to children and young people who are on the waiting list for services.**

We want to hear from you if you think you would be able to share your experience and your local knowledge. Your help will support us to improve things for people who are on waiting lists now and in the future.

**Please contact Sophie, Creativity and Health Project Coordinator on 07721 628 155 or [sophiejo.peel@swyt.nhs.uk](mailto:sophiejo.peel@swyt.nhs.uk) if you would like to know more and get involved.**

**To say thank you, you will receive £20 voucher for each session you attend. We can also support with travel costs if needed.**

# Members of the public needed for Health Literacy Research

## To take part, you must:

- Be aged 18 or over
- have experience accessing healthcare services in the UK (e.g., GP visits, hospital care, NHS services, private healthcare, or community health services)

## What does it involve?

- Taking part in a focus group discussion
- Online via Microsoft Teams
- To talk about draft health literacy standards

"I wouldn't ask questions because I'm embarrassed of not understanding"



## Interested in taking part?

Scan below:



Questions? Contact:  
Health.literacy  
@sunderland.ac.uk

# Coalfields Regeneration Trust

## Monday

9:30-10:30am Nutrition support drop in. CRT Knottingley hub

10-11am Walking football. Lock Lane sports centre, Castleford

10:30am-12pm **11<sup>th</sup> & 18<sup>th</sup> only** SEN parent's coffee morning. CRT Knottingley hub.

12-2pm **11<sup>th</sup> only** Nutrition support drop in. Normanton library

## Tuesday

9:30am-1pm **26<sup>th</sup> only** Community litter pick and cooking workshop family day event. Airedale library. - in partnership with Vico homes

1-2pm **Starting 26<sup>th</sup>** Man with a pan - 4 week cooking course. CRT Knottingley hub. **Booking required**

2-3pm Chair based dance aerobics. Airedale Methodist church

## Wednesday

1:30-2:30pm **20<sup>th</sup> only** Dementia prevention workshop. Airedale library

## Thursday

10-12pm Walking cricket. The Hut, Airedale

10:30-11:30am Circuits. Lock Lane sports centre, Castleford

1-2pm Women's wellbeing craft group. CRT Knottingley hub

1-2:30pm Men's wellbeing Veteran's allotment. Knottingley

2-3pm Chair based banded exercise. The Brig, Normanton

## Friday

10-11am **29<sup>th</sup> only** Health and wellbeing and Nutrition support drop in. Airedale library

10am-2pm **29<sup>th</sup> only** Nourish and thrive slow cooker session. CRT Knottingley hub. **Booking required**

11am-12:30pm **Starting 8<sup>th</sup>** Cooking in colour - 3 week stick blender cooking course. The hut, Airedale. **Booking required**

12-1pm **Fortnightly** Chronic pain peer support group. Normanton fire station



## MAY TIMETABLE

### Programmes and sessions running this month

#### Walking football

Open to all abilities, beginner friendly low intensity exercise.

#### Chronic pain peer support group.

Support and connection for anyone navigating life with long term pain.

#### Chair based dance aerobics

Open to all abilities, beginner friendly low intensity seated dance group.

#### Walking cricket

Open to all abilities, beginner friendly low intensity exercise.

#### Circuits

Open to all abilities, beginner friendly low impact circuit style exercise. All exercises adaptable to suit needs.

#### Men's wellbeing veteran's allotment

Gardening group that is open to all, you do not have to be a veteran to attend.

#### Chair base banded exercise

Open to all abilities, beginner friendly seated exercise using resistance bands, followed by refreshments.

#### Health and wellbeing and nutrition support drop in

One of our coaches will be on site to support your nutrition and health and wellbeing needs.

#### Cooking in colour - 3 week cooking course

Cooking course that utilises a stick blender for smoother textured nutritious meals. Take home a stick blender on week 3.

#### Nourish and thrive slow cooker session.

Cooking class with free slow cooker to take home at the end of the session.

### Our programmes and sessions

#### Health & Wellbeing

- COPD 4 week course
- Chronic pain 4 week course
- Optimising sleep workshop
- Menopause Support session
- Dementia prevention
- Men's mental health
- Health and wellbeing workshop
- Unlock your confidence workshop
- Chair based exercise

#### Nutrition

- Eat well be healthy 6 week nutrition course
- Type 2 diabetes support session
- Cholesterol support session
- Hypertension support session
- PCOS support session
- Meal planning workshop
- Slow cooker cooking session
- Stick blender 3 week cooking course

Our programmes and sessions are delivered across the five towns area and are scheduled in response to community needs and demand.

If you are interested in any programmes or sessions that are not currently running, please contact our team using the email below to register your interest or request future dates.



communitiesactive@coalfields-regen.org.uk



# A Playful Start Monday 18<sup>th</sup> May

10AM-12:30PM

Professionals, parents, carers...



**JOIN US FOR A  
MORNING  
CELEBRATING THE  
NEED FOR PLAY, OUR  
VIDEO REVEAL, HEAR  
WHAT THE PARENTS  
THINK, WITH GUEST  
SPEAKERS,  
WORKSHOPS, LIVE  
MUSIC AND A  
DELICIOUS LUNCH**

**The  
Addy**

 THE OLD QUARRY/ADVENTURE PLAYGROUND, SYCAMORE AVENUE, KNOTTINGLEY, WF11 0PJ

# May DAY

Mayday round again  
Maybe without the rain  
Garden's full of weeds  
Time to plant those seeds

But as you say  
Not to waste the day  
In garden toil  
Hands covered in soil

Time for the joys of spring  
Winter vanished on departing wing  
In the park a steam train chuffs  
Time to leave that garden rough



A maypole awaits a dance  
Children around to prance  
Roundabouts on village green  
Bright lights to be seen

If the weather fine  
To the beach at this time  
Two holidays in a row  
No more need to sow

Forget packets of seeds  
And all those weeds  
That will soon appear  
Never mind they'll all be back next year



**RYDER 2026**

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