



The Supporter Newsletter

June 2026

"Until you make the unconscious conscious, it will direct your life and you will call it fate."
— Carl Jung

MENTALHEALTHMATCH.COM

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.

Joyful June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good
8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you
15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement
22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people
29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)					

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, June!

June and it finally feels like summer has arrived.

For the first time this year, as we sit down to write our Termtime, there's a real sense that, as we move into June, the pace has softened. The busy to-do lists, the sense of getting ready for what's next—they've gently faded. Summer is no longer something we're waiting for... it's here. And with it comes an invitation to pause, to celebrate, and to soak in the sunshine after months of hard work.

This month isn't about doing—it's **about being**. Take a moment to look around you and notice the abundance of life, the vitality, the light. As we approach the summer solstice on 21st June, there's something magical in the air: creatures great and small moving in harmony, the natural world working together in quiet, supportive ways. There's a sense of **connection** that almost seems to sparkle.

With this spirit of togetherness in mind, June also brings many opportunities to celebrate the people in our own community who embody that same care and connection.

We begin with **Volunteers' Week**, a chance to recognise and thank our incredible volunteers. Their dedication, generosity, and quiet commitment are the backbone of our college—we simply wouldn't be who we are without them. A heartfelt thank you to each and every one of you.

This is closely followed by **Carers Week**, which holds special meaning for so many within our community. Many of our colleagues, students, and partners are carers themselves, offering everyday acts of kindness and support that often go unseen. This is our moment to shine a light on these unsung heroes and say how deeply valued they are.

We then move into **Refugee Week**, a vibrant arts and cultural festival celebrating the resilience, strength, and creativity of refugees and people seeking sanctuary. With activities and performances taking place across Wakefield, it's a powerful opportunity to come together, celebrate diversity, and raise awareness.

So, as the days grow longer and brighter, we hope you'll join us in embracing a month of appreciation, connection, and simply being - ideally with an ice cream in hand and somewhere sunny to sit.

Term opening times

Open 8am-4pm Monday to Friday.

Term 3 - second half (2026)

1st June - 19th July

Summer holidays (2026)

20th July - 23rd August

Term 1 - first half (2026)

24th August - 23rd October

Autumn half term (2026)

24th October - 1st November

Term 1 - second half (2026)

2nd November - 11th December

Upcoming Courses



Living with and managing anxiety



Introduction to woodland skills



Everyday first aid



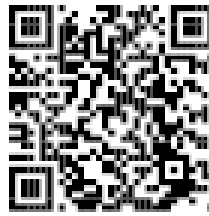
Dementia - positive steps



Stroke awareness



Alone together: Cutting ties and making new ones



**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

**Thriving 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

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

04/06/26
1pm - 3pm
Online

**Introduction to
Woodland Skills
(18+)**

04/06/26
1pm - 3pm
Wakefield

**Dementia –
Positive Steps
(Face to Face)
(16+)**

04/06/26
10.30am - 1pm
Wakefield

**Reflective
Writing (16+)**

05/06/26
1pm - 3pm
Online

**Everyday
First Aid (19+)**

05/05/26
10am - 11.30am
Wakefield

**Journaling for
wellbeing (16+)**

08/06/26
1pm - 3pm
Online

**Book folding
(16+)**

09/06/26
1pm - 3pm
Pontefract

**Understanding
self-harm (16+)**

10/06/26
10.30am - 12.30pm
Online

**Stroke
awareness
(16+)**

17/06/26
1pm - 3pm
Wakefield

**Reimagined
Materials:
Creative Crafting**

17/06/26
10am - 12pm
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.



VOLUNTEERS

From the bottom of our hearts, we want to shout an absolutely massive



***“thank
you”***

to all of our wonderful volunteers. Without your hard work, time, efforts, skills, expertise and assistance, we would not be able to offer the courses and support we do to our communities. You are all truly amazing and we'd be lost without you!



VOLUNTEERS' WEEK

**Know a volunteer?
Say thank you**

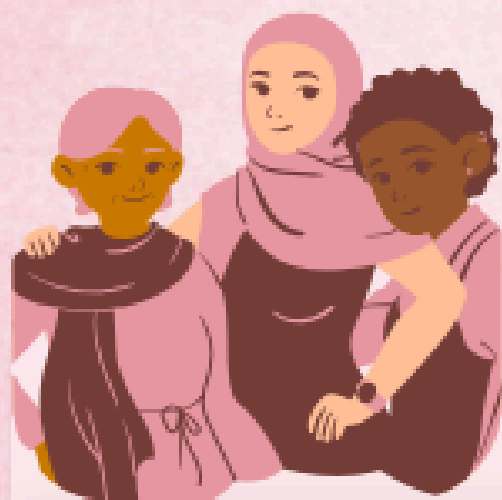
**Visit VolunteersWeek.Org
to find out more**



**1-7
June**

#VolunteersWeek

Can I hear your story?



**For South Asian & Black women
living with metastatic breast
cancer.**

I'm trying to understand the real experiences of **South Asian & Black women** living with **metastatic breast cancer**.

So many voices and lived experiences are missing — and I want to help change that.

Your story can help improve support and resources for women in our communities facing metastatic breast cancer.

If you feel able to share even a small part of your journey it would **mean so much**.

- ✓ **Share as much or as little as you feel comfortable**
- ✓ **Completely confidential**
- ✓ **Online or Phone**

**If you'd like to take part, you can
email me or scan the QR Code**



Summayah2.zafar@live.uwe.ac.uk



You'll also be entered into a prize draw for a voucher as a thank you.

Communicating with patients in ways that matter to them

Attend our one hour training session to:-

- Explore the impact of low health literacy
- Discover helpful resources and easy to use techniques to improve communication
- Improve health outcomes



browse dates and book

“this information will definitely have an impact on patient attendance and waiting times”

extremely interesting, engaging and informative

Open to all working or volunteering in health and social care across West Yorkshire

for any queries, please contact ingrid.francis2@nhs.net



Wakefield District Centre for
Positive Ageing

Join us to **Celebrate Ageing** and
Challenge Ageism as we launch the

Wakefield District Centre for Positive Ageing

Taking place on Age Without Limits Day, this special event celebrates ageing without stereotypes, and challenges ageism in our communities

Come along to:



Connect with others



Share your thoughts and experiences



Help shape what age friendly looks like across the Wakefield District



10th June
12-3pm
The Tea Tree Cafe
Wakefield Cathedral

✉ c4pa@ageukwd.org.uk

🌐 www.centreforpositiveageing.co.uk

 Wakefield District
ageUK
Let's change how we age

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



LUKE JERRAM'S HELIOS

FRIDAY 12 JUNE - SUNDAY 6 SEPTEMBER 2026

START TIME:10AM - END TIME: 4PM

FREE

Step inside Helios at Wakefield Exchange this summer and experience a breathtaking, larger-than-life encounter with the Sun, surrounded by free, family-friendly space activities for all ages.



STUDENT ART & DESIGN EXHIBITION

FRIDAY 12 JUNE - THURSDAY 18 JUNE 2026

START TIME:10AM - END TIME: 4PM

FREE

An end-of-year exhibition showcasing works by Wakefield College BA Hons Art & Design Students



KLH EVENTS CRAFT & GIFT FAIR

SUNDAY 21 JUNE 2026

START TIME:10AM - END TIME: 4PM

FREE

From candles to crochet, plants to pet stuff... pop into The Factory for this craft and gift fair!



THE INCLUSIVE DISCO

WEDNESDAY 24 JUNE 2026

START TIME:10:30AM - END TIME: 12:30PM

FREE

Get ready to dance at our Inclusive Disco with feel-good pop tunes, vibrant lights, and a friendly, supportive environment for all! Hosted by Sense and the Party People Project.



PART OF HELIOS

SOUND BATH UNDER THE SUN

SUNDAY 26 JULY 2026

START TIME:10.30AM - END TIME: 11.30AM

£10

Immerse yourself in a restorative sound journey beneath the warm glow of [Helios](#).



PART OF HELIOS

STORIES UNDER THE SUN

WEDNESDAY 29 JULY - WEDNESDAY 26 AUGUST 2026

START TIME:10:30AM - END TIME: 3PM

£4

Blast off on an imaginative adventure with storyteller Beccy, whose magical tales explore space, the Sun and the wonders that surround us.



wakefieldcouncil



NHS

South West Yorkshire
Partnership Teaching
NHS Foundation Trust

Learning Disability Week 2026 Event



Wednesday 17 June 2026, 10am-1pm

Havercroft and Ryhill Community Learning Centre,
Mulberry Place, Ryhill, Wakefield, WF4 2BD

Activities:

- NYL Community Sports sensory workshop

Stall holders:

- NYL Community Sports
- Spectrum Community Health CIC
- West Yorkshire Police hate crime
- Mid Yorkshire Teaching NHS Trust Complex Needs service
- Prince of Wales Hospice
- Friends Together



Come along and join in the activities. Bring your lunch and network with our colleagues and partner organisations.

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

With **all of us** in mind.



South West Yorkshire
Partnership Teaching
NHS Foundation Trust



Learning Disability Week 2026 Event

Thursday 18 June 2026, 10am-1pm

Thornes Park Stadium, Horbury road, Wakefield, WF2 8TY



Activities:

- Wakefield Trinity LD rugby team
- Yorkshire strength weightlifting
- Aspire games
- Sensory workshop

Stall holders:

- Wakefield community learning disability team
- Trust therapy dogs
- Spectrum Community Health CIC
- West Yorkshire Police hate crime
- WMBC safer communities
- Prince of Wales Hospice
- Wakefield Hospice
- Primary Care Network
- Mid Yorkshire Teaching NHS Trust Complex Needs service



Come along and join in the activities. Bring your lunch and network with our colleagues and partner organisations.

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

With **all of us** in mind.

THE HEPWORTH WAKEFIELD

HIGHLIGHT

The Hepworth Family Gift / Hepworth At Work

ON PERMANENT DISPLAY. FREE FOR MEMBERS,
WAKEFIELD DISTRICT RESIDENTS AND UNDER 18S

The Hepworth Family Gift consists of 44 full size, rarely seen working models - surviving prototypes in plaster and aluminium made in preparation for the works in bronze Hepworth executed from the mid-1950s to the end of her career.

[More Info](#)



Dementia-friendly Creative Café

EVERY FOURTH WEDNESDAY OF THE MONTH*, 1.30
- 3.30PM, FREE

The Hepworth Wakefield invites people living with dementia, their carers, friends and family to talk, make and imagine with us inspired by our exhibitions and art collection. No need to book, just drop in.

[More Info](#)



Slow Down - Creative Wellbeing Workshops

EVERY FOURTH WEDNESDAY OF THE MONTH*,
10.15 - 11.45AM, FREE

Slow down, look and connect at The Hepworth Wakefield. Spend time looking and drawing in the gallery with guided exercises.

[More Info](#)



House of Makers: Yorkshire Pantry

SUNDAY 7 JUNE, 5 JULY, 2 AUGUST & 6 SEPTEMBER,
10AM - 5PM, FREE

Join us in The Hepworth Wakefield Garden to stock-up on fresh produce, groceries, provisions and store cupboard essentials from some of our favourite Yorkshire providers.

[More Info](#)



WHAT'S ON

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



FAMILIES HERITAGE TOUR

PONTEFRACT CASTLE DUNGEON TOUR

NOW - SUN 28 JUN 2026

10:45 - 11:30

Pontefract Castle



ART EXHIBITION

MODERN ART AND MODERN LIFE: HIGHLIGHTS FROM WAKEFIELD'S 20TH CENTURY COLLECTION

NOW - WED 31 MAR 2027

10:00 - 17:00

The Hepworth Wakefield



ART EXHIBITION

RHYTHM, DANCE AND EVERYTHING: THE BODY AND PERFORMANCE FROM HEPWORTH TO NOW

NOW - WED 31 MAR 2027

10:00 - 17:00

The Hepworth Wakefield



ACTIVITY CRAFT FESTIVAL HERITAGE
OUTDOOR TALK WALK WORKSHOP

WALLFEST

NOW - SUN 31 MAY 2026

10:00 - 17:00

The Nest



MUSIC PERFORMANCE

FLEETWOOD MAC BY CANDLELIGHT

SAT 23 MAY - SAT 23 MAY 2026

18:15 - 21:21

Wakefield Cathedral



EXHIBITION LITERATURE MUSIC
PERFORMANCE TALK WALK

ARTWALK WAKEFIELD

WED 27 MAY - WED 25 NOV 2026

17:00 - 21:00

Wakefield City Centre

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.



Cynthia Kenny: A city framed
Wakefield Museum

Mon 30 Jun 2025 - Sat 20 Jun 2026
Celebrate the life and work of local artist Cynthia Kenny (1929-2021). Explore our changing city through her eyes.



Picturing Pontefract
Pontefract Museum

Mon 2 Feb 2026 - Sat 3 Oct 2026
Picture Pontefract in a new perspective. Explore the town through the eyes of artists, craftspeople and map makers.



Dungeon Tours
Pontefract Castle

Fri 22 May 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 22 May 2026 - Sun 28 Jun 2026
Learn about history where it happened on an Explorer Tour! Walk in the footsteps of royalty and Civil War soldiers.

Your journey through relaxation

Join Wakefield Recovery College for a one-off session exploring what relaxation is, different types of relaxation and how you can incorporate relaxation into your routine. Following this course, you will have learned valuable relaxation techniques that you can use moving forwards and share with anyone else who can benefit from these coping mechanisms.

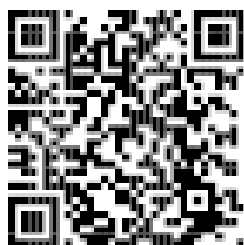
30th September 2026
1pm-3.30pm
Online via Teams



Online
only
16+



FREE
course



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

Introduction to aromatherapy

Our NEW course 'Introduction to Aromatherapy' will help you discover the origins of this ancient holistic treatment. Over the duration of this 4-week course you will be introduced to the history and methodology of essential oils. Discover more information about carrier oils, essential oils, their benefits and most importantly how to use them safely. You will have the opportunity to learn a hand and forearm massage through demonstration by our expert tutor and will have the chance to practice these techniques using self-massage upon yourself. These massage movements can be adapted and transferred to other areas of the body for personal use. This course is for anyone who would like to discover the basic essentials of aromatherapy in a fun, inclusive and safe environment.

6th November 2026- 10am - 12pm

4 weeks

Knottingley CRT Hub, Hill Top, Pontefract Road,
Knottingley, WF11 8ER



Face to
face
16+



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

FREE
course



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.

25th June 2026, 1pm-3pm
On-line



On-line
16+



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

FREE
course



With all of us in mind.



KOYLI Freedom of the City of Wakefield 80th Anniversary Sounding Retreat

Thu 4 June 2026, 6:30pm - 8:30pm

Pontefract Castle


Pontefract Castle will provide the backdrop for a special civic and ceremonial event, marking the 80th Anniversary of the King's Own Yorkshire Light Infantry (KOYLI) being awarded the Freedom of the City of Wakefield.

The evening will feature a traditional Sounding Retreat performed by The Band and Bugles of The Rifles. You will have the opportunity to experience a rare ceremonial military performance within one of the Wakefield district's most historically significant venues.


The KOYLI Depot was in Pontefract Barracks and Y Company, 8 Rifles are based in Minden House, the last building from Pontefract Barracks still in military use.

Refreshments will be available on site.

Any questions? Please contact the Events team at festivals@wakefield.gov.uk

 **4 June 2026**
6:30pm - 8:30pm

 **Pontefract Castle**

 **Free, booking required**

 **All ages**

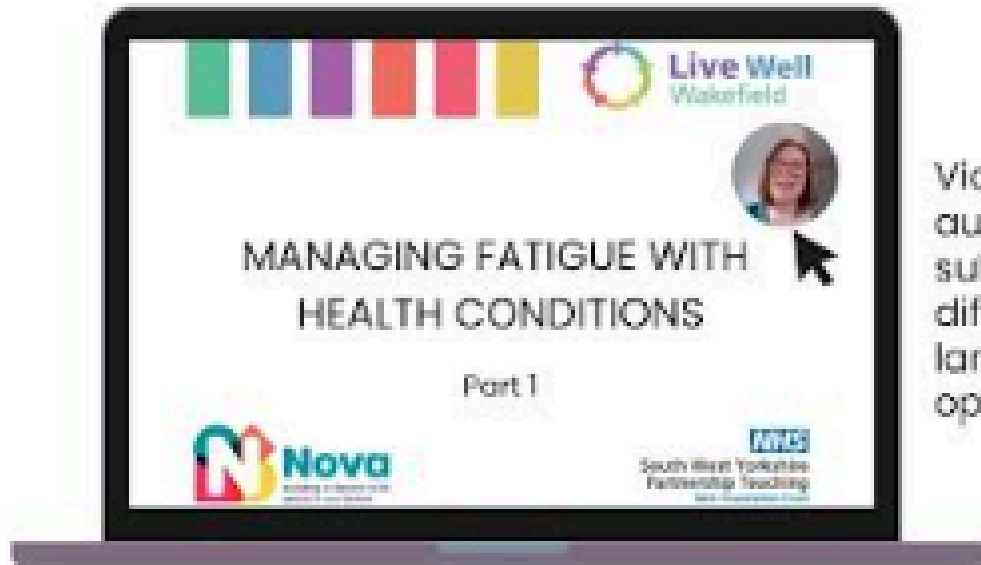
Plan your visit



Live Well
Wakefield

PRE-RECORDED ON DEMAND VIDEOS

Access self-management tools and techniques at a pace that suits you through pre-recorded videos and supportive handbooks.



Videos have auto-generated subtitles with different language options

Current workshops include:

MANAGING FATIGUE WITH HEALTH CONDITIONS

COPING WITH CHRONIC PAIN

SELF CONFIDENCE & ME

THRIVING MINDS: YOUR PATH TO IMPROVED MENTAL WELLBEING

Who can access this?

We support anyone aged 18+ who lives in the Wakefield district or is registered with a Wakefield district GP

Contact us for access or more information

01924 255363

www.livewellwakefield.nhs.uk



Stay safe in the heat

NHS
Sussex



Drink enough
water



Stay in the shade
and cover up



Use SPF and
reapply

Help us
help you **make
the right
choice**

CANCER ALLIANCE

COMMUNITY EVENT

MEET - CONNECT - FIND SUPPORT

DATES & LOCATION

- **WEDNESDAY 3RD JUNE 2026**
- RED ROOF CENTRE
- **THURSDAY 4TH JUNE 2026**
- FIVE TOWNS CHRISTIAN FELLOWSHIP
- **TUESDAY 9TH JUNE 2026**
- ST MARY'S
- **MONDAY 29TH JUNE 2026**
- HAVERCROFT & RYHILL CENTRE
- **FRIDAY 24TH JULY 2026**
- ST GEORGE'S

ALL EVENTS 10 AM - 12 PM

**EXPLORE TABLES FROM LOCAL
& NATIONAL ORGANISATIONS -
EVENT OPEN TO EVERYONE**

WHAT'S GOING ON?

Delivering awareness sessions aimed at increasing:

- Understanding of cancer
- Early signs and symptoms
- Screening pathways
- Support for residents, cancer patients and family



Health Innovation
Yorkshire & Humber



West Yorkshire and Harrogate
Cancer Alliance



Red Roof
CENTRE

DESIGNED BY

IndTalks[®]

Get help for breathlessness before it holds you back



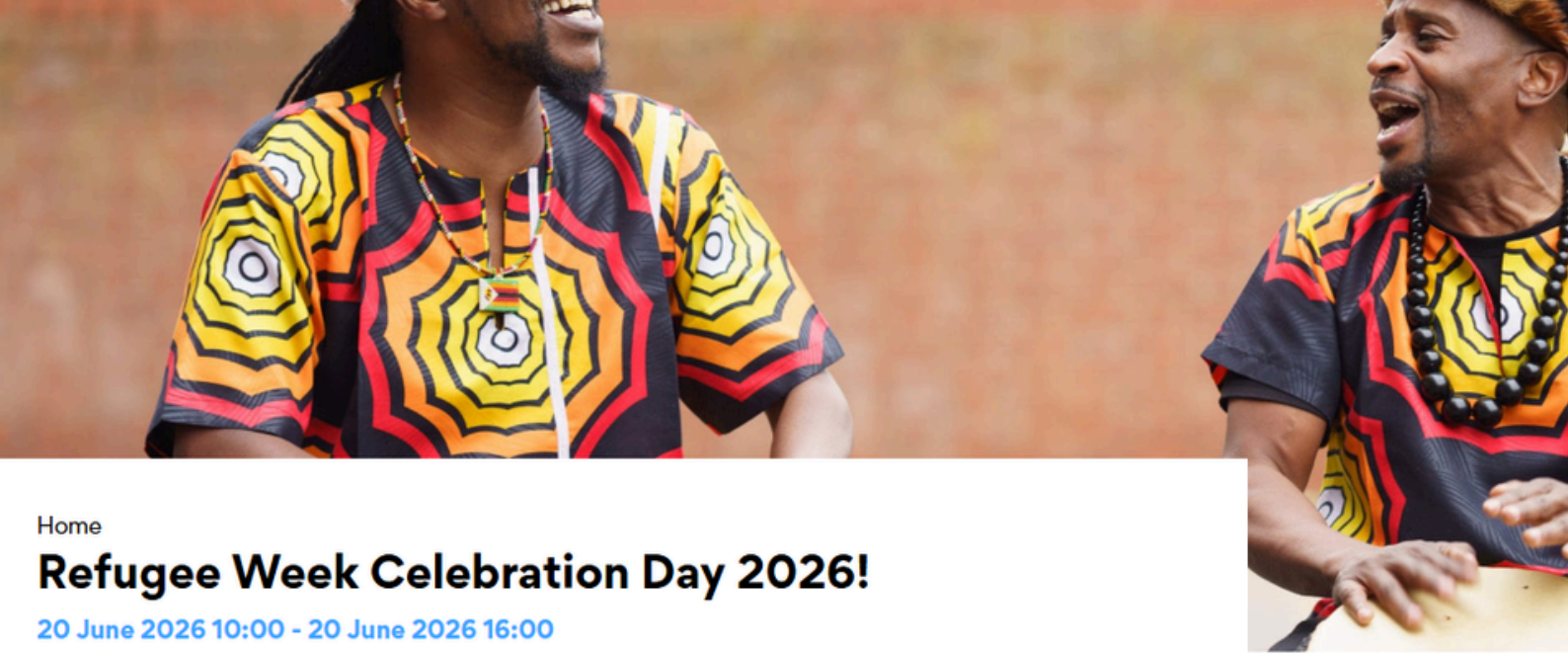
**Feeling breathless or wheezy?
We're offering support to local people who
are struggling with their breathing.**

GP Care Wakefield is working with the Coalfields Regeneration Trust to provide breathing checks for people in the local area.



Use the QR code to complete a screening questionnaire or pop in to the Coalfield Regeneration Trust at the Knottingley Hub, Hill Top, Pontefract Road, Knottingley, WF11 8ER .

You can also speak with your GP Practice.



Home

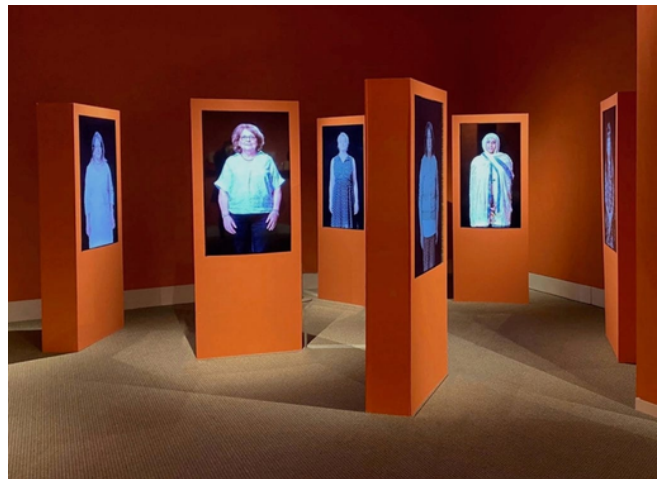
Refugee Week Celebration Day 2026!

20 June 2026 10:00 - 20 June 2026 16:00

Exhibitions opening on Refugee Celebration Day:

- *Andy Welland: IMAGINED TERRITORIES*
- *Kadir Karababa: One Song*
- *Fotohane x The Art House*

Throughout the day, visitors can take part in free creative activities, live music and drumming performance, collaborative screen printing, food stories and recipe sharing, and free Persian tea served in the spirit of welcome, hospitality and community. These free drop-in activities are for all ages, and take place alongside the launch of three new exhibitions exploring themes of identity, memory, belonging and solidarity.



Courage:

Stories of Refuge and Welcome

Refugee Week 2026
at Wakefield Cathedral

MONDAY 15TH JUNE 2026

Wakefield Cathedral invites the community to a day of conversation, reflection, storytelling and hospitality as part of Refugee Week 2026.

*Listen.
Learn.
Welcome.
Act with Courage.*



DAYTIME SHOWCASE

10:00AM – 4:00PM | CATHEDRAL NAVE

Explore organisations supporting refugees and asylum seekers locally and nationally. Talk with representatives, challenge myths, and discover ways to get involved.



Cathedral Labyrinth

Open all day for quiet reflection and prayer.



SPECIAL PERFORMANCE: HOME

2:30PM | CATHEDRAL NAVE

A creative performance exploring themes of displacement, identity, belonging and refuge. Presented with Theatre Royal Wakefield and students from Outwood Academy City Fields. Followed by a short Q&A.

*Stories.
Voices.
Shared humanity.*



EVENING CONVERSATION & PANEL DISCUSSION

6:30PM REFRESHMENTS | 7:00PM – 9:00PM
TREACY HALL

Chaired by the Bishop of Wakefield, Malcolm Chamberlain. Hear stories, share information, and take part in open conversation with organisations and guests. Networking and informal conversations to close.

Your Cathedral:

A place for open, respectful and non-partisan conversation, and for deeper understanding and compassion.

All are welcome

For more information visit
wakefieldcathedral.org.uk



Wakefield
Cathedral

For enquiries:

Jess Riley
Acting Development Officer
events@wakefield-cathedral.org.uk

Revd Canon Dr Erik Peeters
erik.peeters@wakefield-cathedral.org.uk



Carers
Wakefield & District

CARER AWARENESS WORKSHOP

Do you look after someone with an illness, disability, frailty, mental health condition or addiction?

Or would you like to know more about this?

Then come along and find out what an unpaid carer is, why it is important to support them and what support is available in your community.

**Venue: St Mary's Community Centre,
Pontefract**

Date: Tuesday 16th June, 10.00am to 1.00pm

Organisations Attending:

- * **Carers Wakefield** *
- * **Alzheimers Society** *
- * **Prince of Wales Hospice** *
- * **Live Well** *
- * **TEC Awareness** *
- * **And more** *

Free refreshments and light buffet lunch

**To book a place,
please email info@carerswakefield.org.uk
or phone 01924 305544**

YOUNG CARERS

GIVE THEIR ALL

YO young carers,
Yo missing school
Helping mum and dad get through
Run round to shop
Never pause to stop
Little kids to feed
Cater to their need

Sad to say,
Worn out end of day
Do it all for love
No help from above
When you last smiled?
No time to be a child

MENTAL HEALTH

NO WEALTH

EDUCATION DISRUPT

ABOUT TO ERUPT

ISOLATION

FRUSTRATION

HARDSHIP

ABOUT TO FLIP

NO CALM

SELF HARM

NO BREAK

HEARTACHE

SHOUT:

MISSING OUT

BURNOUT

WORN OUT

Give thanks:

To those who suffer thus

Giving without a fuss

Hidden behind a mask

To do unmasked

Who do their best

Sacrifice above the rest

To all you out there

We feel the pain you bear

And know that you care

Reach out

Give us a shout

Don't suffer alone

Pick up that phone

Worth your weight in gold

A STORY UNTOLD



RYDER 2026

ALL RIGHTS RESERVED



VOLUNTEERS

YO VOLUNTEERS,

Give steer

Help indeed

A friend in need

Conditions share

Being there

Much tact

Selfless act

Caring

Sharing

Giving

For living

Health of nation

Provide inspiration

Go extra mile

With a smile

You volunteer

Good atmosphere

Able to listen

Good unison

Turn lives aroundse

To solid ground

Friendly hand

Cohesive band

Just being there

Shows you care

COURSES

DISCOURSES

REVISION

PROVISION

DEDICATION TO TASK

NEVER TOO MUCH TO ASK

TRAINING

EVEN IF RAINING

Give up time

Always shine

From all ranks

Many thanks

Dedication to cause

Give yourselves a round of applaud

