



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

July 2026



@adoseofreminders

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.

Jump Back Up July 2026

MONDAY



6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

TUESDAY



7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem

WEDNESDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

THURSDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

FRIDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

SATURDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

32 Catch yourself over-reacting and take a deep breath

SUNDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath



ACTION FOR HAPPINESS

Happier · Kinder · Together



Welcome to this bumper summer edition of The Supporter! This month we have more pages than normal, showcasing all the things on offer around our patch.





Termtime

College news



This morning, Tina (Peer Support Worker at the Recovery College) said, “There could be ten positives, but if one person says a negative, it’s all you can think about.” I’ve often been someone who feels like I should be doing more, doing better, and that there is never quite enough — not enough time, not enough friends, not enough money, not enough space, not enough ‘stuff’. But when I pause and really look around this July, I realise I’ve had it all wrong. I am, in fact, capable and abundant.

Summer has a way of revealing this truth. The world seems to be overflowing — plants not just surviving but spilling out and over, birdsong stretching long past bedtime, bright mornings easing into long, light-filled evenings that gift us time we didn’t feel we had before. You don’t actually need a lot — there is joy in the simplest things: a walk through the local park, the sun on your face, an unexpected message from an old friend, or simply getting through the day when we are exhausted — moments that gently remind us there is, in fact, joy everywhere. The more we notice these things, the more we see.

Yet, so often, we rush past what we have or what we have achieved and focus on what we feel is missing. As I sit and reflect on July and what it brings, I can’t help but feel deeply grateful. This month has been an invitation to shift that perspective — to truly recognise the richness within and around us.

This month, the celebrations are in Pontefract, with Armed Forces Day on 6th July, as well as the annual Liquorice Festival 12th July, celebrating the town’s historic links to the sweet treat. Both are family-friendly days and, I’m sure, will be brilliant fun.

We are winding down the courses at the College, ready for the summer break, but the team will be squirrelling away in the background — plotting, planning, and reflecting — to bring you a superb set of sessions in autumn.

So, as we sail abundantly through July, I will carry the wonder of summer with me and remember — for myself, and for Tina — that the ten quiet positives speak far louder than one passing negative.

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



Understanding OCD



Neurodiversity & me



Everyday first aid



Understanding eating difficulties



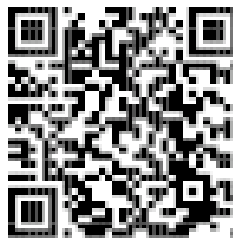
Caring for carers



**Reimagined materials:
Creative crafting**

Wakefield Recovery College

16+



NHS
South West Yorkshire
Partnership Teaching
NHS Foundation Trust

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

Thursday 2 July 2026
10:00am - 12:00pm
Online only

Accepting change (16+)

Monday 6 July 2026
10am - 12noon
Online only

Understanding Obsessive compulsive disorder (OCD) (16+)

Monday 6 July 2026
1:00pm - 2:30pm
Online only

Understanding trauma responses and skill practice workshop

Wednesday 8 July 2026
10am - 12pm
Space Station

Neurodiversity & me (18+)

Wednesday 8 July 2026
1pm - 2pm
Online only

Understanding eating difficulties

Tuesday 1 September 2026
1pm - 3:30pm
Online only

Caring for carers

Thursday 3 September 2026
1pm - 3pm
Space Station

Galaxy Painting (16+)

Monday 7 September 2026
10am - 12pm
Space Station

Creative crafting for beginners (16+)

Tuesday 8 September 2026
10am - 11:45am
Knottingley Hub

Pastel drawing (16+)

Monday 21 September 2026
1pm - 3pm
Space Station

Reimagined Materials: Creative Crafting

Wednesday 23 September 2026
10am - 12pm
Online only

Accepting change (16+)

Monday 28 September 2026
10am - 12noon
Online only

Your journey through relaxation

Wednesday 30 September 2026
1pm - 3:30pm
Online only

Scrapbooking for wellness (16+)

Thursday 1 October 2026
10am - 12pm
Space Station

Learn how to macramé (16+)

Monday 5 October 2026
10am - 12pm
St. Giles' Centre

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

Tuesday 6 October 2026
10am - 12 noon
Online only

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.

CRANSTOUN

Wakefield Domestic Abuse Support Service

Football World Cup and Domestic Abuse

During major football events like the World Cup, we know domestic abuse can increase. It does not matter if England win, lose or draw.



38% increase when
England LOSE



26% increase when
England WIN/DRAW



11% increase the
day after a match

During Euro 2024 England match days there was a **13% increase** in domestic abuse-related 999 calls.

(average 3,256 domestic abuse-related calls per day during the tournament).

Football does NOT cause domestic abuse. It can often intensify existing abusive behaviours, often linked to:

- alcohol use
- heightened emotions (win/lose)
- increased time at home / control dynamics

Domestic abuse is never acceptable - whatever the score.

Contact Cranstoun for support:

01924 972 715

0800 915 1561

wakefielddass@cranstoun.org.uk

If you are in immediate danger, call 999.

cranstoun.org

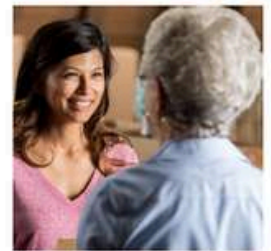


Discover Befriending You're Invited!

Join us for an informal event to learn about our Befriending Service and how it helps older people across our community.

-  Date: Monday 13th July
-  Venue: Tea Tree Cafe - Wakefield Cathedral
-  Time: 11:30am – 2:30pm
-  Refreshments - Afternoon Tea provided

Making Connections That Matter



Become an Action for Happiness Volunteer

To find out more, visit <https://actionforhappiness.org/volunteer>



Our volunteers make a real difference: inspiring positive change that ripples out through people's lives, communities and the world.

[Join the Volunteer Training](#)

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: Red Roof Centre, Kinsley

Date: Thursday 9th July, 10.00am to 1.00pm

Organisations Attending:

- * Carers Wakefield *
- * Alheimers Society *
- * Prince of Wales Hospice *
- * Live Well *
- * TEC Awareness *
- * Age UK *
- * Adult Social Care *
- * And more *

Free Refreshments

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

#GENX WOMEN STRENGTH & FITNESS FREE CLASSES - WITH PAULA



Mondays 11.30am - 12.30
Agbrigg & Belle Vue Community Centre
Limited Places - Book Now!



THE NATIONAL LOTTERY



SPORT ENGLAND



ARE YOU HAVING ISSUES WITH EMPLOYMENT?

- Do you have mental health issues or musculoskeletal problems that prevent you from working?
- Are you 18+?
- Do you live in the Wakefield District?

SUPPORT AVAILABLE

We can offer:

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

GET IN TOUCH

HOW TO REFER:



Our Online Form:

www.linktr.ee/GaspedOfficial and then click Referral Form.



Call Us:

01924 787601 to go through our referral form with a member of our team.



Email Us:

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



NHS West Yorkshire Integrated Care Board

Charity: 1072174
Company Registration: 03580793

Over 50's Ladies Movement to Music Group

with Paula Appleton - The Woman's Coach - Evergreen Active CIC

Tuesdays 10.30-12 noon
(Movement 11-11.45)

Penny Appeal Campus,
Thornes Park WF2 8QZ

Just £2
Refreshments Included

Booking Advised!!
sadia.hussain@pennyappeal.org

All Fitness Levels Welcome
Chair Friendly



pennyappeal



Our very own Tina made these swans at a Manygates Adult Education Centre craft class. Aren't they great! Find out more about her ambition to learn a new skill on our blog page <https://www.wakefieldrecoverycollege.nhs.uk/blog/learning-a-new-skill/>



Wakefield's Wellbeing

Unlimited Free Tea and Coffee all day
Wakefield's Wellbeing will be a fun
filled FREE day for all ages.

at Wakefield Trinity Rugby Ground

16th July 2026

10am - 4pm



- JOURNALING
- PAPER BIRD MAKING
- CRAFTING
- BASIC EXERCISE
- TOMBOLA
- RECYCLING GAME
- HAND MASSAGE
- FACE PAINTING
- 50+ INFORMATION STALLS,



Supported with funding by
wakefieldcouncil



Information Stall holders include:

Housing - Sustain Wakefield, Inspire North, Riverside, Young Families Service, Woodside

Health - Spectrum Health CIC, Memory Action Group, Connexus Health Care, Kidzaware, Wakefield Hospice, Smoke Free Wakefield, CISWO Coal Mining Charity, Groundwork HPV Health, Healthwatch, St Mary's Pontefract, Forget Me Not Children's Hospice, WI-FI+, Wakefield Stroke Association, Yorkshire Cancer Community, Trinity Health Group Primary Care Network

Wellbeing - Livewell Wakefield, Families and Babies FAB Community GiveBox, MHA Communities, Wakefield Recovery College, Evergreen Active CIC, Reclaim The Night, St George's Community Centre

Advice & Education - Biffa recycling, Groundwork Yorkshire, Wakefield Council Step Up, WMDC Adult Education Service DIAL Wakefield, Wakefield Library Service, Home-Start Wakefield & District, Read Easy Wakefield.

Activities - Grow Wakefield, Mindful Movers, The Art House, Conblock Gym, Aspire Health and Wellbeing

Mental Health, Addiction, Counselling - Turning Point Inspiring futures, Future Selph, Spectrum People, Here for You - Touchstone, Turning Point Talking Therapies, NECA Gambling Yorkshire & Humber

Debt - Money Smart WMDC

Abuse - Cranstoun - DASS

Supported with funding by
wakefieldcouncil



Remember to **SCAN** for a ReUnite Device

SPOT

Can you see someone who looks lost or disorientated?

CHECK

Are they wearing a ReUnite device? Check their zips, bags and wrists.

ACTION

If they are wearing a ReUnite device, unlock your phone and hold it over the device to scan.

NOTIFY

Call the emergency contact which appears when scanned.

Order a device:

www.wakefieldhospice.org/reunite
or scan the QR Code opposite



**Help to keep your local community
safer by recognising ReUnite devices.**



Wakefield Hospice Reg Charity No 518392

Memory Action Group Reg Charity No 1203322



Compass  RISE

40TH ANNIVERSARY COMPETITION!!



WANT TO BE IN WITH A CHANCE OF
WINNING A WATERSTONES VOUCHER?

**We want you to write a story
or poem about a happy
memory.**

1st 2nd and 3rd place will all receive prizes!!

**All submissions will be curated into a book
for all to read.**

**We will be giving out prizes for both
primary and secondary children.**

**Please send all submissions to
WakefieldCYPEWS@compass-uk.org**

The use of AI is strictly prohibited and will result in your submission being denied.

If the submissions are coming from a school, please note there is a maximum of 5 entries per school.

You can also enter independently.

Submissions should be no more than 2 sides of A4.

All submissions must be sent by the 21st of October!



Myth busting... with the team at the Wakefield Recovery & Wellbeing College



It's not
for me,
it's a
college &
will cost
money...

We're only called a 'college' because everyone learns from each other's experiences & learns new skills. There's no tests or exams & it's **all free of charge!**

It's not for
me, it's only
for young
people...

We're open to anyone aged 16+. Most of our attendees are 31-75 & our oldest attendee is in their 90s!

It's not for me, 'recovery'
doesn't apply to me...



Our 'recovery' refers to the recovery model. It's not about 'recovering' from an illness, it's not about drug or alcohol 'recovery', it's about learning things together to live a good quality of life.

It's not
for me,
it's only in
Wakefield



We deliver face to face sessions in venues, inside & outdoors, across the whole of the Wakefield District, as well as online via Microsoft Teams.

Anyone from anywhere in the world can attend our sessions.

It's not
for me,
I'm not
in to the
topics
on
offer...

If there's something you'd like to learn about, let us know! We adapt to our communities & their needs. We like to think outside the box too. Did you know, for example, that you don't have to like or be any good at crafting to join a craft session - they're the best groups for social interaction & meeting people.

Get in
touch



Find out more by calling us on 01924 316946, emailing wakefieldrecoverycollege@swyt.nhs.uk or by visiting our website at www.wakefieldrecoverycollege.nhs.uk.

Still Here:

Disability, a Ruptured Ovarian Cyst, and Preparing for Spinal Cord Stimulator Replacement Surgery

IndTalks®

<https://indiafradgley.com/>

“In this personal piece, I begin to open up about the last few months of how life has been as a person with a pre-existing disability”.

India is one of our Wakefield Recovery College volunteers and has chosen to share her journey navigating an unexpected illness whilst living with a pre-existing disability.

Click [HERE](#) to read more about her experience.



IndTalks®

What's on in our area this July...



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

SPECIALISED SPOONBILL EXPERIENCE

Wed 24 Jun 2026 - Sun 26 Jul 2026

10:30 - 12:00

RSPB Fairburn Ings

£16 - £21

BOOK NOW



WAKEFIELD GHOST WALK

Thu 02 Jul 2026 - Thu 17 Sep 2026

18:30 - 20:30

The Black Horse

£12 - £14

BOOK NOW



WAKEFIELD ARMED FORCES DAY

Sat 04 Jul 2026 - Sat 04 Jul 2026

10:00 - 16:30

Pontefract Park

Free





PONTEFRACT LIQUORICE FESTIVAL

Sunday 12 July 2026, 10:00-16:00, Pontefract Precinct, Free of charge!

Pontefract Liquorice Festival, the town's annual confectionary-themed bonanza celebrating its historic link with liquorice, is back.

The iconic Liquorice Parade makes its triumphant return with dancers, stilt walkers, brass band and local community groups making their way in spectacular style from Pontefract Town Hall to Pontefract Castle!

There will be live music on the main event stage creating a vibrant atmosphere as visitors enjoy perusing the famous food and drink market where stalls will be selling an appetising range of food and drink (many with a liquorice twist!)

Local venues will be into the festival spirit with the Liquorice Food & Drink Trail, offering delicious liquorice specials across the festival weekend.

There will be plenty of free, family activities to enjoy, with interactive story times and fun garden play taking place in the grounds of the historic Pontefract Castle. Make sure to stop by the make-and-take workshop where participants can create handheld parade flags inspired by Pontefract's liquorice heritage and traditional sweet forms! Families will also enjoy free face painting and funfair rides!

Want to discover more about Pontefract's historic link with liquorice? Then make sure to attend a heritage talk at Pontefract Library!

Don't miss the exciting fringe activity taking place as well at local venues across the Town Centre.

Event Sponsor: HARIBO

Pontefract Liquorice Festival is organised by Wakefield Council. All information above taken from <https://experiencewakefield.co.uk/event/liquorice-festival/>

Access facilities

Accessible Toilet

Assistance Dogs Welcome

Step Free Access

Wheelchair Accessible

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.



WORN WITH LOVE: SECOND HAND BABY ITEMS SALE

SATURDAY 4 JULY 2026

START TIME: 12PM - END TIME: 2PM

£1

Pre-loved items for your little ones!



PART OF HELIOS

PITAMIX - FOLK MUSIC

SATURDAY 4 JULY 2026

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

FREE

This eclectic musical collective come together to create a mesmerising melting pot of musical styles and influences including Pitmatic folk, Jazz, Classical, Blues and Funk



COLLECTORS' VAULT COMIC CON & GEEKY MARKET

SUNDAY 5 JULY 2026

START TIME: 9:45AM - END TIME: 4PM

FROM £3.79

A room full of pure geeky heaven, with stalls galore!



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 Becky, whose magical tales explore space, the Sun and the wonders that surround us.



THE BIG BINGO SOCIAL

TUESDAY 7 JULY 2026

START TIME:1PM - END TIME: 3PM

FREE

Join us for the Big Bingo Social, a feel good get together with friendly faces, and plenty of chances to play.



WX LIVE - HEAVEN 17

WEDNESDAY 8 JULY 2026

START TIME:7PM - END TIME: 11PM

£25

WX Live returns again welcoming Heaven 17 to the stage, bringing their iconic synth-pop sound and decades of influential music to Wakefield.



BLUES NIGHT: EMMA WILSON

FRIDAY 10 JULY 2026

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

FREE

Get ready for an unforgettable night of powerhouse blues as Emma Wilson takes the stage at Wakefield Exchange.



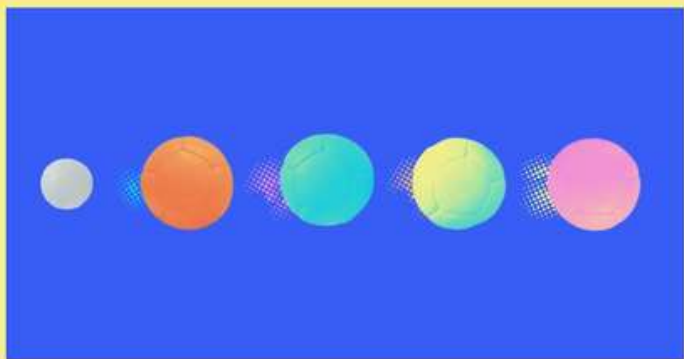
WIMBLEDON FINAL

SATURDAY 11 JULY - SUNDAY 12 JULY 2026

START TIME:10AM - END TIME: 8PM

FREE

Watch the big finale on our big screen at our family-friendly hub



BOCCIA SOCIAL

SATURDAY 11 JULY 2026

START TIME:11AM - END TIME: 1PM

FREE

Join Active Future for this inclusive sport social club.



FOREVER FUNKY: OVER 60S DAYTIME DISCO

FRIDAY 17 JULY 2026

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

FREE

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



LOVE MUSIC HATE RACISM MUSIC EVENT

SATURDAY 18 JULY 2026
START TIME:3PM - END TIME: 12AM

FREE
Join us for a day of music and unity - celebrating the diversity of our beautiful city. There's hip hop, ska, dance and more along with children's breakdancing workshops and stalls!



PART OF HELIOS

CREATIVE DROP IN SESSIONS

THURSDAY 23 JULY - THURSDAY 27 AUGUST 2026
START TIME:11AM - END TIME: 3PM

FREE
Every Thursday during the Summer Holidays, drop-in for a different FREE family creative workshop session! No booking needed – get creative this summer with activities inspired by the sun and space. All materials provided.



PART OF HELIOS

ASTRONAUT TRAINING DAYS

TUESDAY 21 JULY - TUESDAY 25 AUGUST 2026
START TIME:11AM - END TIME: 2PM

£3.50
Blast off into an action-packed adventure designed to get kids moving, laughing, and working together!



PART OF HELIOS

THE POP UP PLANETARIUM

WEDNESDAY 22 JULY & WEDNESDAY 12 AUGUST 2026
START TIME:10AM - END TIME: 4PM

FREE
Step inside the planetarium and be transported into space!



PART OF HELIOS

SEND-FRIENDLY CREATIVE SESSIONS - HELIOS

FRIDAY 24 JULY & MONDAY 24 AUGUST 2026
START TIME:10AM - END TIME: 11:30AM

FREE
Join us for a free gentle and inclusive exploration of Helios.



SUMMER FIESTA - GIPSY KINGS TRIBUTE

FRIDAY 24 JULY 2026
START TIME:6.30PM - END TIME: 10.30PM

FREE
Be transported to Southern Spain with the iconic sound of the Gipsy Kings

SELF-CONFIDENCE AND ME

Develop skills to challenge low self-confidence, and explore ways to improve self-esteem and overall wellbeing



What to expect

A free, 2 hour, small group workshop providing an opportunity to:

- Explore the effects of low self-confidence and how it makes us feel
- Practice relaxation and distraction techniques
- Explore how to challenge negative thinking patterns and remain positive
- Learn strategies to help manage emotions
- Practice setting achievable goals to build confidence

Why choose us?

Our workshops are lead by a team of trained staff and volunteers with their own experiences of living with a long-term condition

Who?

Anyone aged 18+, living in the Wakefield district, or registered with a Wakefield district GP

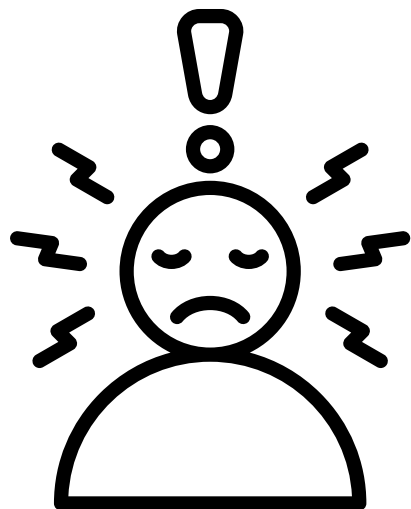
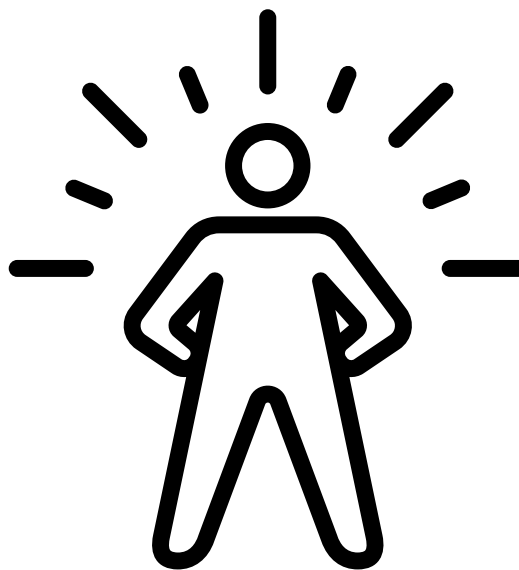
When and where?

Thursday 2 July 1:00 – 3:00 PM, online via Microsoft Teams

For more information or to book please contact us

✉ livewellwakefield@swyt.nhs.uk ☎ 01924 255363 🌐 www.livewellwakefield.nhs.uk

I am Confident



COPING WITH CHRONIC PAIN

Learn practical strategies to help manage the impact of chronic pain to improve your wellbeing and get more out of daily life



What to expect

A free, 1 hour (online) or 1.5hour (in person), small group workshop providing an opportunity to:

- Learn strategies for managing pain setbacks
- Create plans for managing pain at home
- Practice relaxation and distraction techniques
- Learn approaches to challenging negative thinking and maintaining a positive outlook

Why choose us?

Our workshops are lead by a team of trained staff and volunteers with their own experiences of living with a long-term condition

When and where

Thursday 2 July, 1:00 – 2:30 PM

Horbury Library, Westfield Road, Wakefield WF4 6HP

For more information including workshop dates please contact us

✉ livewellwakefield@swyt.nhs.uk ☎ 01924 255363 🌐 www.livewellwakefield.nhs.uk

MAN MATTERS'



COFFEE EVENING



Every Thursday, **starting Thursday 2nd July**



18:00 - 20:00



Lightwaves Leisure Centre, Lower York
Street, Wakefield, WF1 3LJ

**MAN
MATTERS**

®

If it is your first time attending, please call our line beforehand.

01924 787507



NHS
NHS West Yorkshire
Integrated Care Board

Charity: 1072174
Company Registration: 03580793



MAN MATTERS COFFEE MORNING

Monday	Tuesday	Wednesday	Thursday	Friday
 Every Friday				
 10:00 - 12:00				
 Room 5, Airedale Library, The Airedale Centre, Castleford, WF10 3JJ				
All who: - Identify as male - Are aged 18 and over - Live in the Wakefield District				
Are welcome to join us.				
				
<i>If it is your first time attending, please call our line beforehand.</i>				
   01924 787507 Charity: 1072174 Thanks to all the National Lottery Players! NHS West Yorkshire Integrated Care Board Company Registration: 03580793				

Calling all carers...

Carers UK have just scheduled a free West Yorkshire Share and Learn session for 21 July at 11am as part of the council's Digital Resource for Carers offer. The session is a fun one that will focus on being active, will run for an hour and help those with caring responsibilities in West Yorkshire get moving and take some time for themselves this summer. They've teamed up with personal trainer Sophie Tosone to run it - she's delivered lots of sessions like this through the council's Carers Active programme, which have all been well received. She'll be offering an accessible fitness session on the day, designed specifically for unpaid carers, covering useful things like how to bend and lift properly. The session will be inclusive of all abilities and fitness levels, with adaptations provided throughout. For anyone who would prefer or need to take part seated, Sophie will offer seated options so everyone can join in comfortably.

Visit this link to join:

<https://us02web.zoom.us/join/register/q7YO59XVTb2bDrMoB5sCnQ#/registration>

Tackling illegal tobacco in your community.

**FREE information and
training sessions for
schools, colleges, and
other community groups.**

By raising awareness and helping people to spot the signs of illegal tobacco use and sales, we can tackle the problem in our communities together.

Our knowledgeable and friendly Illicit Tobacco Education Officer can visit to deliver training sessions in person, or online, covering what illegal tobacco is, how to spot illegal tobacco being sold and how to help stop it. Our Officer can also run a 'pop-up' stall or drop-in session or simply come for an informal chat.

If you would like to know more, please contact Kerry Holmes, Illicit Tobacco Education Officer:
kerry.holmes@wyjs.org.uk
0113 336 7011



HOW CAN I TELL IF A VAPE IS LEGAL?

Rules and regulations in the UK

LAST UPDATED JANUARY 2026



West Yorkshire
Trading
Standards



1

IS THE BUYER 18+?

It is an offence to sell or give a vape containing nicotine to anyone under the age of 18.



2

IS IT REFILLABLE AND RECHARGEABLE?

Since 1st June 2025, disposable vapes are illegal in the UK. Legal vapes must have a refillable or replaceable tank, a rechargeable battery and a replaceable coil.



3

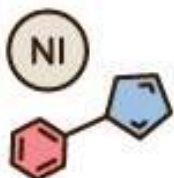
IS THE TANK CAPACITY 2ML OR LESS?

Each container or replaceable pod must not be able to hold more than 2ml of liquid. 2ml provides around 600-1000 puffs.



4

DOES THE REFILL CONTAINER HOLD 10ML OR LESS?



5

IS THE NICOTINE CONTENT 20MG/ML (2%) OR LESS?

20 mg/ml is the maximum permitted strength of nicotine allowed in any vape or e-liquid.

6

DOES IT SHOW THIS EXACT WARNING AND SAFETY SYMBOL?

UK
CA

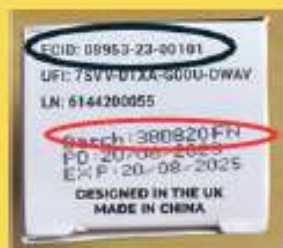
THIS PRODUCT
CONTAINS NICOTINE
WHICH IS A HIGHLY
ADDICTIVE SUBSTANCE

8



IS IT NOTIFIED TO THE MHRA?

You can check if a vape is legal by using the Medicines and Healthcare Products Regulatory Agency website - cms.mhra.gov.uk/ecig-new. Any product not registered here is illegal to sell in the UK.



7

CAN YOU FIND THE BATCH NUMBER AND ECID NUMBER?

A new Vaping Products Duty (VPD) is planned from 1 October 2026. Every vaping product liable for this duty must carry a duty stamp on its retail packaging to be sold legally. From 1 April 2027, selling vaping products without this duty stamp will become an offence, subject to penalties.

Join the VIBE study

Help design youth-friendly tools for healthier eating

If you:

- Are 18 - 25 years old
- Have lived in the UK for the past five years
- Watch/engage with food content on social media
- Have data/WiFi access
- and use WhatsApp

Then you could help the Virtual Intervention for Boosting healthy Eating (VIBE) study to shape youth-friendly tools for healthier eating. Your experience matters!

What will you do?

- Join an eight-week study
- Try youth-designed resources and give feedback
- Complete surveys online
- Participants will be reimbursed for their time

Scan here
to sign up



Ethical approval for this study
has been received from:



Central University Research Ethics
Committee (CUREC) approval
reference: MS IDREC 2381890



OXFORD
POPULATION
HEALTH

Our friends at Open Country are selling one of their minibuses!
Are any of our other friends and partners looking out for one for
their organisation?

Minibus For Sale

Renault Master III LM35 Business DCI

£10,996 ONO (No VAT)

BV16WXU: (June 2016)

2.3dCi / 100 E5 / FWD

Wheelbase: 4332mm. GVW:3950kg

Diesel. 6 speed manual gearbox. Speed limited to 100kph. ABS.

111,500 miles

Serviced yearly. Safety inspected every 10 weeks.

12 months MOT (13/05/27)

1 owner from new (adult disability charity)

Exterior: Blue/Grey – some scratches/scrapes

Interior: tracked, bonded floor, coved to bodysides (300mm). Trim: dark grey ribbed cord carpet to sides with light grey headliner

Nearside and offside sliding doors for saloon access with a nearside flush-lying side access step and yellow Hi-Viz vertical handrail. Half height rail with modesty screen below to rear of sliding door. Eberspacher diesel heater.

14 seats: cab 3, saloon 11 (removable) Flecked blue/green moquette and grey vinyl split seats (wipeable) with grey carpet back, folding armrests to gangway, grey vinyl headrests with yellow high-viz grab handles.

Low profile tracking to rear saloon for wheelchairs - with all seats individual and removeable. 4-point webbing restraints for wheelchair restraint.

Capacity: 14 seated or 6 seated/2 wheelchairs or 4 seated/3 wheelchairs

Ricon electro-hydraulic stretcher tail lift to rear entrance. Fitted fire extinguisher and first-aid kit. Parking sensor and reversing camera. Sliding window unit (1 per side) plus 3-way adjustable roof glass panel and spinning roof vent. Tow bar: 50mm ball/7-pin electrics.

Contact Tom on 01426 507227 or email info@opencountry.org.uk





TOGETHERNESS



Accessible online learning about emotional health for parents, carers and young people

Understanding your pregnancy, labour, birth and your baby
Understanding your preterm or sick baby in hospital
Understanding your preterm or sick baby now you are home
Understanding your baby
Understanding your child – toddler to teenager
Understanding your child with additional needs
Understanding your teenager's brain
Understanding your child's feelings (a taster pathway)
Understanding your child's mental health and wellbeing
Moving up to secondary school for children with additional needs
Understanding the impact of the pandemic on your child
Understanding the impact of the pandemic on your teenager
Understanding your brain (for teenagers only!)
Understanding your feelings (for teenagers only!)
Understanding your relationships
Understanding your own trauma



Scan to
visit

Enter the Access Code:

HEPWORTH

Free for residents of
WAKEFIELD

Understanding trauma responses and skill practice workshop

This workshop is designed for individuals who are experiencing difficulties following traumatic events, including PTSD, and those who support them. If you or someone you care about is struggling with the lasting effects of trauma, this session will help you understand why these reactions persist and teach practical strategies to manage the symptoms.

We hope to create a safe and supportive environment, in which we hope to explore:

Common Reactions to Trauma: Learn about the emotional, mental, and physical responses that can arise after experiencing distressing events.

Coping Strategies: Discover tools to manage symptoms such as flashbacks, anxiety, and sleep disturbances.

Rebuilding Your Life: Gain insights into healing and moving forward after a traumatic experience.

You will not be asked to share personal details of your trauma during the session, but you will hopefully leave with useful skills and a deeper understanding of the path to recovery. Whether you're directly affected by PTSD or supporting someone who is, this workshop hopes to provide knowledge and resources to help navigate the challenges of trauma recovery.

The course has been developed by clinicians with extensive experience of working with trauma, alongside those who have had lived experience.

8th July 2026, 10am-12pm

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



An introduction to mindfulness

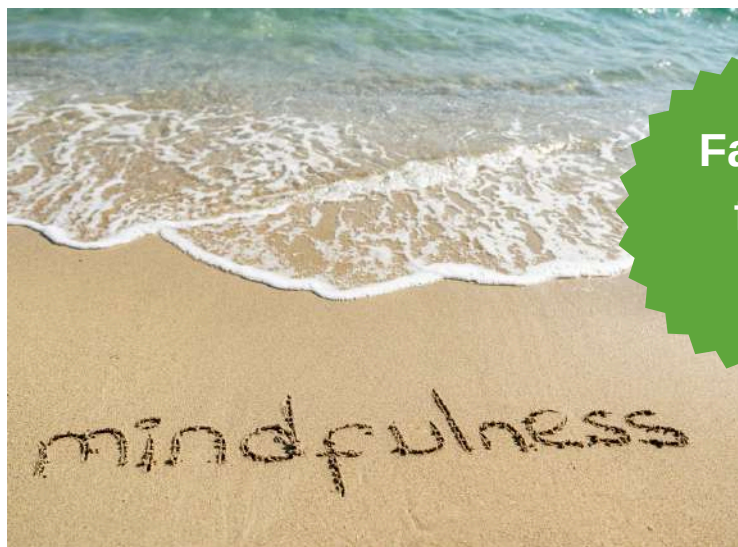
This course will provide students with the opportunity to develop or acquire knowledge on mindfulness. The course will use this form of self-care to help students recognise the present moment and hopefully reduce stress or anxiety. The course aims to enable students to be aware of negative thoughts and allowing a sense of control with identifying them. This course provides mindfulness techniques in hope that students can try implement these in the future. The course is for anybody looking to gain a sense of understanding around mindfulness and to apply this in day-to-day life.

Please note we ask you to bring to the session:

- Object to look at and touch
- Object to smell
- Something to eat (for mindful practice)

16th October 2026, 10am - 12pm,

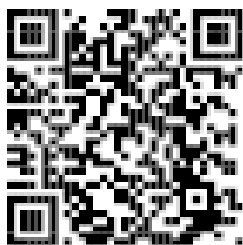
**Knottingley Coalfields Regeneration Trust Hub, Hill Top, Pontefract Road,
Knottingley**



Face to
face
16+



**FREE
course**



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

Understanding hearing voices

Did you know that the experience of hearing voices that other people do not is more common than many of us realise? Are you interested in developing an understanding of what the experience of hearing voices may mean to you or someone you care about.

During this 2 hour workshop that is usually co-facilitated by someone with lived experience and someone with professional experience, we will talk about:

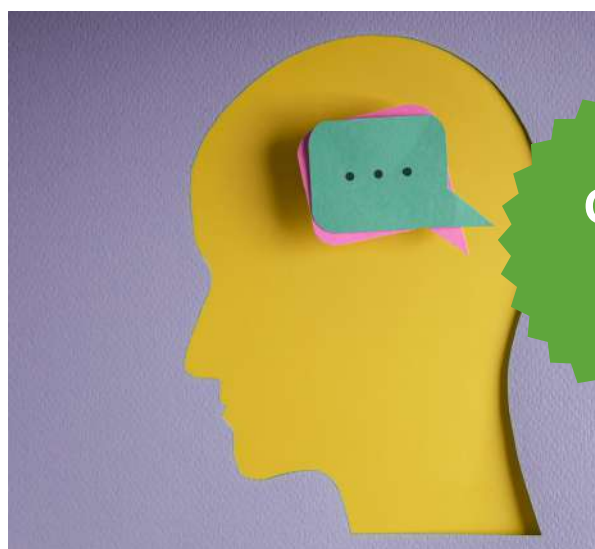
- how common hearing voices is
- different ways of understanding hearing voices
- some useful ways that people have found to help with hearing voices

Please check out our blog for our newsletter article about hearing voices and the Wakefield hearing voices network.

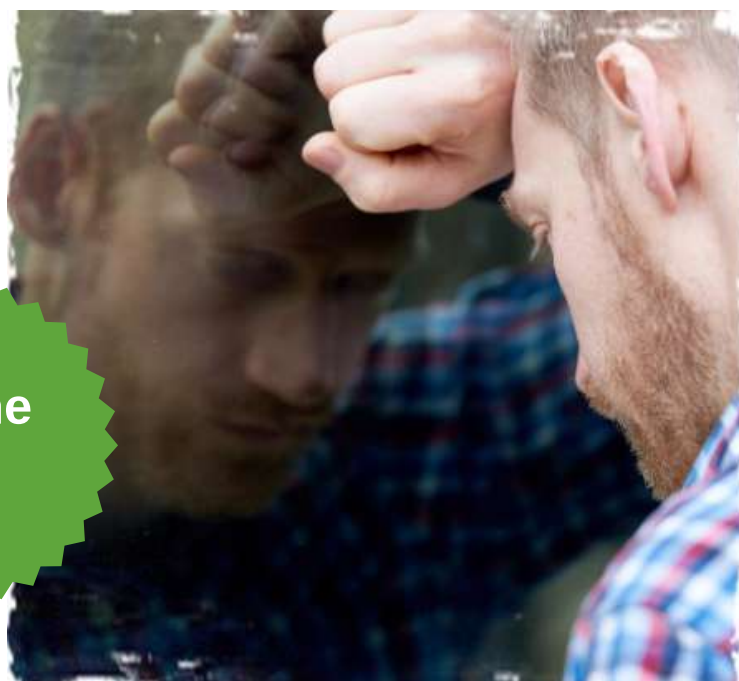
5th November 2026

1.00pm-3.00pm

Online

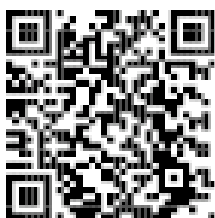


Online
16+



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

FREE
course



With **all of us** in mind.

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**

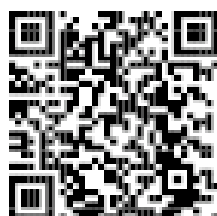


**Face to
face
16+**



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

**FREE
course**



Watch this space...

Coming this autumn, “From A to Zines”: a new course designed to expand your creativity, share your thoughts, connect with others and learn something new! We bet not many people have even heard of a zine before...most of our team hadn’t!
(Zines is from the word magazines, therefore pronounced “zeans”, like “beans”).



FROM A TO ZINES: ZINES FOR BEGINNERS

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

Holidays in Paris (a rap)

It's July
Time did fly
Holidays are here
Let's all cheer

Planes set to fly
Far up in the sky
Exotic places
Excited faces
10kg over told
For baggage in the hold
Wallet handed over
Should have taken ferry from Dover

Euro star
Leave the car
Paris very soon
Was hot in June
Eiffel Tower
Tuileries gardens flower
Lots to see
Need a cup of tea
Café vibe
Postcards to scribe
Moulin Rouge
Go on to Bruges
Folies Bergere
Go on by air

Up the Eiffel Tower
Sideways up at 4.5 miles per hour*
Heart beating
Need the seating

Great views
See for miles
Lots of smiles
Climb to the top
Have to stop

Champs- Elysees
To walk not easy
Arc de Triomphe: arch
Bit of a march
284 steps to the top
Need to stop
Doing our best
But too old for the rest

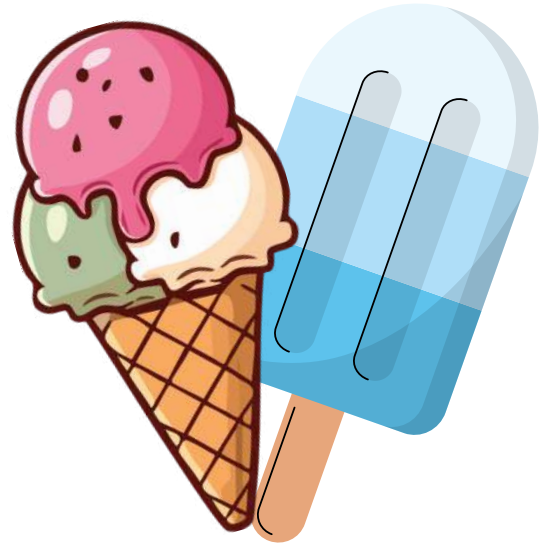
Phew never mind
Too much wine and dine
Too much travel
A lot to unravel

Lots of things to see
For you and me
Rich food in full score
Yearn for Victorian sea shore
Fish and chips on beach
Candy floss in reach
In Paris many things to enlighten
But next year:
I think we'll go to Brighton

RYDER 2026
ALL RIGHTS RESERVED

*Reader's note: for those of you who have not been up the Eiffel Tower the first stage is a lift up to the second floor depending on which pillar is used. As the lifts are in the legs it travels fast at 45 degrees approximately. You have the feeling of being pulled sideways and upwards at the same time. It is a very odd sensation. There is as far as we know no other lift like it. You then switch to a central lift to the third floor. You can of course walk up to the first and second floor which is great fun as if in a giant Meccano set.

Don't forget ...



The Wakefield Recovery College summer term finishes on Friday 17th July 2026. We then have a few weeks off from course delivery to get everything set up for the new academic year, including courses for next term. This time also gives our team members with children time with the family over the school summer holidays. Don't worry though, whilst we might have less of the team in over the summer period, we will still be here Monday to Friday (except bank holidays) should you have any questions, want to enrol or need support. See you back for courses in September!

