



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

August 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.

Altruistic August 2026

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Set an intention to be kind to others (and yourself) this month

2 Send an uplifting message to someone you can't be with

3 Be kind and supportive to everyone you interact with

4 Ask someone how they feel and really listen to their reply

5 Spend time wishing for other people to be happy and well

6 Smile and be friendly to the people you see today

7 Give time to help a project or cause you care about

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Due to staffing levels, our opening hours may vary over the summer holidays. If you need to get in touch with us, please email us or leave us a voicemail and we'll be in touch asap.



Looking Ahead

Last week, I bought a ceiling fan. It was simply too hot. Too hot to sleep, too hot to work, too hot to cook. Without splurging on fancy air conditioning, a ceiling fan felt like a sensible solution. As soon as I ordered it, though, I realised by the time it arrives and is fitted, we'll be well into August. Summer will feel as though it has already rushed past. Before I know it, the leaves will be turning gold and I'll be standing in the kitchen baking apple pie in my jumper! "Well, that was a waste of money," I grumbled to my husband. But then I stopped and thought about it differently. Sometimes, all it takes is a change in perspective. There will be another July...and another after that...and (if I'm fortunate) many more beyond those. The seasons keep turning. The years keep rolling, often faster than we'd like. And, judging by recent summers, we're probably in for warmer and longer ones in the years ahead. The fan wasn't really a purchase for today. It was an investment in tomorrow.

In a world of next-day delivery, instant streaming and one-click purchases, patience can feel like a forgotten skill. We become so focused on immediate gratification that we sometimes forget the future is waiting for us and that many of life's best things take time to grow. A seed I planted in the depths of March is a tomato for my lunch five months later. A short walk around the block today could become a hike up Snowdon next year. A small act of self-care practised consistently can gradually shift your mindset, strengthen your resilience and improve your wellbeing.

At the Recovery College, that's what we're all about. We build hope for the future through small, meaningful steps in the present. We practise wellbeing not as a quick fix, but as a lifelong investment. Every tool learned, every course attended and every positive habit developed becomes another brick in the foundation of a stronger, healthier version of ourselves. The changes may not appear overnight, but with recognition, patience and practice, they do come.

This August there is still much to celebrate, including Wakefield Community Pride on 9 August and the welcome arrival of the Bank Holiday at the end of the month.

So, as summer slowly shifts towards autumn, take a moment to look ahead. Consider what small investment you can make in your future self today. Not everything worthwhile arrives immediately. Some things need time and faith. And who knows? We might yet be blessed with a glorious September, and when that heat wave threatens us all again, my ceiling fan may turn out to have been perfectly timed after all! If not...there's always next year.

Term opening times

Open 8am-4pm Monday to Friday.

During heatwaves, please note our opening hours may vary.

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 eating difficulties



Understanding ADHD



Caring for carers



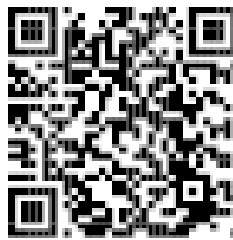
What the heck are archives?



**Building resilience:
Embracing a new normal**



Dyslexia awareness



From A-Zines: DIY mini magazines for beginners
24 August 2026
10am-12pm
Space Station

Understanding eating difficulties
1 September 2026
1pm-3.30pm
Online only

Understanding ADHD (Attention Deficit Hyperactivity Disorder)
2 September 2026
1pm-3.30pm
Online only

Caring for carers
3 September 2026
1pm-3pm
Space Station

Galaxy Painting (16+)
7 September 2026
10am-12pm
Space Station

Creative crafting for beginners (16+)
8 September 2026
10am-11.45am
Knottingley Hub

What the heck are archives? (16+)
8 September 2026
10.30am-12pm
West Yorkshire History Centre

Building resilience: Embracing a new normal (16+)
10 September 2026
10am-12pm
Online only

Pastel drawing (16+)
21 September 2026
1pm-3pm
Space Station

Reimagined Materials: Creative Crafting
23 September 2026
10am-12pm
Online only

Accepting change (16+)
28 September 2026
10am-12 noon
Online only

Improving your mindset (16+)
28 September 2026
10am-12pm
Space Station

Dyslexia awareness (16+)
29 September 2026
10am-12pm
Online only

Take a stroll or a roll with us (16+)
30 September 2026
10am-11am
Thornes Park

Beginners Pottery (16+)
30 September 2026
1pm-3pm
Baghill House

Your journey through relaxation
30 September 2026
1pm-3.30pm
Online only

Read Books, Reduce Stress

Did you know that reading for 10 minutes will reduce your stress levels by 68%? This is a great fact to throw at people, but not many think about how this happens. I'd like to share 2 reasons why we feel more relaxed after reading, but there are many more.

Picking up a book that you've read before feels like spending time with an old friend. There is something comforting about knowing what's going to happen next and having no surprises. This is very different to most people's everyday experience when unexpected events can leave us feeling upset and anxious. Taking a few minutes to read about the characters we know and love can feel like being part of a warm and welcoming family.

There may be times when you don't want that comfort, instead you're looking for something that gets your heart racing and blood pumping. Spending time in a world that is the complete opposite of anything you've experienced allows your imagination to take flight. Concentrating on the unusual and fantastical will free you from the never-ending stream of thoughts you normally deal with and gives your mind something new to focus on.

What if you don't enjoy reading books or you find that reading is difficult? This is where audiobooks come into their own. Listening to an audiobook is a wonderful way to relax. You can close your eyes and switch off from the world while listening to a soothing voice and absorbing the words with no effort. Don't worry if you haven't got a collection of books to choose from or aren't sure about which books you'd enjoy. Taking a trip to your local public library is a great way to start your reading journey with help and support. Library staff are always knowledgeable about the books they have in stock and have a great range of questions they can ask you to find out what you might enjoy. My favourite question to ask is 'what's your favourite film?'. This gives me an idea as to what genre of book a person might like to start reading and then we can move on from there. Libraries are no longer places where you have to sit in silence and feel uncomfortable if you're a new member. They're places that welcome everyone and try to make them feel at home. Within no time you realise that you've found a safe place to spend time and you're now part of a supportive community.

By Erica at the Fieldhead Library.

Be Part of the 'Coal Community Panel'

Join the 'Coal Community Panel', a new group in Wakefield. We bring local people together to help shape creative projects inspired by the history and spirit of Wakefield's coalfield communities, especially our miners' welfares.

Everyone is welcome. We would especially like to hear from people who have lived experience of physical or mental health challenges.

By joining, you can:

- Share your ideas and help guide the project
- Help choose artists and plan creative activities
- Get involved with local history, creativity and wellbeing projects
- Meet new people and socialise
- Volunteer in a flexible way — try something new and build your skills by helping to create events, exhibitions or research activities

You don't need any experience. We'll meet locally, at flexible times, and we can cover travel costs.

To find out more:

Email: welfaresreimagined@gmail.com

Call: 01924 848 806 (Wednesday-Friday)

Text: 07440283960

SCAN ME



BrainBITE survey

Have you, a loved one, or someone you care for experienced symptoms of stress, low mood, sleeplessness or anxiety?

Or symptoms of any other mental health, neurodevelopmental, or behavioural condition?

We know diet plays a big role in brain health—and with the right support, changing how we eat may help ease these symptoms.

We want to understand what types of support people prefer so we can design effective, diet-focused help for the NHS.

If you're aged 14+ and want to shape the future of care, take our 15-minute survey today. Your voice matters. Completing the survey gets you the chance to earn a £50 voucher.

Follow the link or scan the QR code for more information and to complete the survey.



https://rdashresearch1.qualtrics.com/jfe/form/SV_0STPs5rL14clmsu

16-18 years old & unemployed?



The Ridings Shopping Centre
Wednesday 16th September
11am - 2pm

Careers Advice | Job search/CVs | Mental Health
Youth Services | Supported Internships
Training & College | Sexual Health



Competitions, Games – win Amazon vouchers and more!

 01924 371579

 **Connexions**
Wakefield-Digital



Location

The Ridings Shopping Centre

Almshouse Lane
Wakefield, WF1 1DS

Outside M&S and Poundland

Bus

Wakefield Bus Station is a 5 minute walk, or depart the Free City Bus outside The Ridings on Kirkgate.

Train

Wakefield Westgate and Wakefield Kirkgate Railway Station are both approximately a 10 minute walk.

Car Parking

There are pay and display car parks situated in The Ridings.

For more information visit
www.connexionswakefield.co.uk

or call us at **01924 371579**

 **Connexions**
Wakefield-Digital



Dance and Movement

The Hut, Airedale WF10 3ES
Tuesdays, 10-11am

For more information, contact
michaela@castigers.com

Sign up: 



creativity s'cool 2026

Get creative, be inspired

Develop creative skills and make new friends. Activities for
ages 8-12yrs, 13-17yrs, and SEND living in Wakefield district.

creativity
s'cool

wakefieldcouncil

FREE creative workshops and skills camps are coming this summer for children and young people living in Wakefield district. To find out more or book your place, visit: <https://creativewakefield.net/summer-scool/>

Digital Explorers (SEND) (8-12yrs & 12-25yrs)

Celebrate your creativity through art, photography, model making, storytelling, design and digital media. Led by award-winning creatives Rob Young and Anna Spratt, these welcoming sessions encourage curiosity, imagination and creative expression in a supportive environment. There are no right or wrong answers – just lots of opportunities to explore, create and have fun! For more information and to make a booking, please email youthhubthehut@wakefield.gov.uk (FAO Ruth) or telephone 01977 727622.

Summer S'cool (8-12yrs)

This summer, children aged 8-12yrs living in Wakefield district are invited to get creative with summer s'cool a series of FREE hands-on workshops led by professional artists. From writing and performing rap to bring poetry to life and creating bold artworks through experimental printmaking, each session offers imagination, confidence building and encourages creative expression.

Make a Music Video (13-17yrs) Skills Week

Ever wondered what it takes to create a professional music video? Spend five exciting days working as part of a real production crew alongside professional filmmaker John Slemensek-Thorne.

Fashion & Textile Design (13-17yrs) Skills Week

Design, create, make.

Learn sewing skills, customise fabrics and transform recycled materials into exciting new fashion and sculptural pieces. Learn new skills and confidence in making with Ruth Agbolade.

I Can Be... A Designer! (13-17yrs)

Spend a day thinking like a professional designer.

Create illustrated maps, design your own tote bag, develop branding and packaging for a chocolate bar and chat with creative professionals about careers in design. A brilliant opportunity to explore the creative industries while making your own original work.



It's the summer holidays (yipee!) and we know most of you will be really looking forward to a trip to the seaside (we certainly are!).

Before going, please take a moment to read our coordinator Doz's scary story about the time she, as a very comfortable and strong wild-swimmer, had to be rescued by our amazing RNLI due to an invisible rip-current. She's got some great life-saving and safety tips (also available on our blog pages on our website

<https://www.wakefieldrecoverycollege.nhs.uk/blog/a-day-in-the-life-lost-at-sea/>).



I've always been a water baby – water brings me peace. I was the child that happily spent whole summer days floating along a river pretending to be John Everett Millais' 'Ophelia' while my family enjoyed a picnic with chattering teeth along the riverbank. Water is one of the few loves of my life that has never waned. As I've aged and unfortunately developed a disability, water has become even more important to me – the one place I'm weightless, get a little pain respite and importantly, I don't need to use my cane in the water – nobody knows I'm any different at all.

Living in land-locked Leeds and unable to drive to West Yorkshire's popular wild swimming spots, my ability to immerse myself in water is somewhat limited. If we visit my partner's parents, we always go for a wild swim in a local river and I'll never get over the peace that brought me the first time I was floating along with a low current in an ice cold river – suddenly I was 8 years old playing pre-Raphaelites in Santon Downham again.

Usually in the summertime we visit my parents in the Northeast and hit as many beaches as we can for a seaside swim. My favourite beach since I was about 15 has been, and remains, Saltburn. But that can be tricky if the car park is full and the funicular is out of action as it's unfortunately not the most accessible. Recently my mam told me about a beach they'd visited which was beautiful and almost entirely flat, perfect! So a couple of weeks ago when we made it back to Teesside, we headed a little further to Sunderland to visit Seaburn beach on a beautiful sunny Saturday with no idea just how memorable this trip would turn out to be...

Once we'd arrived, my step-dad, my partner and I headed straight for the sea, making sure to enter between the two flags that identified the area that had been approved for swimming by the lifeguards. It was a little choppiier than we'd expected considering the weather, but not the roughest sea I'd entered by a long shot. Minutes after entering the sea I found myself being taken further away by the sea, my step-dad smartly advised me to swim sideways to get myself back and that did the trick. But moments later, out I went again. I had no control over it whatsoever. I was caught in an invisible riptide. I know what to look out for when entering the sea to avoid a riptide (darker, deeper water with fewer breaking waves and a rippled surface surrounded by choppiier water) but there were none of those signs. Later I found that even the lifeguards hadn't been able to spot it, so I had no chance.

Initially, I panicked. When I found my ardent swimming was fruitless, I became momentarily frightened. The waves were hitting me hard and despite being a relatively strong swimmer, it was clear I wasn't going to be making it over them and back to the sand, I shouted help to my step-dad, waving when I could as I found myself more and more adrift with the shoreline becoming a faraway place.

Luckily, as I spend the majority of my life in a state of panic, I'm uncharacteristically calm and collected in crises. Once I knew I couldn't get back over the waves, I relaxed. I knew that

either I would be rescued, or I wouldn't – but that I had no control over either of those outcomes and I surrendered to my fate. Being somewhat morbid, as Tony Soprano would say: "one of them witchy broads", I had seen enough true crime and disaster media to know that the best thing I could do was stay calm and tread water. So I did.

I don't know how long this all lasted, it felt simultaneously instantaneous and eternal. But every now and then I would lift my arms as high as I could and wave – hoping those on the shore would see me and know I was still there and needed help. I repeated to myself aloud: "You're okay. You're going to be fine" hoping I wasn't telling myself a lie. Finally, I heard someone shouting "Hello! You're okay, I'm on my way to you! Don't worry!". Suddenly an angel on a body board appeared and as happy as I was to see her, I think she was equally surprised and happy to find me cool as a cucumber, just apologising for needing rescue and terribly embarrassed!

By this point I was exhausted from treading water and the exertion of trying to get myself back over the waves, so I wasn't able to pull myself up on to her board. Instead, we both held on tight on either side and started kicking our way back to shore. At one point, I lost a swim shoe! Then let my other one go in tribute, despite feeling terrible for littering in the sea but glad that my swim shoes were the only thing I lost that day (plus maybe a little dignity).

Two men on a jet ski appeared, kit out in big helmets that made it difficult to hear them, but it was clear they wanted me to try and come aboard. The back of the jet ski was sloped with handles either side, so I mustered enough strength to drag myself up and onto the safety of the vehicle. Then one of them men threw himself over me, presumably a precaution to keep me safely on the jet ski, and off we went. The surreal nature of the day took its toll and I was overcome with the urge to giggle uncontrollably as we zoomed back to shore. Getting myself in check just in time to hear 'Brace for impact!' And we crashed onto land – that hurt, let me tell you.

I was safe, mortified, but safe.

Four days after my ordeal, Matt McDavid a father of two from Leeds had a similar experience in Flamborough about an hour south of where we'd been and unfortunately, he wasn't so lucky. This weighs heavily on my heart, knowing how close I came to not being here writing this silly little article for you to read. I was incredibly lucky; many people have a different fate at beaches in the UK every year.

I was rescued by three wonderful lifeguards from the [RNLI – The Royal National Lifeboat Institution](#) that are a charity organisation who've had lifeguards patrolling beaches since 2001. In 2024 alone they carried out over two million preventative actions, helped over 17,000 people and saved 85 lives. I'm confident if it wasn't for their quick action that day, I wouldn't be here to thank them.

The RNLI has been a charity for over 200 years and to this day relies on the kindness and generosity of its supporters to provide life-saving interventions – without people like us supporting them, people like me wouldn't be here. You can support them by becoming a member and giving a monthly donation (which I did before I was even back in Yorkshire!), you can volunteer for them, you can leave them money in your will, and you can fundraise for them.

After all this, it would be easy to stay out of the water. But Jaws didn't stop me and this won't either. Once I was back in Leeds, I got straight to my local pool and got back to regular swimming and water aerobics classes. I've had a few wobbles when water got in my mouth or nose, but I use some of the grounding techniques I've learned from our relaxation, mindfulness and anxiety courses to keep myself calm and remember I'm safe.

What I'm going to do next is give back through fundraising. Being disabled limits my options somewhat, so what I'm going to do that's within my capabilities and helps continue my exposure therapy is to complete a sponsored swim. I'm swimming regularly to build up my stamina and going to complete an hourlong swim aiming for at least 50 lengths in an hour. If you would like to sponsor me, either with a sum or per length, it would be greatly appreciated, and I'll be forever grateful. Details of this fundraising are to be confirmed but I'll be happy to share it with anyone who's interested.

But I would love it if everyone who's read this article, if nothing else, could share the great work they'd do. Tell your friends, tell your family, tell your co-workers – sing the praises of this amazing organisation at every possible opportunity. Hopefully one day this organisation won't have to rely on charity, but in the meantime, the more people know about the amazing work they'd do, the more money will come their way to put life-saving work into action.

As we approach another bank holiday weekend, visit beaches and rivers and enjoy the water wherever and whenever you can. But make sure you know you're doing it safely. Don't go in alone. Don't go in if inebriated. Only swim where a lifeguard is present. Make sure you're swimming within the allocated safe areas. And if you do all that and still find yourself in jeopardy the way I did – stay calm, treat water and keep waving for help, following the RNLI's Float to live advice. If you're on shore and see anyone who looks to be having trouble, alert a lifeguard immediately.

Just keep swimming!



BEACH RAP

HEY

Let's be jolly
Grab that ice lolly
Heat so hot
Cool it's not
Air con turned up
Iced water to sup
Get out those shades
Before the sun fades
Summer is here
Maybe once a year
Time for a do
Barbeque
To the coast
Make the most
Wear sun-cream
Or next day scream
On the shingle
Time to mingle
Walk on the quay
Watch the boats
Leave the coats

Paddle in the sea
Too much for me
Castle in the sand
Listen to the band
Go to the fair
Ride dodgems there
Coconut shy
Big wheel fly
Toffee apple bite
Fly the kite
Penny arcade
Keep in the shade
Time to scam
Traffic jam
Filled with cheer
Do it again next year

RYDER 2026

ALL RIGHTS RESERVED

NOTE TO READERS: I HOPE
THE ABOVE REMINDS YOU
OF PAST DAYS AT THE
BEACH – ENJOY THE REST
OF THE SUMMER HOLIDAYS



The Airedaler

Airedale, Ferry Fryston, Fryston & Townville

Want to find out about things on offer in the Airedale, Ferry Fryston, Fryston and Townville area of the Wakefield District? Head over to the fantastic “The Airedaler” newsletter, released once a season/four times a year. It’s packed with loads of useful things, activities to do, support, information and some great things to get the kids involved in this summer.

<https://wakefield.connecttosupport.org/stay-healthy/the-airedaler/>



Kids Eat Free



Summer holidays can be expensive! But did you know that there are lots of places that offer free (or very reduced) children’s meals during the summer holidays to help out.

<https://www.mumsnet.com/articles/kids-eat-free> have pulled together a great list that we thought you would find useful:

- Asda Café - Children under 16 can get a kids’ meal for £1 (including a piece of free fruit).
- Beefeater restaurants/pubs - 2 free children’s breakfast to under 16s with every paying adult full unlimited breakfast.
- Dobbies garden centres - Children’s meals for 88p this summer.
- Dunelm Pausa Café - Kids eat free with every £5 spent.
- Harvester restaurants - Kids eat for £1 with every adult main meal.
- Morrisons Café - Kids eat free with 1 adult main meal costing £5 or more, plus The Kellogg’s Breakfast Club, offering children and adults a free breakfast with no purchase required.
- Premier Inn - Up to 2 free children’s breakfasts with 1 paying adult.
- Sizzling pubs - Kids eat for £1 with every adult main meal.
- Tesco Café - 1 free kids’ meal with any adult purchase.
- Travelodge - Kids eat for £1 with every full-paying adult breakfast.



THE LIVED EXPERIENCE NETWORK

JOIN US IF YOU ARE:

- Aged 18+
- Have your own lived experience of mental distress
- Have accessed any services in the UK for your mental health



AIMS OF THE NETWORK

- To bring together individuals with lived experience of mental distress to collaborate with on projects
- To provide opportunities for people experiencing mental distress to develop their knowledge, skills and strengths
- To build relationships with other mental health social care colleagues to influence wider change

BENEFITS OF BEING A MEMBER

- Training and development to grow as a lived experience leader
- Both paid and volunteering opportunities
- Networking opportunities, online and in-person events
- Opportunities to develop and review of service design and delivery
- Giveaways of Together branded items!



Scan the QR Code
to sign up!

together
FOR MENTAL WELLBEING



For support to become a member contact us:



lived-experience-network@together-uk.org



020 3423 5544



MAMA-Move
Muslim and Motherhood Activity



**UNIVERSITY
OF LEEDS**

MAMA-Move

Muslim and Motherhood Activity

Are you a Muslim woman living in the UK?

We invite you to take part in an online survey on physical activity and wellbeing among Muslim women, exploring how faith, culture, and daily life shape your experience of being active.



**Anonymous
10 min
survey.**

**Help shape
physical activity
support for
Muslim women.**

**Enter the chance
to win a £20
voucher.**

Scan the QR code to start the survey or visit:
<https://tinyurl.com/Mama-Move-Survey>



For more information, <https://tinyurl.com/MAMA-Move>
or mamamove@leeds.ac.uk



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



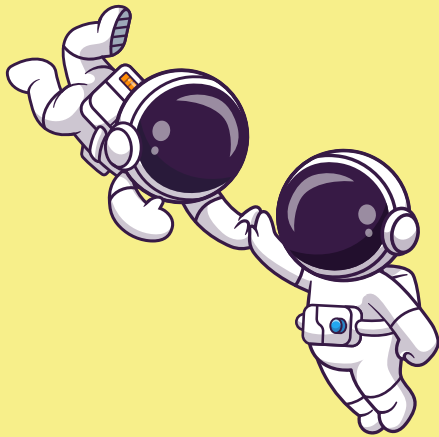
LUKE JERRAM'S HELIOS

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.



PART OF HELIOS

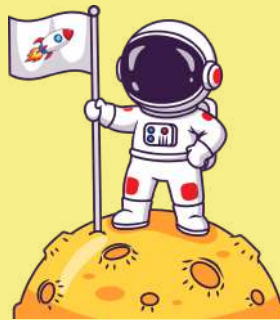
CREATIVE DROP IN SESSIONS

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



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!

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!

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



PART OF CREATIVITY S'COOL

CREATIVITY S'COOL: MAKE A MUSIC VIDEO (13-17YRS)

MONDAY 27 JULY - FRIDAY 31 JULY 2026

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

FREE

Are you 13-17 years old, living in Wakefield district? Do you love Film and Music? Have you ever dreamed of making a professional Music Video? This is your chance to Make it Happen!



YORKSHIRE DAY - BEER & BRASS

SATURDAY 1 AUGUST 2026

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

FREE

Celebrate Yorkshire Day with two of our finest exports; beer and brass... a reyt good combo



WAKEFIELD COMMUNITY PRIDE 2026

SUNDAY 9 AUGUST 2026

START TIME:12PM - END TIME: 6PM

FREE

Come and join LonGBoaT Wakefield for a family friendly celebration of the LGBT+ community. There'll be acts to enjoy, stalls, indie makers, family activities and more – all for free!



FOUNDATIONS PRESENTS

FRIDAY 14 AUGUST 2026

START TIME:7:30PM - END TIME: 9:30PM

FROM £9.38

Join us for Foundations Presents - a night of new theatre! Grab a drink and some grub and prepare to be entertained by some of the most exciting local creatives.



PART OF HELIOS

SKATE UNDER THE SUN: ROLLER SKATING WORKSHOPS

SATURDAY 8 AUGUST 2026

START TIME:12PM - END TIME: 6PM

£4.38

Join The Skate Sanctuary for friendly and inclusive roller-skating workshops!



PART OF HELIOS

RAINBOW ROLLER DISCO

SATURDAY 8 AUGUST 2026

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

£10

Are you ready to rock and roll(er skate) on the dancefloor? Come along to skate, dance and make new friends at our inclusive Rainbow Roller Disco!

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



MOTOWN NIGHT

SATURDAY 15 AUGUST 2026

START TIME: 7PM - END TIME: 10.30PM

FREE

Join Motown Gospel Choir for a night of Motown music like you've never heard it before...



RECLAIM THE NIGHT: BANNER MAKING WORKSHOP

SUNDAY 16 AUGUST 2026

START TIME: 11AM - END TIME: 3PM

FREE

Join the Reclaim the Night Wakefield Team as we get ready for our second march through the streets of Wakefield on the 26 November.



COMEDY NIGHT - AUGUST

SATURDAY 29 AUGUST 2026

START TIME: 6:30PM - END TIME: 10PM

FROM £6

Comedians MC Colin Manford, Steve Harris, Tony Basnett and Matt Price are coming to WX this August for our Comedy Night in association with Plane Comedy.



RECORD FAIR

SUNDAY 30 AUGUST 2026

START TIME: 10AM - END TIME: 3PM

FREE

New and used vinyl records and music memorabilia for all tastes and budgets



SUMMER DISCO WITH AGE UK

SATURDAY 15 AUGUST 2026

START TIME: 12PM - END TIME: 3PM

£10

Get ready to groove all afternoon at our Summer Disco, the hottest in-person dance party of the season!

Don't forget ...



The Wakefield Recovery College summer term finished on Friday 17th July 2026. We now 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!



Understanding Eating Difficulties

This is a 4-week understanding eating difficulties introductory course, that students can choose to attend either on an individual session basis or as a full course for a more in depth understanding. Throughout the course students will explore, different types of eating problems, the possible causes, signs and symptoms, where support can be accessed and how to support someone living with an eating difficulty.

Session 1: Understanding Eating disorders: an overview of the development and maintenance of eating disorders and an insight into the various treatment pathways.

Session 2 – Anorexia Nervosa

Session 3 – Understanding Bulimia Nervosa and Binge Eating

Session 4 – Understanding ARFID

This course is for anyone interested in learning more about eating difficulties and how to support their own wellbeing or the wellbeing of another. The course has been co-produced and will usually be co-facilitated by individuals with professional experience and lived experience in a non-judgemental and supportive environment.

4 week course starting:
1st September 2026
1pm to 3:30pm

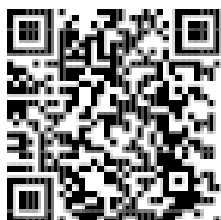


Online
16+



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

FREE
course



With all of us in mind.

Wakefield

Recovery and Wellbeing College

Home of the Discovery College

NHS

**South West Yorkshire
Partnership Teaching**

NHS Foundation Trust

Understanding ADHD

This course will provide an overview of ADHD (Attention Deficit Hyperactivity Disorder) in adulthood.

We will cover topics such as: What is ADHD? What causes ADHD? The connection between ADHD and physical and mental health. We will challenge some of the misconceptions about ADHD and look at ways in which adults with ADHD can live fulfilling and successful lives with or without a diagnosis.

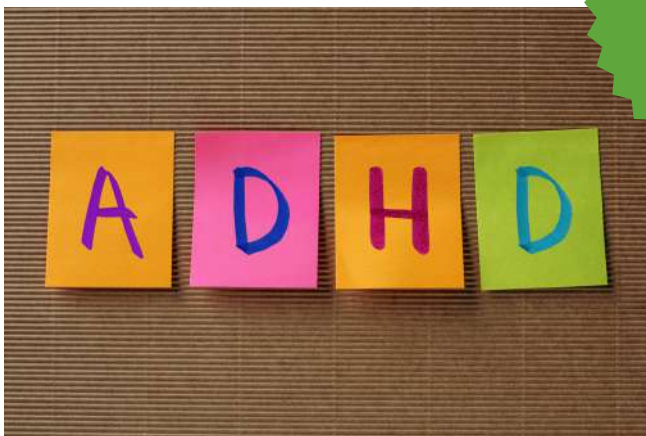
This course is for anyone interested in learning more about ADHD in adulthood.

The course may be suitable for people or loved ones of those who have or suspect that they may have ADHD, are wondering about pursuing a diagnostic assessment, or want practical strategies to manage ADHD.

Starting on 2nd September 2026

1pm - 3.30pm - Online

**Online
16+**



**FREE
course**



Contact the college to enrol

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

With all of us in mind.

Hidden harm & parental alcohol use

This course has been designed to offer a basic introduction to alcohol use and raise awareness to help educate participants around the impact of alcohol on children and the health and wellbeing risks it can pose to all.

3rd November 2026, 1pm-3pm

On-line only



On-line
16+

FREE
course



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



**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.

1st December 2026
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.

NEW FOREST PONIES

As the evening light falls
They silently appear
Amongst the trees
Magnificent in their shiny coats
We slow to admire them
They have precedence
Plodding slowly along the road
They stop to snatch a tasty morsel
from a hedgerow
Heads held high
Browns and blacks
Here a foal prances
To catch up with its mother
They ignore us
We are not important to them
We move on
Another group appear: we stop to
admire them
Scattered across the road
Heads lowered
Snatching at the grass
The late sunlight casts early shadows
They drift away
Eventually melting into the forest
Disappearing into the evening light
The world has changed
But they drift on unconcerned
We should try to be the same.

RYDER FOR SUSAN 2026
ALL RIGHTS RESERVED

NOTE: When William the Conqueror established the New Forest in 1079 he granted local inhabitants the right common pasture.

Today these ponies are legally owned by 'Commoners' and managed by local officials known as Agisters. In Victorian times Arab breeds were introduced to refine the bloodlines. Further introductions Hackney* and various British native ponies have been introduced to improve the stock. Today around 5000 ponies graze the landscape. This prevents the forest from becoming overgrown which fosters rare wildflowers and wildlife. However they are semi feral and must not be fed or touched.

*These were high trotting horses used to pull light carriages i.e. Hackney cabs from the French word haquenee 'an everyday riding horse'. Or maybe from the Flemish meaning 'old nag' (*possibly a corruption from the word haquenee 'aker ney' in London dialect when Flemish horses pulled cabs in the early days)!