



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

September 2026

Get in touch to find out more

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wakefelddiscoverycollege@swyt.nhs.uk



Follow us on social media



With **all of us** in mind.



@adoseofreminders

Self-Care September 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans



28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together



Something has happened over the last few weeks: I've started sweeping fallen leaves from my patio. Change is in the air. My huge twisted willow, planted in a large barrel pot, has begun to shed its leaves. At first, I thought it was simply crying out for more water after all the hot weather, and perhaps that's part of the story. But then, on a walk to the park the following day, I noticed the pavements scattered with crisp orange and golden leaves. They crackled beneath pram wheels while tiny hands scooped them into the air, sending them fluttering back down around us amid squeals of delighted laughter.

There is a freshness to the mornings now. We step outside to dew-covered grass, cooler air, and that unmistakable feeling that the season is beginning to turn. The long, stifling days of summer are slowly making room for something more breathable. I don't know about you, but while I genuinely love all the seasons, by the time one is drawing to a close, I always find myself ready to welcome the next. And then there are the geese. Oh, the geese. When I moved to my home a few years ago, I remember asking the neighbours what on earth was going on when I heard hundreds of birds calling overhead. In late summer, they gather in magnificent V-shaped formations, flying low above our house each morning before retracing their route in the opposite direction each evening. Their honking echoes across the sky, impossible to ignore. Over the years, I've come to love this late August, early September alarm clock. Their calls seem to bookend my days, signalling both the start of the morning and the arrival of evening rest. They remind me to live alongside the rhythms of nature; to recognise that spring and summer have flourished, and that in their passing comes an opportunity for gratitude and appreciation.

As the geese busily travel their familiar routes between feeding grounds and roosting sites, I find myself harvesting the fruits of our hard work in the garden, settling back into familiar routines after a busy summer, and reaching once again for a jumper when the evenings draw in.

September gives us much to reflect on and celebrate. We mark International Literacy Day, World Suicide Prevention Day, World Alzheimer's Day, and important religious observances including Rosh Hashanah, Yom Kippur and Sukkot. The Autumn Equinox later this month signals the gentle tipping point towards shorter days and longer nights. Here at the Recovery College, September also marks the start of our new academic year. We have been working hard behind the scenes to bring you an exciting programme of sessions designed to inspire, connect and support you as we move into the cosier months ahead.

So, as we welcome September, we invite you to embrace the season of change. Take notice of the small shifts around you, find comfort in new and familiar routines, and perhaps take a lesson from the geese: move with purpose, trust the journey, and know that every season has something valuable to offer.

Term opening times

Open 8am-4pm Monday to Friday.

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

Christmas holidays (2026-27)

12th December - 24th January

Upcoming Courses



Accepting change



Improving your mindset



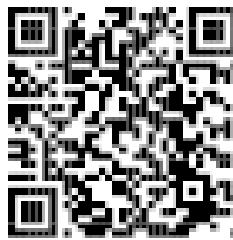
Take a stroll or a roll with us



Reimagined materials: Creative crafting



Scrapbooking for wellness



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

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

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

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

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

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

Scrapbooking for wellness (16+)
1 October 2026
10am - 12pm
Space Station

Website News Article

Running for a cause

Wakefield Recovery and Wellbeing
College

TRIGGER WARNING – NEWS
ARTICLE CONTAINS MENTION OF
SUICIDE

In January 2025, a beloved and respected colleague at our Trust, John Pittam, took his own life. John had a long career as a psychiatric nurse and was a supportive union representative for many.

He was surrounded by two daughters who he loved very much, an adoring wife, an abundance of friends and family who cared greatly for him, and

had years of experience within mental health supporting others, but unfortunately, at that time in his lifelong struggle with anxiety and depression, John felt like his only choice was to take his own life. This, as you can imagine, came as a complete shock to all of those around John.

John's family want to do all they can to spread the message that no feeling is final; situations, thoughts and feelings change and pass. They want no one else to feel as though there is no other option than suicide and that instead, support and help are out there.

As part of the family's work to raise awareness for mental health and suicide prevention, John's son-in-law, Bradley, will be running the London Marathon in 2027 on behalf of the [Mental Health Foundation](#), in John's name.

If you would like to show your support for Bradley and the rest of John's family, friends and colleagues in raising awareness of suicide prevention, and feel able to do so, please take a few moments to consider donating to Bradley's official fundraising page: [Mental Health Foundation: Brads London Marathon](#).

In the words of Bradley, "for all the John Pittam's out there, please know that no feeling is final".



Physical activity for adults and older adults

Any level of activity is linked to health benefits



Improves
Sleep



Manages
Stress

Reduces your chance of

-40% Type II Diabetes

-35% Cardiovascular disease

-30% Falls, depression etc.

-25% Joint and back pain

-20% Cancers (colon and breast)



Maintains
Healthy weight



Improves
Quality of life

Be active everyday

Make a start today:
it's never too late

Any activity
is better than
none, and more
is better still

Every minute
counts



Aim for



OR



**Moderate
intensity**

increased breathing
able to talk

**Vigorous
intensity**

breathing fast
difficulty talking

or a combination of both

To keep muscles,
bones and joints strong



**Build
strength**



on at
least

2

days a
week

For older adults

Improve balance

2 days a week to reduce the
chance of frailty and falls



Minimise sedentary time

Break up periods
of inactivity



Physical activity

for children and young people (5-18 Years)



Builds
Confidence & Social Skills



Strengthens
Muscles & Bones



Maintains
Healthy Weight



Develops
Co-ordination



Improves
Health & Fitness



Improves
Sleep



Improves
Concentration & Learning



Makes
You Feel Good

Be physically active

60
minutes

Aim for an average of at least

per day across the week

Spread activity
throughout the day



Play



Walk / Run



Swim



Skate



Skip



Climb

Activities to
develop
movement
skills, and
muscle and
bone strength

**ACROSS
WEEK**

All activities should make you
breathe faster & feel warmer



Bike



Active Travel



Sport



PE



Workout



Dance

**Reduce
inactivity**



**Get strong
Move more**

**Increase
activity**



Find ways to help all children and young people accumulate an average
of at least 60 minutes physical activity per day across the week

NEW

Beginners Chess Club



No knowledge required, We will teach you how to play and
Sustain will fund 6 sessions free of charge!

Starts THURSDAY 3rd September 1.00 to 2.00pm

at The King In the North, Thornes Lane Wharf, Wakefield WF1 5RL



Benefits of playing chess

- Increases your concentration
- Helps to improve working memory
- Helps handle stress
- Quietens a “noisy” mind through focus
- Reduces impulsivity
- Improves ADHD symptoms
- Improves planning and decision making skills

TEXT or Call Fran to book a place 07578 353020

“

**Just start the
conversation.**

**You never really
know what a
difference you
could make. ”**

SAMARITANS

A registered charity

SAMARITANS

Suicidal thoughts can be interrupted

➤ Here's how you can help

If you think someone might be suicidal, take action, interrupt their thoughts and show them you care.

How to reach out to someone

Small interruptions you make and actions you take could help someone who is suicidal. There's no quick fix but in that moment, you could save their life.

➤ Start a conversation

It can be as simple as saying 'hello' or asking a question. Try not to worry about saying the wrong thing.

➤ Ask how they're feeling

Don't be afraid to ask if they're having suicidal thoughts. It gives them permission to tell you how they really feel.

➤ Be there for them in the moment

If you're worried about someone, stay with them and let them know you're there for them. **If you think it's an emergency or they've tried to harm themselves, call 999 in the UK or 112 in Ireland.**

➤ Listen without judgement

Give them a safe space to express how they feel. Try not to jump in with advice or opinions.

“If you're worried someone is having harmful thoughts, it's better to interrupt than not.”

Member of Samaritans' lived experience panel

Anyone can interrupt suicidal thoughts

We surveyed people with lived experience and the majority told us that their suicidal thoughts have been interrupted. Many respondents said their suicidal thoughts had been interrupted by someone close to them, while some said their suicidal thoughts had been interrupted by someone they didn't know.

For more tips visit [samaritans.org/WSPD](https://www.samaritans.org/WSPD)



Samaritans are here to listen

Call free day or night on 116 123



ASIST Training

Applied Suicide Intervention Skills Training

An accredited two-day interactive training that prepares caregivers to provide suicide first aid interventions.



Date:

Tues 6th & Wed 7th
October 2026

Time:

8:30am - 4:30pm

Venue:

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

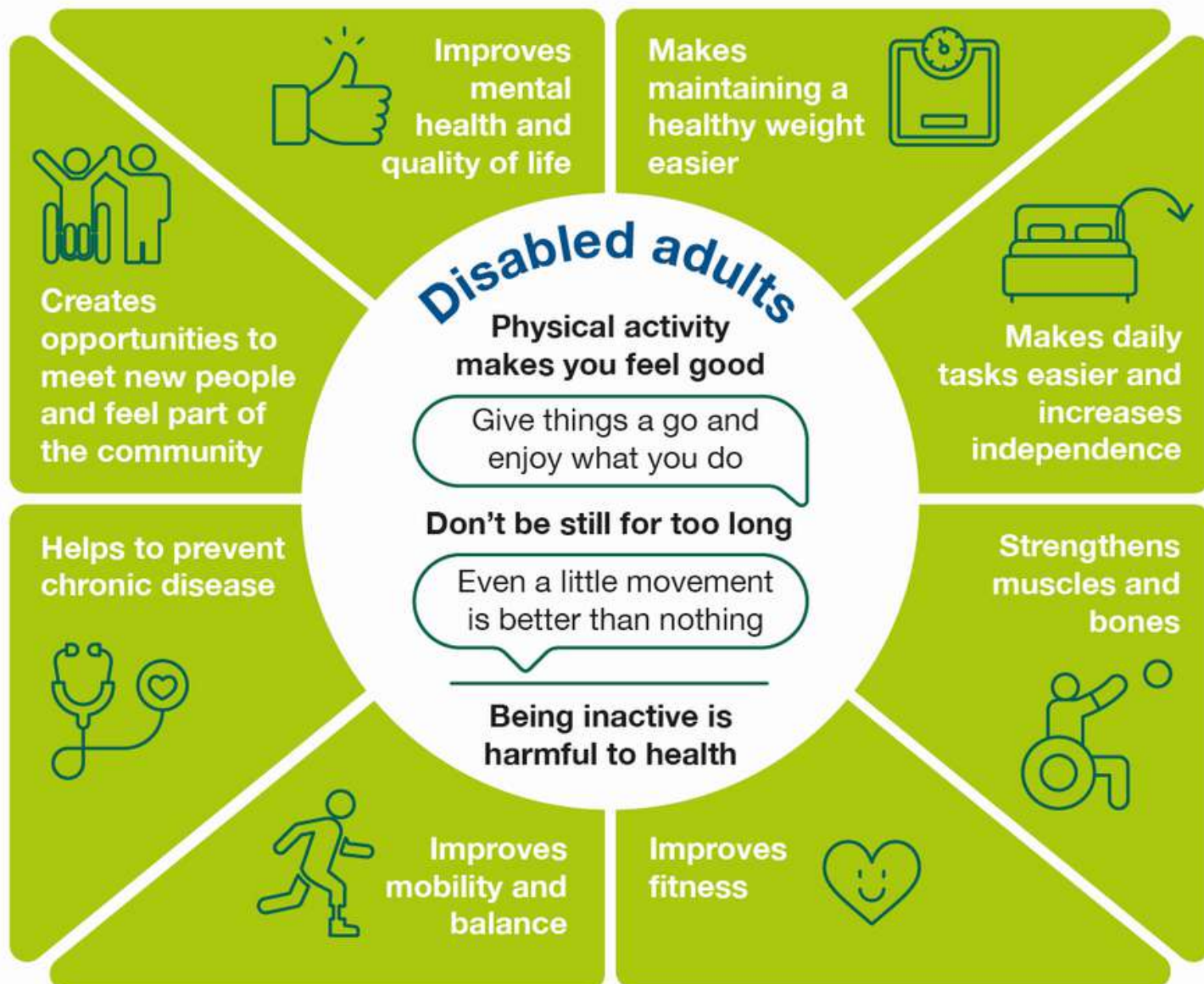
SCAN HERE



Physical activity for disabled adults



Make it a daily habit



Do strength and balance activities on at least two days per week



Remember the talk test:



For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity



Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



Equality



Inclusivity



Finding what's
fun



Exploring what activities
make you
feel good

Benefits of physical activity



How much physical activity should I do?

**When starting
build up slowly**
Ask: Can you do this today?

Do bitesize chunks
of physical activity
throughout the day



**Do challenging
but manageable**
strength and balance
activities 3 times per week

**Small amounts
of physical activity**
are good for you as well

THE
HEPWORTH
WAKEFIELD

WHAT'S ON



WHAT'S ON >

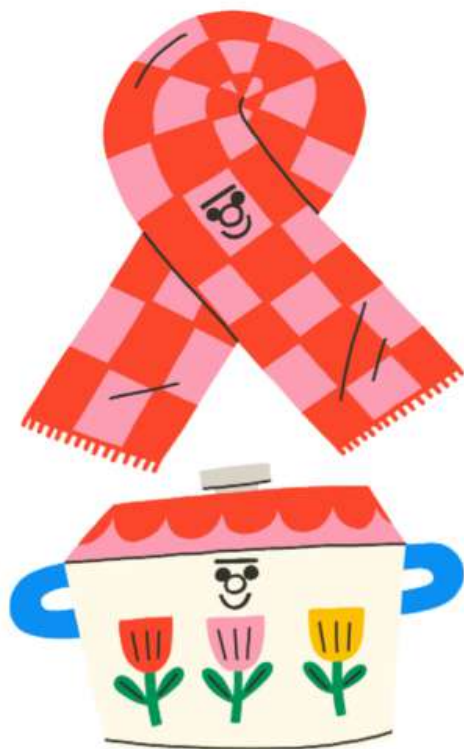
House of Makers: Yorkshire Pantry

Sunday 6 September, 10am - 5pm

FREE

THE HEPWORTH WAKEFIELD HARVEST FESTIVAL

BLANKETS BOOKS CANDLES CERAMICS FOOD GARDEN



KITCHENWARE PLANTS PRINTS TEXTILES VINTAGE

SAT 19 & SUN 20 SEPT 2026 10AM-5PM

WHAT'S ON >

The Hepworth Wakefield Harvest Festival

Saturday 19 & Sunday 20 September 2026, 10am - 5pm

£2.50 in advance / £3.50 on the day / FREE for Members and under 18s

[Book Now](#)

Physical activity for early years

(birth - 5 years)

Active children are healthy, happy,
school ready and sleep better



Builds
**Relationships
& social skills**



Maintains
Health & weight



Contributes to
**Brain development
& Learning**



Improves
Sleep



Develops
Muscles & Bones



Encourages
**Movement
& Co-ordination**

Every movement counts



Playground



Dance



Climb



Skip



Swim



Object play



Messy play



Jump



Games



Play



Walk



Throw/catch



Scot

Get Strong. Move More. Break up inactivity

Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

Not active?

Start gradually

Already active?

Keep going



Do **muscle strengthening** activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt



Don't bump the bump

Physical activity for women after childbirth (birth to 12 months)



Time for yourself -
reduces worries and
depression



Helps to control
weight and return to
pre-pregnancy weight



Improves tummy
muscle tone and
strength



Improves fitness



Improves mood



Improves sleep

Not active?

Start gradually

Active before?

Restart gradually

Out and about

Leisure

aim for
at least

150

minutes

of moderate intensity activity

every week

Home

Start
**pelvic floor
exercises** as
soon as you
can and
continue daily

Build
back up
to **muscle
strengthening**
activities twice
a week

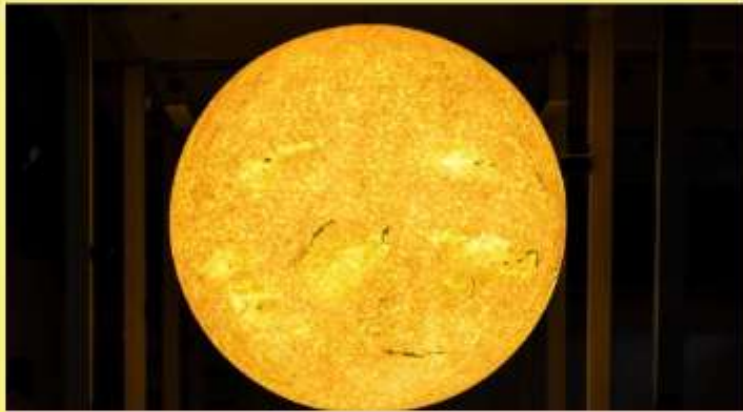
It's safe to be
active. No
evidence of harm
for post partum
women

Depending on
your delivery listen
to your body and
start gently



You can be
active while
breastfeeding

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



PART OF HELIOS

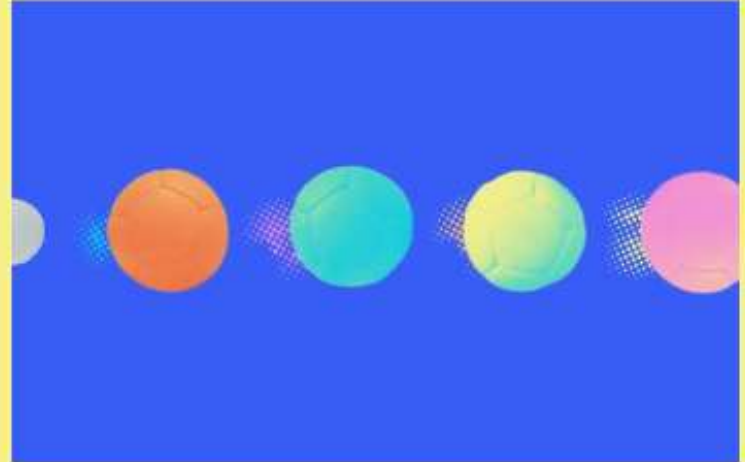
SOUND BATH UNDER THE SUN

THURSDAY 3 SEPTEMBER

START TIME: 7PM - END TIME: 8PM

£10

Immerse yourself in a restorative sound journey beneath the warm glow of Helios.



BOCCIA SOCIAL

SUNDAY 6 SEPTEMBER 2026

START TIME: 10AM - END TIME: 12PM

FREE

Join Active Future for this inclusive sport social club.



THE INCLUSIVE DISCO

THURSDAY 24 SEPTEMBER 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.



COMEDY NIGHT - SEPTEMBER

SATURDAY 26 SEPTEMBER 2026

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

FROM £8

Comedians MC Colin Manford, Simon Emanuel, Martin Westgate and David Eagle are bringing the laughs to our Comedy Night this September in association with Plane Comedy.

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



FABRIC PUMPKINS: CHILDREN'S CRAFT WORKSHOP

THURSDAY 1 OCTOBER 2026

START TIME: 6PM - END TIME: 8PM

£10

Create your own adorable home decoration!



AUTUMN WREATH MAKING

THURSDAY 1 OCTOBER 2026

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

£45

Get into the autumn spirit with a relaxed wreath-making session



CAITLIN KRISKO & THE BROADCAST

WEDNESDAY 7 OCTOBER 2026

START TIME: 7PM - END TIME: 10.30PM

£10

Caitlin Krisko & The Broadcast deliver gritty rock & roll soaked in deep roots and blues influences



POWER STATION: INDIE FILM SCREENING

THURSDAY 8 OCTOBER 2026

START TIME: 7:30PM - END TIME: 10:00PM

FREE (BOOKABLE)

An inspirational independent film about the power of community



RESEARCH OPPORTUNITY

Collaborative
Learning College
at camh

camh
mental health is health

We are looking for individuals to help researchers test and refine a questionnaire to assess the impact of engagement in mental health or substance use service development, program design, and research.



You will be compensated.



The study will be online.

What is Co-production?

Co-production means working in genuine partnership, where people with lived or living experience contribute as equal partners at every stage of research, service development, or programming—helping to shape, design, and deliver the work from beginning to end.

Here's who we're looking for:

- ✓ 16+ years old
- ✓ Reside in Canada or the United Kingdom
- ✓ English speaking
- ✓ Engaged in mental health or substance use research or service or programming development as a patient partner, advisor, co-researcher, or another analogous role (not including only as a research participant, patient or client)



CONTACT
US

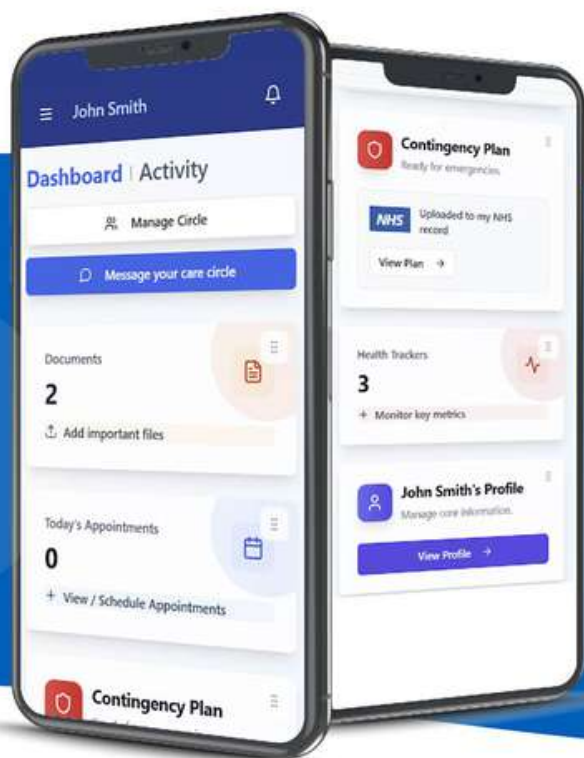
416-518-4658

pics@camh.ca

For information about programs and services at CAMH, please visit www.camh.ca or call 416-535-8501 (or 1-800-463-6273).

The security of information sent by email cannot be guaranteed. Please do not communicate personal sensitive information.

CAMH REB 123-2025, Version 3.0
Nov 17, 2025



Share2Care

A new free app to support unpaid carers in West Yorkshire

One simple, secure app: Keep everything in one place – appointments, documents, care plans – and share with the people who matter most.

Search for share2care-wyicb on App stores or iPhone/Android

Developed in partnership with Care Networkx and co-designed with unpaid carers, Share2Care - WYICB provides a simple and secure way for carers to store important information in one place and share it with the people who matter most, helping them co-ordinate their caring role more effectively.

Most importantly, the app enables carers to create a digital contingency plan that can be securely uploaded to their NHS record, ensuring vital information is available when it is needed most.

For security and peace of mind, users access the app using their NHS App Login, providing a trusted and secure way to verify their identity and access their information.

We encourage partners and stakeholders to help raise awareness of the app across their networks and communities.

Together, we can help ensure unpaid carers have access to the tools, information and support they need to continue their invaluable caring role with greater confidence, connection and peace of mind.

To download the

app visit: <https://carenetworkx.com/share2care-wyicb/>



CONTACT US

LEEDS FILM

CARRIAGEWORKS THEATRE

THE ELECTRIC PRESS

3 MILLENNIUM SQUARE

LEEDS, LS2 3AD

0113 378 5999

LEEDS.FILM@LEEDS.GOV.UK



The 40th edition of Leeds International Film Festival (LIFF) is planned to take place from 29 October — 15 November 2026.

For any information about group bookings, sponsorship opportunities or press enquiries, please contact leeds.film@leeds.gov.uk



Opportunity to take part in mental health research

PIONEER MH

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



WHAT IS THE STUDY AIM?

We aim to understand and evaluate how community multiagency first response mental health crisis pathways in England work, who they work for and why, in response to the policing strategy 'Right Care Right Person'.

WHAT WILL IT INVOLVE?

You can choose to be involved in interviews, focus groups and a series of workshops. These will involve discussing the way the crisis first response services work in your area, from your experience.

If you are interested in taking part or want to find out more, please contact your local research assistant.

Name: Ammarah Rajah /Kasia Malczuk

Email: Ammara.Rajah@swyt.nhs.uk /Kasia.Malczuk@swyt.nhs.uk

Website: <https://www.cntw.nhs.uk/services/research-and-development/pioneer-mh/>

WHO ARE WE LOOKING FOR?

Do you have lived experience of a mental health crisis?

Have you called for crisis help for someone you care about (family/friend)?

Do you work within services that respond to mental health crises, such as NHS mental health services, A&E, ambulance, police or voluntary organisations?

We want to speak with people with different backgrounds and experiences.



WHO TO CONTACT

Weaving Stories in Wakefield

How does it work?



The dress is made of 11 large calico panels.

People are sewing handcrafted fabric patches for the dress

Join a group

Lenka's Group
Tuesdays
1.30pm - 3pm
Tieve Tara
Medical Centre
Airdale

What is the project about?

We are making a calico dress. Community groups and individuals from all over Wakefield are coming together to decorate it.

What will happen?

Once finished, this amazing piece of community art will go on tour and be exhibited at the WOVEN festival in June 2027.



Wakefield Council



For more details contact: saira.ashford@spectrum-cic.nhs.uk

DONATE to Pancreatic Cancer UK

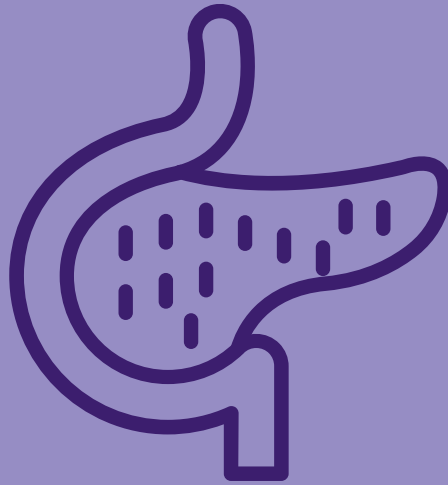


£500 target

[Click HERE to donate](#)

<https://www.justgiving.com/page/wakefield-recovery-college-1>

Some of the team have unfortunately had experiences around pancreatic cancer this year, so we (along with other colleagues in the Trust) are doing various events throughout the year to raise funds and awareness for Pancreatic Cancer UK. If you feel like giving, please use our JustGiving link to donate. **THANK YOU!**



www.pancreaticcancer.org.uk

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

NHS
South West Yorkshire
Partnership Teaching
NHS Foundation Trust

This month, we have the pleasure of not
1, but 2 poems from our resident writer,
Ryder. What a treat! Enjoy 🍂😊🍁

AUTUMN

As the leaves fall and turn to gold
Summer has gradually lost its
hold
The rain has fallen on field and
crop
And does not stop
So grab umbrellas before setting
out
Rescuing us from the drought
Heavy dark cumulus clouds drift
across the sky
And on horizon do lie
Summer holidays are now gone
As the time moves on
Night can seem cold
So we are told
But in another light
Autumn is a varied sight
Bright days still remain
So go out and dodge the rain

RYDER 2026

ALL RIGHTS RESERVED

NEW AUTUMN TERM

Back to college
As a new term begins for knowledge
Collect your books prepare to study
hard
Keep last year's notes they will be a
useful card

To begin courses to help you
Out with subjects old and new

College courses to try
Out: reach for the sky
Learn how to manage health and
wellbeing
Long term benefits foreseeing
Especially when nights draw in and
cold
Going out is put on hold
Exceptional courses are waiting to
be told *

RYDER 2026

ALL RIGHTS RESERVED

***SEE THE RECOVERY COLLEGE
COURSES PROSPECTUS**

What the heck are archives?

Have you ever wondered if you were descended from a knight? or if your family name bears a coat of arms? Archive research can help you find out more about your family and local history.

So if you want to learn what an archive is, look back in time to discover what records survive and how to search your family history, then join us on this workshop delivered by our partners at the West Yorkshire history centre.

8th September 2026- 10.30am-12.00pm

**West Yorkshire History Centre, 127 Kirkgate,
Wakefield, WF1 1JG**

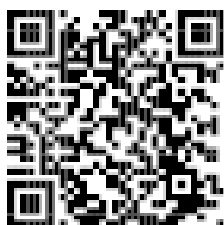


Face to
face
16+



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

FREE
course



West Yorkshire
Archive
Service

With all of us in mind.

Reimagined materials: Creative crafting

Turn everyday waste into wonderful works of art!
Join our Reimagined Materials: Creative Crafting course and discover the joy of transforming household items into beautiful, functional crafts. Over two inspiring weeks, you'll learn hands-on techniques to upcycle, recycle, and reduce waste—while unleashing your creativity and connecting with like-minded makers.

**Start date: Wednesday 23rd of
September 2026**

Time: 10am to 12pm

Duration: 2 weeks

Venue: Online Microsoft teams

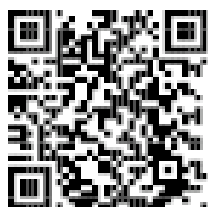


**Online
16+**



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

**FREE
course**



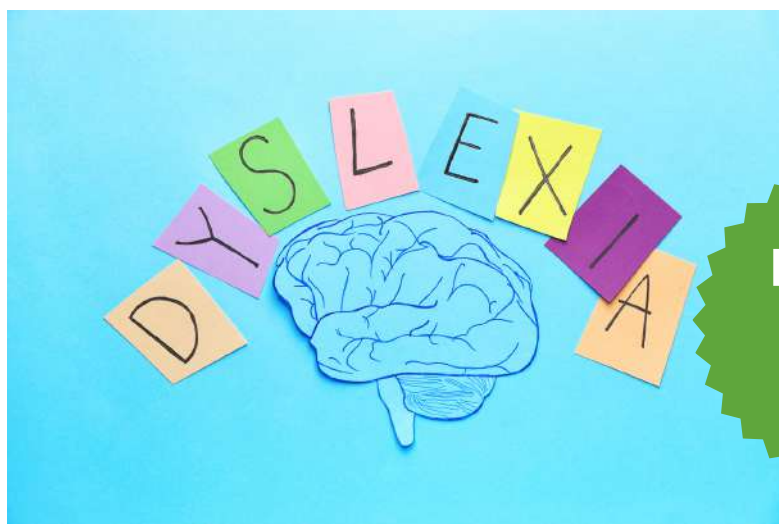
Dyslexia awareness

Join Wakefield Recovery College for an informal 2-hour workshop exploring dyslexia.

This workshop will help students:

- Understand the definition of dyslexia
- Explore the challenges of dyslexia using real life examples and lived experience
- Methods to support those with dyslexia
- Advocacy and rights for individuals with dyslexia
- Further support available for individuals with dyslexia including self-help skills

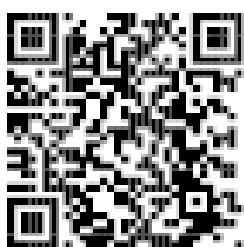
29th September 2026, 10am to 12pm
Online



Face to
face
16+



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



FREE
course

With **all of us** in mind.

Take a stroll or a roll with us

Life is busy and heading out for a walk can be the last thing on our minds, but the positive impact that this can have on both our physical and mental health, should really make it the top of our priority lists. So now is the time to prioritise this in your diary to join us for a gentle walk at the park and hopefully help support you learn how you can build this exercise into your daily life from home.

We will be mindful of our surroundings and enjoy the company of our fellow walkers, even if it's wet and we need our rain jackets. We will have a topic of interest for our walk to help us learn more about the benefits of walking and being outdoors and you will be encouraged to develop this learning whilst you are on your walks from home.

The route of the walk is accessible for those in wheelchairs to "take a roll" with us, this is a beginners walk and we will walk at a gentle pace and allow for rest breaks along the way. You will need to dress in comfortable clothes and trainers appropriate for exercising in. Ensure you bring a bottle of water but please be advised this will need to be carried. The Holmfield Arms has agreed to let us use their toilet, but please be aware that these toilets are near the meeting place and there are no other public toilets along the walk route.

30th September 2026 - 21st October 2026
4 weeks

**Thornes Park Stadium, Horbury Road,
Wakefield, WF2 8TY**



**Face to
face
16+**



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