



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

October 2026



@adoseofreminders

Get in touch to find out more

01924 316946

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk
wakefielddiscoverycollege@swyt.nhs.uk



Follow us on social media



With **all of us** in mind.

Optimistic October 2026

MONDAY



5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face

TUESDAY



6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time

WEDNESDAY



7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

28 Ask yourself, will this still matter a year from now?

THURSDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague

29 Plan a fun or exciting activity to look forward to

FRIDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

SATURDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

SUNDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?



ACTION FOR HAPPINESS

Happier · Kinder · Together



October. My favourite month.

Every year, as October arrives, I get the distinct feeling that I am standing on the threshold of a new chapter. It's a moment to pause in the doorway between seasons. A chance to look back at all the effort you've made, the plans you've fulfilled, the things you've achieved, and perhaps the things that didn't quite happen this time around. Then, with a deep breath, it's an opportunity to step forward into a new season with fresh intentions, new ideas and possibilities yet to unfold.

I often picture myself standing with my arms outstretched in perfect balance. In one hand rests everything that has been; in the other, everything still to come. Much like this time of year, suspended between light and darkness, we find ourselves in a brief moment of equilibrium before gently tipping into the cosy embrace of autumn. There is something instinctive about this season. A sense of home, comfort and preparation. We begin gathering, organising and nesting, readying ourselves for the quieter months ahead. I find myself drawn to sorting cupboards, decorating rooms and bringing order to the corners of home, as though preparing a nest for winter. It's interesting how naturally our lives seem to mirror the rhythms of the seasons when we stop to notice.

In my garden, the two pumpkins that have patiently grown throughout the summer have finally swelled and transformed from vivid green to a rich autumn orange, perfectly timed for the Halloween celebrations waiting at the end of the month. The hot drinks are making more frequent appearances, and my trusty hot water bottle has emerged from hiding once again for those crisp, chilly mornings.

Here at the Recovery College, we're embracing all things autumn too. There are plenty of events and activities taking place across Wakefield this month, including celebrations for Mental Health Day at The Exchange on Friday 9 October. With half-term and Halloween just around the corner, there are also lots of opportunities for families to connect, explore and enjoy the season together. Behind the scenes, we're busy delivering our Term 1 prospectus while also planning ahead for Term 2, which runs from January to March. There's certainly a lot of squirrel-like activity taking place, gathering ideas, making plans and preparing exciting opportunities for the months ahead.

So, as we step over the threshold into October, perhaps this is your invitation to pause for a moment. Take stock of how far you've come, celebrate what you've achieved, and show yourself kindness for anything left unfinished. Like the trees letting go of their leaves, we don't need to carry everything forward.

Sometimes growth comes not only from what we hold onto, but from what we're willing to release.

Wishing you a gentle, colourful and restorative October.

(Can you guess which one of our team writes "Termtime" each month? Answer in November's edition!)

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



Reflective writing (plus an additional creative writing course)



The impact of substance use



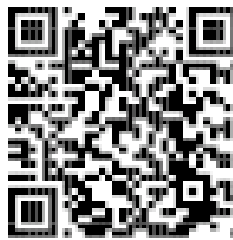
Foundations of wellbeing



An introduction to self soothe and self care



An introduction to personality disorder



Recognising Burnout (16+)

02/11/26
1pm - 3pm
Online

Understanding trauma responses and skill practice workshop (16+)

03/11/26
10am - 12pm
Space Station

Hidden Harm & Parental Alcohol Use (16+)

03/11/26
1pm - 3pm
Online

Introduction to Creative Writing (16+)

04/11/26
10am - 12pm
Online

Understanding Hearing Voices (16+)

05/11/26
1pm - 3pm
Online

Introduction to Aromatherapy (16+)

06/11/26
10am - 12pm
Knottingley Hub

An introduction to personality disorder (16+)

09/11/26
1pm - 3:30pm
Space Station

Understanding Self-harm (16+)

10/11/26
10am - 12pm
Online

If walls could talk - An intro to researching house history using archives (16+)

10/11/26
10:30am - 12pm
West Yorkshire History
Centre

Card making for wellbeing (16+)

10/11/26
10am - 12pm
Space Station

Christmas Junk Crafting (16+)

11/11/26
1pm - 3pm
Space Station

Foundations of Wellbeing (16+)

12/11/26
10am - 12pm
Space Station

Uncovering Anxiety (16+)

17/11/26
10am - 12pm
Online

Christmas Rag Wreaths (16+)

22/11/26
1pm - 3pm
Space Station

My meds, my life (16+)

26/11/26
1pm - 3pm
Online

Alone together: Cutting ties and making new ones (16+)

01/12/26
10am - 12pm
Online

Breast Cancer Awareness Month 2026



Craft for CoppaFeel!

Wholesome crafts every day in October, whilst fundraising towards our mission? A dream eve tbh.

You're just three steps away from finding new hobbies, joining a crafty community and contributing towards life-saving work.

Find out more about Craft for CoppaFeel!



Do you know why you're checking?

We're offering weekly webinars throughout October for anyone interested in learning more about checking their chest, and the work we're doing.

You know we love to yap about chest-checking...

Bring your lunch, learn the signs and symptoms you should be checking for, and leave feeling empowered.

Check out our webinars



Asda Tickled Pink Fundraising Weekend

Every October, Asda Tickled Pink turn stores pink to raise life-saving funds towards breast cancer.

We're lucky to have a long-standing partnership with them, which means some of those funds go to us.

At the start of the month, they're hosting a fundraising weekend – and you and your friends can get involved.

Learn more about the fundraising weekend

And don't forget to shop Tickled Pink products in store!

New accessible chest checking guidance

This October, we'll be sharing new webpage of information, developed with and for disabled people.

It aims to bridge a health information gap for people with impairments that affect their arms, hands or sense of touch, who may experience barriers to finding accessible chest checking guidance and getting support.

CHEST CHECK 1🥑1

Breast cancer can affect people of any age or gender, so it's really important to get to know what's normal for your body. Everyone is different and knowing your normal is a process, but you can start here.

1

Check every month

If dysphoria is making this difficult, you could try different methods, positions or settings, like checking without a mirror, beneath loose clothing or on days when you feel less dysphoric.

2

Look AND feel

Check all parts of your chest, including your armpits, up to your collarbones and your nipples. If you have developed breasts as part of your transition, have implants or are planning to get them this will not affect how you need to check yourself. It's really important to get to know your new normal.

3

If in doubt, get checked out

Even if you have had top surgery, some tissue remains around the nipple, under the collarbone and in the armpit that needs to be checked - this may be referred to as 'breast tissue' by healthcare professionals. When breast cancer is detected early it is more easily treated and the survival rate is higher.

For FREE monthly
text reminders,
text **CHECK**
to **82228**



Standard network rates
apply for texts you send us.
Receiving our reminders
in the UK is free.



GETTING TO KNOW WHAT'S NORMAL FOR YOUR CHEST

People of all ages and genders can get breast cancer. These signs may look different on your skin tone or your body. It's really important to know what's normal for you.

Signs of breast cancer may include:



Liquid coming from
your nipple



Unusual lumps
and thickening



Skin changes such as
puckering or dimpling



A sudden, unusual
change in size or shape



Constant, unusual
pain in your breast or
pec, or armpit



Nipple is pulled inwards
or changes direction



Unusual lump or
swelling in your
armpit, or around your
collarbone



A rash or crusting
on or around your
nipple

Everyone is welcome in our community and
our message is always the same:
if in doubt, get it checked out.



CoppaFeel! is a registered charity in England and Wales (1132366)
and Scotland (SC045970).

Version 1, 2024. We updated this information in April 2024.
We will look at it again in April 2027.



Want to know more?
Scan here.



Wakefield Mental Health Day

Local Support, Lasting Impact



Friday 9th October
10am - 4pm
Free to attend!



Wakefield Exchange
Union Street
Wakefield WF1 3AD



Join us to discover local organisations, take part in activities, and learn about the support available across the district. Together we can strengthen our community and promote mental wellbeing and safer futures.



Connect
with local services



Be Inspired
by guest speakers
& personal stories



Get Support
for your mental
wellbeing

#WMHD #WakefieldMentalHealthDay



Wakefield Council



NHS
TURNING POINT
TALKING THERAPIES

**TURNING
POINT**
Inspired by possibility



Digital health and care



Does it work for you?

Can you find your way around the NHS App?

Can you get an online appointment?

Do you have a signal to get online, or enough credit?

Whether you use digital health services every day, struggle to use them, or don't use them at all...

We want to hear from you.

We're going all over the District talking to people, but you can take part online too.

Or give us a call on 01924 787379.



healthwatch
Wakefield

Survey closes Friday 30 October

**If you're experiencing
suicidal thoughts,**

support is available

24/7

**Text BRIGHT
to 85258 to speak to
someone who will listen**

in partnership with

shout

NHS
Norfolk and Waveney
Talking Therapies

Your thought patterns and feelings!

COGNITIVE BEHAVIOURAL THERAPY

Your actions, the way you react and the things you do!

Treatment for your problem through one to one support!

for anxiety and depression

NHS
Norfolk and Waveney
Talking Therapies

COGNITIVE BEHAVIOURAL THERAPY

CBT is about learning practical ways to improve your state of mind in everyday life.

When you meet your therapist you will make a plan together about the problem you are dealing with and what you hope to achieve.

CBT helps you deal with overwhelming problems in an easier way by breaking them down into smaller parts so they are more manageable.

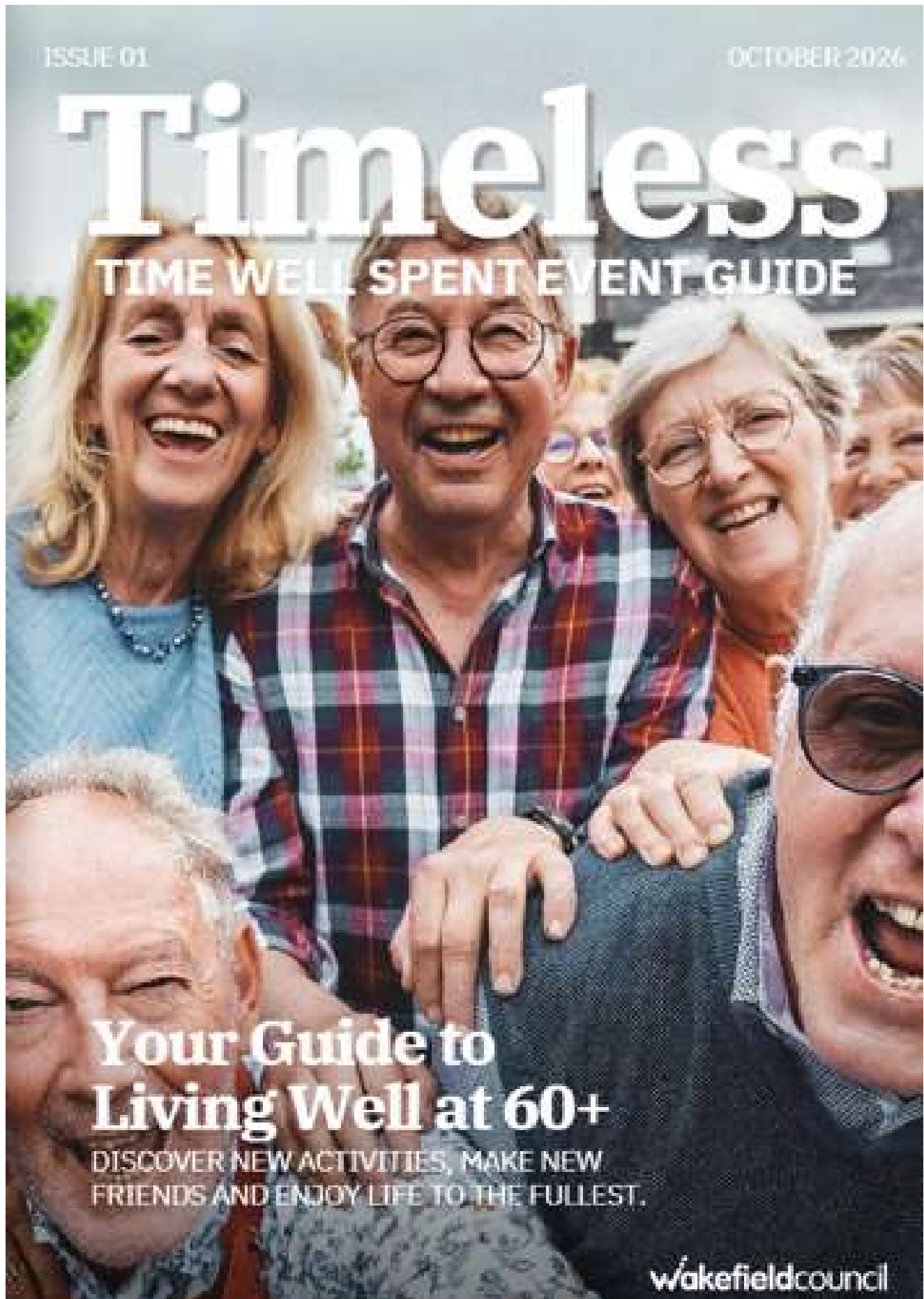
You will practise skills you can use daily, such as identifying unhelpful thought patterns and feelings, and then how to reshape them into less scary, even positive thoughts!

Negative thoughts and feelings can trap you in a vicious cycle. CBT Aims to help you break the cycle.

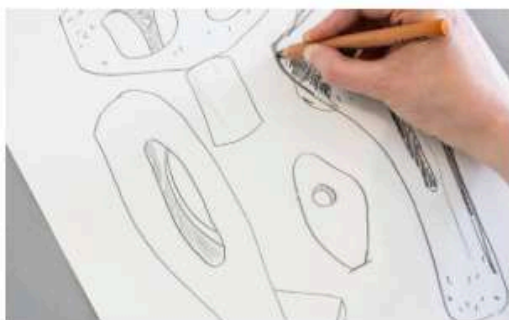
for anxiety and depression

READ HERE:

<https://heyzine.com/flip-book/7d0cb33b04.html#page/1>



For more information on any events please visit - <https://hepworthwakefield.org/whats-on/>



Slow Down - Creative Wellbeing Workshops

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

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

[More Info](#)



Dementia-friendly Creative Café

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

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

[More Info](#)



Family Workshop: Sculpt in Ink

SUNDAY 11 OCTOBER. DROP-IN 11AM - 4PM, FREE
WITH AN EXHIBITION TICKET

Explore Barbara Hepworth's sculptures and transform an ink and string print into a Hepworth-style paper sculpture to take home.

[More Info](#)

Carers UK Parkrun Meet & Move Volunteers Wanted!

Carers UK is planning to launch a monthly carers' meet-ups at local parkruns in Wakefield, taking place on the first Saturday of each month at either Nostell Priory or Thornes Park (or both- depending on interest). The start date has been pushed back to January 2027 to ensure they can recruit sufficient volunteers and will give them more time to promote the activity across Wakefield.

They're looking for volunteers to become Meet & Move Volunteers, helping create a friendly, welcoming space where carers can connect, chat, and support one another while enjoying parkrun. There are multiple roles available (up to 5 are being recruited).

Interested in being part of this exciting pilot? Full details are available in the volunteer guide.

Email carersactive@carersuk.org to register your interest and find out more. An information session will be delivered to those who register an initial interest.

Note: Volunteers will receive Citizen Coin for their participation (including for attending the information session).



Wakefield Meet & Move (Carers Active) – Carers Survey

Please use the link below or the QR code to access the survey. The survey closes at 5pm on Friday October 9th.

<http://www.eu.surveymonkey.com/r/MeetandMove>



Carers UK are looking to set up a monthly Meet & Move group for unpaid carers at local parkrun events in Wakefield.

Taking place on the first Saturday of each month (at either Thornes Park or Nostell Priory, venue to be confirmed). The sessions will offer a friendly and supportive space for carers to take a break from their caring role and enjoy time outdoors in a friendly and supportive environment.

The aim is to create a welcoming space where carers can get active, connect with others, and enjoy some time for themselves. Some people may wish to walk, and some people may feel like running - the choice is yours!

Sessions would be supported by a Meet & Move Volunteer (if anyone is interested in also being a Meet & Move Volunteer please email carersactive@carersuk.org)

We'd love to hear the views of carers in Wakefield - Complete this brief survey and tell us what you think!

RESEARCH OPPORTUNITY

PIONEER-MH: Police Involvement in Interagency Crisis Mental Health First Response Pathways in England

The study is exploring how organisations such as NHS mental health services, ambulance services, emergency departments, voluntary sector organisations and the police work together to support people experiencing a mental health crisis.

Who Can Take Part?

We would like to hear from:

- Adult carers supporting a family member, friend or loved one with mental health needs.
- Family members and friends who have supported someone through a mental health crisis.
- Young adult carers aged 18 years and over.
- Carers from all service areas and backgrounds.



What Does Taking Part Involve?

You may be invited to participate in:

- An individual interview on teams (up to 60 minutes)
- A focus group in a locally accessible venue (up to 90 minutes)
- Further workshops later in the project
- You can choose which activities you wish to take part in, and participation is entirely voluntary.

For participating in a focus group, carers will receive a £20 shopping voucher as a thank you for their contribution.

Interested?

If you would like to find out more or express an interest in taking part, please contact: [Ammara Rajah: Ammara.Rajah@swyt.nhs.uk](mailto:Ammara.Rajah@swyt.nhs.uk)

If you require this information in an alternative format, language, or large print, please let us know.

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



FOREVER FUNKY: OVER 60S DAYTIME DISCO

THURSDAY 1 OCTOBER 2026

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

FREE

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

[MORE INFO](#)



FABRIC PUMPKINS: CHILDREN'S CRAFT WORKSHOP

THURSDAY 1 OCTOBER 2026

START TIME: 6PM - END TIME: 8PM

£10

Create your own adorable home decoration!

[MORE INFO](#)



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.

[MORE INFO](#)



WAKEFIELD MENTAL HEALTH DAY

FRIDAY 9 OCTOBER 2026

START TIME: 10AM - END TIME: 4PM

FREE

Turning Point Talking Therapies are bringing together local wellbeing services, community organisations, professionals and residents from across the Wakefield District to raise awareness of mental health support, reduce stigma and encourage positive conversations about wellbeing.

[MORE INFO](#)

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



THE WITCHING HOUR

SUNDAY 18 OCTOBER 2026

START TIME: 1PM - END TIME: 3:30PM

FREE (BOOKABLE)

Story Trails present a show for all about the women of Wakefield who were accused of witchcraft!

[MORE INFO](#)



HALLOWEEN IN THE WILD WEST

TUESDAY 27 - FRIDAY 30 OCTOBER 2026

START TIME: 10:30AM - END TIME: 4PM

FREE

Step into the Haunted Wild West, with family Halloween fun this half term

[MORE INFO](#)



I CAN BE... A DESIGNER! (13-17YRS) - CREATIVITY S'COOL

TUESDAY 27 OCTOBER 2026

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

FREE

Are you 13-17 years old, living in **Wakefield district**? Do you love Design & Illustration? Are you curious about careers in creativity? This is your chance to discover your talent in design.

[MORE INFO](#)



PART OF HALLOWEEN IN THE WILD WEST

THE MAKERS FRONTIER

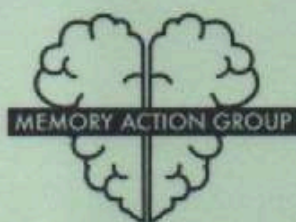
TUESDAY 27 OCTOBER 2026

START TIME: 11AM - END TIME: 3PM

FREE

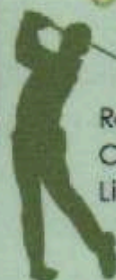
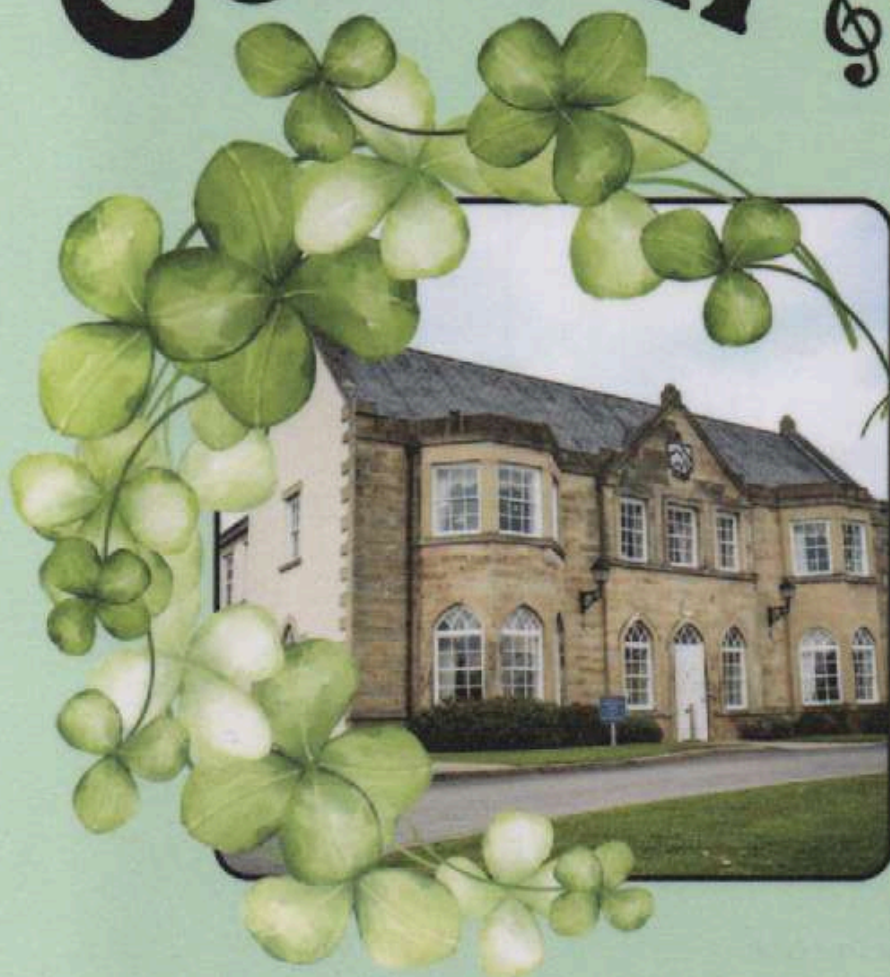
Crafty young cowboys can try their hand at different Wild West themed arts and crafts... with a spooky twist. Totally free and no booking needed!

[MORE INFO](#)



**Memory Action Group and Normanton Golf Club present a
night of folk music and dancing**

Ceilidh



Remembering
Club Member
Liam Archbold

Friday 6 November 2026

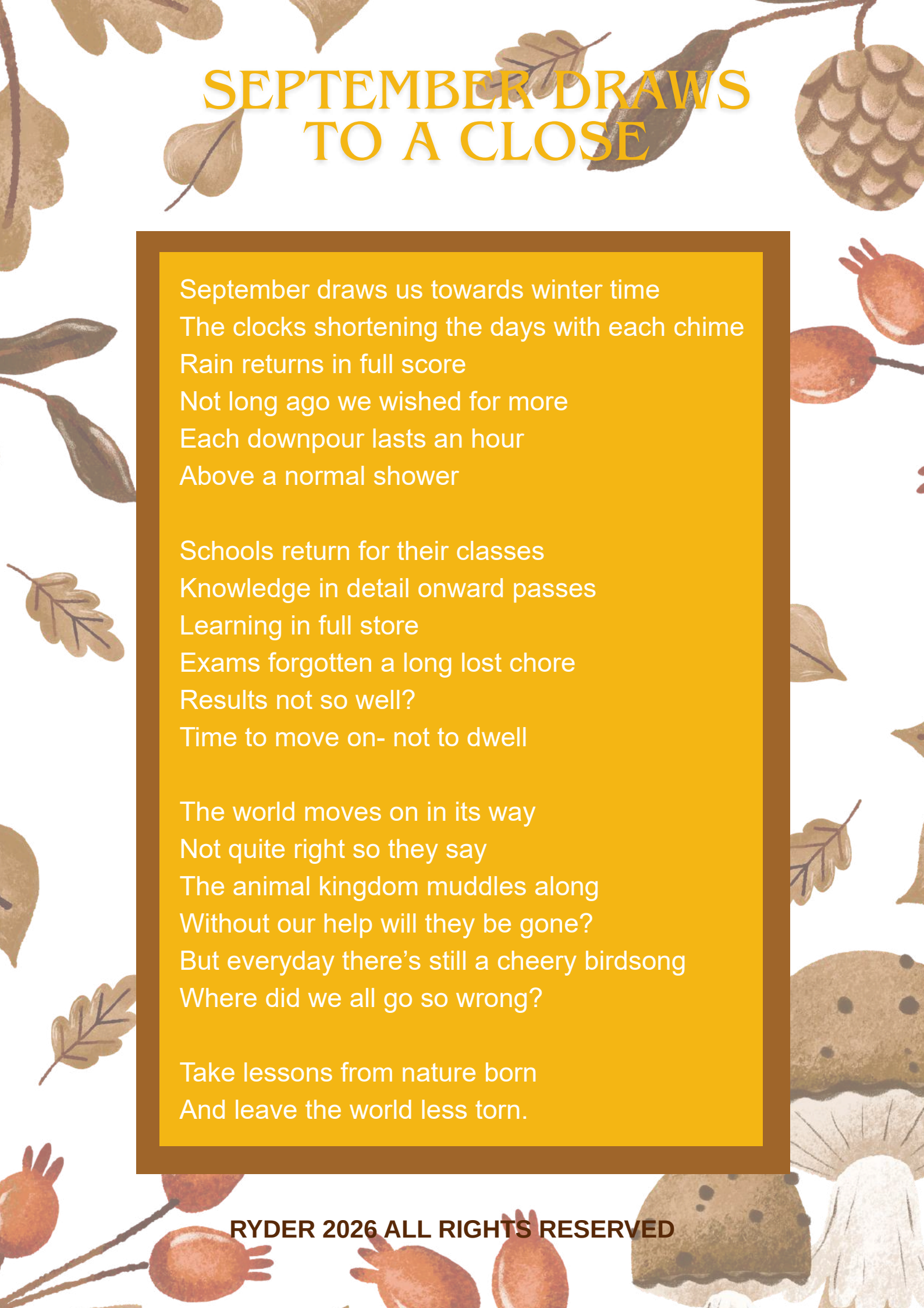
Normanton Golf Club, Halfeild Hall, Aberford Road, Wakefield WF3 4JP

Doors open at 6.30 pm

Tickets are available at the bar

£15 per person including pie and pea supper

As this is an evening event, it is intended for adults



SEPTEMBER DRAWS TO A CLOSE

September draws us towards winter time
The clocks shortening the days with each chime
Rain returns in full score
Not long ago we wished for more
Each downpour lasts an hour
Above a normal shower

Schools return for their classes
Knowledge in detail onward passes
Learning in full store
Exams forgotten a long lost chore
Results not so well?
Time to move on- not to dwell

The world moves on in its way
Not quite right so they say
The animal kingdom muddles along
Without our help will they be gone?
But everyday there's still a cheery birdsong
Where did we all go so wrong?

Take lessons from nature born
And leave the world less torn.

Navigating Celebrations and Expectations



9 December 2026 | 10am–12pm | Online



Email or phone to book your place

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946



If walls could talk – An introduction to researching house history using archives

Have you ever wondered who might have lived in your house in the past or what might have been on the land before your house existed? Archive records cared for at West Yorkshire History Centre can help you to find out the answers.

If you want to understand how to start researching your house, this guided session can get you started. You will learn how to use historic archive documents to travel back in time and help you piece together information about the property you live in or other local buildings.



**Aged
16+**

10th November 2026

10.30am-12.00pm

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

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.

Connect with nature through the seasons - winter

An interactive and inspiring course exploring how connecting with nature can help us feel happier, calmer and more resilient.



28th January 2027



11–11.45 am | Online



Email or phone
to book your place



wakefieldrecoverycollege@swyt.nhs.uk



01924 316946



Bring a natural item
to share, if you'd like.



My meds, my life



Practical skills.
Confident choices.
Better everyday.



Course dates: 26/11/2026 and 03/12/2026



2 sessions 1pm - 3pm Online



Email or phone to book your place



wakefieldrecoverycollege@swyt.nhs.uk



01924 316946

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

ON MANVERS LAKE

The late September sun closes the month: a blaze of fire in the sky
Meeting a purple hue in the stratosphere on high
September slowly comes to an end
From the lake Canada geese lift in formation honking loudly a
message to send
Wing tip to wing tip in precision
Never touching: no risk of collision
They circle then in sudden manoeuvre land
With precision settling back in one band
In silent formation the black backed ducks drift across the lake
A majestic swan like an elegant yacht sails across following in their
wake

All dipping diving feeding disappearing under water to be fed
Unless some human soul on shore offers up bread
The gold sunlight burnishes on tree leaves getting ready to fall
The birds suppress suddenly their loud call
The water of the lake calm and bright
In the fading summer light
The wind whips across creating a sudden chill
But now all is quiet and still
As the cold gradually sets in

Autumn is still in full swing
Night falls earlier now the view to obscure
Winter creeps up on us slowly but sure.

RYDER 2026 ALL RIGHTS RESERVED

