

The Supporter Newsletter

NHS South West Yorkshire Partnership NHS Foundation Trust

November 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.

New Ways November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					







ACTION FOR HAPPINESS

Happier · Kinder · Together

Termtime

College news

November arrives almost overnight. One moment we are enjoying the lingering warmth of autumn sunshine, and the next we are waking in darkness, returning home in darkness, and hearing the familiar click of the heating as it springs back into life. This year, one of my favourite reminders of the season has come from my two-year-old daughter, who has become fascinated by the dark mornings and evenings. For perhaps the first time, she has truly noticed the changing of the season, pointing it out with wonder and curiosity - I don't think she has ever really seen darkness before. What a beautiful metaphorical thought.

It is remarkable how quickly everything changes. Only a few weeks ago, gardens were still full of colour and the memory of summer lingered in the air. Now the leaves loosen their grip, temperatures drop, and nature quietly begins to retreat. There is no struggle in it. No resistance. Trees do not argue with autumn and flowers do not challenge winter. They simply follow their natural rhythm. November reminds me that impermanence is not something to fear, but something to trust. Everything changes. The seasons change. The weather changes. Circumstances change. Thoughts, feelings, worries and challenges change too. When things feel difficult, we often find ourselves holding on tightly, trying to resist or challenge what is happening around us. Yet nature teaches us something different. It teaches us how to let go and shake things off.

The phrase "this too shall pass" feels especially relevant at this time of year. The earth itself demonstrates this truth. It turns steadily beneath our feet, tilting away from the sun before making its inevitable journey back again. Day follows night. Winter follows autumn. Spring follows winter. Nothing remains fixed forever. Perhaps November is inviting us to stand down. To rest. To surrender the battles that do not need fighting. To acknowledge that not every season of life is one of growth or productivity. Some seasons are for replenishing energy, conserving resources and trusting the process of renewal before it can be seen.

This theme of standing down is echoed in one of November's most poignant moments. At 11am on the 11th day of the 11th month, many of us pause as the bugle sounds the Last Post on Remembrance Day. Coming from a military family, it is always a particularly moving moment. In the silence that follows, we are reminded not only of sacrifice, but of the profound value of peace. In a world that often celebrates busyness, achievement and constant forward motion, there is something powerful about simply stopping. As I look out of my window, I see the same lesson reflected in nature. The plants and trees that courageously stood tall through droughts and summer heat now surrender. They are not giving up; they are conserving their energy for what comes next. There is wisdom in that.

Here at the Recovery College, while the natural world may be standing down for the season, there is still plenty happening across Wakefield. We continue to deliver sessions, build connections, promote our service and prepare exciting opportunities for the months ahead. Whether you are looking to learn something new, meet others, explore your wellbeing or simply take some time for yourself, we hope there is something within this newsletter that supports you on your journey. As November encourages the world around us to slow down, perhaps we can offer ourselves the same permission. Not every chapter requires action. Not every moment requires us to hold everything together. Sometimes strength is found not in pushing forward, but in knowing when to soften our grip.

So, wherever you find yourself this month, take a moment to breathe, to pause and to remember: nothing stays the same forever. The seasons will turn, the light will return, and whatever you are carrying today will not last unchanged. Perhaps there is wisdom in simply standing down, trusting the process, and making peace with the fact that this too shall pass. Wishing you a peaceful, reflective and restorative November.

(Have you guessed who writes our "termtime" segment each month? It's...Emily! Thank you Emily for your lovely words each month.)

Term opening times

Open 8am-4pm Monday to Friday.

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

- **Understanding diabetes**
- **Navigating celebrations & expectations**
- **Uncovering depression**
- **Alone together: Cutting ties & making new ones**
- **Introduction to rap**

THE FALL

Autumn comes, dark days are here,
Shivering cold nights are drawing near,
Distant echoing voices piercing the air,
Colours dismal, where once they would flare.

The wind it blows over lake and sea
Animals go to hibernate, the birds they flee
Tree branches against the sky like lace,
A flower droops that once showed its face.

The Seasons change, where do they go?
Spring brings the sun, winter the snow
The fall brings fog, leaving the summer's shine
Drifting towards another year, on into time.





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Wakefield Recovery College

16+

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Christmas Rag Wreaths
23/11/2026
1pm-3pm
Space Station

An Introduction to Mindfulness
24/11/2026
10am-12pm
Knottingley Hub

Christmas Rag Wreaths
25/11/2026
10am-12pm
Space Station

My Meds, My Life
26/11/2026
1pm-3pm
Online only

An Introduction to Self Soothe and Self Care
30/11/2026
10am-12.30pm
Space Station

Alone Together: Cutting Ties and Making New Ones
01/12/2026
10am-12pm
Online only

An Introduction to Autism
02/12/2026
10am-12.30pm
Online only

Understanding Diabetes
04/12/2026
10am-12pm
Space Station

Navigating Celebrations and Expectations
07/12/2026
10am-12pm
Online only

Pebble Painting
07/12/2026
1pm-3pm
Space Station

Bookbinding
08/12/2026
10.30am-12pm
West Yorkshire History Centre

An Introduction to Rap
10/12/2026
10am-12pm
Space Station

Understanding OCD
25/01/2027
1pm-2.30pm
Online only

Your Journey Through Relaxation
25/01/2027
10am-12.30pm
Space Station

Uncovering Depression
26/01/2027
10am-12.30pm
Online only

Creative Crafting for Beginners
26/01/2027
10am-11.45am
Space Station

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
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Home of the Discovery College

With all of us in mind.

WORLD MENTAL HEALTH DAY ART DISPLAY

We are excited to share that an art display created by our staff, volunteers and students is now on display at Wakefield One **Burton Street, Wakefield WF1 2EB** for **World Mental Health Day.**

If you're passing by, please take a look. It looks fantastic and will be on display for the next few months.







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Get creative with your recovery journey



DESIGNED BY
IndTalks©



WARM SPACES

The Hepworth Wakefield

Tuesday - Sunday, 10am - 4pm

Books, newspapers, magazines, comfortable seating, drawing materials and play activities – all for free with no obligation to visit the galleries.

Next Generation, Wakefield

Wednesdays for 16 - 20 year olds, 4pm - 7pm

Saturdays for 8 - 18 year olds, 2pm - 4pm

Actvities such as computers, table tennis, board games, Play Station 5 and refreshments.

Lightwaves, Wakefield

Mondays, 5pm - 8pm

Fridays, 11am - 1pm

Warm refreshments biscuits, soup and bread, board games, books and table tennis.



WX Wakefield Exchange

what's on

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



LIGHT UP WAKEFIELD

FRIDAY 13 - SATURDAY 14 NOVEMBER 2026

START TIME:5PM - END TIME: 9PM

FREE

Light Up Wakefield returns this winter, transforming the city into a spectacular celebration of light, creativity and nature!



PART OF LIGHT UP WAKEFIELD

LIGHT UP WAKEFIELD - BSL TOURS

FRIDAY 13 - SATURDAY 14 NOVEMBER 2026

FREE

Sign up for a FREE BSL guided tour of Light Up Wakefield!



CREATIVE CAREERS FAIR

WEDNESDAY 25 NOVEMBER 2026

START TIME:3:30PM - END TIME: 6PM

FREE

Are you seeking to develop or transition into a career in **Creative Industries**? Looking for your next steps, a new direction or simple curious?



WINTER CON: WAKEFIELD FREEZE OVER

SUNDAY 29 NOVEMBER 2026

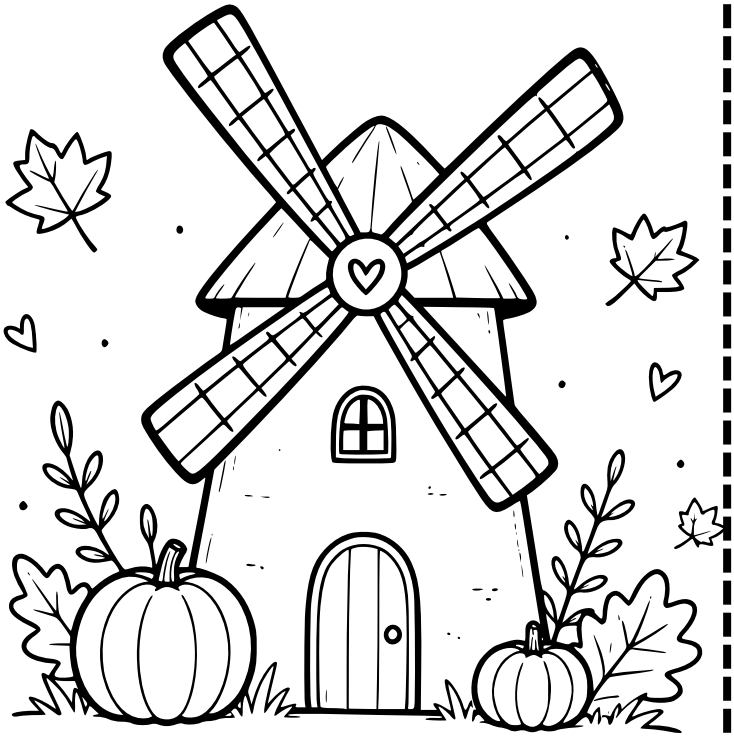
START TIME:10AM - END TIME: 4PM

£4.34 - £10.84

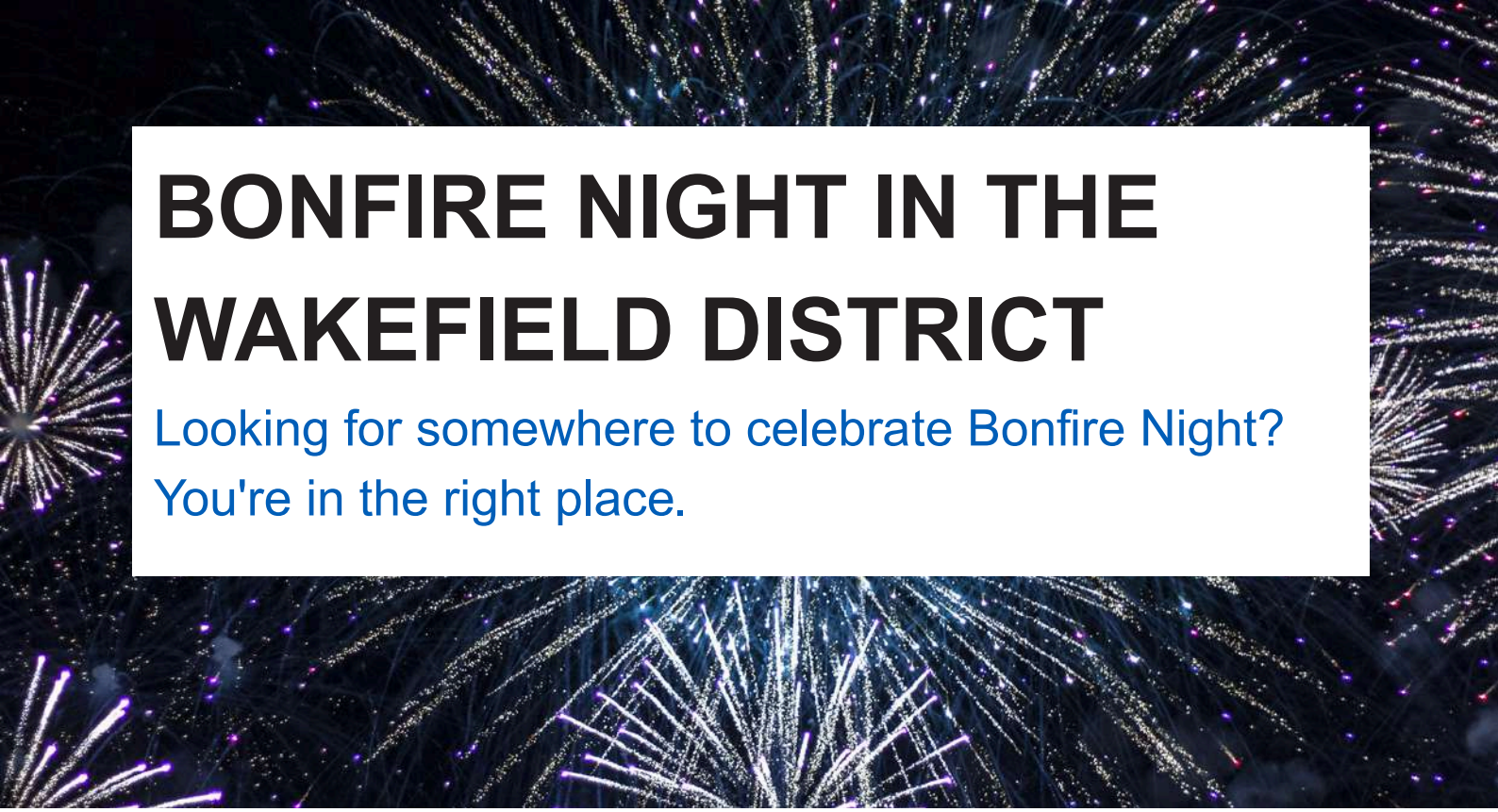
Join us in the heart of Wakefield for a family-friendly extravaganza our unique Winter Comic Con!

AUTUMN COLOURING









BONFIRE NIGHT IN THE WAKEFIELD DISTRICT

Looking for somewhere to celebrate Bonfire Night? You're in the right place.

WAKEFIELD THORNES CRICKET CLUB, WF2 7RT

Sunday 1 November
Opens: 5pm
Bonfire: Yes
Adults: £10 | Children: £5 | Family: £25 (2 adults + 2 children)

Please note: There is no parking available on site, attendees are advised to walk to the event wherever possible.

OSSETT CRICKET CLUB, WF5 8JT

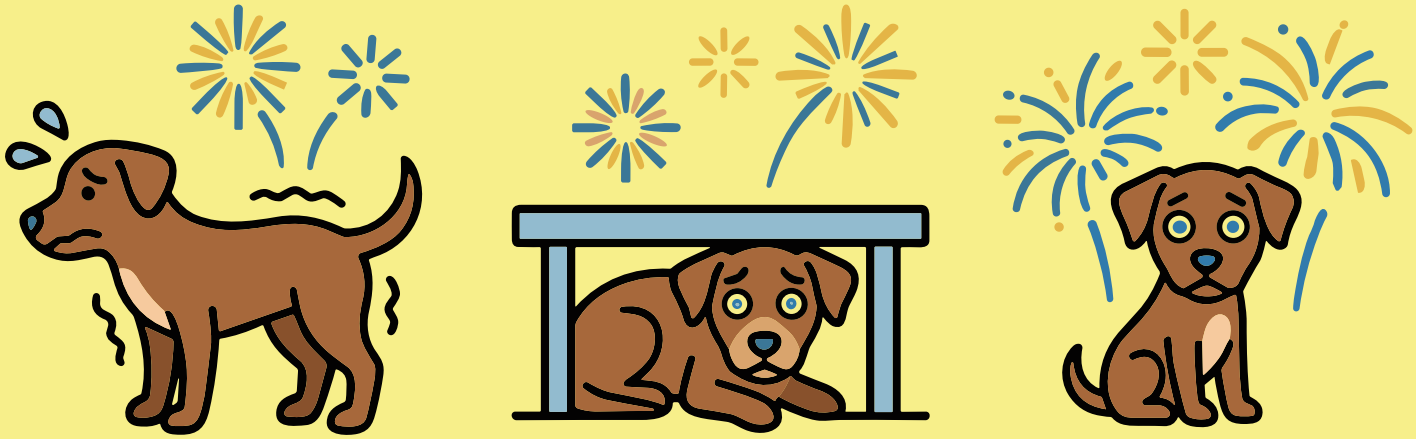
Thursday 5 November
Gates open: 5pm | Fireworks: 7pm
Bonfire: No
Adults: £8 | Under 16s: £5 | Under 5s: Free | Family: £22 (2 adults + 2 children)

THE RISING SUN, CASTLEFORD, WF10 5PT

Thursday 5 November
Gates open: 5pm | Fire lighting: 6:30pm | Fireworks: 7:30pm
Bonfire: Yes
Adults: £5 | Under 11s: Free (must be accompanied by an adult)

keeping your pets safe on bonfire night

Advice from Alicia Schofield



I would like to share with you some tips on how to care for your animals around fireworks and Bonfire Night, based on my many years of experience of working with the RSPCA.

- Make sure your windows are closed along with the curtains, to muffle the sound of the fireworks.
- Always have some kind of noise such as tv or radio on at all times.
- Try and play with your dogs during the busier peak of all the noise but don't force thme to if they refuse.

A 2025 poll, published by the RSPCA, found that 60% of dogs became distressed and were negatively affected by fireworks. This time of year is highly stressful for pets because their acute hearing makes the sudden, loud explosions incredibly overwhelming.



- Horses, they advise you to bring them in for the night and stable them so they are no out in the field and become spooked.
- If you have a space or room for smaller outdoor pets they advise you to relocate them ahead of time somewhere such as a shed, garage etc.
- If your able to provide extra bedding straw, hay, and shredded paper so they can burrow and hide away.
- Cover the hutches, coops, and aviaries with heavy blankets or quilts leaving a small gap for ventilation.



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An introduction to mindfulness

FREE WORKSHOP

🌿 **Discover mindfulness and learn practical techniques to help reduce stress, manage negative thoughts and stay present. Join us on 24 Nov 2026, 10am-12pm, Knottingley. Bring an object to touch, an object to smell and something to eat.**



24th November

10am - 12pm

Email or phone to book your place

wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

Take time for you.
Your wellbeing matters.

With **all of us** in mind.

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Navigating Celebrations and Expectations

Join our FREE online workshop to explore how celebrations and life events can impact wellbeing. Learn practical tips to manage emotional, social, financial, and personal pressures.



9 December 2026 | 10am–12pm | Online

Email or phone to book your place

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

Scrapbooking for wellness

Creativity Connects Wellbeing

Pontefract • Starts 3 March 2027 • 4 weeks

Get creative, connect and take time for you. Explore scrapbooking techniques in a relaxed, friendly space that supports your wellbeing.



Email or phone to book your place:

wakefieldrecoverycollege@swyt.nhs.uk

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You matter.
Your wellbeing matters.

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From A-Zines

DIY mini magazines for beginners



25/03/2027

1pm-3pm

Online

Email or phone to book your place

wakefieldrecoverycollege@swyt.nhs.uk

01924 316946

HELP US GET IT RIGHT THE FIRST TIME!

Join us in person for a fun and interactive event where your input truly matters.

We are creating a multi agency single point of access service for children and young people's emotional and mental wellbeing support and:

- **We would like you to help us co-design the name and branding of our new service.**
- **We are keen to hear your personal experience of using our services so that we can make improvements.**

Arts and crafts as well as light refreshments will also be available.

Thursday 12th November

Wakefield Exchange (WX)
located next to Wakefield bus station

6:00pm-9:00pm
Please note registration starts at 5:45pm

SCAN HERE TO SIGN UP!

Compass RISE

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Cosy Autumn Word Quest

Q	Z	B	X	H	F	L	V	J	Q	E	T	G	K	P
W	R	M	J	U	N	O	V	E	M	B	E	R	Z	L
I	D	A	X	K	C	Y	P	L	R	F	S	D	M	T
F	E	W	G	D	B	H	K	Q	U	O	T	A	X	O
V	H	A	R	V	E	S	T	Y	L	B	Z	Q	M	F
P	G	N	X	T	K	L	M	C	R	A	U	D	Z	F
M	C	O	R	D	I	N	A	C	O	R	N	Q	B	E
U	Y	W	E	A	T	H	E	R	G	F	S	N	X	E
K	T	Z	S	R	Q	M	B	L	H	P	J	V	K	A
I	O	B	O	N	F	I	R	E	T	C	G	Y	L	P
N	F	W	M	B	G	Z	J	X	D	E	V	I	Q	P
G	F	I	R	E	W	O	R	K	S	N	R	T	L	L
D	H	J	Y	U	I	O	P	A	Z	L	B	V	Z	E
X	S	W	K	L	M	A	R	S	H	M	A	L	L	O	W
Q	C	T	O	F	F	E	E	A	P	P	L	E	Y	J

- Harvest
- Acorn
- Pumpkin
- Hot chocolate
- Sweater weather
- Marshmallow
- Toffee apple
- Fireworks
- Bonfire
- November


BBC
APPRENTICESHIPS
RADIO
APPLICATIONS OPEN
3 NOVEMBER

HEAVY METAL THERAPY

ONLINE

3RD THURSDAY OF THE MONTH. 7-8.30PM

VIA TEAMS (YOU NEED TO REGISTER FOR LINK SENT TO YOUR EMAIL)





Apple Crumble

Recipe

A delicious moist dessert, perfectly paired with custard or ice cream.
Serves: 6 people | Prep time: 10 minutes | Cooking time: 35 minutes
British | Vegetarian | Dessert

Ingredients

24cm x 5cm deep baking dish
4 large Apples, peeled, cored and cut into 2cm pieces
200g Caster Sugar
1 large Lemon and finely grated zest
3 tbsp Water
150g Unsalted Butter
300g Plain Flour
Pinch of Salt
1 Carton Custard, warmed through

Method

Pre-heat the oven to 200°C, Gas Mark 6.
Place the apple, 50g sugar, lemon juice, zest and water into a saucepan.
Cook until the apple breaks down, until about half cooked, then spoon into a 24cm x 5cm deep baking dish.
Place the cold butter, salt and flour together in a food processor.
Pulse until the mixture becomes fine breadcrumbs, then add the rest of the sugar and just bring together, do not overwork.
Spread evenly over the part cooked apple and bake in the pre-heated oven for 20 minutes, or until nice and golden.

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TRIANGLE OF CARE

Carers Experience Survey - Your Voice Matters

This survey is part of our ongoing commitment to ensuring carers receive the right support. Your feedback will be used to identify what's working well, where we can do better, and how we can shape services to better meet the needs of carers and their loved ones.

Survey Link: https://forms.office.com/e/8rfit8CDWP





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Community Mental Health Services Patient Experience Survey

We really want to hear about your experience of the Trust's community mental health services. Your answers will help us understand what is working well and what we can do better, so we can make our service the best it can be.



Survey Link:

https://forms.cloud.microsoft/pages/responsepage.aspx?id=qAicgH0FuEe8ph6TDsIwrJiwfIH3e5tOkp8G5Xusm6BUODBPNk5NNEZKRTRSS1FDRUtNRzk3NENHUCQlQCN0PWcu&route=shorturl







Reengage | Reducing loneliness in later life

It only takes a few minutes to help reduce loneliness.



Do you have half an hour to spare every week or two?

Are you a great listener?

Are you looking for a flexible, supported volunteering role that fits in with your life?

Then why not become a Re-engage Call Companion volunteer?

Every week or two you'll call and chat to the same person, 75 or older, who's lonely or isolated. Imagine the difference you could make!

Find out more:

0800 716 543

info@reengage.org.uk

www.reengage.org.uk

or scan the **QR code:**

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377).
Company Number (07869142) Registered office: 7 Bell Yard, London WC2A 2JR

Common Ground

RootsOT

Pause. Reconnect. Restore.







WHAT?

- A gentle, 2-hour structured & trauma informed outdoor group
- For people who are out of work, on sickness absence, returning after burnout, or navigating life transitions
- Held in a private garden therapy space & local community setting
- Focused on connection, confidence, & wellbeing — not performance

WHO?

This group is suitable for individuals who may be:

- On sickness absence or phased return
- Recovering from stress, burnout, anxiety, or low confidence
- Out of work and feeling isolated or disconnected
- Finding traditional return-to-work support too pressurised
- Finding navigating life transitions or circumstances difficult
- Needing gentle re-engagement with routine, people, and shared activity

WHY?

- Reduces pressure and performance expectations
- Supports nervous system regulation
- Rebuilds confidence, routine, and sense of belonging
- Offers safe, informal social connection

ABOUT

The sessions are facilitated by Zoë, an occupational & nature therapist, experienced in supporting adults experiencing stress, anxiety, burnout, & life transitions. The approach is trauma-aware, relational, & grounded in occupational & nature-based practice.

DETAILS

- Day: Thursdays
- Time: 11-1
- Location: Roots OT HQ, South Hiendley
- Group size: Max 10
- Cost: £20
- Outdoors in all weather (log cabin & toilet available)
- Refreshments provided

CONTACT

Scan the QR code for more details

Email Zoë for more information & to book ;

zoe@rootsot.co.uk

NHS

Have your voice heard

The National Education and Training Survey (NETS) is open!

NETS is the only national survey open to all healthcare students, trainees, resident doctors, and apprentices.

Open until 1 December 2026

Take the NETS survey

https://poll.hee.nhs.uk/t/nets26/

SCAN ME

The Educator Voice Survey is open!

For people with a recognised role in supporting, supervising, assessing or leading healthcare education in practice.

Open until 1 December 2026

Your voice makes a difference.
Help us improve education and training.

Take the Educator Voice Survey

https://poll.hee.nhs.uk/t/evs2026/

SCAN ME

We each have **a voice that counts**

Drive the change.



Blogs Wanted!

Everything you need to know to write a blog for Imroc

Who can write a blog post?

We welcome blogs from anyone within or outside of Imroc who has a perspective or an experience they want to share.

You can write from your lived, professional or academic experience

What to write about

We want our blog to include a broad range of topics and reflections from a diverse group of thinkers, so please write about any topic that sets your heart on fire - provided it's tenuously related to the work Imroc does!

This might include:

- Personal reflections on recovery, peer support, or particular lived experiences
- Experiences of system change and co-production
- Ideas, research, or examples of good practice
- Sharing more about the work you do or events you've been to

Length and style

Blogs can be short, 300-1000 words, but if you want to make it longer, you could think about breaking down your post into two separate blogs.

Be conversational in style. No need for long words or references, just write as if you're talking to a friend.

If you're not sure about your work, you can always share drafts with us, we read with friendly eyes and always happy to talk things through.

why contribute?

A blog offers a great platform for you to share your ideas and experiences.

Your perspective can inspire change, spark conversations, and amplify the diversity of voices in mental health

Imroc

Inspire. Connect. Transform.



Where to start

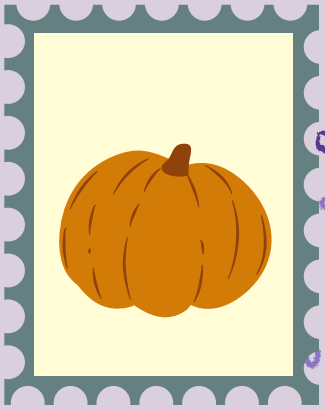
Start by getting in touch with Emma! Let her know you're blog ideas and you can jointly plan a timeframe for sending a draft.

If you have any questions about blog related things, just get in touch:

emma_w@imroc.org



HALLOWEEN AND BONFIRE NIGHT
COME ROUND AGAIN



Halloween does arrive
Cheerful pumpkins grin on drive
Scary puppetry hangs in gardens bold
To frighten young and old
Avoid those tricks: instead enjoy the treats
With a lot of sticky sweets

Bonfire night approaches fast
The year has quickly passed
Bonfires in the cold evening night
Across the country burning bright
Smoke spiralling up as they slowly caught
Then fireworks are quickly brought
Rockets up in the sky do light
A shower of colours red green and gold bright
Some with a loud bang
Catherine wheels whining sang
Showers of fizzing sparks
From sparklers waved in an arc

Soon the fire dies down
Glowing embers are great to gather round
Talk of the year that has past
And how quickly the fireworks did not last

But take time to look at the moon shining bright
Bathing all in calm moonlight
Shining through the smoky haze
A heavenly wonder to amaze

Although matters sometimes look bad
Remember all the good times that are not sad
There is beauty and colour to be seen
Sometimes missed by you and me

To do all this sounds quite unique
Every year it is what we seek
An evening to stay up late and keep warm
To carry us through the winter storm

And even if it all seems a financial drain
Come November 2027: we'll do it all again.



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