

The Supporter Newsletter

07 June 2024



Credit: @adoseofreminders

01924 316946

www.wakefieldrecoverycollege.nhs.uk

wakefieldrecoverycollege@swyt.nhs.uk
wakefelddiscoverycollege@swyt.nhs.uk

facebook.com/wakefieldrecoverycollege
facebook.com/wakefelddiscoverycollege

@WF_RecoveryColl
@WakefieldDC

@Wakefieldrecoverycollege
@Wakefelddiscoverycollege

With all of us in mind.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Joyful June 2024



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)





VOLUNTEERS' WEEK

40th Anniversary

3 - 9 June

To our dedicated volunteers at Wakefield Recovery College,

We give our deepest gratitude for your commitment and compassionate service. Your selfless contributions have been the heartbeat of our community, fostering an environment where recovery and growth flourish.

Each day, you bring hope and support to those on their journey towards well-being, and your efforts have not gone unnoticed.

Your generosity of spirit and dedication to helping others is truly inspiring. Thank you for being an integral part of our college's success and for the positive impact you make every single day.

Why is it not face-to-face?

After some very helpful feedback from one of our students, we thought we'd spend some time talking about the reason why we offer some of our services in the typical/traditional way of face-to-face/in-person, but other services via alternative means.

Prior to March 2020 and the beginning of the Covid-19 pandemic, all of our Recovery College courses and ILP (Individual Learning Plan) appointments were only offered face-to-face. We had tried to explore the option of e-learning (learning electronically or via the internet) but hadn't had the resources or skills to be able to do this at that time. Just before the first lockdown hit the UK, in early March 2020, the Wakefield Recovery College team were one of only a few choice teams who were selected to (very quickly) test Microsoft Teams and its uses, ready for a wider rollout across other Trust services in the event of any potential pandemic related lockdown. We swiftly got to work testing it out and learning the ropes and then when we were placed in to the national lockdown, we (alongside our sister recovery college Calderdale and Kirklees) were able to be a key player in ensuring other teams across the Trust knew how to hold Teams calls, share screens and use Teams to be able to hold clinical appointments. This skill building then enabled us to be able to develop an online course offer, which we had wanted to deliver for some time.

As you might expect, being in a national lockdown and working from home also meant we were unable to offer our ILP appointments face-to-face. However, we were continually told by our students that they actually preferred a telephone appointment for their ILP as this meant they had to dedicate less time to the appointment. People no longer had to worry about the logistics of coming in to Wakefield or Pontefract, the cost of buses, taxis or parking, the concern of who would look after their loved one whilst they attended an appointment, etc. Instead, people were able to simply expect a call at a set time, be in the comfort of their own home, and should they have any caring responsibilities, their loved one would be able to be in the same house, even the same room as them if needed. It also meant that it was easier for us to conduct ILP appointments for those too anxious or unwell to travel, those who lived outside of the Wakefield district, and those who felt uncomfortable in unfamiliar surroundings. As an added and unexpected benefit, we also found that more people were attending their appointments, instead of failing to turn up without notice. As a co-produced service who develops its offer based on the input of those around us, we very quickly made the decision that this way of offering ILPs was indeed better all round and benefitted everyone involved. It's therefore been part of our standard offer (phone call appointments) ever since. But don't worry, if you have any additional requirements, or would simply prefer to have your ILP conducted face-to-face, we do still offer this. We frequently use a face-to-face option for those who have a hearing impairment or those who require an interpreter for example.

As the pandemic progressed, we were able to see (and again received plenty of feedback) that having an online offer of courses was also beneficial to our students. It meant that people could engage in our sessions and therefore receive support from all over the world! We've had students engage with us from Wales, Portugal, Armenia and even as far afield as Canada! It again meant that those with caring responsibilities found it much, much easier to attend sessions for their own wellbeing or that of the person they were caring for. It also meant that those who were too anxious, unwell or did not like social situations could also receive the support they needed by joining a Teams session where they did not have to have their camera or microphone on. It meant there was no longer the obstacle to overcome of having to physically travel to a space and be with others. Instead, they could learn in a space that was comfortable for them. On top of all of these great benefits, it also meant that we were able to reach an audience we'd never been able to before and act as a preventative service. People would be able to retain a level of anonymity in attending. They could simply Google local support offers and attend, without the need to speak to their GP, other healthcare professional, or their employer. It has helped us tremendously engage with and offer support to people who otherwise might not have accessed traditional services. Because of all of these amazing benefits, when lockdown restrictions lifted and we were able to all meet back face-to-face, we took the decision to still offer an online service alongside our face to face service.

Moving forward, we will always continue to offer these non-face-to-face options, alongside our face-to-face options, to support a wider range of people. We know that for most people, face-to-face might seem the norm, but for others this isn't an option for them and so we want to make sure we cater for everyone. Most of our courses are therefore offered as both an online and a face-to-face option throughout the year. There will always be the odd course where that isn't possible (woodland skills for example doesn't work very well as an online option, and learning more about IBS doesn't work very well as a face-to-face option), but we will always do our best to offer as much as we can to support as many as we can.

Don't forget, you can also let any of the team know if you can only attend one format (online or face-to-face), or simply have a preference for one or the other.

If you have any questions about any of our course offers, or think something else needs to be offered, please don't hesitate to get in touch with any of the team on 01924 316946, or at wakefieldrecoverycollege@swyt.nhs.uk.

I hope to see you soon!

Lindsey, Recovery College Principal

Wakefield
Recovery and Wellbeing College
Home of the Discovery College



Lovely things you've said about the Wakefield Recovery and Wellbeing College recently

“I was happy with the approach from WRC and am pleased to say I was treated with dignity and respect. The call handler spoke in a warm friendly tone and was patient when things had to be repeated.”

“I absolutely love the classes and I always feel so much better after them.”

“The impact the yoga class with Linzi has on my wk, wkends is invaluable to me. I can't yet manage to go to a class so to be able to do it in my home where I feel safe and comfortable is amazing. Linz is great, warm and welcoming making the session comfortable and relaxing. I really hope more classes become available that hour of self care has become very important to me.”

“I wanted to say thank you as I'm going back to work tomorrow and if it wasn't for the Recovery College and building up my confidence again I wouldn't have been able to even think about going back to work.”

“It's a pleasure to let you know how much of a positive impact your courses have made. Thank you so much for being so understanding of my work situation.”



You weren't sure why we offer telephone appointments and thought these might not be of as much value as a face to face appointment.

You'd like more advanced craft courses.

You told us some of our venues weren't very private and you were concerned about talking openly.

You were unable to carry out some activities in craft sessions due to dexterity issues.

You couldn't find Prosper House!

Cancelled courses were having a negative impact on your wellbeing.

You asked us why some courses were only being held on certain days.

We put a piece in our newsletter and on our website explaining why we offer telephone appointments, online courses and other non-face-to-face interventions.

We're introducing a craft course covering more advanced crafts, like card making.

We picked this up with the venues and in our communications - our groups now have dedicated space.

We added a category in our ILPs to determine any dexterity issues, ensuring craft activities work for all.

We added What Three Words to our directions, a photo of the building and new signage to the front of the building.

We introduced a robust checking system before courses to confirm attendance earlier, worked heavily on promotion and reviewed the frequency of sessions to align with demand.

We agreed! So we've started offering more variety, with a range of different tutors.

Touchstone (registered charity No. 1012053) is a leading voluntary sector agency providing high quality services to improve the health and wellbeing of local people.

Community Enablement Team - Administrator
NJC Scale Points 07 – 11, £24,294 pa/pro rata
Mon - Fri 26hrs per week (5 days)
Fixed term up to 31st March 2025 (potential extension)



Touchstone is a multi-award-winning mental health and wellbeing charity operating in communities across Yorkshire. Touchstone understands that we can only deliver excellence to the people we serve if the people we recruit are happy, empowered, supported to reach their potential and trusted to lead.

We are recruiting an administrator to join our expanding team, based in central Wakefield. Duties include –Receiving and processing referrals and collating relevant data for reporting purposes. Servicing meetings, recruitment and supporting individuals and groups who may attend the site. Day to day running of the office, teams who work here and visitors.

Do you thrive on a challenge, want to be part of an expanding team? Do you enjoy developing and maintaining administrative systems, and possess a high level of ICT skills? on systems such as Microsoft Office, Word, Excel, Outlook, Publisher, PowerPoint & Teams? Do you have strong interpersonal and organisational skills. If so, we would really like to hear from you!

Information Session: Friday 14th June 2024 10am – 11am via Teams

To attend, please email recruitment@touchstonesupport.org.uk for a link.

CLOSING DATE: Sunday 23rd June 2024

Interviews will be held on: Wednesday 10th July

Contact details: Jill Gaffrey jillg@touchstonesupport.org.uk

As an employee of Touchstone, all successful applicants continually benefit from the following:

- Personal wellbeing budget
- 28 days annual leave (rising to 31 after 2 years) + 8 bank holidays (pro-rata)
- Agile working opportunities
- Cycle to work [scheme](#)
- Access to counselling and 24/7 confidential staff Mindful Employer helpline
- Health and wellbeing and fun organisational staff away days
- Inclusive maternity and parental policies and [pay](#)
- A full range of staff and peer support networks
- Additional day of leave for a celebration day
- Learning and personal development opportunities

Touchstone is an equal opportunities organisation, an equal rights employer and applications are welcome from all sections of the community, particularly, BME and LGB and Trans communities and/or people with disabilities who are under-represented within Touchstone. Further information can be obtained from our equal opportunities policy. Please note that we do not hold a sponsor licence and we do not intend to offer sponsorship for this [particular role](#). You should therefore ensure that you have/will have the right to work in the UK to be able to undertake this role, if appointed, you will be required to provide relevant right to work documents at the point of an offer being made to you. Applications can be obtained by visiting www.touchstonesupport.org.uk or by e-mailing recruitment@touchstonesupport.org.uk. Please note that feedback is not provided to applicants who have not been shortlisted.





Walking Group Taster Day

Thursday 13th June 2024

10am until 4.15pm

Leaving from Thornes Park Nursery

FREE but booking is essential

An exclusive day for adults with learning disabilities or autism, join Open Country for a day of fun in the local countryside on this 4 mile walk. All equipment and walking boots can be provided.

To book your place please

ring 07426 716677

or email

wakefield@opencountry.org.uk

www.opencountry.org.uk

Supported by the Community Grants for Climate Activity Fund



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire

Supported with funding by
wakefieldcouncil



Here are people's views on taking part in the previous RESPECT study:

"It was quite interesting, it made me think that I needed to brush up on a few things, for example how STIs are transmitted."

* STIs (Sexually Transmitted Infections)

"I think the questions were appropriate, suitable."

"I haven't really looked at it in that detail since school and so yeah, it was definitely helpful."

"It was really educational and good. I felt quite comfortable doing it."

"I've now discussed it more with my care co-ordinator."

For more information about the moreRESPECT study:

If you would like more information about the study, please see the contact details below.

A member of the study team will send you an information pack about the study and will answer any questions you have.

Clinical Research Officer: Kasia Malczuk
Email: kasia.malczuk@swyt.nhs.uk;
research@swyt.nhs.uk
Phone: 01924 316 289
Website: www.morerespect.co.uk



Thank you for taking the time to read about the moreRESPECT study.

moreRESPECT_Participant Leaflet Version 1.1 22/09/2023
Site13: South West Yorkshire Partnership NHS Foundation Trust
IRAS ID: 309345
REC Reference: 23/NW/0157

Would you like to help improve the sexual health care of people with a severe mental illness?

more RESPECT

A randomised controlled trial of a sexual health promotion intervention for people with severe mental illness delivered in community mental health settings

The aim of this study is to determine if sexual health information sessions help improve sexual health in people with a severe mental illness compared to usual care alone.

FUNDED BY
NIHR | National Institute for Health and Care Research

This study is funded by the National Institute for Health and Care Research (NIHR) Health Technology Assessment (HTA) programme. The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care. NIHR133865

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

What is the study about?

The moreRESPECT study wants to find out if sexual health information sessions help improve sexual health in people with severe mental illness. To test this, the sexual health information sessions will be compared with the care usually received. This is known as a randomised controlled trial.

Good sexual health includes:

- Being free from sexually transmitted infections,
- Being able to express your sexuality and sexual identity,
- Feeling safe and respected in intimate relationships,
- Being in control of choices you make and what you feel comfortable with.

The sexual health information sessions will focus on:

- Access to contraception and family planning,
- Understanding risky sexual behaviours and sexual health implications,
- Keeping safe from sexual infections,
- Having fulfilling relationships free from abuse.

Who can take part in the study?

To take part in this study, you would need to:

- Be aged 16 or older,
- Receive care from a participating NHS organisation community mental health service,
- Have a diagnosis of severe mental illness (including schizophrenia, schizoaffective disorder, delusional/psychotic illness, bipolar disorder, major depression, severe anxiety, or personality disorder),
- Give your consent to take part in the study.

What would I have to do if I take part?

With your permission, a member of the study team will ask you questions at the start of the study about yourself, your life and your sexual health, including sexual experiences.

They would like to ask you the same questions 3, 6, 9 and 12 months later. You would receive a £10 voucher on completion of a questionnaire at each of these time points as a thank you.

You will then be allocated (at random) to receive either:

Usual care

This means nothing about your care will change other than a researcher asking to meet with you again to ask you the same questions 3, 6, 9 and 12 months later.

OR

Usual care **PLUS** 3 sexual health information sessions with a trained health professional.

They will be face-to-face or video call sessions and each will last about 1 hour.

The sessions will cover things like:

- Understanding sexually transmitted infections,
- Condoms and contraception,
- Safer relationships, including assertiveness skills and negotiating skills relating to the type of sexual relationships you want to have.

FREE EMOTIONAL WELLBEING WORKSHOPS

MAY | JUNE

TURNING POINT
Inspired by possibility





Delivered by qualified therapists and co-produced by experts by experience, our informal workshop sessions have been designed to provide you with useful techniques and coping strategies to help improve your mental health and wellbeing. As well as providing you with useful information about common mental health symptoms.


To access you need to be aged 16+ and be registered with a Wakefield or Five Towns GP.



For more information and to book your place onto any workshop, scan the QR code, or contact us on the below:

 talking.turning-point.co.uk/workshops

 01924 234 860

 wakefield.talking@turning-point.co.uk

CARING FOR CARERS

Wed 12th June: 10:30am - 12:00pm

COMBATting LOW MOOD

Thurs 16th May: 12:30pm - 14:00pm

CONTROLLING FINANCIAL WORRIES

Thurs 16th May: 13:30pm - 14:30pm
(Socialicious Recovery Hub - WF1 1PN)

Sun 2nd June: 11:30am - 13:00pm

DIABETES SUPPORT

Sun 9th June: 11:30am - 13:00pm

EMOTIONAL EATING

Sun 5th May: 11:30am - 13:00pm

IMPROVING SLEEP

Sun 2nd June: 13:00pm - 14:30pm
Thurs 20th June: 13:30pm - 14:30pm
(Socialicious Recovery Hub - WF1 1PN)

INTRODUCTION TO MINDFULNESS

Sun 12th May: 11:30am - 13:00pm

KEEP MOVING FORWARD

Sun 16th June: 11:30am - 13:00pm

LIVING WITH CHRONIC PAIN

Sun 5th May: 13:00pm - 14:30pm

LONELINESS & ISOLATION

Sat 15th June: 12:30pm - 14:00pm

MANAGING ANGER & IRRITABILITY

Sun 23rd June: 11:30am - 13:00pm

MANAGING ANXIETY & WORRY

Tues 14th May: 12:30pm - 14:00pm

Sun 23rd June: 13:00pm - 14:30pm

MANAGING EXAM STRESS

Sun 12th May: 13:00pm - 14:30pm

MANAGING INTRUSIVE THOUGHTS

Sun 9th June: 13:00pm - 14:30pm

MANAGING STRESS AS A PARENT

Wed 1st May 10:00am - 11:30am

MENOPAUSE & ME

Sun 16th June: 13:00pm - 14:30pm

MINDFUL PREGNANCY - MANAGING ANXIETY & CONNECTING WITH BABY

Fri 31st May 10:00am - 12:00pm

MINDFUL PREGNANCY - COPING WITH STRESS & POSITIVE BIRTH

Fri 24th May: 10:00am - 12:00pm

NAVIGATING RELATIONSHIP BREAKDOWNS

Sun 26th May 13:00pm - 14:30pm

OVERCOMING PANIC ATTACKS

Sun 26th May: 11:30am - 13:00pm

POSITIVE BODY IMAGE

Sun 19th May: 13:00pm - 14:30pm

SOCIAL MEDIA PRESSURES

Sun 30th June: 11:30am - 13:00pm

SUPPORT FOR LOVED ONES

Sun 19th May: 11:30am - 13:00pm

SUPPORTING SINGLE PARENTS

Sun 30th June: 13:00pm - 14:30pm

*All are delivered via TEAMS, unless otherwise stated.

We plan workshops
3 months in advance.
For more dates
visit the
website.

TURNING POINT TALKING THERAPIES - WAKEFIELD



ON-DEMAND WELLNESS WEBINARS



We now offer a series of On-demand Wellness Webinars - delivered and presented by our local team of qualified therapists who share valuable methods, techniques and evidence-based strategies, to support your mental health – freely available via our [website](#).

No GP referral is needed and there are no waiting lists for this offer.

Scan the QR code to start.

CURRENT SESSIONS INCLUDE:



**MANAGING LOW
MOOD**



MANAGING WORRY



**STRATEGIES
TO IMPROVE YOUR
SLEEP**



For more information scan the QR code or contact us on the below:

talking.turning-point.co.uk

01924 234 860

wakefield.talking@turning-point.co.uk



**TURNING POINT
TALKING THERAPIES**



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies

FREE SUPPORT FOR YOUR MENTAL HEALTH

TURNING POINT TALKING THERAPIES WAKEFIELD SERVICE

If you are aged 16 years or older and are registered with a GP in the Wakefield or Five Towns District, you can access our services by contacting us directly.



WHAT WE CAN HELP WITH

- Stress
- Depression & Low Mood
- Anxiety & Worry
- Obsessive Compulsive Disorder
- Panic Disorders & Panic Attacks
- Low Self-Esteem & Low Confidence
- Social Anxiety
- Post Traumatic Stress Disorder
- Health Anxiety
- Chronic Pain & Long Term Health Conditions
- Complex Grief
- Phobias
- Poor Sleep

For more information scan the QR code or contact us on the below:

- 🌐 talking.turning-point.co.uk
- ☎ 01924 234 860
- ✉ wakefield.talking@turning-point.co.uk

HOW WE CAN HELP

- Wellbeing Workshops & Webinars
- Guided Self-Help
- Online CBT Therapy - SilverCloud
- Cognitive Behavioural Therapy
- Eye Movement Desensitisation & Reprocessing Therapy
- Interpersonal Therapy
- Dynamic Interpersonal Therapy
- Couples Therapy for Depression
- Emotion Focused Counselling
- Mindfulness

GROUPS
ONE TO ONE
ONLINE
FACE TO FACE
VIDEO CALL
TELEPHONE



TURNING
POINT

inspired by possibility



Providing Drug and Alcohol Treatment in Wakefield & District for more than 30 years



RECOVERY CYCLE 2024!

Thursday 13th June
10:00am - 16:00pm

Cycling gear at the ready... the Annual Recovery Cycle is back and better than ever!

This annual event is held to celebrate each of Turning Point Inspiring Recovery's Service Users that have successfully completed and exited treatment.

We would love for you to come along and help achieve the 585 miles goal.

For more information, please contact a member of their Get Connected team on 0300 123 1912 Option 3, then 4.



Wakefield District
Health & Care
Partnership

**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887

**TURNING
POINT**
inspired by possibility





COFFEE AFTERNOON



#MANMATTERS

Every Wednesday, starting 5th June 2024.

Ferrybridge Community Centre,
The Square,
Ferrybridge,
Knottingley,
WF11 8PQ

13:00 - 15:00

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

01924 787507



Charity: 1072174
Company Registration: 03580792

SCAN HERE



WAKY WAKY!



Job Club 11AM - 1PM
Sport 1PM - 2PM

STREET LEAGUE

TIME FOR WORK

EVERY TUESDAY | Daniel - 07808531503
Cameron - 07889599706

Join us for our Street League Job Club. We can provide you professional support in finding you your next step, whether that be employment, education or training. AGES 16-24

- CV CREATION
- JOB APPLICATIONS
- INTERVIEW PREPERATION
- CAREER ADVICE

WAKEFIELD SPORTS CLUB
EASTMOOR ROAD
WF1 3RR



JOIN THE TEAM



Crisis Support Worker
- Here For You
Wakefield

starting at £26,421/pro rata.
Plus £2 /hour enhancement
for hours worked between
21:00 - 02:00

Including evenings &
weekends up to 22:00.

This role is fixed term up to 31 March
2025, with the possibility of extension.

Here For You
Out Of Hours Support In A Safe Space

ABOUT US

GASPED is a Wakefield based charity working in partnership with Touchstone to deliver crisis support to individuals, 16+, experiencing distress, who live in the District of Wakefield.

APPLY NOW






GASPED

EMPLOYEE PERKS

- Personal wellbeing budget.
- 28 days annual leave plus 8 bank holidays (pro-rata)
- Agile working policy.
- Access to counselling and 24/7 confidential staff helpline.
- Health & wellbeing/fun organisational staff away days.
- A full range of staff and peer support networks.
- Excellent staff engagement.
- Lots of learning and development opportunities.

Charity: 1072174
Company Registration: 03580792

WAKEFIELD DISTRICT ADULT SOCIAL CARE

Unpaid Carers Event

Thursday 13th June 2024 - 1pm - 3pm
Wakefield West Methodist Church

Wakefield Adult Social Care services want to know about your experiences as an unpaid carer?

...and say thank you too!

wakefieldcouncil

Wakefield Online Distance Learning

FREE**
Online Learning
Level 2

01924 303 351
wakefieldonlinelearning@wakefield.gov.uk

- Business Skills
- Working with Children & Young People
- Health and Social Care
- Mental Health
- Special Educational Needs

ONLINE TRAINING

**Subject to completion

wakefieldcouncil



FREE
COURSE*

CSCS

st george's

St George's Community Centre,
Broadway, Lupset WF2 8AA

info@stgeorgeslupset.org.uk

01924 369631

BUILD YOUR FUTURE



BOOK
TODAY!

Course induction: Monday 17th June, 10am-1pm

Course runs: Weekdays 9.30am-3.30pm, 24th June - 5th July

*Who is eligible?

People aged 19+, on low income, receiving benefits.

What will I study?

Customer service, health + safety, CSCS construction.

What will I get if I

complete the course?

Your CSCS Labouring Badge.

How do I book?

Contact St George's - details on the top right of this poster.

Course provider:

TOTAL
TRAINING PROVISION



CASTLEFORD BOAT FESTIVAL

**SATURDAY 22ND
JUNE 2024**

**FREE
ENTRY**

**LOCK LANE, CASTLEFORD
10:00 - 15:00**

**NO PARKING
DISABLED
ACCESS
ONLY**

**CALL
01977
556741
FOR MORE
INFO**



***BOAT TRIPS
*ACTIVITIES
*SNACKS
*FAMILY FUN**

**Find more
info here:**



GET STARTED IN MUSIC PRODUCTION

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in music production.

ON THIS COURSE YOU'LL:

- Learn to use Ableton music production software
- Learn about songwriting recording and arrangement
- Collaborate with other music producers
- Create a brand new track that will be released by RiteTrax

DATES FOR YOUR DIARY:

- Taster day:** 19th June 2024
- Course dates:** 24th - 28th June 2024
- Application deadline:** 14th June 2024
- Location:** Leeds
- Eligibility criteria:** Aged 16 - 25 years old

Email us:
YHOutreach@princes-trust.org.uk



@princestrust

➤ GET STARTED



DSN 5543 © The Prince's Trust 2022 - all rights reserved. The Prince's Trust is a registered charity incorporated by Royal Charter in England. Registered number: 8000072. Registered office: The Prince's Trust The Prince's Trust South London Centre 8 Glade Path London SE1 8EG. Registered charity number in England and Wales: 1079675 and Scotland: SC042708.



**EASTMOOR
COMMUNITY PROJECT LTD**



Need support to attend your healthcare appointments?



Is anxiety stopping you from attending your appointments?

Do you need support using public transport to get to your appointment?

Is finding your way around the hospital causing you to avoid appointments?

Do you need support to attend an important health screening?

Do you forget your appointments due to memory issues?



**EASTMOOR
COMMUNITY PROJECT LTD**



To find out more come to our
DROP IN SESSION
Every Thursday from 11am to 1pm
at
Eastmoor Community Project
for tea and a friendly chat

Who can we support to attend healthcare appointments?

- You need to be 18+
- Wakefield District residents
- Individuals struggling to attend their healthcare appointments
- Those with an upcoming appointment

St Swithun's Community Centre
Arcliffe Road, Eastmoor
Wakefield WF1 4RR
01924 361212

If you would like to find out more, please contact Julia on 0192 361212

WHAT'S ON IN JUNE

MONDAY

Sewcial Crafting Group

10am to 1pm | £2

Trash Scrap Booking

4pm to 6pm | Family Activity

£2 adults | £1 over 5s

Hot Chocolate Youth Club

7pm to 8pm | 11 to 16 year olds

FREE Pizza and hot chocolate

TUESDAY

Portobello Craft & Photography Group

12.30pm to 2.30pm | £2

AA

7.30pm to 8.30pm

WEDNESDAY

Portobello Baby & Toddler Group

9.15am to 11am

£1 adults / 50p baby or toddler

THURSDAY

Portobello Drop In

11am to 1pm | Donations welcome

Chair Based Exercise Class

1.30 pm to 2.30 pm | £3

Kung Fu

7pm to 8pm - Beginners

8pm to 9pm - Advanced

£2 adults / £1 children 10+

FRIDAY

Sewcial Crafting Group

10am to 1pm | £2

Zumba

6pm to 7pm

£2 adults / £1 children over 14+

Yoga

7pm to 8pm

£2 adults / £1 children 11+

MONTHLY

Wed, 19 June COMMUNITY MEAL

5pm to 7pm | £2 adult / £1 child

Wed, 26 June SEWCIAL CRAFTING

7pm to 9pm | £2 adult / £1 child

Sat, 2 and 29 June

TRINITY MODELLERS

10am to 1pm | £2 adult / £1 child

WORKSHOPS

Needle Felting

10am to 12.30pm | Sat, 1 June

£10 for session

Call or text 07388 356008 to book

BEREAVEMENT DROP INS

12 June | 12 to 2pm & 2pm to 4pm

Come along for a cuppa and a chat with Star Bereavement. You can talk openly to grief professionals in a safe space about death, dying and loss - no appointment needed.

PORTOBELLO PICTURE HOUSE

22 June | 2.30pm to 5pm

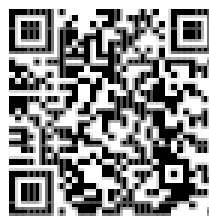
A free afternoon of Art, Crafts & Cinema

2.30pm-3.15pm Arts & Crafts

3.30pm-5pm FILM: Song of the Sea (PG)

Wakefield Recovery College

18+



Yoga

Join any week

Every Friday
10am-10.45am
Online

Creative fitness

Wednesdays
11am-12pm
Normanton

Learning more about the
West Riding Pauper
Lunatic Asylum

19/06/2024
10am-12pm
Wakefield

Writing for self-expression

19/06/2024
1pm-2.30pm
Online

Feeling positive, busting stress

20/06/2024
10.30am-11.30am
Online

Accepting change

24/06/2024
1pm-3pm
Online

BADASS (a combat workout)

28/06/2024
10am-11am
Normanton

Recognising burnout

01/07/2024
1pm-3pm
Online

Dyslexia awareness

04/07/2024
10.30am-12.30pm
Online

An introduction to rap

04/07/2024
1pm-3pm
Wakefield

Card making for wellbeing

04/07/2024
10am-12pm
Wakefield

Yoga in the woods

04/07/2024
10.15am-11.15am
Wakefield

An introduction to personality disorder

08/07/2024
10am-12.30pm
Pontefract

Pebble painting

15/07/2024
10am-12.30pm
Pontefract

Living with and managing depression

16/07/2024
1pm-3pm
Pontefract

Understanding anxiety

17/07/2024
10am-12pm
Wakefield

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

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

With **all of us** in mind.

Wakefield
Discovery
College

Online
16 - 25yr
olds

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

Understanding anxiety

24/06/2024
1pm-3pm
Online

Learn how to macramé

15/07/2024
1pm-3pm
Wakefield

Introduction to scrapbooking for wellness

02/07/2024
1pm-3pm
Pontefract



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

Discovery College

Part of Wakefield Recovery and Wellbeing College

With all of us in mind.

Pebble painting

This is a fun and interactive workshop where we explore the history of pebble painting alongside the introduction of the creative art of painting pebbles or rocks. We will teach you how to paint and create designs onto pebbles with acrylic paints and pens and provide you with step by step instructions that will allow you to repeat this activity at home.

You can be as creative as you like producing pieces of individual art, that may even lead to a new hobby. The art of pebble painting is fun, mindful and can help with concentration. Decorated pebbles can be used for gifts, paperweights, add them to your garden or even leave them around your local area for people to see and get inspiration from.

Please ensure you let the College know at the time of booking if you have any dexterity issues or other concerns around using smaller pieces of equipment. Our crafting sessions often use equipment that may be more challenging to use with dexterity issues (such as pencils, pastels, sewing equipment or paintbrushes) and if informed in advance, we are able to make our sessions fully accessible for those with additional crafting support needs.

Please note that some of the materials used in these sessions may not be able to be taken on to ward environments.

15th of July 2024 - 10am-12.30pm

**St. Giles' Centre, St. Giles' Church,
Market Place, Pontefract, WF8 1AT**



**Face to
face
18+**



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

**FREE
course**



With **all of us** in mind.

Yoga in the woods

Do you want to exercise whilst surrounded by the natural scenery of a woodland? With the background noise of birds tweeting, the possibility of spotting a robin foraging and hopefully the sun beaming through the trees (although none of these can be guaranteed!), then why not join us for this basic introduction to yoga course brought to you by our partners at Athelas CIC?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. During the four sessions, students will learn some basic breath work, yoga poses and a basic yoga flow and give you the opportunity to develop a personal yoga practice under the supervision of an experienced teacher.

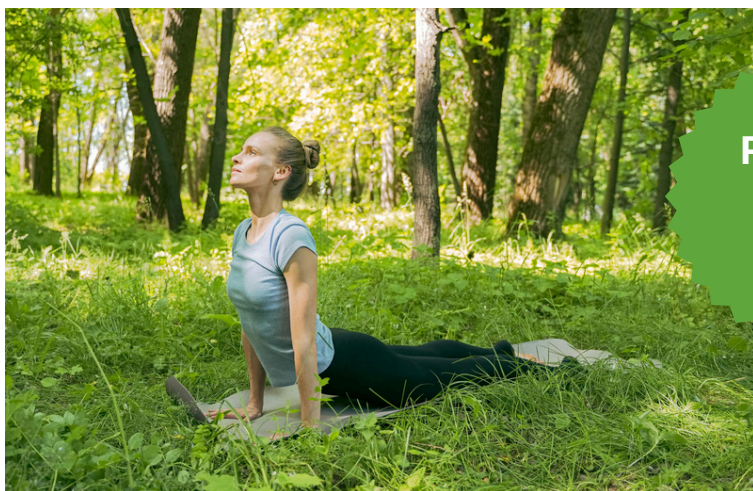
The sessions will be modified to accommodate the fitness level of each student, however, students will need a moderate level of fitness as it is conducted in a woodland setting that is accessed via sometimes muddy paths.

The location for this course is within Bulcliff woodlands, Denby Dale Road. There is a bus stop within walking distance and there are car parking facilities available.

However, if you have any concerns about travel to or from the location, including financial restrictions, please contact the College and we will see if we are able to offer any support for this.

**This course runs for 4 weeks starting on:
Thursday 4th July 2024 - 10.15am-11.15am**

**Bulcliff Woodlands, off Denby Dale Rd/A636,
Wakefield**



Face to
face
18+

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

FREE
Workshops



FREE
course

Yoga (Join in any week)

Do you want to exercise or find a physical activity that doesn't look as exhausting as some others? Why not give yoga a go?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

This session is brought to you with our partner Open Country and Linzi Clarke-Boyle.

Please note: This is a roll on roll off course, join for as long as you like over the duration of the course running weekly from Nov 2023 to Dec 2024. There will be breaks for Christmas, Easter and Summer, therefore no sessions will run between and including the following dates 22/12/23-05/01/2024, 29/03/24-05/04/24 & 23/08/24-30/08/24.

Every Friday- 10.00am-10.45am

Online
18+



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Introduction to healthy cooking

Have you ever wanted to eat a little healthier but just not known where to start when it comes to cooking or preparing nutritious, but actually tasty meals? Have you always thought that healthy meals must mean boring meals? Perhaps that healthy meals means expensive meals? Why not come along to our introduction to health cooking to learn just how exciting, cheap and easy it can be to make food that's good for your body and your mind.

Each session we'll look at a range of dishes we'll all prepare together, looking at breakfast options, lunch options and dinner options (or should that be breakfast, dinner and tea??). All equipment and ingredients will be provided for you, but we do ask that you make sure to tell us when booking if you have any dietary requirements, intolerances or allergies please.

Please note this course runs as one session every other week, for three sessions.

27th August 2024 at 12.45pm - 15.45pm

Second Chance Headway Centre (Kitchen),
Almshouse Lane, Wakefield, WF1 1AD



Face to
face
18+

FREE
course



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

With all of us in mind.

VOLUNTEERS, A SHORT HISTORY

This is dedicated to the team of volunteers who give up their free time and effort to assist facilitate and work for the NHS.

Volunteers spend a lot of time in training helping running and working to provide services to assist us all. Without their support many services would struggle to operate.

Volunteering has been traced back to medieval times where there was a demand to assist the poor and the sick.

In 12thC Britain more than 500 hospitals were operated by volunteers. Even before that time, people were selflessly helping others.

In the 18thC it was volunteering for military service.

In the 19thC volunteering began in earnest. In the 1960's it was seen as a way to divert youthful energy away from Mods and Rockers gang feuds and to tackle unemployment.

Today it is more connected to service within the community and many people join organisations to raise funds and assist charitable causes. The internet has helped considerably in connecting organisations and individuals.

As individuals, a great deal of work is currently undertaken to support the work of the NHS and volunteer week marks its success.

Thanks to all who help out.

The following rap is in dedication to you all across all services with thanks.

VOLUNTEERS (A RAP)

YO VOLUNTEERS

Give steer
Help indeed
A friend in need
Conditions share
Being there

Much tact
Selfless act
Caring
Sharing
Giving
For living
Health of nation
Go extra mile
With a smile
Provide inspiration
You volunteer
Good atmosphere
Able to listen
Good unison
Turn lives around
To solid ground
Friendly hand
Cohesive band
Just being there
Shows you care

COURSES

DISCOURSES

REVISION

PROVISION

DEDICATION TO TASK
NEVER TOO MUCH TO ASK
TRAINING
EVEN IF RAINING

Give up time
Always shine

From all ranks
Many thanks
Dedication to cause
Now stand up-

Give yourselves a huge round of
applause

RYDER 2024
(FACILITATOR AND VOLUNTEER)
ALL RIGHTS RESERVED



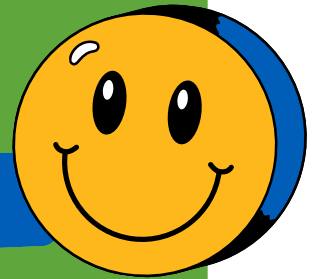


THANK YOU



We would like to say

Thank you



To all who donated to us to say thank you to our volunteers. A special thank you to:

LUSH

GREGGS

COSTA

STARBUCKS

THE ENTERTAINER

WE APPRECIATE YOU



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Recovery and Wellbeing College
Home of the Discovery College**