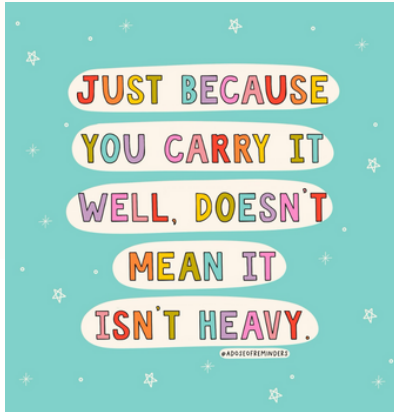




The Supporter Newsletter

05 July 2024



Credit: @adoseofreminders

01924 316946

www.wakefieldrecoverycollege.nhs.uk

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

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@Wakefieldrecoverycollege
 @Wakefielddiscoverycollege

With all of us in mind.

Jump Back Up July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				



Summertime

ReQoL update - Our ReQoL outcome measure questionnaires will now be completed on enrolment and then we will send these out at the end of every month for you to complete if you have attended a course that month, rather than waiting until the end of term.

Summer holiday opening hours

Whilst we shut down our courses, throughout the summer holidays most of us will still be here working away in the background getting everything ship-shape for our next term. You can still reach the team Monday to Friday 8am-4pm on 01924 316946 or at wakefieldrecoverycollege@swyt.nhs.uk

or

wakefielddiscoverycollege@swyt.nhs.uk.

Because of the school holidays we do have a lot more staff needing to use their well deserved annual leave and therefore we ask that you're a little patient with us if it takes us a day or two longer to get back to you than it normally would. Thank you for your understanding and we'll see you at a course in the new term!

Term times

Our summer 2024 term will finish on Wednesday 24 July.

Our summer holidays for 2024 will be from Thursday 25 July to Monday 26 August (our summer holidays are a little short than Wakefield schools, at the request of our students).

Our autumn 2024 term will start on Tuesday 27 August.

New starts

This summer we'll be welcoming Doz to the team - Hi Doz! Doz will be our new coordinator, covering whilst Emily is on maternity leave.

New courses!

We have a bunch of new and exciting free courses coming this autumn term. Some are already out to enrol on, but keep an eye out for the likes of:

Introduction to healthy cooking
Let's get cooking
Card making for wellbeing
Christmas crafting

Financial wellbeing with HSBC
Advanced crafting sessions
New woodland skills sessions
And many more!

Hearing voices - not just a mental health condition

The experience of hearing voices that other people do not is more common than many of us realise (maybe as many as 1 in 10 regularly hear voices).

However, it is something that is not well understood in society, and even less discussed. Unfortunately, negative stereotypes about voice hearing as being associated with serious mental health problems and criminal behaviour, lead many people to feel fearful about sharing their experiences.

But these are unhelpful myths about voice hearing – many people who hear voices do not use services, may not have a diagnosis of any mental health condition, and are more likely to be victims than perpetrators of crimes.

Hearing voices can be a positive or comforting experience for some people, and often might be seen as a response to life events, like trauma and grief.

In other words, there are many reasons why people hear voices. It is sometimes helpful for people who hear voices and their supporters to meet together to learn more about the experience and to share with each other. Talking more about voice hearing helps to reduce the stigma and supports people who hear voices to understand that they are not alone.

The recovery college offers an introductory course in understanding voice hearing, for voice hearers and their supporters (carers and staff). This is led by people involved with the hearing voices network, with contributions from those with lived experience. We encourage anyone who is interested in knowing more about hearing voices to join us.

There is also a weekly hearing voices group, held at Prosper House in Wakefield on a Tuesday from 12-1.30pm. This is open to anyone who hears voices (you may bring a supporter if you wish), you do not have to have had input from mental health services to attend. This is an open space to discuss all aspects of the experience of voice hearing, meet other people who hear voices, and learn about coping strategies. This is a drop in open group, no referral is required, you can just turn up. We hope to see some of you there. 😊

Kate - one of our understanding hearing voices co-facilitators



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UP**

**SKILLS
FOR LIFE
MULTIPLY**

Cook, chop and natter!

Come and learn maths in a fun and exciting way on a brand new one day course!

- Make a delicious dessert amongst friends
- Use maths to calculate ingredients and portion sizes
- Learn how to understand percentages on food labels and what they mean to you and your family

Designed to help you learn maths in an enjoyable and fun way. All we need from you is dedication and enthusiasm!

A £40 shopping voucher is yours on completion of learning.



Eligibility

Multiply is a fully funded government programme. To be eligible, you must be aged 19+, not have a GCSE maths qualification at grade 4 or equivalent, have the right to live and work in the UK and have photographic ID/passport to enrol.

Date Fri 12th July 2024

Time: 10am – 2:30pm

Venue: St Catherines Church Centre, Doncaster Road, Wakefield, WF1 5HL

For more information or to make a referral please contact Simon Dowling.

Email: simon.dowling@realisetraining.com or Mob 07875 056184



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POWERED BY
**LEVELLING
UP**

**SKILLS
FOR LIFE
MULTIPLY**

Mega-maths games!

Come and learn maths in a fun and exciting way on a brand new one day course!

- Use maths skills to beat your team mates
- Using multiplication and division when you play your cards right
- Dominating the game by being able to budget your money wisely

Designed to help you learn maths in an enjoyable and fun way. All we need from you is dedication and enthusiasm!

A £40 shopping voucher is yours on completion of learning.



Eligibility

Multiply is a fully funded government programme. To be eligible, you must be aged 19+, not have a GCSE maths qualification at grade 4 or equivalent, have the right to live and work in the UK and have photographic ID/passport to enrol.

Date Tues 9th July 2024

Time: 10am – 2:30pm

Venue: Balne Lane Community Centre, Balne Lane, Wakefield, WF2 0DP

For more information or to make a referral please contact Simon Dowling.

Email: simon.dowling@realisetraining.com or Mob 07875 056184

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find out more](#)



Creative Minds

Calling all creatives

Would you like to contribute to a display of artwork at Fieldhead Hospital in Wakefield?



Creative Minds are offering you the chance to get involved in this exciting project.



Artwork must be 2D visual art, poetry or creative writing. Individual and group work considered.



If you're a service user, carer, staff member, partner or volunteer and would like to display your work, contact Kirsty from Creative Minds on Kirsty.Sidebottom@swyt.nhs.uk



If you require a copy of this information in any other format or language please contact the Trust.



General Self-Management Programme

For those living with any long term condition

An opportunity for you to learn and share supportive tools and techniques together with others - to help you stay more in control of your health and wellbeing



Focus of the programme:

- Set goals to build self confidence
- Practice problem solving tools for challenging times
- Plan how to work in partnership with healthcare teams
- Learn how a healthy lifestyle can support condition management

Carers of loved ones with long term conditions are also welcome to participate

When: 10:30 AM until 1:00 PM every Tuesday for 6 weeks - 3 September until 15 October 2024 (No session 17 September)

Where: Millenium Hall, Moorthorpe, South Kirkby WF9 2BJ

Participants must be 18+, and live in the Wakefield district, or be registered with a Wakefield GP

For more information and future in person/online dates, please contact us:

livewellwakefield@swyt.nhs.uk 01924 255363 www.livewellwakefield.nhs.uk



SEND 'Next steps' careers event 2024

Tuesday 1st October 2024

11:00 am - 6:00 pm

Wakefield Trinity Stadium

Doncaster Road

Wakefield

WF1 5EY




Exhibitors include:

- Colleges
- Training providers
- Supported internships
- Employers
- Support services

Upcoming courses with WEA National Team. All courses are taught online.

For referrals or further information please contact NationalQuals@wea.ac.uk



<p>Level 1 Evening Functional Skills Maths</p> <p>Course reference: P00000006</p> <p>Online exam. Laptop required.</p>	<p>Start date: 15th July 2024</p> <p>End date: 24th September 2024</p>	<p>Monday & Tuesday</p> <p>6:30pm - 9pm</p>	<p>Click the link: Level 1 Functional Skills Maths</p>  <p>Scan me</p>
<p>Level 2 Support Work in Schools and Colleges</p> <p>Daytime</p> <p>Course reference: P00000024</p>	<p>Start date: 18th June 2024</p> <p>End date: 19th August 2024</p>	<p>Tuesday & Wednesday</p> <p>09:30am – 2:30pm</p>	<p>Click the link: Support Work in Schools and Colleges</p> 
<p>Understanding the Role of a Community Interpreter</p> <p>Course reference: P00000025</p>	<p>Start date: 1st July 2024</p> <p>End date: 15th July 2024</p>	<p>Monday & Wednesday</p> <p>09:30am – 2:30pm</p>	<p>Click the link: Understanding the Role of a Community Interpreter</p> 



FREE

Self Defence full-day course

Open to anyone 13+

21 July 2024, 9:30 AM

Hosted by Blossom's founders

Rachael and Madeleine

St Mary's Community Centre, The Circle,
Pontefract, WF8 2AY.

To book, please visit:

<https://blossom-uk.co.uk/courses>



Funded by The Haribo Happiness Together Community Fund. Blossom's self-defence course consists of the following content and will add real value to anyone's personal wellbeing toolbox.

This content has been carefully selected to ensure you receive the maximum output from attending this full day course. **The Law** – use of reasonable force, **How to effectively report an incident, Behavior Management Brain Theory**– Flight, Fight Freeze, **Verbal abuse, Verbal defence techniques, Physical abuse, Physical defence techniques, The dangers of self-defence keychains, Legal tools for self protection, Mental Health and well-being.** Delegates will benefit in many ways, that Blossom hope will outlast attendance on the training. Blossom see their courses as the initial step towards building confidence, motivation, strength, morale and physical courage. Post any formal training, delegates will be welcomed into Blossom's community where they will be connected, included and supported on their continual journey.



Are you an adult who has recently returned home from hospital?

Would you like support rebuilding your confidence, improving your physical and mental wellbeing or accessing community groups or social activities?

Our local community hubs can help! We can support you to:

- Make small, manageable changes + develop a routine,
- Build confidence in being more physically + socially active,
- Take up new hobbies or try new things,
- Join local groups, events + activities.

SCAN ME

St George's 01924 369 631
hometime@stgeorgeslupset.org.uk

Our friends at Conexus have set up some very helpful events to support people to understand how to download, set up and use the features of the NHS App. You can pop along to any of the following dates/locations to find out more:

08.07.2024	South Kirkby Miners Welfare	Healthy Hearts	12-4pm
22.07.2024	Crofton and Sharlston Medical Centre	Waiting room	10-12pm
23.07.2024	Alverthorpe Surgery	Waiting room	10-12pm
24.07.2024	St Giles Church, Pontefract	Healthy Hearts	9-12pm
25.07.2024	Eastmoor Health Centre	Waiting room	10-12pm
16.08.2024	Ridings Shopping Centre	Healthy Hearts	10am-3pm

summer s'cool

OUR YEAR
Wakefield District 2024

We're back and **BIGGER** than ever!

An exciting creative programme for young people aged 8-16 years who can learn a range of skills including video game-making, music production, podcasting and more!

For the full programme, visit wfdsummers.cool

Conexus
HEALTHCARE



Our Year

Did you know that Wakefield is hosting something this year called "Our Year" and is running an abundance of activities and events throughout the year for you to get involved in within your local area.

Head to <https://experiencewakefield.co.uk/whats-on/> to see what's on in the next 7 days, 30 days or 3 months!

There's everything from music festivals, to craft workshops, to foodie events and things to do with the kids.



COME VISIT US!
St George's Community Centre,
Broadway, Lupset WF2 8AA

☎ 01924 369631
✉ info@stgeorgeslupset.org.uk
🌐 www.stgeorgeslupset.org.uk

Mondays

10-11.30am Book Club
1-2.30pm Games Group
4-7pm NHS Smokefree bookable 1-2-1s. Register on 01924 252174.
Various Bookable appointments with Turning Point Talking Therapies - also available on Wednesdays + Thursdays. Book on 01924 234860.
3rd June, 11-11.30am West Yorkshire Police drop-in

Tuesdays

10am-12noon Drop-in with Step-Up Employability + Drop-in with Citizens Advice.
10am-2pm Drop-in with Leeds Credit Union.
from 12:30 Free Lunch at the Church.
from 1.15pm Drop-in with DWP.

Volunteers wanted!

Contact our volunteer coordinator Kerl to find out more... Call: 01924 369631
Email: kmoore@stgeorgeslupset.org.uk

Wednesdays

9.30-11.30am Cycling for Fun at Thornes Athletic Stadium. £3.30pp.
10-11am Chair Exercise. £4pp.
1-2pm NHS Smokefree information session. Bookable 1-2-1s available afterwards. Register on 01924 252174.
12th June, 10.30-11am West Yorkshire Police drop-in

Thursdays

10.30-11.30am Coffee + CHAT, £2pp, first session free.
1-2.30pm Crafty Chat at the Church. £1pp.
1-2.30pm Thursday Leisure Club (TLC).
1.30-2.30pm Singing for Fun at Jubilee Hall. £3pp, first session free.
6th + 20th June Fortnightly litter pick from 10.30am

Fridays

12.30-2pm Friday Lunch Club. £7pp + optional door-to-door transport £5.

COMING UP...

Course starting 3rd June SIA Security
Sunday 9th June from 2.30pm Monthly Litter Pick - let's leave Lupset looking lovely!
Course starting 24th June CSCS



You're invited!
Join us to launch our Impact Report and celebrate 25 years as a charity.
Free + lunch included!
Tuesday 18th June 9.30am-1pm
St George's Church

RSVP: www.ticketsource.co.uk/st-georges-lupset

**Groups, activities + courses for adults
June 2024**



Good mental health and wellbeing is an ongoing journey for many people, but for LGBTQ+ people that journey can be more challenging.

LGBT+ Britons are more likely to suffer with mental health conditions such as anxiety, depression, and insomnia, a new YouGov survey shows. Over the last 12 months, half of LGBTQ+ Britons (51%) say they experienced or were diagnosed with a mental health condition, compared to a third of the general population (32%).

We can all do more to break down the stigma around talking about mental health and wellbeing, starting with the people around us. That is why the West Yorkshire Health and Care partnership are launching a new campaign encouraging people to "Check-in with Pride".

Check-in with Pride aims to foster a more inclusive and compassionate environment, and better support our LGBTQ+ friends, family, work mates, neighbours and chosen families.

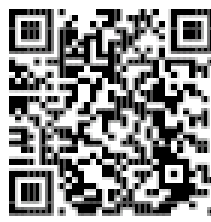
Together we can normalise conversations about mental health and wellbeing, and in doing so support more people who are struggling.

You can find more information on how to check-in with someone, details of free suicide prevention training, and links to support services at checkinwithpride.co.uk.



Article credit to

<https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/new-campaign-encourages-people-to-check-in-with-pride> Accessed 04/07/24.



Yoga
Join any week

Every Friday
10am-10.45am
Online

**Creative
Fitness**

Wednesdays
11am-12pm
Normanton

**An Introduction
to Rap**

04/07/2024
1pm-3pm
Wakefield

**Card Making for
wellbeing**

04/07/2024
10am-12pm
Wakefield

**Yoga in the
Woods**

4/7/2024
10.15am - 11.15am
Bulcliff Woods

**Introduction to
Personality Disorder**

08/07/2024
10am-12.30pm
Pontefract

Pebble Painting

15/07/2024
10.30am-12.30pm
Pontefract

**Living with and
managing
depression**

16/07/2024
1pm-3pm
Pontefract

**Understanding
anxiety**

17/07/2024
10am-12pm
Wakefield

**Learning more
about IBS**

18/07/2024
10pm 12pm
Online

**The History of
LGBTQ+**

19/07/2024
10am - 11.30am
Wakefield

**Financial
Wellbeing with
HSBC**

13/08/2024
10am-12pm
Wakefield

**Introduction to
Healthy
Cooking**

27/8/2024
12.45pm-3.45pm
Wakefield

**Pebble
Painting**

02/09/2024
12.30pm-3pm
Wakefield

**Boosting Self
Confidence**

19/09/2024
10.30 am-11.30pm
Online

**Stroke
Awareness**

24/09/2024
1pm-3pm
Pontefract

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

Learn how to macramé

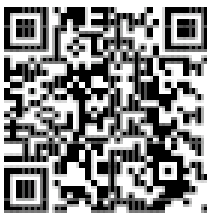
15/07/2024
1pm-3pm
Wakefield

Introduction to scrapbooking for wellness

02/07/2024
1pm-3pm
Pontefract

Understanding anxiety

02/10/2024
11am-1pm
Online



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.



Summer



The long evenings drawn
Bright sunshine in the clear blue dawn
Tennis once again
Despite the summer rain
After the races
It's time to pack those suitcases
Head for the beach
Sun sand and sea within reach
Travel by land sea or air
Sit by the surf without a care
Wander along the tide
Or riverside
Strawberries and cream on jam scone
Hurry now before summer is gone
On village green in dappled shade
Hear shouts of well played
The sound of bat on ball
And umpire call
In villages throughout the land
Listen to a summer band
Time to sit and take a rest
That is for the very best
Summer is here once again
Let's just hope it does not rain!

RYDER 2024
ALL RIGHTS RESERVED

The History of LGBTQ+

This 90-minute session is open to all individuals interested in gaining insights into the LGBTQ+ community's historical journey. The course aims to foster greater awareness and comprehension regarding the significance of Pride Month and the fundamental message of "love is love."

NEW COURSE!

19th of July 2024- 10am-11.30am

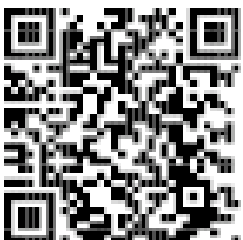
**Connections, 15a Westgate, Wakefield,
West Yorkshire, WF1 1JZ**



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.

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+



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

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

NEW COURSE!



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.