



South West
Yorkshire Partnership
NHS Foundation Trust

The Supporter Newsletter

January 2024

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.



Credit: @adoseofreminders

Happier January 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together



Termtime



College news



We're back!! With the start of 2025, we also see the start of our new term. Some of you might be asking why our courses start a little later than normal school term times? It's because we listened to our Wakefield population who told us that Christmas and the New Year generally wasn't the best time for them and that they would prefer to have a longer Christmas break from courses. So for several years now, we have had a six week Christmas break (starting back with courses in the third week of January) and have a shorter summer holiday break instead.

This term brings lots of exciting new things on the horizon, such as new partnerships, new course topics, new connections with community groups, lots of promotion and marketing events we're attending, and even securing a potential new base for the Wakefield Recovery and Wellbeing College in central Wakefield, alongside our friends at Wakefield Here For You - the evening crisis support service for anyone in the Wakefield district aged 16 and over. We can't wait for you to join us for more adventures in 2025!

Term opening times

Open 8am-4pm Monday to Friday.

Winter term 20 January - 14
February 2025.

February half term 15 February -
23 February 2025.

Spring term - 24 February - 4 April
2025.

Newsletter Update

As most of you will have noticed, the newsletter is a little later this month and is a lot shorter than usual. We'd like to apologise for any inconvenience that this may have caused you and wanted to let you know that February's newsletter is unfortunately likely to be released later than the first Friday of the month and will also be shorter in length again due to continued staffing pressures.

MENS MOVEMENT AND FITNESS

Thursday 1:30pm-3pm

Glasshoughton Centre, Leeds Rd,
Castleford, WF10 4PF

FREE

BUILD STRENGTH, STAMINA, FLEXIBILITY AND CONFIDENCE THROUGH A SERIES OF EXERCISE ROUTINES



Come along on February 6th for our **OPEN SESSION**

To declare your interest, please contact Helen on 07775 334098 or just come along!

DanceUnited
YORKSHIRE

Children and Young People's Plan 2025-2028

Speak Up, Be Heard, Shape Your Future

We want to hear about what matters to our young people!
Your ideas can have an impact – and be included in our Children and Young People's Plan!

SCAN ME

Parents and carers, there's a separate survey for you too!

Mental Health Research Development Award 2024/2025

Stakeholders consultation

Summary

The National Institute of Health and Care Research (NIHR) are establishing NIHR Mental Health Research Groups (MHRGs) in England in "target areas" with:

- high burden of mental health conditions
- limited local mental health research capacity
- low recruitment into mental health research studies

The University of Huddersfield was awarded a development grant to undertake work in partnership with the University of Liverpool and South West Yorkshire Partnership NHS Trust to inform the development of a competitive application for the NIHR MHRG award in 2025.

We are adopting a comprehensive co-production approach that integrates local evidence with the experiences and views of stakeholders to identify the key priorities to co-produce compelling and competitive MHRG application.

To allow us to identify & prioritise key research problems and needs we are inviting you to complete a short online survey that considers the following questions:

- What are the key mental health needs in Calderdale, Kirklees, and Wakefield?
- What are the gaps in research related to mental health services, delivery, and outcomes in these areas?
- What should be the research priorities to address mental health disparities and improve services?

The survey is completely anonymous and takes approximately five minutes to complete but please take as long as you need.

Please go to: https://hud.eu.qualtrics.com/jfe/form/SV_ehwZpiBb9PBCECCW or scan QR code below to complete.

FREE INDEPENDENT ENERGY ADVICE SERVICE

Groundwork's Green Doctors help UK residents **stay warm, stay well, and save money** on household bills.

For more information or to arrange a free home visit* contact:

Phone: 0300 303 3292

Email: greendoctoryorkshire@groundwork.org.uk

www.groundwork.org.uk/greendoctor



*Subject to eligibility



ACOA

Adult Children of Alcoholics (ACOA) Programme

Support for any **16-24 year old** who is an Adult Child of an Alcoholic and lives in the Wakefield District.

Services available:

- Counselling
- 1-2-1 Support
- Creative Groups
- Family Mediation
- Online Workshops



These services are for those who are interested in improving their personal and professional lives by raising their self awareness of how their parent's alcoholism affects them.

To refer or find out more information, call us on **01924 787501** or visit **www.gasped.co.uk**



Charity: 1072174
Company Registration: 03580792

MEN'S CREATIVE SHED

Free ten week creative course to improve confidence, mental health and wellbeing.

What?

This course includes creative activities such as photography, ceramics, printmaking and book binding for males, 18+ living in the Wakefield District.

When?

Tuesday 28th Jan for 10 weeks, 13:00-15:00

Where?

The Art House, Drury Lane, Wakefield, WF1 2TE

→ Connect with others

→ Small groups

→ Taught by professional artists

→ No experience necessary

→ Free to all



To secure your place or find out more information, call us on **01924 787501** or visit **www.gasped.co.uk**

**The Baring
Foundation**

The Art House



Winter



Has its grip
With every slip and trip
The snow covers the earth like a
blanket

Shoppers hurry around
Sales and holidays abound

More yet to come
Deep and unyielding
Wipers suddenly stuck to car
windscreen
As late even draws in
We know Jack Frost has been

The starling chatters to himself
As he makes a nest in the
hedgerow
Protected from the winter snow
Crumbs from the table are
useful feed

Sledging and snowballing
Children having fun
Lifts children's spirits high
Parents wish the snow goodbye
But old tea trays convert to
makeshift sledges
Snowmen appear as if by magic
Then stand like statues in gardens

To help that winter need
Nature appears on hold
As everyone endures the cold

Frozen solid
The last to go
When the snow melts
With a look of disappointment
On their carrot nosed faces:
Wet scarves hanging around their
necks

A time for reflexion
And making a connexion
With the earth and stars
A time for resolution
Or finding a solution
Here's to health
Strive to be happy
As the year commences.

RYDER 2025

ALL RIGHTS RESERVED



What's coming up at the Wakefield Recovery College

16+

Dementia - Positive Steps (twice weekly)

27/01/2025

5pm-6.15pm
Online

Improving your mindset

30/01/2025

10am-12pm
Wakefield

Understanding depression

03/02/2025

1pm-3pm
Wakefield

An introduction to mindfulness

04/02/2025

1pm-3pm
Online

Introduction to personality disorder

10/02/2025

1pm-3.30pm
Wakefield

Improving your sleep

13/02/2025

1pm-3pm
Online

Understanding anxiety

13/02/2025

1pm-3pm
Online

Creative Crafting

25/02/2025

9.45am-11.30am
Wakefield

Understanding eating difficulties

25/02/2025

10am-12.30pm
Online

Understanding post-traumatic stress reactions

26/02/2025

1pm-3pm
Wakefield

Understanding hearing voices

27/02/2025

1pm-3pm
Online

An introduction to RAP

27/02/2025

10.30am-12.30pm
Wakefield

Journaling for wellbeing

27/02/2025

10am-12pm
Wakefield

Stroke awareness

03/03/2025

10am-12pm
Wakefield

Pastel Drawing

03/03/2025

1pm-3pm
Wakefield

Introduction to healthy cooking

04/03/2025

12.45pm-3.45pm
Wakefield

Living with and managing anxiety

04/03/2025

1pm-3pm
Online

Writing for self-expression

06/03/2025

1pm-2.30pm
Online

Beginners pottery

06/03/2025

10.30am-12pm
Wakefield

Accepting change

10/03/2025

1pm-3pm
Wakefield

Understanding self-harm

12/03/2025

10am-12pm
Wakefield

Book folding

13/03/2025

10am - 12pm
Wakefield

Your journey through relaxation

17/03/2025

10am-12.30pm
Wakefield

Couch to 5k

19/03/2025

11am-12pm
Wakefield

Galaxy painting

24/03/2025

1pm-3pm
Pontefract

If you would like to find out more, you can contact us at:

www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

Understanding Anxiety

Do you want to gain an understanding of anxiety? Then this workshop may be for you. It will explore areas such as the vicious cycle of anxiety, what happens to our bodies when anxious, how anxiety impacts on life and some brief tips on how anxiety can be managed.

This is a great opportunity to explore anxiety with others who are experiencing the same thing.

If you already feel you have a good understanding of what anxiety is and how it effects us and are instead looking to learn ways to manage anxiety, we would recommend our “Living with and managing anxiety” two week course.

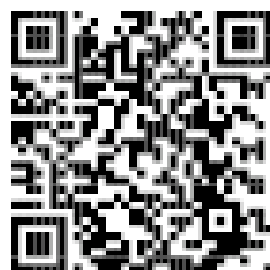
13th February 2025 - 1.00pm-3.00pm
On-line



Online
16+



FREE
course



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

Understanding Eating Difficulties

During this 4 week introduction to understanding eating difficulties course, students will explore, different types of eating problems, the possible causes, signs and symptoms, where support can be accessed and how to support someone living with an eating difficulty.

Throughout the course, students will learn about disordered eating, anorexia nervosa, bulimia nervosa, binge eating disorder, and avoidant restrictive food intake disorder.

This course is for anyone interested in learning more about eating difficulties and how to support their own wellbeing or the wellbeing of another. The course has been co-produced and will usually be co-facilitated by individuals with professional experience and lived experience in a non-judgemental and supportive environment.

25th February 2025- 10am-12.30pm

4 weeks via MS Teams

Online
16+

Believe in Yourself

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

FREE
course



With all of us in mind.

Body image workshop

Let's talk about body image! This friendly workshop will give you the opportunity to learn about what body image is and give you some tips on how to have a better relationship with your body image. We will talk about body positivity and focus on the acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities. During the session we will look at ways:

- to promote a positive body image
 - explore how history and background impact beauty standards
 - you can look at yourself as a complete person and not just what looks back at you in the mirror
- and most importantly, work towards accepting the body you are in!

13th May 2025- 1pm-3.30pm
On-line course



Online
16+



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

FREE
course



With all of us in mind.

Understanding depression

In this brief 2 hour workshop, we'll look at what depression is, learn some facts about depression and bust some common myths, explore some known causes of depression and the symptoms associated with depression.

This workshop ties in with our "living with and managing depression" workshop and we would recommend you attend both where possible.

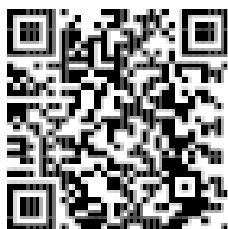
14th May 2025 - 1.00pm-3.00pm
On-line



On-line
16+

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

FREE
course



Wakefield

Recovery and Wellbeing College
Home of the Discovery College



South West
Yorkshire Partnership
NHS Foundation Trust

Everyday First Aid

This workshop is delivered by Red Cross and aims to build your confidence and willingness to help someone in an emergency by learning essential first aid skills, whilst using everyday objects that you have around you. You will learn where to get support from if you or somebody you know has an injury or illness, as well as finding out more about the work that the Red Cross does in the UK.

The number of spaces available for this session are limited to ensure a smaller group of students are enrolled.

6th June 2025, 10 am - 11.30 am

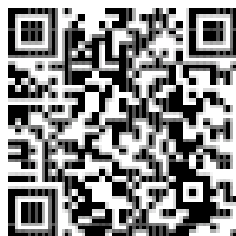
Pontefract Library, 28-32 Market Pl,
Pontefract WF8 1BD



Face to
face
19+



FREE
course



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

With all of us in mind.

Accepting change

Change is a necessary and inevitable part of our daily lives. How we view and respond to these changes has a direct link to our emotional resilience. The way we deal with each change we face will be different, dependent on size, frequency and impact with lots of factors, including our health and wellbeing influencing how we approach it.

Join us on this short course as we explore change, how we respond to it, the reasons why we can resist it and what makes change easier and more positive.

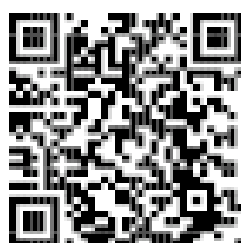
10th June 2025, 1pm-3pm
On-line



Online
16+



FREE
course



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