



The Supporter Newsletter

March 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.

YOU ARE DOING
 REALLY, REALLY,
 REALLY, REALLY
 WELL. HANG IN
 THERE.

Credit: @adoseofreminders

Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 1 Set an intention to live with awareness and kindness
- 2 Notice three things you find beautiful in the outside world
- 3 Start today by appreciating your body and that you're alive
- 4 Notice how you speak to yourself and choose to use kind words
- 5 Bring to mind people you care about and send love to them
- 6 If you find yourself rushing, make an effort to slow down
- 7 Take three calm breaths at regular intervals during your day
- 8 Eat mindfully. Appreciate the taste, texture and smell of your food
- 9 Take a full breath in and out before you reply to others
- 10 Get outside and notice how the weather feels on your face
- 11 Stay fully present while drinking your cup of tea or coffee
- 12 Listen deeply to someone and really hear what they are saying
- 13 Pause to watch the sky or clouds for a few minutes today
- 14 Find ways to enjoy any chores or tasks that you do
- 15 Stop. Breathe. Notice. Repeat regularly
- 16 Get really absorbed with an interesting or creative activity
- 17 Look around and spot three things you find unusual or pleasant
- 18 Have a 'no plans' day and notice how that feels
- 19 Cultivate a feeling of loving-kindness towards others today
- 20 Focus on what makes you and others happy today
- 21 Listen to a piece of music without doing anything else
- 22 Notice something that is going well, even if today feels difficult
- 23 Tune into your feelings, without judging or trying to change them
- 24 Appreciate your hands and all the things they enable you to do
- 25 Focus your attention on the good things you take for granted
- 26 Choose to spend less time looking at screens today
- 27 Appreciate nature around you, wherever you are
- 28 Notice when you're tired and take a break as soon as possible
- 29 Choose a different route today and see what you notice
- 30 Mentally scan your body and notice what it is feeling
- 31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



Termtime



College news



Exciting times are ahead at Wakefield Recovery College as we gear up for our upcoming courses designed to inspire, educate, and support our community.

From mindfulness sessions to creative crafting and wellbeing workshops, there's something for everyone to explore and grow. We're also thrilled to welcome two new social work students here on placement with us until the summer, Veronica and Tia, into our learning family. Check out their blogs coming soon on our website

<https://www.wakefieldrecoverycollege.nhs.uk/blog/>

Their journeys will undoubtedly bring fresh perspectives and energy to our vibrant group. Here's to embracing new opportunities, making connections, and achieving goals together!

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.

Courses



Pottery



BADASS



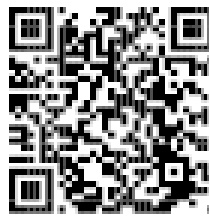
Recognising
burnout



Creative
Crafting

Wakefield Recovery College

16+



For those that give too much :
Everyday stress

26/03/2025
11am-1pm
Online

Creative fitness

23/04/2025
11am-12pm
Normanton

BADASS
(a combat workout)

25/04/2025
10am-11am
Normanton

Freedom from fibromyalgia

28/04/2025
10am-12pm
Pontefract

Understanding anxiety

28/04/2025
1pm-3pm
Online

Understanding anxiety

28/04/2025
1pm-3pm
Online

The History of LGBTQ+

06/05/2025
10.30am-12pm
Pontefract

Recognising burnout

07/05/2025
1pm-3pm
Online

An introduction to autism

08/05/2025
1pm-3pm
Online

Body image workshop

13/05/2025
1pm-3.30pm
Online

Understanding depression

14/05/2025
1pm-3pm
Online

Creative crafting

03/06/2025
9.45am-11.30am
Pontefract

Scrapbooking for wellness

04/06/2025
1pm-3pm
Wakefield

Dementia – Positive Steps

05/06/2025
1pm-3.30pm
Wakefield

Everyday First Aid (19+)

06/06/2025
10am-11.30am
Pontefract

Living with and managing anxiety

09/06/2025
10am-12pm
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.

Dementia Positive steps

This series of 5 sessions can be attended individually or as a full course. Each session covers an aspect of dementia or supporting someone living with dementia to help you feel informed, empowered, and prepared to manage your future with dementia. You may wish to attend as a family carer, a person living with dementia or because you have an interest in dementia and dementia care.

1. Introduction to Dementia: Provides a general overview of what dementia is, the different types of dementia and the common symptoms.
2. Coping with Symptoms of Dementia: A more in depth look at symptoms of dementia and how we can make these easier to cope with.
3. Practical care in Dementia: Looks at supporting people living with dementia with day to days tasks such as washing and dressing and what aids and adaptations might help us do this.
4. Finances and Support for Dementia: An introduction to the types of support available for people living with dementia and their carers, including financial help, local support and care services.
5. Planning for the Future with Dementia: Thinks about advance care planning and emergency care planning both for people living with dementia and their carers.

05th of June 2025- 1pm-3.30pm

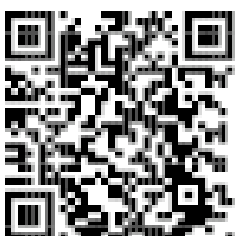
5 Weeks

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



**Face to
face
16+**

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



**FREE
course**

With all of us in mind.

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."

06th of May 2025- 10.30am-12.00pm

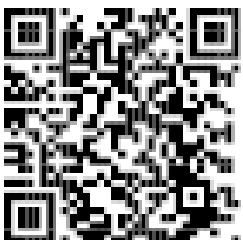
Pontefract Library, Shoemarket,
Pontefract, WF8 1BD



Face to
face
16+



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



FREE
course

With all of us in mind.

Caring for Carers

Carers Wakefield & District are proud to announce that they are now able to offer the 'Caring For Carers' self-management course for carers and are delivering this through Wakefield Recovery College. This course will cover action plans, support available to you, considers the emotional pressures of being a carer and introduces various relaxation techniques. The course will run over 4 weeks and will enable you as a carer to focus on your own health and wellbeing, as well as that of the person you care for, giving you the confidence and skills to make changes that will be of benefit to you both.

19th of June 2025- 10am-12pm

4 Weeks

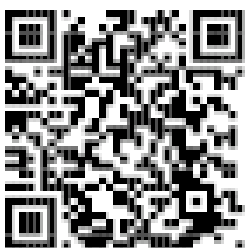
**West Yorkshire History Centre,
127 Kirkgate, Wakefield, WF1 1JG**



Face to
face
17+



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



**FREE
course**

With **all of us** in mind.



Washing your hands regularly can help stop **norovirus** spreading



We are hiring:

Classroom Support Assistant

£10,910.97 - £11,083.94 per annum,
Grade 4

18.5 hours, Permanent
Term time only



wakefieldcouncil





KING STREET WALK-IN CENTRE

Need care quickly but it's not an emergency? Visit the **King Street Walk-in Centre** for things like sprains, minor cuts, or infections.

No appointment needed. Open 10am to 10pm, seven days a week.

Where to go when you're not feeling well in **Wakefield District**



- Support and information available
- Learn more about our Cancer SMART and Patient VIEW projects

Thursday, 20th March

10:30 AM – 2:00 PM

Red Roof Centre
Wakefield Road, Kinsley, West Yorks
WF9 5BP



West Yorkshire and Harrogate Cancer Alliance

Charity Number 1185838



Volunteering opportunities for 16-17 year olds

I would certainly recommend volunteering at Mid Yorks. The staff are quick and efficient in getting you situated, and it is a genuinely wonderful way to make a difference in the days of those who feel vulnerable, even if that is by serving them tea or simply talking to them. Should anyone share an ambition in healthcare as mine, I would definitely look into joining the team.

- Sienna

Apply now for an invitation to our recruitment day



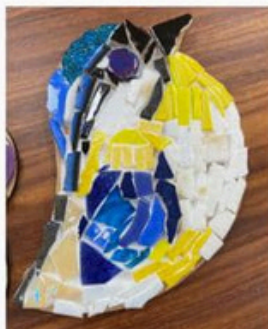
Creative Health Exhibition

Over a series of nature inspired creative sessions, working with local artists Mindful Movers members have created beautiful artworks we'd like to share with everyone.

Join us on Friday 21st March
1-5pm

West Wakefield Methodist Church
Thornes Road
WF2 8QR

Drinks and nibbles provided
Chance to find out more about Mindful Movers
Opening ceremony 1-1:30pm with the exhibition
remaining open until 5pm for viewing.



Supported with funding by
wakefieldcouncil



OUR YEAR
Wakefield District 2024

Antenatal Infant Feeding Workshop

IF YOU ARE PREGNANT AND WOULD LIKE INFORMATION ON RELATIONSHIP BUILDING AND FEEDING YOUR NEW BABY THEN YOU CAN BOOK A PLACE FOR YOURSELF AND YOUR PARTNER OR BIRTH PARTNER.

TO BOOK PLEASE CALL 0-19 SPOC
0300 373 0944.

- 
- 20th March 10:00 - 12:00 at Cedars Family Hub, Hemsworth WF9 4PU
 - 24th April 10:00 - 12:00 at Castle Family Hub, Sandal WF1 5NU
 - 20th May 10:00 - 12:00 at Pomfret Family Hub, Pontefract WF8 2DE
 - 19th June 10:00 - 12:00 at Oakhill Family Hub, Featherstone WF7 5JB
 - 22nd July 10:00 - 12:00 at Castle Family Hub, Sandal WF1 5NU
 - 18th September 10:00 - 12:00 at Cedars Family Hub, Hemsworth WF9 4PU
 - 21st October 10:00 - 12:00 at Sunbeam Family Hub, Lupset WF2 8RH
 - 19th November 10:00 - 12:00 at Kendall Drive Family Hub, Castleford WF10 3SP
 - 4th December 10:00 - 12:00 at Oakhill Family Hub, Featherstone WF7 5JB

These workshops are co-delivered by the HDFT 0-19
Infant Feeding and
Parent and Infant Relationship team.



**NEW YEAR
NEW PRICE
OF £1**

SATURDAY YOUTH GROUP 12 to 2pm

8 to 12 year olds

sports, activities, games,
PS5, crafts
tournaments...and more

snack & drink provided



For more info call 01924 200039
shoib@nextgeneration.org.uk

Lightwaves Leisure Centre
Lower York Street, WF1 3LJ

RED ROOF CENTRE CIC

WEEKLY ACTIVITIES AND GROUPS



WAKEFIELD ROAD, KINSLEY, WF9 5BP TEL:01977 610931

MONDAY CAFE 10-2PM

Step Up - Career Advice 9-4pm
(2nd Monday of the month)
Citizens Advice - 10-12pm
Keep Fit Aerobics - 10-11am
Leeds Credit Union - 9.30-3.00pm

TUESDAY CAFE 10-2PM

Stay, Play & Weigh - 9.30-11.15am

Karate - 7-9pm

WEDNESDAY CAFE 10-2PM

Yoga - 11.30-12.30pm
Exodus (Kids Club) - 5.00-6.30pm
Line Dancing - 7.15-9.15pm

THURSDAY CAFE 10-2PM

Blood Pressure Checks 12-3pm
Swap2Stop 12-3pm

FRIDAY CAFE 10-2PM

Buggy Walk - 10am-11am
Returning in May



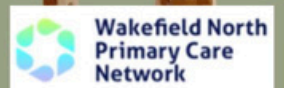
Morning Meet Up

Looking to start your day with a friendly chat?

When? Every other Wednesday 9.45 - 11.45am
Where? Tieve Tara Medical Centre, Park Dale,
Airedale, WF10 2QP

Sessions are flexible, welcoming and supportive,
with the opportunity to be creative and explore the local area.
The kettle is always on!

For more information contact Della on 07542 028297
or Helen on 07543 315343



Join Our 10 week Pottery Course

Welcome to Learning Event:
1st April 2025

Course Day: Wednesday
Length: 10 weeks
Time: 9.30am -12pm

To enrol
Call: 01924 303302
or
Email: manygates@wakefield.gov.uk



Wakefield
Adult
Education
Service

THE
HEPWORTH
WAKEFIELD

PRINT
FAIR

SAT 15 & SUN 16
MARCH
10AM - 5PM

Family activities,
street food
& discounted
exhibition entry



wakefieldcouncil

11th March '25 -
5 West Parade, Youth
Justice Team building,
Wakefield
8th April '25 -
Platform 1, Hemsworth
13th May '25 -
The Hut, Airedale

PREPARING FOR ADULTHOOD SEND DROP IN CLINIC @ THE YOUTH HUBS

11:00-12:30

Open to professionals, parents/carers and young people to join us for a coffee and a chat

13:00-17:00

Open to parents/carers and young people, requiring advice and guidance in regards to Preparation for Adulthood and support in the following pathways :

- Health
- Employment
- Relationships and Community Inclusion
- Independent living

For Further Information please contact
SENDPFA@wakefield.gov.uk



WAKEFIELD
HOSPICE

SHARING THE CARE IN THE COMMUNITY
Registered Charity No. 516392

Sandal
Fundraising
Group

Spring Coffee Morning



Friday 4 April 2025
10am - 12pm



Sandal Rugby Club
Standbridge Lane WF2 7DY



Admission £2 includes refreshments

A variety of
stalls including
raffle, tombola,
toiletries, local
honey, cakes,
cards and crafts.

Everyone welcome



Dementia Support Café at Ossett Library

Informal drop-in providing
support for people living with
Dementia and their carers.

The second Tuesday in the month
1pm–2.30pm (starting March 11th)
Ossett Library (upstairs in the town hall).



Peer support,
companionship,
information and
advice. Local
support services.



Free
refreshments.

See us at our

Drop In

Come and speak to us at

Eastmoor
Community Project

every Tuesday 10am – 2pm

Come to speak to us about
savings, loans and budgeting,
to help build your financial
resilience.

leedscreditunion.co.uk



Affordable. Flexible. Fair.

Do you have fibromyalgia?

We're looking for volunteers to try Elyfia, a brand new pain management app, and give us feedback on using it

Conexus
HEALTHCARE



The app offers coaching to help you manage your Fibromyalgia with continuous 1-2-1, individualised and personal assistance.

You'll get access to a comprehensive video library, instant messaging and a pain management plan you can access 24/7

Interested?

Sign up and we will be in touch to ask you **about your experience** - how you are finding it, the good bits, the stuff you don't like and how you would like to see it changed.

Research is by phone and we'll talk you through the consent and data process before you start.

And, we'll give you a **voucher** for your time

Want to help us? Then:

1. Download Elyfia from your app store
2. Contact Kathryn.Dewey@nhs.net to register your interest
3. We'll get in touch to let you know what happens next

**This is your opportunity to help
improve care for yourself and others**



WELLBEING GROUPS AND COURSES



Scan Me

Delivered by our therapists, all of our groups and courses follow NICE recommended treatments to help you learn new ways to manage how you feel.

THERAPY GROUPS

EACH THERAPY GROUP CONSISTS OF 10 TO 13 SESSIONS

Overcoming Depression and Low Mood

Overcoming Anxiety and Worry

Breaking Through Obsessive Compulsive Disorder (OCD)

Overcoming Social Anxiety

Building Self-Esteem and Supporting Self-Acceptance

CBT Skills for People with ADHD

Healing Grief and Depression

Improving Your Relationship

Acceptance and Commitment Therapy for Long Term Conditions

Mindfulness-Based Cognitive Behavioural Therapy (MBCT)

Preparing for Trauma Therapy Group

REFER YOURSELF

If you are aged over 16 years old and are registered with a Wakefield District GP you can refer yourself via:

 talking.turning-point.co.uk

 01924 234 860

 wakefield.talking@turning-point.co.uk

SELF-MANAGEMENT COURSES

EACH SELF-MANAGEMENT COURSE LASTS BETWEEN 4 TO 6 WEEKS

Positive Steps Stress Management

Men's Wellbeing Group

Positive Steps for 16-25

Living with Long-Term Physical Health Conditions

Wellbeing in Pregnancy

Managing Low Mood and Anxiety as a New Parent

Overcoming Panic Attacks and Anxiety

Breaking Through Insomnia

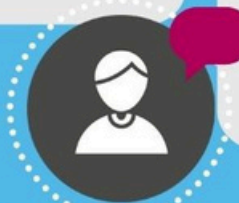
Overcoming Health Anxiety

Over 65's Managing Depression and Anxiety



TURNING POINT TALKING THERAPIES

Turning Point - Registered Charity - 234887



TURNING POINT
inspired by possibility



Vacancy: Eastmoor Community Project Limited
Based at: St. Swithun's Community Centre and Lightwaves
Community Trust
Job Title: Community Connector
Hours: 35 per week
Salary: £29,000 per annum

MAKE A
difference

***Are you looking for a role with meaning? Do you want to work in
the community to make a real difference to the lives of people
living in Eastmoor and College Grove?
Then this is the role for you!***

Eastmoor Community Project is a small, vibrant, charitable voluntary community organisation, based on Eastmoor estate and we are currently looking to recruit a Community Connector to work across Eastmoor and College Grove areas.

You will work on an outreach basis on Eastmoor and College Grove to enable services and organisations to understand the direct needs of local people. The role will involve the co-ordination, production and distribution of a community newsletter.

This strategic role will be used to identify service gaps across the areas and work with Voluntary Sector, statutory services, such as health and education, to meet the needs of local community.

This is a new position which requires creativity and innovation as we look to work differently and proactively to better serve the communities and tackle health inequalities.

To find out more and for an application pack, please contact us on

01924 361212 or email

info@eastmoorcommunity.co.uk .

Closing Date for Applications 10 March 2025



JOIN OUR CO-PRODUCTION GROUP!

Are you passionate about gaming?

Aged between 18 and 25?

Live in the Wakefield District?

Do you want to help create a new type of community for people who find face-to-face groups challenging?

If so, we want to hear from you!

We are looking for enthusiastic individuals who can commit to a couple of hours a week.

Together, we will share ideas and discuss what this new community should look like. Your input will be invaluable in shaping a supportive and inclusive space for gamers.

Ideally, you should:

- Be able to connect to Discord
- Play video games or have an interest in gaming



If this sounds like something you'd love to be a part of, please get in touch for more information.

Let's create something amazing together!

START



mel@thinkcre8tivegroup.com



THE ADVANCE OF SPRING

The bitter chill of winter loosens its grip
Ice and snow can still cause a slip
With sunshine so rare
Maybe seek it elsewhere
The wind and rain drives in
Time to rescue the wheelie bin

Snowdrops -

White bells - the earliest bulbs to appear
Give reluctant evidence that spring is near
And daffodils forming – tete a tete
As the wind does abate
Pushing up from frozen earth
A reminder of Spring's new birth

Each storm arrives with renewed force
However Nature will take its course
Winter pansies survive the cold
Myriad colours a wonder to behold

Days lengthen
The sunlight strengthens
Life begins again
Shaking off the winter's rain
Everything denotes the start of spring
A new beginning gets into swing
Life returns from frozen ground
Spring creeps in without a sound

Enjoy.