



The Supporter Newsletter

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

April 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.
#ADOSEOFREMINDERS

Credit: @adoseofreminders

Active April 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

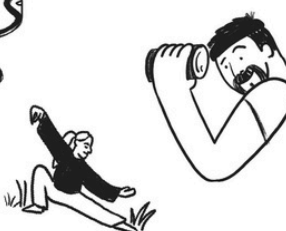
26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Termtime



College news



Here at the College we're gearing up for an exciting summer term, offering a variety of new and existing free courses and workshops designed to support wellbeing.

This summer term, we'd love to know your thoughts on what you'd like to see on our blog pages. We've come to the end of our "a week in the life of" series with our team and want to offer you a new series, where you can learn more about us and the things we do. Get in touch with us at wakefieldrecoverycollege@swyt.nhs.uk or on 01924 316946 with your ideas for new blogs you'd like to see.

After feedback from our students, many years ago we changed our summer holiday period to be shorter and therefore enable students to attend courses at the end of August, before the school summer holidays finish. As a co-produced service, we want to know if this is still relevant. Please let us know if you would prefer for the College to:

1. Stay the same and start our autumn term the last week of August
2. Follow the Wakefield school holidays and start our term in September
3. Offer a small selection of workshops throughout the summer holidays (approximately one a week) and then start the autumn term in September

Let us know on wakefieldrecoverycollege@swyt.nhs.uk or on 01924 316946.

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



Caring for carers



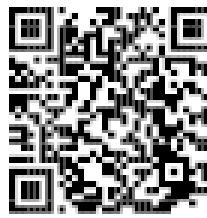
**Galaxy
Painting**



**Confidence
– mind and
body
techniques**

Wakefield Recovery College

16+



BADASS (a combat workout)

25/04/2025
10am-11am
Normanton

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

Freedom from fibromyalgia

12/05/2025
10am-12pm
Online

Body image workshop

13/05/2025
1pm-3.30pm
Online

Understanding depression

14/05/2025
1pm-3pm
Online

Galaxy Painting

19/05/2025
10am-12pm
Pontefract

Your journey through relaxation

21/05/2025
1pm-3.30pm
Online

Confidence – mind and body techniques

22/05/2025
10.30am-1pm
Online

Learn how to macramé

02/06/2025
1pm-3pm
Wakefield

Creative crafting

03/06/2025
9.45am-11.30am
Pontefract

Scrapbooking for wellness

04/06/2025
1pm-3pm
Wakefield

Understanding hearing voices

05/06/2025
1pm-3pm
Online

Dementia – Positive Steps

05/06/2025
1pm-3.30pm
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.

Understanding trauma responses and skill practice workshop

This workshop is designed for individuals who are experiencing difficulties following traumatic events, including PTSD, and those who support them. If you or someone you care about is struggling with the lasting effects of trauma, this session will help you understand why these reactions persist and teach practical strategies to manage the symptoms.

We hope to create a safe and supportive environment, in which we hope to explore:

Common Reactions to Trauma: Learn about the emotional, mental, and physical responses that can arise after experiencing distressing events.

Coping Strategies: Discover tools to manage symptoms such as flashbacks, anxiety, and sleep disturbances.

Rebuilding Your Life: Gain insights into healing and moving forward after a traumatic experience.

You will not be asked to share personal details of your trauma during the session, but you will hopefully leave with useful skills and a deeper understanding of the path to recovery. Whether you're directly affected by PTSD or supporting someone who is, this workshop hopes to provide knowledge and resources to help navigate the challenges of trauma recovery.

The course has been developed by clinicians with extensive experience of working with trauma, alongside those who have had lived experience.

Wednesday, 10th September 2025, 10am-12pm

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

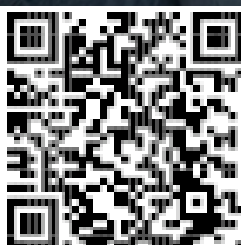


Face to
face
16+



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

FREE
course



Confidence - mind & body techniques

This course is for anyone who wants to build their confidence. The course will cover both physical and mental techniques that can be used to boost confidence. With increased confidence, you will be able to believe in yourself, your abilities, and your hopes. We will gather, share, and learn together, encouraging each other in our journey to a more confident self.

22nd May 2025- 10.30am-1.00pm



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 hearing voices

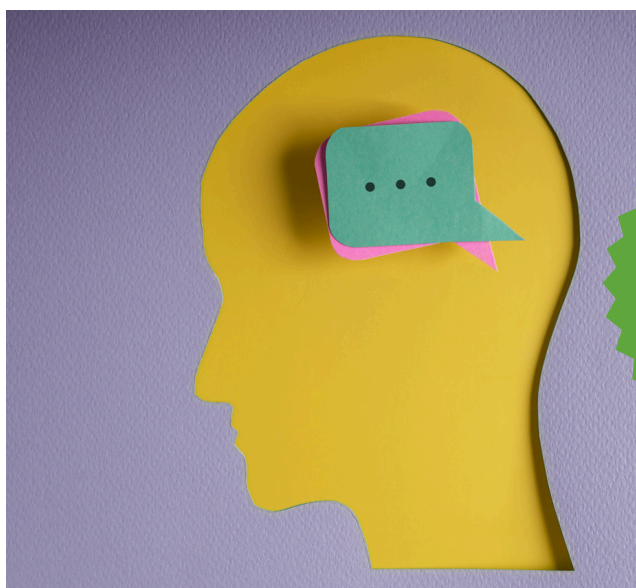
Did you know that the experience of hearing voices that other people do not is more common than many of us realise? Are you interested in developing an understanding of what the experience of hearing voices may mean to you or someone you care about.

During this 2 hour workshop that is usually co-facilitated by someone with lived experience and someone with professional experience, we will talk about:

- how common hearing voices is
- different ways of understanding hearing voices
- some useful ways that people have found to help with hearing voices

Please check out our blog for our newsletter article about hearing voices and the Wakefield hearing voices network.

05th June 2025- 1.00pm-3.00pm



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 self-harm

Join Steph and Suzanne for this 2-hour workshop aimed to help you feel more comfortable talking about self-harm. Through interactive activities we will consider the how's and why's surrounding this topic, as well as dispelling the myths associated with self-harm. We will also consider how you can best support someone who harms as well as different coping strategies, people harm themselves in more ways than what would be commonly thought, and this course helps us understand this better.

Co-produced by Steph, a Peer Support Worker, who has a long history of self-harm, this workshop comes from a unique perspective. Although self-harm is still a taboo subject that makes many feel uncomfortable, it is more common than you think with many people going under the radar as they may not seek help for their injuries.

This workshop incorporates discussion and activities in a safe and supportive environment.

17th September 2025 - 1pm-3pm



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.

Lego Cafe

**Every
Tuesday
from 1-3pm**

**Tieve Tara
Medical Centre
WF10 2QP**

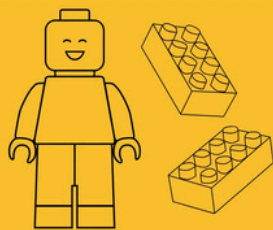
Open to 16 years and over

**For more info or to sponsor our group email
Spectrumpeople@spectrum-cic.nhs.uk**

**Ever wanted your
name on a building?**

If you sponsor our group we'll put
the name of your business on the
side of our lego buildings.

we're building an entire city so
there's lots of opportunity to get
your name on a building!



Creative Minds

**Spectrum
People**

Next S.M.a.S.H meeting

Monday 14th April

12 noon till 2pm

Airedale library

WF10 3JJ



**Drop in for a brew and
a friendly chat, Anyone and
Everyone welcome**

**GCW
EASTMOOR**



EASTER *with* **GRACE CHURCH WAKEFIELD, EASTMOOR**

Ever wondered what the big deal is about Easter? Well it's bigger
and better than chocolate eggs - we promise!

Join us on Easter Sunday to hear about why the true meaning of
Easter really matters and get to know us a little better at the
same time.

Come along to our church service followed by hot cross buns
and Easter egg hunt!

20 APRIL (EASTER SUNDAY), 4PM - 5PM
MALHAM ROAD, WF1 4HN

 Jamie: 07910731469
 jamiemason997@gmail.com
 gracechurchwakefield.org.uk/eastmoor



Scan for help finding us



GRACE CHURCH WAKEFIELD, EASTMOOR LAUNCH

**Come celebrate the launch of
GCW Eastmoor with us!**

SUNDAY 13TH APRIL | 3.30 - 5PM
MALHAM ROAD, WF1 4HN

Our usual Sunday service with some
added extras:

Meet and
hear from
our team

Find out
why we've
restarted a
church

Enjoy food
and games
with us
after the
service



Scan for help finding us



**Join us to talk about how we can
improve local social care services
and have our voices heard!**



Tuesday 15 April 2025

10.15 am to 12.00 noon



West Wakefield Methodist Church

Thornes Road

Wakefield WF2 8QR



Light refreshments



All welcome!

All types of social care services covered



Hear from Carers Wakefield & District about what they
do and how they can help.

**If you need more information call us
on 01924 787379.**

No need to book, just turn up!



TRUSTEES WANTED

WE ARE LOOKING FOR TRUSTEES TO WORK
ALONGSIDE OUR EXISTING BOARD OF TRUSTEES.

We are looking for individuals who are
passionate about ensuring that the carers of
Wakefield District are appropriately supported
and valued and who would like to have a say
in the direction that our organisation takes.

If you are able to commit to giving one and a half
hours of your time every two months to attend
our Trustee meeting, plus occasional additional
meetings, then please get in touch with our

CEO, Justine Bilton

on 01924 305544 or

email justineb@carerswakefield.org.uk

for an informal discussion.



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

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



The study is part of the [Innovate UK](#) Design Round 5 and is being managed in Wakefield by [Conexus Healthcare](#)





Are you in a mental health crisis?

Artwalk

Wakefield

DROP IN SESSION

Are you an artist or venue interested in taking part in ArtWalk?

Join our informal drop-in session, have a coffee, and chat with a member of our team.

When: Thursday April 17th 11am-12pm

Where: CoffeeWrite, Wakefield, WF1 1NX

<https://artwalkwakefield.org>



Tuesdays 7-8pm

Featherstone Library (rear car park)
Victoria Street WF7 5BB

£0.00 It's completely **FREE!!**



Walk, Run or a Bit of Both, it's all good with us
We are Running Beginner Specialists

Everyone's welcome, Nobody's ever left behind

Scan the QR Code to book or call us on 01924 677123



Next S.M.a.S.H meeting

Monday 14th April

12 noon till 2pm

Airedale library

WF10 3JJ



Drop in for a brew and
a friendly chat, Anyone and
Everyone welcome

Wakefield free C-Card condom scheme



What is the C-Card free condom scheme?

- A scheme which allows young people to access condoms, lube, dental dams and STI testing free of charge from a variety of access points across the district
- A confidential service for young people under 25
- 13 - 15 year olds register at our C-Card Hubs where trained professionals guide young people through the registration process



If you are over 16 and want to order condoms scan this QR code.

@spectrumcicsh

spectrum-sexualhealth.org.uk

Think you
might be
caught in
this cycle?

If you want to talk about your alcohol or drug use, Turning Point provide free and confidential support.

We are here when you need us.

Talk, before they take.





Live Well
Wakefield

Our workshops provide an opportunity to share ideas in a small, friendly group, and learn practical skills for use in everyday life

Open to anyone aged 18+, living in the Wakefield district, or registered with a Wakefield GP, and looking to improve their wellbeing

Managing Fatigue with Health Conditions - Workshop

By learning practical tools and techniques together with others it could help you manage the way chronic fatigue makes you feel - helping you to feel more in control of your health and wellbeing



Focus of the workshop:

- Learning how to keep a fatigue/activity diary
- Managing symptoms such as 'brain fog'
- Looking at how fatigue can affect our mind and body
- Practising techniques to help conserve energy levels
- Challenging negative thinking and tools to stay positive

There's no writing involved and no pressure to speak out in front of others

When does the workshop take place?

Monday 28 April 2025, 11:00 - 12:00 PM.

Where do workshops take place, and what do I need to join?

Online via the free Microsoft Teams app. You will need either a smartphone, computer or tablet, an email address, and an internet connection.

For more information please contact us: (Workshop dates are also available on our website)

SURROUNDED BY **ALCOHOL**

AS A **CHILD?**

Support for any **16-30 year old** who is an Adult Child of an Alcoholic and lives in the Wakefield District.

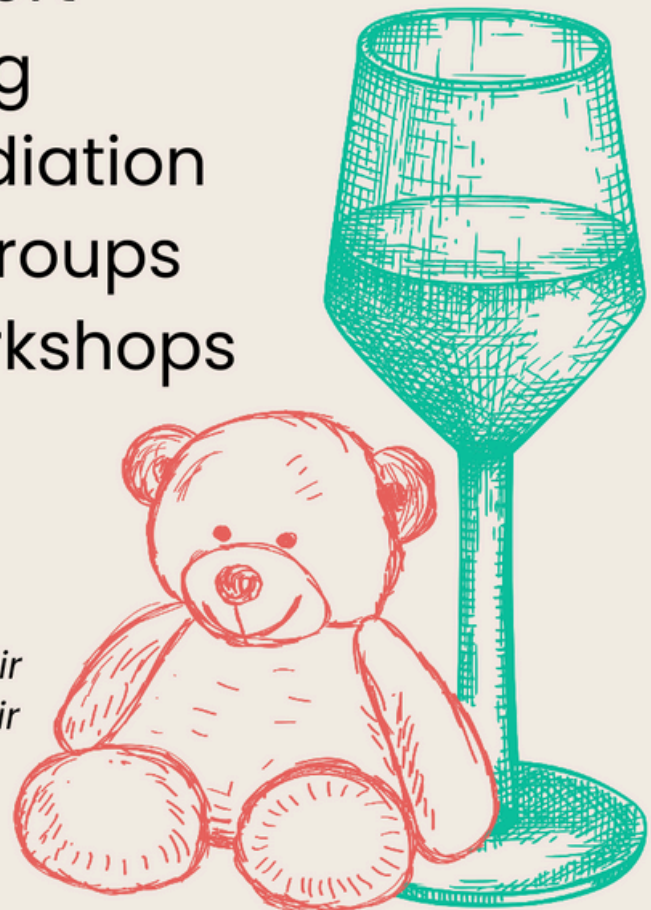
Services available:

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



01924 787501

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.



Traits of an ACOA.



01924 787501



WALK FOR WELLNESS

Thursday 24th April 1:30pm-2:30pm

Walking is not only good for your physical health, but your mental health as well.

We would love for you to join our monthly Walk for Wellness this April. Attendees will meet at the Sports Centre entrance at Thornes park at 1:30pm.

Thornes Park
101 Thornes Road
Wakefield
WF2 8QD

0300 123 1912 Option 3, then 4.

turning-point.co.uk
Turning Point - Registered Charity 234987
America House, 2 America Square, London EC3N 2LU
Created in RightMarket - 7/2/2023 - 11:23:38

TURNING POINT
inspired by possibility

All Things Digital

FREE support

Tech support for the digitally-dubious!
Wednesdays 9.30am-12noon.

Book a 30 min slot or drop in

st george's

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

info@stgeorgeslupset.org.uk

01924 369631



FREE MULTI-SPORTS SESSIONS!

Football, Table Tennis, Pool, Bowling, Basketball and more!

Aged 16 - 24

EVERY MONDAY

3PM-4PM

The Hut, Castleford,
WF10 3ES

Contact Beau - 07889 599706




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





What's on Guide 2025

Monday

Appletree
Women's Group
10:30am - 12:30pm
Agbrigg Rd, WF1 5AE,
follow the
long drive opposite
newland st

Tuesday

Newsletter Group
4:00 pm – 5:00 pm
Online Via Teams

Appletree
Community
Garden
9:30am-4pm
Agbrigg Rd, WF1 5AE
follow the long drive
opposite newland st

Community
Outreach Drop In
1:00 pm – 3:00 pm
Pontefract Library,
Shoemarket,
Pontefract,
WF8 1BD

Lego Cafe
1-3pm
Tieve Tara
Medical Centre
WF10 2QP

Wednesday

I.T Support
Group
10.30 am – 12pm
Wakefield One Library,
Burton Street, Wakefield,
WF1 2EB

Arts & Crafts
Group
2:00 pm – 4:00 pm
Foundation Housing
WF1 1TX

Appletree
Community
Garden
10am-4pm
Agbrigg Rd, WF1 5AE,
follow the long drive
opposite newland st

Morning
Meet Up
9:45-11:45am
Tieve Tara Medical Centre
WF10 2QP
Alternate weeks starting
26th Feb 2025

Thursday

Newmillerdam
Walking Group
10:30 am – 12:30 pm
Meet In Main Car Park,
Newmillerdam Country
Park, WF2 6QP

Community
Outreach Drop In
4:00 pm – 6:00 pm
Salvation Army Centre,
4 Vicarage St. South,
WF1 1QX

Craft &
Chinwag
12:30pm - 2:30pm
Tieve Tara Medical Centre
Park Drive, Castleford
WF10 2QP

Cook & Eat
10 am – 12pm
Foundation Housing,
Trinity House, Trinity
Church Gate,
WF1 1TX

Friday

Community
Outreach Drop In
1pm – 3:00pm
Salvation Army, Booth
Street, Castleford,
WF10 1SA

Hope Peer
Support Group
1.30 am – 1.30pm
Foundation Housing
WF1 1TX

Creative
Writing Group
10 - 11:30am
Wakefield Library,
WF1 2EB
Alternate weeks starting
21st Feb 2025.

Appletree
Community
Garden
9:30am-4pm
Agbrigg Rd, WF1 5AE,
follow the long drive
opposite newland st

Saturday

Appletree
Community
Garden
10am-2pm
Agbrigg Rd, WF1 5AE,
follow the long drive
opposite newland st

Tieve Time
10:30am-1pm
Tieve Tara
Medical Centre
WF10 2QP

For further information contact Spectrum People on
spectrumpeople@spectrum-cic.nhs.uk

Join the **Team** programme,
our 12-week personal
development course, for
the chance to gain new
skills, take a qualification,
and meet new people.

Aged 16-25?

FIND YOUR DIRECTION

- Take on your own group community project
- Take part in a residential trip
- Get two weeks' work experience
- Develop your English and Maths skills
- Spend some time developing your CV and interview skills

Contact us to book your place or scan the QR code:



07740 516899



5th May 2025



ohardwick@heartofyorkshire.ac.uk



Castleford College
Thunderhead Ridge
WF10 4UA

SCAN ME



In
partnership
with
**The King's
Trust**

April 2025

**Socials +
Courses
for Adults**

Mondays

6.45-8pm
Table Tennis.

Starting 28th April

1.15-2.15pm
Reiki + Mindfulness
2.30-3.30pm
Adaptive Chair Yoga

Each course costs £4 a week, running for 4 weeks.

Tuesdays

10.30am-12.30pm
Cake and Conversation.
Practice your English conversation skills/ help others with theirs. A great way to meet neighbours from around the world!

12.30-1.30pm
Lunch at the Church.

5-7pm
No Bulls Hit, our men's darts and dominoes social.

Wednesdays

9.30am-12noon
All Things Digital. Book a 30min slot or drop in for support with your tech.

9.30-11.30am
Cycling for Fun at Thornes Athletic Stadium. £3.40pp.

10-11am
Chair Exercise. £4pp.

Thursdays

10.30-11.30am
Coffee + CHAT.

1-2.30pm
Crafty Chat at the Church. £1pp.

1-2.30pm
Thursday Leisure Club (TLC).

1.30-3.30pm **First session free!**
Singing for Fun at Jubilee Hall. £3pp.

Fridays

12.30-2pm **New transport deal!**
Friday Lunch Club. £7pp + optional door-to-door transport £3.

1.30-3pm **Coming soon!**
Friday Social Club, movies, quizzes, games and more (fortnightly).

Courses + Workshops

2nd April, 10am-12noon
Cushion Cover Sewing Workshop. £3.

Starting 7th April
CSCS course.

17th April, 9.30-11.30am
Decoupage Easter Bunny. £3.

Starting 25th April
ESOL course.

30th April, 10am-12noon
Cuddly Toy Workshop. £5.

COME VISIT US!

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

01924 369631

info@stgeorgeslupset.org.uk
www.stgeorgeslupset.org.uk


April 2025

**Children,
Young People
+ Families**

Little ones + their families

Tuesdays, 10.30-11.30am

Jiggle & Jives Stay, Play and Music,
West Wakefield Methodist Church.

For children ages 0-5 and their parents/ carers. £2 for the first child and £1 each for additional children.

Wednesday mornings

Rhyme Time

Prices + booking info at rhythmtime.net/west-yorkshire-south
Fridays, 9.30-10.30am

Baby Weigh + Play

Please note we're taking a break 4th-18th April and will return on Friday 25th at our original venue: St George's Community Centre.

Please contact Anne-Marie on 07956 266144 for more info.

Coming soon...

Maternal Journal - 5 week course starting 25th April, 11am-12noon.

Please contact Anne-Marie on 07956 266144 for more info.

Young Futures ages 7-18

Mondays

3-4.30pm
Youth work around Lupset. Various locations, all ages. Come say hi!

6-7.30pm
Youth Café at Jubilee Hall. Ages 13+.

Tuesdays

4-5.30pm
A-Z Youth Café. Ages 7-12.

Thursdays

3.45-5.15pm
Spokes - bike repairs and maintenance. Ages 7+.

5.30-7.30pm
Tech Zone in Young Futures office. Ages 11+.

Fridays

3-5pm
Connect Café in Young Futures office. Age 7+.

6-8pm
We Can with a Van. Various locations, all ages. Come say hi!

COME VISIT US!

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

01924 369631

info@stgeorgeslupset.org.uk
www.stgeorgeslupset.org.uk

**FUTURE
SELPH**

We support 16-25 year olds to develop an improved sense of mental health and wellbeing.

As part of this we run one to one support sessions and small group sessions.

- One to one support enables you to work on personal goals with a named worker.
- Our group sessions help you to connect with others, learn new skills and have some fun along the way.

To find out more about Future SELPH visit www.futureselfph.co.uk

Current groups:

Mondays

Neuro Link- a social group for independent neurodiverse young people - weekly.

Tuesdays

RESPECT boxing program - from fury to focus one punch at a time - weekly.

Budgeting with Mick- a useful and practical budgeting course - weekly.

Wednesdays

Art and crafts with Janet - no art skills required to attend. Supporting mindfulness and social opportunities at St George's - weekly.

Thursdays

Dungeons and Dragons - fantastical and friendly group - meets fortnightly.

Walking group - for local walks with some bigger trips on the horizon - meets fortnightly, alternates with Dungeons and Dragons.

Fridays

Art for wellbeing with Sarah - supporting wellbeing through art at St George's and through off site trips.

PLUS Minecraft group - various dates.

Upcoming groups:

Our successful Neuro-Inclusion Group is returning - life hacks for neurodiverse young adults.

Adulting 101 - Getting to grips with the challenges of being an adult - from how to read laundry labels to making friends as an adult.

To refer yourself

Call: 01924 330 267

Text: 07379 120 168

Email: futureSELPH@stgeorgeslupset.org.uk


April 2025

**Facilities,
Services +
Support**

Café

Monday - Friday,
9am-2pm
Providing a variety of homemade food and drinks at reasonable prices.

Childcare

We run four quality, not-for-profit nurseries:
Broadway (Lupset), Sandal, St Swithun's (Eastmoor) and Sunbeam (Lupset).

Clothing

Walk-in Wardrobe open for appointments! Providing clothes, toiletries, sanitary items and other essentials to families in need.

Employability

Drop-in for support from Step-Up Employability on all things jobs.

Tuesdays, 10am-12noon

Drop-in for help from the Department for Work and Pensions (DWP).

Tuesdays, 2-3pm

Facilities

Our community centre has: a board game + toy library, community book swap, free wi-fi, f, litter pick equipment (to borrow), local info, minibuses and room hire.

Health

Blood Pressure Checks
Drop-in to the centre for your numbers + helpful info.

NHS Smokefree Yorkshire
Bookable appointments, Mondays 4-7pm. Information sessions Wednesdays 1-2pm. Call 01924 252174 to register and book.

Food

Struggling to get food on the table? Talk to us. We can provide emergency food parcels (referrals only), and run a food pantry (paid membership).

Wellbeing

Change, Hope and Transition (CHAT) 1-2-1s
Experiencing low mood, grief, anxiety, loss of confidence or struggling with recent life changes? We can help. chat@stgeorgeslupset.org.uk
Connect West Wakefield
Our community connector can help you get out and about and feel less isolated. We'll work together to make small positive changes to help you achieve the goals you set. connect@stgeorgeslupset.org.uk
Turning Point Talking Therapies

Free talking therapies from qualified professionals, on your doorstep at St George's. Book on 01924 234860.

Money and Debt

Drop-in for advice from Leeds Credit Union. They can help people build a financial safety net, build or repair a borrower's credit rating.

Tuesdays, 10am-2pm

COME VISIT US!

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

01924 369631

info@stgeorgeslupset.org.uk
www.stgeorgeslupset.org.uk


FREE EMOTIONAL WELLBEING WORKSHOPS



Delivered by our Talking Therapies staff 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 District 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

MANAGING ANXIETY AND WORRY

Wed 23rd Apr: 12:00pm - 13:30pm

COMBATting LOW MOOD

Sun 27th Apr: 11:00am - 12:30pm

IMPROVING SLEEP

Sat 17th May: 10:30am - 12:00pm

LIVING WITH CHRONIC PAIN

Wed 21st May: 12:30pm - 14:00pm

KEEP MOVING FORWARD

Wed 28th May: 12:00pm - 13:30pm

WELLBEING AT WORK

Wed 4th June: 12:00pm - 13:30pm

CARING FOR CARERS

Wed 11th June: 12:00pm - 13:30pm

GRIEF AND DEPRESSION F2F (Talking Therapies Wakefield, 57 Kirkgate, Wakefield, WF1 1HX)

Thurs 26th June: 18:00pm - 19:30pm

*All are delivered via TEAMS, unless otherwise stated.



**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies

Windmill of Past Youth

You sold us treats
Eyes open with wonder at sweetmeats
We came every year
Your sails aloft and clear

We visited many times
To spend a dime
Colours bright
A welcoming sight
For kites and toys
To enjoy
Sand in shoe
Racing on the beach kites flew

But time moves on
That memory nearly gone
You started to fall
As I recall
Your sails fell, top lost
At what cost

Then childhood sadly fades
And memory shades

And we came no more

To that wonderful store
Magic of youth missed
Now ceased to exist

Years passed
And we didn't know
if you'd last

Until one day
we knew you were for restore
And be there for evermore
A windmill to save
From that demolition grave

We returned
to experience the delight
Memories flooding back to the site
Of sails and top restored
To strike again that memory chord
Standing proud as before

Alas no toy store:
But we don't need that anymore

Maybe in days to come there will be
new cheer

Another toy shop will appear
You stood the test of years it seems
And one day will make more
childhood dreams

Ode to Medmerry Windmill Selsey

RYDER 2024

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Notes

This was a windmill that had become a toy shop in the days of holidays in the area as a child. It was a former working mill and then fell into disuse. It became a toy shop lost its sails (sales?) and eventually the top was damaged and carried on as a half mill.

Years went by and it fell into disuse altogether and last year we went in search of it and I was informed that it had been restored. Unfortunately it is in a car park and restricted but discovered that it is still there albeit not in working order hopefully one day it will be back.



RYDER

