



The Supporter Newsletter

4 November 2022



South West
Yorkshire Partnership
NHS Foundation Trust



01924 316946



www.wakefieldrecoverycollege.nhs.uk



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



facebook.com/wakefieldrecoverycollege
facebook.com/wakefielddiscoverycollege



@WF_RecoveryColl
@WakefieldDC



@Wakefieldrecoverycollege
@Wakefielddiscoverycollege

With **all of us** in mind.

YOU ARE WELCOME HERE,
in sharing hear.

By Shannon.

New Ways November 2022

MONDAY



1 Make a list of new things you want to do this month

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

TUESDAY

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

WEDNESDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

THURSDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

FRIDAY

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

SATURDAY

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show

SUNDAY

6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it



ACTION FOR HAPPINESS

Happier · Kinder · Together

Have a look at the courses that are coming up soon at the Wakefield Recovery College and the Wakefield Discovery College.

What's coming up at the Wakefield Recovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

8th November

An introduction to personality disorder
1pm-3.30pm

8th November

Coping with life by using relaxation
10.30am-12pm

9th November

Understanding depression
1pm-3pm

9th November

Boogie bounce
10am-10.45am

10th November

Dyslexia awareness
10.30am-12.30pm

10th November

Lifting your spirits; Enhancing inner strength & wellbeing
2pm-4pm

10th November

Homemade Christmas craft ideas
10am-12pm

11th November

Medication and me
10am-12pm

17th November

Christmas rag wreaths
10am-12pm

17th November

Expressive writing
10am-11.30pm

18th November

Autism awareness
10am-12pm

22nd November

Managing anxiety (Female only)
1pm-2.30pm

24th November

Christmas rag wreaths
1pm-3pm

25th November

Christmas gonk making
12.30pm-3pm

28th November

Christmas hessian hearts
10am-12pm

1st December

Enhancing self-care & wellbeing
1.30pm-3.30pm

8th December

Quitting smoking
1.30pm-2.30pm

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

What's coming up at the Wakefield Discovery College



Accepting change

8th November
2.30pm - 4pm

Recipes across the years

9th November
10.30am - 12pm

Wonderful weaving

14th November
10am - 12pm

Scrapbooking for wellness

14th November
1.30pm - 3.30pm

Looking after your sleep

15th November
10.30am - 12pm

Learning more about the West Riding Pauper Lunatic Asylum

16th November
10.30am - 12pm

Understanding hearing voices

18th November
10.30am - 12.30pm

Bookbinding

23rd November
10.30am - 12pm

Self-care and self-soothe

24th November
10am - 12pm

An introduction to mindfulness

24th November
1.30pm - 3.30pm

Managing depression

30th November
10am - 11.30am

Managing anxiety

1st December
1.30pm - 3pm

Coping with challenges

1st December
10am - 12pm

Christmas gonk making

2nd December
12.30pm - 2.30pm

Quit smoking

5th December
11am - 12pm

Tackling loneliness

5th December
1.30pm - 3pm

Dyslexia awareness

8th December
10.30am - 12.30pm

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



Discovery College

Part of Wakefield Recovery and Wellbeing College

We are open for enrolments but don't forget if you are already enrolled you can give us a call to book on to the courses- no need to fill in another enrolment form.

Keep an eye on our website www.wakefieldrecoverycollege.nhs.uk for up-to-date information on courses and workshops. And don't forget, for now, as we have to follow NHS England guidance, we must all still wear a face mask when mobile indoors at any of our courses/workshops (but we can now take these off when we're sat down) and adhere to 1m social distancing.

**FREE
course**

Expressive writing

Expressive writing is about self-expression. It helps a person to think about their experiences and put their thoughts and feelings into words. These workshops will offer you an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing.

It doesn't matter whether or not you're used to writing, the exercises and conversation will help you to write about your life and experiences; from a few lines to a story, from a list to a poem, from all the things you've missed over the past couple of years, to all the things you've gained.

At each session, the facilitator (a professional writer supported by the Royal Literary Fund) will read aloud a short piece of published writing (poetry or prose) and invite you to talk about how the words impact on you. Short writing prompts and exercises will then be offered to help you write about your own experiences, thoughts and feelings.

17th of November 2022- 10.30am-12.30pm

4 Weeks course every Thursday



**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

Join our adult craft and chat group at Wakefield Library



Upcoming Dates (Saturdays)

8th October, 12th November,

10th December

from 1pm - 3pm

For more information please contact

Wakefield Library

01924 305376

wakefieldcouncil
working for you



BUSY BEES

TUESDAYS 9:30AM - 11:00AM



A voluntary contribution £1.50 per child
Includes lots of fun activities, snacks and refreshments for the children



Childminders: £1.50 per child



ST SWITHUN'S COMMUNITY CENTRE,
ARNCLIFFE ROAD, WF1 4RR

t: 01924 361212

e: info@eastmoorcommunity.co.uk

WWW.EASTMOORCOMMUNITY.CO.UK

EASTMOOR
COMMUNITY PROJECT LTD

MAN MATTERS



The Ridings
AT THE HEART OF WAKEFIELD



MAN MATTERS Coffee Morning @ The Ridings!

MAN MATTERS are happy to announce that from Thursday 3rd November, we will be holding mornings for men with free tea and coffee, every other Thursday Morning, **10:00am - 12:30pm**, at The Ridings Shopping Centre in Wakefield Town!

If you **identify as Male, 18+** and **living in the Wakefield district**, pop down for a brew and a chat.

Find us here:



2022 Coffee Morning Dates

3rd November, 17th November

1st December,

15th December, 29th December

Facebook - Man Matters
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792



Supporting
Male Victims
of Domestic
Abuse

GASPED

Our independent service offers 1-1 support, advice, information and liaising on your behalf.

Are you a male experiencing domestic abuse or have you been affected by it?

Would you like to speak to some confidentially?

01924 787501

For More Information

VISIT US AT

5a
Cheapside
Wakefield
WF1 2SD

Facebook - Gasped
www.Gasped.co.uk

Charity: 1072174
Company Registration: 03580792

Helping to create a society in which older people are valued and recognised;
improving the quality of life for older people

Job Vacancy

Digital Volunteer Co-ordinator

Salary: £20,202 per annum (pro rata) - £10.50 per hour
Hours: 22.5 hours per week
Contract Term: 15 months
Location: Based at 7 Bank Street, Castleford, with travel throughout the Wakefield Metropolitan District, and some working from home.

Job Role:

Working with appropriate managers and project team members, develop and coordinate a team of Digital Volunteers to deliver a Digital Inclusion Service (DIS) for older people.

Part of our expanding Community services, this project will enable the Charity to embed the Digital Inclusion Service (DIS) as part of the core offering. Experience of recruiting and supporting a volunteer force to deliver a service is highly desirable for this role.

Working with the Volunteer Manager and through existing and new partnerships, establish and deliver a focussed recruitment campaign to generate a team of enthusiastic Digital Volunteers.

Please see Job Description and Person Specification for full Job Purpose, Main Duties, Experience needed and Benefits we can offer.

Applicants must be able to drive with access to a vehicle with business use insurance and be able to reliably commute or relocate to Wakefield, West Yorkshire for this job.

Closing Date: 12.00 noon – Thursday 10th November 2022

To apply please download a Recruitment Pack from www.ageukwd.org.uk or email jobs@ageukwd.org.uk

For an informal discussion relating to the role please contact:
Brenda Wardle – Programme Manager
t: 01977 552114 e: brendawardle@ageukwd.org.uk

Age UK Wakefield District, 7 Bank Street, Castleford, WF10 1JD
Registered Charity No: 1090511 Registered in England and Wales
(Age UK Wakefield District aims to be an Equality & Diversity employer)

Wakefield Talking Therapies

Free Wellbeing Workshops

November 2022



Mind-Body Connection

Tuesday 1st November
1:30 - 3pm

Positive Body Image

Sunday 20th November
1:00 - 2pm

Overcoming Panic Attacks

Sunday 6th November
10:30am - 12pm

Coping with the Festive Period

Sunday 20th November
10:30am - 12pm

Improving Sleep

Sunday 6th November
1:00 - 2pm

Keep Moving Forward

Sunday 22nd November
1:00 - 2pm

Emotional Eating

Sunday 13th November
10:30am - 12pm

Sunday 26th November
10:30am - 12pm

(Bonus support for those who have used our service before)

Being Kind to Yourself

Sunday 13th November
1:00 - 2pm

Winter Wellness

Sunday 27th November
10:30am - 12pm

Menopause & Me

Sunday 13th November
1:00 - 2pm

Loneliness & Isolation

Sunday 27th November
10:30am - 12pm

Working together:



Could a career in adult social care be for you?



Thursday 10th November
10am - 3pm

Wakefield Town Hall WFI 2HQ

Drop into our next session where you'll have the chance to speak to employers, ask questions, and learn the benefits to social care.



Recruitment Fair



Care. Compassion. Community.

Coffee and Catch Up

Every Tuesday (Starting on the 1st November)

Time: 1:00 - 3:00

Venue: The Café, Notcutts, Victoria Nurseries,
Wakefield Road, Featherstone, WF7 6BS

This social group is open to anyone, it is a chance to meet other people and a chance to chat to Hospice Staff. Drinks and refreshments are available to buy from the café. We will have a sectioned off area and look forward to seeing you there - look out for the Hospice banner!



Better Health every mind matters



Feeling anxious?
Simple breathing exercises could help.

Search Every Mind Matters



Not sure which scheme is for you?

Don't worry, we're here to help. Visit our website for more information or give us a call on the number below and we'll help find the right scheme for you.

If you don't think you qualify for any of our schemes or you're not sure, you can still get in touch and we'll do all we can to help.

Ready to apply? Great news!

You can apply online, or feel free to give us a call.



yorkshirewater.com/helptopay



0345 124 24 24



Worried about other bills?

You can also get free independent advice from:

StepChange
Credit Charity

stepchange.org



or your local
Citizens Advice

Need to get in touch



Visit our website
yorkshirewater.com/helptopay

Get more from Yorkshire Water

Sign up to our mailing list and be the first to hear about:

- what we're up to
- our help and support services
- water saving advice
- top tips to avoid blockages



yorkshirewater.com/sign-up

Other ways to contact us



yorkshirewater.com/contact
Call us on 0345 124 24 24

For billing enquiries we're open Monday to Friday 8am-6pm and Saturday 9am-5pm. For water and sewerage enquiries we're open Monday to Saturday 6.30am-10pm and Sunday 7.30am-10pm.

We're open 24/7 for emergency calls.

Yorkshire Water Services Limited, Western House, Halifax Road, Bradford, BD6 2SZ. Registered in England and Wales No.02366682

Help paying your bill

We can support in lots of ways



yorkshirewater.com



YWSS008 02/2022

How we can help

We don't want anyone to worry about paying their water bill. Take a look at all the free ways we could help you save.

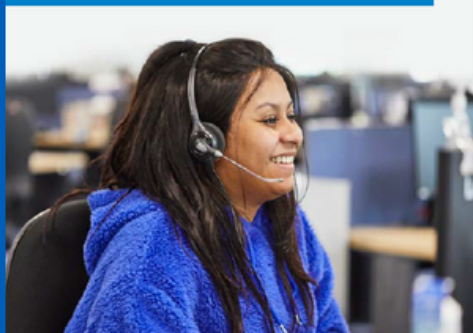
Do you have a water meter?

Being on a meter could make a huge difference to your bill, depending on the type of house you live in, because you only pay for what you use rather than a set price.

If you don't already have a meter, get in touch to see if we can fit one free of charge and start saving you money.

Our payment plans

We can set up a payment plan to help you pay in instalments. You can choose an arrangement that works best for you.



Our support schemes

Why not apply for one or more of our schemes below? It could help to reduce the amount you pay for your water bill.



WaterSure You can apply if:

- You have a water meter or would be happy to have one fitted.
- You claim an income-based benefit, (for example Universal Credit), and
- You need to use extra water (due to a medical condition or you have three or more children.)

How it can help you:

Your bill will be capped at the average water bill amount, so if you use more than this, you won't need to worry.



WaterSupport You can apply if:

- You have a low household income and
- Your annual water bill is higher than average.

How it can help you:

We may be able to reduce the amount you pay in line with our average water bill. (If you're not sure, ask us and we'd be happy to check for you).



Water Direct You can apply if:

- You're on benefits. Please ask us and we can advise if you qualify.

How it can help you:

We can take payments directly from your benefit. This can help you to budget – less hassle, less worry!



Resolve You can apply if:

- You have more than 12 months of unpaid water bills.

How it can help you:

We can support you in paying off your debt within 12 months.



Community Trust An independent registered charity we work closely with to offer support.

You can apply if:

- You have arrears with Yorkshire Water between £50 and £2000.
- You have at least one priority debt such as rent or council tax.

How it can help you:

You may be awarded an amount direct into your Yorkshire Water account, to help pay off your water bill arrears.

Take a break

