Why would someone choose our service?

- All our venues are accessible community venues around the Wakefield district and 5 towns area
- We are flexible and can offer courses/workshops for your GP practice, your workplace or your community group
- Courses/Workshops are arranged to take place in both mornings and afternoons at times our clients have said they prefer
- The service is free and confidential

If you are interested in finding out more about any of the services listed in this leaflet, please get in touch with us via one of the following methods:

**Call us:** 01924 255363
**Email us:** swy-tr.livewellwakefield@nhs.net
**Find us on Facebook:** LivewellWakefield
**Find us on Twitter:** sms@livewellwakefield
**Visit our website:** www.livewellwakefield.nhs.uk

Our services:

- **Self Management Courses**
  - General Self-management of Long Term Conditions (LTP)
  - Managing Depression
  - Managing Persistent Pain
  - New beginnings for your mental health

Our service also offers support to anyone who cares for someone living with any long term health issues/difficulties and we welcome carers on our courses.

By using the tools and techniques we offer, you can develop and improve the quality of your life.
Self Management Courses
Including Expert Patient Programme (EPP)

General Self-Management Courses (EPP)
Venue: West Wakefield Methodist Church
Date: Monday’s - 16th September 2018 to 15th October 2018
Time: 10:30am - 1:00pm

Venue: Hemsworth Library
Date: Tuesday’s - 16th October 2018 to 20th November 2018
Time: 10:30 - 1:00pm

Venue: Queens Avenue Community Centre
Date: Tuesday’s - 16th January 2019 to 19th February 2019
Time: 10:30 - 1:00pm

Venue: West Wakefield Methodist Church
Date: Monday’s - 21st January 2019 to 25th February 2019
Time: 10:30am - 1:00pm

New Beginnings Courses
Venue: Queens Avenue Community Centre
Date: Tuesday’s - 2nd October 2018 to 13th November 2018
Time: 10:30am - 1:00pm

Venue: Airedale Library
Date: Wednesday’s - 24th October 2018 to 5th December 2018
Time: 10:30am - 1:00pm

Venue: Nova Wakefield
Date: Thursday’s - 24th January 2019 to 7th March 2019
Time: 10:30am - 1:00pm

**Venue: Drury Lane H&W Centre (Recovery College)
Date: Thursday’s - 31st January 2019 to 14th March 2019
Time: 10:30am - 1:00pm

Venue: Hemsworth Library
Date: Tuesday’s 8th January 2019 - 19th February 2019
Time: 10:30am - 1:00pm

Persistent Pain Courses
Venue: Airedale Library
Date: Wednesday’s - 13th February 2019 to 20th March 2019
Time: 1:00pm - 3:30pm

Venue: Nonnaminion Fire Station
Date: Thursday’s - 15th November 2018 to 20th December 2018
Time: 1:00pm - 3:30pm

S.M.a.S.H Society (Self Management and Self Help)
If none of the courses or workshops in the week are at a time or a place that suits you, independent to Live Well Wakefield is S.M.a.S.H Society - a group that meets on a monthly basis across the Wakefield District for anyone who wishes to meet up and share with others in an informal, friendly setting to improve their self-management skills. The group is run by dedicated volunteers who have personal experience of living with a long-term health condition. We maintain close links with this group to ensure we can offer those accessing our service the most opportunities to improve their self-management skills. If you wish to find out more about this group, including when and where they meet call us on 01924 255363

Workshops

Managing Breathlessness
Venue: Nova Wakefield
Date: Thursday 4th October 2018
Time: 10:00am - 12:00pm
Venue: Hemsworth Library
Date: Tuesday 9th October 2018
Time: 10:00am - 12:00pm
Venue: Airedale Library
Date: Wednesday 10th October 2018
Time: 10:00am - 12:00pm
Venue: Agbrigg Community Centre
Date: Friday 26th October 2018
Time: 10:00am - 12:00pm
Venue: Queens Avenue Community Centre
Date: Tuesday 20th November 2018
Time: 10:00am - 12:00pm
Venue: Airedale Library
Date: Friday 22nd February 2019
Time: 10:00am - 12:00pm

Coping with Physical Pain
Venue: Agbrigg Community Centre
Date: Friday 7th September 2018
Time: 10:00am - 12:00pm
Venue: Nova Wakefield
Date: Thursday 13th September 2018
Time: 10:00am - 12:00pm
Venue: Airedale Library
Date: Monday 6th November 2018
Time: 10:00am - 12:00pm
Venue: Agbrigg Community Centre
Date: Friday 9th November 2018
Time: 10:00am - 12:00pm
Venue: Queens Avenue Community Centre
Date: Tuesday 4th December 2018
Time: 10:00am - 12:00pm
Venue: Agbrigg Community Centre
Date: Friday 11th January 2019
Time: 10:00am - 12:00pm
Venue: Airedale Library
Date: Monday 11th March 2019
Time: 10:00am - 12:00pm
Venue: Hemsworth Library
Date: Tuesday 19th March 2019
Time: 10:00am - 12:00pm

Feeling Positive Busting Stress
Venue: Agbrigg Community Centre
Date: Wednesday 25th July 2018
Time: 10:00am - 12:00pm
Venue: Queens Avenue Community Centre
Date: Tuesday 4th September 2018
Time: 10:00am - 12:00pm
** Venue: Baghill House (Recovery College)
Date: Wednesday 19th September 2018
Time: 10:00am - 12:00pm
** Venue: Kinsley & Fitzwilliam Resource Centre
Date: Friday 21st September 2018
Time: 10:00am - 12:00pm
** Venue: Drury Lane H&W Centre (Recovery College)
Date: Tuesday 25th September 2018
Time: 10:00am - 12:00pm
Venue: Nova Wakefield
Date: Thursday 1st November 2018
Time: 10:00am - 12:00pm
Venue: Agbrigg Community Centre
Date: Friday 14th December 2018
Time: 10:00am - 12:00pm
Venue: Queens Avenue Community Centre
Date: Tuesday 26th February 2019
Time: 10:00am - 12:00pm

Coping with Life Using Relaxation
Venue: Queens Avenue Community Centre
Date: Tuesday 7th August 2018
Time: 10:00am - 12:00pm
Venue: Agbrigg Community Centre
Date: Friday 28th September 2018
Time: 10:00am - 12:00pm
** Venue: Baghill House (Recovery College)
Date: Monday 9th October 2018
Time: 10:00am - 12:00pm
** Venue: Drury Lane H&W Centre (Recovery College)
Date: Friday 12th October 2018
Time: 10:00am - 12:00pm
Venue: Hemsworth Library
Date: Tuesday 19th November 2018
Time: 10:00am - 12:00pm
Venue: Queens Avenue Community Centre
Date: Tuesday 8th January 2019
Time: 10:00am - 12:00pm
Venue: Agbrigg Community Centre
Date: Friday 15th February 2019
Time: 10:00am - 12:00pm
Venue: Nova Wakefield
Date: Thursday 14th March 2019
Time: 10:00am - 12:00pm

Course & Workshop Venues:
West Wakefield Methodist Church - Thores Road, Wakefield, WF2 8UR (On the junction of Thores Road & Harbury Road, there is a church carpark that you are welcome to use)
Hemsworth Library - Market St, Hemsworth WF9 4JY (Next to the bus terminus, near Tesco supermarket)
Queens Avenue Community Centre - 18 Queens Avenue, Pontefract, WF8 4SD (Enter the estate next to the Barrows building, the community room is next to the local shop)
Airedale Library - The Airedale Centre, Castleford WF10 3UJ
Nova Wakefield - 11 Upper York Street, Wakefield WF1 3LQ (Som detached house, situated across the road from the large car park on Northgate, at the rear of the bus station)
Agbrigg & Belle Vue Community Centre - Montague St, Wakefield WF1 5BB
Drury Lane Health & Wellbeing Centre - Drury Lane, Wakefield WF1 2TE
Kinsley & Fitzwilliam Resource Centre - Wakefield Road, Kinsley, WF9 6BP
Baghill House - Walkergate, Pontefract, WF8 1QW

Dates subject to change and additional dates may become available throughout the year - Please call 01924 255383 to check dates and times and to book a place.
For courses and workshops marked with ** please call the Recovery College on 01924 316946 to book a place.