

If you are interested in volunteering as a tutor or want to find out more about other volunteering roles available within the Live Well Wakefield Service give us a call on 01924 255363

to tutor our courses.

All our courses are led by dedicated volunteers who have personal experience of living with long term health conditions. Each one came to the service by enrolling as a participant on one of our courses. They have all received training as part of an accredited programme and now share their skills to benefit others, by volunteering their free time



To find out more about these workshops or to book a place call us on 01924 255363

Coping with Physical Pain
Managing Breathlessness
Feeling Positive, Busting Stress
Coping with Life Using Relaxation

currently on offer are:

We offer workshops that last approximately 2 hours and offer an opportunity to meet and share with others. There are practical techniques to try and tools which you can build on to support you at home and in the future. Workshops

Workshops

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](https://www.facebook.com/Livewellwakefield)

Find us on Twitter: [sms@livewellwakefield](https://twitter.com/sms@livewellwakefield)

Visit our website: www.livewellwakefield.nhs.uk

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Our services:

Self Management Courses (EPP)

General self-management of long term health conditions (EPP)
 This course is ideal for those who would like general tools/techniques to help support any long term health conditions. This is also a valuable course for carers to attend with or without the person they are supporting. This course runs for 6 weekly sessions of 2.5 hours per session

New beginnings for your mental health

This course addresses specific issues around managing depression and anxiety, as well as offering techniques for supporting your mental wellbeing more effectively. This course runs for 7 weekly sessions of 2.5 hours per session

Managing persistent pain

This course helps support those who live with a health condition causing physical pain on a day to day basis. By learning about and using a self-help toolkit, you can learn new ways to tackle some of the challenges life brings. This course runs for 6 weekly sessions of 2.5 hours per session

To speak to one of the team about a course or to book a place call us on 01924 255363



South West Yorkshire Partnership **NHS**
NHS Foundation Trust



Live Well
Wakefield

Self Management Services

September 2018 - April 2019

We provide a range of services that promote appropriate self-management of long term health conditions. We also provide several workshops which can offer you practical skills to help maintain your general health and wellbeing

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 - 10th 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 - 15th January 2019 to 19th February 2019
Time: 10:30am - 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&WB Centre (Recovery College)
Date: Thursday's - 31st January 2019 to 14th March 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

S.M.a.S.H Society (Self Management and Self Help)

If none of the courses or workshops in this leaflet are at a time or 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: 1:00pm - 3:00pm

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: 1:00pm - 3:00pm

Venue: Airedale Library
Date: Monday 5th November 2018
Time: 10:00am - 12:00pm

Venue: Agbrigg Community Centre
Date: Friday 9th November 2018
Time: 1:00pm - 3:00pm

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: 1:00pm - 3:00pm

Venue: Hemsworth Library
Date: Tuesday 19th March 2019
Time: 10:00am - 12:00pm

Feeling Positive Busting Stress

Venue: Airedale Library
Date: Wednesday 25th July 2018
Time: 1:00pm - 3:00pm

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&WB 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: Airedale Library
Date: Wednesday 23rd January 2019
Time: 1:00pm - 3:00pm

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 8th October 2018
Time: 10:00am - 12:00pm

** Venue: Drury Lane H&WB Centre (Recovery College)
Date: Friday 12th October 2018
Time: 10:00am - 12:00pm

Venue: Hemsworth Library
Date: Tuesday 11th December 2018
Time: 10:00am - 12:00pm

Venue: Airedale Library
Date: Wednesday 12th December 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: 1:00pm - 3:00pm

Venue: Nova Wakefield
Date: Thursday 14th March 2019
Time: 10:00am - 12:00pm

Course & Workshop Venues:

- West Wakefield Methodist Church - Thomes Road, Wakefield. WF2 8UR (On the junction of Thomes Road & Horbury 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 Barracks building, the community room is next to the local shop)
- Airedale Library - The Airedale Centre, Castleford WF10 3JJ
- Nova Wakefield - 11 Upper York Street, Wakefield WF1 3LQ (Semi 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 5BP
- Baghill House - Walkergate, Pontefract, WF8 1QW

Dates subject to change and additional dates may become available throughout the year - Please call 01924 255363 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.

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