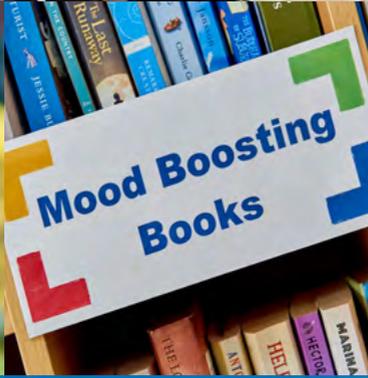


August -  
December  
2019

**NHS**

South West  
Yorkshire Partnership  
NHS Foundation Trust

# Wakefield and 5 Towns Recovery College



Find your skills, discover your strengths, explore  
your potential to volunteer and recognise yourself

With all of us in mind.



# Welcome to our recovery college

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**Throughout the prospectus you will see these symbols**



**Stats\***



**Student quotes\***

\* sourced from students' evaluation forms completed at the end of each course and from a trust wide survey/outcome measure looking at the social return on investment at all the recovery colleges

# Introduction to Wakefield and 5 Towns Recovery College

We are delighted to welcome you to the Wakefield and 5 Towns Recovery College, brought to you by South West Yorkshire Partnership NHS Foundation Trust.

For those of you reading a Wakefield and 5 Towns Recovery College prospectus for the first time... Welcome! We're all a really friendly bunch and all of the courses and workshops you'll see on offer in here are informal, as far away from a traditional college/school as you can imagine, and most importantly, have had design and delivery influence of someone with lived experience of the illness, condition or skill that the course is about.

For those of you who have been with us before...Welcome back! We're over the moon that you gave us a 100% recommendation rating to your friends and family last year and that you've come back to learn more with us. We hope you like our new courses and workshops, such as "Seasonal affective disorder", "Understanding and managing self-harm" and "Cross stitch", as well as our firm favourites, such as "Understanding anxiety", "Local history uncovered" and "Couch to 5K".

As always, Janette (our college secretary) and I would like to thank all of our volunteers, partners and extended team members for their continued support, hard work and contributions to the Wakefield and 5 Towns Recovery College and its students; your efforts really are making a difference to the lives of our students.

This year, we found that 78% of our students have been able to successfully put the things they have learned with us in to practice and that 67% of students requested information about accessing more things within their community, leading to students being able to decrease the contact they feel they need with health services and have an ownership over their own health and wellbeing.

We also have some exciting news for this term! Alongside our sister recovery colleges within the Trust, we have a new customer relationship management system, which enables our students to now submit their enrolment forms online, making the enrolment process quicker and easier.

On behalf of all the team here, I would like to wish you well for the new term and hope you enjoy your courses and workshops.

**Lindsey – Recovery College Principal**

## What happens when I enrol?

At the back of the prospectus you will find an enrolment form, complete with a student charter and equality monitoring information form. We ask that you fill this in, sign it and send it to the college either by post or email. If you have any difficulties in completing the form please contact us and we will arrange support with this. Contact details are on the back of the prospectus.

**Please note that courses/workshops close for enrolments two weeks before their start date, with some courses filling up very quickly. Make sure you get your enrolment form in early to avoid disappointment.**

## Learning support

We offer information, advice and guidance about each course and workshop and its content. Once the college receives your enrolment you will be offered an appointment to meet with a member of the college team to spend time going through your individual learning plan (ILP). As your course/s or workshop/s progress, we will help you to identify your goals, hopes and ambitions for your recovery journey. Within the learning plan there is an opportunity to discuss any learning support needs you may have. We will do everything we can to support you. An individual review appointment is also available for you at the end of your learning if you should wish for one.

## Feedback

We want to create an environment that encourages learning and where learners feel they are supported. Feedback from students, visitors, volunteers and staff is vital to how we develop and co-produce the college and the courses we deliver. We hope to do this through regular evaluation and our development and planning groups and we welcome your comments and ideas. Don't forget – this is your Recovery College after all.

# Wakefield and 5 Towns Recovery College partnerships

The Wakefield and 5 Towns Recovery College has been developed in partnership with South West Yorkshire Partnership NHS Foundation Trust staff, volunteers, people with lived experiences of mental and physical ill health and with organisations across the Wakefield district and the surrounding areas. We would like to express our sincere thanks to those people in these partnerships, as without them and their support, the Wakefield and 5 Towns Recovery College would not be able to deliver the services that it does and help people on their own recovery journey.



## Admiral nurses

The admiral nurses support families living with the effects of dementia across the Wakefield district. They focus on the needs of the family to better understand dementia and the progression of the condition. Admiral nurses provide support for carers, working in partnership with fellow services and agencies across the locality.



## Alzheimer's Society

The Alzheimer's Society provide information and support for all types of dementia, running Forget-Me-Not cafes and Singing for the Brain groups across the Wakefield district. They run Dementia Friends sessions, Schools Information Programmes and Information Courses for Carers of people with dementia.



## Apple Tree Allotment & Community Garden, from Wakefield Council's Health Improvement team

The Health Improvement team offers support to identify and develop opportunities to embed and improve health and wellbeing across the district, with a specific focus on increasing activity and reducing obesity as well as preventing ill health and reducing inequalities.



## Battle Scars

Battle Scars' philosophy is to support, educate and bring everybody together. Initially Leeds based, their community group was formed in 2016 to help to remove the stigma and increase the understanding around self-harm, as well as help people feel supported and no longer alone. With rapid growth, they became a registered charity in England and Wales in 2018 and now run survivor-led groups and workshops in Leeds and Wakefield, offering support and education to those who self-harm, their families, friends and carers and to professionals or anyone else who is trying to understand self-harm and eating disorders.



Comets is dedicated to fusing fitness & fun through activities such as running, buggy walks and cycling. The club started as a small group of likeminded individuals who wanted to increase their fitness who started running and exercising together and decided to form the Comets. They are currently working with the West Yorkshire 'Mums Team' initiative to encourage more women to participate in exercise

and sport with some choosing to lead these activities. They are also a supporter of the 'This Girl Can' campaign. This campaign resonates with all of the group leaders and many group members, summing up their Comets ethos of 'Any Girl Can'. Their team consists of fully qualified leaders (Leadership in Running Fitness, Walking for Health & Level 1 Breeze / British Cycle coach leaders) who hold DBS certificates and First Aid qualifications. All of their enthusiastic team volunteer to lead Comets activities.



### **Creative Minds**

Creative Minds is all about the use of creative approaches and activities in healthcare; increasing self-esteem, providing a sense of purpose, developing social skills, helping community integration and improving quality of life. They develop community partnerships to not only co-fund but also co-deliver projects for local people.



### **Cycling UK**

Cycling UK want people of all ages, backgrounds and abilities to be able to cycle safely, easily and enjoyably. Cycling UK has championed the cause of cycling for almost 140 years. They promote all forms of cycling, protect the interests of existing and would-be cyclists, and inspire people of all ages, backgrounds and abilities to discover the joys of cycling.



### **Dementia Friends**

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. Dementia Friends is about learning more about dementia and the small ways you can help, from telling friends about the Dementia Friends programme to visiting someone you know living with dementia, every action counts.



### **St. Swithuns Community Centre, Eastmoor Community Project**

Eastmoor Community Project is based at St Swithuns Community Centre, a busy and welcoming building based in the heart of Eastmoor Estate. They run a variety of activities, social groups, workshops and community events throughout the year. Their aim is to respond to their community, to provide suitable resources and support people to thrive and achieve. They run a well-being project called 'Building Blocks to Resilience' which focuses on health and well-being support, enabling their local community to develop coping strategies and support networks to help them maintain good health. They also operate a community café, providing home cooked and healthy food options. Their facilities are available to hire, with a variety of meeting rooms including a conference suite and activity hall. Everyone walking through their doors can expect a friendly welcome and support to access their services.



## GASPED

GASPED (Greater Awareness and Support for People Encountering Drugs) is a unique service, that delivers a range of support for people affected by their loved ones drug and alcohol misuse.

Gasped provide practical and outcome focused emotional help, information and support to parents, partners, grandparents, families and carers of people who misuse legal or illegal drugs, prescription drugs and alcohol. Gasped services include; Person centered counselling and one to one support to give families the coping skills required to help themselves and support their loved one better; Community based support groups; 24 hour helpline; Crisis intervention; Drop in service throughout the Wakefield area for support and advice; Hypnotherapy and complimentary therapies; Training workshops in the form of relaxation techniques, awareness of co-dependency, and importance of boundary setting.

Gasped also partner ANDYSMANCLUB, which meet every Monday evening at 7.00pm at the Gasped offices. ANDYSMANCLUB is a safe place for men to talk about worries and anxieties that concern them, without being judged. The biggest killer of men aged between ages nineteen and fifty in Yorkshire is suicide; Gasped in partnership with ANDYSMANCLUB are working to reduce those figures.



## Live Well Wakefield

In the Live Well Wakefield Service we understand that there are many things that can affect our ability to feel healthy and remain independent. We appreciate this and can offer individual support to help address these needs. We can do this by offering individual, personalised support either in your own home or in the community, help you navigate services such as health and social care or tell you about community groups and activities in your own area. We can also offer you courses and workshops to help you self-manage your long term condition.



## Managing Dyslexia

Managing Dyslexia is a community group run in local libraries for adults with dyslexia. Learners are helped to develop their English skills, but also to look at coping strategies and peer support to help deal with their disability in everyday life. The groups meet every week, deliver dyslexia awareness sessions to the public, fund raise to keep the groups running and have a lot of fun!



## Groundwork

Groundwork is the environmental charity with the green heart. They're dedicated to changing places and lives until everywhere is vibrant and green, every community is strong enough to shape its own destiny and everyone can reach their full potential.



## Northern College

Northern College is a provider of adult education services. The college's main mission is to provide outstanding adult residential and community education for the empowerment and transformation of individuals and communities. Northern College can provide fully funded courses at their residential college. They specialise in bringing people back into education, equipping them with the confidence, study and life skills necessary to get the best from their programme of learning. Many people attending college are unemployed, in recovery from drug and alcohol addictions or mental health issues, ex-offenders or from areas of high socio-economic disadvantage. The college has a strong history of working with community groups and helping to develop the skills of their staff, including volunteers. Northern College's role within recovery colleges is to facilitate groups of students attending community learning courses.



## Open Country

Open Country is a Harrogate-based charity that seeks to enable anyone with any disability to access the countryside. They achieve this through a variety of countryside activities and the provision of training, advice and information. After nearly 25 years working in North Yorkshire, they launched a new outreach project, *Wild about Wakefield*, in September 2017. The project offers day services with a difference: a weekly walking group, weekly nature-based activities, a seasonal tandem cycling club and weekend outings. They work with adults with learning and physical disabilities as well as those with mental health conditions. Based from Thornes Park and with the provision of a minibus, volunteers and equipment, they aim to engage over 90 new members with the outdoor world, enabling them to access the countryside in exciting new ways.



## ORCHA

The Organisation for the Review of Care and Health Applications, is the trusted source for health app advice. By increasing access to health apps, building awareness of their benefits, and facilitating trust amidst the complex data privacy landscape, ORCHA empowers people and professionals to embrace digital health.

With over 327,000 health apps currently available, ORCHA's stringent App Review process breaks through the noise of unregulated and untrustworthy apps. Members of the public can use ORCHA's App Finder to discover the best health apps for their own, personal needs, with all apps scored by ORCHA according to their Data and Security, Clinical Assurance and User Experience.

As the world's leading health app evaluation and advisor organisation, ORCHA is constantly striving to fulfil its mission to make digital healthcare accessible to everyone. Through increased clarity and trust, ORCHA believes this can be achieved.



## Pro-Fit Personal Training

At Pro-fit personal training we believe in you achieving your potential and making a difference to people's lives to live a happy healthier lifestyle. Our mission is to combine exercise, nutrition and motivational coaching along with amazing customer service to help people achieve phenomenal results.



## Think Crea8tive

Think Cre8tive Group CIC actively promotes and develops the use of creativity in local communities within England by working with individuals, families, groups and other organisations in a common effort to advance education, recreation, research, provide facilities in the interests of social welfare, and widen opportunity for social cohesion with the objective of improving the conditions of life for the local community. They passionately believe that the Arts, and in particular learning music, is of great benefit and importance to our mental health and well-being and should be able to be accessed pre-birth and throughout our lives. They work in local communities delivering a variety of projects and training to enable everyone to have access. Think Cre8tive Group CIC is a consortium of music educators and clinical experts specialising in expressive musical skills through an intervention approach to mental health and wellbeing through music.



## Together

Wakefield Advocacy Together Hub provides range of statutory services, for adults, across the Wakefield District, including IMHA/Independent Mental Health Advocacy (This may help if you are detained in hospital, or under a Community Treatment Order, because of mental health illness.), IMCA/Independent Mental Capacity Advocacy (For people who are not able to explain what they want to happen when serious decisions need to be made on their behalf.), Care Act Advocacy (To assist when going through a care and support assessment, a care and support planning process, a care and support review, a safeguard process.) and PRPR/Paid Relevant Persons Representative (For residents in a Care Home that have been authorised to remain there for their own safety by the Local Authority (DoLS/Deprivation of Liberty Safeguard). Together offer a free and confidential service and can provide support through helping you understand your rights, listening to your views and wishes, helping you to make your own choices, strengthening your voice and getting it heard, and help to consider options to find the best solution for you.



## Turning Point Talking Therapies

Turning Point Talking Therapies' services are designed to provide quick and easy access to a range of psychological therapies – so you can get the help you need, when you need it. If you are feeling down, worried, depressed or anxious, they can help, whether that be face-to-face, over the phone or with online support through My Turning Point, their digital therapy tool.

Turning Point was founded 50 years ago to reach out to people and support them to find a new direction in their lives. This has always remained the case. Today they are a social enterprise, providing specialist and integrated services which focus on improving lives and communities across mental health, learning disability, substance misuse, primary care, the criminal justice system and employment.



## Wakefield Events and Functions

Wakefield Council Events and Functions Service offers a variety of unique and prestigious venues across the Wakefield District, including Wakefield, Ossett and Pontefract Town Halls, Castleford Civic Centre and Agbrigg and Belle Vue Community Centre. Whether you are looking to host a concert for 500 people or need a small meeting room for a one to one, they have something for you. They provide a complete catering service, bar facilities, AV equipment and full event coordination, nothing is too much trouble. Please contact them on [eventsandfunctions@wakefield.gov.uk](mailto:eventsandfunctions@wakefield.gov.uk) or call 01924 305830 to speak to one of their friendly team who will tailor the perfect package for you.

## Wakefield Libraries

Wakefield libraries offer a network of welcoming library branches and mobile libraries in communities across the Wakefield District. It is free to join the library at any age and they offer free books, audiobooks, e-books and magazines to borrow, as well as free computers and internet access in their branches. All libraries have free Wi-Fi and space to study and relax, some have coffee machines and cafes on site. A huge range of events for all age groups from story times to job clubs are on offer on a weekly basis across the district, the vast majority of which are also free.



## West Yorkshire Archive Service

West Yorkshire Archive Service (WYAS) are the county archive service for West Yorkshire. They have five offices in Wakefield, Leeds, Bradford, Kirklees and Calderdale. We are part of West Yorkshire Joint Services who are jointly funded by the five borough councils in West Yorkshire. They aim to collect and permanently preserve the unique documentary history of our region and hold records dating from the twelfth century through to present day - that is over 800 years of history! All of their offices can help you to discover your family history, learn about your local area and care for your history and collections.



## Wool Couture

In 2015 Claire left her role as Director of Transformation in the NHS after 15 years. She had been crafting all of her life to help her anxiety and depression and especially loved knitting and crochet. By the end of 2015 she had literally knitted so much that she decided to sell a scarf on ETSY. It sold within day, so she sold another, and another. Then people started asking for the wool she used and the patterns she had written, so she started putting together DIY craft kits. By early 2016 she had made and sold so many kits and items that she decided to give it a proper go, setting up the business in her dining room and garage (and that's where it stayed for a year!).

In their first year, Wool Couture got a contract with John Lewis and Free People and grew their sales to around £300K, deciding to move into their first proper unit and having to move again within the year! They developed macramé and weaving kits, going on to manufacture their own knitting needles, hooks and weaving looms, then developed a baby range and some new yarn. They have just converted an old pub into their new manufacturing and retail premises and started an online shop (you can use the code "lovewool2019" to get 10% off) and they now employ 10 people, turning over around £800k per year!



## Yorkshire Smokefree Service

Smoking is the biggest cause of preventable illness in the UK including Wakefield; smoking rates in our area still remain higher than national average. At Yorkshire Smokefree Wakefield they provide free confidential advice and support to help the people of Wakefield who would like to stop smoking. They have a range of clinics at different venues and times throughout the district which are run by their friendly specialist advisors. They also have specialist advisors within pregnancy and secondary care. If you or anyone you know would like to stop smoking or just have a chat, then please contact the team on 01924 252174 or 0800 612 0011 (from a landline).

# Have you thought about volunteering?

## Do you have...

**A practical skill or interest in gardening, knitting, craft, cooking, or something else?**

**An experience that you would like to educate others about, perhaps in mental or physical ill health?**

**A desire to support and encourage others?**



## Then why not become a volunteer with the Wakefield and 5 Towns Recovery College!

We welcome anyone over the age of 14 who feels they have the understanding and expertise to work with and share their experiences with our students.

Being a volunteer at the Wakefield and 5 Towns Recovery College is an opportunity to boost your skills, as well as give something back. We would welcome and support anyone who would like to volunteer within the college, providing you with a dedicated volunteer supervisor, regular contact with the team, reimbursement of travel and material expenses you acquire when carrying out your volunteer duties and personal and educational development opportunities.

If you would like to know more, please phone us to find out more on **01924 316946**, email us at [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk), or visit the Trust's dedicated volunteering website at [www.southwestyorkshire.nhs.uk/work-for-us/volunteering](http://www.southwestyorkshire.nhs.uk/work-for-us/volunteering).

If you are interested in volunteering with the Wakefield and 5 Towns Recovery College, Part of the South West Yorkshire NHS Partnership Foundation Trust, please complete our volunteer expression of interest form and return to our Volunteer Services team at: **Volunteer Services, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP.**

# With your help, we can do more for local people.

South West Yorkshire Partnership NHS Foundation Trust provides mental health, community, and learning disability services to help people reach their potential and live well in their communities.

We're committed to making volunteers part of our teams and we're delighted you want to join us. We need your valuable skills and experience so that we can go the extra mile for people who use our services. You can help us make a difference to the care we provide.

We've got a number of volunteer roles that all play part in making a difference to people's lives by providing non-clinical support people who use our services and our staff teams. No matter what your background, there's something for you.

By volunteering with us, you can give your community a voice in everything we do whilst building new friendships, improving your confidence and boosting your CV with experience in a health and care environment.

## Who can volunteer?

If you're over 14, you can volunteer with the Trust. We welcome anyone who can bring skills and life experiences, and encourage applications from people from all communities and backgrounds

## Support and training

We'll provide training to help you in your volunteer role, reimburse you for out of pocket expenses, and our staff will give you regular support.

## How soon can I start?

We'll aim to contact you within a week of receiving your interest form; it may take a little longer before you're called in for an informal chat. This depends on the demand and number of volunteering opportunities available at the time of your application.

## How to apply

**Complete this short form and send it back to our volunteer services, then we'll contact you to chat through the next steps.**

Post: Volunteer services, South West Yorkshire Partnership NHS Foundation Trust, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 35P

Phone: 01924 316426

Or apply online at [www.swyt.nhs.uk/volunteering](http://www.swyt.nhs.uk/volunteering)

## Interest form

Name:

Address:

Telephone:

Mobile:

Email:

**How would you like to be contacted? (please tick a box)**

Post

Phone

Email

**We're only able to offer volunteer placements to people over 14.**

Please tick the box to confirm you are 14

**If known, which volunteering role/department are you interested in?**

Role:

Department:

**What type of volunteering are you interested in?**

Catering/café

Teaching/training roles

Surveys/research

Office based

Buddying/peer support

Involvement and engagement

Faith related roles

Events/fundraising/promotion

Meeting representatives

Information and signposting

Other \_\_\_\_\_

Tell us why you'd like to volunteer with the Trust:

Please provide a short summary of your skills, experience, education and training:

Becoming a member of our Trust gives you the opportunity to get involved and shape our future while staying informed through regular updates. Please tick if you would like to become a member

Yes  No

Signature:

Print name:

Date:

---

### Office use only section

Comment:

Department:

Name:

Signed:

Dated:

Date received by volunteer service:





## Our courses



# Supporting recovery

## An introduction to mindfulness

Mindfulness is a skill which we can all learn. It involves an ability to become aware of what is happening in the present, moment by moment rather than being on automatic pilot, without worrying and judging. Being mindful provides us with opportunity to respond to difficult events and situations in new ways.

This introductory workshop looks at the origins of mindfulness, core practices and its potential to be used to combat stress. Together, we will explore the various tools and techniques used to gain a better understanding of mindfulness and its purpose.

### Duration:

2 hours, 15 minutes – 1 session

### Date and time (Drury Lane):

Thursday 5th September 2019 – 1pm-3:15pm

### Venue:

Drury Lane Health and Wellbeing Centre,  
Drury Lane, Wakefield, WF1 2TE

## An introduction to personality disorder

This workshop is for people who are interested in learning about what personality disorder means and how it may affect them or somebody they care about. It will include:-

- An overview of what personality disorder means
- The main categories and types
- How personality disorder affects people
- Different ideas about what causes personality disorder
- Treatments and approaches available
- Self help

### Duration:

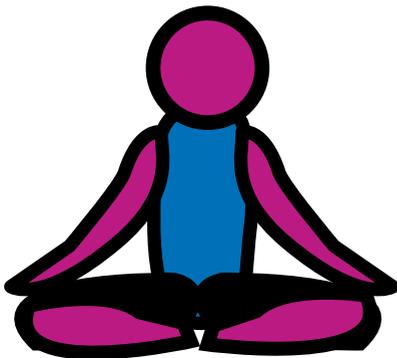
2 hours – 1 session

### Date and time (Drury Lane):

Monday 18th November 2019 – 1pm-3pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



“ It will help me to understand more in my role as a classroom assistant. ”

## Arthritis & you

This workshop aims to provide information and awareness of ways of living well with arthritis. In this session you will gain:-

- An understanding of what arthritis is in all its forms
- An understanding of how to manage arthritis
- Knowledge of pain triggers and how to deal with them
- Support and information available, nationally and internationally

### Duration:

2 hours – 1 session

### Date and time (Drury Lane):

Thursday 19th September 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre,  
Drury Lane, Wakefield, WF1 2TE

## Autism awareness

This short workshop looks at the life and experiences of someone living with a diagnosis on the autistic spectrum and the fascinating insight and experiences of a family member looking outside in.

You will learn about the characteristics associated with autism and have a chance to ask our facilitators questions.

### Duration:

2 hours – 1 session

### Date and time (Baghill House):

Friday 13th September 2019 – 10am-12pm

### Venue:

Baghill House Health & Wellbeing Centre,  
Walkergate, Pontefract, WF8 1QW

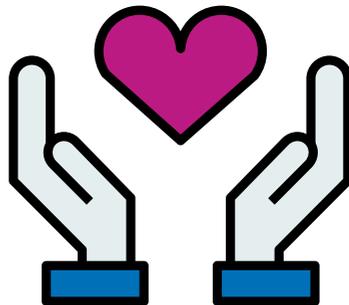
### Date and time (Drury lane):

Monday 4th November 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

**After attending a recovery college course, students involved with mental health services found their contact with services decreased by 60%.**



## Body image

With the idea of the “ideal” body image being plastered everywhere nowadays, it’s not uncommon to compare ourselves to others or want to look different. This short workshop, delivered in partnership with Turning Point Talking Therapies, aims to explore the “ideal” body image through the years, scrutinise media representations of body image, look at the vicious and virtuous cycles of body image and look at ways of feeling more positive about your own body image.

### Duration:

2 hours – 1 session

### Date and time (Baghill House):

Friday 8th November 2019 – 10am-12pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

## Caring for carers

As carers, we often forget to (or struggle to find time to) make time for ourselves and look after our own wellbeing. During this short workshop, delivered in partnership with Turning Point Talking Therapies, we will look at the signs and symptoms of stress, the unwritten rules carers often place upon themselves, self-compassion, ways to cope with things that we are unable to change, relaxation techniques, and advice from the Carer’s Trust.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane):

Monday 2nd December 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

“ It’s an excellent course – please make it longer! ”



## Coercive control; a brief overview

This workshop will provide participants with a good understanding of what coercive control is and the different tactics of abuse which may be experienced. It will describe some of the ways you may be able to identify coercive control is happening and participants will be given information about appropriate support services and ways of helping.

### Duration:

1 hour 30 minutes – 1 session

### Date and Time (Drury Lane)

Friday 15th November 2019 – 10am-11:30am

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

**70% of students who were initially unmotivated to look after their own health and wellbeing, became motivated to do so after attending a course with us.**



## Coping with life by using relaxation

This workshop, facilitated by Live Well Wakefield, will help you to:-

- Identify what relaxation is and the benefits
- Identify what we could do to relax
- Have a go at a few relaxation techniques to use at home
- Set an action plan for when at home

The small group is very informal and we will be showing you things we use to help us cope with life when it all feels a bit too much.

### Duration:

2 hours – 1 session

### Date and time (Baghill House):

Wednesday 27th November 2019 – 10am-12pm

### Venue:

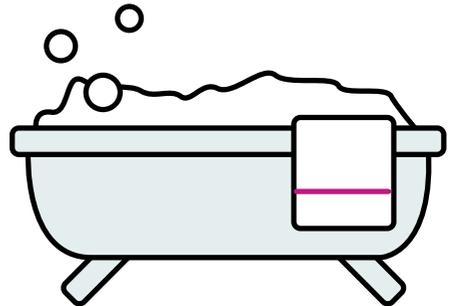
Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

### Date and time (Drury Lane):

Tuesday 3rd December 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



## Emotional eating

In this short workshop, delivered in partnership with Turning Point Talking Therapies, students will learn what emotional eating is, the vicious and virtuous cycles of emotional eating, where to get further support around emotional eating and will examine triggers and explore coping strategies.

**Duration:**

2 hours – 1 session

**Date and time (Drury Lane):**

Tuesday 3rd September 2019 – 10am-12pm

**Venue:**

Drury Lane Health and Wellbeing Centre,  
Drury Lane, Wakefield, WF1 2TE

## Feeling Positive, busting stress

This workshop, facilitated by Live Well Wakefield, includes:-

- Identifying how stress could affect you
- Raising awareness of things you can do to reduce your stress
- Learning a few stress busting exercises
- Setting a plan of things you would like to work on when at home

The aim of the workshop is for you to test your foot in the water by learning different tools that could help you to cope when you are feeling stressed.

**Duration:**

2 hours – 1 session

**Date and time (Drury Lane)**

Tuesday 19th November 2019 – 10am-12pm

**Venue:**

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

**Date and time (Baghill House)**

Wednesday 20th November 2019 – 10am-12pm

**Venue:**

Baghill House Health and Wellbeing Centre,  
Walkergate, Pontefract, WF8 1QW

“

**It has given me ideas on how to start thinking more positively.**



”



## Getting to grips with assertiveness

During this short workshop, delivered in partnership with Turning Point Talking Therapies, students will gain an understanding of assertiveness, explore reasons we may be unassertive and the effects of this, look at various communication styles and discover various ways to practice assertiveness skills.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane):

Friday 25th October 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre,  
Drury Lane, Wakefield, WF1 2TE

## Healthy body, healthy mind

This workshop aims to provide tools & guidance for those dealing with mental ill health on a daily basis, by showing how healthy eating & being active can have a positive impact on a day to day basis.

You'll get to speak with one of the team who used healthy living and exercise to combat her mental ill health, and her personal trainer who supported her with this plan.

In your first week, you will attend Drury Lane Health and Wellbeing Centre for a theory session, learning from those who have already been through the process. Weeks two, three, four and five will be based in the gym at Total Fitness, Wakefield, and week six will be back at Drury Lane to look at what everyone has learned, gained and their next steps.

**Please note there will be an assistance dog in this session; please do not enrol if you have a fear of or allergy to dogs.**

### Duration:

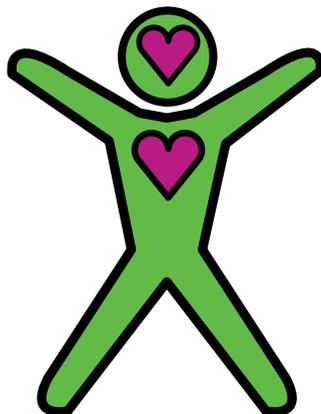
2 hours – 6 sessions

### Starting date and time (Wakefield Town Hall):

Tuesday 17th September 2019 – 12:30pm-2:30pm

### Venue:

Wakefield Town Hall, Wood Street, Wakefield, WF1 2HQ (weeks 1 and 6) and Total Fitness, Silkwood Park, Fryers Way, Ossett, WF5 9TJ (weeks 2, 3, 4 and 5).



## Improving your sleep

This introductory workshop could be for you if you are interested in understanding ways of improving your sleep. During the workshop we will be talking about:-

- Stages of sleep
- How and why sleep may be disrupted
- Some techniques which people have been found to be helpful in improving their sleep

The training team will include a person who has experience of poor sleep and a person with professional expertise.

### Duration:

2 hours – 1 session

### Date and time (Baghill House) :

Friday 30th August 2019 – 1pm-3pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

### Date and time (Drury Lane):

Friday 29th November 2019 – 1pm-3pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

## Living with anxiety

Ever wondered what anxiety is? Would you like to know how to manage anxiety better or support someone you love?

If you have answered yes to any of these questions then this interactive workshop could be for you. This workshop has been developed to explore what anxiety is, bust the myths you may have heard about anxiety and explore practical ways of managing the symptoms of anxiety. During this course we will:-

- Introduce and explain anxiety
- Explore the impact of anxiety on someone's day to day life
- Discuss treatment options for anxiety
- Discover management strategies for anxiety

The training team will include an individual who has experienced anxiety and an individual with professional expertise.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane) :

Friday 18th October 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

### Date and time (Baghill House):

Friday 29th November 2019 – 10am-12pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

“ There was no pressure to get involved or speak in the group. ”



## Managing panic attacks

Panic attacks can be an incredibly scary thing, however, with the right tools and knowledge about panic attacks, they can be managed much more easily and effectively.

During this short workshop, delivered in partnership with Turning Point Talking Therapies, students will explore the myth that panic attacks are rare, look at what panic attacks are (including the signs and symptoms), examine what might cause a panic attack and discuss how to successfully manage panic attacks.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane):

Thursday 29th August 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre,  
Drury Lane, Wakefield, WF1 2TE

### Date and time (Baghill House):

Friday 22nd November 2019 – 10am-12pm

### Venue:

Baghill House Health and Wellbeing Centre,  
Walkergate, Pontefract, WF8 1QW

## Man's the word

This workshop has been designed in collaboration with men, for men who find it difficult to talk about how they feel and their emotions.

During our Man's the Word workshop, students will look at:

- Which emotions are typically more difficult to communicate
- Why there are difficulties in communicating these feelings
- Ways in which to help students to communicate how they feel
- Ongoing support in the local community.

This course is a male-only course.

### Duration:

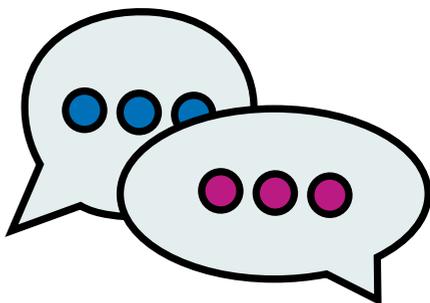
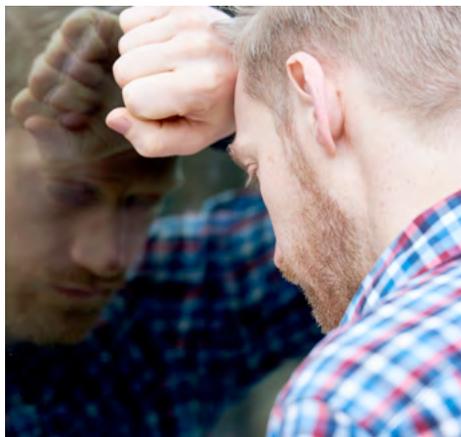
2 hours – 1 session

### Date and time (Drury Lane):

Tuesday 1st October 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



## New beginnings

This course, facilitated by Live Well Wakefield, is aimed at people who are living with any mental health condition. The course aims to offer people:-

- Tools to address many of the common symptoms experienced when living with a mental health condition
- Advice around healthy eating in relation to mental health
- Discussions around what is “mental health”
- Tools to manage depression and maintain positive thinking

### Duration:

2 hours 30 minutes – 7 sessions

### Starting date and time (Pontefract Library)

Monday 16th September 2019 – 10:30am-1pm.

### Venue:

Pontefract Library, Shoemarket, Pontefract, WF8 1BD

## Seasonal Affective Disorder (S.A.D)

Is your mood lower in the winter months?

Do you find it harder to get through certain seasons of the year?

Do you lose interest in things when the clocks go back?

Do you find that your depression comes and goes depending on the season each year?

If you, or someone you know, answers yes to any of these, then you might want to come and find out more about Seasonal Affective Disorder (S.A.D) in this two hour workshop offered in partnership with Turning Point Talking Therapies.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane):

Monday 23rd September 2019 – 1pm-3pm

### Venue:

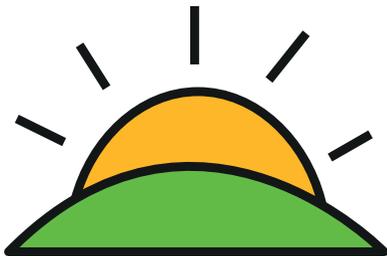
Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

### Date and time (Baghill House):

Monday 14th October 2019 – 1pm-3pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW



“ It helped to know that other people are going through the same thing. ”



## Understanding anxiety

Do you want to gain an understanding of anxiety?

Then this workshop may be for you. It will explore:-

- The vicious cycle of anxiety
- How anxiety impacts on life
- How anxiety can be managed

This is a great opportunity to explore anxiety with others who are experiencing the same thing.

The training team will include a person who has experience of anxiety and a person with professional expertise.

### Duration:

2 hours – 1 session

### Date and time (Baghill House)

Monday 21st October 2019 – 1pm-3pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

### Date and time (Drury Lane)

Wednesday 4th December 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

## Understanding eating disorders

During this two hour workshop, students and tutors will have an open discussion around eating disorders, aiming to increase awareness of the complex world of this topic, challenging myths and looking at the reality of living with and supporting someone with an eating disorder.

Together, we will explore different types of eating disorders, the impact of eating disorders on physical and mental health, possible causes and coping techniques.

### Duration:

2 hours – 1 session

### Date and time (Baghill House):

Monday 30th September 2019 – 1.30pm-3.30pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

### Date and time (Drury Lane):

Monday 25th November 2019 – 1pm-3pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

“ It helped to make a lot of things clearer and learn how to better understand why my anxiety happens. ”



## Understanding hearing voices

This introductory workshop could be for you if you are interested in developing an awareness of what the experience of hearing voices may mean to you or someone you care about.

We will be talking about:-

- How common hearing voices is
- Different ways of understanding hearing voices
- Some useful ways that people have found to help with hearing voices

The training team will include a person who has experience of hearing voices and a person with professional expertise and is run in partnership with the Wakefield Hearing Voices Network.

### Duration:

2 hours – 1 session

### Date and time (Baghill House):

Wednesday 18th September 2019 – 1pm-3pm

### Venue:

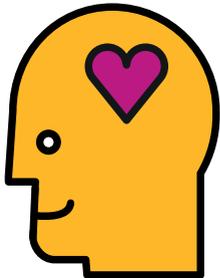
Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

### Date and time (Drury Lane):

Thursday 17th October 2019 – 1pm-3pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



## Understanding & managing depression

This introductory workshop could be for you if you are interested in developing an awareness of what the experience of depression may mean to you or someone you care about. During the course we will:-

- Introduce and explore the nature of depression
- Discuss the impact of depression on life
- Discuss diagnosis and treatment options
- Explore practical ideas for tackling depression

The training team will include a person who has experience of depression and a person with professional expertise.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane):

Wednesday 9th October 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

### Date and time (Baghill House):

Friday 6th December 2019 – 10am-12pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

“ The facilitator explained everything in a way I could understand. ”



## Understanding and managing self-harm

This two hour workshop's aim is to provide students with a better understanding of self-harm, as well as tools and ideas on how to manage such behaviour.

The workshop is run by people with personal experience and is full of activities and games designed to make learning fun and encourage discussion.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane):

Monday 2nd September 2019 – 1pm-3pm

### Venue:

Drury Lane Health and Wellbeing Centre,  
Drury Lane, Wakefield, WF1 2TE

### Date and time (Baghill House):

Friday 11th October 2019 – 1pm-3pm

### Venue:

Baghill House Health and Wellbeing Centre,  
Walkergate, Pontefract, WF8 1QW

## Understanding post-traumatic stress reactions

This workshop is for people who are experiencing post-traumatic stress reactions, including post-traumatic stress disorder (PTSD) and the people who care for, or support, them. We will look at why post-traumatic stress reactions persist and teach some ways of managing the different symptoms.

This workshop will focus on:-

- Understanding common reactions to very distressing or traumatic situations
- Strategies that can be used to cope with symptoms such as flashbacks
- How to start rebuilding life after a traumatic experience

The training team will include a person who has experience of post-traumatic stress disorder and a person with professional expertise.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane):

Wednesday 6th November 2019 – 1:30pm-3:30pm

### Venue:

Drury Lane Health and Wellbeing Centre,  
Drury Lane, Wakefield, WF1 2TE

**Almost a third of students self-reported that their contact with health services decreased after attending the Recovery College.**



# Increasing your knowledge and skills

## An overview of benefits

NEW  
COURSE

Does the benefits system leave you puzzled? You're not the only one!

Our partners from the Department of Work and Pensions are offering a chance to understand and find out more about (and must some myths around) Universal Credit, Personal Independence Payment, Employment Support Allowance and Carers Allowance in this short workshop.

### Duration:

2 hours – 1 session

### Date and time (Drury Lane)

Wednesday 25th September 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

### Date and time (Baghill House)

Wednesday 23rd October 2019 – 10am-12pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

## Basic Life Support (BLS)

This short workshop will teach students the basic skills of life support. By the end of the session students will have learnt:-

- How to administer CPR
- Safe use of a defibrillator (AED)
- How to safely deal with choking
- Recognition of cardiac arrest symptoms

Although you can attend this workshop in isolation, we recommend that students also attend our basic first aid workshop.

### Duration:

1 hour – 1 session

### Date and time (Fieldhead):

Monday 7th October 2019 – 1pm-2pm

### Venue:

Physical Health Room, Learning and Development Centre, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP



“ Welcoming and relaxing. ”



## Dyslexia awareness

This informal dyslexia awareness session, offered in partnership with Managing Dyslexia, aims to provide attendees with a better awareness of what dyslexia means, help them to recognise the signs and offer support. Students will:-

- Develop an understanding of dyslexia and its impact on the person
- Engage in a practical activity to demonstrate the difficulties faced by those living with dyslexia
- Recognise the signs of dyslexia
- Learn reasonable adjustments and coping strategies
- Experience a Q&A with people living with dyslexia

### Duration:

2 hours – 1 session

### Starting date and time (Drury Lane):

Thursday 26th September 2019 – 10am-12pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE

## Transgender awareness

This workshop aims to provide students with an understanding of what is meant by transgender, the words and language related to transgender (looking at what is and is not acceptable), the procedure through transgender changes and the legal issues surrounding gender change.

This workshop is delivered by those with lived experience.

### Duration:

2 hours – 1 session

### Date and time (Fieldhead):

Thursday 19th September 2019 – 1pm-3pm

### Venue:

The Wellbeing and Learning Centre, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP



- **10% of the population have dyslexic symptoms, 4% severely (by far the largest disability group in the UK)**
- **7 million dyslexic people in the UK. 85% are adults and many don't realise they have dyslexia.**
- **It occurs as part of a spectrum of difficulties and can occur with other conditions (ADHD, ASD, Dyspraxia, Dyscalculia, Dysgraphia).**



## Local history uncovered

This workshop is for those who are new to archives and want to know a little more about their local or family history. During this absolute beginner's introduction to historic archive collections, offered in partnership with the West Yorkshire History Centre, students will learn what they are, what they can tell us and how you can use them, as well as how they can help you in your research, family history and local history interests. Over the four weeks, students will explore:

- What the heck are archives (both in the history centre and online)?
- Family history (including how to start or grow your own family tree)
- The Stanley Royd Collection (history of mental health care in West Riding)
- House History (learning about the land your house sits on and everything about its owners)

### Duration:

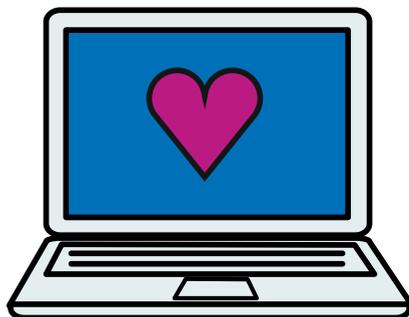
1 hour 30 minutes – 4 sessions

### Starting date and time (West Yorkshire History Centre):

Wednesday 2nd October 2019 – 10:30am-12pm

### Venue:

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



“ It got me out and meeting new people. ”



# Expanding your interests

## An introduction to poetry

This course is designed to give students the space to develop an understanding of different poetry styles and the skills to be able to create such poetry themselves.

Over 6 weeks, students will hear poetry written by their experienced tutors and guest speakers and have the chance to learn and practice Acrostik poetry, Haiku poetry, non-rhyming poetry, Lyric poetry, Sonnet poetry and have the opportunity for a week of freestyle! Students will also be able to try their hand at creative writing if they find a style of poetry is not for them.

### Duration:

2 hours – 6 sessions

### Starting Date and Time (Wakefield County Hall):

Tuesday 17th September 2019 – 1pm-3pm

### Venue:

Wakefield County Hall, Bond Street, Wakefield, WF1 2QW

## Aromatherapy – the use of essential oils derived from plants

Would you like to hear how aromatherapy could improve your wellbeing? This course is aimed at anyone who would like to find out more about how the history of essential oils, how they work and explore the different ways to use essential oils in your everyday life.

### Duration:

2 hours 30 minutes – 2 sessions

### Starting Date and time (Baghill House):

Tuesday 24th September 2019 – 10am-12:30pm

### Venue:

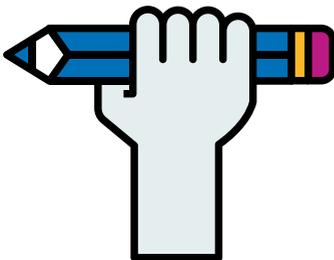
Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

### Starting Date and time (St. Swithun's):

Tuesday 26th November 2019 – 10am-12:30pm

### Venue:

St. Swithun's Community Centre (The Eastmoor Community Project), Arncliffe Road, Wakefield, WF1 4RR



“ Great to be able to work as a team. ”

## Baking basics for Christmas

NEW  
COURSE

This course aims to provide students with an understanding of the basic skills involved in baking, but this time with a Christmas spin!

In small groups, with dedicated facilitators, students will learn about the techniques and equipment used in baking, how to weigh and measure, how to follow a recipe and health, safety and hygiene in the kitchen. Students will bake a different festive product each week, such as shortbread and mince pies, in a relaxed setting (perhaps even with a Christmas song or two along the way!).

### Duration:

2 hours 30 minutes

### Starting Date and Time (Wakefield Baptist Church):

Tuesday 12th November 2019 – 1pm-3:30pm

### Venue:

Wakefield Baptist Church, Belle Isle Avenue, Wakefield, WF1 5JY

## Book folding

Book folding is a great way to reuse old, unwanted, hard cover books by following a pattern. Marking two measurements and making two folds on each page, a design or word begins to appear.

During the workshop we will fold a heart design into the centre of your chosen book.

**Please note: You will need to bring along a couple of old books to practice your designs on.**

### Duration:

2 hours – 1 session

### Date and Time (Baghill House):

Tuesday 27th August 2019 – 10am-12pm

### Venue:

Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW

### Date and Time (St. Swithun's):

Tuesday 22nd October 2019 – 10am-12pm

### Venue:

St. Swithun's Community Centre (The Eastmoor Community Project), Arncliffe Road, Wakefield, WF1 4RR



## Couch to 5K

Over the course of 8 weeks we, alongside Comets and the Mindful Movers, will take you from total running beginner through to completing a 5 kilometre Parkrun event. We will follow the NHS Couch to 5K scheme to progress steadily and develop both running technique and fitness.

This course is a fun introduction to running where the experienced and UKA qualified leaders will provide support and encouragement throughout to help you on your running journey. Who knows, you might be tackling half marathons next (some of our previous participants have gone on to do this!).

### Duration:

1 hour – 10 sessions

### Starting date and time (Thornes Park):

Friday 27th September 2019 – 10am-11am

### Meeting point:

Thornes Park Stadium reception, Thornes Park, Horbury Road, Wakefield, WF2 8TY

## Craft taster

These taster sessions are designed to introduce you to various crafting methods using lots of different mediums. We will be looking at traditional crafting techniques and more modern creations too. These sessions are led by an experienced crafter and are suitable for all levels of experience. The sessions may include topics such as:-

- Felt
- Paper
- Sewing
- Christmas crafts
- Buttons and beads

### Duration:

2 hours – 5 sessions

### Starting date and time (Drury Lane):

Tuesday 5th November 2019 – 1pm-3pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



## Creative writing

Have you ever wanted to write an article for a magazine, a short story, a poem or even a book? Why didn't you? If the reason was that you lacked the confidence in your creative writing, then this is the course for you.

Over the sessions, you will work through exercises to help you develop your writing flare and word power. You will look at what makes a "good piece of writing" and how you can improve. You will work in groups most of the time, but some individual work will be involved.

This course is aimed at students who want to be able to express themselves in the written word. It is not therefore important to be a strong speller or have any formal qualifications in English, just a wish to improve your current skills.

This course will involve some hand written work and may involve some work at home after the class. Equipment will be provided and each student must be able to commit to attend all 4 weeks of the course.

### Duration:

2 hours – 4 sessions

### Starting date and time (Wakefield County Hall):

Thursday 14th November 2019 – 1pm-3pm

### Venue:

Wakefield County Hall, Bond Street, Wakefield, WF1 2QW



## Cross stitch for beginners

NEW  
COURSE

Have you ever wanted to start cross stitch, but have never been quite sure about how to do it or what you'd need?

Perhaps you've just not had the confidence to start it off by yourself?

Then why not come along to this two week workshop and learn with someone who's been cross stitching for twenty three years! By the time you've finished your second session, you'll be ready to tackle the world of cross stitch without any support (it's easy once you know how!).

### Duration:

2 hours – 2 sessions

### Starting date and time (St. Swithun's):

Wednesday 13th November 2019 – 10am-12pm

### Venue:

St. Swithun's Community Centre (The Eastmoor Community Project), Arncliffe Road, Wakefield, WF1 4RR



## Cycle for health

NEW  
COURSE

Cycle for health is a 12 week course designed especially for those trying to improve their health and fitness.

The course is completely free of charge, with full equipment provided, including a bike and helmet and is open to anyone over the age of 18.

Cycling UK's dedicated and experienced instructors are trained to help people of all abilities to build confidence and gain the skills they need to cycle more. Your instructors will work with you to help you develop your cycling techniques and discover new cycling routes in your local area.

### Duration:

2 hours – 12 sessions

### Starting date and time (Thornes Park):

Wednesday 28th August 2019 – 1pm-3pm

### Meeting point:

Thornes Park Stadium reception, Thornes Park, Horbury Road, Wakefield, WF2 8TY



## Dance and movement for wellbeing

Dance and movement can be used as a form of communication, linking body awareness with emotional awareness. Some of the benefits with engaging with dance can be a feeling of relaxation and a sense of wellbeing. It can also provide a way of expressing how you are feeling.

This workshop does not involve any choreographed steps and no previous experience in dance is required in order to take part.

In this workshop you will be introduced to the benefits of dance and movement through experiencing some of the movement ideas that I use to develop a sense of wellbeing.

### Duration:

1 hour – 3 sessions

### Starting date and time (Elizabethan Gallery):

Wednesday 4th September 2019 – 10:30am-11:30am

### Meeting point:

Elizabethan Gallery, Brooke Street, Wakefield, WF1 1QW



## Pottery for beginners

This short course will teach basic skills in working with clay, coiling skills and also simple decoration skills.

Equipment will be provided, however students will need to ensure they wear clothing that will get dirty due to the nature of the course. It is recommended to bring an apron.

### Duration:

2 hours – 3 sessions

### Starting date and time (Drury Lane):

Friday 4th October 2019 – 1pm-3pm

### Venue:

Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



**100% of students would recommend us to their friends and family.**





# Our student and volunteer stories

“ I believe recovery college is a vital part of mental health services and attending the courses can have a massive impact on individuals’ wellbeing as a whole, this is through learning, meeting people and gaining confidence. I have seen the progression of people being a student to then go onto run the course and have seen what an impact this has had. For myself I have thoroughly enjoyed the courses that I have attended and enjoy running the couch to 5k course. To see individuals who in the beginning don’t believe they can run to in 10 weeks being able to complete a 5k park run is brilliant. They not only gain experience running but make new friends at the same time. ”

**Laura, Wakefield and 5 Towns Recovery College volunteer**

“ I have been with the Recovery College now for a few months. At first I was shy and didn’t want to go. I plucked up the courage to attend and it was the best thing I ever did. I was made to feel welcome in a warm and relaxed environment; I even talked to the group and contributed to the group. Not only did I impress others with my knowledge but I also impressed myself. I have since signed up to other courses to gain knowledge and to meet new people.

The support has been amazing and fantastic. I was so proud when I received a certificate in the post. ”

**Daniel, Wakefield and 5 Towns Recovery College student**

“ 3 years ago work started to cause me stress and having reached the point when I felt going to work was not an option I was looking for an alternative. Teaching for the Recovery College gave me the belief I could still do my job at a time when I was doubting myself. The benefits of volunteering are often publicised for the organisations but not for the people who volunteer yet you can gain as much as each other from the experience. On a very practical level, volunteering can give you a reference when you are getting ready to apply for a new job - always worth considering. ”

**Cath, Wakefield and 5 Towns Recovery College  
Volunteer tutor**

“ Having never volunteered anywhere before, it was quite a big leap for me to apply to the Wakefield and 5 Towns Recovery College, therefore I hesitated for a long time. However, with the help of a New Beginnings action plan, I eventually found the courage to sign up. The whole application process was straight forward and Principal Lindsey Taylor-Crossley put me at my ease.

My first volunteering role was at a Prospectus launch, where fellow volunteer Andrew was so easy going and helpful explaining everything. Since then I've done the Meet and Greet role for most of the Recovery College course venues in Wakefield, as well as co-facilitated a few courses too.

Admittedly at the start my confidence levels were very low, so low that I often joked about being fired! Thankfully the Recovery College staff have been so understanding and supportive, and the tutors and their students so friendly. I've also had the pleasure of meeting some characters too!

The experience has been so positive that I somehow even managed to be named runner up in the Excellence 2018 awards for Unsung Hero.

I've gone on to volunteer with another organisation and lead their walking group.

I thoroughly recommend volunteering. Not only has it just helped improve my confidence but also improved my communication skills too. ”

**Steven, Wakefield and 5 Towns Recovery College volunteer**



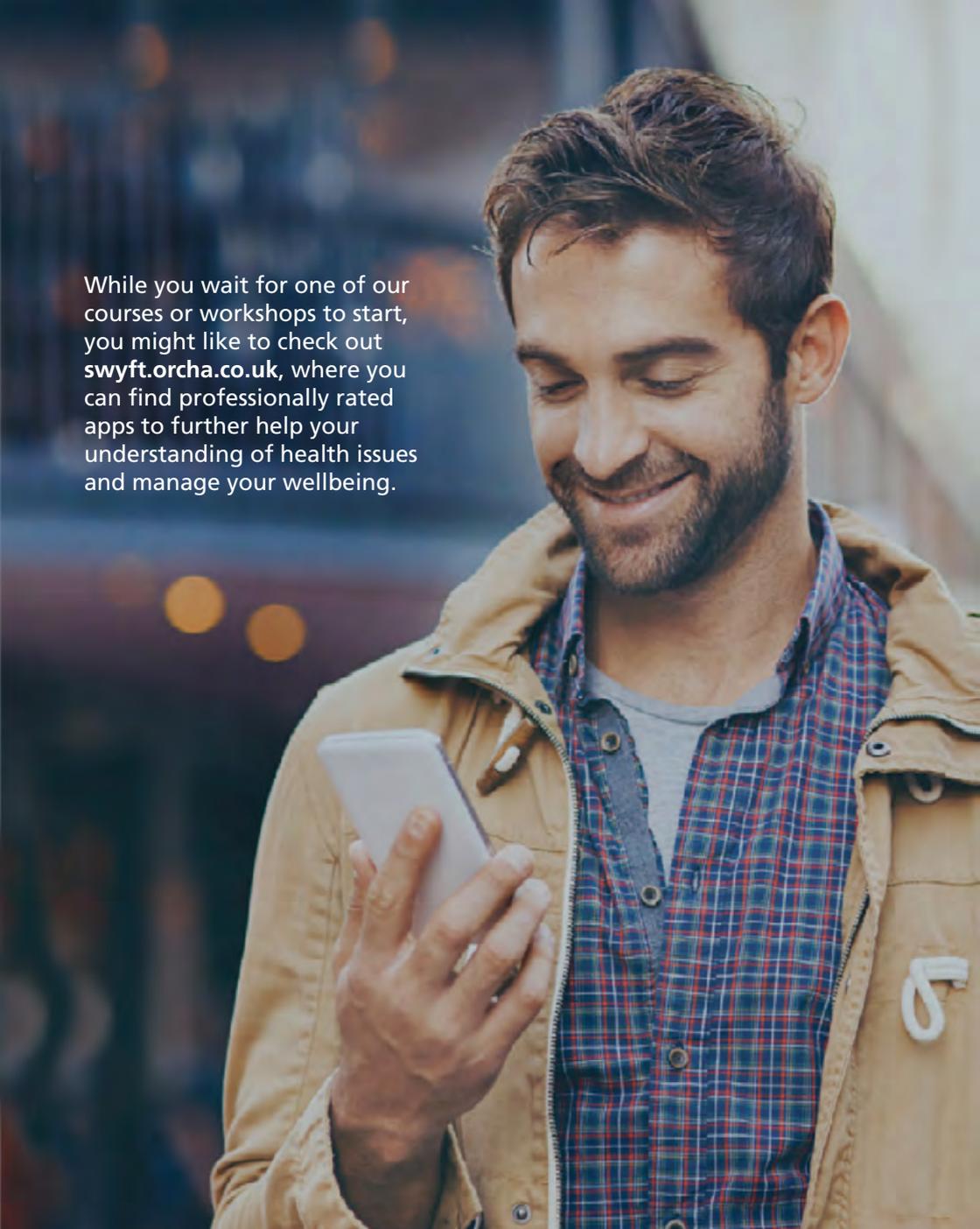
“ I first became involved with mental health services after I was attacked and was left partially sighted. I came across the Recovery College after Single Point of Access recommended them to me. I wanted to be kept busy and find something to occupy my time now (I used to be a hairdresser and was very crafty), so, with the support of my family, I decided to enrol on the learn to knit and crochet course. Whilst I could knit (having known how to do this before I lost my sight) I did not know how to crochet and had an aim of making my own blanket.

The Recovery College were very helpful, meeting me before the course, making sure everything for the course was suitable for me, advising me of the equipment I might need to use, and sourcing appropriately large yarn and practical advice from the Wool Couture Company, who then helped to demonstrate how to start off my blanket and how I would use super chunky yarn using largely touch rather than sight.

Because I was supported and given the right tools and equipment by the team at the Recovery College and then given support and advice from Ann and Elaine who teach the course, I was able to practice my blanket during the learn to knit and crochet course and successfully complete my blanket at home. I now have an activity to keep me busy during longer and darker nights, I am not bored, I have extended my social circle and attend a knit and natter group at the Wool Couture Company twice a week (it's not fuddy duddy like you might think!) and I feel that this has given me some worth. ”

**Tomas, Wakefield and 5 Towns Recovery College student**





While you wait for one of our courses or workshops to start, you might like to check out [swyft.orchha.co.uk](https://swyft.orchha.co.uk), where you can find professionally rated apps to further help your understanding of health issues and manage your wellbeing.



### General self-management courses

**Venue:** Normanton Fire Station

**Date:** Thursdays – 1st August - 5th September 2019

**Time:** 1pm-3:30pm

**Venue:** St. Luke's Church

**Date:** Wednesdays – 14th August – 18th September 2019

**Time:** 10.30am – 1pm

**Venue:** West Wakefield Methodist Church

**Date:** Mondays – 11th November – 16th December 2019

**Time:** 10.30am – 1pm

### New Beginnings Courses

**Venue:** The Link

**Date:** Fridays – 12th July – 23rd August 2019

**Time:** 1pm-3:30pm

**Venue:** Normanton Fire Station

**Date:** Thursdays – 24th October – 5th December 2019

**Time:** 1pm-3:30pm

### Persistent Pain Courses

**Venue:** Hemsworth Library

**Date:** Tuesdays – 1st October – 5th November 2019

**Time:** 10:30am-1pm

**Venue:** Queens Avenue

**Date:** Wednesdays – 9th October – 13th November 2019

**Time:** 1pm-3:30pm

### Managing Breathlessness

**Venue:** Queens Avenue

**Date:** Tuesday 24th September 2019

**Time:** 10am – 12pm

**Venue:** NOVA

**Date:** Thursday 26th September 2019

**Time:** 1pm-3pm

**Venue:** The Link

**Date:** Tuesday 1st October 2019

**Time:** 1:30pm-3:30pm

### Coping with Physical Pain

**Venue:** The Link

**Date:** Tuesday 9th July 2019

**Time:** 1pm – 3pm

**Venue:** Pontefract Library

**Date:** Wednesday 28th August 2019

**Time:** 1pm-3pm

**Venue:** Airedale Library

**Date:** Monday 4th November 2019

**Time:** 1pm-3pm

### Feeling Positive Busting Stress

**Venue:** Queens Avenue

**Date:** Tuesday 13th August 2019

**Time:** 10am-12pm

**Venue:** Hemsworth Library

**Date:** Monday 30th September 2019

**Time:** 1pm-3pm

**Venue:** Normanton Fire Station

**Date:** Thursday 10th October 2019

**Time:** 1pm-3pm

**Venue:** Queens Avenue

**Date:** Tuesday 10th December 2019

**Time:** 10am-12pm

### Coping with Life Using Relaxation

**Venue:** NOVA

**Date:** Thursday 12th September 2019

**Time:** 10am-12pm

**Venue:** Queens Avenue

**Date:** Tuesday 12th November 2019

**Time:** 10am – 12pm

**Venue:** West Wakefield Methodist Church

**Date:** Tuesday 12th November 2019

**Time:** 10am – 12pm

**Book these courses directly with the Live Well team:**



01924 255363



swy-tr.livewellwakefield@nhs.net



www.livewellwakefield.nhs.uk



Livewellwakefield



sms@livewellwakefield

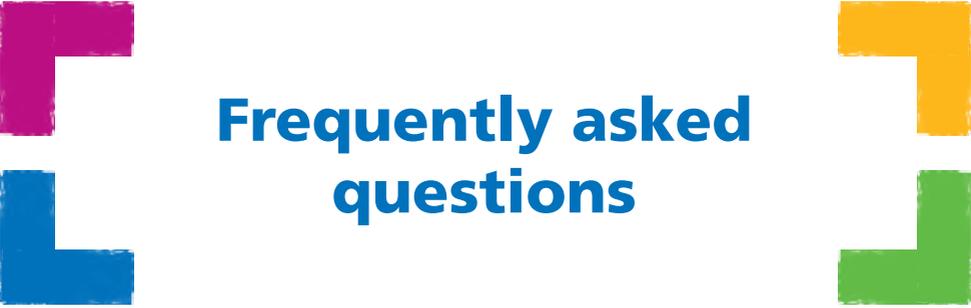


# Don't forget...

**All  
courses  
close two  
weeks before  
start dates.**



If you have not enrolled on a course and completed your Individual Learning Plan (ILP) with us before attending a course, you may be turned away for health and safety reasons. There may also not be enough space in the room to accommodate you as many of our courses become fully booked very quickly.



# Frequently asked questions

## What is a recovery college and who is it for?

In a nutshell, a recovery college offers educational courses and workshops that have a focus around recovery and helping people on their individual recovery journey. Courses are available to anyone over the age of 18.

The Wakefield and 5 Towns Recovery College has been developed and delivered in partnership with people who have experience of health problems, family members, volunteers from our communities and people employed by local health and education services. Many of the courses have been written in partnership and will be taught in partnership.

## Where is the Wakefield and 5 Towns Recovery College?

We are based at Drury Lane Health and Wellbeing Centre in Wakefield city centre, with a second home at Baghill House Health and Wellbeing Centre in Pontefract. We also offer some courses in community venues.

## How large are the Wakefield and 5 Towns Recovery College class sizes?

We try to keep class sizes small, certainly much smaller than you would have experienced at school. Each course will have a maximum of 15 students, though many are smaller than this.

## What will it cost me to attend?

Nothing! All of our courses and workshops are free to attend. There may be some courses that require you to make a very small contribution to materials after your first class.

## How do I enrol? Do I need to be referred?

You do not need to be referred to attend anything with the Recovery College. Simply complete an enrolment form (available in the prospectus and on our website [www.wakefieldrecoverycollege.co.uk](http://www.wakefieldrecoverycollege.co.uk)) and send it in to us by post or email (details below).

## Will I be guaranteed a place once I have sent in my enrolment form?

All of our courses have a maximum group size, so places are offered on a first come first served basis. Some of our courses require a minimum number of students to attend to be able to run.

## Will there be any tests, assessments or exams?

No. Some course facilitators may provide you with the odd fun activity to do at home.

## Will I get a certificate?

Yes, you will be presented with a Bronze, Silver or Gold certificate following your attendance at a course or workshop. Bronze certificates are presented to students who attend some of the course sessions, a Silver certificate is presented to those who attend most of the course sessions and a Gold certificate is presented on completing all the course sessions or a full individual workshop.

## I struggle with reading or writing, can I still attend?

Yes. We will work closely with you to support you in any way we can. Please give us a call if you would like to discuss your needs with us or if you require more information.

## **I have a disability/mobility problem, can I still attend?**

Yes. We will work closely with you to support you in any way we can. Please give us a call if you would like to discuss your needs with us or if you require more information.

## **Can I bring a friend, relative or carer to support me?**

Yes, but they will need to enrol and actively participate in the course as well; all Wakefield and 5 Towns Recovery College attendees are classed equally as students. Please ensure that you let a member of the team know so that you can be placed together.

## **Can I get help with my childcare?**

No, sorry. We are unable to provide any crèche facilities. You will need to arrange your own childcare provision.

## **Can I get help with transport?**

No, sorry. We are unable to provide any transport or expenses for this. You will need to arrange your own transport to and from the recovery college. Volunteers will be reimbursed for any travel costs associated with their work for the Wakefield and 5 Towns Recovery College.

## **Will attending the Wakefield and 5 Towns Recovery College have an impact on my benefits?**

No. There will only be an impact on benefits if you study over 16 hours a week or receive a student loan.

## **What if I cannot attend one week?**

Because places are limited, we ask that if you enrol you are able to commit to the full course. However, we understand that sometimes life gets in the way and just ask that you let us know beforehand if you are unable to make it. If you are unable to attend for more than one week, you will unfortunately have missed too much of the course and be asked to re-enrol for a later date.

If you fail to attend three courses that you have enrolled on in one term, we will

reluctantly have to withdraw your reserved place from any further courses in that term and request that you re-enrol on the next term.

## **Can I re-enrol on the same course?**

We understand that students may not have retained everything from a course the first time round and would like another go; however, as places are limited, we ask that students only re-enrol on a course once to ensure that those who have never attended the Wakefield and 5 Towns Recovery College have the opportunity to do so.

## **Do I need to bring anything with me or buy any materials for a course?**

You will need to bring a bottle of water or a drinks flask as there is not always somewhere for you to make a drink. Some courses require you to bring something to take your produce home in, such as the baking basics, and some may require you to bring some items in after your first session, such as books for the book folding workshop. You will be advised if you need to bring anything once you have enrolled.

## **Can I be a volunteer and attend courses?**

Absolutely – we encourage our volunteers to attend courses with us.

## **How can I get in touch with the Wakefield and 5 Towns Recovery College?**

You can call us on:

**01924 316946**

Email us:

[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

Find us on Facebook at:

[www.facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)

Find us on Twitter:

[@W5TRC](https://twitter.com/W5TRC)

Or send us something in the post to:

**Wakefield and 5 Towns Recovery College**

**Drury Lane Health and Wellbeing Centre**

**Drury Lane**

**Wakefield**

**WF1 2TE**



# Term Times

## August 2019

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## September 2019

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
| 30 |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

## October 2019

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

## November 2019

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

## December 2019

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
| 30 | 31 |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

The next Wakefield & 5 Towns Recovery College term will start the week of the 20th January 2020.

College Closed

School Holidays (no courses running, college still open)

Limited opening hours due to the Festive Period

# Quick course guide

\*\*\* Indicates a new or rejuvenated course

## August 2019

| Start date     | Time      | Duration    | Course                 | Venue                                   | Page |
|----------------|-----------|-------------|------------------------|-----------------------------------------|------|
| Tuesday 27th   | 10am-12pm | 1 session   | Book folding           | Baghill House Health & Wellbeing Centre | 32   |
| Wednesday 28th | 1pm-3pm   | 12 sessions | Cycle for health***    | Thornes Park Stadium                    | 35   |
| Thursday 29th  | 10am-12pm | 1 session   | Managing panic attacks | Drury Lane Health & Wellbeing Centre    | 23   |
| Friday 30th    | 1pm-3pm   | 1 session   | Improving your sleep   | Baghill House Health & Wellbeing Centre | 22   |

## September 2019

| Start date     | Time            | Duration    | Course                                                       | Venue                                                                           | Page |
|----------------|-----------------|-------------|--------------------------------------------------------------|---------------------------------------------------------------------------------|------|
| Monday 2nd     | 1pm-3pm         | 1 session   | Understanding & managing self-harm***                        | Drury Lane Health & Wellbeing Centre                                            | 27   |
| Tuesday 3rd    | 10am-12pm       | 1 session   | Emotional eating                                             | Drury Lane Health & Wellbeing Centre                                            | 20   |
| Wednesday 4th  | 10:30am-11:30am | 3 sessions  | Dance & movement for wellbeing                               | The Elizabethan Gallery                                                         | 35   |
| Thursday 5th   | 1pm-3:15pm      | 1 session   | Mindfulness                                                  | Drury Lane Health & Wellbeing Centre                                            | 16   |
| Friday 13th    | 10am-12pm       | 1 session   | Autism awareness                                             | Baghill House Health & Wellbeing Centre                                         | 17   |
| Monday 16th    | 10:30am-1pm     | 7 sessions  | New beginnings                                               | Pontefract Library                                                              | 24   |
| Tuesday 17th   | 12:30pm-2:30pm  | 6 sessions  | Healthy body, healthy mind                                   | Wakefield Town Hall (weeks 1 & 6), Total Fitness, Wakefield (weeks 2, 3, 4 & 5) | 21   |
| Tuesday 17th   | 1pm-3pm         | 6 sessions  | An introduction to poetry                                    | Wakefield County Hall                                                           | 31   |
| Wednesday 18th | 1pm-3pm         | 1 session   | Understanding hearing voices                                 | Baghill House Health & Wellbeing Centre                                         | 26   |
| Thursday 19th  | 10am-12pm       | 1 session   | Arthritis & you                                              | Drury Lane Health & Wellbeing Centre                                            | 17   |
| Thursday 19th  | 1pm-3pm         | 1 session   | Transgender awareness                                        | Wellbeing & Learning Centre, Fieldhead Hospital                                 | 29   |
| Monday 23rd    | 1pm-3pm         | 1 session   | Seasonal Affective Disorder***                               | Drury Lane Health & Wellbeing Centre                                            | 24   |
| Tuesday 24th   | 10am-12:30pm    | 2 sessions  | Aromatherapy – The use of essential oils derived from plants | Baghill House Health & Wellbeing Centre                                         | 31   |
| Wednesday 25th | 10am-12pm       | 1 session   | An overview of benefits***                                   | Drury Lane Health & Wellbeing Centre                                            | 28   |
| Thursday 26th  | 10am-12pm       | 1 session   | Dyslexia awareness                                           | Drury Lane Health & Wellbeing Centre                                            | 29   |
| Friday 27th    | 10am-11am       | 10 sessions | Couch to 5K                                                  | Thornes Park Stadium                                                            | 33   |
| Monday 30th    | 1:30pm-3:30pm   | 1 session   | Understanding eating disorders***                            | Baghill House Health & Wellbeing Centre                                         | 25   |



## October 2019

| Start date     | Time         | Duration   | Course                                | Venue                                           | Page |
|----------------|--------------|------------|---------------------------------------|-------------------------------------------------|------|
| Tuesday 1st    | 10am-12pm    | 1 session  | Man's the word                        | Drury Lane Health & Wellbeing Centre            | 23   |
| Wednesday 2nd  | 10:30am-12pm | 4 sessions | Local history uncovered               | West Yorkshire History Centre                   | 30   |
| Friday 4th     | 1pm-3pm      | 3 sessions | Pottery for beginners                 | Drury Lane Health & Wellbeing Centre            | 36   |
| Monday 7th     | 1pm-2pm      | 1 session  | Basic Life Support (CPR & AED)        | Wellbeing & Learning Centre, Fieldhead Hospital | 28   |
| Wednesday 9th  | 10am-12pm    | 1 session  | Understanding & managing depression   | Drury Lane Health & Wellbeing Centre            | 26   |
| Friday 11th    | 1pm-3pm      | 1 session  | Understanding & managing self-harm*** | Baghill House Health & Wellbeing Centre         | 27   |
| Monday 14th    | 1pm-3pm      | 1 session  | Seasonal Affective Disorder***        | Baghill House Health & Wellbeing Centre         | 24   |
| Thursday 17th  | 1pm-3pm      | 1 session  | Understanding hearing voices          | Drury Lane Health & Wellbeing Centre            | 26   |
| Friday 18th    | 10am-12pm    | 1 session  | Living with anxiety                   | Drury Lane Health & Wellbeing Centre            | 22   |
| Monday 21st    | 1pm-3pm      | 1 session  | Understanding anxiety                 | Baghill House Health & Wellbeing Centre         | 25   |
| Tuesday 22nd   | 10am-12pm    | 1 session  | Book Folding                          | St. Swithun's Community Centre                  | 32   |
| Wednesday 23rd | 10am-12pm    | 1 session  | On overview of benefits***            | Baghill House Health & Wellbeing Centre         | 28   |
| Friday 25th    | 10am-12pm    | 1 session  | Getting to grips with assertiveness   | Drury Lane Health & Wellbeing Centre            | 21   |



## November 2019

| Start date     | Time          | Duration   | Course                                                       | Venue                                   | Page |
|----------------|---------------|------------|--------------------------------------------------------------|-----------------------------------------|------|
| Monday 4th     | 10am-12pm     | 1 session  | Autism awareness                                             | Drury Lane Health & Wellbeing Centre    | 17   |
| Tuesday 5th    | 1pm-3pm       | 5 sessions | Craft taster                                                 | Drury Lane Health & Wellbeing Centre    | 33   |
| Wednesday 6th  | 1:30pm-3:30pm | 1 session  | Understanding post-traumatic stress reactions                | Drury Lane Health & Wellbeing Centre    | 27   |
| Friday 8th     | 10am-12pm     | 1 session  | Body image                                                   | Baghill House Health & Wellbeing Centre | 18   |
| Tuesday 12th   | 1pm-3:30pm    | 4 sessions | Baking basics for Christmas***                               | Wakefield Baptist Church                | 32   |
| Wednesday 13th | 10am-12pm     | 2 sessions | Beginners cross stitch***                                    | St. Swithun's Community Centre          | 34   |
| Thursday 14th  | 1pm-3pm       | 4 sessions | Creative writing                                             | Wakefield County Hall                   | 34   |
| Friday 15th    | 10am-11:30am  | 1 session  | Understanding coercive control***                            | Drury Lane Health & Wellbeing Centre    | 19   |
| Monday 18th    | 1pm-3pm       | 1 session  | Introduction to personality disorder                         | Drury Lane Health and Wellbeing Centre  | 16   |
| Tuesday 19th   | 10am-12pm     | 1 session  | Feeling positive, busting stress                             | Drury Lane Health & Wellbeing Centre    | 20   |
| Wednesday 20th | 10am-12pm     | 1 session  | Feeling positive, busting stress                             | Baghill House Health & Wellbeing Centre | 20   |
| Friday 22nd    | 10am-12pm     | 1 session  | Managing panic attacks                                       | Baghill House Health & Wellbeing Centre | 23   |
| Monday 25th    | 1pm-3pm       | 1 session  | Understanding eating disorders***                            | Drury Lane Health & Wellbeing Centre    | 25   |
| Tuesday 26th   | 10am-12:30pm  | 2 sessions | Aromatherapy – The use of essential oils derived from plants | St. Swithun's Community Centre          | 31   |
| Wednesday 27th | 10am-12pm     | 1 session  | Coping with life by using relaxation                         | Baghill House Health & Wellbeing Centre | 19   |
| Friday 29th    | 10am-12pm     | 1 session  | Living with anxiety                                          | Baghill House Health & Wellbeing Centre | 22   |
| Friday 29th    | 1pm-3pm       | 1 session  | Improving your sleep                                         | Drury Lane Health & Wellbeing Centre    | 22   |

## December 2019

| Start date    | Time      | Duration  | Course                               | Venue                                   | Page |
|---------------|-----------|-----------|--------------------------------------|-----------------------------------------|------|
| Monday 2nd    | 10am-12pm | 1 session | Caring for carers                    | Drury Lane Health & Wellbeing Centre    | 18   |
| Tuesday 3rd   | 10am-12pm | 1 session | Coping with life by using relaxation | Drury Lane Health & Wellbeing Centre    | 19   |
| Wednesday 4th | 10am-12pm | 1 session | Understanding anxiety                | Drury Lane Health & Wellbeing Centre    | 25   |
| Friday 6th    | 10am-12pm | 1 session | Understanding & managing depression  | Baghill House Health & Wellbeing Centre | 26   |

\*\*\* Indicates a new or rejuvenated course



# Enrolment form



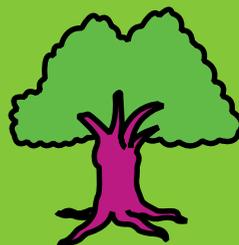
To celebrate our 5th anniversary (the gift of wood), we are going green to help the environment. We've listened to our students and are proud to now offer a modern, more accessible, paper free online automated enrolment form. If you would like to book on a course, please visit [www.wakefieldrecoverycollege.co.uk](http://www.wakefieldrecoverycollege.co.uk) and complete our new online form.

If you have any difficulties with this, or prefer the more traditional way, please send us in this paper enrolment form to :

## Wakefield and 5 Towns Recovery College

Drury Lane Health and Wellbeing Centre  
Drury Lane  
Wakefield  
WF1 2TE

Please be aware that if you provide us with an email address and/or mobile number, confirmation of course bookings and reminders will automatically be emailed/text to you.



# Wakefield and 5 Towns Recovery College

Student enrolment and course booking form – can also be completed on line; please visit  
[www.wakefieldrecoverycollege.co.uk](http://www.wakefieldrecoverycollege.co.uk)

## Your details:

|                                                          |                          |                         |                 |
|----------------------------------------------------------|--------------------------|-------------------------|-----------------|
| <b>Title (please circle):</b><br>Miss Mrs Ms Mr Dr Other |                          | <b>First name:</b>      | <b>Surname:</b> |
| <b>Date of birth:</b>                                    | <b>Age at enrolment:</b> | <b>Current address:</b> |                 |
| <b>Gender:</b>                                           |                          | <b>Post code:</b>       |                 |
| <b>Landline telephone number:</b>                        |                          |                         |                 |
| <b>Mobile telephone number:</b>                          |                          |                         |                 |
| <b>Email address:</b>                                    |                          |                         |                 |

## EMERGENCY CONTACT INFORMATION

This is the person we would contact in case of emergency

|                         |                             |                                    |
|-------------------------|-----------------------------|------------------------------------|
| <b>Name of contact:</b> | <b>Relationship to you:</b> | <b>Their contact telephone no:</b> |
|-------------------------|-----------------------------|------------------------------------|

## How can we contact you?

We promise we will not bombard you! We will usually contact you by post, but please tick all options that you are happy for us to contact you by:

Telephone       Text       Post       E mail

## Chosen course (s) / workshop (s):

What would you like to achieve from attending each course?

|                      |                     |                         |
|----------------------|---------------------|-------------------------|
| <b>Course title:</b> | <b>Start date :</b> | <b>I would like to:</b> |
| <b>Course title:</b> | <b>Start date :</b> | <b>I would like to:</b> |
| <b>Course title:</b> | <b>Start date :</b> | <b>I would like to:</b> |

**Background information:**

This information is for monitoring purposes only and will be kept confidential.

Please tick all that apply:

Someone who is/has used mental health services currently previously

A friend, family member or carer of someone who uses mental health services: currently previously

- A SWYPFT member of staff
- A staff member from another service
- Other (please specify) .....
- Prefer not to say

**Individual and learning needs**

The Recovery College is committed to supporting all of our learners. Please tell us you have any specific support or learning requirements that you think we should be aware of and how we can help with these. These may include, but are not limited to, large print course materials, level building access, extra breaks, one to one support to help to work towards your learning plan?

- Please tick:  Physical disabilities
- Mental health diagnosis
  - Learning disabilities
  - Dyslexia
  - Autistic spectrum disorder (including Asperger's syndrome)
  - Allergies (Please give details) .....
  - Other (Please give details) .....
  - None

**How did you hear about us?**

- From a member of SWYPFT staff     Family/friend     Former student
- Prospectus     Website     Flyer/poster
- Social media (Facebook/Twitter)     Event     GP
- Mental health services     Other (please specify) .....

**CONTINUED OVERLEAF - PLEASE COMPLETE AND RETURN ALL FOUR PAGES**

## Equality and diversity monitoring

To ensure that we provide the best service for our community, and not knowingly discriminate against any section of society, it is important for us to gather the following information. You do not have to answer any of these questions, but we would be very grateful if you would.

|                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                             |                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Date of birth:</b>                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                             | <input type="checkbox"/> I prefer not to say                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                             |                                                                                                                                                                              |
| <b>Age at enrolment:</b>                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                             |                                                                                                                                                                              |
| <b>Race (taken from the Census categories 2011)</b>                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                             |                                                                                                                                                                              |
| <b>White</b><br><input type="checkbox"/> English/Welsh/Scottish / Northern Irish/British<br><input type="checkbox"/> Irish<br><input type="checkbox"/> Gypsy or Irish Traveller<br><input type="checkbox"/> Any other White background, write in:                                                                                                                                   | <b>Mixed/multiple ethnic groups</b><br><input type="checkbox"/> White and Black Caribbean<br><input type="checkbox"/> White and Black African<br><input type="checkbox"/> White and Asian<br><input type="checkbox"/> Any other mixed/multiple ethnic background, write in: | <b>Asian/Asian British</b><br><input type="checkbox"/> Indian<br><input type="checkbox"/> Pakistani<br><input type="checkbox"/> Bangladeshi<br><input type="checkbox"/> Chinese<br><input type="checkbox"/> Any other Asian background, write in:                                                                                                   | <b>Black/African/ Caribbean/Black British</b><br><input type="checkbox"/> African<br><input type="checkbox"/> Caribbean<br><input type="checkbox"/> Any other Black/ African/Caribbean/ Black British background, write in: | <b>Other ethnic group</b><br><input type="checkbox"/> Arab<br><input type="checkbox"/> Any other ethnic group, write in:<br><br><input type="checkbox"/> I prefer not to say |
| <b>Language</b>                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                             | <b>Country of birth</b>                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                                                              |
| <b>What is your main language?</b><br><input type="checkbox"/> English <input type="checkbox"/> Other (including sign languages)<br>Please specify:<br><br>If English is not your main language, how well can you speak English?<br><br><input type="checkbox"/> Very well <input type="checkbox"/> Well <input type="checkbox"/> Not very well <input type="checkbox"/> Not at all |                                                                                                                                                                                                                                                                             | <input type="checkbox"/> England <input type="checkbox"/> Wales <input type="checkbox"/> Scotland<br><input type="checkbox"/> N. Ireland <input type="checkbox"/> EU Country <input type="checkbox"/> Non EU Country<br><input type="checkbox"/> I prefer not to say                                                                                |                                                                                                                                                                                                                             |                                                                                                                                                                              |
| <b>Religion/belief</b>                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                             |                                                                                                                                                                              |
| <input type="checkbox"/> No religion<br><input type="checkbox"/> Agnostic<br><input type="checkbox"/> I prefer not to say                                                                                                                                                                                                                                                           | <input type="checkbox"/> Christian (including C of E, Catholic, Protestant and all other denominations)                                                                                                                                                                     | <input type="checkbox"/> Sikh<br><input type="checkbox"/> Muslim<br><input type="checkbox"/> Hindu                                                                                                                                                                                                                                                  | <input type="checkbox"/> Buddhist<br><input type="checkbox"/> Jewish                                                                                                                                                        | <input type="checkbox"/> Any other religion/belief, Please specify:                                                                                                          |
| <b>Disability Do you consider yourself to have of the following? (Please tick all that apply)</b>                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                             |                                                                                                                                                                              |
| <input type="checkbox"/> I do not have a disability<br><input type="checkbox"/> Long standing illness<br><input type="checkbox"/> Mental health condition                                                                                                                                                                                                                           | <input type="checkbox"/> Learning disability<br><input type="checkbox"/> Physical impairment<br><input type="checkbox"/> Cognitive impairment (e.g. Dementia, Autism, ADHD)                                                                                                 | <input type="checkbox"/> Speech impairment<br><input type="checkbox"/> Other, please state:                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                             | <input type="checkbox"/> I prefer not to say                                                                                                                                 |
| <b>Gender</b>                                                                                                                                                                                                                                                                                                                                                                       | <b>Sexual orientation</b>                                                                                                                                                                                                                                                   | <b>Caring Responsibilities</b>                                                                                                                                                                                                                                                                                                                      | <b>Perinatal information</b>                                                                                                                                                                                                |                                                                                                                                                                              |
| <input type="checkbox"/> Female <input type="checkbox"/> Male<br><input type="checkbox"/> Live in a gender other than that assigned at birth.<br><input type="checkbox"/> I prefer not to say                                                                                                                                                                                       | <input type="checkbox"/> Heterosexual ("straight")<br><input type="checkbox"/> Gay (homosexual)<br><input type="checkbox"/> Lesbian <input type="checkbox"/> Bisexual<br><input type="checkbox"/> Other (Please specify)<br><input type="checkbox"/> I prefer not to say    | <b>Do you currently look after a relative, neighbour or friend who is ill, disabled, frail or in need of emotional support?</b><br><input type="checkbox"/> Yes <input type="checkbox"/> No<br><input type="checkbox"/> I prefer not to say                                                                                                         | <b>Have you had a baby in the last 12 months?</b><br><input type="checkbox"/> Yes <input type="checkbox"/> No<br><input type="checkbox"/> I prefer not to say                                                               |                                                                                                                                                                              |
| <b>Employment status</b>                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                             | <b>Marriage and Civil Partnership status</b>                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                             |                                                                                                                                                                              |
| <input type="checkbox"/> Employed (full time)<br><input type="checkbox"/> Employed (part time)<br><input type="checkbox"/> Unemployed, seeking work<br><input type="checkbox"/> Student<br><input type="checkbox"/> Long term sick or disabled                                                                                                                                      | <input type="checkbox"/> Care giver<br><input type="checkbox"/> Veteran<br><input type="checkbox"/> Homemaker<br><input type="checkbox"/> Volunteer<br><input type="checkbox"/> Retired<br><input type="checkbox"/> I prefer not to say                                     | (Please tick one box)<br><input type="checkbox"/> Single <input type="checkbox"/> Married<br><input type="checkbox"/> Co-habiting <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced<br><input type="checkbox"/> Separated <input type="checkbox"/> In a same sex civil partnership<br><input type="checkbox"/> I prefer not to say |                                                                                                                                                                                                                             |                                                                                                                                                                              |

# Recovery College Student Charter

The Recovery College aims to create an environment that encourages learning and where students feel they are supported. This charter is designed to help students to understand what is expected from you and of us, whilst accessing the college.

## What you can expect from us:

We will respect you as an individual at all times. We will do this by:

- Respecting your values, opinions and beliefs
- Equality of opportunity, free of harassment and discrimination
- Helping people that support you to access courses e.g. a career, friend or interpreter
- Behaving in a way that fosters a shared understanding and mutual respect
- Encouragement to take responsibility for your own learning and development
- Opportunities for you to comment on and review the courses and facilities on offer
- Clear information about the courses on offer
- The chance to celebrate success
- Suitably trained facilitators and volunteers who are committed to the quality of your experience and to their own professional development

## What we expect from you:

- Respect the rights, choices, beliefs and opinions of others
- Commit to attending course/workshop you have enrolled on
- Do my best to inform the college ahead of time, if I am going to be late or miss a session and return from my breaks in a timely manner
- Respect the college environment and equipment
- Ensure mobile phones are on silent/turned off before entering any learning area
- If I act in a way that may put myself or others at risk, I understand I may be asked to leave the course
- Avoid the use of language or terminology that might offend others
- Do not attend the college if under the influence of alcohol or substances, because it affects my ability to learn and/or ability to conduct myself respectfully.
- I agree to behave appropriately within the learning environment and accept guidance from the course facilitator
- Keep us informed of any special needs or requirements you have so we can support you in the best way possible
- Seek early advice and support whenever you need clarification, or if you have a problem
- I will keep any personal/private information heard during any course strictly confidential

By filling out this form and enrolling on these courses, I am confirming that I will attend these courses and abide by the College's code of conduct. I understand that failure to attend these courses without contacting the Recovery College beforehand may result in a period of time where I am unable to attend any courses that I have enrolled on or was planning to enrol on. I also understand that if I am in danger, or there is a risk to myself or others, the information that I have given may be shared with others to ensure everyone's health and safety. We shall let you know if we have to share this information.

Name.....

Signature.....

Date.....

Please return your completed four page enrolment form to:

Wakefield & 5 Towns Recovery College, Drury Lane Health & Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE



# Did you know there are three other community based recovery colleges within the South West Yorkshire Partnership NHS Foundation Trust?

If you have enjoyed your experience with the Wakefield and 5 Towns Recovery College and want to explore our sister recovery colleges, or perhaps are looking for a course and haven't seen it yet in our prospectus, why not get in touch.

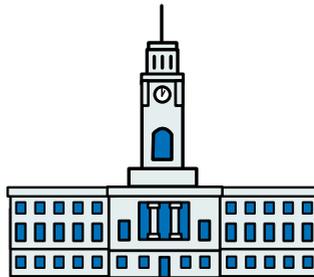
If you are an inpatient on one of our forensic wards, speak with your nursing team to find out more about how you can access the Forensic Recovery College.

## **The Exchange Recovery College**

33 Gawber Road  
Barnsley  
S75 2AH

01226 730433

[barnsley.recoverycollege@swyt.nhs.uk](mailto:barnsley.recoverycollege@swyt.nhs.uk)  
[www.barnsleyrecoverycollege.co.uk](http://www.barnsleyrecoverycollege.co.uk)

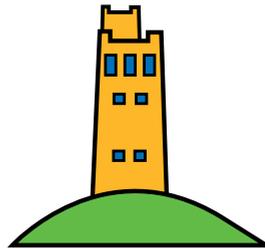


## **Discover: Recovery College Kirklees**

Pathways  
Nettleton Road  
Mirfield  
WF14 9AQ

01924 481060

[recovery.kirklees@swyt.nhs.uk](mailto:recovery.kirklees@swyt.nhs.uk)  
[www.kirkleesrecoverycollege.co.uk](http://www.kirkleesrecoverycollege.co.uk)

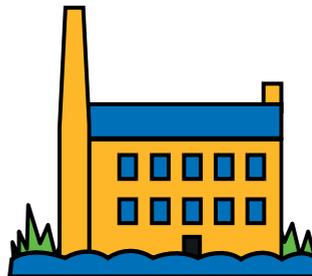


## **Recovery College Calderdale**

Hope Street Resource Centre  
Hope Street  
Halifax  
HX1 5DW

01422 393339

[Calderdale.recovery@swyt.nhs.uk](mailto:Calderdale.recovery@swyt.nhs.uk)  
[www.calderdalerecoverycollege.co.uk](http://www.calderdalerecoverycollege.co.uk)





**Finished with this  
prospectus?...**



**...why not give it to  
someone you know?**



**Wakefield and 5 Towns Recovery College  
Drury Lane Health and Wellbeing Centre  
Drury Lane  
Wakefield  
WF1 2TE**



**01924 316946**



**wakefieldrecoverycollege@swyt.nhs.uk**



**wakefieldrecoverycollege.co.uk**



**facebook.com/wakefieldrecoverycollege**



**@W5TRC**

**If you would like this information in an alternative coloured paper, in large print or in an alternative print, please contact us on the above details.**

