

June 2020 Wakefield

Registered charity no. 1055931-13

Hi All

Here at Creative Minds we develop and promote creative approaches for people who use services run by South West Yorkshire Partnership NHS Trust, their carers and our staff.

I am hoping you are all coping in these challenging times. This newsletter highlights some of the new projects we are supporting with our Creative Minds partners in response to the Covid crisis. It also contains other resources and help available from other sources including our very own Mental Health Museum and Recovery colleges. Our partners have come up with a myriad of different ways to engage with the people they work with but also by reaching out to new audiences.

I hope you have found ways to keep occupied in the home and the garden and whilst out for daily exercise. For my own wellbeing I have been enjoying sorting through my fossil collection. As I can't go fossil collecting I have spent many hours doing basic fossil preparation, whilst watching my favourite old movies.

Ash Mahmood

Creative Minds Wakefield



A block of Yorkshire fossil Ammonite remains Alex has recently polished by hand.


What we are about

We introduced **Creative Minds** in 2011 in response to feedback from service users and carers about their desire for more creative approaches to understanding and supporting their health and wellbeing.


To date, **Creative Minds**, together with 130 partners, has delivered in excess of **500 projects and over 100 sporting events** which, in turn have benefitted **over 6500 people** who use **South West Yorkshire Partnership NHS Foundation Trust (SWYPFT)** services and/or their carers.

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


Dream Time Creative Door Step Creations

Project	Who is this project for?	When/Venue
<p>Door Step Creations.</p> <p>With 6 Crafting packs to choose from delivered straight to your door, joining the Dream Time Creative Crafting Community will help break down isolation barriers and ignite your creative imagination.</p>	<p>Everyone who would like to participate in crafting activities and be part of a supportive on-line community. Anyone who is feeling particularly isolated or alone or who would like lovely crafting activities to do together as a family.</p>	<p>In your own time.</p> <p>In your own home. We encourage you to upload your photos and comments onto the Door Step Creations FB page to share</p>
	<p>To access this project please contact</p>	
	<p>hello@dreamtimecreative.org</p>	

Gasped Step Up Campaign

Project	Who is this project for?	When
<p>Online fitness classes to people living across the district. The project will pay the weekly membership for individuals for a maximum of 12 weeks to increase emotional and physical wellbeing. For those that do not have phones, we do have a small stock of phones that be borrowed for the duration of the project.</p>	<p>Anyone wanting to increase their fitness levels, who lack the financial means.</p>	<p>All the classes are in live time but are kept on the page for a week for people to access at anytime. The classes run Monday to Saturday at various times.</p>
	<p>To access this project please contact</p>	<p>Venue</p>
	<p>sally@gasped.co.uk</p>	<p>Social media.</p> 

#StayHomeandGrowYourOwn with Incredible Edible Wakefield

Project	Who is this project for?	When
Incredible Edible Wakefield will be supporting existing service users and those in the general population who are self isolating and at risk of suffering from mental health problems during the crisis by using social media to provide tips and ideas for using what space they do have to have a go at growing their own food at home until it is safe to resume running weekly therapeutic edible gardening club sessions.	Adults who use SWYPFT services and/or their carers & SWYPFT staff and others wanting to improve their mental health through gardening	Every Tuesday – 10:00 am – noon
	To access this project please contact	Venue
	Richard Brown Richard@incredible-edible-wakefield.co.uk Mob: 07887 356954	Outwood Memorial Hall, Victoria Street, Outwood, WF1 2NE 

Performance Academy online with ... Theatre Royal Wakefield

Project	Who is this project for?	When
The project will develop weekly performing arts sessions that young people can participate in, offering online classes in singing, dance and drama. These classes will encourage young people to stay active, learn new skills and give those participating an opportunity to share what they are learning.	Young People who use SWYPFT services and/or their carers & Young People across the district	Online resources and activities – updated regularly
	To access this project please contact	Venue
	Rhiannon Hannon Rhiannon.Hannon@theatreroyalwakefield.co.uk	Online theatre Royal Wakefield

Inspire Art Group Timeline

Project	Who is this project for?	When
To encourage members to document life/environment under current events through imagery using insta cameras, mobile devices, art or written work. These would be developed into a timeline of the unusual circumstances we find ourselves in through the pandemic.	to help adults who use SWYPFT services and/or their carers & SWYPFT staff and members of the local & wider community.	Every Thursday – 2:00 – 4:00pm
	To access this project please contact	Venue
	facebook INSPIRE ARTS GROUP Jo cottam inspiredbyarts57@gmail.com	Working from Homes

Spectrum People & Recovery College

Project	Who is this project for?	When
For people to up-cycle household waste to create 'angels. These can be made to 'keep safe' someone you can't be with now or for someone who has sadly passed away, or to show our support for key workers. The angels can be displayed in a window or outside so others can enjoy them and spread community spirit. By doing so keep people connected and increase their self-esteem.	Vulnerable people in assisted living homes, care homes, those using Hubs during Covid 19 as a resource. Schools, Reflections House. Recovery College clients. Open to anyone as this will be shared on social media through the Postcards from Wakefield, our partners social media and our own	25 th May – 29 th May Design and creation of packages 1 st June – 5 th June delivery of packages and sending information out to key groups via social media 8 th June – ongoing, participants will be making angels in their own homes, Spectrum People will regularly check in with the local groups participating via telephone
	To access this project please contact	Venue
	tina.dransfield@spectrum-cic.nhs.uk Tel: 07720 899781 Find us on Facebook, look for 'spectrum people	NA as this is done remotely. However Angels we hope will appear in many places.



Other things to know

Recovery Colleges for Wakefield

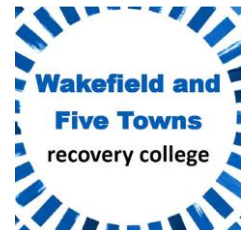
Currently the Recovery colleges are currently unable to provide courses face to face but are providing a lot of support and information through newsletters, facebook groups and wellbeing packs funded by Creative Minds. Recovery Colleges offer a variety of courses and one-off workshops to help improve wellbeing through learning. Many of these course and workshops are creative or activity based.

The courses focus on being mentally healthy, staying well and developing the knowledge and strength to overcome the challenges we can all face at times in our lives. Building our personal resilience, having confidence and self-esteem, to be able to make decisions and to believe in ourselves.

Contact the recovery colleges:

<https://www.southwestyorkshire.nhs.uk/recovery-college/wakefield/>

<https://www.facebook.com/wakefieldrecoverycollege/>



The Mental Health Museum

The Mental Health Museum Online is a collaboration between the Mental Museum at Fieldhead Hospital and local community groups. Visit www.artscafeevents.org where you can help to research objects from the Museum collection, download copies of *The Virus Times* newsletter or join our story writing project. For info call 07464 655 411 or email maria.ineson@swyt.nhs.uk



Want to quit smoking?

If you're a smoker and want to quit, **Yorkshire Smokefree** have a team of advisors waiting to take your call. We offer telephone support and help to get the right stop smoking product, making it easier to stop smoking and stay stopped.

If you live in **Wakefield** give us a call now on 0800 612 0011 or request a call back via our website

www.yorkshiresmokefree.nhs.uk.

<https://wakefield.yorkshiresmokefree.nhs.uk/clinics/kings-medical-centre>

Find us on Facebook: www.facebook.com/ysmokefree

Follow us on Twitter: twitter.com/YSmokefree

Follow us on Instagram: [@yorkshire_smokefree](https://www.instagram.com/yorkshire_smokefree)



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Don't forget you can follow us here too....

Facebook: www.facebook.com/Creat1ve.M1nds

Twitter: [@Creat1ve_M1nds](https://twitter.com/@Creat1ve_M1nds)

Website: www.creativemindsuk.com



Disclaimer

Whilst Creative Minds and South West Yorkshire Partnership NHS Trust take care to provide accurate and up to date information we cannot take full responsibility for the accuracy of the information contained in this newsletter and other Creative Minds promotional material

Covid19 mutual aid local groups Wakefield

The groups our on Facebook and WhatsApp platforms via the links provided

Wakefield	Wakefield Coronavirus Support Group
Wakefield	Wakefield COVID-19 Mutual Aid Grop
Wakefield, St Johns	St Johns Covid19 Support Group
Wrenthorpe, Wakefield	Orchard support
Stanley, Wakefield, WF3	Stanley COVID-19 Mutual Aid WF3
Horbury, Wakefield	Horbury
Ossett	Helping Each Other - Ossett, Horbury & Surrounding Area
New Lane, East Ardsley	New Lane COVID-19 Mutual Aid WF3
Crofton Wakefield	Crofton Covid-19 Mutual Aid
Middlestown	Covid-19 Mutual Aid - Middlestown



