

Wakefield Newsletter July 2025

This newsletter provides details about the projects which Creative Minds will be funding in the Wakefield area in 2025. It provides a brief overview of each project and contact details for further information

Creative Minds is an award-winning charity hosted by the South West Yorkshire Partnership NHS Foundation Trust

We deliver creative approaches in health and support local groups in the provision of creative activities which support mental health and wellbeing



Project: W.D.H Moving Forward

Provider: Wakefield District Housing

Project	Who is this project for?	When
To support our older and vulnerable population to improve their physical and mental health by offering fun and physical activity sessions across the Wakefield District in WDH Independent Living Schemes (ILS), which provide a safe environment for the sessions.	WDH Independent Living Tenants. Vulnerable adults in the Wakefield district. My therapy referral by WDH Occupational Therapist. WDH Tenants engaging with Wellbeing Co-Ordinators. SWYPFT service users.	Monday – Friday. Further details can be obtained through contact.
	To access this project please contact	Venue
	Independent Living Team Contact is- Jane Russell, Engagement Coordinator– Telephone: 01977 724449. Mobile: 07776163540	Venues across 6 different Independent Living Schemes. Each of these schemes have 1 session per week. Further details can be obtained through contact.

Project: Chime

Provider: Theatre Royal Wakefield

Project	Who is this project for?	When
Chime is musical theatre training for learning-disabled young people. We develop movement, singing and drama skills through musical theatre and popular songs. It's a chance to meet new people, practise skills and have some fun. Come for a taster and see what we do! £5 per session	Young learning disabled and/or autistic people aged 12 - 25	Regular weekly training takes place on Tuesdays evenings in term-time.
	To access this project please contact	Venue
	For more information on how to join please contact Gavin Leonard. gavin.leonard@theatreroyalwakefield.co.uk 01924 211311	At Theatre Royal Wakefield in the full accessible Walker Studio

Project: Therapeutic Edible Gardening Club

Provider: Grow Wakefield

Project	Who is this project for?	When
For those who enjoy gardening, want to improve their mental and physical health, and would like to learn to grow their own food. Come every week or just for an odd session.	Adults wanting to improve their mental health through gardening	Every Tuesday – 10:00am – noon
	To access this project please contact	Venue
	Andy Austerfield Andy@Grow-Wakefield.co.uk Mob: 07971 098510	Outwood Memorial Hall, Victoria Street, Outwood, WF1 2NE

Project: Fieldhead Caring Garden Therapeutic Edible Gardening Club

Provider: Grow Wakefield

Project	Who is this project for?	When
For those who enjoy gardening, want to improve their mental and physical health, and would like to learn to grow their own food. Come every week or just for an odd session.	Adults who use SWYPFT services and/or their carers & SWYPFT staff and others wanting to improve their mental health through gardening	Every Tuesday – 1:00pm – 3.00pm
	To access this project please contact	Venue
	Andy Austerfield Andy@Grow-Wakefield.co.uk Mob: 07971 098510	Caring Garden, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

Provider: Open Country

Project: Wild About Water

Project	Who is this project for?	When
The Wild About Water project takes groups of people with disabilities and/or mental health problems out for the day to take part in a creative activity near an area of blue space in Yorkshire. The venue and activity change each week	Disabled adults including adults who use SWYPFT services and their carers	Every Tuesday - 10:00 to 4:00pm
	To access this project please contact	Venue
	Simon 07426 716677 or Beth 07857 834364	Various - will change each week

Project: Peer Support Groups and Resources

Provider: Heavy Metal Therapy

Project	Who is this project for?	When
Free monthly mental health peer support meeting for adults who identify with the alternative/heavy metal music community. Facilitated by experts by experience. Discussion space about music and mental health.	Adults who identify with the Heavy Metal music community In the Wakefield district. Free drop-in group	All groups are Monthly. Wednesday evenings 6-7.30pm in Wakefield. Sunday afternoons 2-4pm in Castleford. Wednesday evenings 7-9pm online. Friday evenings 6-8pm in Leeds.
	To access this project please contact	Venue
	See posters at relevant locations (including group locations) or website/social media for Heavy Metal Therapy. heavymetaltherapy.co.uk/contact	Throwback Coffee Shop, Northgate, Wakefield. Flarepath, Castleford. Online via Teams Craftea, Meanwood, Leeds.

Project: Talk and Draw

Provider: The Art House

Project	Who is this project for?	When
On an equal basis and regardless of drawing and language skills, people come together and using pastels, charcoal and paints, create pictorial representations. Regardless of cultural backgrounds Talk and Draw brings people together sociably and creatively. No Participation Fee	Talk and Draw is for all adults who like to be creative and be sociable with new people.	every Friday 10am – 12pm
	To access this project please contact	Venue
	Linda@the-arthouse.org.uk 01924 312000	The Art House Drury Lane, WF1 2TE

Project: Creative Stitching

Provider: The Art House

Project	Who is this project for?	When
Throughout 2025, Creative Stitching brings together people to explore free creative projects using embroidery, hand-sewing, and patchwork. Participants engage in creative projects led by artists to help develop skills, language and share cultural insights. Sessions foster peer support, community cohesion, inclusion, and well-being, with signposting to additional services.	For all adults who like to be creative and be sociable with new people.	Every Thursday – 2:00 – 4:00pm
	To access this project please contact	Venue
	Linda@the-arthouse.org.uk Tel 01924 312000	The Art House Drury Lane, WF1 2TE

Project: Lego Café Project

Provider: Spectrum People

Project	Who is this project for?	When
FREE group that's more than just Lego. Learn social skills in a safe setting whilst building a Lego City. Chat with like minded peers to reduce anxieties and boost confidence.	Over 16's who struggle in a social setting, social isolation and low confidence or anxiety.	Every Tuesday 13.00-15.00
	To access this project please contact	Venue
	Carla Rivers 07892769803	Tieve Tara Medical Centre, Parkdale, Airedale, Castleford, WF10 2QP

Project: Our Path

Provider: Reflections Yorkshire CIC

Project	Who is this project for?	When
Confidence building and self-esteem and knowing yourself courses.	Clients who have poor mental health and are recovering from addiction.	Mondays 1.30-2.30
	To access this project please contact	Venue
	Georgia Atkinson georgia.atkinson@reflectionsycic.com	Reflections Yorkshire CIC

Project: Creative Café 2025-26

Provider: The Hepworth Wakefield

Project	Who is this project for?	When
The Hepworth Wakefield invites people living with dementia, their carers, friends and family to talk, make and imagine with us inspired by our exhibitions and garden. At our free monthly Creative Café, you can get creative in relaxed, artist-led sessions or simply join us for a chat and cup of tea.	People living with dementia, their carers, friends and family.	Fourth Wednesday of every month, 1.30 - 3.30pm
	To access this project please contact	Venue
	The Hepworth Wakefield Learning Team at learning@hepworthwakefield.org	The Hepworth Wakefield Gallery Walk, Wakefield, WF15AW

Your Wakefield and Barnsley Creative minds contact is:

Ash Mahmood Creative Minds and Mental Health Museum

arshad.mahmood@swyt.nhs.uk Tel: 0734-2059213

I develop, co-ordinate, fund and manage creative initiatives. I have a background in Engineering, Teaching and Community Development. I have worked for the NHS in various roles for the past 12 years.

Specialisms: Mindfulness and Meditation



Hi all, I'm **Kirsty**, the Creative Practitioner at Creative Minds covering Barnsley and Wakefield. I facilitate creative activities for service users in these areas. My passion for creativity and background in Mental Health enable me to devise creative activities which can be adapted to accommodate all, taking into consideration the individual needs and abilities of participants.

My special interests include arts and crafts, textiles, and ceramics.



Disclaimer:

Whilst Creative Minds and South West Yorkshire Partnership Foundation 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.