

Keeping Connected

Calderdale & Kirklees

Recovery and Wellbeing College

February 2022

We would LOVE your contributions in future newsletters, please get in touch if you have anything you'd like to share - a piece of art, a poem, joke or experience, we want to celebrate you!

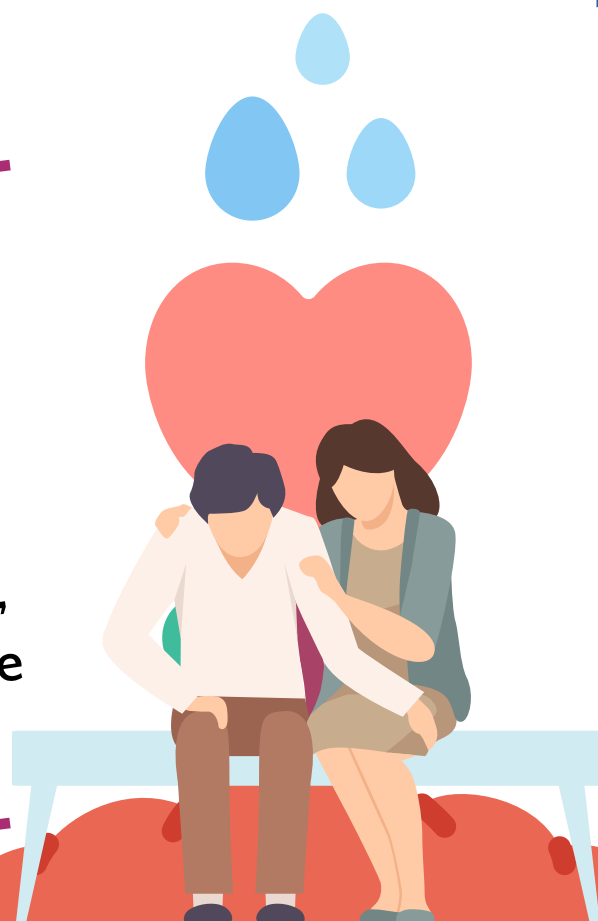
Email us at: Ckrecovery.wellbeing@swyt.nhs.uk

Inspired by the Great Winter Get Together, the late Jo Cox and our amazing learners; this edition celebrates sharing stories, skills and strategies that remind us we have **#MoreInCommon**

“ on social media sites like twitter I was able to find support groups from other LGBT identifying teens from across the globe.
It was so validating ”

“ I felt lonely: I didn't feel connected to the group and I felt we had little in common apart from having children the same age. To me, their lives seemed perfect ”

“ I have learnt a lot on my journey including that feelings of loneliness can end. So, to all those experiencing loneliness and mental health difficulties, believe in me when I say there are good times ahead. ”



A blue rectangular banner with the text "Spotlight on - Andy's Man Club" in white. Two black spotlights with yellow beams are positioned at the top corners of the banner.

Spotlight on - Andy's Man Club

"Men's mental health and male suicide are two of the most stigmatised subjects facing society today. However since 2016, Yorkshire based organisation, Andy's Man Club has been challenging these stigmas by offering free, peer to peer support for men every Monday night between 7-9pm.

I know this because in 2017 the build-up of several negative factors started to get the better of me and had a detrimental effect on my mental health. Initially I thought I could cope. I bottled my thoughts and feelings up, trying to protect my loved ones and not wanting to burden them with my problems. This made me withdrawn, I isolated myself, lost trust in people, felt worthless, I became anxious and clinically depressed. Due to this my marriage broke down, losing who, at that time was my best friend. I hit rock bottom in February 2020.

I was in such a dark place but I took the step to seek help. I went for counselling and was then signposted to Andy's Man Club and I've never looked back! Obviously, I had my reservations at first; would anyone care? Would anyone be able to relate to my issues? Would I just be surrounded by loads of miserable men?

It took me a couple of attempts to find the courage to join and attend my first session, but when I did, I was literally blown away and felt as though a massive weight had been lifted off my shoulders. The warm welcome and support from the other men was overwhelming. Listening to others, soon put me at ease and, without realising I began to open up. With the help of Andy's Man Club and my own determination, I've gone from strength to strength. It has relieved me of the stigma and guilt I felt and has enabled me to talk about my mental health. I have now become part of the facilitating team helping to run the group and making new friends along the way.

To find your nearest club or online group
email: info@andysmanclub.co.uk or
check out their website:
www.andysmanclub.co.uk
and remember....It's okay to talk"

By Andy.K, Friend of the RWC



#ITSOKAYTOTALK



Go Fish!

Fishing is a fun, social and inclusive activity that has proven health benefits. This free 8-week angling course gives learners the opportunity to escape the daily demands of life and to learn a new skill. This course is delivered by Eden Forest CIC, is suitable for beginners and all equipment is provided.

Start Date: Friday 25 March 2022 at 12.30pm - 3pm
(Face to Face at Magdale Dam, Honley, Huddersfield)

African Drumming

This fun two week course is a great introduction to African drumming and provides the opportunity to play some simple beats and rhythms in a supportive space. All abilities welcome including beginners. Instruments are provided.

Start Date: Friday 25 March 2022 at 11am - 12.30pm
(Face to Face at the RWC in Mirfield)

Improving your Sleep

The idea behind this online learning event is to explore sleep, its importance and the impact it can have on wellbeing. The session will teach you the skills to manage your symptoms and become your own sleep therapist and will be facilitated by two friendly psychological wellbeing practitioners.

Starts: Thursday 10 March 2022 at 12.30 - 2.30pm
Online via MS Teams

Grow Well

Would you like the opportunity to learn new skills, develop confidence and enhance social connection through gardening activities and growing fresh food? If so, book on ONE of our friendly introductory sessions offered by our partner, Serenity Wellbeing Gardens. These taster sessions will give you the chance to find out about the many therapeutic benefits of gardening.

Available On: Thursdays 17, 24 & 31 March 2022 at 1.30pm - 4.30pm
(Face to Face at The Outback Garden, Halifax)

These are just a small selection of courses on offer.

Visit our website to discover more
calderdalekirkleesrc.nhs.uk/courses/



Let's Get Physical

Exercise. I'm sure you've heard about the many benefits of being active, but it can be daunting to know where to begin - especially if you haven't done it for a while. Let's Get Physical is a round up of ideas, courses and articles based on improving our health inside and out. One huge impact of exercise is the social aspect, below some learners share their thoughts on a walking group held last year.

Want to know more? Contact us to request a copy.

In May 2021 we launched our Walkie Talkie Course. Over 6 weeks we explored some really interesting places in Halifax including; People's Park, Manor Heath Park and Boothtown. This was a hugely popular course, we wanted to find out why...we interviewed some of our wonderful learners this is what they had to say...



It got me out of the house, it got me meeting people. I got to see different areas of Halifax. It was the beginning of me starting to enjoy myself again.



It got me doing more things and going out more.

It helped me to get into a post Covid mindset, I was able to start doing things that I found hard at first. Doing the walk couldn't have been a better way for just easing back into doing things and enjoying myself.



It got me out of my house and meeting people.

Thank you Sean, Chloe, David and Andrew, we are glad that you enjoyed the course! Attended a course that you'd like to give feedback on? We'd love to hear from you.

Dewsbury Country Park



Estate Volunteers needed...

New faces are always welcome. All you need to bring is your lunch, some old clothes that you don't mind getting mucky and some sturdy footwear.

Tools, training, tea/coffee and biscuits provided.

Everyone welcome, under 16s must be accompanied by an adult, and please feel free to come and go at any time between 10am - 2pm: may finish earlier depending on task or weather.

Meet at : Lowfield Road Carpark WF13 3SR

Saturday 5th March - TBC

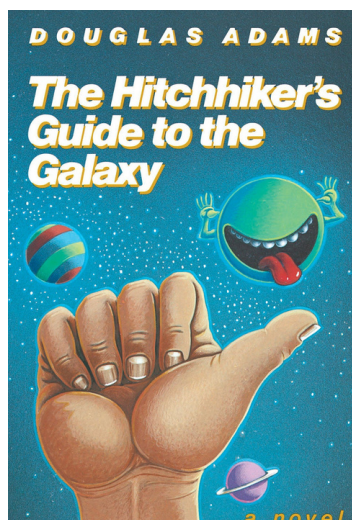
Wednesday 16th March - TBC

Wednesday 30th March – Dry stone Walling

The Recovery & Wellbeing College Recommends.....



This month's book review revisits a modern classic, RWC volunteer Gary explains how Hitchhiker's Guide to the Galaxy stole a piece of his heart.



I remember reading this book for the first time back when I was 12 and fell in love with it straight away. I have since re-read the book (and the others in the series) about six times and have recently finished them again! What can I say about the author Douglas Adams other than he has the mind of a genius with a humour to match. Whether it is poetry read to you by a Vogon or drinking a pan galactic gargle blaster, the story takes you on a journey into the mind of a man ahead of his time. Not only has the book been made into a film and TV series but it has also been on the radio. It's now 42 years since it was published and I still find myself loving every minute of it. So, if you feel like escaping on a fantastic journey to the far edges of Douglas' mind give this book a read – or even a re-read!

Stay up to date, follow us on our socials



The Bottom Line

Foundations are important to any structure, our wellbeing is no exception. In the coming months we want to use our new feature to share your stories, tips and recommendations for all things money related. It can be tough to consider self care or mindful courses when you are worried about having enough money to heat your home, feed the family or pay for travel.

What kind of advice would you like to see here?

Do you know of a local service that provides housing support, or a great recipe using leftovers...let us know!

Still unsure about online workshops? If so, read below what one of our learners said about their experience on 'Splash of Colour' recently....

"It was the first time for me to do an online course and I'd never used Microsoft Teams before. I was surprised how well it worked and I felt I engaged more with people as they took turns to talk.

Jo was a really excellent facilitator. They shared lots of tips, links and creative ideas and I felt made every one feel encouraged, valued and heard"

Oh and check out their creative work.
We're well-ie impressed!



Contact us

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