

# Keeping Connected

Calderdale & Kirklees

Recovery and Wellbeing College

**March 2022**

## Hello Spring

Michael G:

I'm looking forward to springing into a year of wellbeing!

Andrew:

Just being out in nature after concentrated work stops my head spinning – added to the warmth of spring-on-the-way it does the job doubly well!

We've packed away our Winter Well-ies and are bloomin' ready to embrace Spring.

What are you looking forward to in the coming months?

Here are some of our thoughts...

Russel:

Life begins anew!

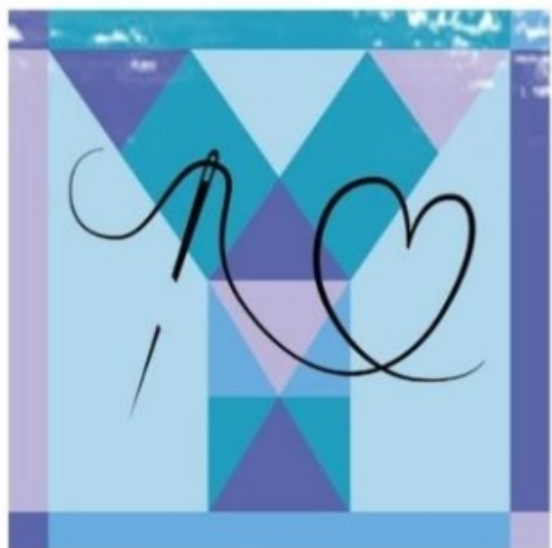
Anna:

Waking up to daylight instead of the dark mornings, and seeing the sunshine, really lifts my spirits!

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](mailto:Ckrecovery.wellbeing@swyt.nhs.uk)

# Spotlight on - Speak Their Name



**YORKSHIRE**  
**SPEAK THEIR NAME**  
SUICIDE MEMORIAL QUILT

This project is an opportunity for those bereaved or affected by suicide to have a creative space to support each other as the Yorkshire 'Speak Their Name' suicide memorial quilt project is launched.

Our college is proud to support the creativity and courage of those who wish to take part in this ambitious artwork.

Individual squares will be designed by those who have been bereaved by suicide in Yorkshire, each square will represent the unique memories of the family member or friend who has passed.

The quilt will be made up of 10cm squares which are either stitched, drawn, felted or woven. It will be made into a professionally quilted item inspired by the long history of community creative arts as a way of expressing remembrance from The Bayeux Tapestry through to the very recent Covid Memorial Wall in London. The quilt will be completed and displayed on World Suicide Prevention Day 2022.



## **Suicide Prevention Resources for West Yorkshire**

This is an information portal for anyone in West Yorkshire with suicidal thoughts and in crisis,...

 [suicidepreventionwestyorkshire.co.uk](https://suicidepreventionwestyorkshire.co.uk)



# Ask an Expert

Have you ever seen one of our courses and wondered if it's for you?

Worried you need specific skills to join?

Our learners are our experts, each month we will feature a course review in a learners own words.

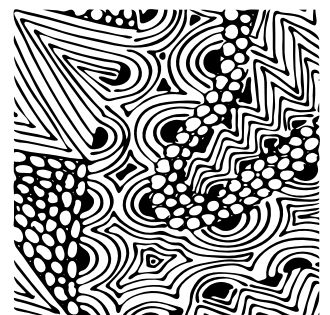
## Zendoodles



By Maria,  
Expert by Experience



"When I signed up for the Zendoodle course last year I wasn't sure what it would be like, or even if I was good enough but I really enjoyed it! I'm rubbish at drawing and when I did art at school it was about drawing a vase or a bowl of fruit. I realised whilst doing the Zendoodle course, that art is about mark making too. Forward another year and I do the Zendoodle course again. Over the sessions I got better at it. I felt good about myself, how I'd progressed and felt proud about what I'd achieved. I decided to have one of my pieces printed so I went online, uploaded my design and had it printed on both a mouse mat and shopping bag. When they finally arrived in the post, I thought they looked really good!"



# Ask an Expert

"I can honestly say that the Recovery College gave me my life back. I was having counselling at the IAPT service in Pathways and I noticed people kept coming in and doing drumming, and I started asking questions, and I was told about the College and an Action for Happiness course. I thought, "Well I'm not very happy, maybe I should give it a go". I was in quite a deep depression at the time. I decided, "Yep, I'm doing this!"

It's a very hard thing to get involved in a new course, it can feel like a bit of a leap in the dark, and I really didn't know what to expect. Having taken that leap, the day I came for the first session was a very bad day for me; I had to force myself to go along. I got talking to Matt and it was his empathy that made the difference. Talking and listening to him, I realised it wasn't only me, I wasn't the only person in the world who felt like this. After that I really felt like coming back.



Just listening to other people puts your own things in perspective and helps you to think things can get better. Having the opportunity to do it in the Recovery College environment, the safety of that, nobody laughed at you, nobody judged you, it was a 'safe haven' where you could say whatever you wanted to say. Now I'm a completely different person, I'm no longer competitive, high powered, needing things. I found that the less you need, the better you feel. The course gave me an opportunity to step into a different world. Without the experience of the RC, I wouldn't have got to this place. It opened my mind and my eyes to a different way of being and I've never looked back."

Wendy, Expert by Experience

# Let's Get Physical



As you can see we had so much fun on 'Women Get Moving' !

A huge thanks to Debra from S2R for putting this course on AND to our learners who gave it some well-ie, really entering into the spirit of things.

We particularly enjoyed the world dance session; we did it all - flamenco, hula even an Irish jig!

Zarida:

I enjoyed it! It's taken me out of the house and I've made some new friends too!

Wendy:

I've been wanting to do chair exercise again after trying it once before. I've loved this course! The dance takes your mind off everything and the dance moves make it more fun than other types of exercise!



## Stillness – Nature is a Teacher

Enjoy a one off session in the crisp spring air, discovering how nature can help us to live a more mindful life.

Thursday 5th May

Greenhead Park Band Stand, Trinity St, Huddersfield HD1 4DT

## Exploring Printing

**BOOK NOW FOR THIS POPULAR COURSE!**

Come along to this fun, creative course exploring print making techniques.

Over 4 weeks you will learn various ways to print a design, including customising your own tote bag. Starts 5th April 1 - 3pm

Please note this course has limited spaces due to current Covid 19 procedures.



# Out and About

Spring is the favourite time of year at Cannon Hall Farm, where we see the triumph and tragedy of lambing season with daily activity in our roundhouse.

Our lambs are due to arrive just in time for the Spring school holidays – so make sure you pay us a visit for the very best chance to see a live birth.



Telling it Like it's Lived - 7th April

Share your story with others at this unique open mic style event being hosted by Dewsbury Library. Tickets are free and you are welcome to just watch those sharing but are invited to be part of the show by booking a 3-5 minute slot.

For more info email Yvonne at:  
[ybattlefelton@gmail.com](mailto:ybattlefelton@gmail.com)

Supported by Dewsbury Cohesion Team

## Menopause Festival

### menopause FESTIVAL / 2022

Headingley Enterprise and Arts Centre  
Bennett Road, Headingley, Leeds LS6 3HN

INFORMATION / MEDITATION / NUTRITION  
5RHYTHMS / ART / YOGA / MUSIC and more

For further details, contact:

Alex Cowman  
LYPFT Head of Wellbeing  
E: [alex.cowman@nhs.net](mailto:alex.cowman@nhs.net)

Janette Ward  
Leeds Recovery College Coordinator  
E: [janette.ward2@nhs.net](mailto:janette.ward2@nhs.net)

In partnership with Leeds Recovery College

**NHS**  
Leeds and York Partnership  
NHS Foundation Trust

10am - 4pm  
FREE ENTRY

09

SATURDAY / APRIL

Stay up to date, follow us on our socials



Dear Learner

Your support inspires us to  
be better every day.



With gratitude,  
Calderdale & Kirklees  
Recovery and Wellbeing College Team

Live

Life

Well

We are so grateful to everyone who completed a survey, attended an event or shared their comments with us, in the coming weeks we will be sharing the key points of the information. Be sure to follow us on our socials or sign up to our email list to receive updates and course information

Next month...

Bloomin well, Friends of the RWC and more

### Contact us

[ckrecovery.wellbeing@swyt.nhs.uk](mailto:ckrecovery.wellbeing@swyt.nhs.uk)

07717 867911

[www.calderdalekirkleesrc.nhs.uk](http://www.calderdalekirkleesrc.nhs.uk)





# Bloomin' Well

Calderdale & Kirklees  
Recovery and Wellbeing College

Live  
Life  
Well

## Courses in April

### Speak Their Name (information session)

This session will be a chance to find out more about this memorial quilt project, led by people with a lived experience of bereavement by suicide.

10.30 - 11.30am  
4th April

Online

### Exploring Printing

Join us over four fun sessions as we get crafty and look at printing onto different materials.

1 - 3pm  
4 weeks starting  
5th April

In person  
Mirfield RWC, Kirklees

### Managing Stress

Develop your knowledge and awareness of stress, how it affects you and most importantly ways to manage it.

12.30 - 2.30pm  
14th April

Online

### Speak Their Name

Join us to create an individual cotton square inspired by unique memories of a loved one lost to suicide.  
This session will be a welcoming and compassionate space to share your story with others who have a lived experience, while remembering those special moments.  
The completed quilt will be displayed in Yorkshire on World Suicide Prevention Day.

1 - 3pm  
25th April  
OR  
1 - 3pm  
28th April

In person  
Mirfield RWC, Kirklees  
OR  
In person  
Hope Street RWC,  
Calderdale

Get more information or sign up today!

CALL 07717 867911

EMAIL [ckrecovery.wellbeing@swyt.nhs.uk](mailto:ckrecovery.wellbeing@swyt.nhs.uk)

ONLINE [calderdalekirkleesrc.nhs.uk/courses](http://calderdalekirkleesrc.nhs.uk/courses)

Please be aware that in person sessions will continue to have Covid 19 guidelines in place.  
If you need any help with this or have access requirements we're here to help.