

Bloomin' Well

All the flowers
of all the
tomorrows
are in the seeds
of today

Be patient
with yourself,
nothing in
nature blooms
all year

May the
flowers remind us
why the rain was
necessary

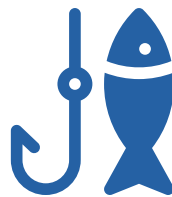
Inspiration to help you Live Life Well!

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

Spotlight on - Eden Forest CIC

Eden's Forest CIC is a very active social enterprise based in an ancient deciduous woodland in Honley, Huddersfield. Our team of Outdoor Learning/Forest School Leaders, experienced School Teachers (mental health first aid trained), Wellbeing Practitioners and Ecologists provide support and guidance to both children and adults who have mental and/or physical health needs.



We offer carefully tailored outdoor activities and experiences for our clients to help with their individual health needs and improve their overall sense of wellbeing. We believe that many life skills and tools for happiness are achieved through our bespoke programme of activities; creating a love of the outdoors and the many health benefits that brings. For some this includes support in making life choices with positive outcomes.

We are very excited to be partnering with Calderdale & Kirklees Recovery & Wellbeing College in supporting our newly established *Go Fish!* angling course, which is funded by the Angling Trust, Creative Minds and One Community. Our friendly, licensed coaches provide both taster days and a complete training programme and all equipment is provided. The next eight-week course starts in May so please contact the RWC if you would like to book on and discover for yourself the some of the many delights and advantages of Eden Forest CIC.

We also accept self referrals, for more info email:
adam@edensforestcic.org

Friends of RWC

The Recovery and Wellbeing College supports people living with issues of mental and physical health and those supporting others to recover a life worth living. Core to our values we work collaboratively with people who have a lived experience of a mental and/or physical health difficulty.

We believe they hold valuable insights that enable others to take control of their own set of circumstances and bring a sense of hope and empathy.

We work with a large range of volunteers and engage them on a regular basis to offer us feedback and to help with the day to day running of the College. Their influence and skills are essential to our College.

We recognise that there are different levels of volunteering and that not everyone is able to give their time and skills to the College in the same way.

Friends of the Recovery and Wellbeing College is a new way to be more engaged and included in the life of the college without being a registered volunteer.

The expectations and responsibilities of this role are less than being a volunteer whilst supporting your commitment to get more involved. It may be used as a stepping stone to volunteer with us more formally. It is also good way of being more involved with us if you are a member of staff.

What can you get involved with as a friend of the College?

- Regular meetings with staff and volunteers
- Championing our work through local contacts and networks
- Giving quality feedback to the College by attending events to tell us where we can improve and what we are doing well
- Providing personal stories and testimonies to encourage others
- Providing articles for social media and newsletters
- Helping with some practical tasks, ie: gardening, tidying up the building, non-confidential admin tasks and more
- Attending the College AGM by special invite!

If you would like to learn more about becoming a Friend of the RWC please email us at the usual address.

A Fond Farewell

Hello all you lovely readers of 'Keeping Connected'.

It is with some sadness that I have to inform you that I am moving on from the Recovery College Team to pastures new. I am moving into a new team for Kirklees Council, so will still be around in the Pathways building, so for those of you who frequent that building I may still see you around.

Having been with the Recovery College from its humble beginnings around eight years ago with just myself doing admin and Simon Burton at the helm, it has certainly come a long way, now with six members of staff, a fabulous bunch of volunteers and hundreds of wonderful eager learners. I could not have asked for a nicer bunch of people to work alongside.

I am certain the Recovery & Wellbeing College will continue to go from strength to strength and wish all those I have worked with, past and present, and all the learners I have had the pleasure to meet, all the best and a great big THANK YOU for putting up with me all these years. I'm certainly going to miss you all.



Best wishes, Helen Purchase, RWC Administrator

Big boots to fill

Anyone who has had dealings with Helen over the years, will know that her departure leaves a huge hole in the Kirklees RWC team. She is the person we all go to when the chips are down, when we're not sure how to do something, where to find something, who to speak to about something - and she always comes up trumps. Helen always goes over and above the call of duty and will be greatly missed. We want to sincerely thank her for all her hard work and continued support and wish her all the very best in her new role.



We will hopefully be able to introduce you to the new member of the team in next month's edition. Fingers crossed!

Expert by Experience

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Rock Climbing at ROKT, what a place and surprise experience this turned out to be! I was a little sceptical at first and it looks a breeze when this activity is viewed on TV. A breeze it is not if you push yourself. After the first lesson, I found my body has muscles I never knew existed! However, there are varying levels and degrees to suit all abilities and fitness levels. The staff are kind, helpful, understanding and extremely knowledgeable. Also, they are fun to be around and there is plenty of banter to be had. Should this activity only slightly pique your interest I would encourage you to give it a go. It has been a revelation to me and way surpassed my expectations. I have loved every minute of my ROKT experience. My favourite inspirational quote is 'I Can - I Will - End of Story'...

Sooooo don't just sit there pondering, go and do it!

Mark, RWC Learner & Expert by Experience

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Let's Get Physical

Cycle for Health with Cycling UK

Get back in the saddle and join a free 12 week course to help improve your health and fitness. This is a community cycling programme for adults of any age with a long term health condition.



Courses are being delivered at:

Princess Mary Stadium in Liversedge on Tuesday 10 May 2022
from 1pm - 3pm

AND

Springs Hall Athletics Track in Halifax on Saturday 21 May 2022
from 2pm - 4pm

For more info or to book contact Cycling UK directly on tel:
01484 904562 or email: cycleforhealth@cyclinguk.org



The Bottom Line

Too good to waste

With increasing food prices - and increasing everything else prices, now is a great time to grab a bargain. In an attempt to reduce food waste, Lidl have created 'too good to waste' fruit & veg boxes - all produce is still good to use but would otherwise be thrown away. For just £1.50 for a 5kg box we think this is a bargain not to be missed! Click the link for more details: www.lidl.co.uk/our-products/fruit-veg/waste-not

Eat Well for Less

With the cost of food getting more expensive, the WEA are now offering this useful course for people to come and learn how to shop, plan and prepare to cook affordable, healthy and enjoyable meals. Participants will be given a voucher to purchase food to make a meal to share with the group!

Starts: Wednesday 8 June 2022 at John Smith Stadium, Huddersfield

Course Code: FL2122050

For more info ring: 01484 234153 or email:

Success.centres@kirklees.gov.uk

The Bread & Butter Thing

The Bread & Butter Thing offers weekly groceries at a fraction of high street prices. For £7.50 they offer approximately £35 worth of food each week and the bags vary day to day. There is no joining criteria to become a member. To find your nearest hub and for more details visit: www.breadandbutterthing.org/members



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

Contact us

ckrecovery.wellbeing@swyt.nhs.uk 07717 867911 www.calderdalekirkleesrc.nhs.uk





Courses in May

The M Word: Menopause Awareness

This learning seminar will help you develop your knowledge and awareness of the menopause; the symptoms, how it may affect you and, most importantly what you can do to manage it.

Starts Weds 25 May
at 11am - 12.30pm
for 1 week

Online

A Plan for Living Well

This potentially life-changing course puts you into the driving seat of your life. where you can explore alongside others how to stay well. This course is co- facilitated by people with a lived experience of mental health whose lives have been transformed by developing their own wellness plan. Please attend the introductory session to make sure this course is right for you.

Introductory Session
Starts Thursday 26
May at 1.30pm -
3.30pm

Full course starts
Thursday 9 June at
1.30pm - 4pm
for 10 weeks

In person,
Mirfield RWC,
Kirklees

Exploring Nature's Lost Words

Over 3 weeks, we'll be exploring nature locally, playing games, creating art and even some poetry, using the beautiful book 'The Lost Words' as our inspiration.

Starts Tuesday 10 May
at 10.30am - 12pm
for 3 weeks

In person
Mirfield Library,
Huddersfield Rd

Understanding Anxiety

On this one-off workshop, develop your knowledge and awareness of anxiety, how it affects you and most importantly ways to manage it.

Starts: Thurs 12 May at
12.30 - 2.30pm

Online

To book or for more info call 07717 867911 or email:
ckrecovery.wellbeing@swyt.nhs.uk or visit our website:
calderdalekirkleesrc.nhs.uk/courses



Courses continued

Peer Mentoring for Health & Wellbeing

This course is for anyone who wants to develop their skills, knowledge and confidence to support others through mentoring. It is suitable for volunteers and others who would like to learn coaching techniques and how to support others using their own experience.

Starts Monday 16 May
at 10am - 1pm
for 7 weeks

In person
Mirfield RWC,
Kirklees

Go Fish!

Fishing is a fun, social and inclusive activity that has proven health benefits. This free angling course will provide you with the chance to have a laugh, create memories, make new friends, and maybe, just maybe catch a few fish! This course is suitable for beginners and all equipment is provided.

Starts Sunday 22 May
at 12.30pm - 3pm
for 8 weeks

In person,
Magdale Dam,
Honley,
Huddersfield

Kayaking Taster Sessions

On these one-off taster sessions you will be introduced to kayaking and will learn some basic paddling skills from a fully qualified instructor. These are a great opportunity to try something new, see some interesting sights and have some fun! Suitable for all fitness levels and abilities and all equipment is provided.

Starts Thursday 19 May
OR
Thursday 9 June at
10.45am - 1.30pm

In person
Calder & Hebble
Navigation,
Sowerby Bridge

To book or for more info call 07717 867911 or email:
ckrecovery.wellbeing@swyt.nhs.uk or visit our website:
calderdalekirkleesrc.nhs.uk/courses