

Keeping Connected

Calderdale & Kirklees
Recovery and Wellbeing College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

June 2022



Let the sunshine in!

Get outdoors
and shine
your
brightest!

"Gardening makes
me happy"
Michael, learner

"An early morning walk
with my dog always
makes me feel sooooo
peaceful!"
Claire, learner

"The whispering breeze in the trees and flower filled
meadows, makes me feel alive in nature"

Carol, learner

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 - The Outback

The Outback is a unique community kitchen and garden based in Halifax. The 1 hectare site runs on organic and sustainable principles and the thriving garden is packed full of herbs, fruit and veg. There are lots of interesting areas to explore and learn more about nature.

There are plenty of activities to get involved in at the Outback including...

Volunteering opportunities for people of all ages and abilities, which are a chance to get involved in this fantastic community project as well as meet other local people.

Grow Well Gardening for Wellbeing a 5-week course starting on Wednesday 29th June 10am -12pm

This course is for anyone interested in learning new gardening skills, building confidence and meeting new people. A free light lunch will be provided after each session.

Greener Together Gardening workshops

on Tuesday 5th and Tuesday 12th July 1pm – 3pm

These workshops are based around container gardening – ideal for anyone interested in gardening/growing their own veg but have limited garden space at home. Participants will get to create and take home their own plant container at the end of the session.

Outback in Bloom on Thursday 21st July 3pm onwards

The Outback will be open all afternoon—everyone is welcome. There will be tours of the garden and light refreshments available.

halifax
opportunities
trust



Find out what's happening at the Outback check out their website:

<https://www.regen.org.uk/wellbeing/the-outback-garden/>

or contact Sarah Waddington on

01422 342552 or by email to sarah.waddington@regen.org.uk

The Joy of Exploring Nature

Getting outdoors is well known to lift our mood and improve wellbeing. With the warmer weather it's easier to get out, and get up close to the lovely flowers, birds and trees! Why not give it a try?! A recent course, Exploring Nature's Lost Words, included a trip out into local countryside to collect natural items for use in a creative project, linked to poetry.



Thanks to our partners at Kirklees Libraries for this course!

"Well I must say the course was fantastic. Never done any craft stuff like this before, but I've really enjoyed it tremendously. I might even say I may be getting a little crafty too. Lol.

The tutors were fantastic and the course was expertly run, very hands on, relaxed and easy going, with a very nice atmosphere. In a nutshell the course really opened my mind, helped with my wellbeing, mood and of course met some wonderfully friendly people. The venue was superb, it was comfortable and private.

Summing up, I must say this is a course I would do again."

Mick G, learner and RWC volunteer

Look out for this course returning in the autumn!

Calming the mind with poetry !

Jayne, volunteer and learner explains her passion for poetry.

I have always loved poetry. It runs in the family. My mum always popped a poem in my birthday cards. I began to write poetry when my mental health was at a very low point. I found that writing down how I felt was a great release. I mainly write poetry that is about nature now, or observations on life. People think poetry has to rhyme, this really is not the case. It really does help calm the mind.

Summer is on its way

Vistas drenched,
Sunlight enhancing the green hues.
The only shadows are of flitting clouds,
Dancing over the land.

Upon the hillside, cattle bow down to eat the lush late spring grass.
A myriad of gold splashes across the fields, as buttercups sway in the breeze.

Upon the hill tractors mow the grass making hay whilst the sun shines.

On the wind I hear the blackbird, returned again, in full song,
He sits upon the branches of the cherry blossom tree,
Happy to herald the warmth of spring.

The sound of summer arrives with the chimes of the ice cream van.

Children quickly rushing to queue for the cool creamy ices.

If only this could last,
The sweet smells of early summer on the horizon.

But let's make the days count,
When evenings are adorned with daylight,
And the pipistrelle bats arrive at dusk.
Flitting here and there silently hunting their prey.

The garden lights brighten the yard,
The newly sown plants, beginning to fill out.
Colourful arrays that bring the smile back to my face.

Oh but I love this time of year,
It fills me with joy.
I shall cherish each ray of sunshine,
'til autumn finds its feet again.

Jayne Holdroyd



For more of Jayne's work go to:

<https://www.facebook.com/Poems-from-the-soul-2051353324902405/>

Let's Get Physical



Whether you fancy a walk or a run you can take part in a weekly Parkrun at your local park. Parkrun is a free, fun, and friendly weekly 5k community event. You can walk, jog, run, volunteer or spectate – it's up to you! All Parkruns start at 9am on Saturdays and are at the following locations:

Shroggs Park, Lee Mount Rd, Halifax, HX3 5BX

Wellholme Park, Bradford Road, Brighouse, HD6 4AF

Greenhead Park, Park Drive, Huddersfield, West Yorkshire, HD1 4HS

Oakwell Hall Country Park, Nutter Lane, Birstall, Batley, West Yorkshire, WF17 9LG

Crow Nest Park Heckmondwike Rd, Dewsbury Moor, Dewsbury WF13 2S



To join in you will need to register and print off a barcode to take with you. Please visit the Parkrun website for more info:

www.parkrun.org.uk

The Bottom Line

Enjoy a 'Staycation'...

Holiday season is coming, but a break away from home can feel impossible to afford, especially with the current cost of living crisis.

So how can we enjoy the summer, and even feel like we've had a holiday, without going away somewhere? How about a 'staycation'?

Just getting out for a day - or half day - here and there can help you to feel rested, energised and restored! Here are some ideas...



A local ramble

You don't have to walk for miles or at great speed to get lots of benefits from a walk. You don't even need to be in the countryside, there's lots to see in our local towns and villages. Try looking in places you don't usually look - can you spot 5 things you never noticed before? Stop for an ice-cream along the way and re-create that holiday feeling!



Free local events and attractions:

There are usually lots of events on over the summer months, and many of them are free or low cost. Some museums are free to visit too.

Check out what's going on via your council website, or keep your eye on social media for ideas (including our *What's on Wednesdays* on Facebook!)

- Calderdale: calderdale.gov.uk/v2/residents/leisure-and-culture/whatson
- Kirklees: www.kirklees.gov.uk/events

A good old fashioned picnic!

Pack up your favourite treats, a few sandwiches and something to drink, and you're good to go! Find a nearby park, take a walk on one of the many local footpaths in our lovely countryside, or just sit out in your garden! What could be more refreshing?



Stay up to date, follow us on our socials



Learning from our learners!

We love nothing more than hearing from you about how our courses have helped you! It's not just about hearing the good stuff though, we also really value your comments about what we could do better. If we know what you think, we've got the best chance of getting things spot on!

This is why we ask everyone after attending our courses and workshops to fill in a feedback questionnaire online (or on paper at face to face sessions).

A huge THANK YOU! to everyone who has taken the time to share their thoughts with us. Here are a few of your recent feedback comments*:

"A chance to mix with different people"

"...has given me enormous confidence and I feel able to talk to people without feeling anxious"

"The course is invigorating, it is fun in a relaxed environment"

"It has helped me to learn a new skill that I can take forward"

"Excellent, really insightful, the facilitators made the sessions fun"

"I enjoyed meeting people with common ideas"

"So good for my mental health"

"Keep doing what you're doing, which is great!"

*(*The questionnaire asks you if you do or don't want your comments shared publicly!)*

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

www.calderdalekirkleesrc.nhs.uk



Bloomin' Well

Calderdale & Kirklees
Recovery and Wellbeing College

Live
Life
Well

Upcoming Courses

Kayaking

These one off taster sessions will introduce you to kayaking. You will learn basic paddling skills and take a leisurely paddle down the canal with fellow learners and qualified instructors. All equipment provided.

Thursday 13 July
OR 4 August at
10.45 - 1.30pm

Calder & Hebble
Navigation, Sowerby
Bridge

Overcoming Anxiety

Do you want to gain an understanding of anxiety? This online workshop explores the vicious cycle of anxiety, how it impacts on our lives and how it can be managed.

Thursday 7 July
at 2pm - 4pm
1 week only

Online

Managing OCD

This learning seminar aims to develop your knowledge and awareness of OCD, how OCD affects you and most importantly what you can do to manage it.

Thursday 7 July
at 12.30 -
2.30pm
1 week only

Online

Go Fish!

During this 8 week angling course you will discover the techniques and equipment most commonly used in the pursuit of freshwater fish. This fun interactive course will also give you the opportunity to have a laugh, create memories, make new friends and maybe even catch a few fish! Suitable for complete beginners and all equipment provided.

Weds 13 July at
5.30pm - 8pm
8 weeks

Magdale Dam,
Honley,
Huddersfield

Get more information or sign up today!

CALL 07717 867911

EMAIL ckrecovery.wellbeing@swyt.nhs.uk

ONLINE calderdalekirkleesrc.nhs.uk/courses

Bloomin' Well

Calderdale & Kirklees
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Live
Life
Well

Upcoming Courses Continued

Autism Awareness

This one off workshop provides an introduction to autism; the characteristics the ways it may affect an individual and what to do if you suspect autism in yourself or someone else and where to seek help.

Tuesday 12 July
at 11am - 1pm
1 week only

In person
RWC Mirfield

Lifting Your Spirits

This course aims to provide participants with the opportunity to explore, experience and develop 7 spiritual tools (meditation, visualisation, appreciation, listening, play, creativity and reflection) to enhance their inner strength and wellbeing, in a safe and relaxed setting by a trained and experienced tutor. You will be able to learn how to access inner resources that can sustain you through difficult and challenging times.

Thurs 14 July
at 2pm - 4pm
3 weeks

Online

Wellbeing Toolkit

This course is designed to help you recognise the importance of practicing self-care, finding balance in your life and discovering your own personal wellness tools to help you live life well. We will look at positive and negative thoughts and their impact. We will discuss simple tools and strategies to help you deal with the highs and lows of life.

Throughout the course you will develop your very own personal wellbeing toolkit.

Tuesday 19 July
at 10am - 12pm
5 weeks

In person
Hope Street RWC,
Halifax

Get more information or sign up today!

CALL 07717 867911

EMAIL ckrecovery.wellbeing@swyt.nhs.uk

ONLINE calderdalekirkleesrc.nhs.uk/courses