

# Keeping Connected

**NHS**

South West  
Yorkshire Partnership  
NHS Foundation Trust

Calderdale & Kirklees  
Recovery and Wellbeing College

July 2022

When you've lived in the same place for a long time it's easy to forget all that your town or village has to offer. In this month's edition of 'Keeping Connected' we are encouraging you to get reacquainted with your local area and to love where you live!



**Get snapping!** Head out with your smart phone or camera. Taking photographs will enable you to see your neighbourhood in a brand new light.

**Take the road less travelled.** No doubt, there is a road you've never been down or a snicket that you've never explored. Take the opportunity to find somewhere new to you.

**Be neighbourly.** Say good morning to the lollipop lady, chat to the cashier in the corner shop or have a good ol' natter about the weather with the person next door. Knowing others in your community can really create a sense of belonging.

**Get involved on our social media pages and share what it is YOU love about where you live.**

# South Asian Heritage Month

## South Asian Heritage Month

takes place annually from  
18 July to 17 August.

It seeks to celebrate and  
raise the profile of British  
South Asian heritage and  
history in the UK through  
education, arts, culture and  
commemoration.



The month ahead is packed full of colourful cultural events including an open mic poetry night, storytelling events with Pete Chand and an Arabic Calligraphy workshop. For details of these and more visit: [www.kirkleeslibraries.co.uk/sahm](http://www.kirkleeslibraries.co.uk/sahm)

Bankfield Museum in Calderdale are marking the occasion with an exhibition showcasing the beautiful and meaningful objects which characterise the changing face of South Asian heritage. For more info visit: [www.museums.calderdale.gov.uk](http://www.museums.calderdale.gov.uk)

**For more events and information visit:**  
**[www.southasianheritage.org.uk](http://www.southasianheritage.org.uk)**

The Recovery & Wellbeing College helps people to reach  
their potential and live well in their community.  
We are inclusive and open to all.

# Forever Grateful

We love to shout about the positive feedback we receive about the Recovery & Wellbeing College; hearing how it helps those who attend makes us feel good. However, the reason we want to share your experiences is to inspire and give hope to others. We hope the story below from past learner, Lisa, does just that.....

"Back in 2018/19 (the dark days) when my mind wasn't my own, I was advised by a Health Care Professional to visit the Recovery & Wellbeing College in Mirfield. I didn't have a clue what it was but I was clinging to anything that might bring the slightest spark of me back again, so I plucked up the courage to go. From that day on I went almost weekly. I clung to those days with both hands knowing for sure I would come out feeling better than when I went in.....I just did!

Recently in May 2022 I had the pleasure of bumping into Rachel Dunn (Kirklees Co-ordinator) and after the initial *I know you from somewhere* I remembered who she was! It made me think about how important the Recovery College had been to me at one time and how far I have come since then. Something I thank my lucky stars for every day.

I'm now back at work, doing a job I love supporting those with severe and profound special needs and I'm also planning to go away for a few days with my friend of 45 years!! I guess the truth is I simply don't need the Recovery College anymore. It's no longer my reason to get up, no longer my reason to get a shower or wear clean clothes. I've recovered enough to be me again, and I really quite like me so thank you for being instrumental in helping me find my way home. I'll be forever grateful."

For more stories of hope, listen to our recent podcast from Daniel, who also kindly shares his experience of the Recovery & Wellbeing College.

Available on YouTube or Spotify  
via:

[www.calderdalekirkleesrc.nhs.uk/news/the-weekly-update-7](http://www.calderdalekirkleesrc.nhs.uk/news/the-weekly-update-7)



# Let's Get Physical

A great way to connect with where you live is by taking a mindful walk. When you're out and about try to be more aware of your surroundings. Focus on what you can see, hear and feel - look for details in things. You may find beauty in simple things that you see every day, but haven't ever really noticed.

Some of you may remember the Mindfulness Bingo game (below) from Issue 2 of our Let's Get Physical publication, you can use this activity to make your walks more mindful...





You can do this bingo game on your own, or you can get your whole family involved.



1) Every time you see, hear or smell something when you're out and about mark it off in the tally.



2) Have fun!

|  |  |   |  |
|--|--|---|--|
| <b>See Leaves</b><br><br>Tally:<br><br>Total:                     | <b>See Pebbles</b><br><br>Tally:<br><br>Total:                | <b>See Teddies in a Window</b><br><br>Tally:<br><br>Total:        | <b>See Yellow Plants/Flowers</b><br><br>Tally:<br><br>Total:                                      |
| <b>See Pink/Purple Plants/Flowers</b><br><br>Tally:<br><br>Total: | <b>See an Unusual Street Name</b><br><br>Tally:<br><br>Total: | <b>See A Tall Tree</b><br><br>Tally:<br><br>Total:               | <b>Smell a BBQ</b><br><br>Tally:<br><br>Total:  |
| <b>See A blue van</b><br><br>Tally:<br><br>Total:                 | <b>Feel Rain on your face</b><br><br>Tally:<br><br>Total:     | <b>See Someone Walking 2+ Dogs</b><br><br>Tally:<br><br>Total:    | <b>See Water (a puddle, lake, stream, canal reservoir, Waterfall)</b><br><br>Tally:<br><br>Total: |
| <b>See Someone wearing red top</b><br><br>Tally:<br><br>Total:    | <b>Hear Birds Singing</b><br><br>Tally:<br><br>Total:         | <b>Smell a chiminea/wood burning</b><br><br>Tally:<br><br>Total: | <b>See Someone Wearing Flip-flops</b><br><br>Tally:<br><br>Total:                                 |

Let us know what you have seen, smelt, felt or heard whilst you've been out and about.

You can send us photos too. 

Please get in touch if you'd like a copy of any of our Let's Get Physical publications.



# The Bottom Line

## FREE summer activities

### On yer bike! Adult learning sessions in Huddersfield

If you've always wanted to learn to ride a bike, or if your cycling skills are rusty but you want to get back in the saddle, then these FREE sessions are for you! Bikes and helmets available to borrow on the day. Booking required.

Venue: Leeds Road Sports Complex, Huddersfield

Date: Recurring dates throughout the summer

Details: [www.eventbrite.co.uk/e/free-adult-learn-to-ridereturn-to-riding-cycle-training-tickets-311273215567?aff=ebdssbdestsearch](http://www.eventbrite.co.uk/e/free-adult-learn-to-ridereturn-to-riding-cycle-training-tickets-311273215567?aff=ebdssbdestsearch)

### Halifax Histories: Interactive live theatre in Halifax

A fun opportunity for learning more about our local history during different periods of the past, brought to life through live and interactive theatre events. These are FREE events, and there's no need to book, just turn up on any of the dates shown below. Suitable for families.

Venue: Woolshops Shopping Centre

Date: Thursday 4th, 11th and 18th August, from 11am-3pm

Details: [www.woolshopsshoppingcentre.co.uk/events/halifax-histories/](http://www.woolshopsshoppingcentre.co.uk/events/halifax-histories/)

### Making Tracks: Walking and music-making in Dewsbury

Why not join in this FREE, easy, flat walk in Dewsbury Country Park? You can get involved in music-making along the way (no experience or skill needed!) and enjoy a picnic. Please bring your own food for the picnic. Booking required.

Venue: Dewsbury Country Park

Date: Sunday 7th August

Details: [www.eventbrite.co.uk/e/dewsbury-country-park-walk-tickets-352458471777?aff=ebdssbdestsearch](http://www.eventbrite.co.uk/e/dewsbury-country-park-walk-tickets-352458471777?aff=ebdssbdestsearch)

### Walks for Wellbeing: Supportive group walks in Calderdale

Boost your mood in the great outdoors! By joining in with these friendly, caring peer support groups you can get involved in regular, gentle walks in beautiful local countryside. They provide a confidential space to chat to others and feel supported whilst getting some fresh air and exercise. Enjoy a free cuppa along the way! Booking required.

Venue: Various venues across Calderdale

Date: Various dates

Details: [www.healthymindscalderdale.co.uk/walksforwellbeing.html](http://www.healthymindscalderdale.co.uk/walksforwellbeing.html)

Stay up to date, follow us on our socials

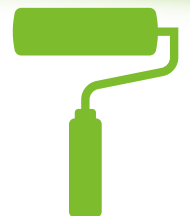


During August we will be busy planning for the new term ahead. Courses starting in September (and beyond) will soon be on our website, so keep your eyes peeled!

Course info will also be available in next month's newsletter.

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

Do you live in Calderdale? Our Recovery & Wellbeing College is back open at our site at Hope Street Resource Centre in Halifax. We'd love to welcome you there in September. Below, you can see what some of our learners have been up to recently on our Drawing for Wellbeing and Exploring Printing courses!



Would you like to contribute to a future newsletter? If so please get in touch at: [ckrecovery.wellbeing@swyt.nhs.uk](mailto:ckrecovery.wellbeing@swyt.nhs.uk)

## Contact us

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