

*November 2022*

When learners first enrol with us we often see that either due to long-term illness, caring responsibilities or life struggles they have forgotten some of the many skills and talents they possess. They arrive at our door filled with anxiety, lacking in confidence and doubting their abilities - but we know from experience, never to doubt what they can achieve.



## Harvest Your Potential

We are fortunate to have seen so many of our learners grow, develop and regain those skills and talents they had long forgotten about. Their confidence blooms and they begin to realise what they are truly capable of. They recover a life worth living. So, this Autumn join us to *harvest your potential* and give one (or more) of our Recovery & Wellbeing College courses a try.

# Spotlight on Staying Well, Calderdale

Based in Calderdale, *Staying Well* work with individuals and communities to help people feel less lonely and isolated. They link people together and help everyone live happier and healthier lives; for longer.



If you are interested in making new friends, discovering activities or useful services near you in Calderdale, *Staying Well* are there to help. They listen to what you would like and help you to find and access interesting activities nearby. They also have a telephone befriending service, so they can link you with one of their friendly volunteers to regularly chat with on the phone.



So, if you are feeling a bit fed up and would like something to do or someone to talk to then get in touch with

*Staying Well*

Tel: 01422 392767

Email: [stayingwellproject@calderdale.gov.uk](mailto:stayingwellproject@calderdale.gov.uk)

Discover more at: [www.stayingwellhub.com](http://www.stayingwellhub.com)

# Back to a Happy Place

One of our learners, has kindly shared his experience of re-discovering a much loved activity.....

I'm 65 years old and consider myself quite active, I run 5K every day! Yet a lot of activities and courses aimed at people my age, seem to be for people who perhaps enjoy a slower pace of life, for example, walking football. I completed my first London Marathon in 1984 and have another 11 London marathons and 28 Great North Runs under my belt so for me, walking football doesn't realise my full potential.....I'm a runner not a walker.

Like many of us my mental health has suffered in recent years, life has been hard. Earlier this year I contacted the Staying Well service, who found me the kayak taster sessions, run by Blackdog Outdoors and the Recovery College. When I was younger I used to go canoeing on the river Aire and sometimes on the sea at Whitby. I found canoeing challenging but also lovely and relaxing. I especially loved watching all the wildlife in the water below.

Initially, I was nervous about attending the taster session; I haven't been kayaking for a long time and I'm not really used to being around people. My support worker from Staying Well came with me to the first session which helped ease my anxiety. I absolutely loved the session, and I took to it like a duck to water. It took me back to a happy time of being on the sea at Whitby. I felt lovely and relaxed, but also physically challenged. This activity actually realised my potential! I have attended more of the kayaking sessions on my own and I now really enjoy chatting to the other learners and the instructors. These sessions have made me feel useful (and wanted) and given me confidence to try other fun group activities.

My message to anyone who is thinking about doing a course, whatever you're age, is just give it a go, you don't know if you're going to like it until you've tried it! You may discover that you have some skills that you didn't know you had, or like me be taken back to a happy place.

# Let's Get Physical

Well that's easy to say isn't it? Getting physical or more active might sound like a great idea and something you would like to do to improve your health and wellbeing, but where to start? Thinking of what activity to get involved in, worrying about whether you will be able to do it (as most of us do) and finding the motivation to get started can all feel a bit much. So how do we overcome those barriers? Read on for top tips on how to get started!



- Choose an activity you will enjoy; there are so many fun things to choose from, whatever your ability.
- Start small; for example if want to be able to do press ups, then start doing just one or two or if you'd like to start walking then do 5 minutes around the block and build from there.
- Create good habits; like choosing a convenient day/time for your chosen activity and getting any kit or equipment ready the night before will all help you stick to your exercise goals.
- Tell someone; whatever activity you do, tell a friend or family member, knowing they may ask how you are doing can help keep you on track.
- Recruit a friend; doing something together can be really motivational - for both parties! It also makes it easier to maintain your routine.
- Don't give up; even when you are finding it hard or have missed a few sessions. Go back to where you started if needed. Aim to be consistent -not perfect. Just keep on moving!

# The Bottom Line

## The Mayor's Fares

Tracy Brabin, Mayor of West Yorkshire, launched 'The Mayor's Fares' in September 2022 to make bus fares simpler and cheaper - and to help ease the cost-of-living burden.

Prices on a range of bus tickets are now much lower thanks to the Mayor's Fares Price Drop. You will pay no more than £2 for any single fare on any bus in West Yorkshire and save on several MCard tickets.

### New MCard ticket prices

DaySaver Bus 1 day £4.50

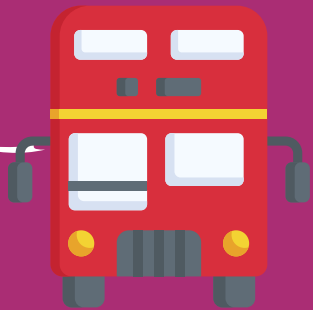
DaySaver Bus 3 days £13.50

DaySaver Bus 5 days £22.50

DaySaver Bus 10 days £45

Countywide Bus Week £22.10

Countywide Bus Month £85.90



MCard tickets give unlimited travel (excluding special services), anytime, on any bus, anywhere in West Yorkshire giving you the freedom to hop on and off any bus across West Yorkshire without the need to stick to one operator's services. Simple!

If you need bus and rail travel or you're under 26, check the MCard website for other ticket options.

For more info visit:

<https://www.wymetro.com/buses/mayors-fares/>



Stay up to date, follow us on our socials



Our small team has been even smaller in recent months meaning it has taken us longer to respond to your bookings and enquiries than any of us would like. Thank you for bearing with us! However, we are delighted to introduce you to the newest member of our team, Sandra who will be based at the College in Mirfield.....



**"I'm thrilled to join the Recovery College team and am looking forward to meeting you all. My role here is administration and I'm here to help - however I can. My most recent background is in libraries, but my work history includes teaching, accounting, foreign exchange markets; to name but a few. I'm a local lass, but have spent much of my life abroad, living in both the Netherlands and Egypt. I still love to travel and my hobbies (aka wellness tools) include gardening, scrabble, walking and going to antique/flea markets, where I scout for miniature perfume bottles to add to my ever-growing collection!"**

## Contact us

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