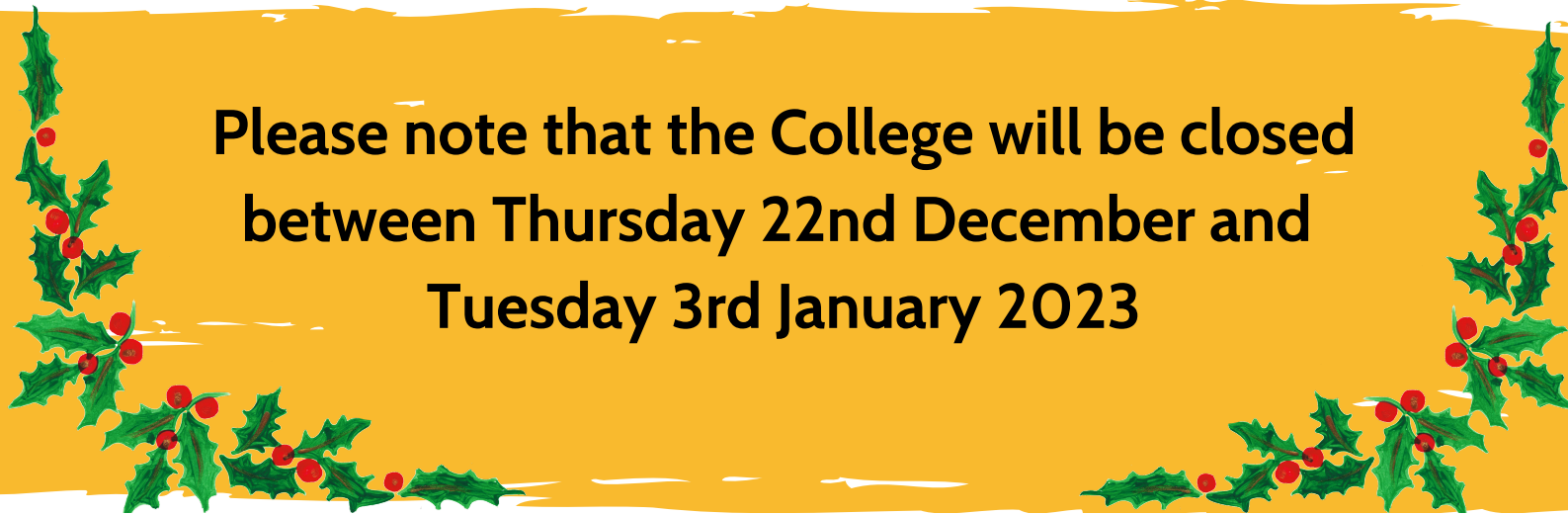





Tis the season...

It's hard to believe that it's that time of year already, and that this is the last newsletter of 2022! We want to take this opportunity to thank you all for being part of the College, attending courses, staying involved and generally brightening our days 😊 We hope the College has done the same for you in some way too, and that you've enjoyed these newsletters and our weekly updates throughout the year. As always, we also want to say a HUGE thank you to everyone who has contributed their time, ideas and energy to support the work we do. We genuinely couldn't do it without you! We wish everyone a very Merry Christmas and look forward to seeing you again in the New Year.

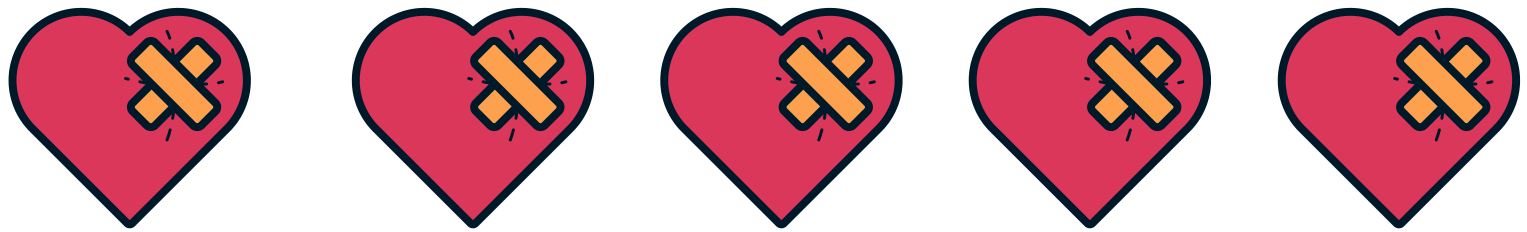


**Please note that the College will be closed
between Thursday 22nd December and
Tuesday 3rd January 2023**

Self-Soothe & Self-Care

My name is Louise and I'm a passionate advocate for self-soothe and self-care. Just over 5 years ago, during a very desperate time in my life, when I didn't even recognise myself, I experienced some incredibly difficult emotional turmoil. A struggling mother, an absent friend, an unemployed college lecturer and a recently diagnosed Mental Health patient. Despite the support of a loving family and professional help, I felt completely and utterly lost. Thoughts of hopelessness and worthlessness were overwhelming.

Recovery hasn't been easy, but through twists and turns and a variety of means and support - I am here today. I discovered self-soothe and self-care techniques, which I quickly developed a passion for. I'm now able to share, through facilitating helpful and healing workshops, comfort to others as they embark on their own personal journey towards recovery.



Thanks to the techniques I've learnt, I've done things I never imagined possible. It's helped me to better regulate my emotions and to take ownership and control of what wellness looks like to me. It's allowed me to be my true authentic self! Whether it be through daily journaling, mediation or mindfulness through music; self-soothe, and self-care looks different for everyone! Through my workshops, I hope to welcome and nurture new ideas and practises as well as sharing what some of the practises meant to me on my own journey.

Lou, RWC Volunteer

Lou's Self-Soothe & Self-Care workshop is taking place on Monday 23 January 2023 at 10am at the RWC in Mirfield. Contact us to book your place or visit our website for more details.

Spotlight on Richmond Fellowship

Richmond Fellowship delivers the Kirklees Employment Service. This service specialises in providing support for people living with, or recovering from mental health difficulties, helping them to find paid employment, voluntary work, education opportunities and training. They also provide support to people to retain their current employment.



Richmond Fellowship is now part of **Recovery Focus**, an expert group of charities inspiring individual recovery nationwide.

Richmond Fellowship supports people on a one-to-one basis, and provides a person centred, confidential service to help people achieve their goals.

Practical support includes help with job applications; CV preparation, job searching and interview practice as well as access to workshops on confidence, self-esteem, wellbeing and stress management. These workshops are all based around maintaining or improving mental health and can support individuals on their recovery journey.

They cover the whole of Kirklees from their bases in Huddersfield and Dewsbury.

For more information contact:

Karl Jackson-Lander on: 07909 993203

or email: Info.KirkleesES@RichmondFellowship.org.uk

Let's Get Physical

"Yoga: like a massage for the mind"

My connection to Yoga came at a dark time, when it felt there was no way out of depression. My head was all over the place, I couldn't settle and needed movement to calm my anxiety. I started attending a weekly inclusive Yoga class at Huddersfield Women's Centre. This became my light and set my week off on a positive start.

The classes gave me a purpose. I didn't have to talk to other people if I couldn't face it, I could just lie on my mat and focus on movement and breathing. I learnt practices that helped calm my anxiety; deep breathing really made a difference. At home I was lonely so I turned to YouTube, where I found *Yoga with Adrienne*. It was like having a friend with me and made me feel calmer.



With my Yoga community spurring me on, I started Yoga Teacher Training but then lockdown came. Ultimately, I took a leap of faith and started my own classes in the garden! I was touched when my original teacher asked me to join her at Umbrella Yoga, whose mission is to make Yoga practices inclusive and accessible to all.

I've felt privileged to have now led Yoga programs for many different groups and we've always had a laugh along the way. I've received some great feedback, my favourite being "your yoga meditation is like a massage for the mind!"

Overall Yoga has helped me with difficult emotions, taught me to be patient and to be in the moment. It will always be a part of my life and a wellbeing tool that will continue to help me through the darker days.

Laura, Umbrella Yoga

Join Laura on our brand new course: *Yoga: Breathe, Move, Relax* which starts on Thursday 26 January 2023 at 10.30am at the RWC in Mirfield. Contact us to book on.

The Bottom Line

Christmas Saving Tips

Feeling the pinch this Christmas? The Money Saving Expert gives us some tips to make our celebrations more affordable. Read on to discover how...

Think about what you can afford to spend BEFORE planning your festivities, then you can make sure your plans fit your budget.

Instead of spending money on a present, give the gift of your time by making 'kindness vouchers' offering to do a favour for the recipient during 2023,
or you can use MSE's free printable Christmas 'cheques':
www.moneysavingexpert.com/shopping/xmas-gift-cheques/



Check the charity shops and pound shops for bargains, they can be great for finding stocking fillers, decorations and other goodies. Think about low-cost ways to make Christmas special for the kids. You could try making paper decorations (check out YouTube for ideas), snuggle up together with a Christmas film and a hot chocolate, take a walk to look at the twinkly lights in your neighbourhood after dark, or make an advent calendar of good deeds for them to do in December!

Find more ideas at:

www.moneysavingexpert.com/shopping/christmas-savings/

Stay up to date, follow us on our socials



A Word from Our Chair, Ken

I believe the Recovery College is a special place where everyone can come along and benefit from the courses we offer, supporting mental health and wellbeing.

When I first went to the Recovery College, I was extremely anxious, but the staff were very welcoming. By attending a number of courses and meeting people, my mental health improved and I developed greater confidence and self-esteem. In turn I realised that I had the skills and experience to support the work of the Recovery College as a volunteer. It's been a great feeling to be able to put something back into the College that has helped me so much. So it was a great privilege to join the Steering Group and a very proud moment to become the Chair in January this year.

Over the last year everyone at the College has been working tirelessly and it was fantastic to reach the milestone of having 1000 learners. The new areas of work prioritised by the Steering Group are beginning to show results, for example: an improved enrolment process; gaining funding for carers courses; increasing accessibility by running courses in Huddersfield; the development of a Recovery College type offer for university students; and a new wellness planning course.

What's more, we're establishing an editorial group in the new year to discuss what the courses offer and make sure we have the right spread. The group will look at quality, course content and oversee the offer of training and support to facilitators. We've come a long way but there is much to do and the potential of the College is great. Through the fantastic work of our learners, volunteers, friends, staff and partners I am confident we will continue to go from strength to strength. Please let us know if you would like to be involved, we would love to hear from you.

Finally, whilst I know these are tough times for many, I would like to pass on season's greetings from the Steering Group and staff at the Recovery College Recovery and wish you all the very best for 2023.

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

www.calderdalekirkleesrc.nhs.uk

