

As we write this, snowdrops are beginning to appear through the frosty ground and we know that the daffodils won't be far behind. With warmer weather and longer days only a short time away, here at the College we have a bit more of a spring in our step and, like Mother Nature at this time of year, there is a bit of a buzz about the place. We hope you too are renewed with feelings of fresh hope for the season ahead and are ready to spring into action with activities or courses to help you feel 'bloomin' well!'



Lino Printing

We are delighted to let you know, that thanks to a couple of our fabulous volunteers, we are able to offer some more printing courses here at the College in the Spring.

We have two courses available.



The first workshop in March is aimed at learners who maybe new to the College, who might just want to dip their toe in and see if it's for them. Or for those who might fancy trying something crafty but are lacking in confidence or don't have the necessary materials. Or maybe have never tried printing before and would just like to give it a go!

Our longer 4 week course in April is aimed at learners who may have tried printing before and want to develop their skills and knowledge. All that said, everyone is welcome and previous experience is NOT essential.

Still unsure whether these courses are for you? Read on to see what previous learners have said about our Printing sessions. Contact us to book a place.

"I was able to do something I enjoyed but also able to have the option to interact with other people. I really enjoyed creating my piece over 4 weeks and I was really pleased."

"Loving the lino art, even if I'm not an artist; a time of relaxation."

"I liked both of the tutors, they were both really helpful and helped me relax."

"It has given me more confidence and I feel better able to talk to people without feeling anxious"

Spotlight On..... Kirklees Success Centre

Kirklees Success Centre (part of Adult Learning for Kirklees Council) provide free courses to Kirklees residents aged 19+.

These include:

Reading Friends: training volunteers to read with children in schools

Maths Mates: training volunteers to help develop maths skills with children in schools

Adult Learning Courses: such as Steps to Success, Creative Writing, Dare to Dream, How Schools Work, Knitting and many more!

Maths Courses: for those with under Level 2 Maths to improve their numeracy skills

Speech Stars: a new programme to train volunteers in speech and language techniques for Early Years children



Their courses are also a great opportunity to build friendships, community links and can be a progression route for further development, whether that be volunteering, attending other courses or help and support for wellbeing for example. They cover the whole of Kirklees, working in partnership with schools and community organisations, such as the Recovery and Wellbeing College.

For further information about their courses please email success.centres@kirklees.gov.uk or ring 01484 234153.

You can also follow them on social media at:

Twitter: @klassuccessctrs

Facebook: www.facebook.com/kirkleessuccesscentres

Instagram: @kirkleessuccesscentre

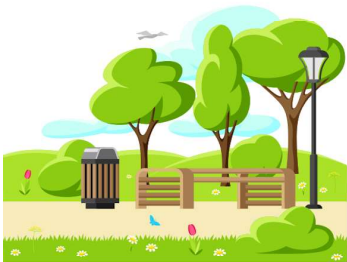
Let's Get Physical

Parks: a pleasant place to.....

Imagine walking down a busy street on a scorching hot summers day. You feel hot, bothered and tired, then you reach the gates of your local park.

You find a bench under the shade of a large Sycamore tree and take a much needed rest, hearing bird song above. You say hello to a passer by and enjoy a few minutes of peace in your hectic day. Sounds good right?

Largely thanks to the Victorians, who created lots of parks for us to 'promenade' around, most of us will have some sort of recreational area close to where we live, yet we don't always make the most of these wonderful green spaces. Maybe we associate parks with children but there is plenty of enjoyment to be had for adults too.



They are a place for relaxation; for a mindful walk, or to connect with nature. They are designed for recreation; to meet with friends for a picnic or to spend time playing with family. They are great places to enjoy sport; whether it be just a good ol' kick around or a game of tennis, crown green bowling, jogging, cycling, skateboarding, roller-skating, you name it! They can also be a place of learning, with many larger parks offering a variety of opportunities to discover more about local flora, fauna, wildlife and history of these special places.

So we encourage you to get reacquainted with your local green space this spring and benefit from some of it's many uses. Enjoy!

**There is still chance to book on our 'History Walk'
at Crow Nest Park in Dewsbury on 8 March!**

The Bottom Line

Escaping the 'debt spiral'

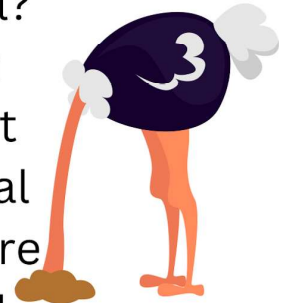


With the cost of living continuing to rise, more and more people are finding themselves spending more money than they bring in. When we're in this position, it's tempting to borrow money to pay for the things we can't afford. But taking out a loan or using an overdraft when we're struggling to make ends meet can make matters worse in the long run, because the debt repayments add even more to the monthly bills.

This awful situation is sometimes called the 'debt spiral', and it can feel like being stuck inside a whirlwind of worry and hardship.

So what can we do if we find ourselves in the debt spiral?

The first and most important step is to be honest with yourself and acknowledge the reality of the situation. It can feel difficult to open the bills when we're in financial difficulty, but things will only get worse if we try to ignore them - and they definitely won't go away on their own!



TOP TIPS:

- Look carefully at your budget - if you can safely cut back on household spending, try to do so
- Read your bills and contact your suppliers - let them know you need help to manage your re-payments
- Check you are receiving all the benefits you are entitled to
- Check out the advice on the MoneySavingExpert website, or contact Citizen's Advice for support and help

For more information and advice:

www.moneysavingexpert.com/loans/debt-help-plan/

www.citizensadvice.org.uk/debt-and-money/

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Huddersfield Literary Festival 2023

Hudd Lit Fest is an annual Festival with community, accessibility and inclusivity at its heart. From 23 March to 2 April, it offers you the chance to join in a celebration of books and authors, poetry and performance – in venues and online. You can meet your favourite authors, discover new talent and hone your own skills. There are loads of free or low-cost events that you can enjoy. Details of all these and for information about accessibility or diversity representation visit their website:

www.huddlitfest.org.uk



You can also download their Family Creates FREE Activity Pack and fun short films for SEND families from their Resources Page.

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