

"Excellence is not a destination; it's a continuous journey that never ends"

Here at the Recovery & Wellbeing College we are always striving to improve what we do and how we do it to, to enhance the experience for you, our lovely learners. However, with a small team and limited resources, we may not always be able to deliver everything we aspire to, but that doesn't stop us trying! Often based on your feedback, here are just some recent changes we have made - or are about to!

Courses delivered in other venues: including Folly Hall and CLEAR in Huddersfield

Some evening / weekend courses or workshops are now available including Weight off your Mind, The M Word and Go Fish!

More courses available in Calderdale: with Quiet the Mind, The Golden Age of Hollywood, Mindful Doodles for Carers and Yogalates all new to Halifax in 2023

A new database is being implemented; while we expect a few glitches initially, in the longer term you will be able to see what courses you have booked on, past, present & future!

A Learner Welcome Pack is now issued to all new learners

Helpful cost of living information is regularly shared in our weekly update or in our monthly newsletter



Spotlight on - Stitch Community Roadshow

You are invited on a *Mission to Mend* - a celebration of community textile sewing for repair. Following a series of repair and textile heritage workshops with the local community, the roadshow event will bring together the best of local sewing and celebrate with talks, demonstrations, workshops, an exhibition and music.

Mission to Mend is a Heritage Lottery Funded WOVEN in Kirklees project, celebrating the importance of creative hand sewing for textile repair and the difference it can make in local communities. Learning simple techniques for textile repair is beneficial for both people and planet. It reduces textile waste, saves money and improves wellbeing by developing hand skills and everyday creativity.



The roadshow is open to everyone, is family friendly, and sewing participation is encouraged (but not essential!).

No booking is required, just turn up on the day.

We look forward to seeing you there!

**Friday 16 June from 12.30pm - 4.30pm
at the Recovery & Wellbeing College,
Pathways, Nettleton Road, Mirfield**

There are still places left on our *Mission to Mend* workshops. Why not book on and have the opportunity to show your work at the Roadshow?

In search of roots

Our brand new course, *Rooting into Place* starts on Monday 26 June.

Read on to discover the inspiration for this course from the Tutor, Hannah-May. Please get in touch if you would like to book on.

Two years ago, I was living on my own and trying desperately to hold down a full-time job with my deteriorating mental health following a deep trauma.

The worse my mental health got, the more I isolated myself, distancing myself from friends and family. I drowned out my suffering through addiction, using addictive behaviours as a coping mechanism. In August 2021 this descent reached a plateau. I had sabotaged everything, having quit my job, damaged my relationships and severed my support networks. I had a nervous breakdown. I wanted to take my own life. I didn't feel worthy of living. Fortunately, my brother was there to support me. He urged me to attend a 12 Step (AA) meeting. I didn't ignore his advice; I had nowhere else to go and needed help. That evening I went to my first meeting, and I've been in recovery since.

The idea for *Rooting into Place* came as I began to work through my Steps. The more I explored, the more I began to see that I had been trying to find the answer to one question all my life; I was searching for a place I could belong. I was raised in an ex-mining community in South Yorkshire. My ancestors were Irish migrants. My interests were in literature, arts, herbalism, philosophy, theatre, and writing. I felt there was no space for these interests in a Northern working-class identity or in my local comprehensive school. I didn't feel like I belonged.

Through my recovery, my confidence grew and I began to explore these interests again. The roots of the West Yorkshire woodlands held me when I felt little else could. I was out of work, on Universal Credit and I occupied myself by spending time outside foraging, creating, painting, writing. What I love about natural arts, storytelling, folklore and herbalism is that they empower me. They are free and therefore not exclusive. I don't need money to engage in these things. They have a rich historical tapestry that helps me connect; they help me to understand my relationship with the place I call 'Home'. These crafts weave me back into the Land and, in doing so give me a sense of belonging – something I hope to share through my course, *Rooting into Place*.

Let's Get Physical



In Calderdale we have formed a partnership with Active Rainbow Enterprise CIC. We are very excited about this, especially about the new YOGALATES course which they are running for us, which starts on 15 May.

Our Creative Practitioner, Sara Rose has some amazing things to say about how courses that she has done with Active Rainbow have helped her to keep active and improve her wellbeing.

The difference for me from just a year ago, is amazing. That's through gradually adding a little bit more (*exercise*) and doing it regularly. Also, if you're feeling really low and think I just can't get out there, remember it works. Tell yourself you will feel better after this, because you will - you certainly won't feel worse. Once those endorphins kick in it's much better and you'll feel proud for pushing yourself through the barrier of that low mood.



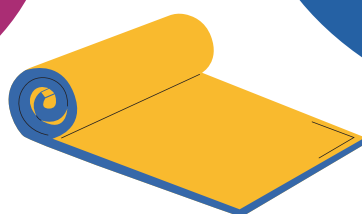
Sophie (*the Instructor*) is such a lovely person, personable, encouraging and supportive.

Eve, (*also an Instructor*) is an absolutely lovely lady



Everybody there is non-judgemental, like it is at the Recovery College. Everybody goes at their own pace. Nobody judges you.

The classes weren't held in a gym but in church halls. To me, it feels like a cosier, safer space, which is nothing to do with the religious aspect. It was more the feeling of community, rather than being in a gym.



To find out more about YOGALATES or to read the full interview with Sara about her journey then please visit the course and blog pages of our website

The Bottom Line

As summer is starting to bloom, here are a couple of cost effective gardening ideas to brighten your home or garden...

Don't give old well-(ies) the boot!

Instead of throwing away your outgrown wellies, you can turn them in to colourful wall planters. As well as being waterproof and tough, they're easy to make too. You can hang them on walls, fences or display them on the floor. They're sure to add a splash of colour to any garden, or even a balcony.



DIY Tea Cup Bird Feeder

To start, your cup and saucer need to be clean and dry. Squeeze some glue onto the edge of the saucer. Tip your teacup onto its side and put it on top of the glue. You will need to let it set for approximately 24 hours before you put it outside. Finally, add some birdseed and take a mindful moment to enjoy watching the birds in the garden.



Self-Watering Planter

This method uses a wick to pull moisture up into the soil. Start with a bottle and cut off the top third. Then follow these steps:

Take off the cap and pierce two ¼-inch holes in it. From the inside of the cap, poke the ends of a short length of ¼-inch cotton rope through each hole. The ends should be long enough that when you screw the cap back on and put the planter in place they will reach the bottom of the reservoir.

Leave a loop of rope inside the cap so it will stick up an inch or two into the soil.

Once you have the lengths adjusted, screw the cap back on. Add water, and slip the top of the bottle into the bottom part as you see in the photo.

Fill it with potting mix/soil and add a nice plant. You can lift the top portion out when you need to refill the water.



Someone like me

My name is Bethanie and I have autism. This was a shock for many reasons, most of all because at the time of my diagnosis, I was already an adult, had finished school and was in my first year of university. How could I be autistic? In my mind, autism was something diagnosed in children, at the time I didn't think it was something that could go unnoticed for so long. Thinking back now, another thing that stood out was the fact that I had never heard of a woman with autism. I had no idea that men and women could present with autism differently, it wasn't until I googled 'autism in girls' and went down the list did I realise I fit nearly every point perfectly. The more I read the more I realised I had always been autistic.

Some may not see the point of being diagnosed so late, but for me it allowed me to finally understand myself more. Looking back, it allowed me to make sense of my experiences in childhood, why I'd struggled and others had flourished, why many things hadn't gone the way I'd expected them to go. Most importantly, it allowed me to forgive myself, for years I'd thought it was my fault I was stumbling, that I wasn't trying hard enough, that I was an idiot for not getting it or getting mad at myself for being unable to explain why. I can now say to myself sincerely,
"you did your best."

Knowing what I know now, receiving the help I needed, becoming part of a wider community of people just like me has given me hope that, though I have struggled in the past, I will struggle no longer.

My name is Bethanie and I have autism.

Stay up to date, follow us on our socials



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