

Keeping Connected

Calderdale & Kirklees

Recovery and Wellbeing College

NHS

South West
Yorkshire Partnership
NHS Foundation Trust

July 2023

Time to Shine!



Live

Life

Well

With the weather we've had in recent weeks, it feels like summer has truly arrived! Whether you're a sun-lover or a shade-seeker, we hope you're finding ways to shine and live life well this season.

Although we'll be taking a break from running courses in August, we still have lots on offer during July, so do check out our course list and book while places are still available!

We've been busy planning our autumn course programme too, and you can now find a wide range of courses and workshops available from September on our website - from popular courses we've run before to brand new ones for you to try. You can find our full list of courses and workshops here:

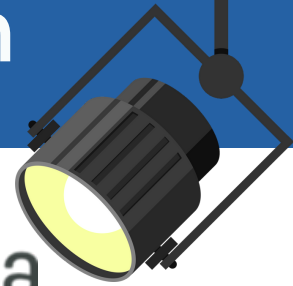
www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/view-all/

Please remember if you are already enrolled with the College, you don't need to enrol again to book on a course. Just email us on Ckrecovery.wellbeing@swyt.nhs.uk or call us on 07717 867911 and we'll do the rest!

Spotlight On



**Kirklees
Dementia
Hub**



The **Kirklees Dementia Hub** offers information and advice for people who are living with dementia, their carers/family and friends. **They can provide you with tailored information and advice as well as onward referrals and signposting to other community services suitable to you and your family's needs.**

The Dementia Hub is a partnership between Community Links and Age UK Calderdale & Kirklees.

They can provide appointments in the following ways:

- Telephone consultations
- Face to face appointments in the community (Almondbury Library on Tuesdays, 1-3pm, and Dewsbury Library on Wednesdays, 1-4pm)
- Home visits (depending on your needs).

There are a few ways to access the service:

- you can see your GP/health professional to ask for a referral
- you can be referred by the SWYT Memory Service
- or you can refer yourself.



Referrals can be made for adults of any age who have been recently diagnosed with dementia.

**To find out more or to request support, please contact:
Kirklees Dementia Hub Information and Advice Line:
01484 503 908 (Mon- Fri, 9am-5pm)
or email kdh@commlinks.co.uk to request a referral form.**

The Dementia Hub also offers **free Dementia Friendly Training** for local organisations. Please call 01484 503 908 or contact Monika on 07706 296198 for further information or to book a session for your service.

There is hope

We saw a familiar face on one of our Mission 2 Mend workshops recently, when one of our learners, Ali arrived to facilitate the class. Read on to discover her journey from learner to tutor to learner!

Due to redundancy I lost my job after 19 years. I felt at a loss and my confidence was at rock bottom; I felt hopeless. Being a woman of a certain age, I felt like I would never be able to get a job again. I needed some support. I picked up a leaflet for the Recovery & Wellbeing College and have been attending ever since. I was also struggling with pain and health issues and the College covered all my needs.

The first time I went to the College, I felt welcome; the Facilitators were so warm and calm. One of the first courses I did was on confidence and even at my age I felt I truly learnt something new and how **there is hope** and a way forward and how you are not on your own. I felt like telling the world to come to the Recovery College!

The courses have given me information on all sorts of subjects; pain management, craft courses which helped me regain my emotional connection to art and crafts, something which I had lost. A Peer Mentoring course has helped build my career prospects and get my confidence back and to remember all my positive points.

I have started to work freelance so I can work around my pain issues and through this work with 'Woven in Kirklees' I got the opportunity to deliver a workshop at the Recovery College. The College means a lot to me and I felt I knew what would be needed to facilitate a class and despite being nervous, I felt ready!

I still want to continue as a learner. I'm dyslexic so retaining information is not always easy and I might want to remind myself about managing anxiety, being assertiveness etc when I have a bit of a wobble. I also mentor teenagers so everything I learn I can pass on to help others. Even when I have a break from the College, I always get enticed back with all the courses on offer and things to try and the support that group work provides.



Let's Get Physical

Making Memories at Ogden Water

by Sarah Walinski-Kiehl

My friend had just passed her driving test and was excited to take me out, at the time she lived in Halifax and I lived in Huddersfield. Back then my mental health wasn't too good, I was very down and I was struggling to leave the house, my friend knew this and wanted to take me somewhere nice to cheer me up, she suggested Ogden Water in Halifax. It was winter, it was cold and honestly, I wasn't that excited about going. Exercise wasn't my thing, going out wasn't my thing.

We arranged that I would get the bus to Halifax and she would pick me up on the way, as being a new driver she was too anxious to drive to Huddersfield. We planned that I would text her when I was on the bus to Huddersfield and she would let me know where to get off the Halifax bus.

When I was on the bus I reached into my bag to get my phone to text my friend only to realise that I'd left it at home, it was too late I had to keep going!!! What a great plan! When I arrived at Huddersfield bus station I still didn't know what to do, should I get the bus to Halifax, or go home, should I wait, what should I do?...I was starting to panic when there was an announcement on the tannoy, my friend had phoned the bus station to say that she was on the way to Huddersfield to get me.

My friend found me and picked me up, she said "Oh Sarah this is just typical you" and we laughed and laughed and laughed, it was the most I'd laughed in a very long time!

When we arrived at Ogden Water the reservoir looked absolutely beautiful, glistening in the winter sun surrounded by the frosty trees, what a magical place. My fitness levels at the time were really low and my motivation was even lower, but I had a lovely walk round the tranquil water chatting with my friend, taking in the stunning scenery and enjoying the fresh air. I didn't even notice that I'd walked around a whole reservoir.

There are a couple of things I learned that day, when planning a walk it's better to arrange a meeting point, in advance! The most important thing that I learned was that walking isn't always about the walk itself, it can be about the memories that you make. I will always remember that walk at Ogden Water because of the time I spent laughing and chatting with my friend, even though I wasn't feeling great and the day hadn't started too well, I ended up having a wonderful walk. Even now when I think back to that day, I vividly remember the stunning scenery like I'm looking at a photo, the memories of that walk still bring me a sense of calm.

We're running a Walking for Wellbeing Walk at Ogden Water, if you'd like to make some memories, enjoy some lovely scenery, take in some fresh air and get some steps in whilst you're at it please see our website for details.

Love to Learn: Sleep

Getting a good night's sleep can be a challenge, especially at this time of year. Here are some tips to help if you're struggling:

- Try to keep the room fresh by opening windows during the day.
- Keep the room dark at night with blackout blinds or curtains, or try using an eye-mask.
- Being comfortable is all-important - does your pillow need replacing, or your mattress? Is it time to invest in a new one?
- Avoid using screens for at least an hour before bedtime and do something calming instead, like reading a book or having a bath.
- Get some exercise in the early evening to tire your body slightly.
- Avoid caffeine after mid-afternoon and don't eat or drink just before bedtime as this is likely to wake you during the night.
- Don't use your bedroom for work activities if you can avoid it.
- Write worries down in the day, and put them aside. Plan half an hour to return to them at teatime, to prevent them cropping up at night.

Need more help and advice to get into a good sleep habit?
Try our online *Improving Your Sleep* workshop, delivered with
Kirklees Talking Therapies on Tuesday 12th September at 12.30pm



Music-Making Minds!



We invite you to come along and join us as we celebrate Kirklees Year of Music and the amazing creativity of our learners!

Join us for a FREE, live performance of exciting, original music written by participants on our Songwriting course. All welcome!

Thursday 13th July at 2pm - 3pm at

Tolson Museum, Wakefield Road, Huddersfield

To book your place call us on 07717 867911 or email ckrecovery.wellbeing@swyt.nhs.uk

Stay up to date, follow us on our socials



Someone Like Me

Coping with Bereavement and Self-Harm

Hello, I'm Michael - if you've attended any courses at the Mirfield Recovery & Wellbeing College then you've probably met me because I've been on most of them myself!

I started coming to the College to help me with my mental health after losing both my parents. I found my bereavements very hard to cope with, and I began to cut myself. Doing this helps to release some of my emotional pain, but I know it worries my family and I wish I didn't feel the need to do it. My GP looks after me and takes care of the cuts, and I'm getting help from a support worker at a learning disabilities centre because I also struggle with reading and writing. I find it helpful to talk about how I'm feeling with her, but I don't like talking about it with my family in case I worry them.

Coming to the Recovery College has made me feel better about myself. I've been on lots of courses, my favourites are Quiet the Mind, which teaches meditation techniques, and the Golden Age of Hollywood, which is fun and I enjoy learning about the old films. I've met lots of different people on the courses I've attended and I think this has helped my confidence to grow.

I see myself as being on a recovery journey. One of my goals is to stop cutting myself, which feels like a big challenge, but I have stopped once before, and I believe I can stop again, with the support I'm getting from family, friends and others, as well as everything I'm learning at the College. I don't feel like myself when I'm self-harming, and I want to be myself again!

If you've been affected by the issues in Michael's story, support is available:

Battle Scars charity: www.battle-scars-self-harm.org.uk/

NHS contacts for self-harm: www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/

Cruse bereavement support charity: www.cruse.org.uk/get-support/

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

calderdalekirkleescr.nhs.uk

