

What do we mean by Recovery?

When people attend our College they have usually lost something. It might be confidence, an old hobby or past-time they were passionate about, skills and talents they have forgotten they possess, friendships, hope. While the word 'recovery' can mean different things to different people, here at the College we help our learners to 'recover' some of the things they have lost. One of our new learners, Lynda has bravely shared her own 'recovery' story....

"I arrived at the Recovery and Wellbeing College emotional, bewildered and lost. Unable to find direction after suffering the loss of my partner a year ago. I was greeted by friendly faces ready to listen and encourage me to "have a go" and take the first steps to rediscover what used to be "me"!

Attending their courses, whether one-off sessions or longer courses lasting several weeks, has re-awakened my past interests in the natural world and the importance of being creative and its immersive power. It has begun to heal the grieving, damaged parts of me. I realise I am changed forever, but unbroken.

The Recovery and Wellbeing College, its dedicated staff and excellent course facilitators, have enabled me to get back the power within. I believe we all possess the ability to heal ourselves through mindfulness, meditation and creativity. This new family, a safe and secure environment, has given me the gift of self-healing I thought I had lost. A truly remarkable place where I can find "me" again, sending me on a life journey that has just begun again. Thankyou."

We are so grateful to everyone that kindly shares their experience of the Recovery & Wellbeing College including both Lynda and Sarah who have both contributed to this edition. We hope our readers find hope and inspiration from these personal stories and if you too are willing to contribute to future newsletters, please get in touch.

Spotlight On

Huddersfield Town Foundation

For ten years, as the official charity of Huddersfield Town AFC, Huddersfield Town Foundation has been inspiring people, creating opportunities, and working with other local organisations to deliver a variety of projects across Kirklees. Their vision is simple: to create lifelong opportunities for people in Kirklees to feel safe, healthy and included as part of a community.

The four strands of the Foundation are 'Movement and Activity', 'Safe Spaces and Places', 'Learning and Education', and 'Health and Healthy Behaviours'. The Foundation aims to create a programme of activities that make a positive contribution across all four strands, recognising how one can positively influence another and, when they all come together, how they can influence positive change for individuals and the community.



The Club's Official Charity

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The Club's Official Charity

The Foundation are delighted to partner with Calderdale & Kirklees Recovery and Wellbeing College on the upcoming **Love to Move** course, starting on 18 September at the College in Mirfield. Using music and movement, learners will find rhythm to help engage both body and mind. Delivered by Sam from Huddersfield Town Foundation, participants will learn some gentle seated gymnastic based exercises and discover the social, physical, cognitive and emotional benefits of this fabulous four week course!

Sam also manages TURN OUT, Huddersfield Town Foundation's programme supporting young people with experience of being in the care system create a sustainable pathway towards the future. They do this by making space for people to check-in emotionally, gain skills, and develop habits they can transfer into employment, education, and training.

To book on *Love to Move* please contact the Recovery & Wellbeing College or to find out more about Huddersfield Town Foundation and the TURN OUT project visit: <https://www.htafcfoundation.com/>

What's On?

Throughout August, here at the Recovery & Wellbeing College we are busy getting ready for the start of the new term in September, and with both staff and learners having a summer break, we typically don't deliver courses during the holiday season. With other services also closed or delivering a limited offer we understand that this isn't always an easy time for everyone. However, there is lots happening locally to keep you busy and entertained over the month ahead.....

Kirklees: we are sure there is something of interest for everyone over the next few weeks. Whether you want to catch some live music at the Yorkshire Gala Day at Beaumont Park, taste some foodie delights at Huddersfield Food Festival, head out on a lego - or scarecrow trail or discover more about South Asian Arts, Culture and Heritage at the Sangam Festival, these are all happening throughout the district and are free to attend. If you would like to find out more about these events and others, visit: <https://communitydirectory.kirklees.gov.uk/communityDirectory/>
or
<https://hellohuddersfield.co.uk/>



Calderdale: with a variety of exhibitions on display at Dean Clough, heritage walks throughout the district, museums to visit and numerous events at the stunning Piece Hall, we don't think you'll be bored anytime soon in Calderdale! There is 'In the Yard' a FREE family friendly event, poetry and drawing workshops, 'Mela' - the largest South Asian festival in Europe, not to mention PRIDE which takes place on 19 August. To discover more about these events and others please visit:

<https://calderdale.gov.uk/v2/residents/leisure-and-culture/whatson>
or [/www.thepiecehall.co.uk](http://www.thepiecehall.co.uk)
or <https://www.visitcalderdale.com/whats-on/>

Let's Get Physical

With the new term approaching, we have lots of workshops and courses available from September. Some of these are old-favourites that prove popular with our learners time and time again and others are brand new to the Recovery & Wellbeing College. We hope we have something of interest for everyone and for those of you who are wanting to get more active, we have more choice than ever! Check out some of our upcoming courses that will help inspire, motivate and get you moving!



Rock Climbing: this fab 8 week course starts on Monday 11 September at ROKT in Brighouse.

Love to Move: this inclusive 4 week course starts on Monday 18 September at the RWC in Mirfield and is suitable for all ages and abilities.



Cycle for Health Info session: this workshop starts on Tuesday 26 September at the RWC in Mirfield and will provide info about the longer Cycle for Health Programme.

Go Fish! These ever-popular 8 week courses start on Thursday 10 August (Beginners) & Tuesday 3 October (Intermediate), both in Honley, Huddersfield.

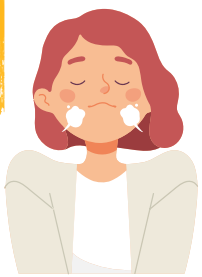


Heritage Walks: these one-off sessions start on Friday 3 October in Dewsbury and Friday 20 October in Huddersfield. More Wellbeing Walks are being planned in Calderdale - dates to be confirmed.

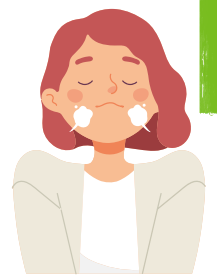
Yoga: Breathe, Move, Relax: this 6 week course starts on Wednesday 20 September at the RWC in Mirfield. Yogalates is also returning to Calderdale - dates to be confirmed!



To book a place on any of these courses please email or call the Recovery & Wellbeing College



Love to Learn: the magic of breath



It turns out that we all have a superpower that's hidden in plain sight...! Our breath is a natural source of comfort and support that's available to us anytime we feel anxious, overwhelmed or a bit blue.

Whether you realised it or not, you've probably used your breath to help manage your emotions on many occasions, like taking deep breaths when you're nervous, or holding your breath for a moment before responding when you feel angry. Calming practices like yoga, meditation and mindfulness all use breathwork to create a sense of calm, peace and focus – because it works! So here are some simple ways you can use your breath in a mindful way to help you cope when things feel tough:

A super-simple technique for calm

Breathing out for longer than you breathe in switches off the body's flight or flight response and reduces anxiety... so, try this:

1. Breathe in for a count of 4, putting your hand on your belly and focussing on making it rise outwards
2. Breathe out for a count of 6, feel your belly and hand sink in
3. Repeat for as long as you wish.



If you find it comfortable, you can add a step between 1 and 2, by holding your breath for a count of 2 before you breathe out.

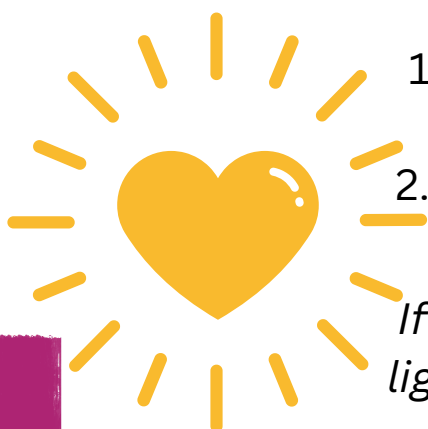
A quick practice to release negative thoughts

1. Take a deep breath in for 5 seconds and feel your belly expanding
2. Whilst inhaling, think of the negative things that are on your mind
3. In 2 seconds quickly exhale
4. As you're breathing out, imagine all of those thoughts being released.

A simple way to raise your spirits

1. Breathe in, while imagining a stream of light entering the top of your head and flooding into your heart
2. Breathe out, and imagine the light pouring out of your heart into the space around you.

If you want, and if it helps you, you can imagine the light streaming to your loved ones, to a friend, a pet, or just out into the world.



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Someone Like Me

"In 2021, I was working full-time, in excellent health and living on my own in Huddersfield, but sixteen months ago, I had a stroke and my life changed. I can't remember much about those early days in hospital or returning home, but I do remember lots of visits from Physiotherapists and other medical staff. I couldn't walk, I couldn't hear, I couldn't communicate and had limited mobility in my upper body.

The twelve months after my stroke was a year of hell. It was horrendous. I constantly asked myself 'what's the point?' However, despite the pain I kept up with the physio exercises and took all my newly prescribed medication and, with the help and support of my loving family, slowly things began to improve.

Things still weren't easy, and I had to move from my home to a new property in Mirfield. This is better suited to my needs and is also closer to one of my children, but I didn't have any friends in the area or anything to do. My sister heard about the Recovery & Wellbeing College and urged me to enrol, but I didn't dare ring up. I felt anxious. I wasn't sure if I would be able to face people or if they would be able to understand me, but eventually I plucked up the courage and called, and I am so glad I did! I wish I could come here every day, that's how great it makes me feel. It's full of beautiful people who are kind and caring, and it's amazing how it helps you change your thoughts and mindset.

While I still struggle with pain, low mood and can't always formulate my thoughts into words, I really am very grateful. I am grateful to be alive. I am grateful for my family. I am grateful for my faith in God. And I am grateful for the Recovery College."

By Sarah, RWC Learner

If you've been affected by any of the articles in this publication and need support, please contact Mental Health Helpline on 0800 183 0558 or The Samaritans on 116 123

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