

Get Crafty!

You probably know that we regularly offer art and craft related workshops and courses here at the College, particularly as the festive season approaches, whether you celebrate Christmas, Diwali, Hannukkah, Chinese New Year or even the Winter Solstice.

However, you may wonder what these type of activities can do to enhance our sense of wellbeing? Well, extensive research says rather a lot!



Creativity helps us to look at the world in new and different ways. It can relieve stress and anxiety and allow us to express ourselves without words, helping convey feelings that we may otherwise feel uncomfortable sharing with others. It enables us to focus on a single positive task, becoming fully absorbed in an activity. It gives us a chance to create something beautiful and unique and perhaps improve our problem solving skills, when things don't go as originally planned!

While many of us believe 'we aren't creative' or 'no good at art' the majority of courses we offer are suitable for everyone, complete beginners included! So we encourage you to get crafty with us and discover for yourself some of the many benefits of being creative!

Check our website for a full list of creative courses happening throughout November & December:

<https://www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/view-all/>

Spotlight On.....

Halifax Opportunities Trust



Halifax Opportunities Trust have been working to make vibrant multi-cultural and self-sustaining communities across Calderdale for 21 years.

They are a registered charity and their work with communities takes many different forms across a wide variety of projects but it's all driven by the same core values; they care, they are enterprising, they collaborate and are committed. They structure their work into six key areas that they know are important to making thriving communities.

These are: *Employment, Learning, Wellbeing, Enterprise, Inclusive Integration and Children & Families*. The community wellbeing team based at Hanson Lane Enterprise Centre deliver a number of wellbeing projects. These are Staying Well, Tandrusti (diabetes project) and community organising.



Staying Well is their flagship project to tackle social isolation within central Halifax. The service supports adults aged 18 and over to access and engage in social activities and health and wellbeing services in the community. There are all kinds of things to do from Art to Zumba! The project runs regular groups and workshops every week as well as one-off get-togethers. They aim to reduce loneliness and social isolation, reduce health inequalities and to improve health & wellbeing of adults in the local community.

The Tandrusti team is part of their Community and Wellbeing projects, and works with local people to reduce or reverse the risks of Type 2 diabetes through practical wellbeing advice and guidance. Community Organising is empowering people to bring about positive change in their local community. Community organisers reach out and listen, connect and motivate people to build their collective power in bringing about positive change to their local communities.

For more info visit their website: <https://www.regen.org.uk/>
or you can find them at Halifax Opportunities Trust, Hanson Lane Enterprise Centre,
Halifax HX1 5PG
Telephone: 01422 347392

Someone Like Me

Seven years ago I was diagnosed with Fibromyalgia. I am in constant pain and it affects me every single day, because of this I also have tremors and brain fog. Living with this condition as well as having other health issues has impacted on my mental health and I also experience bouts of Depression. However, with medication the pain is now manageable and attending the Recovery College helps improve my mental health; I particularly enjoy the craft courses, as crafting helps me when I'm having a bad day. It helps take my mind off my negative thoughts, not just during the activity itself but I regularly find that I'm not focusing on those negative thoughts long after the crafting is done, whether at the College or at home.

About a year ago, I signed up for the 'Write Time for Wellbeing' course, delivered by Kirklees Success Centre. When I joined, I told the tutor, Heather that I was rubbish at English and explained about all my health conditions, and how Fibromyalgia affects me and that I would struggle to write things down. Heather was very reassuring and offered to scribe for me if needed. Week by week, my writing got better and better. Unfortunately, during that period my brother was rushed into intensive care which meant that I was unable to finish the course. Sadly, my brother passed away two weeks later. Inspired, I wrote a poem for him and, having kept in contact with Heather I forwarded this to her. She was so impressed with my work and commitment, she asked if she could put me forward for this year's Kirklees Adult Learner Awards.

A few weeks later, I received an email informing me that I had won! I couldn't believe it! I received my award on 12 October and had a wonderful evening. My daughter attended the presentation with me and, having been to several of her award ceremonies at school over the years, it was so nice to have the roles reversed for a change and I know she was so pleased and proud of me.

I have now rebooked on the 'Write Time for Wellbeing' course, so I can finish the two weeks that I missed. I would definitely recommend signing up for the course; I now use writing as a tool to help with my wellbeing, and incorporate it into my scrapbooking journal, which I love."

By Maria, RWC Learner

If you've been inspired by Maria, contact us to book on 'Write Time for Wellbeing' which starts on Monday 6 November at the RWC in Mirfield

Let's Get Physical

There are plenty of reasons why moving our bodies more is good for both our physical and mental health, but sometimes we may face barriers which limit the types of activities we'd like to do.

Perhaps, the local sports centre has closed or there isn't one nearby, or the financial cost is too high or maybe it's difficult to leave the house due to anxiety or physical health issues.

While these barriers are very real, there are alternatives which will enable us to enjoy the many benefits of being more active. Below are some **FREE** activities that you can take part in, as well as some recommendations for online sessions, which can be done at home.

Walking for Health provide over 1800 free short walks every week. You can find your nearest health walk scheme by visiting: www.walkingforhealth.org.uk



The NHS **Couch to 5K** app is free to download to any smartphone. This is an easy to follow programme that's perfect for those new to running and provides support and motivation along the way.

NHS Fitness Studio offers a range of online exercise videos that you can access at home. Take your pick from 24 instructor led videos that cover aerobic exercise, strength and resistance, pilates and yoga. Workouts last from 10 to 45 minutes.

www.nhs.uk/conditions/nhs-fitness-studio



NHS Chair based exercise routines available at www.nhs.uk/live-well/exercise/sitting-exercises

Yoga with Adriene: a no cost programme of yoga and mindfulness to inspire people of all ages & abilities.

<https://yogawithadriene.com/>

Welcome to the Team

We are delighted to have recently recruited some Peer Project Workers, who will be delivering courses at the College on a sessional basis. These new team members all have a lived experience of a mental or physical health condition - hence the word 'Peer' in their title! Some, but not all have started as learners at the College themselves and/or have been a volunteer with us, so they may already be a familiar face! Either way, we know they are eager to meet our lovely learners and we are certain they will enhance your experience of attending the College.

If you have ever attended one of our printing courses in the past then it is likely you will have met James. If not, then check out his festive Gel Printing sessions next month or Wood Block Printing in the New Year.

James

"I have been involved with creative activities for nearly 15 years, and have volunteered for the Recovery College for around 5 years.

I love being creative myself, but also inspiring others to explore their own creativity whilst getting some therapeutic benefit at the same time.

As someone who struggles with my own long term mental health problems, I know how important having the freedom to learn a new skill and express yourself artistically can be."



Stay up to date, follow us on our socials



Huge Congratulations to Maria, who was Awarded Kirklees Learners of the Year 2023. Here is her poem...
In Memory of a Wonderful Brother

I feel so lost in many ways
That you're not here today
And that I have been truly blessed
in a very special way

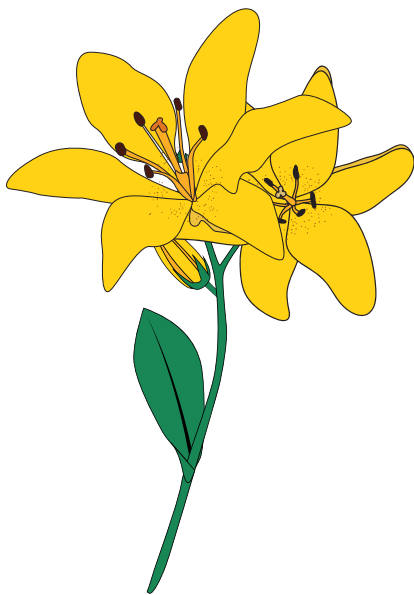
I hold onto our memories
The ones that are so dear
To try and keep you always close
Now that you're not here

Everyone will remember you
You're smiling grin and your special laugh
The cheeky chap that you were
And I will hold on to that too

You were such a special brother
There was no one quite like you
I will never forget the times we shared
And all the laughs we had too

The legacy you left behind
And the hearts that touched so many
There were so many stories of which I'm sure
I'd be proud to tell so many

It's time to say goodbye now
It's time for you to rest
To have had you for my Brother
Was truly the very best



Contact us

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calderdalekirkleescr.nhs.uk

