

Keeping Connected

Calderdale & Kirklees
Recovery and Wellbeing College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

May 2022

Jubilee spirit!

"The course helped me understand why I think the way I do, react the way I do and how I can make things better"

"The course helped me see that I can make a positive contribution"

We believe the 'best of British' is the way our learners and volunteers show compassion, integrity and kindness in supporting each other to live life well!

"I love the Recovery College. I keep thinking that not all the courses are going to be great but then I do another and it's even better than the last!"

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

We would LOVE your contributions in future newsletters, please get in touch if you have anything you'd like to share - a piece of art, a poem, joke or experience, we want to celebrate you!

Email us at: Ckrecovery.wellbeing@swyt.nhs.uk

Spotlight on - hoot creative arts

hoot creative arts run a whole range of free creative activities for adults to help look after their mental health and wellbeing. Being creative makes us feel good and it's proven to reduce feelings of stress, anxiety, and depression.

Choose from singing, visual arts, music making, digital music, and creative writing activities in Huddersfield, Dewsbury, and online.

Activities run all through the year and you can sign up and join in at any time. There's no homework and absolutely no creative experience needed to join. Each group is run by a friendly artist and the hoot team will be there to offer support and guidance. hoot's group sessions are also a great way to meet and chat to likeminded people who are interested in being creative as well.



hoot also runs groups especially for people living with dementia and a family member or carer to have fun and be creative together. Breathing Space groups run in Huddersfield and Batley throughout the year and are free for people who live in the Kirklees area.

**Find out what's happening near you on the website:
www.hootcreativearts.co.uk/our-activities**

**Not sure if hoot's right for you? Get in touch for a chat: on
01484 516224 or email: info@hootcreativearts.co.uk
Find us on Facebook and Instagram @hootcreativearts and on
Twitter @HootMusic**

The future of the RWC

It is a very different world we live in as we emerge from the Covid pandemic.

Our Recovery and Wellbeing College has faced many challenges and changes. It now covers both Calderdale and Kirklees; has *Wellbeing* in its name; a dedicated website; a large online/blended course offer; double the number of learners enrolled (over 800); active on social media; a weekly update and a monthly newsletter. Recently we set up a Steering group consisting of learner and volunteer representatives, partners and managers from mental health services. We have not shrunk back despite the challenges we have faced but continued to develop and grow. But we could do better!

Earlier this year we held some workshops and undertook a survey to ask you and partners how you would like us to develop and improve. You told us that you wanted us to be clearer about what being a learner meant. To celebrate success and achievement and to let more people know that we exist. You also wanted us to have more resources so we could grow and do more.

We have now developed a plan agreed by our Steering group and will start implementing these improvements. You'll get to hear about them as we introduce them. The future of our College will always require your help and support and that as least will never change!

Things you can do to help us help others:

- Tell people about us
- Share our social media posts
- Attend all your booked course sessions or call us ASAP if you can't
- Consider doing an article to inspire others



Matt - College Principal



Let's Get Physical



“Everyone was great and we all got on really well together”

“It was absolutely brilliant”

“Kayaking was straightforward and really easy to get into”

“I can't wait to do it again!”

Kayaking is a great form of aerobic exercise coupled with upper body conditioning and toning the tummy. However these aren't the only benefits. Research shows that it can significantly reduce stress with studies showing marked improvement in psychological and emotional health. It's also a great way to get close to nature and see it from a different perspective. We could go on but we're running out of space so read above to see what other learners think or discover the many benefits for yourself by booking on one of our taster sessions!

Taster sessions are available at the Calder & Hebble Navigation, Sowerby Bridge from 10.45am - 1.30pm on various dates throughout the summer. Contact us to secure your place.

The Bottom Line

Dealing with Debt

If you're in debt there is help available that can really make a difference. Debt management plans can bring repayments down to realistic levels. If you're eligible there are even ways you can reduce or get rid of your debts. Free specialist advice services can tell you your options, work out plans with you and help you apply for your debts to be reduced or even written off.

Citizens Advice: A free advice service offering help with budgeting, debt, benefits, work, housing and much more:



Calderdale: <https://calderdalecab.org.uk>
Tel: 0808 278 7879

Kirklees: <https://kcalc.org.uk>
Tel: 0808 278 7876

Local charities providing debt and money help in Calderdale:

Noah's Ark Centre: Offers a money / debt advice service, budgeting courses, employment support, temporary food support and counselling .

Tel: 01422 364664 www.noahsarkcentre.org.uk

Halifax Opportunities Trust: Offers advice on housing, money / debt, benefits, finding work, childcare, and more.

Tel: 01422 342552 www.regen.org.uk/employment/hopeful-families

Local charities providing debt and money help in Kirklees:

Huddersfield Mission: Offers a support service for benefits claims, housing problems, emergency provisions, crisis support, and referrals to other local services. Tel: 01484 421461 or pop into the Mission café: 1-3 Lord Street, Huddersfield town centre.

Better Off Kirklees: An online service offering help finding out which benefits you can claim, making an application and looking for work:
www.betteroffkirklees.org.uk

Stay up to date, follow us on our socials



A right royal knee's up!



Throughout her long reign, Queen Elizabeth II has demonstrated plenty of qualities worth celebrating; dedication, commitment and hard work, all undertaken with sense of dignity and graciousness. Whatever our personal views about the royals and their role in society, perhaps for the few days from 2 - 5 June, Her Royal Highness warrants our admiration in her 70 incredible years on the throne. There are plenty of places to get celebrating with live music, interactive history trails, community picnics and lots more!

The Queens Platinum Jubilee Beacon Trail; an interactive walking history tour in Halifax. For details of this and lots of other events check out the 'Visit Calderdale' website at: www.visitcalderdale.com

The Big Jubilee Lunch is happening at various locations throughout the districts, including Oakwell Hall, Batley and Space, Field Lane in Halifax. Visit: www.edenprojectcommunities.com for other sites and more info

Attend a Street Party; a perfect excuse to get to know your neighbours and engage in your local community. Find out if there is a street party happening near you by visiting: www.nextdoorjubileemap.co.uk

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

www.calderdalekirkleesrc.nhs.uk



Bloomin' Well

Calderdale & Kirklees
Recovery and Wellbeing College

Live
Life
Well

Upcoming Courses

Kayaking These one off taster sessions will introduce you to kayaking. You will learn basic paddling skills and take a leisurely paddle down the canal with fellow learners and qualified instructors. All equipment provided.	Various dates available from May through to August	Calder & Hebble Navigation, Sowerby Bridge
Art in the landscape: printing with sunlight A creative workshop involving printing onto fabric using items from nature and... sunlight! Part of the Holmfirth Arts Festival activities, this workshop offers you the chance to get crafty as part of a creative community project.	Monday 6 June at 2pm - 4pm 1 week	In person RWC Mirfield
Understanding Depression This learning seminar aims to help you understand depression, how it affects you and how you can start to feel better. This workshop provides tips and techniques for lifting your mood and breaking the vicious cycle of depression.	Tuesday 7 June at 12.30- 2.30pm 1 week	Online
Exploring Printing Join us for three fun weeks as we get explore block printing using lino. You'll have the chance to create your own designs and produce your own prints.	Tuesday 14 June at 1pm - 3pm 3 weeks	In person RWC Hope Street Halifax

Get more information or sign up today!

CALL 07717 867911

EMAIL ckrecovery.wellbeing@swyt.nhs.uk

ONLINE calderdalekirkleesrc.nhs.uk/courses

Upcoming Courses Continued

Values, Goals and Wellbeing

What do you want out of life? How do your own values lie behind the choices you make? Over four weeks we will engage in group discussion and use practical tools and fun activities to identify our personal values, and use them to guide us in setting achievable goals.

Thurs 16 June
at 10am - 12pm
4 weeks

In person
RWC Mirfield

Drawing for Wellbeing: Neurographica

Neurographica is a simple and relaxing drawing technique and is a great way to re-focus your mind and can be very calming. No skills or previous experience necessary for this one-off workshop.

Thurs 23 June
at 1pm - 4pm
1 week

In person
RWC Hope Street
Halifax

Eat Well for Less

Would you like to know more about cooking healthy, tasty food on a budget? With the squeeze on all our budgets at the moment, this workshop will provide helpful tips on how to save money on food while also eating healthily.

Wed 29 June
at 2pm - 4pm
1 week

In person
RWC Mirfield

Autism Awareness

This one-off workshop provides an introduction to Autism; the characteristics, the ways it may affect an individual and what to do if you suspect Autism in yourself or someone else and how and where to seek help.

Tuesday 12 July
at 11am - 1pm
1 week

In person
RWC Mirfield

Get more information or sign up today!

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