

Keeping Connected

Calderdale & Kirklees
Recovery and Wellbeing College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

July 2024

Here's what you said!

"Encouraging,
gentle, kind,
understanding"

"So much
choice, so
helpful and
caring"

"This course is the
best medicine
I have ever
taken"

"Answered
questions I didn't
even know
I had"

"Has helped me
develop new
skills and
confidence"

"Informal and
friendly. I always
feel welcome and
above all safe"

This is just some of the feedback we've received for our recent courses! We love nothing more than hearing how the College has helped you, or what we can do to improve, so please keep letting us know via the feedback link you receive after a course, and by emailing or talking to us





Spotlight On..... Growing Works



Growing Works nurtures healthy lives outdoors, by providing supportive, social activities for participants to engage with the outdoor environment and nature.

They deliver outdoor, inclusive, therapeutic activities such as gardening, healthy cooking and eating, nature and bush crafts; they work across Kirklees and their main therapeutic site is in Dalton, Huddersfield.

The main projects that Growing Works are involved in are:

- **Bud** adults volunteering at Wakefield Road Allotments, every Tuesday and Thursday. This provides opportunities for gardening tasks and site development work, with activities suitable to all abilities. Travel expenses and soup provided.
- **Sprout** at Crow Nest Park, Dewsbury every Saturday morning. This is a family outdoor, play orientated social group for SEND/SEMH.
- **Young Shoots** courses for teenagers with SEND/SEMH for building life skills, confidence and resilience.



growing
works



Contact Rachel or Jess at info@growingworks.org.uk to get involved or for more information, or check out their flyers here:
<http://www.growingworks.org.uk/session-times-information/>

Someone Like Me

How I Moved into Mindfulness

Ian, a new RWC learner, tells us how attending our 'Moving Into Mindfulness' course has helped him reduce feelings of stress and anxiety.

“I’m a carer for my wife who has fibromyalgia, and I’ve had issues with anxiety in the past. When I saw the advert for Moving Into Mindfulness on Facebook, the idea of doing a mindfulness course appealed to me. My wife has previously done a mindful crafting course with the College, which she enjoyed, so I decided it was worth a go. I didn’t know what to expect but I liked the fact that this was a face-to-face course where I could meet other people as well as learn about mindfulness, so I signed up. When I turned up at the first session I got a warm welcome, and it turned out I already knew two of the other learners! The whole group got on well, even though we were all from different backgrounds. Everyone was lovely, and I think getting out and meeting such wonderful people was a major part of the benefit for me.

The facilitators, Laura and Ash, were both really good, and very supportive and good at communicating in a positive way. They are Peer Workers, so they have their own lived experience of life’s challenges. I found it helpful that the people running the course have similar experiences to the people attending the course, which makes it all feel a lot more supportive. They were able to explain issues that they still have and how they cope with them, as well as having the skills to pass on the information in the course in a helpful way.

I’m still doing the mindfulness techniques that we learned on the course, and I do them 2-3 times a day, which I find really relaxing and reassuring. It has helped my anxiety levels a lot and I feel less stressed overall. I enjoyed this course so much that I keep looking for other courses at the College I can sign up for! To anyone who’s wondering whether to sign up for a course, I would say “definitely do it!” I’ve even told my wife’s GP how good it was, so that he can hopefully recommend it to patients. Everything about the College is so supportive, from the initial contact and bookings right through to the course and it’s follow up, it’s all been brilliant.”

Let's Get Physical - Everybody

It can be difficult to escape from hearing about the benefits of getting active. I think we all understand that moving more is a great way for us to improve our health and wellbeing and sometimes even meet new people. For some of us it just is not as simple as putting on some trainers, joining a Gym, going for a run- or even a walk! Being active can mean different things to each and everybody, for some of us it's hiking for miles whereas for others it's doing a few minutes of gentle chair stretches a day. No matter what moving more looks like to you, keep moving, every step counts (literally for some of us), even small changes can make a big difference. If you're not sure where to start, or you're ready to up your game, check out our upcoming courses...

Curious Motion Everybody Dance

Starting on Wednesday 3rd July 6-8pm

This is a very exciting course, not only will you learn some new dance moves, you'll take part in a dance performance and also have the opportunity to get involved with the creative aspects of the course e.g. music, set design. **This is an accessible course and help with travel costs may be available.**



Window Walk-Mount Tabor, Halifax

Thursday 1st August 11:30am-2pm

Join us on a gentle walk round Mount Tabor to look at window displays and gardens that have been decorated by the local community. The walk is followed by an optional Window Decorations workshop at the Outback Garden, Halifax on 15th August.



We have plenty more courses coming soon which are sure to get you moving, including **Kayaking, Walking, Yoga** and **ROKT Rock Climbing**...watch this space!

Contact us now to book your place on any of our current courses - don't miss out!
Call us on 07717 867911 or email us at: ckrecovery.wellbeing@swyt.nhs.uk

Love to Learn

Peer Worker, Laura, reflects on how we can adapt to challenges and learn new ways to find wellbeing...

One of my favourite memories as a child was going on holiday. Not because of where we went or that day's activities, but it was the bedtime story. As a family we'd all settle down to read a chapter or two from *101 Dalmatians*, *Swallows and Amazons*, *The Wind in the Willows* or another well-thumbed book. I was captivated, the words spilling from the pages painting moving pictures in my mind.

I don't know about you, but I struggle these days to have the concentration to read a magazine, never mind a book. I use audiobooks now, or read poetry, and even comic books to help recapture the fantasy world of the written word.

Finding different ways to do things or learning new skills is all part of our journey in making the most of our health and wellbeing. We sometimes need to look at things from a different perspective or consider doing something new to find that peace or enjoyment to occupy our frazzled minds.

At the Recovery & Wellbeing College, we offer information and tools to support your journey to wellbeing. Our staff and volunteers have their own lived experience, helping to make our courses relatable and, we hope, truly beneficial to you.

So why not try your hand at a new craft, take a walk with us, learn to manage your stress? Or explore different ways to feel better through meditating, decluttering, improving sleep, dancing or the many other wellbeing tools on offer? After summer we'll also be offering new courses looking at what is at the root of depression and anxiety, and how we can manage our own personal 'care plans' and take back control of our life. We look forward to seeing you soon!

***You can see all our upcoming courses on our website here:
www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/view-all/
New courses for Autumn will be advertised from mid-July,
so keep an eye out! They can book up fast... don't miss your place!***



Being a Beginner

Recovery Coach, Nicky, explores her own experience of returning to the classroom...



“What the ‘eck am I doing here?” I thought entering Barnsley College. Studying maths again was the last thing I wanted to do in that moment... “I’m rubbish at maths... what if I’m “picked on” by the teacher? What if I’m the oldest one there?”

As negative thoughts whirled through my mind, physical sensations in my body shifted with my heart starting to race and stomach churn, preparing for flight.

Pausing a moment, I remembered my self-help tools. Taking deep breaths, I pulled from my pocket the list of reasons as to why I was here; to create opportunities, challenge myself, support my children’s homework, and then felt calmer with a changed perspective...

...I was willing to be a beginner again, open to trying, explore possibilities and ask for help! With my note-to-self tucked away, I stepped into the classroom, taking a seat amongst the others, who, when we got chatting, felt just like me!

I’m still attending college now, and whilst simultaneous equations still baffle me, I’m having fun, and my confidence is increasing!

Perhaps by sharing my experience it may inspire you to try something new where you could discover a talent or meet others?

Just know its ok to be a beginner and, at the Recovery College, you will always receive a warm welcome.

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

www.calderdalekirkleesrc.nhs.uk

