

Keeping Connected

Calderdale & Kirklees
Recovery and Wellbeing College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust

October 2024



Fave podcasts



Listening to podcasts about health and wellbeing can inspire positive lifestyle changes, provide valuable insights, help keep us motivated and promote mental and physical wellness. So with this in mind, we're sharing some of our top recommendations.....

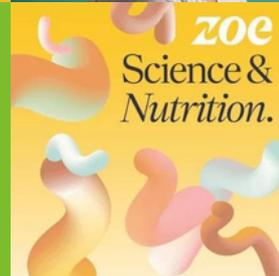
Feel Better, Live More with Dr Ranjan Chatterjee

with easy life-hacks, expert advice, the debunking of common health myths and providing us with the tools to revolutionise how we eat, sleep, move and relax.



Zoe Science and Nutrition

Listen to the world's top scientists as they explain the latest health, nutrition and gut health research in an accessible way to help improve weight and health.



Just One Thing with Michael Mosley

If time is tight, what's the one thing we should do to improve our health and wellbeing? Michael Mosley reveals surprisingly simple top tips that are scientifically proven to change our lives.



Rich Roll - Unlock Your Best Self

Delve into all things wellness with some of the brightest and most forward thinking people in health, fitness, nutrition, entertainment and spirituality. These conversations are designed to provoke, educate, inspire and empower us to unlock our best, most authentic selves.



If you have a favourite podcast that helps your wellbeing, please let us know so we can share with others.

Spotlight On...

Your Learner Portal



Coming soon!

We're pleased to announce that soon all our learners will be able to access the Recovery College Learner Portal from your phones, laptops and tablets.



Your Learner Portal is an online gateway providing easy access to information about your bookings at the College. You don't need an app, you'll be able to use the Portal by logging in online on any suitable device. With just a few clicks you'll be able to:

- Register an interest in a course that you wish to attend (we'll then book you on, subject to availability)
- View details of all the courses and workshops you've booked onto, including venues, dates and times of sessions
- Withdraw from a course if you realise you can no longer attend after booking
- Download course completion certificates
- Update your details (e.g. email address, phone number)
- Read all your emails and communications from the College in one place.

If you've enrolled with the College very recently then you should already have access to the Portal.

We hope to roll out access for all learners over the next few months. Watch out for more details!

Someone Like Me

From Learner, to Friend of the College to an NHS Employee - Ethan kindly shares with us his experience of the Recovery College and how it's helped him into the workplace.

"I started going to the Recovery College several years ago when I heard about it from my Therapist. It helped me get out of the house and socialising again. It restored my faith in other people and it also got me back into art, which I hadn't done for many years.

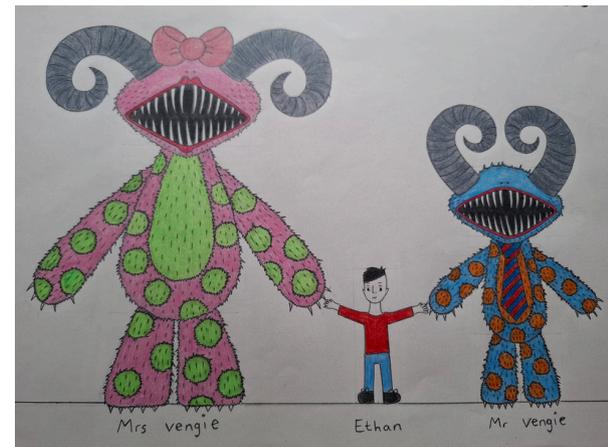
As much as I loved the Recovery College I wanted something bigger for myself so I enrolled on a course at Kirklees College, where I spent 4 years. I would never have been able to do that if it wasn't for my time at the RC. However, shortly after finishing my course, I hit rock bottom again. I felt lost. It felt like I'd gone back 10 steps - so I decided to reach out to the Recovery College and see if I could get involved in some way. I became a 'Friend of the College' and started to co-facilitate art and craft courses. Drawing has always helped me; I used to love creating cartoons as a kid - and still do. I've made my own cartoon characters called 'The Vengies'.

I use art as a form of escape and it has been so rewarding to share this love of mine with others on the creative courses. I loved seeing all the amazing things that people created.

Being involved with the College definitely helped to build my skills and confidence. I no longer felt afraid to open my mouth, I was able to approach and speak to people and feel I had something worthwhile to contribute and I loved supporting learners on the courses. I was encouraged by the Job Centre to attend an NHS Open Day. This led to me securing an 18 month apprenticeship at a local Hospital as a Health Care Assistant. My first ever job and my first step on the career ladder - who knows where I may end up?! Work is giving me a sense of worth - as well as backache!

I was asked if I had any advice for anyone attending the Recovery College and it's this.... just keep going. Don't give up. Life will get better, if you make it better."

Feeling inspired to get creative? We have loads of art & craft courses on offer including Get Animated, Printing, Doodling and Mindful Mondays!



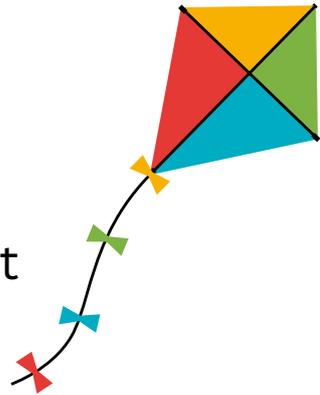
Let's Get Physical: Things to do in Autumn

Autumn is a wonderful time to embrace the outdoors and stay active. The crisp air and vibrant coloured leaves provide the perfect backdrop for a variety of activities that can keep you moving and enjoying the season.

We can head to our local park or woodland area where the ground is covered in fallen leaves. Kicking through the big piles of leaves, can be fun as well as providing a good workout for our legs.



Another fantastic autumn activity is flying a kite. The breezy weather typical of this season is ideal for kite flying. Find an open space and enjoy the challenge of keeping your kite soaring high. It's a great way to engage your upper body and core muscles while having fun.



For those who enjoy a bit of adventure, hiking is a perfect autumn activity. The cooler temperatures make it more comfortable to tackle longer trails, and the changing scenery offers stunning views. Whether you choose a gentle walk or a more challenging hike, it's a great way to stay fit and appreciate nature.



Cycling is another way to enjoy Autumn. Heading out for a bike ride along a dedicated cycle path can be an excellent cardiovascular workout and a fantastic way to explore new areas.



So join us as we embrace the beauty of the new season ahead and stay active with these enjoyable outdoor activities, that can help to improve both our physical and mental wellbeing.

Love to Learn: Emotional Expression

As the days grow shorter and the leaves are falling, some people gain a sense of comfort from the thick warm woolly jumpers, the orange, brown back drop to the autumnal wind swirling at our door. Others feel the cold creeping into their bones and the darkness feels like it's reaching beyond the sky outside and into their soul. Sound familiar?

I always faced the darkening nights with dread until I found a way to express myself. Quite simply with words. Not words that have to speak, I am still learning that skill, but words written by others on a page (or screen). It shows that the writer knows what it is like to be where I am, to feel what I do. Reading or hearing those words is beautiful, but the freedom in picking up a pen and expressing myself feels even better! While I enjoy all types of writing, poetry is my greatest love.

Writing poetry can offer emotional release by providing a safe space to express and process complex feelings, which can help to relieve stress and promote emotional balance. It can enhance self-awareness as the nature of poetry encourages a deeper understanding of our thoughts and emotions. The creative process of crafting verses stimulates our brain and can improve cognitive functions like memory and concentration. Best of all is the sense of accomplishment from creating a poem which can boost our mood and make us feel happy - and sharing poetry with others can deepen this further by fostering a sense of community, belonging and connection.

By Laura D, RWC Peer Worker



Stay up to date, follow us on our socials



Autumn

A poem by Laura Davies, RWC Peer Worker

Autumn comes around again, the evenings turning dark
The wind swirls up through the trees, leaving its great mark
In fallen leaves of golden browns, oranges, dark reds
Digging out our woolly hats to place upon our heads
We wonder where this year has gone with the shifting of the lark

Whilst we think of harvesting carrots, spinach and humble kings
The supermarkets, shops and such are selling Christmas things!
We haven't yet had Yom Kippur or even Remembrance Day
So don't get stressed or be pressed to shop nor to pay
For anything so early on such festive gifts or glittering string

It's Autumn now, not winter, so just enjoy the ride
Of watching dogs and people jumping in the leaves to hide
Meet up with friends for hot chocolate and a little chat
But don't forgot to take your gloves and a bobble hat
And wear them with the upmost joy and pride

Join us for our brand-new Rhyme & Reason Poetry workshop on Thursday 3 October to celebrate National Poetry Day. Contact us to book on.

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

www.calderdalekirkleesrc.nhs.uk

