

Recommend a Friend 'Harvest their Potential'

Are your friends or family intrigued by what you do at the Wellbeing and Recovery College? Perhaps someone you know is interested in trying something new or would like to make a connection with others but are wary of committing to a course?

If so, why not tell them about our free 'Harvest Your Potential' event to mark World Mental Health Day? Everyone attending will receive a warm welcome along with a cuppa and will have the chance to find out more about the College at our Info session. They will meet some of our fab facilitators and be able to try out some taster sessions in printing, jewellery making, yoga, mindfulness...even the Golden Age of Hollywood!

Throughout the day, College staff and our amazing Ambassadors will be on hand to provide more information about the College, share their own personal experiences of being a learner and can let you know how to get involved in future courses and workshops and answer any questions!

This event takes place on Thursday 10 October at 10am - 1pm at Mirfield Community Centre. No need to enrol but please contact us to book, as places are limited.

Spotlight On..... Community Plus

Community Plus is a free service that supports you and your community to be safe, connected and well. You can refer someone or refer yourself to their service. They can help to build your confidence, connect you to groups and activities in your local area, connect you to volunteering, training and employment opportunities and support you to feel safer in your community.

If you have an idea for change in your community and don't know where to start, you can contact them to tell them about the place you live, share your ideas to connect people in your community and influence change through your local knowledge and lived experience.

Community Plus can connect you to others for support and training (e.g. faith and community groups and other voluntary sector organisations) and support you to lead the change you want to see. They will work with you and provide tailored support for your community's needs.

What people say about Community Plus:

“It was like getting out of the dark towards light. Honestly speaking, I was so lucky to be referred to Community Plus, and meeting with a lady like Jaime who has enlightened my mind and life.”

“Having someone who understood anxiety made a difference and that I could do things in my own time.”

Tel: 01484 224224

Email: Community.Plus@kirklees.gov.uk

Web: kirkleescommunityplus.co.uk



communityplus
A good life: it starts with you



Someone Like Me

Learner, Eileen, shares with us a little about her experience of loss, self-healing and the unexpected benefits of attending a Recovery College course.

“A few weeks ago, I started the Declutter Your Life course at the Howlands Centre in Dewsbury. Within the first hour, I felt completely at ease. The environment was welcoming, and the facilitators, Karen and Wendy, were fantastic, making everyone feel comfortable. However, I faced a challenge with my hearing. Karen suggested I move to the front of the class to hear better, but then I couldn't hear the rest of the group, who had so much to share! I left feeling frustrated. This frustration became a catalyst for change, and I finally went for a hearing test after putting it off for eight years. Within a week, I had hearing aids, and from that point on, I could hear every word on the course. It was such a joy! Regaining my hearing has been liberating, and I feel like a new life has opened up for me.

I started attending the Recovery & Wellbeing College after losing two children. In my grief, there were times when I didn't want to live, but I realized that when you're in that pit of despair, the only way is up. I've tackled my self-limiting beliefs and feelings of guilt ingrained since childhood, and practiced lots of self-care. I used to think of my life like a candle flickering in the breeze, at risk of being blown out at any moment. But with each act of self-care, my candle burned brighter until it reached a point where it can now withstand any wind. Since my bereavements, I have healed and grown, and now I feel like the strongest woman who has ever walked this planet, cherishing sweet memories of my loved ones.

Despite having mobility issues and becoming socially isolated over the last year, I continue to push myself to get out of the house, however hard it might be. I'm constantly learning and believe that our lives are like a jigsaw. We may have a few pieces in the right place, with the corners and edges done, but there are so many more pieces scattered about with no idea where they go. Yet, each time we learn and grow, we fit another piece into the puzzle. I believe that by confronting my self-limiting beliefs and embracing self-care, I've transformed my life. My once flickering candle now burns brightly and the jigsaw is coming together too!”

Loss of hearing can lead to feelings of loneliness due to difficulties in communication, making it important to get a hearing test to stay connected with loved ones and maintain social wellbeing.

Let's Get Physical

Yoga: connecting body & mind

Peer Worker, Laura, explains how yoga is a way of being - that can be adapted for anyone.

If I had £1 for every time someone told me they couldn't do Yoga or they weren't flexible enough, I would be a millionaire by now! To me the true essence of Yoga is to connect the body and the mind, using the breath and movement as a tool to come into stillness. This is something everyone can do, flexible or not! Yoga allows us to become aware of where we hold tension in the body, to learn new ways of releasing emotions, to experience the full power of the breath. Becoming flexible can end up being a side benefit but is by no means the goal or a necessary requirement!

It is best to start Yoga, with an acceptance of moving from where our body allows and listening to what our body needs. If this means we work from a chair that's what we do! If this means standing or coming to the floor isn't for us, we stay in our seats.

The benefits of Yoga from a chair are still the same, we can bring our awareness into the present moment, we can work on our breathing techniques, we can honour our bodies helping them to grow stronger, we can move in a way that suits our needs. From a chair we can use the tools of Yoga to reduce stress and anxiety, to manage pain, to alleviate loneliness, to improve digestion, to correct posture and even increase happiness! All we need is a chair, a willingness to try something new and the ability to listen inwards.

Like everything new it just takes practice!



**Our Chair Yoga course starts on
Thursday 5 September
at Holmfirth Tech.**

Contact us to book your place.



Declutter Your Life

Decluttering our homes does more than just create space and make the place look tidy. Letting go of stuff can be liberating, it can give us a sense of control, enhance our wellbeing and give us more of that elusive thing...time! Peer Worker, Karen, shares her own experience of learning how to go from chaos to calm.

When I was a child, I moved around a lot which meant always having to get rid of stuff. It's fair to say that I didn't have a lot of choice in what I was allowed to keep.

I escaped some of my challenges by reading books. A favourite author was Enid Blyton, I loved the Magic Faraway tree and the Famous Five books. I'd spend hours trawling charity shops to add to my collection. A collection of books is still a comfort to me.

I was determined that when I grew up, I would buy myself everything I ever wanted. Then when I had children, I wanted them to have the things I didn't have as a child. This ended up with me having more stuff than space, and clutter started to take over my life. One day I woke up and saw the fortress of stuff I had built as a comfort blanket and realised that I could find that comfort in other ways. Over the past few years, I have been working towards seeing what really matters to me and thinning out my collection of stuff.

It felt like the universe was sending me a message when it was suggested that I could facilitate the Declutter Your Life course. After all who can understand the struggle better than someone who is also managing that struggle? Using feedback and input from others with lived and professional experience we have developed this short course where we can explore some of the reasons why we hold onto things and work together to find practical solutions and ways to manage our clutter and let the light in.

Our next Declutter Your Life course starts on Monday 7 October at Holmfirth Tech. Contact us to book on.

Stay up to date, follow us on our socials



The Big C - Five Years On

In 2018 I was diagnosed with Cancer. As scary a word as that is, it didn't feel like that big a deal. I had a diagnosis of Melanoma due to a mole on my face that had gone cancerous. The mole was removed, the Cancer was gone. Sorted. However, a few months later I found a lump in my neck and later discovered that the Cancer had spread.

We have all been affected by Cancer in some way, either we have had a diagnosis ourselves or a friend or family member may have been affected by this horrible disease, so it won't be hard for you to imagine my thoughts and feelings at that time. A big operation and treatment followed but I definitely consider myself one of the lucky ones. I received so much support from not only friends and family but from colleagues – and the whole Recovery College community.

Five years on, I have recently been discharged from the hospital and have been told that the chance of the 'Big C' reoccurring is low. With such good news it seems an opportune time to say thank you to everyone who sent a card, bought a gift, sent a message, wished me well. I truly can't put into words how much your thoughtfulness meant to me and helped me through a difficult time. There is a saying "if you can be anything ... be kind" and you were - and continue to be so. I am very grateful.

Thank you and good health!

By Rachel, RWC Co-ordinator

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

www.calderdalekirkleesrc.nhs.uk

