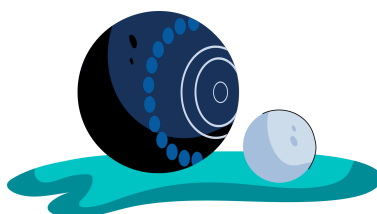




## Ten ways to move...

Movement is a fantastic way to boost both our physical health and mental wellbeing, as we highlight often in our 'Let's Get Physical' feature. And guess what? Throughout April, we're going to chat about it even more! This month our theme is 'ten ways to move' although we want to emphasise that there is no need to stop at ten on our account!

When we incorporate any form of physical activity into our daily routine this can lead to numerous benefits. Whether it be improved heart health, an increase in our energy levels and flexibility, strengthening our muscles and bones, better sleep and metabolism, improved mood, reduced stress and a boost in confidence are just a very small number of ways that being active can help us to feel good! Also, when we participate in team sports or engage in an activity with a friend, we not only reap the benefits already mentioned above, but we increase our social connections and gain a sense of accomplishment.



The great news is, that whatever your age, fitness level or health conditions, there really is something for everyone. Remember, the key is to find activities that you enjoy and make them a regular part of your life to reap the long-term benefits of moving more.

Tune into our social media to see how Recovery College staff use movement for their own sense of wellbeing. Their experiences might inspire you to try something new and discover the joy of moving more!

# Spotlight On...TCD - Luke's Lads & Butterflies

At TCD, we are proud to run Luke's Lads and Butterflies, two impactful programmes that provide mental health support and empowerment.

Luke's Lads is a group for those who identify as male, offering a safe space to discuss mental health, build resilience, and form meaningful connections. Through group activities and peer support, Luke's Lads empowers males to open up about their struggles, helping to break the stigma around mental health and provide practical coping strategies.

Butterflies supports those who identify as female, creating an inclusive environment where they can express themselves, build self-esteem, and learn about emotional wellbeing. This program focuses on self-care, mental health awareness, and creating a supportive community of like-minded females.

Both programmes are designed to help those facing mental health challenges by giving them the tools they need to thrive, both emotionally and socially. We offer group discussions, activities, and opportunities for personal growth.

Both Luke's Lads and Butterflies are based at Jo Cox House, Batley.  
You can refer yourself to either programme via our website:  
[www.tcd-charity.co.uk](http://www.tcd-charity.co.uk)

At TCD, we believe no one should face mental health challenges alone. Our programmes are here to make a real difference, empowering people to take charge of their mental health with confidence and support.



Why not try our 'Exercise Your Way to Wellness' taster sessions with Luke's Lads & Butterflies in May, designed specifically for Recovery College learners? Details on our website.

# Someone Like Me

Learner and volunteer, Jade has been kind enough to share some of her Recovery College journey with us. Perhaps 'carving a bit of wood' might help you too?!

Hello, my name is Jade. I have struggled with my mental health since I was 12, and have been diagnosed with Major Depressive Disorder, Generalised Anxiety Disorder and Borderline Personality Disorder. I have also experienced personal trauma and been a victim of domestic abuse.

I joined the College in October 2023, after it was recommended by the Mental Health Team at Ravensleigh. At that time daily life was a struggle. Every day was spent reliving old trauma. I felt trapped, I was scared and I hated being alive.

I was, at first, sceptical of the College. I had tried similar groups in the past but I always felt out of place. On the way to my first course, I questioned how carving a bit of wood (on the Japanese Woodblock Printing course) was ever going to make me feel any better, but weirdly it did. Getting out of the house for a few hours, doing an activity that calmed my mind and being able to socialise in a safe environment where everyone is going through similar things really did bring me comfort and an escape.

A year on, and many courses later, a fellow learner commented on how good I would be as a volunteer. With that I applied, did the training, and became fully qualified in February 2025. The change in me these past 18 months have been astronomical. I can't quite believe it myself. And a massive part of that is down to the Recovery College. I hope to see you on a course soon. Just try it, there's so much more to gain than there is to lose.

# Let's Get Physical: A Dip On the Wild Side

Recovery Coach, Erika tells us why wild swimming is one of her wellness tools, and how it helps her both physically and mentally

I have always loved swimming, and have found regular swims to be one of my most important 'wellness tools'...it helps me physically feel fit, supple, stretched out, but also gives me a space to feel calm and relaxed mentally. I had never gone 'wild swimming' until 15 years ago when I was recovering from cancer and a friend said she was thinking of signing up for the Great North Swim. I immediately signed up. This personal challenge became a route to recovering my mental and physical health, as well as raising money for the cancer cause.

Since then I have incorporated wild swimming whenever I can. There is something so calming about being in cold, natural water sources, gliding along whilst watching the swallows dipping and swirling above. There is a camaraderie with perfect strangers that I love, you chat whilst plunging into fresh water that reflects the sky. There is ever-increasing evidence as to why cold water is good for us, it stimulates happy chemicals in our brains and can really help with managing anxiety and low mood. I don't need to read the evidence...I feel free when I'm swimming outdoors, supported by the water, connected to nature...peaceful.

If you are interested in trying outdoor swimming it is important to do it safely and with others – there is lots of information online and there are local groups that will help you develop the skills and confidence to enjoy this rather lovely, free wellness tool 😊 But if you're not ready for this level of cold water you can still get reap the benefits (it increases dopamine in our brain!) by splashing cold water on your face first thing in the morning, or by turning the shower onto cold for your last 30 seconds – try it, your brain will thank you for it!

[Swimtopia@hotmail.com](mailto:Swimtopia@hotmail.com) – local open water swim coach (also on FB)

[www.Bluelagooners.com](http://www.Bluelagooners.com) – offers coached sessions with full safety equipment

## Love to Learn: Confidence: a second hand emotion

Confidence isn't something we can sit at home and wait for it's arrival; it's something we gain only after we've "done that thing." Whatever that thing is, it will be different for each of us.

Remember the first time you came to the Recovery College? How did you feel? Nervous, unsure, maybe even a bit overwhelmed? Those feelings are completely normal. But now, after attending a few courses, you'll likely feel much more confident. You have a better idea of what to expect, you've become familiar with the facilitators, other learners, and staff, you know how to get to the venue and much more. That confidence would never have happened if you hadn't walked through our doors in the first place.

It's the same for other things in life too. Whether it's starting a new job, learning a skill, or even making new friends, confidence comes from experience. The more we do something, the more comfortable we become. So, don't wait for confidence to find you. Take that first step, even if it feels daunting. Each step you take builds your confidence, making the next step a little easier.

Remember, confidence is a second-hand emotion. It's not something we start with, but something we earn through action and experience. Keep pushing your boundaries, and you'll find that confidence grows with each new challenge you face. The journey might be tough, but we're sure you'll agree, that the reward of newfound confidence is well worth it. So go on and 'do that thing, take positive risks and become a more confident and happier you!'

If you'd like to learn more about being confident, then try our five-week '**How to build confidence and communicate effectively**' course which starts on Weds 23 April in Dewsbury.

Full details available on our website.



Stay up to date, follow us on our socials



# Cuppa & Connect

If you missed our last Cuppa and Connect event in Mirfield then don't fear, there is another opportunity for us to get together for a catch up and a brew!

This Recovery College anniversary celebration event is a chance for us to come together as a community, share some of our experiences and learn about some of our future plans. We'd also love to hear your feedback on our 'Ten Ways to.....'



Since our move to community venues, we recognise that there is less opportunity for staff and learners to meet and have a chat - we miss you! So these Cuppa and Connect events are designed for us to get reacquainted over a lovely cup of Yorkshire tea. Don't forget we'll provide the custard creams!

Cuppa & Connect is on Thursday 3 April at 4pm - 6pm  
at Brian Jackson House, Huddersfield

## Contact us

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