

**August 2025**

# New Beginnings and Brave Steps

August is a unique time at the College – a moment between endings and new beginnings. We say warm goodbyes to learners moving on, celebrating their growth, confidence, and next steps. That's what we're here for – to support people as they move forward in their journey.

At the same time, we're excited to welcome new learners who are just beginning to explore what recovery might mean for them. If that's you, you might feel unsure – and that's okay. Recovery in mental health isn't about fixing something broken. It's about learning to live well, even with ongoing challenges. It's about discovering strengths, building hope, and finding meaning.

Whether you're continuing your journey or just starting out, we're here to walk alongside you. And remember – we're big believers in lifelong learning, so you're always sure of a warm welcome. So, here's to fresh starts, continued growth, and learning together.




**Come celebrate with us!**



Join us on **Wednesday 3 September** at Mirfield Community Centre as we mark 10 years of reflection, connection, and hope – with learners past, present, and future.

Doors open at 1pm and the event starts promptly at 1.30pm.

 It's free to attend – no need to book!

 See our beautiful community quilt, created by learners as part of the WOVEN project.

 Explore inspiring work from our creative community.

 And yes, there will be cake!

Bring a friend, meet the team, and discover what the Recovery College has been up to. We'd love to see you there!

# What's On?

As we take a little summer breather from courses, we understand that this time of year isn't always easy - routines change, services pause, and the kids are everywhere! So here's a bunch of free or low-cost events happening across our districts to help you stay connected, curious, and maybe even a little inspired!

**Outdoor Cinema:** Enjoy films under the stars for free at Greenhead Park in Huddersfield throughout August. Bring a chair or blanket and enjoy a recent movie or a classic. Ideal for fans of our Golden Age of Hollywood course! <https://friendsofgreenheadpark.org.uk/events/>



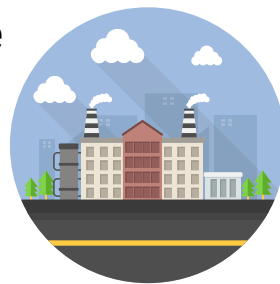
**Creative Non-Fiction Writing Workshop:** at Elland Library on 18 August. We're sure this interesting session will be popular with our creative learners! Info at: <https://www.ticketsource.co.uk/calderdalelibraries/creative-non-fiction-writing-workshop/e-zexemp>



**Woodland Wellbeing Walks:** These free, guided, mindful nature walks are happening weekly in parks across the whole of Kirklees. Info at: <https://walkwheelride.org.uk/>



**Heritage Walks in Calderdale:** Themed historical walks are happening on Sundays in August at various locations in Calderdale at a cost of £4 per person. Info at: <https://calderdaleheritagewalks.org.uk/summer.html>



**Emley Show:** A fun packed day at Factory Farm in Emley, Huddersfield on Saturday 2 August. This is a traditional agricultural show with animals, crafts and food, suitable for all the family at a cost of £5 per person (kids under 12 are free). Visit: <https://emleyshow.co.uk/>



**S2R:** our friends at Support to Recovery, offer a range of free or low-cost creative and wellbeing workshops throughout Kirklees for all adults. You can find details of these on their website: <https://www.s2r.org.uk/whats-on>



# Someone Like Me

We're proud to share another heartfelt experience from one of our learners, Paul. We're sure you'll find his words as inspiring as we do!

Hi! I'm Paul. I have struggled with depression and anxiety since I was a teenager and a few years ago I was formally diagnosed with ADHD.

Earlier this year I began looking for support beyond traditional mental health treatment, and soon found the Recovery College. I immediately loved the range of courses on offer. I think it's great that the college doesn't just offer courses focused on specific mental health problems but also provides a wide range of activities and practices that can help us all live more fulfilling lives.

My first course was "Living Well With ADHD". I wasn't sure what to expect, but I found a great source of information and guidance, and a wonderful sense of community and solidarity. It's so validating to talk about struggles you've never shared with anyone before and to see people around the room nodding, or to hear someone else put the way you feel into words.

The peer workers who facilitate the courses have all been fantastic. I don't envy anyone who takes on the responsibility of guiding a group for people with ADHD! Nicky and Laura designed a course with a great mixture of learning, and struck just the right tone when kindly but firmly stopping us all from wandering off down our own personal garden paths. They did such a good job that I was inspired to sign up for more of their courses. I'm currently part way through Laura's "Yoga: Tuning into Nature" course, doing yoga outdoors at Greenhead Park. This is well outside my comfort zone but my first experiences with the college were so positive that I had the confidence to get involved, and have been having a great time.

My friends and family have all noticed the change in me since I started courses with the college, and I would recommend it to anyone. It can be a difficult first step, getting out of your own head and opening up to strangers, but so rewarding. Every course follows the same few guiding principles, one of which is that when asked for input you can always pass, so you have total control over your own participation. No one will judge you or treat you differently if you prefer to quietly absorb the information. The courses have given me something to look forward to every week. I'm excited to try more, and hopefully one day I will be in a place where I can volunteer and give back as much help and support as I've received.



# Let's Get Physical: Step It Up!



Did you know that simply walking more each day can do wonders for your health and wellbeing? Research shows that aiming for around 10,000 steps a day can help reduce low-level inflammation in the body, which many of us may live with unawares. This is great news, because keeping inflammation in check supports everything from heart health to our energy levels. Here's a brilliant example: a study of postmen who regularly walked around 17,000 steps a day found they had excellent cardiovascular health. While that number might sound a bit out of reach, the real takeaway is this—every extra step you take makes a difference.

Studies show that even modest increases in our daily step count can boost our mood, improve fitness, and help us feel more energised. It's not about hitting a magic number — it's about moving more than we did yesterday.

We don't need a fancy fitness tracker either. Most smartphones count steps automatically, or we can simply keep an eye on how long we're walking — 5 or 10 minutes here and there all add up.

So, whether we're walking to the shops, taking the stairs, or dancing in our kitchen, let's just keep putting one foot in front of the other! I wonder where our feet might take us today?



# Love to Learn: Building Resilience and Bouncing Back Stronger!

*Top Tips for building resilience from our lovely colleague,  
Trainee Clinical Psychologist, Kirsty...*

Resilience means being able to cope with difficult situations and to come back after difficult times. It isn't something we either have or don't - it's a skill we can build. It's about how we respond to life's challenges, not avoiding them altogether. With practice, we can strengthen our ability to bounce back and even grow through tough times.

- **Name what's hard** - Be honest and acknowledge our feelings and the challenge we're facing. Naming it reduces feelings of being overwhelmed and opens the door to change.
- **Remember our past strengths** - Think of a time we overcame something difficult. What helped? Reminding ourselves of our ability to cope builds confidence in the present.
- **Take small steps** - When life feels uncertain, focus on what we *can* control. Break big problems into small actions - even tiny wins help us feel more in control and confident.
- **Stay connected** - Reach out to someone we trust. A simple conversation can ease pressure and bring fresh perspective.
- **Focus on our values** - In challenging times, reconnecting with what truly matters can guide our next steps. Let's ask ourselves, "What kind of person do I want to be through this?" Acting in line with our values, like honesty, courage, or compassion - builds inner strength and a sense of purpose, even when things feel hard. Remember that resilience can't erase difficulty, but it can help us meet it with strength, flexibility, and hope.



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# Go nuts for nuts!

Want a simple way to show your heart some love? If so, just grab a handful of nuts! Scientific research has shown that enjoying a small handful of nuts most days, can help keep your heart ticking along happily and reduce the chance of heart disease by 20%. That's a big win for such a small snack!

Nuts like walnuts, almonds, pistachios and pine nuts are little powerhouses of goodness. They're full of healthy fats and fibre that can help lower "bad" cholesterol. Almonds in particular may even help your blood vessels relax, boosting blood flow and giving your heart a helping hand. Though eating a wide variety of nuts (and seeds) is just a great way to improve your health overall.



Now, here's a tasty tip: go for nuts in their natural form. That means plain, unsalted, and unflavoured. Roasted, salted, or sugar-coated versions can contain other ingredients that are less heart healthy.

Adding nuts to your day is easy-peasy. Sprinkle them on porridge, toss them into a salad, or just munch a small handful as a snack. Just remember, they're rich in energy, so a little goes a long way. So, go nuts for nuts—your heart, and your taste buds will thank you for it!

**Please avoid enjoying these tasty treats at Recovery College venues; due to some people having extreme allergies. Thank You!**

## Contact us

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