

Thank You to Our Learners for Sharing Your Hope

Hope matters. It helps us imagine a future that feels possible, even when things are hard. It can give us the confidence to try again, to connect with others, and to take small steps towards living well. At our College, hope is something we grow together, through learning, creativity, kindness and community.

Over the summer, learners at our College took part in a national Hope Pilot, sharing how being part of the College affected their sense of hope. The results are something to celebrate. 88% of learners said that attending the College helped them feel more hopeful, with almost two thirds saying they strongly agreed.

Learners told us that hope grows through feeling welcome, safe and valued. Many described the College as a place where they feel less alone, more confident and able to look forward again. Creative, wellbeing and outdoor courses were often described as uplifting and calming, while learning alongside others with shared experiences helped people feel understood and accepted.

“Through many very small steps I have found myself in a new place I never thought would have been possible before I joined the college. It’s a lifeline.”

Thank you to every learner who shared their experience. Your voices, honesty and generosity help shape the College and remind us all of the power of hope when we build it together.

Don't let perfection be the enemy of good



Ever set a goal, missed a step, and thought, “That’s it, I’ve failed”? If so, you’re not alone. Many of us start the year full

of big plans, only to feel defeated when things don’t go perfectly. Social media doesn’t help; it can make it look like

everyone else has flawless lives, perfect routines, and endless motivation. But here’s the truth: perfection doesn’t exist. Chasing it often leads to frustration and giving up altogether.

Instead, aim for good or better. If you planned to go to the gym three times a week but missed a couple, then no worries, just head out for a short walk round the block or make sure you go back next week. If you vowed never to eat chocolate again, then enjoying a piece now and then is balance – not failure! Progress isn’t about being perfect; it’s about moving forward, however small the steps.

Failed New Year’s resolutions often happen because we set “perfect” goals; never to miss a workout, never eat sugar, never feel stressed. Life doesn’t work that way. Good is achievable. Better is sustainable. And both lead to growth.

So, let’s celebrate progress, not perfection. Enjoy that piece of chocolate. Take that 10-minute walk. Do what you can today, because good is always better than perfect.

Spotlight On....



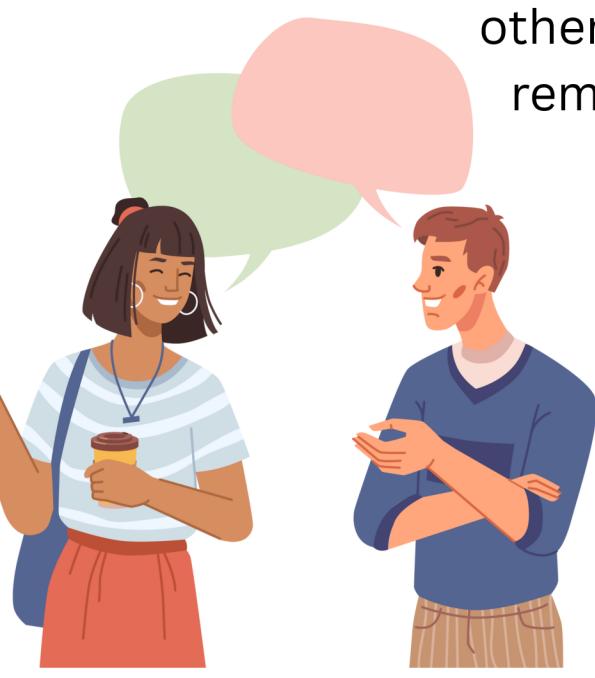
Time to Talk Day 5th February



Time to Talk Day 2026 is all about something simple but powerful: having open, honest conversations about how we're really doing. Here at the Recovery & Wellbeing College, we know that talking isn't always easy, but it truly makes a difference.

When we share our stories, we help break down the idea that we have to face things alone. Many of us carry worries, stress, or difficult feelings that can make us feel cut-off from other people around us. Hearing someone say, "I've felt that way too," can be incredibly reassuring. It helps us feel "normal", connected, and understood.

These conversations don't have to be big or deep or perfectly put together. A chat over a cuppa, a quick message to a friend, or a gentle "How are you doing today?" can open a door. What matters is creating space where we feel safe to be ourselves.



Talking also gives hope. When we hear how others have found ways through tough times, it reminds us that recovery (whatever that word means to you), is possible. Every shared experience can be a small spark of encouragement for someone else.

This Time to Talk Day, let's keep those conversations going. Your voice, your story, and your listening ear all matter - more than you might think.

Let's Get Physical: Chair Yoga



Chair yoga offers a gentle, accessible way to improve flexibility, strength, and balance. It supports joint health, reduces stiffness, and enhances circulation. Regular practice can lower stress, boost mood, improve breathing, and build confidence, making movement safer and more inclusive for people of all ages and abilities, and wellbeing overall.

Our Peer Worker and Yoga Teacher, Laura, says: "Some people are put off yoga, thinking it's all about stretching or standing on your head! But it's really about connection between the mind and body, and our inner and outer world. This can all be done from a chair. This week we've been exploring back movements, noticing how they affect both mind and body. I like to make yoga an exploration, as you can see from our 'strike a pose' twist!"



TRY THIS MOVEMENT FOR STIFFNESS IN THE BACK



CATUS CAT

- Keep the feet firmly planted
- Open the chest lift the head
- Squeeze the shoulder blades together



DIVING CAT

- Keep the feet firmly planted
- Sweep the arms forward
- Push the belly button to the spine and round the back

Check out: www.umbrellayoga.co.uk
who run lots of Chair classes in Kirklees!

You Are Amazing!

Discover the power of positive self-talk in our Amazing Affirmations workshop



We all experience negative thoughts but when they pile up, they can really knock our confidence. Amazing Affirmations is a warm, supportive workshop designed to help us gently challenge those unhelpful thinking patterns and replace them with kinder, more uplifting messages.

With guidance from our wonderful Peer Workers, Laura and Ali, we'll explore simple breathing exercises, grounding techniques and self-check-ins that can help prevent anxiety from taking over. These calming tools can be used anytime, anywhere, to help you feel more balanced and in control.



Together, we'll look at how positive self-talk and personalised affirmations can change the way we think about and treat ourselves. We'll also have the chance to create our very own beautifully decorated affirmation cards – unique to us, using words that genuinely resonate. These little reminders can become powerful anchors of encouragement on days when life feels overwhelming.

So, if you're looking for a confidence boost, a moment of calm, or a fresh way to care for your wellbeing, this uplifting session is a lovely place to start. Come along and discover just how amazing you really are!

Amazing Affirmations starts on Monday 2 February at 10am - 12.30am at Mirfield Community Centre. Booking essential.



Half-Term Report Highlights: September–December

Each half term, we take time to reflect on how we're doing and where we can improve. This academic year, we introduced our Half-Term Report to help us learn and grow, and we wanted to share some key headlines from September to December.

We currently have over 1,500 learners enrolled with the Recovery & Wellbeing College. Bookings increased from 1,278 last year to 1,992 this year, representing an increase of around 56%.

A booking reflects each individual session attended, so a four-week course counts as four bookings.

We delivered 30 courses across 103 sessions, with around three-quarters fully booked. This highlights strong interest and engagement in our offer.

Attendance remains an area we are working on. Around 7% of learners did not attend their course, and we also see a high number of late cancellations (within 48 hours). This can mean sessions run with fewer participants than planned.

These insights help guide our planning as we continue to improve access, engagement, and learning experiences for everyone.

Stay up to date, follow us on our socials



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