

## A few words from your Principal, Matt as we reach the end of another academic year

“Coming to the end of the College’s academic year is the time the College team collapses in a heap after another frantic year, take time off, rest, recuperate and get ready do it all again! But every year is different with a new set of opportunities and challenges and this year has been full to the brim of both!

We have grown our team that includes people who have experience of using mental health services, grown our learner population to nearly 1300, as well as increase the number of courses and sessions on offer. We lost our hubs at Hope Street in Halifax and then Pathways in Mirfield but gained new partnerships and venues to run courses from. We’ve made a few blunders and mistakes but what we have done is kept going, growing and remaining positive!

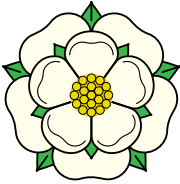
There have been several times this year when I felt we were trying to do the impossible! Pulling rabbits out of hats or trying to do a jigsaw puzzle with moving and missing pieces. It’s not been easy for many of you either. So much change in such a short time! But it’s been YOU that have kept us all going this year. The messages of support, the feedback you’ve given, the impact our courses have made to people in finding value in life again. You are our fuel that keeps us going. So before the wheels drop off and the engine conks out, ready for the long awaited pit stop there is only one thing to say –

Thank you for the ride, it’s been amazing!”

# What's On?

With the start of the holiday season, many organisations and services close or have a reduced offer, including the Recovery College. We understand that for some, this can be a difficult time. So here are some things that are happening locally to keep you entertained throughout the weeks ahead.

Celebrate Yorkshire Day at Oakwell Hall, Birstall on Sunday 4 August. There will be markets, music and much more!



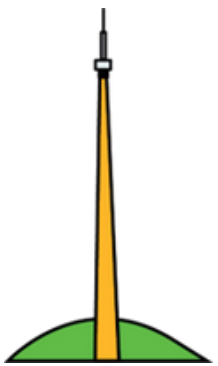
Mirfield Show on Sunday 18 August has something for everyone. From activities such as scarecrow building to handicrafts and creative writing, animal competitions, games, a tug-of-war and hundreds of livestock exhibits and much more!

Pennine Bus Day on Sunday 4 August offers trips from Halifax to the most scenic parts of the Pennines, not usually accessible by bus on a range of vintage and modern double and single deck buses at a cost of just £4.



For details visit:

<https://www.facebook.com/events/1837992203337865/>



On Saturday 3 August, Emley Show will spoil visitors with a choice of a wide range of activities, from agricultural events, country crafts, family entertainment and competitions. It really is a day for all!

Calderdale Pride is returning to The Piece Hall on Saturday 17 August! So prepare yourself for an unforgettable day of fun all for FREE at this fabulous, inclusive event where you can connect with like minded people and most of all, have a great time!



# Someone Like Me

Brand-new learner, Nikki kindly tells us how by attending just one Recovery College course, she has found something to help overcome her battle with Anxiety & Depression.

“Hi, I'm Nikki. I'm 44 years old, and have battled with Depression and Anxiety for as long as I can remember. As I have come to understand it, Anxiety and Depression are not things that can be cured but are things that we have to live alongside of. I have tried everything from counselling and CBT, to hypnotherapy and meditation to help manage the symptoms but nothing really stuck. I was signposted to the Recovery & Wellbeing College by my Mental Health Nurse.

Enrolling felt a bit scary if I'm honest. The thing that encouraged me though was the thought of attending a course run by people who know, and understand the thoughts and feelings of Depression and Anxiety. Not just someone who learned about it in a book. After filling in a simple enrolment form online, I looked at the courses available. The one that appealed to me the most was 'Write time for Wellbeing.' Although it was a short course I got so much out of it. The Recovery College staff were so lovely and the tutor, Heather was amazing! She was patient, professional and she not only listened but 'heard' what was being said. The support from others in the group was really valuable too. It made us all realise that we are not alone with this.



I have finally found something that works for me, and also found that I love writing! I am taking it further and am enrolling on a creative writing course in September. Writing may not be your cup of tea but honestly, have a look at the courses on offer, be brave, and enrol. You may just find something that works for you too!”

# A Plan for Living Well

“Hi, I’m Gaz and I work as a Peer Facilitator for the Recovery College. One of the courses I am involved in and most passionate about is ‘A Plan for Living Well. I created my own ‘Wellness Plan’ more than 5 years ago now at a time when I was really struggling. My Mum who was then living abroad was diagnosed with Cancer, which impacted on my mental health, which wasn’t great anyway, living with a diagnosis of Paranoid Schizophrenia.

A Plan for Living Well is a great course; it runs for up to 10 weeks and covers things such as wellness tools, building a routine, triggers, early warning signs and crisis planning. I refer back to my wellness plan from time to time, when times are both good and bad. That said, my mental health has improved loads and I believe the whole reason is because I now know what helps keep me well (spending time on my allotment, listening to talking books and baking bread) and what to do if I feel my mental health is taking a dip.

I love running the course and seeing people come out of their shells. I learn so much every time I run the course and feel it is a privilege to do a job I love. If you’d like to create your own ‘Plan for Living Well’ and experience the many benefits, please book on one of our upcoming courses. It will be great to get to know you as we go on our wellness planning journey together.”

**To find out more book on one of our ‘Plan for Living Well’ Info Sessions in September happening in Mirfield & Halifax and discover if this in-depth, transformative ten week course is right for you!**

# Love to Learn: Spice Up Your Life!

We're not talking about that famous 90's Girl Band but those little colourful jars on our kitchen shelves. When it comes to cooking, herbs and spices do more than just add flavour. They are nutritional powerhouses that can enhance our dinners and improve our wellbeing. From ancient times these aromatic ingredients have been celebrated for their many health benefits and, research indicates that modern science agrees. Read on to learn how these simple, and relatively cheap kitchen staples could improve our health and give our mood a boost!

**Antioxidant Superheroes** – Herbs and spices are packed with antioxidants which do an amazing job at protecting our bodies cells. Turmeric, cinnamon and oregano are great for this!

**Happy Tummies** – certain herbs and spices help digestion. Ginger is great for soothing an upset stomach, peppermint calms and fennel can aid digestion.

**Blood Sugar Helpers** - Spices like cinnamon can be like traffic controllers for your blood sugar levels. They keep things steady and can help prevent sudden spikes.

**Heart Health Supporters** - Garlic can promote healthy cholesterol levels and rosemary and cayenne pepper are great for heart health too.

**Immune Boosters** - to give your immune system a boost, try herbs like echinacea, cumin and coriander.

**Inflammation Fighters** - Basil, thyme, and cloves calm inflammation in the body and support overall health.

So whether it's a sprinkling of cinnamon on your porridge or ginger in a stir-fry, find ways to get creative with these amazing food heroes for both taste and health benefits!

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# Let's Get Physical: Rock Climbing

We are delighted that our rock climbing course is back this September, courtesy of our lovely partners at ROKT in Brighouse. You may be surprised to learn that rock climbing is an inclusive activity that really defies stereotypes. It welcomes people of all ages, backgrounds, and abilities, although a certain degree of fitness and mobility is required. Climbing and bouldering are exhilarating activities that offer more than just a physical challenge. Whether you're scaling a rock face or navigating a boulder problem, these activities provide a unique blend of physical exercise and mental focus. Below are just a few key benefits to this thrilling activity:-

- Full Body Workout: climbing engages nearly every muscle group, building strength, endurance, and flexibility
- Mental Strength: it requires problem-solving skills and resilience, improving cognitive function and reducing stress
- Cardiovascular Fitness: climbing gets your heart pumping, increases lung capacity, and burns calories
- Social Interaction: it fosters camaraderie and a sense of community
- Balance and Co-ordination: challenging routes improve co-ordination and body awareness.



These really are the tip of the iceberg, so why not book on and discover how climbing can improve YOUR health and wellbeing - don't just take our word for it!

## Contact us

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