

Calderdale & Kirklees



Recovery and Wellbeing College

January 2025

Hope and Embracing the Unknown

Welcome to 2025 from all of us at the Recovery and Wellbeing College! Whether you're anxious about the year ahead or looking forward to a fresh start, we sincerely hope our College brings you a sense of hope in 2025.

As we turn the page on 2024, it's a time to reflect and look forward. It's hard to believe, but the College is now in its 10th year! It has been my privilege to be part of this journey from the beginning, helping to establish the College in Kirklees and, in more recent years, supporting developments in Calderdale.

There have been tough times: the struggle for resources, setbacks like COVID-19, and the loss of our building hubs. The pressure to keep delivering during times of ill health has been a significant challenge for me and the team. However, these challenges have also been our greatest successes. It's easy to keep going when things are well, but real achievements are often hard-fought. What has kept us going is you—seeing lives transformed for the better!

Despite a turbulent year, it's been a positive one with a bigger team, more courses, and more bookings than ever before. Our strength and resilience come from people with lived experiences of difficulty and struggle. They generously give their time, share their stories, and offer their help. They understand life's challenges and believe in hope for the future. We thrive when we connect, unite, and learn from each other.

Thank you to everyone who has given their time; volunteers, friends, ambassadors, learners, and staff. Remember, our struggles unite us, but hope drives us! So, let's embrace a hope-filled 2025, whatever it may bring!

All the very best for 2025, Matt Ellis, Principal

Please watch out for more info and ways to help us celebrate our 10th anniversary over the next few weeks!



Spotlight On...

Valley Beats Samba Band

Did you know that group drumming reduces stress, strengthens the immune system and boosts fitness?

These two, hands-on courses teach participants the benefits of playing percussion together. Learn to play the different Samba percussion instruments as a group supported by members of Valley Beats Samba Band.

This very friendly class is taught by professional Community Percussionist Katie Mallard and is suitable for adults or all ages and all abilities. Absolutely no previous experience needed.

BOOKING ESSENTIAL! CONTACT VALLEY BEATS DIRECTLY:

www.rhythmstick.co.uk/book-a-course

or call Katie on 07736 049089

Drum for wellbeing
FREE courses



January & February 2025

Free 2 Week Drumming for Wellbeing Courses at:

Holmfirth Tech

Starts: Weds 8 Jan or 26 Feb

at 10am - 11.30am

and

Denby Dale Methodist Church

Starts: Thurs 9 Jan or 27 Feb

at 10am - 11.30am

Cuppa & Connect

As the Recovery College celebrates turning 10 years old, we will, over the next few months be considering all the ways we can take action to stay well and January is the month of connection! Whether this means with family, friends, meeting new people, but also the connections we can make with ourselves, animals and nature! Want to know more? Then come along and join us for our Cuppa & Connect event!



If you are already a learner with the College and fancy a brew and a good chat, then this is the perfect opportunity to catch up with the college community, have a natter with the staff (including our Principal, Matt), and get involved in shaping our future plans. Plus, we'd love to hear all about your experiences at the College! Our awesome Peer Workers will be there too, sharing their stories and giving you the lowdown on the "10 ways to...".

This event kicks off our celebration of 10 amazing years of the Recovery & Wellbeing College, and we want YOU to be part of the next 10 years! Oh, and the tea and biscuits are on us!



Monday 27 January at 10.30 - 12.30pm at
Mirfield Community Centre.

Booking Essential!



Stay up to date, follow us on our socials



Dry January: are you in?

Dry January is a fantastic opportunity to start the new year with a fresh, healthy mindset. It's a month-long challenge to abstain from alcohol, giving your body and mind a well-deserved break. Many of us turn to alcohol as a coping mechanism during difficult times, but this can sometimes lead to unhelpful habits. Dry January offers a chance to reset and explore healthier ways to manage stress.

The benefits of staying dry for a month are numerous. You'll likely notice improved sleep, increased energy, better concentration, and even some weight loss. Your liver and heart will thank you too, as taking a break from alcohol can reduce inflammation and lower blood pressure. Here are some tips to help you succeed in Dry



January:



- Find Alternatives: Stock up on non-alcoholic drinks like sparkling water, herbal teas, or mocktails.
- Avoid Temptations: Keep alcohol out of your home and plan social activities that don't revolve around drinking.
- Create a Support Network: Share your goals with friends and family, or join a community group for encouragement.
- Use Apps: like Try Dry where you can track your progress and receive tips to stay motivated

Remember, it's all about taking small steps towards a healthier you. If you need more support, don't hesitate to reach out to local health services or visit the Alcohol Change UK website for more resources.

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

www.calderdalekirkleescr.nhs.uk

