

Postcards From

WAKEFIELD DISTRICT



DIRECTORY

Positive Mental Health Network

Draw a positive picture, share a short story and add your motivational quote about mental health and the benefits of talking and being in a self-help group to contribute to an exhibition and book.

I hope there are days when
your coffee tastes like
magic, your playlist makes
you dance, strangers make
you smile, and the night sky
touches your soul.

I hope you fall in love with
being alive again.

Postcards From
WAKEFIELD
DISTRICT



To... **Everyone!**

From... **Me ;)**

Introduction

The Positive Mental Health Network is made up of a number of diverse groups, organisations and individuals who have an interest in promoting positive mental health in Wakefield and beyond.

Some of the groups focus specifically on mental ill-health, such as Thinking Forward 4 Mental Health and The Richmond Fellowship. Others are generic groups, but the group leaders and members are happy to support people with mild to moderate mental health concerns and are mindful that positive mental health and wellbeing are important to overall health. The Network is facilitated by Wakefield Council and supported in many, varied ways by all the members who give us free use of their premises, expertise and time to share good practice, funding opportunities and ideas.

The Network agreed that they would like to do something together and the Postcards from Wakefield idea was born.

The Network received funding from Live Well Wakefield to create postcards for people from Wakefield to write positive things about mental health such as the benefits of being part of a group. They held an event, wrote a 'Book in 8 Minutes', made a short film and created a directory of services actively involved in the Network. During Mental Health week these will be displayed around the district to give hope and inspiration to people whose mental health may need a boost.

The planning and delivery team was small – thank you to Tracy (Wakefield Council), Sally (Gasped) and Tina (Spectrum People) but the enthusiasm and input from community groups and network members was impressive.

To find out more about the Positive Mental Health Network, contact Tracy Leach at tleach@wakefield.gov.uk

Postcards From

WAKEFIELD
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Battle Scars

We are running adult survivor-led groups, to support anyone who self-harms, their families, friends and carers, professionals, or anyone who is trying to understand self-harm.

Our aim is to explore the issues of self-harm within a safe environment, discover and understand the reasons behind it, open up and share without risking judgement so we can help each other become stronger and find better ways to cope. We also run a closed Facebook support group, in-house understanding self-harm sessions for parents, managing self-harm workshops for under 18's as well as training for professionals.

Where we meet

Wakefield Sea Cadets building, Thornes Lane,
Wakefield WF1 5QW

Contact details

info@battle-scars-self-harm.org.uk
07410 380747

Online

www.battle-scars-self-harm.org.uk
facebook.com/battle scars selfharm

'You're not alone!'



Carers Wakefield & District

Do you give help to a relative, child or friend who is ill, has a disability an addiction or has a mental health condition?

Do you need:

*Someone to talk to
A listening ear
Information
Support advice*

We can help...

Where we meet

Carers Wakefield & District
25 King Street, Wakefield WF1 2SR

Contact details

01924 305544

Online

www.carerswakefield.org.uk

Castleford Heritage Trust

Queen's Mill

ACTIVITY AFTERNOONS

CONNECT, BE ACTIVE, HAVE FUN



Join in the activities

Boccia Bowling - Games
Local History - Quizzes
Crafts and much more

at Queen's Mill Castleford, 1 Aire Street, Castleford, West Yorkshire, WF10 1JL

Every Wednesday 12:30-2:30pm

Free Door to Door Transport Available where this is needed. Telephone
Castleford Heritage Trust on 01977 556741 for more details/to book a place



Where we meet

Castleford Heritage Trust, Queens Mill
Aire Street, Castleford WF10 1JL

Contact details

John Heywood - Project Co-ordinator
07778 054390

Online

www.castlefordheritagetrust.org.uk

facebook.com/QueensMillCastleford

'Exciting new activities with more days and sessions coming soon'

Postcards From
WAKEFIELD
DISTRICT



Catch A Falling Star

Catch A Falling Star: Wakefield Adult Mental Health Support Group is a local voluntary organisation, set up to create a safe environment for adults who are affected by mental health issues either directly or indirectly.

The group has been created to enable members to build a support network in a safe and confidential environment. The group also wishes to work together to raise awareness of the issues surrounding mental health in the wider community for example being involved in events such as Mental Health Awareness Week.

Where we meet

Every two weeks on a Wednesday evening at The Art House, Drury Lane, Wakefield, WF1 2TE. Between 6:15pm - 8:15pm. Meetings are free to attend with refreshments provided. We act as a drop-in group so new and existing members can feel free to arrive and leave as they wish.

Contact details

Holly Blacker - hblackerg@gmail.com

Danny Murphy - murphydanny51@gmail.com

Online

[facebook.com/CAFSWAKEFIELD](https://www.facebook.com/CAFSWAKEFIELD)

'Together we are stronger'

Postcards From
WAKEFIELD
DISTRICT

 **Crafting4Good CIC**
Where Society Profits

Crafting4Good

Affordable
Craft Supplies



Where we meet

* By Appointment Only *

Crafting4Good Creative Hub

c/o St Swithun's Community Centre

Arncliffe Road, Eastmoor, WF1 4RR

Contact details

Adele - craftroom@crafting4good.org

Online

shop.crafting4good.org

facebook.com/Crafting4Good

'Start where you are, use what you have, do what you can' - Arthur Ashe



Colourful Crafts Group

Colourful Crafts is an adult crafting group which meets once a week on Thursdays 1-2:30pm (Term time only).

We get together to do all kinds of craft activities including sewing, cross stitch, decorations, card making, painting, recycling and so much more. The group is open to all, no experience necessary. The group is informal, we often have music playing and all have a chat and a cuppa whilst crafting away.

The first session is free, so you can come along and see if it's for you. After that the membership is just £2 per session, which includes all materials and refreshments.

Where we meet

St Swithun's Community Centre
Arncliffe Road, Eastmoor
Wakefield WF1 4RR

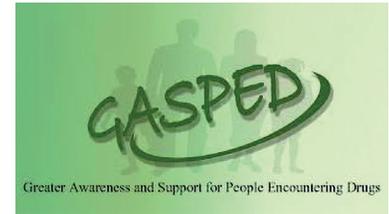
Contact details

Emma Wray - 01924 361212
info@eastmoorcommunity.co.uk

Online

www.eastmoorcommunity.co.uk
facebook.com/StSwithunsCommunityCentre

'Creative minds are rarely tidy'



Gasped

Gasped is a service that supports anyone who is affected by a loved ones drug and/or alcohol misuse.

Our services include:

- One to one counselling
- One to one advice and support
- Community based support groups
- Complimentary therapies
- Helpline

Community based outreach posts across the District so we can offer our services as far and wide across Wakefield and the Five Towns.

Where we meet

5a Cheapside
Wakefield
WF1 2SD

Contact details

01924 787501
Helpline – 0845 146 0002

Online

www.gasped.org.uk

'Help us, to help you, to help them'



Inspire Arts Group

Inspire Arts Group is a peer-led support group. We produce arts and crafts alongside people who have had or are experiencing mental health issues.

Using arts and crafts gives creative stimulation to the mind, lifting the mask from mental health and improving wellbeing.

Arts and crafts are used as a conduit to social support, reducing isolation and mental health recovery. We also aim to help people increase their confidence and exhibit their work.

Where we meet

The Art House, Drury Lane, Wakefield,
WF1 2TE on Tuesdays

Contact details

The Art House - 01924 312000

Online

[facebook.com/groups/493429474133813](https://www.facebook.com/groups/493429474133813)

**‘Art has the ability to move people along their journey,
into a more balanced place of healing and hope’**

Postcards From
WAKEFIELD
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Kidz Aware

Kidz Aware is not-for-profit charity/ social enterprise with 3 core values at our heart: Equality; Inspiring; Embracing. We exist to ensure that all children and adults with a disability have the opportunities to achieve their aspirations in life.

Whether you require emotional support or practical help in sorting issues out, we have the experience and knowledge to help you.

Why come to Kidz Aware for support?

We know what you're going through because we've been there ourselves or we've supported other families through the same issues. We see people first rather than their disability and we want to help people achieve everything they can in life.

Where we meet

Kidz Aware Suite Three Bizspace Business Centre, Thornes Mill, Denby Dale Road, Wakefield, WF2 7AZ

Contact details

01924 376882

gillian@kidzaware.co.uk

Online

www.kidzaware.co.uk

facebook.com/KidzAwareCharity



Live Well Wakefield



Live Well
Wakefield

The Live Well Wakefield team understand that there are many things that can affect our ability to feel healthy and remain independent. We appreciate this and can offer individual support to help you address any needs.

Who can the Live Well Wakefield Service help?

All adults who live in the Wakefield District who:

- Are in need of information, advice & support in coping with everyday life
- Are feeling alone or lonely and looking for social opportunities
- Are feeling low or anxious and are unsure of services that could help
- Would like support to manage their long term condition, or that of someone they care for
- Want to become more involved in their community



Supporting *healthy living* for
the people of Wakefield



Where we meet

Courses and workshops run from accessible community venues across the Wakefield District. Call us for dates and/or a leaflet. Advisors liaise with clients to meet where suitable.

Contact details

The Live Well Team - 01924 255 363

Online

www.livewellwakefield.nhs.uk

facebook.com/livewellwakefield

**‘We all need support at some time in our lives. Acknowledging this is the first step.
“The first step is often the hardest.” Seeking support is the second step and we can help.’**



Managing Dyslexia

We are a group of adults with dyslexia and associated mental health difficulties and meet every Tuesday in Sandal Library for our community group.

We work on our English skills, develop our coping strategies to help us deal with dyslexia on a day to day basis and have great peer support to help us stay well.

Our tutor, Vanessa, also offers dyslexia screenings and support through school, college or in the workplace.

Where we meet

Sandal Library, Sparable Ln, Wakefield WF1 5LJ

Contact details

Vanessa Goddard - 07824 870446

vanessagoddard@yahoo.co.uk



'Dyslexia isn't a disability – it's a community! Join ours!'

Mindful Movers

Running, walking and talking our way to wellbeing.
Everyone is welcome to join us.



Where we meet

Thornes Park Stadium, Horbury Rd, Wakefield
WF2 8TY - Friday mornings at 10am

Contact details

Rachel Hale – 07742 428216

Online

[Instagram: mindful_movers](https://www.instagram.com/mindful_movers)

[facebook.com/MMrunwalktalk](https://www.facebook.com/MMrunwalktalk)

[#runwalktalk](https://www.instagram.com/runwalktalk)

**‘Movement is a medicine for creating change in a person’s
physical, emotional and mental states’ - Carol Welch**



One to One Development Trust

We make engaging, creative arts projects with an accessible people-focused approach using digital technologies ranging from film through to virtual reality.

Through an inclusive approach, we aim to inspire, inform and make a positive contribution to the mental health and well-being of everyone who we work with making a lasting difference to people's lives and communities.

We are pleased to have worked with the Positive Mental Health Network to design the Postcards from Wakefield campaign, produce films and print resources.

Our Address

The Art House, Drury Lane, Wakefield WF1 2TE

Contact details

Judi Alston - 07901 686142

info@onetoonedevelopment.org

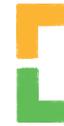
Online

www.onetoonedevelopment.org

www.dreamingmethods.com

facebook.com/onetoonedevelopment

‘Tell me and I’ll forget; show me and I may remember; involve me and I’ll understand’



Recovery College

Our Recovery College offers short, educational courses and workshops that have a focus around recovery and helping people on their individual recovery journey, as well as giving people tools and understanding to be able to look after and manage their own health and wellbeing (or that of someone they care for).

The Recovery College has been developed by and is delivered in partnership with people who have experience of health problems, family members, volunteers from our communities and people employed by local health and education services and is open to anyone over the age of 18. It is free to attend and all you need to do to book your place is fill out an enrolment form in our prospectus or online and send this across to us.

Where we meet

Drury Lane Health and Wellbeing Centre in Wakefield and Baghill House Health and Wellbeing Centre, Pontefract. We also offer courses and workshops in community venues across the Wakefield District.

Contact details

wakefieldrecoverycollege@swyt.nhs.uk

Online

www.wakefieldrecoverycollege.co.uk

facebook.com/wakefieldrecoverycollege

[Twitter @W5TRC](https://twitter.com/W5TRC)

**‘The best people who know how you’re feeling and know how to help are
the people who’ve been where you are’**

Postcards From
WAKEFIELD
DISTRICT



Spectrum People

Spectrum People is an independent charity which provides meaningful activities and support for vulnerable people across the Wakefield District.

Working with a range of partner organisations, our projects and events allow vulnerable people to access opportunities for training and education, cultural and recreational activities aimed at building self esteem and confidence and much more.

We are committed to raising awareness of factors which affect social inclusion including mental and physical ill health, loneliness, homelessness or unstable housing, financial difficulties and problematic substance use.

Where we meet

Spectrum People
1 Navigation Walk, Hebble Wharf
Wakefield WF1 5RH

Contact details

01924 311 400
Bridget.gill@spectrum-cic.nhs.uk

Online

www.spectrumhealth.org.uk/spectrum-people

**‘Difficult roads often lead to
beautiful destinations’**



St Georges

Our vision: St George's Lupset Ltd will assist and encourage individuals and groups in the community to find fulfilment in their lives and to increase their potential for playing a full part in the social and economic life of the community. It matters to us that we provide a safe environment where people feel safe from exploitation and fear.

Our Values: Welcoming and Caring, Encouraging and Motivating, Inclusive, Committed to making a difference, Positive Culture, Passionate about our work, Justice, Professional.

Where we meet

St George's Community Centre, Broadway
Lupset, Wakefield WF2 8AA

Contact details

Sheena Ibbotson
Health and Wellbeing Project Manager
Tel 01924 369 631
Mobile 07379 429 599

Online

www.stgeorgeslupset.org.uk

facebook.com/StGeorgesCommunityCentre

'Happy, welcome, part of something'

The Art House

Welcome to the house that art built.

At The Art House, artists and audiences of all kinds can explore the creative process through exhibitions, events, workshops, and other creative activities.

We're an accessible studio complex but you'll also find exhibition spaces, a print studio, a shop, a café, meeting rooms and event spaces. The latest addition is a new community art studio where we'll host a programme of groups and workshops focusing on health and wellbeing.

So, we hope you'll pop in soon, to explore an exhibition, join a group, or simply enjoy a slice of cake in Laura's café!

Where we meet

The Art House, Drury Lane, Wakefield, WF1 2TE

Contact details

Chat to our friendly front of house team for more information about The Art House:
info@the-arthouse.org.uk / 01924 312 000

Online

the-arthouse.org.uk
facebook.com/thearthouse.wakefield/

'Why fit in when you were born to stand out?' - Dr Seuss

Friendships.
Offer Support
in friendship

WAKEFIELD DISTRICT
To... You
From... Me

YOU
Inspire people
Matter to others
ARE LOVED
Make a difference
MORE THAN YOU WILL EVER KNOW

WAKEFIELD DISTRICT
To... Me you
everyone
From... y

FA. & TRACY LEACH
HAPPINESS INSIDE!
POSTCARDS FROM WAKEFIELD



WAKEFIELD DISTRICT
To... ANYONE WHO FEELS
THAT CANNOT
ACHIEVE THEIR
GOALS IN LIFE!
From... CATCH A FALLING STAR



I hope there are days when
your coffee tastes like
magic, your playlist makes
you dance, strangers make
you smile, and the night sky
touches your soul.
I hope you fall in love with
being alive again.

WAKEFIELD DISTRICT
To... Everyone!
From... Me ;

DO NOT CONFUSE
YOUR BAD DAYS AS A
SIGN OF WEAKNESS
THOSE ARE
ACTUALLY THE DAYS
YOU'RE FIGHTING
YOUR HARDEST

WAKEFIELD DISTRICT
To... Myself for
the toughest of
times
From... Me ;

Some days are BETTER
Some days are worse,
Look for the BLESSING
instead of the curse.
Be POSITIVE, stay STRONG
and get enough rest.
You can't do it all,
But you can do your best

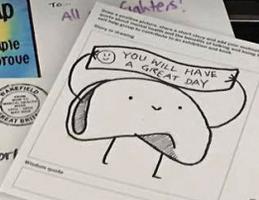
WAKEFIELD DISTRICT
To... Anyone
struggling.
From... A fellow
traveler *

If all you
achieved today
was to hold
yourself
together
I'm proud of
you

WAKEFIELD DISTRICT
To... Any
one
From... DR
UN

don't give up
you've still got a couple
of mother**k**ers to prove

WAKEFIELD DISTRICT
To... All
fighters!



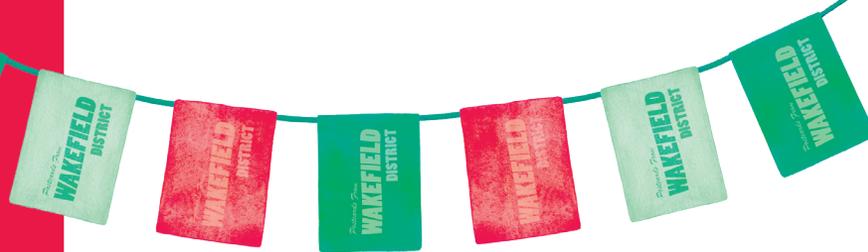
WAKEFIELD DISTRICT
To... Jo
for
From... P.J.

I don't need you to fix
me or solve my
problems.
Just hug me and tell
me you believe in me

WAKEFIELD DISTRICT
To... My mum +
everyone support
someone with
mental health
problems
From... P.J. ;

WAKEFIELD DISTRICT
To...
From...
They see our disability
they see our help-ness
They see us follow-ers
They see ourselves here
they see individual-ity
But we see neighbor-ness
And we are all here and
we are here to help each
other, we help each
other, we come and go-ve
and we can be part of our
group for together we are
all one.

Let
the
less-
on
learn
From...
Guinea Pig
Wakefield
Lady



The S.M.a.S.H. Society

Is a health condition affecting your daily life, are you feeling socially isolated, or would you like to be part of something special in the Wakefield and Five Towns Community?

If so, we are a group of people that help and support each other during good and bad times. Why not come and join us for a chat and a cuppa, with some biscuits thrown in - all for 50p.

See our Facebook page for the next group meeting and be assured that we will do our best to support anyone and everyone, where we can!

Where we meet

We meet at various accessible community venues across Wakefield and the Five Towns. At present we meet at: Airedale Library, The Link, West Wakefield Methodist Church, Pontefract Library and Hemsworth Library. Note that venues may change in the future.

Contact details

07721 241 513
societysmash@gmail.com

Online

facebook.com/smash.wakefield.5

'With support, become the person you want to be'



Think Cre8tive

We passionately believe that being involved in music making (in particular singing) is of great benefit and importance to our mental health and well-being and should be able to be accessed pre-birth and throughout our lives.

We believe music is a basic human right and aim to encourage confidence and creativity as well as improve well-being through musical experiences. We care about the whole person, regardless of their age, stage or ability.



Registered Address

Think Cre8tive Group CIC
575 Tonge Moor Rd
Bolton BL2 3BN

Contact details

Melanie Cossins
mel@thinkcre8tivegroup.com

Online

www.thinkcre8tivegroup.com
facebook.com/thinkcre8tivegroup



‘The good thing about music is that when it hits you, you feel no pain’ – Bob Marley



Section 2
First aid for suicidal crisis and depression
Wakefield District



Thinking Forward 4 Mental Health

Thinking Forward 4 Mental Health is a support group that helps people with mental health problems. It runs various activities including arts and crafts, gardening, games afternoon, darts, bowls and dominoes. We host a Recovery Cafe on Thursdays and have a brilliant singing group.

Thinking Forward 4 Mental Health is run by Tony and Christine Bethell, supported by a number of dedicated volunteers. Members are also supported via outreach and phone support.

**‘A friendly group with a
family atmosphere’**

Where we meet

St Catherine’s Church Centre
6 Yew Tree St, Wakefield WF1 5EE

Contact details

tf4mh@outlook.com
07925 313 467





Wakefield Council

Mental health is just as important as physical health and it is essential that people get the help and support they need to move forward in their lives.

In the Wakefield District a number of initiatives are underway to support people's wellbeing, including supporting our 'community anchor' organisations, work with schools, community engagement and development work in communities and programmes to protect green spaces.

Employers are being encouraged to sign up to the Wakefield Workplace Health and Wellbeing Charter which promotes positive wellbeing at work.

We also commission Live Well Wakefield
www.livewellwakefield.nhs.uk

Contact us

Public Health, Wakefield Council
Wakefield One, PO Box 700, Wakefield WF1 2EB

Contact details

phcommissioning@wakefield.gov.uk
0345 8 506 506

Online

[www.wakefield.gov.uk/health-care-and-advice/
public-health/mental-health-wellbeing/men-
tal-health-support](http://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing/mental-health-support)



Creative Groups

A variety of activities designed to stimulate your creativity.

READING AHEAD

Discover the health benefits of reading for pleasure by taking part in a reading challenge.

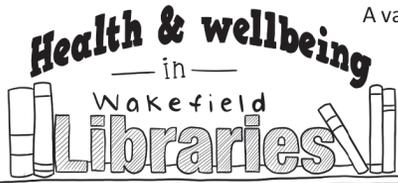


Active Minds

A variety of brain stimulating activities designed to keep the mind active.



Drop in to meet friends old and new.



Borrowable themed baskets of sensory items perfect for creating pop-up reading and conversation events.

READING WELL

Endorsed by health experts, Reading Well helps you manage your health through self help reading.



TOVERTAFEL

A magic table using interactive light games to create moments of happiness.

Find out more

Our health and wellbeing resources and activities are available in our libraries across the district. To find out what is available in your local library please visit our website or download our app by searching 'Wakefield Libraries' in your app store.

Contact details

Jonathan Clayton

01924 305833 jclayton@wakefield.gov.uk

Online

www.wakefield.gov.uk/libraries-and-local-history

'I discovered me in the library. I went to find me in the library.' - Ray Bradbury

Wakefield District Positive Mental Health Network

The Network comprises of a number of small and medium sized community groups, organisations, charities, individuals and representatives from the Local Authority and NHS all based in Wakefield.

The Network started in the West of Wakefield but due to popular demand, now covers the whole of the Wakefield District. We share good practice, information and support each other.

The Postcards from Wakefield Project is our very first project developed in order to raise awareness of the services available for people with mental health concerns, where we could all work together, support each other and pool our resources for the good of the general public.

Where we meet

Various venues around the District. As we have no budget, we rely on our network members offering us space to meet and often refreshments too – for which we are very grateful.

Contact details

Tracy Leach, Community Development Officer
tleach@wakefield.gov.uk tel: 07796987699

Online

facebook.com/PostcardsFromWakefield

‘The whole is greater than the sum of its parts’



Wakefield District Housing

WDH Wellbeing Services help tenants by providing mental health and wellbeing support interventions. These are delivered by a team of Mental Health Navigators and Wellbeing Caseworkers.

The Team works with tenants and their families across the District to address lifestyle, wellbeing and low to moderate mental health issues as well as making direct referrals to other specialist support agencies.

Furthermore WDH's Care Link provides a range of supporting products and services to promote independence amongst elderly and vulnerable people across the District. Care Link offers 24 hour support at the touch of a button as well as home visiting and falls response services.

Online

www.wdh.co.uk/HealthAndWellbeing



Postcards From
WAKEFIELD
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Well Women Centre

Open House is a women-only group that offers a mixture of social, mental health and general wellbeing support.

You can meet other women, participate in creative activities, workshops and learning if you choose.

Where we meet

Well Women Centre, 24 Trinity Church Gate,
Wakefield WF1 1TX

Contact details

01924 211 114

info@wellwomenwakefield.org.uk

Online

www.wellwomencentre.org.uk

‘A warm welcome for women living in the Wakefield District’

Believe
in
Yourself

Twinkle, Twinkle
little star
Shine so brightly
Just as you
are!

Say
something!
xxx

You are
always
appreciated
by someone!

You are
sooo
loved!
xx

25 POSITIVE AFFIRMATIONS

#1 You are loved. *#10 You belong.*

#2 YOU ARE LOVABLE. *#11 You matter, No matter what.*

#3 YOU ARE AWESOME! *#12 You bring to this.*

#4 You are worthy. *#13 You are loved.*

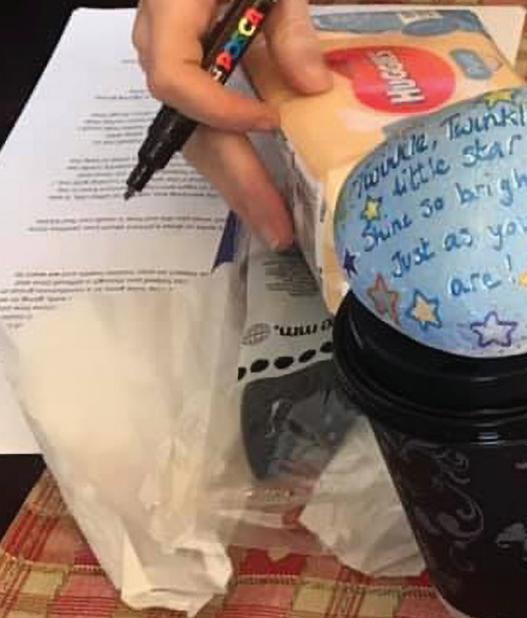
#5 Trust your wise voice within. *#14 You are beautiful.*

#6 You are smart. *#15 You are strong.*

#7 You are capable. *#16 You are kind.*

#8 You are brave. *#17 You are generous.*

#9 You belong. *#18 YOU ONLY LIVE ONCE!*



Love
Yourself

 PostcardsFromWakefield

