

# Sporting Success – Putting Airedale back on the map!

The Airedaler

The Year 8 Airedale Academy Rugby League team are in the final of the Yorkshire Plate knockout competition and will play Outwood Academy Freeston to chase their first piece of major silverware in over 15 years. The game will take place on Wednesday the 12<sup>th</sup> July.

In order to get to the final, the team has had to beat several tough rugby schools including 3 in Hull schools.

Our route to the final:

- |   |  |
|---|--|
| Round one-<br>Marvell (Hull)-16<br><b>Airedale- 52</b>  | Quarter Finals<br><b>Airedale-34</b><br>Carleton- 6            |
| Round two-<br>St Marys (Hull)- 10<br><b>Airedale-22</b> | Semi Finals<br><b>Airedale- 30</b><br>Malet Lambert (Hull) - 4 |

Good luck, boys!

The Year 7 and 8 Girls' Rugby League team, at Airedale Academy, also finished runners up in the RFL National Inspired 9s competition held at Victoria Park, Warrington. The girls received a medal for their incredible achievement.

Well done, girls!



Welcome to our second edition of The Airedaler – a community newsletter for Airedale, Ferry Fryston, Fryston & Townville.

This newsletter is brought to you from our team of young editors at Airedale Academy, supported by one of their teachers. Together with Airedale Neighbourhood Management Board, Spectrum People, Airedale Library, Turning Point, Prince of Wales Hospice, Nova, Northern Ambition Academies Trust and Wakefield District Housing, we invite you to read on about your local community.

Our newsletter aims to offer you the latest news about community, education and health and wellbeing.



**ANMB:**

If you would like to get involved or feature in our community newsletter, please contact us via:

Mike\_Dixon\_@hotmail.com

## Castleford Locks

Several groups of students from Airedale Academy have taken part in paddle sports over a number of weeks at Castleford Locks with our Chair of the Academy Council, who is a fully trained paddle board instructor. The students didn't need any experience and built up from the basics of how to sit, stand, move and turn the boards and moved on to trickier skills. Their time on the water was relaxing and, inevitably, the students fell in, but they did so wearing a buoyancy aid and the instructors were on standby to help students back onto the



July 2023

# Community

## Airedale Neighbourhood Management Board.

Wow! Airedale Neighbourhood Management Board is celebrating its 15<sup>th</sup> Year of working in the Airedale, Ferry Fryston, Fryston and Townville community. The board is a voluntary organisation run by volunteers for the community, made up of 8 community volunteers and up to 20 representatives from various agencies working within our area. The board works on behalf of the community to bring different services and activities to our area.

Throughout the 15 years, we have tackled a huge number of initiatives that have affected the residents of the area. These range from litter picking to facilitation of new play area and parks equipment. We have also set up the Airedale Food Bank which helps struggling families in this tight economical climate that we live in. Alongside these and many more initiatives, we work very hard to address a wide range of health issues that affect our communities and its residents.

To celebrate our 15 years of working for and with the community, we are planning to have a celebration open day where people can drop in for a chat and look at some of the things that we have been involved in over the last 15 years. We will also be inviting back a whole host of people that have been involved with the board and its work over the last 15 years.

As a board, we are pleased to work alongside different organisations including Police, Schools, Health Authority, Doctors, Churches, Health related agencies and many more. Please come along to our open day to learn more and see the vast range of people and things we have been involved in.

On the 2<sup>nd</sup> August 2023 from 11am – 3pm, we will be holding our annual Fun Day on the Green Park Airedale. This has always proved to be a wonderful family day out where families and friends can meet to enjoy the activities and fellowship in the pleasant surroundings of the park.

We hope you will all come along to the day and all the other initiatives that we are involved with. You may even wish to join the board or our team of volunteers.

Mike Dixon.  
*Chairman of Airedale Neighbourhood Management Board.*

Airedale, Ferry Fryston, Fryston and  
Townville Neighbourhood Management  
presents -

# SUMMER FUNDAY

Wednesday 2nd August  
11am-3pm

GREEN PARK, AIREDALE

FREE ENTRY

JOIN US FOR LOTS OF FUN!

- bouncy castle •
- fairground rides •
- face painting •
- free activities •
- entertainment •
- market stalls •
- yummy food •
- and much more!



For more information contact  
Mike Dixon - 07956036437

# Community

## Airedale & Ferry Fryston Healthy & Sustainable Communities

Continuing The Big Conversation work that commenced last year ([Home - Big Conversation Wakefield](#)), organisations in the Airedale and Ferry Fryston area are coming together to make sure that we share and celebrate the amazing range of services that are available for people of all ages in the area.

There are lots of services delivering great work in Airedale and Ferry Fryston and we want to make sure that all partners are involved and joined up so that we can all direct people to activities and support to keep people connected and well.

The first Healthy and Sustainable Community Workshop was interesting, informative but most of all collaborative. Many events like this often feel that the community is being led by a 'leading partner' into a project that isn't coproduced with those who it intends to support, but with this session it was clear that this project is coproduced, and that actually the 'leading partner' will be the people, the communities, and those whose lives who will be impacted the greatest.

**Daz Dooler,**  
*Spectrum People*

Organisations involved in the work will be talking to local people to find out what keeps people healthy and well, what things in the area have a positive impact on people's health and wellbeing, and how services in Airedale and Ferry Fryston can be strengthened by genuinely engaging with local people to find out what matters to them.

Organisations involved include: Public Health, Health Care First, The Hut, Spectrum People, Airedale Community Workshop, WDH, Yorkshire Sport, Coalfields Regeneration Trust, Step Up Employment Service, Nova, Communities Department.



ARE YOU LOOKING FOR SUPPORT OR FOR A WAY TO CONNECT TO LOCAL PEOPLE..

**CONNECTING LOCAL PEOPLE**

**SPECTRUM PEOPLE**

Spectrum people are running groups and support services in your area.

Group times	<b>TIEVE TARA MEDICAL CENTRE</b>
<b>EVERY MONDAY 1 - 2:30</b>	A group for parents and expectant parents runs every Monday (except the first Monday of the month) to connect and support each other with an opportunity to be creative.
<b>EVERY THURSDAY 1-3</b>	art and craft group open to everyone

one to one art therapy support

telephone befriending services

and more ... please get in touch on the details below

for more info:

<http://spectrumpeople.org.uk>  
[spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)  
 07720 899781  
 07542 028297

# Community

## Adult Cuppa & Craft

Free sessions open to everyone.  
No previous experience is necessary  
Come for a cuppa, chat and craft!

**When?** Every Thursday from 1pm- 2:30pm

**Where?** Tieve Tara Medical Centre  
Address: Park Dale, Castleford, WF10 2QP



Are you wanting to reconnect with local people?

Do you have a craft skill you want to share with others?

For more information, contact Spectrum People on 07720 899781 or email [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)



## Community Wellbeing Cafe

Airedale Library Snack and Chat Cafe

10:30am - 12pm

Every 2nd and 4th Friday of every month



FIVE TOWNS

# CRT ENGAGE

MHA Communities Wakefield and District  
We are a charity for over 55's



### Full day at Airedale

Join our \*NEW\* activity group with bingo, games, guests talks and everything inbetween.

10 am till 3 pm, every Wednesday

Lunch served : 12 noon

Airedale Library, WF10 3JJ, In the snack & chat cafe area

£5.00- 2 course special lunch, dessert and unlimited tea/coffee

£1.50 for bingo & £1.00 for raffle

To book your lunch and pre order call: 01977 695006

MHA Communities part of Methodist Homes for the Aged  
Registered as a Charity - No.1083995. Company Limited by Guarantee - No.4043124

In partnership with:



### Connecting Local People!



Tieve Tara Medical Centre,  
Park Dale,  
Castleford,  
WF10 2QP

Many social activities and support services around Airedale, Fryston, and Ferry Fryston!

Call us and email to arrange a chat to find out what activities are happening!



Call us: 07720 899781

Email us: [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)



# Community

## Airedale Library

Airedale Library will launch the booking for summer events and the reading challenge on 8<sup>th</sup> July. There will also be a summer calendar including library events published by the Experience Wakefield team <https://experiencewakefield.co.uk/guide/summer-highlights/>

Please see the calendar below for the details of upcoming events. Those which are marked HHH are a part of the Happy Healthy Holidays scheme. Please visit: <https://wakefieldcouncil.coordinate.cloud/> for more information on the scheme.



### Upcoming Events at Airedale Library

Monday 31 July	11am/1pm	2pm	Airedale	HHH - Fettle and Fable Theatre performance am/pm
Tuesday 1 August	2pm	3pm	Airedale	Bird Feeders Family Craft
Wednesday 2 August	11am/1pm	2pm	Airedale	HHH - Skateboarding Lessons
Monday 7 August	11am/1pm	2pm	Airedale	HHH - Lion Learners
Wednesday 9 August	11am/1pm	2pm	Airedale	HHH - Circus skills Rapide Entertainment
Monday 14 August	1pm	2:30pm	Airedale	HHH – Calderbricks Lego event
Tuesday 15 August	2pm	3pm	Airedale	Family Crafts
Wednesday 16 August	11am/1pm	2pm	Airedale	HHH - Food Workshop
Monday 21 August	11am/1pm	2pm	Airedale	HHH - Sam's Safari's live animal handling
Wednesday 23 August	12pm	4pm	Airedale	HHH - Imagination Gaming board games
Tuesday 29 August	10am	12pm	Airedale	Cup Stacking Olympics

Contact Airedale library for more information.



# FRYSTON CLUB

ASKAM ROAD, CASTLEFORD, WF10 2NY

## SUMMER GALA

&

## FAMILY FUN DAY

SATURDAY 15<sup>TH</sup> JULY 2023

11AM TO 4PM

Over 25 Craft Stalls  
Donkey Rides -£2pp  
Tuckers Funfair  
Game on York  
Raffle

Entertainment:-  
DJ Scott Considine  
TNT Wrestlers  
JJ's Gymnastics  
Nicky Moons Dance Academy  
Normanton Knightingales  
Jayden West Solo Artist  
Punch & Judy Shows

BBQ & Hot Drinks  
Can Bar  
Ian's Ices  
Cocktails & Mocktails  
Pizza

First Aid Guy  
Fire Brigade  
Castleford Detachment Army Cadets  
WDH  
Wakefield Parent Forum  
Crusaders & C4V  
Andys Man Club

AND  
MUCH  
MORE!!

Joe's Exotic Mobile Zoo and  
Petting Farm  
Ranger Mikes Baby Dinosaurs  
Aerial Sophie  
Spider-Man

All events organised by Friends of Fryston Welfare in conjunction with Fryston Welfare Club. Profits raised from events will go towards the upkeep, maintenance and upgrading of the pavilion together with other facilities as required.



Airedale, Ferry Fryston, Fryston & Townville  
Neighbourhood Management

# Education

## Northern Ambition Academies Trust

Northern Ambition Academies Trust has a lot of exciting work going on across its schools which we would like to make you aware of!

We are really pleased to announce that we will be seeing the reintroduction of road crossing patrols in September, in order for our children to be able to cross the roads safely before and after school. Unfortunately, the local council cut their funding for this but we feel strongly about investing in our pupils' safety.

We are also investing 3 million pounds into improving our school facilities and buildings, and although there has been quite a lot of disruption caused to staff and pupils, it will all be worth it!

All of our schools and our staff are being equipped with brand new IT equipment and software so that we can offer pupils world class technology both in and out of the classroom. Northern Ambition Academies Trust will have a technological offer that we can be proud of.

And finally, we have been lucky to receive some High Needs funding from the Local Authority after successfully bidding. This funding is being used to enhance our educational provision across the Trust to support our young people with additional needs. We are really excited to be opening high-quality provisions within our schools, where those pupils who need that bit extra, will be appropriately supported.

We have two weeks of the summer term left but I wish all of our staff, pupils and families a restful and safe summer.

E Fairhurst  
CEO

# School Spotlight!



## Airedale Academy



The summer term is always an exciting term at Airedale Academy. With our highly anticipated 'Airedale on Tour' and our upcoming sports days, we have plenty to keep our young people engaged and enthusiastic in these final weeks of term.

During this term, our key stage 3 students complete their final assessments, offering them the opportunity to showcase their knowledge and capabilities. These accomplishments are celebrated in an awards ceremony which parents and carers are encouraged to attend.

The summer term is also the time when we say goodbye to our year 11 and year 13 students, celebrate their time at Airedale Academy and welcome the new students who will begin their journey with us in September.

We wish all of our students a safe and happy summer break!



## Airedale Infants School



In Summer 1, children in Reception visited Airedale library where they listened to a range of stories, completed craft activities and played games on an interactive table.

Children in Nursery invited their parents/carers to a healthy picnic. The children used knives to cut fruits and vegetables to create their own sandwiches, sticks and kebabs. This was our best parent event yet with 96% of parents/carers attending the picnic!

This half-term children in Nursery and Reception are learning about the seaside and we have already started to enjoy learning about the seaside through activities such as our very own beach and ice-cream parlour.

In each edition, we hope to shine the spotlight on different local schools.



# Education

## Airedale on Tour

This year, the students from Airedale Academy will embark upon their Airedale on Tour on the 20<sup>th</sup> July 2023, as part of the rewards policy.

The selection of trips include:

- Ninja Warrior UK
- The Deep & Blood Brothers
- Paintballing
- Alton Towers Theme Park
- Alton Towers Water Park
- Flamingo Land
- Lego & Bowling
- Anfield Football Ground & River Cruise

Eligible students have earned reward points for their positive behaviour choices, pride in their work and personal conduct, upholding the Trust-wide values of Respect, Ambition and Bravery and having good attendance.



## London 2023

These pictures show Airedale Academy's recent trip to London. Over two days, the students visited the capital city where they explored Shakespeare's *The Globe*, saw the sights of London from the London Eye, visited Madame Tussaud's museum and enjoyed the theatrical performance of *Grease* on the West End.

# Education



If you would like to find out more, you can contact us at:  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)  
 01924 316946

**Discovery College**  
 Part of Wakefield Recovery and Wellbeing College

# Health & Wellbeing

## WELLBEING GROUPS AND COURSES



Delivered by our therapists, all of our groups and courses follow NICE recommended treatments to help you learn new ways to manage how you feel.

### SELF HELP COURSES

EACH SELF HELP COURSE RUNS FOR BETWEEN 4-6 WEEKS

Positive Steps Stress Management (We run a men only group)

Managing Panic

Coping with Challenging Times

Living well with Long Covid

Overcoming Anxiety and Low mood in pregnancy

Postnatal Wellbeing

### CBT THERAPY GROUPS

EACH THERAPY GROUP RUNS FOR BETWEEN 9-14 SESSIONS

Overcoming Low Mood and Depression

Overcoming Anxiety and Worry

Overcoming Obsessive Compulsive Disorder

Overcoming Social Anxiety

Building Self Esteem and Supporting Self Acceptance

Accepting and Managing Emotions

Living with Long Term Health Conditions CBT

Acceptance and Commitment Therapy for Long Term Conditions

### REFER YOURSELF

If you are over age 16 or over and registered with a Wakefield and District GP you can refer yourself online or by phoning us and letting us know which option you are interested in.



[talking.turning-point.co.uk/wakefield](http://talking.turning-point.co.uk/wakefield)  
01924 234 860

### Your local Singing for the Brain group venues and dates

Area	Venue address	When
Wakefield	St Peter and Pauls Catholic Church, St George's Walk, Standbridge Lane, Wakefield WF2 7NR	Third Thursday of every month From 1.30pm to 3.30pm
Castleford	Trinity Methodist Church, Powell St, Castleford WF10 1EL	Fourth Thursday of every month From 1.30pm to 3.30pm
Hemsworth	Sacred Heart and St Josephs Church, Market St, Hemsworth, Pontefract WF9 4LB	First Thursday of every month From 1.30pm to 3.30pm
Horbury	The Cluntergate Centre, Cluntergate, Horbury, Wakefield WF4 5DA	First Tuesday of every month From 1.30pm to 3.30pm
Pontefract	Thornycroft Centre, Halfpenny Lane, Pontefract, West Yorkshire WF8 4AY	Second Tuesday of every month From 1.30pm to 3.30pm

Registered charity no. 296645. A company limited by guarantee and registered in England no. 2115499. Alzheimer's Society operates in England, Wales and Northern Ireland.



### Join your local Singing for the Brain group

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. We also do vocal exercises that help improve brain activity and wellbeing.

We have five groups in your area in **Wakefield, Castleford, Hemsworth, Horbury and Pontefract.**

Please see the back of this leaflet for your local Singing for the Brain group venues and dates.

Contact us for more information and to book your place  
Email: [wakefield@alzheimers.org.uk](mailto:wakefield@alzheimers.org.uk)  
Phone: 01924 373264

### MHA Communities Wakefield & District

This is a social club for over 55s. Activities, bingo (£1.50 a game), games and 2 course lunch for £5.00 (inc unlimited tea/coffee) served at 12 noon.

Lunch must be pre booked by calling our office on 01977 695006. We have a 4 weekly menu that rotates.

**When?** Weekly, every Wednesday, 10:00 am till 3:00pm  
**Where?** café area of the Airedale Library.



@wakefieldtalkingtherapies





# Health & Wellbeing

## Turning Point Talking Therapies

Turning Point Talking Therapies workshops are delivered by qualified Therapists and follow evidence-based treatment (this means they are proven to work and NHS recommended!). Learn useful coping strategies, which you can put into action to improve the areas of your life which are impacting on your mood.

You can attend as many workshops as you feel would be useful. Secure your spot here: <https://mytp.me/wakefield-talking-therapies-publications>

Talking Therapies Workshops	
Sunday 9 <sup>th</sup> July	Monday 17 <sup>th</sup> July
Combating Low Mood Sunday 9th July, 11am - 12:30pm +more dates	Living in Uncertain Times Monday 17th July, 11:30am - 1pm
Monday 10 <sup>th</sup> July	Monday 24 <sup>th</sup> July
Wellbeing Monday 10th July, 11:30am - 1pm Airedale Library	Being Kind to Yourself Monday 24th July, 11:30am - 1pm
Sunday 16 <sup>th</sup> July	Sunday 30 <sup>th</sup> July
Managing Anger & Irritability Sunday 16th July, 11am - 12:30pm	Emotional Eating Sunday 30th July, 11am - 12:30pm
Managing Anxiety & Worry Sunday 16th July, 1pm - 2:30pm +more dates	
Sunday 6 <sup>th</sup> August	
Positive Body Image Sunday 6th August, 11am - 12:30pm + more dates	Supporting Single Parents Sunday 6th August, 1pm - 2:30pm

It is ok to be shy and just listen and there is no pressure to disclose any personal or difficult information.

**TURNING POINT  
TALKING THERAPIES**

## Wakefield Recovery and Wellbeing College Home of the Discovery College

### Wakefield Recovery and Wellbeing College

Opened in 2014 as part of the NHS offering support for people age 18+

### Wakefield Discovery College

Launched in 2022 as part of the Wakefield Recovery and Wellbeing college for young people aged 16-25

The college encompasses all health and wellbeing, both physical and mental, through education, learning and peer support. Recovery is a personal journey which means something different to each of us but you are not alone!

- Join our Community
- Discover Hope
- Find your Identity
- Create Meaning
- Be Empowered



We run short courses and one off workshops to support you to; understand and manage health conditions, find new skills and interests, build strengths and inner resources, engage in physical activity and become an expert in your own self-care.



Our sessions are from a non-clinical focus and are co-produced and co-facilitated by experts in their field and peers with lived experience. Our sessions are developed with partners in the community, charities, Trust staff and volunteers.



We are open to anyone - if you want to improve your own wellbeing or knowledge in a particular area, enrol with us! You do not need to be in poor health to start your journey. You might want to support yourself or think that gaining knowledge and skills would benefit someone else, everyone is welcome.



All our sessions are free of charge and you are able to access one or more of our courses at a time.

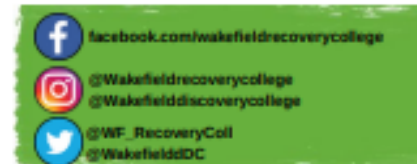


We are not postcode restricted and no referral is required! You can enrol on our website, over the phone or via a paper form. This will lead on to a conversation with a member of our team to complete an Individual Learning Plan to understand your specific needs and book you on to our sessions.



You can be part of our community for as long as you like but our aim is to support you to access community services when you feel ready. Many of the volunteers who facilitate our sessions were once students at the College, so in time and with growing confidence the opportunities are endless!

If you would like to find out more, you can contact us at:  
[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)  
[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)  
01924 316946



With all of us in mind.

# Health & Wellbeing

## Be Water Wise

The editorial team of students at Airedale Academy are keen to share their messages about water safety.

Be Water Wise:

Stay safe near open water by:

- Looking out for dangers and following safety signs
- staying away from river banks.
- Learn key skills such as swimming and first aid.
- Do not swim in unsupervised waters.

Please see the accompanying poster about water safety for young people which has been produced by the RNLI.

### Local Summer Meal Deals

**Asda:** kids eat for £1 all day everyday (no adult spending required)

**Tesco:** kids eat free with a purchase of 60p+ from Monday 24<sup>th</sup> – Friday 1<sup>st</sup> 2023

**Morrisons:** spend £4.49 and get one free kids meal all day everyday.



July 2023

# Health & Wellbeing

## WDH homes fitted with energy saving measures thanks to ERDF fund!

WDH successfully secured funding from the European Regional Development Fund (ERDF) to retrofit up to 200 homes in Airedale with state-of-the-art energy saving measures. The homes have been

fitted with external wall insulation and had their loft insulation topped up as part of the fabric first approach to this project. This will reduce heat loss and the homes will take longer to cool down so customers will benefit from a significant reduction in energy usage. Smart thermostats have also been installed as part of the programme to improve the efficiency of the space heating systems and this will also help to reduce damp and mould issues in these homes. To further help reduce damp and mould developing, a Positive Input Ventilation system has also been installed. 43 homes also had Smart Airbricks installed under their suspended floors which open and close dependent on the temperature and humidity. As the bricks are not always open it reduces heat loss through the floor, making the home more energy efficient. Residents are already reporting that their heating only has to be switched on for a short time and their homes are staying warmer for longer. Some are also letting WDH know these improvements have already reduced damp and mould issues in their homes.

If you are a WDH Tenant and want further advice on any aspect of improving the energy efficiency of your home, please contact the Sustainability Team who will be pleased to help. [sustainabilityteam@wdh.co.uk](mailto:sustainabilityteam@wdh.co.uk)



**European Union**  
European Regional Development Fund

# ANTENATAL SESSIONS

FIRST MONDAY OF EVERY MONTH - STARTING 5TH JUNE

**1:30PM-3PM**

@ TIEVE TARA MEDICAL CENTRE  
CASTLEFORD, WF10 2PQ

**WE WILL COVER:**

- HOW TO FEED YOUR BABY
- WHAT TO EXPECT IN THE EARLY DAYS
- MAKING SURE BABY IS SLEEPING SAFELY
- ANSWERING ANY QUESTIONS YOU MAY HAVE

FRIENDS, FAMILY AND SUPPORT PERSONS WELCOME TO COME ALONG!

**F.A.B Families and Babies**

**Spectrum People**



### Local Summer Meal Deals

**Asda:** kids eat for £1 all day everyday (no adult spending required)

**Tesco:** kids eat free with a purchase of 60p+ from Monday 24<sup>th</sup> – Friday 1<sup>st</sup> 2023

**Morrisons:** spend £4.49 and get one free kids meal all day everyday.

## Young Parents Group

Every Monday 12:30-2:00pm

Kendal Drive Family Hub  
Suitable for parents under 25





FIVE TOWNS

# CRT ENGAGE

# Health & Wellbeing

## What is a hospice? Shattering myths.

When someone mentions a hospice – what is your first thought? For many people they associate a hospice with end of life care and don't realise there are services on offer which can benefit the whole community.

We invited Jo Dunfordm Wellbeing Lead at the Prince of Wales (POW) Hospice, Pontefract, to come along to talk to our monthly online support group.

The POW Hospice was opened in 1989 and was mainly known for offering daycare. Following Covid, the POW Hospice in common with most other hospices across the country, reviewed their offer to the community.

Jo explained they commissioned Healthwatch Wakefield to survey local people to find out what they wanted from a hospice, and have been making changes introducing their Wellbeing Service.

A hospice is not just about offering services to someone with cancer but also any life limiting illness such as:

- Dementia
- Heart failure
- Multiple Sclerosis
- Motor Neurone Disease
- Loneliness and isolation – something you wouldn't usually find on this list, but the affects on a person's wellbeing can be devastating

The hospice team can offer advice and talks to other community groups and has expertise around:

- Lasting power of attorney
- Difficult conversations
- Myth-busting about end of life care
- Wills
- Relationships



*Jo is seen second left at the Prince of Wales Hospice, Pontefract*

*Jo says: "We know lots of people are anxious about visiting us. We want to make it as easy as possible, and also take our services out into the community. If you run a community group, please think of inviting us."*

Their Wellbeing programme can be found at:

<https://www.pwh.org.uk/wellbeing> and includes:

- **Monday** 10 – 11.30 – family and friends support group
- **Tuesday** 10 – 11.30 – Complementary therapy group sessions – learn to give a gentle hand massage, improve your sleep, or get help with anxiety
- **Tuesday** 1 – 3pm – Coffee and chat at Notcutts Garden Centre (Victoria Garden Centre), Featherstone
- **Wednesday** 10-11.30 – wellbeing information sessions: including Putting Your Ducks In A Row ( planning for the future); Managing Breathlessness; Reducing the risk of falling at home; Nutrition and wellbeing ( especially for someone who is cared for in bed or who has a poor appetite)
- **Wednesday** pm – a bathing service for anyone unable to access a bathing facility. This service costs £15 each session
- **Thursday** 1.30 – 3.30 – chair based exercises offered at Your Space Gym, Pontefract
- **Friday** 1.30 – 3.30 – Craft Group.

*Referrals are not needed for wellbeing services.*

If you are interested or would like to arrange a visit, call the Wellbeing team at:

**01977 708868/01977 781451** or email [jdunford@pwh.org.uk](mailto:jdunford@pwh.org.uk)

You can bring a friend or a family member.

