



YOUR VOICE IN KIRKLEES

Winter 2023 Interactive Edition

WORKING BETTER TOGETHER



WELLBEING AND MENTAL HEALTH NEWSLETTER



Cloverleaf
Advocacy





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@yourvoiceinkirklees



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@in_kirklees

Winter In Transit

Our Transit

Rocks with passion
Clear skies and stars
Light these
Tourist absent woods
While you dream
And a friendly breeze
Sways branches
Making hares jump

Home

It was 2 years
Mashing tea
Close by Stonehenge
Skimming pebbles
At Flamborough
Blowing on hot chips in the sun
And a Winter
Of an aged
Transit van
Held us close

Sunrise
On damp rugs
Needs a push
But there's no rush
Let's stay
Hibernate a little longer
In our magic world
Until
Squirrels stop climbing trees
And
The butane
Is gone



By David Crabb
30.1.2012

What Frightens Me?

As someone who lives with chronic anxiety I have found over the years that many things frighten me. I am the Queen of catastrophising and you can guarantee if you give me a scenario that's going to happen, plan an event, or ask me to do something, I will have instantly thought of 20 different ways it could go wrong.

At the moment the big thing that is frightening me is travel, or more particularly my family and friends travelling. If they tell me they are on a journey somewhere I go into panic mode, it's all I can think about. What if they crash? What if they breakdown and something awful happens? What if they're on the motorway and someone behind them doesn't follow the slowing down signals, or see that the traffic is stopping? What if... What if... What if...

I end up compulsively thinking these thoughts until I know they are where they need to be safely. I plan their journeys so I know how long they should take. If I don't get a message when expected then I call them. I get that knot in my stomach, I start having panic attacks, intrusive visions of everything that could have gone wrong play over and over. It doesn't bother me when I'm travelling - only those when those I care about are.

But my journey with anxiety, and frightening myself with these thoughts, has taught me that I need to take a step back. I am now in a place in my recovery where I can say to myself 'stop'. What proof have I got that this will definitely happen? Is getting myself into a panic and focusing on my frightening thoughts helping me? Is it helping the other people?

The techniques I have developed to cope more in these situations include:

- *Grounding: Listing 5 things I can see, 5 things I can hear, 5 things I can smell, 5 things I can touch.*
- *Talking: Letting people know why I'm worried, this helps them understand, and helps us to put plans in place (see below).*
- *Planning: With my current frightening thoughts around travel we create plans on when I should have communication by. Those travelling agree to message me when they are at their destination. We have agreed that if I have not heard from them 1hr and 30mins after the agreed time then I can call them to check in - this gives room for getting stuck in roadworks, stopping for a break and anything else that comes up.*
- *Distraction Techniques: Can I arrange to do things during the travel time - clean, work, using relation techniques such as looking after my pets.*

It's a work-in-progress for me. As I get on top of one frightening area, another one comes up. But I've learnt that I can control my frightening thoughts and in the long run this makes me much happier, so as soon as I recognise it's happening again I go back to using all my old techniques - and I'm getting much quicker and recognising and then helping myself.

Anonymous (Kirklees Employment Service)

WORLD MENTAL HEALTH DAY 2023

The Event: Lantern Parade



Preparation: Lantern Making

On the 3rd of October Richmond Fellowship Kirklees Employment Service's Peer Champions, and customers came together to prepare for World Mental Health Day.

The Annual Lantern Parade was going to be taking place in Dewsbury Town Centre, hosted by the Working Together Better Partnership we are involved in, and we needed to make sure we were ready to light up the night!

Peer Champions came together for an evening of decorating lanterns, chatting about promoting mental health, and generally spending time with each other. There may have been some snacks to keep us going as well. Kaz, one of our Champions, said the session 'was good fun and I had a laugh'.

Employment Advisers, the Peer Support Coordinator, and the Service Manager all joined in, and Andrew from the IT Department came to have a go as well!

It was really nice to be involved in preparing for an event to make sure we could promote the service, but most importantly mental health wellbeing, especially knowing we would be following this through by attending the event as well. We were all excited to be involved in the discussion about mental health in the local community.

The 10th October saw World Mental Health Day celebrated across the country, and the Kirklees area was no exception to this.

Richmond Fellowship Kirklees Employment Service is constantly promoting positive mental health and wellbeing, trying to increase accessibility, and support people in looking after themselves and moving towards their goals. World Mental Health Day helps us with this as it is such a big platform for us to use.

Kirklees Employment Service is part of The Working Together Better Partnership, a network of mental health services in the local area. The WTB Partnership hosts, what is now, an annual lantern parade event for World Mental Health Day to bring people together, get people talking, and let them know the fantastic support that is on offer to anyone who needs it. This year was no exception.

Our Peer Champions had supported in preparing for the event by making some beautiful lanterns, and then joined us for the event in Dewsbury Town Centre. Stalls included our local Women's Centre, Support to Recovery Creative Service, CLEAR Recovery Service, Carers Count, and of course our Employment Service, including Peer Support.

It was really important to us that our Peer Champions were there. They are people who use the service and want to increase accessibility by giving us ideas on how the service would work best for those we support

The Champions did an amazing job! They were interacting with the public to encourage discussion around mental health, they supported attendees to create their own lanterns, and did an amazing job at letting people know what support is available to them.

Peer Champion Hailey said: "The lantern festival was an excellent opportunity to meet the other partners and talk to them about Peer Champions and our role in the community."

After all their hard work they were able to enjoy the lantern show display, before heading home.

Although World Mental Health Day is once per year, all the Champions are enthusiastically working together to ensure that Mental Health and support is promoted every day of the year. The Champions are looking forward to their next Steering Group Meeting to plan their next actions!



LGBT at Richmond Fellowship

BY KAZ



*Richmond Fellowship is where you need to be
especially if you are struggling with LGBT*

*There is no need to be scared
there is no need to be alone
you know you are not on your own*



*Hoot, WomenCentre, Clear, S2R Create Space, Carers Count and Touchstone
are all under the same mental health umbrella
So come along and give them a holla*

*Especially if you suffer with mental health and if you want to feel better
no need to feel like a red setter*

*Small paces is all you need to go further in what you will believe
and help with your mental health
No need to be worried and scared there are nice people there to help*

*Cos mental health is all around
so come along and you can be proud*

*No need to be in a gym
so you won't hurt a limb*

*Just a pen and a piece of paper or a ruler
and some crayons to colour
draw or even to knit and sew*

*So your mind can be in a place
and your mental health will gradually go away
and over time you will tell and feel better*

*For yourself you will grow
that we do know*



Kirklees Employment Service Social Value Commitment

As part of Richmond Fellowship's Social Value Commitment, Kirklees Employment Service were given £250 which the service could use to support local charities.

As a Team we decided that we would like to make a donation of useful items to charities that are supporting people with the current difficulties, a donation of useful items to charities that are supporting people with the current difficulties of financial situations.

We reached out to our local Homeless Support Team to see if there was anything they needed to support with their work over winter, and they gratefully gave us some ideas of what would help.

We used part of our £250 to create 4 packs each made up of a large rucksack, camping mat, sleeping bag, basic toiletries, some energy bars, and we wrapped up some chocolate as a Christmas gift as well.

We were lucky enough for the deputy manager, Robert, and a key worker, Louise, to join us for our Team Meeting where they could tell us about the amazing work they do - often walking round Kirklees in the early hours of the morning offering outreach to those who need it. We heard how our donations would be really helpful for individuals who were waiting to be placed in accommodation, or perhaps not quite ready to accept support, as not only does it keep them a little warmer, but builds up trust with the workers. Robert said: 'Our team really appreciates the donations and we look forward to supporting each other in the future'.

We had also been doing some work with our local 'The Bread and Butter Thing' by attending sessions to let volunteers and customers know how we can support them. We wanted to give some additional support and used our remaining donation fund to supply them with a range of blankets to give out to those accessing the service. The feedback from the service was: 'Many of our members struggle to make ends meet, forcing them to make difficult choices around heating and eating. The thermal blankets, donated by Richmond Fellowship, have been gladly received as they will help us enable people to stay warm this winter.

This is the second year Kirklees Employment Service have been given the chance to make donations, and the whole team really appreciates being able to help out the local community.



The team give the donations to Robert and Louise of the Homeless Support Team



The team ready to get going!

The second part of our social value commitment was the allowance for the Team to complete a day volunteering within the local area.

After discussions about what to do we settled on getting out into the fresh Yorkshire air and helping with cleaning up the local canal.

The day started with -5 temperatures, but it was sunny and crisp - the perfect winters day to be out and about. Raring to go, the Kirklees Employment service team, and Regional Manager Daniel O'Donoghue met at the Standedge Tunnel Visitors centre, the home of the longest, highest elevation, canal tunnel in Britain, at 3.24 miles and in a great setting at the foot of the moorland in Marsden village, West Yorkshire. We were joined by one of the customers we support, and a group of students from Kirklees college were also giving their help.

Gordon, the volunteer manager, and Andy, his colleague, kindly arranged for us to have a hot mug of coffee to fix us up for the morning, and gave us our safety talk which included water safety instructions. We then got kitted out into life jackets...just in case. Our task for the day was to help with clearing and widening the towpath which has narrowed due to vegetation growth and banking slips. We all had great fun trying to master the electric wheelbarrow - and there was varying degrees of success in operating it.



A regional managers work is never done - Danny helping Steve into his life jacket

We set ourselves a goal of making it to a small bridge in the distance, but even as the temperature rose to -3, we had to gradually start removing layers. It's fair to say we were all a little out of practice with such hard graft after working from home and in the office for so long, and our bridge target was more a pipe dream.

As we shovelled, pulled, lifted, and swept the towpath we had chance to listen to Andy who had so much knowledge to share about the canal. We learnt the canal is made differently in certain sections because different teams of contractors were used and they had their own techniques. We also learnt about why the canal was built and it's uses over the years. The stories certainly kept our minds busy as we worked. Ziona, one of our employment advisers said: 'It was hard graft but good fun working together. We helped our community in a small way and bonded as a team'.

After a couple of hours, we broke for some lunch and walked back to the impressive setting of the visitors' centre (if you ever get the chance, visit this place). Everyone fuelled up on sandwiches, biscuits, flap jack and mince pies - kindly provided by our hosts. Service Manager, Steven Blinston, reflected on the day so far and said 'What a wonderful way for us to spend time together as a team and support such a fantastic, and beautiful, local service. It was amazing that Danny came up to join us and support the service, and we definitely weren't complaining about the extra pair of hands! All the team felt so refreshed after spending time in the crisp air, so it was a great way to promote our own wellbeing whilst giving back. As a team we really appreciate the opportunity Richmond Fellowship gives us to complete social value opportunities.

With full stomachs we returned to work - though perhaps a little slower than we had been this morning. We had chance to speak with Gordon and Andy, and the students who were volunteering from the local college too, about our service and the support we offer. Excitingly this is potentially leading to more joint work with the canal! The students were also interested in our support, especially as one had just gone through a job interview! It was really good to be able to spread word about the support we can offer. The towpath was becoming much busier at this point as dog walkers, cyclists, and parents were enjoying strolls and it was lovely to greet them as they went past and know that we were making the area much more user friendly for them. Everyone who went past gave us a proper northern hello, and thanked us for our efforts.

Danny, who travelled up from the south to join us, said:

What a great way to spend the day with a wonderful team! We could see the difference we made along the towpath, improving access in a section already being used by pushchair & wheelchair users whilst we were working. The FE College students were great fun to work with, even if it made competition for the chocolate biscuits a bit tight, and the weather was perfect - crisp and cold. Well done the Kirklees Team! And hopefully you had a lovely early Christmas meal afterwards with colleagues who had a different set of volunteering tasks they were working on. The spirit of Christmas and the spirit of RF all rolled into one!!

As a team we managed to clear a good 50m of the canal - which given the extent of the hard work, and the ground frost we were battling, felt like a good victory for us. We took the opportunity to celebrate afterwards by having our well earned Team Christmas Meal!



Alison and Ziona keeping warm at lunch

Richard working hard as Steve and Danny...supervise?



Two of the Team were unable to join us on the canal clearing due to the nature of the task being slightly more physical than we thought it would be! However, this just meant we could spread our services out even further!

Hannah will be looking to do some volunteering next year. Karl volunteered at The Welcome Centre in Huddersfield. The Welcome Centre is the largest independent foodbank in the UK and provides support to families within Kirklees. Last year they gave out 23,398 crisis packs, of which 14,254 were food bags. However they also provide budgeting support, access to grants, digital support, reading and literacy support, signposting and emotional support. Karl was really looking forward to being able to give some support to the The Welcome Centre, especially at what is such a busy time of year for them.

Karl attended the warehouse nice and early so he could get a good start on the task ahead. He was warmly welcomed by the team of volunteers and taken through to their kitchen area. Armed with a good cup of coffee Karl was set to decanting food into packs that people in need would later come to collect. The volunteers that Karl was working with were amazing with their dedication (and speed!) at decanting and putting packs together. Karl said 'I really enjoyed working with the other volunteers to provide much needed essentials for those who use the service. Although it is sad that so much support is needed at the moment, it felt really good to contribute so that The Welcome Centre can keep running smoothly. I really enjoyed speaking to all the volunteers and finding out what motivates them'.

Karl was also able to discuss what support we offer with the volunteers, which includes our Food and Household Budgeting course, so we are hoping that we will be able to form some links in the future so we can work in partnership with the amazing work The Welcome Centre do.

Articles by Hannah Pennington and Richard Jennings

WOMENCENTRE'S SPOOKTACULAR HALLOWEEN *Party*

An eerie atmosphere descended in Dewsbury on Monday 30th October as WomenCentre's Halloween party got into full swing.

The scene was paranormal, with ghoulish decorations and mysteries lurking in every corner.

There were plenty of treats, peppered with a few tricks, fiendish food, goulash stew, high spirits and a devil's brew.

It was a truly beastly bash!





Winter at WomenCentre

Winter is a busy time at Womencentre, and the next few months will see many events taking place.

The Winter Solstice is celebrated at the point of the shortest day and longest night, as we get ready for the turn towards summer, the hope of the days slowly lengthening.

Even though we know the challenges of a cold January and February are still ahead of us, we can affirm to each other that warmer times are coming!

On this day, we reflect on what no longer serves us, throwing this into the fire, and we set an intention for what we will nourish us in the year ahead – calling this up from the flames.

This simple ritual is at the heart of the event, but wrapped around it is moments sitting by the fire together, hot chocolate drinks, songs and gentle movement.

December is a festive period of merry making, coming together, eating plenty of food and ending the year on a high, in the true spirit of WomenCentre!



WINTER WELLBEING



Looking after ourselves is particularly important during the winter months, when the shorter, darker days can take their toll on our health and wellbeing. At this time of year, we are more likely to experience low moods due to feelings of isolation and a lack of warmth and daylight. This means that it's even more important for us to find the time to practice some self-care and give ourselves a boost this winter.

Here are 10 different ways you can be kind to yourself over the next few months:

Start a wellbeing journal

Jot down how you are feeling, draw some pictures or make a scrapbook. You don't have to do this every day, but keeping some kind of record can help us to process and manage our emotions, and reflect on things that are happening in our lives.

2. Treat yourself to some warm pyjamas or fluffy socks

There are few things more comforting than feeling all warm and cozy at home when it's cold and dark outside, and wearing something soft and snuggly can often help us to feel more relaxed and content.

3. Light a scented candle

Candles give off a warm, cozy glow, and filling a room with your favourite soothing aroma can be a good way to help you to relax and unwind

4. Make the most of seasonal produce

Making soups and casseroles are great and cost-effective ways to make sure you're getting your 5 A Day and they can be easily portioned up and frozen too.

5. Be sure to stay hydrated

In winter, it can be much more difficult to remember to drink enough because a cold glass of water is much more appealing on a hot summer's day. However, we still need to drink between 6 and 8 glasses of fluid each day to stay healthy and alert.

If water is not your thing, try a hot mulled drink instead. Simply warm some fresh fruit juice (apple or orange is best) with some cinnamon, a few cloves, cardamom or spices of your choice and then enjoy!

6. Keep up with your hobbies

It is important for our wellbeing to keep our minds and bodies energised, so whatever your interests are, be sure to make some time to enjoy doing them.

7. Create a winter reading list

The colder months are the perfect time of year to snuggle down and catch up on some reading. A good book can offer you anything from escapism, food for thought, new recipes or a craft to try, along with the chance to relax and unwind.

8. Get a bird feeder

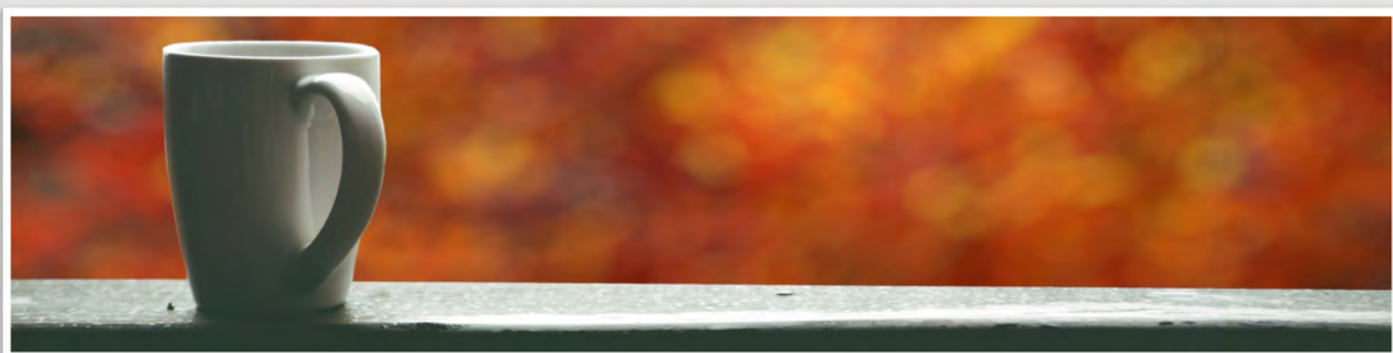
If you're looking for a peaceful way to spend some time, then you could consider birdwatching. Birds are everywhere if you look for them – in gardens, parks and even right outside your window. If you're lucky enough to have a garden, you might want to try adding a bird feeder or a bird bath to attract even more wildlife, then just sit back and enjoy watching to see what kind of birds pay you a visit.

9. Stay connected with loved ones

In the cold, dark days of January and February, it is easy to feel a bit isolated. Keeping in touch with friends, family or neighbours with a call or text, via phone apps like WhatsApp, on a video call, in an email, or even by writing a letter can help us feel more connected and will bring a smile to someone else's face too!

10. Go for a walk with a warm drink

It is easy to resist going out for a walk in the winter months because of the cold. But a mindful wintery walk can be enjoyable and invigorating if we embrace the winter scenery. So wrap up warm, grab a hat and some gloves, pour your favourite hot drink into a flask or travel mug and set off for a relaxing walk.

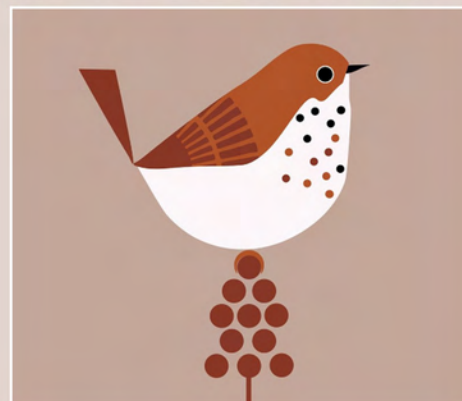


DIY BIRD FEEDERS

Did you know that there are over 630 different species of birds in Britain alone? Birdwatching is a peaceful way to spend some time and attracting birds into your garden or yard doesn't require lots of money or special equipment. During the winter months, birds love to eat fat cakes to help them keep warm, so why not have a go at making your own and see how many different bird varieties you can spot.

What You Will Need:

- ⇒ A heat-safe mixing bowl or a saucepan
- ⇒ A wooden spoon
- ⇒ A tablespoon
- ⇒ Tin foil or greaseproof paper
- ⇒ String
- ⇒ Scissors
- ⇒ Biscuit cutters or empty yoghurt pots (for moulds)
- ⇒ Solid fat like lard, coconut oil, suet or dripping
- ⇒ Bird seed or unsalted peanuts
- ⇒ Raisins, grated cheese, rolled oats
- ⇒ Peanut butter (optional)



Method:

Always mix your ingredients at a ratio of 1:2. For example, mix **one** tablespoon of fat with **two** tablespoons of seed or nuts.

1. Measure out one tablespoon of solid fat and two tablespoons of dry ingredients. We used coconut oil and a mixture of seeds and oats, but you can also add grated cheese and chopped up dried fruit if you wish.

2. Melt the solid fat either in the microwave or on the hob on a low heat. Keep an eye on it as it will melt very quickly. Then stir in your seed mixture.

3. If you are using biscuit cutters for your moulds, place them onto a sheet of tin foil or greaseproof paper so the fat doesn't stick as it solidifies. Cut a length of string and lay one end inside the biscuit cutter. This will be used to hang the feeder from once it has set.

If you are using yoghurt pots for moulds, carefully poke a hole in the base and then thread a length of string through the hole, tying a large knot on the end inside the yoghurt pot to secure it.



4. Carefully pour or spoon your melted fat and seed mixture into your cutters or yoghurt pot, gently pressing the mixture down so that it fills the whole shape or pot. We added a teaspoon of peanut butter to the mixture in our yoghurt pot to make it even more tempting.

5. Carefully put your filled biscuit cutters or yoghurt pots into the fridge and allow them to set for a couple of hours.

6. Once set, you can hang up your yoghurt pot straight away – small tits and finches love to hang upside down to eat.

Use a knife to gently loosen the mixture from the biscuit cutters and ta-dah! You will have some seedy shapes you can hang up outside to feed your new feathery friends!

Breathing Exercise

This time of year is busy!

Take a moment to pause with this simple breathing activity.

This technique for stress, anxiety and panic from the [NHS website](#) just takes a few minutes.

It can be done standing, sitting or lying down.

1

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

2

If you're lying down, place your arms a little bit away from your sides, with palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor. If you're sitting, place your arms on the chair arms. If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

3

Let your breath flow as deep down into your belly as is comfortable, without forcing it. Breathe in through your nose and out through your mouth.



4

Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.

5

Then let it flow out gently, counting from 1 to 5 again, if you find this helpful. Keep doing this for at least 5 minutes.

There are lots of other useful self-help guides, tools and activities too that can improve your mental health: [NHS website](#)

How to

make a milk/juice carton Christmas village

You'll need:

- milk or juice cartons in various sizes
- acrylic paint in any colours you like
- craft knife
- stringed Christmas lights or electric tealights



Instructions:

- 1 Thoroughly clean your cartons with soapy water & leave them to air dry overnight.
- 2 Paint the outside of the carton in a colour you like. Paint enough coats to hide the print on the carton. Let each coat dry thoroughly.
- 3 Once painted, you are ready to start designing the house. Draw the windows and doors on freehand or use a ruler to line things up.
- 4 Use your craft knife to carefully cut out the windows and door of your house.
- 5 Cut a small hole in the back of your carton at the bottom. Push the light source into this gap.
- 6 Place your house and turn on the lights. The windows and door will be illuminated with a warm glow.



Add other little features like cotton wool for snow or cut the shapes of mini ornaments to add more magic to your house.



Moth

From conception....

A cul-de-sac light

The moth dreams of control, or a handle,
But will come spinning

From its haphazard explosion,
Burning the fuse of longevity:
Halving it by a full two hours.

The full splendour and glory
Emblazoned on its wings,
Is folded, like tapestries, and hidden,
Tucked into apertures, kept in the dark.

...to birth

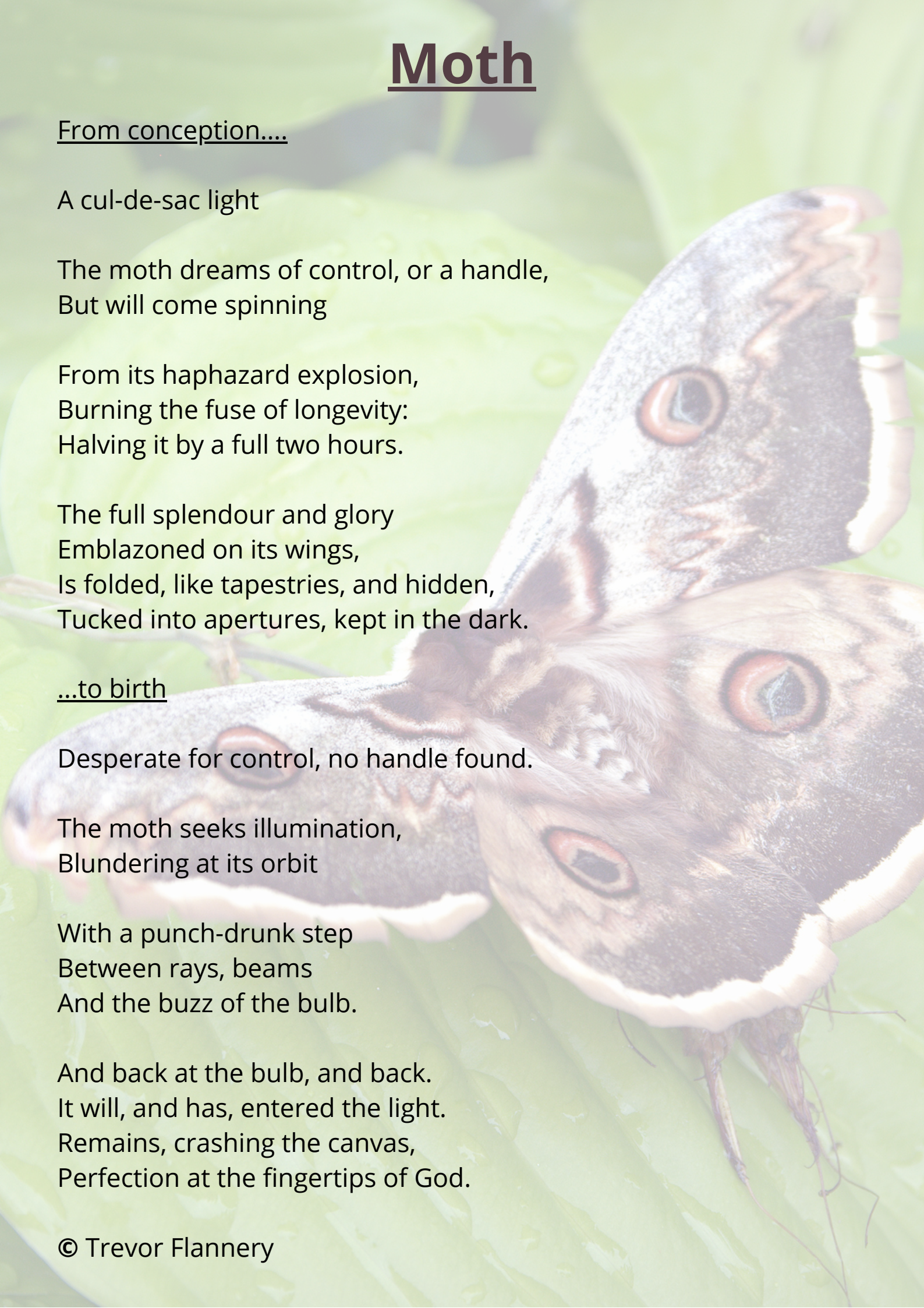
Desperate for control, no handle found.

The moth seeks illumination,
Blundering at its orbit

With a punch-drunk step
Between rays, beams
And the buzz of the bulb.

And back at the bulb, and back.
It will, and has, entered the light.
Remains, crashing the canvas,
Perfection at the fingertips of God.

© Trevor Flannery



Sizzle 'n' Chat Group

For World Mental Health Day our Sizzle 'n' Chat (womens group) and the Men's group designed lanterns to submit for the parade on the day and some of the members of the groups attended the event.

Sandra said, 'I really enjoyed today and doing stuff like this'.

Judy also said, 'I liked this; I would like to attend the lantern parade'.

Laura supported Hanifa to choose stickers she liked and add them to the lantern. Two other group members commented 'Hanifa joined in today and seemed like she enjoyed it, she never normally joins in'.



Summary of the Lantern Parade

The groups at Carers Count decorated a lantern each to be displayed for World Mental Health Day. Carers Count staff and group members took the lanterns to the Lantern Parade at Dewsbury Town Hall and talked about the lanterns to the public.

Carers Count was joined by Richmond Fellowship, WomenCentre and S2R in showcasing the lanterns to support mental health day and to spread the message to residents in Kirklees. Carers Count and the group members spoke with other services and gathered information about what other services were offering within Kirklees.

The group members enjoyed designing the lanterns and working as a team to decorate the lanterns together. Staff supported group members to the event, and the groups fed back that they would like to do this again next year.



World Mental Health Day

Lantern Event

On Tuesday 10th October the *Working Together Better Partnership* services and other community services came together for the 3rd year running to celebrate World Mental Health Day with a spectacular lantern art installation in Dewsbury Town Centre.

The event was moved into the town centre to make sure that the event was as accessible as possible to everyone within our community. We enjoyed a beautiful vegan and gluten free dish courtesy of S2R (*Support to Recovery*), useful information stalls and free wellbeing goodies from, Carer's Count, Richmond Fellowship's Kirklees Employment Service and the WomenCentre from the partnership.

We also welcomed several local services and community groups to hold stalls and promote the fantastic services they provide to our community.

The most notable part of the night was the amazing illuminations that filled the town hall entrance provided by Hand Made Productions and funded by CLEAR (*Community Links Engagement and Recovery*).

This was truly a magical evening, thank you to everyone that made this event possible.

If you attended our event and did not get chance to fill in our quick survey, please scan the QR code . All feedback helps us to continue improving.



Clearly Connected Magazine

NEW CLEAR MAGAZINE

OUT NOW

CONTACT YOUR KEYWORKER

OR USE THE BELOW QR CODE



Being a Part of Your Voice In Kirklees

A few of us meet on a weekly basis to produce this newsletter on behalf of the Working Together Better partnership. We are a diverse group of individuals who bring a variety of skills, experiences, interests and values to the table. We passionately believe that those in the community with mental health conditions should have a voice. There's so many reasons why we believe creating a platform like this is important E.g. it helps to reduce stigma; it helps individuals realise they aren't on their own; it supports others in the community and it benefits the well-being of those who contribute/participate. Being part of the team that produces Your Voice in Kirklees is a privilege and an honour but it's not just about the finished product, it's about meeting and connecting with others as equals; sharing ideas; planning; decision making and editing etc. in an environment that feels safe, positive and respectful. I asked the team why they keep turning up!! - **Jon**

The following are some of the responses I received...

"Your Voice In Kirklees is important to our service as it helps us to reach new audiences and promote positive mental health and wellbeing to people in our community. Plus, it gives all our staff and service users a chance to see what excellent work the other members of the Working Together Better partnership are up to as well". - **Alexa**

"YVIK is a newsletter which inspires me to contribute articles on relevant issues regarding mental health and well-being. The positive meetings on a Wednesday inspires me to look for meaningful content on mental health. From drama to trips on a barge. The newsletter speaks to people who may not have a voice and my role is to represent them". - **David**

"I have been a member of the Newsletter group since its inception 9 years ago and find it an inspirational, thought provoking and stimulating space. Every week I find I learn something new about the members and the community that I live in". - **Karl**

"Being part of the YVIK newsletter group allows me to be creative and develop confidence through meeting and interacting with others in a safe and welcoming environment. The group helps me to overcome my social anxiety and I feel happy knowing that each edition published can impact at least one person's life in a positive and meaningful way". - **Ryan**

Scan to read our previous editions!

Autumn 2023



Summer 2023



Spring 2023



Winter 2022



HAVE YOUR SAY!

Your Voice in Kirklees are seeking contributors for our quarterly mental health newsletter.

It could be:

- Art
- Poetry
- Stories
- Articles
- Puzzles
- Photos
- Crafts

Plus lots more, we just want to hear from you!

Our aim is to create a platform where anyone in the Kirklees community can share their experiences with mental health as well as highlighting partner services and other organisations that strive to make Kirklees a happy and healthy place to be!

Want to get involved even more?

We have a voluntary newsletter committee that meets once a week over Zoom to discuss and design each of our fantastic quarterly newsletters. A friendly group, composed of individuals who are on their own personal journey with mental health. All are welcome! **Every Wednesday 12.30pm on Zoom or in person.**

For more information or to send in a submission, contact our newsletter co-ordinator at:



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Carers Count



Cloverleaf
Advocacy

RICHMOND FELLOWSHIP
women's Centre

hoot
creative arts