



# YOUR VOICE IN KIRKLEES

*Spring 2024 Interactive Edition*

## WORKING BETTER TOGETHER



## WELLBEING AND MENTAL HEALTH NEWSLETTER



Cloverleaf  
Advocacy





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# My Journey with CLEAR

It was 2 years ago feeling lost and alone that I was referred to CLEAR. With little optimism I attended the welcome session and then my personal interview. How would I fit in? Would I walk through the door for the first time?

With trepidation I entered a group at Huddersfield called Words In Mind. It was wonderful. Like-minded people sharing poetry and writing both personal, and from their favourite writers.

From then on I attended more groups, like Creative Writing. Having the opportunity to explore my creativity was awesome and to learn from others was invaluable. Being able to be myself with others who had an understanding of mental health pressures was very comforting.

Eventually I took the risk of performing my poetry at the Lawrence Batley Theatre. I was nervous at first but realising that everybody wanted you to do well helped me settle into performing. A few months later I was introduced to Men's Talk. A group of men with lived mental health issues creating theatre about their experiences. For me it was magical and through drama games and sketches I developed the confidence to perform.

Who would have believed a lonely, depressed alcoholic could turn their life around? But I did thanks to a random referral to CLEAR by my social worker.

**David Crabb**

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# Celebrating our Peer Champions and Volunteers

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Kirklees Employment Service (KES) doesn't just offer employment support. We also have an amazing Peer Support Pathway which Volunteers and Champions help to run!

As a service we wanted to take the time to really thank these individuals for all their hard work, and helping to run and constantly improve with their ideas and support. Our volunteers and Champions help at events, help with workshops and general support, and are there to give us advice on increasing accessibility to others across the community. What better time to celebrate such hard work than at Christmas!

With this in mind we invited all our Volunteers and Champions to a celebration of them which took place on 13th December.

To start with everyone had a good chat and catch up around some tasty lunch, and our festive hot chocolate station was put to good use!

Then came the most important part - celebrating success! Karl Jackson-Lander, our Peer Support Coordinator, led a presentation which celebrated each of our wonderful Volunteers and Champions individually, highlighting their achievements to everyone, along with a certificate for them to take home.

Service Manager, Steven, and Employment Advisers, Ziona and Richard, were both there to help cheer and thank the volunteers and champions too.

One of our volunteers said: 'It was amazing to meet your team and enjoy your hospitality. Your workshops are always encouraging and motivating. I received many accolades from my family and friends when I showed the certificate of achievement from Richmond Fellowship awarded by you.'

Steve, Service Manager, said 'It was fantastic to be able to meet the Volunteers and Champions in person. They are vital to the running of our service and we know it's so important that we show how valued they are. I'm really glad we were able to take the time to show them our appreciation and gratitude for all they do.'

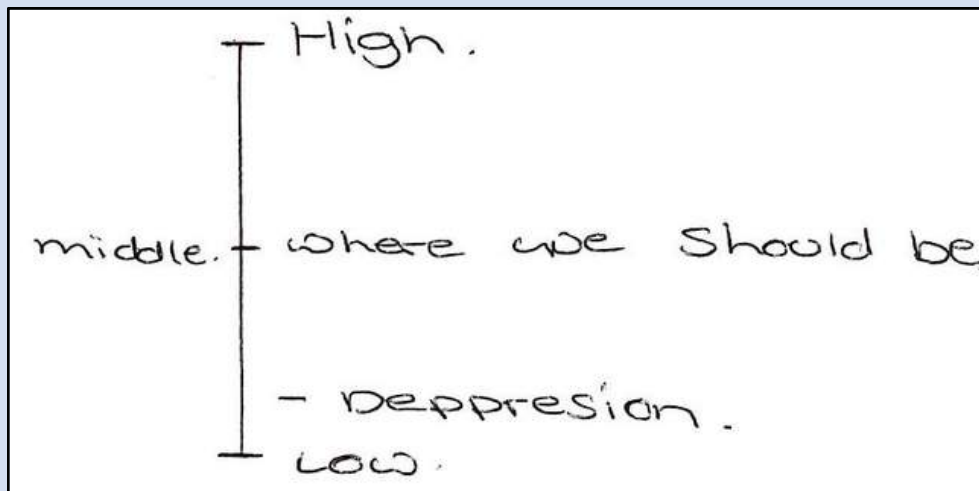
And just to prove their work is never done, the Champions and Volunteers then attended an exciting meeting with Commissioners who wanted their opinion on future service options across the local area.

We wish all our Volunteers and Champions a restful Christmas time and we look forward to working with them in 2024!



# My Journey - Bipolar

Bipolar is not knowing your emotions, as a society “normal people” are in the middle, as I can be high one day and low the next day. Never both at once as this is called manic.



I have actually found it easier to come down from a high, than it is to come up from a low.

## ***My Story***

Hello my name is Sam, I am 48 years old.

I want to share a little bit of my life history and my journey because I feel it will help you understand where I come from and where I am now.

I grew up with 3 brothers and two sisters. Life at home was: my Dad who was a policeman/singer and my Mum, who is a childminder. When I left school, I worked as an Auxiliary Nurse in care home. On my 21st birthday I was subject to a violent attack, I didn't know him. I couldn't tell anyone, particularly my Dad, as I felt frightened and ashamed and he may not believe me.

This effected my mental health in a huge way and I started with Depression. As a result I wasn't accepted into Sheffield Hallam University to study nursing. This was major for me, as I'd always wanted to be a nurse. Lots and lots of bad things continued to happen. My Dad took his own life, then my youngest brother took his own life too.

In 2006 I was diagnosed with Bi-Polar, knowing this was a major breakthrough for me, but resulted in many more hospital stays. In 2019 my medications were changed and as a result things got easier. My visits to the hospitals stopped. Whereas now in March 2024 I will be out of hospital 6 years.

***Sam Murphy***



# Jubilee Centre and Richmond Fellowship

I have been seeing my support nurse Debbie every 2 weeks. Debbie who works at Folly Hall (outpatients for mental health services) said to me last year why don't you go to the Jubilee Centre and Richmond Fellowship, she told me what went on there and we arranged visits, as we thought we would be able to get additional support and encouragement. I must admit I was skeptical and thought they would not be able to help me, these places are all the same I thought. Well guys, my eyes have truly been opened and I am no longer that judgmental person I once was. In February 2023 I came to the Jubilee Centre and we worked out what I was going to do: keep fit, coffee morning and Jubilee together. I came along with a friend Diane and Debbie, that's how it started.

Then I began at Richmond Fellowship, it is an organisation that supports people into volunteering. I completed a volunteer course to find out what I wanted to volunteer in. Meanwhile, in March a volunteering post came up for Melody Makers at the Jubilee Centre, so I applied. Anyone who knows me, knows I like working with kiddies, so this was ideal for me. I also now an ambassador for the Richmond Fellowship as a Peer Champion - promoting good mental wellbeing.

Volunteering has made me more confident, more understanding towards other people and more approachable. This is only a shortened condensed version of my experience.

Thank you.

*SJ Murphy*

Samantha Jane Murphy





# womenCentre

new for 2024

The past few months have seen some exciting changes here at the WomenCentre.

The new contract which was awarded at the beginning of January, will mean the launching of new evening groups from April, to ensure we meet the needs of women, who for whatever reason cannot attend during the day.

We have a new volunteer led book club which runs from 3.15pm - 4.15pm and from April a new fortnightly Creative writing group which will run from 5pm - 7pm.

We are also recruiting a volunteer to run ESOL classes from our Huddersfield base. The aim of the sessions will be to teach English skills needed for everyday life, or improve existing language skills.

Please contact the WomenCentre on 01484 450866 for details.



## International Women's Day Celebrations

Over 50 women joined staff and volunteers at our Huddersfield centre on Wednesday 6th March, to celebrate International Women's Day event.

Alongside the usual refreshments and singing, our Dewsbury attendees made bookmarks using fresh flowers and inspirational quotes as gifts for all to take.

We were also honoured to be joined by guest musician, Satnam Galsian who specialises in Punjabi folklore music, who added a richness and diversity to the event. Her renditions of traditional Punjabi songs, were extremely evocative and even though not everyone present understood the words, the emotions behind the songs were certainly conveyed.

We ended the session completing an exercise on inclusivity and words that summed up what it means to be part of the WomenCentre.

These were then put together by Emily into a song, and it truly encompasses the values we hold high in Kirklees and the culture led by staff, volunteers and clients alike.

*Welcome, welcome  
whoever you are.  
You belong here  
your voice will be heard.  
We'll notice you -  
you will feel safe  
and supported.  
Welcome, welcome  
whoever you are...*





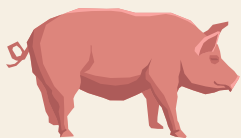
# SAYING GOODBYE BY DAVID CRABB

I TOOK YOUR FLOWERS  
HOME  
TOO MUCH DECAY  
TO STAY  
AT A CREM

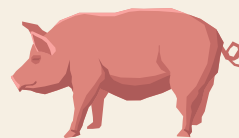
SO I KEPT HOLD OF YOU  
FOR A FEW  
MORE DAYS  
LIFE  
COLOURS  
MY LOUNGE

I'M SCARED NOW  
COLOURS  
FADE  
FALLING  
ROSE HEADS  
SAY GOODBYE

I FINALLY CRY  
AT 3AM  
ONE NOVEMBER DAY  
I'VE LOST YOU  
NOTHING MORE  
TO SAY



# PIGS IN THE WOOD



Pigs in the Wood is a non-profit sanctuary for pigs and other animals that have been rescued from various and often awful situations. We are based in the village of Scissett, Huddersfield in 10 acres of woodland where the pigs roam free and live naturally. Our aim is to provide a home for pigs and other animals that have been abused and mistreated and to provide a caring, safe and happy environment. When we are unable to take pigs in to our sanctuary, we help to find them a home and are building contacts to give them more prospects to find them a safe, loving place to live.

We are open to visitors, so why not come along, meet our residents, and enjoy the unique experience of seeing our pigs roaming free and living naturally in our wood! We also have other animals including goats and chickens and even a cat or two. It's fun to see how many you can spot? We have recently rescued the last 15 pigs and 3 calves from a farmer who has agreed to stop breeding them.

**Take heed school teachers!** Some of the work we do to promote the sanctuary includes school visits, where we talk about Pigs in the Wood and welcome students to come to us to learn about the pigs in their natural environment. We will also encourage colleges and individual groups to visit the wood for educational purposes. In addition, we hold events at the wood for occasions such as Easter, Halloween and Christmas, and host a music festival in the Summer - Pig Gig! See our Events page for more details. We also attend events such as festivals and fairs whenever possible.

The wood is currently home to 20 pigs that are cared for by our team of volunteers who work 7 days a week ensuring the needs of our residents are always met. I am delighted to be one of the great team of volunteers. And, on a personal note I have found the experience to be satisfying, sociable, and cathartic as well as valuable ingredient towards my health and mental wellbeing.

A fine example of the work we do is captured in story of our three little pigs! In November 2023, we were notified about three piglets that had been abandoned in woodland a few miles away from the sanctuary. They were around eight weeks old but had already been living in the wild for around five weeks, and some very kind locals had been feeding them.

Sadly, there was evidence that a group of hunters were making plans to hunt them with dogs, and indeed one piglet had already sustained a very large, open wound on the back of her neck.

Together with Every Pig Rescue Service, we managed to secure the piglets as a matter of urgency and bring them to the sanctuary where they would be safe. Here they were given the names Joni, Ziggy and Hope, and Hope's maggot-infested wound was treated successfully. Some of our female pigs have taken quite a shine to these babies, particularly Chloe and Tilly. It can often be difficult integrating new pigs into the herd, but when it comes to little ones the mothering instinct seems to take over. We hope to eventually find a loving home for these three survivors, but until then they will remain in the safety of our sanctuary.

In order to develop the sanctuary we have regular opening times and opportunities for people to help look after the pigs and the woodland.

For any information please visit our webpage [www.pigsinthewood.com](http://www.pigsinthewood.com).







# The Newsome Centre

St. John's Church in Newsome, Huddersfield has served as a place of faith since 1872, but in recent years attendance at church services has fallen dramatically and, in 2020, the Church of England approached the local councillors with an offer for the church to be put up for community use.

Councillor Andrew Cooper wrote in a blog post that "it was a choice we couldn't walk away from," despite the enormity of the project; the church will require many initial costs and ongoing upkeep to stay in safe working order. A Community Benefit Society (CBS) was established as the body needed to purchase and develop the centre.

In February 2023, the Society launched the first phase of their plan to transform the church into a community hub. A survey was carried out and the feedback highlighted a need for a coffee shop in the village; which enthused local people to help raise the funds necessary to buy the building from the Church of England.



St. John's Church

The vision for the centre is a vibrant community hub; it is the organisers' wish to open a cafe adjoining the centre where people can meet socially all year round. The pitch boasts comfortable seating and free wi-fi for students and workers; along with a main hall able to host large events, and small conference rooms with multi-media facilities. They envision the centre to be a place to put on plays, films and concerts as well as a space for people to celebrate holidays and family events.

Keeping in line with their values, they aim to make the centre a zero carbon building that utilises better insulation and renewable energy. This will also help to make the venue financially sustainable. As for architecture, there are plans to modernise the building while still retaining church features such as the pulpit and memorials, in order to respect the heritage of the building.

A SpaceHive page was set up and garnered pledges from over a hundred backers, along with a boost of £5000 from the Kirklees Growing Great Places Fund. The goal of £16500 was exceeded and a whopping total of £18000 was raised by July of 2023.

A final church service was held on Sunday 5th of March 2023 to commemorate the village's memories. Even after a sad farewell to a pillar of the community, many looked to the future and showed their investment by helping out with a community clean up of the graveyard. The Church of England has retained responsibility for the memorials on the grounds.

In April of 2023 the building's change of use application was accepted warmly, with the condition that there will be bike storage at the centre. These units will be sourced from other sites that no longer have need of them, cutting down on costs and waste.

In November 2023 the second phase of the plan was launched, with the aim to raise funds for detailed surveys and reports that would aid the party in asking for significant government funding.

Newsome's councillors - Andrew Cooper, Karen Allison and Sue Lee-Richards - broke off from their work at the church to chat with me in the vestibule, accompanied by a background hubbub of busy workers. They each professed their excitement for the project, with councillor Allison adding that she enjoyed seeing the plans coming together "little by little". Councillor Cooper mentioned having the chance to read the very first editions of the church's magazine, which chronicled the fundraising needed to open the church in the late 1800s - a heartfelt mirror of their own work! Although the project is going to be challenging, they know with the goodwill of the community behind them they will succeed.



Three members of the CBS signing forms for ownership

I also took to Newsome's Community Ward Forum to ask other locals for their thoughts on the centre, and I was met with overwhelmingly positive answers. Many made a point to praise the local councillors for their dedication to the community and professed that they are "proud to live in a 'Green' ward."

One contributor, Dan Lindley, spoke of the sentimental importance of the building, and added that "we are grateful that this wonderful building will not be demolished ... and will continue to be a community-used focal point for Newsome." Other locals had specific visions of a community centre; one brought the idea of a locally-sourced produce market to the table; another mentioned her hopes for crafting sessions, gardening classes, coffee mornings and family events; and Susanna Shotter of Aspire Creating Communities voiced her hopes to expand her charity's reach into the area.

Ultimately the project has created a bright spark of hope for the future, highlighted local peoples' dedication to their village and community, and generated a wealth of possibilities for the charities, businesses, families and individuals of Newsome. However this is only the start of the journey, so if you can spare the funds, time or energy, please get involved and together we can build something beautiful.

Written by Evelyn J. Salt

with special thanks to  
Newsome's councillors



# Time

Escaping my flailing chase  
Yet pursuing my every course.  
It can borrow skin  
Peering from statues and clock face  
Admiring a new vantage point  
And its ability to haunt.

It steepens my priorities in bonfire mass,  
And ignites a furnace flame  
To reject my most important tasks  
As a mockery and waste of time.  
With a melodramatic translucent stance  
It points to an inevitable path  
Leading to the end of time.

***Trevor Flannery***



On Saturday 17th Feb, Clear attended the Woven in Kirklees event “strut” that took place at Dewsbury Town Hall.

The event saw lots of independent “makers” and business owners attend to sell their handmade goods, as well as free family friendly workshops run by the Woven in Kirklees.

CLEAR brought to the event a taster of their “Scrap Journal Project” which involves using scrap book techniques and combining this with creative writing/journaling.

We had lots of families and people come and talk to us about our service and have a go at a taster session of Scrap journalling.

It was an extremely creative and fun afternoon, and we were happy to be a part of this great community event.

If you would like to know more about our service or Scrap Journaling, please get in touch with Hannah.

**Email:** [hannah.cochrane@commlinks.co.uk](mailto:hannah.cochrane@commlinks.co.uk)





# Kirklees Autism Group

07523 269274  
[autismkirklees.org.uk](http://autismkirklees.org.uk)

**I am George Bell, the new coordinator for Kirklees Autism Group and if you aren't familiar with us: Kirklees Autism Group is a collective of Autistic Adults from across Kirklees, and across the Autism Spectrum. The aim of the group is to make sure that people with Autism have their voices heard by services in Kirklees. 'Services' covers a lot; it includes things like: NHS services, GP surgeries, Transport Services, Mental Health services, Education, Social Services, Housing, Gateway to care, Learning Disability and of course Autism Services. We work with the Autism Partnership Board to ensure autistic adults voices are heard and working together to make life better for Autistic people in Kirklees.**

**Some information about me: I am the new Volunteer and Engagement Coordinator for Cloverleaf Advocacy in Kirklees. What that means is I support volunteers who want to get involved in our service and I coordinate the autism groups we have too in both Dewsbury & Huddersfield.**

**A bit of background about me: Work-related, my first job was supporting autistic adults in the community, and I absolutely loved it. Being neurodivergent myself I understand how hard the world is to navigate so being able to help and support others gives me immense joy and feels like my true vocation. I also am very passionate about LGBTQ+ rights and supporting BAME communities. Some special interests of mine includes tattoos and birds; owning a budgerigar myself!**

**One thing I do to support my mental health is being in nature, especially woodlands, having the birds singing around me, listening to running river, the crunching of dried leaves under my feet and the fresh crisp woodland air is simply magical for me!**

**[George.bell@cloverleaf-advocacy.co.uk](mailto:George.bell@cloverleaf-advocacy.co.uk)**

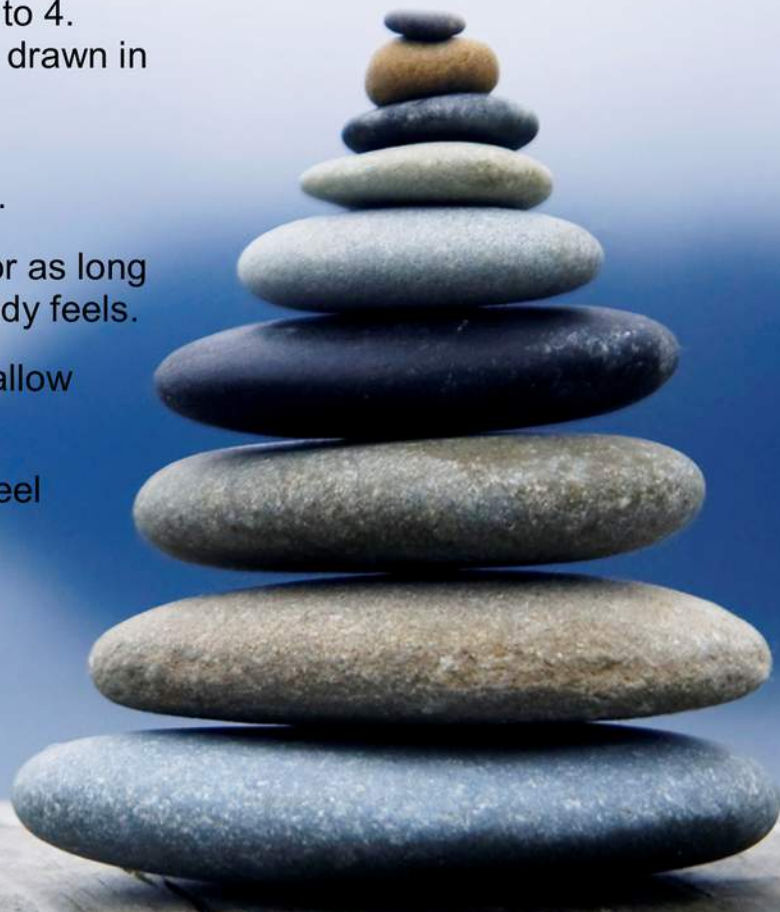


## *A Gentle Breathing Exercise*

Taking time to do some simple breathing exercises is a great way to help us feel calm and more able to cope with feelings of uneasiness, stress and anxiety. If you'd like to have a go, follow these simple steps to help you relax and energise your mind:

- ◆ Find a quiet, peaceful spot. This could be at home, outside in the garden or perhaps in your favourite outdoor space.
- ◆ Make yourself comfortable. Sit with a straight back and try to gently lengthen your spine as you sit.
- ◆ Close your eyes and let your muscles relax. Let your hands fall softly into your lap and gently loosen up your shoulders.
- ◆ Begin the breathing exercise by bringing your attention to your breath. Don't try to change it, just take notice of how it feels.
- ◆ Slowly start to breathe in whilst counting to 4. Notice your tummy rise as your breath is drawn in
- ◆ Hold this breath in for a count of 2.
- ◆ Slowly breathe out again for a count of 4.
- ◆ Keep this gentle 4 - 2 - 4 pattern going for as long as you like, noticing how relaxed your body feels.
- ◆ When you are ready, stop counting and allow your breathing to return to normal.
- ◆ Gently open your eyes, notice how you feel and take a few moments to take in the world around you.

Practice this gentle breathing exercise as often as you like to help you to feel calmer, more relaxed and energised.





## Craft Challenge...

### *Try your hand at Calligraphy!*



Start by choosing a pen that has a wide or a flat nib, then take a look at this picture (right) which shows how to hold your pen. For best results, try to keep it on the same angle you write at.

Don't just write in your normal style of handwriting. Make your characters larger than you normally would and space out your letters. This gives you more room to add swirls or decorative touches and will give your writing more impact.



Try to keep your letters well defined by lifting your pen off the paper and repositioning it between creating individual shapes, even when working on the same letter.

Choose a few letters that extend up or down (for example, an h, an f or a g character) and then make them bolder, longer or taller by adding a swirl or some decoration. Just keep in mind that this might impact the row of writing above or below too.

You will find two very different calligraphy style guides from [www.thepigeonletters.com](http://www.thepigeonletters.com) overleaf. Why not start by trying to copy the writing on these sheets and see how you get on. We found that the best pen for beginners is a 2mm chiselled nib felt tip pen.



## Calligraphy Example 1



## Calligraphy Example 2

bloom where you are planted

bloom *bloom* bloom

where *where* where

you *you* you

are *are* are

planted *planted* planted



# The Move

In 2007 I made the brave decision to move from Rugeley in Staffordshire to West Yorkshire. I left the company I'd worked for, for six years based in Leicestershire.

There were two main driving forces for moving. Firstly, our daughter and our son were both fast approaching the ascendancy from primary school to secondary school, (there is no three tier system in the Midlands) and alarm bells were ringing! Since we had resided in Rugeley the performance and reports from friends and parents resoundingly stated that the two schools that we had as a choice were both in decline. So, we were stuck between a rock and a hard place as they say.

Rugeley town was also in decline becoming a shadow of the town it was when we had moved there. Admittedly after living in the West Midlands for 35 years I was becoming disheartened with it and somewhat selfishly I always had an attraction to West Yorkshire albeit based on short holiday trips or visits. There is a saying that 'the further north you go the people are friendlier! My wife and I both preferred rural as opposed to roads, brick and too many people. Personally I love poetry and creative writing in general; need I say more!

My wife then noticed that I was attending four interviews in one day 'up North', one in Altrincham, two in Manchester city centre and lastly one based in Elland. She deduced we were indeed moving up North. I chose the position in Elland and stayed at a place in Diggle until a permanent home was found.

Obviously, Elland was the centre point to commence looking for suitable areas from where we should conduct a thorough search for property. I shortlisted a few locations some of which my wife and I would travel up to at weekends. The search area was refined and during the following weeks it was further refined and areas agreed to some extent.



As it transpired we, including children and our beloved dog, landed in Holmfirth for a pit stop. We agreed that this now becomes the centre point for our search. We bought a property in Shepley. I recall heading the drive to our new abode with my son accompanying me and the dog. My son who was 6 years old pulled his hood up to hide his tears. I looked in the rear view mirror to see my wife driving her car with the company of my 9 year old daughter and both had tears in their eyes. As for the dog, he couldn't care where he was going as long as he was going with us.

When the children started their respective new schools our son needed additional support as the move traumatised him; having to make new friends and not getting to grips with the Yorkshire accent: our daughter would fit in anywhere immediately, even on another planet! Fast forward 18 years to 2024 and both are doing extremely well.

As for West Yorkshire? Were the top three things on our list duly ticked? Firstly, the countryside and views were ticked immediately, as anyone would guess. Secondly, the people; proved to be as welcoming as I thought they would be. Literally every day or three I always get questioned about my accent. Even after 18 years the all too recognisable West Midlands accent has not diluted in any way at all, in fact it's got broader as if in retaliation! But, not once has it been queried in a condescending way, in fact it's a great and fun topic of conversation. Last but not least is the food and great local produce especially if you have a passion for cooking.

Anecdotally, after just short of three years working in Elland I returned to my former position in Leicestershire. This warranted a 78 mile journey there and 78 miles back. Not once did I think of relocation and as I would say to my work colleagues who assumed and asked 'so, you'll be moving back down here then?' My answer was resolute, 'wild horses couldn't move me from West Yorkshire'.

With the top three reasons on our list easily accomplished – countryside, welcoming people and food – the relocation brought an additional benefit we hadn't bargained for, our mental health and wellbeing improved. Over the last three years this benefit has played an important contribution to my own mental health and wellbeing after experiencing a 'crash and burn' scenario from taking on too much work. Indeed, the move has been and is vital helping me deal successfully with anxiety and depression.

Having witnessed the painful and disappointing decline of Rugeley Town I have to state my concern regarding Huddersfield. Over the last two years both of the children and ex-wife have all regularly said that there's nothing in Huddersfield, specifically retail and night-life: I agree and will end on that controversial note only to add that I wait with fingers crossed to see what the Blueprint brings; hopefully a proper regeneration, much needed revitalisation and not a cosmetic makeover. Let's see.



# Creative Summit

**hoot creative arts** hosted the Creative Summit: the Rhythm of Life on Friday 9th February 2024 at Dewsbury Town Hall. A conference that brought together creative minds from various sectors to showcase the Kirklees Year of Music 2023 Health and Wellbeing programme.



It was a great day of talking, sharing and learning about new innovative ways of using music to help support mental health and wellbeing. There were lots of amazing organisations and people from across Kirklees with performances, film screenings, stalls, panels and discussions throughout the day.



We premiered The Rhythm of Life project film showcasing all the great activities as part of the programme.

[Click here to watch on YouTube](#)



[www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)  
01484 516224

# Creative Summit



If you missed the event or want to re-watch a panel discussion you can also [watch the recording of the event on our YouTube channel](#).

You can also [visit \*\*hoot\*\*'s website to read more and access useful resources and toolkits](#).



[www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)  
01484 516224



# The Good Job Checklist Part 1

This check list is designed to help you consider whether a job will be good for you. It was created by Jane Willis, a creative health consultant, who delivered an event last year as part of the Kirklees Year of Music Programme with Music Cities Events discussing how to look after yourself as freelance creatives.

The questions will help you pause and consider a piece of work before taking it on. Will it nourish and support you, providing meaning and purpose, community and connection, enjoyment and satisfaction as well as enabling you to earn a living? Or will it drain and deplete you, leaving you feel exhausted, stressed, miserable and close to burnout?

Answer Yes or No to the following questions.

## Meaning and Purpose

1. Does this work align with my values and interests?
2. Is the client professional, fair, honest, and reliable?
3. Will I feel valued and respected?
4. Will I receive appropriate credits?



## Appropriate Pay

1. Are the rates of pay in line with nationally recommended rates?
2. Is the time for planning and preparation reflected in the rates of pay?
3. Is the client likely to pay on time?
4. Will I receive a contract for the work?

## Capacity

1. Do I have time to take this work on?
2. Do I have enough energy to take this on at the moment?
3. Will I have to give up things that are important to me to take this on?  
E.g. exercise or relaxation time, time at home, time with family etc.
4. Will I be able to schedule downtime after this work if needed?



[www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)  
01484 516224

# The Good Job Checklist Part 2

## Touring and Travel

1. Will it involve travelling?
2. Have I already done too much travelling this month?
3. Is overnight accommodation provided or paid for?
4. Will I be able to keep in touch with friends and family while away?
5. Will I be able to exercise while away?
6. Will I be able to eat healthily while away?
7. Will I be able to moderate or stop using alcohol or drugs while away?

## Is there anything else you need to consider?

Write down your thoughts.

## Conclusion: Will this work be good for me?

Write down your thoughts.



The Good Job Checklist was created by Jane Willis for The Rhythm of Life Health and Wellbeing Programme as part of Kirklees Year of Music 2023.

You can also [download a copy of the checklist to fill in from hoot's website](#)

Find more toolkits and resources for Creative Health here:  
[www.hootcreativearts.co.uk/latest/toolkits-and-resources-for-creative-health](http://www.hootcreativearts.co.uk/latest/toolkits-and-resources-for-creative-health)

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## HOW TO GROW PEA SHOOTS

Spring is a great time of year to have a go at growing some of your own food and our Cemetery Road Community Allotment group were busy planting pea shoots last week. It's such a lovely way to celebrate nature unfurling all around us.

If you'd like to grow your own pea shoots, you will need: some pea seeds (top tip: you can also use dried peas that you soak and eat from the supermarket), some multipurpose compost (or garden soil) and a plant pot or recycled container with holes in the bottom.

### Method:

1. Place some multipurpose compost or soil into your pot or container until it's about three quarters full, then scatter your pea seeds on top.
2. Cover your seeds with more compost or soil.
3. Pat the compost or soil down gently and then give the seeds a little bit of water.
4. Place your pot or container on a windowsill and keep the compost or soil moist.
5. Watch for your pea shoots starting to emerge.
6. Once they are a little bigger, you can chop them down and add them to your meals or salads.
7. Keep the compost or soil moist and watch the pea shoots grow again.

Remember, gardening is a new experiment, with new growing conditions every time. So have fun, don't be afraid to try things out and don't worry if things don't quite work out on your first try.



Our allotment group meets every Wednesday from 11am - 2pm in Birkby. For more info or to come and join in with one of our sessions, please email us at: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)



# New Beginnings

In this issue we're focusing on New Beginnings. It's something that means different things to different people; can happen naturally, be forced upon us through circumstances out of our control, or through plans one makes out of necessity; all of which is likely to affect our state of mind/well-being.

There's so much in all the four seasons that can make one feel good but Spring is all about new beginnings. It brings brighter mornings, longer days, warmer weather, leaves adorning the trees, flowers blooming, children coming out to play, birds returning from warmer climates, animals reproducing, spring cleaning, more opportunities for exercise and potentially joy, optimism and hope.

**New born  
Opportunity  
A new dawn  
Serendipity.**

I grew up in the seventies when so much of the music around at the time was very upbeat with Glam rock, disco and novelty songs et al so those about new beginnings wouldn't probably have stood out like they may do today. However a few though do spring (pun intended!) to mind. Steve Harley & Cockney Rebels cover of George Harrisons "Here comes the Sun" was a favourite of mine, as was Melanies' "Peace will come" and Bob Marleys' "Three little birds" is beautiful and full of hope. My most listened to genre is probably traditional blues and although there's not many songs (as the title would suggest) about new beginning experiences within it, there are many about hope for better times ahead, Sonny Terry and Brownie McGees' "Better Days" is a fine example.

**Here comes the Sun  
why Knock on Wood  
A Change is Gonna Come  
and... I'm Feelin Good.**





Sometimes new beginnings can come out of our determination or good fortune to get through hard times or a difficult situation such as being treated unfairly, having a serious illness, losing a loved one or a relationship break up. But out of such situations lessons can be learned bringing new opportunities. contacts, friendships and loves.

**Everything is fine  
It's a good thing  
I cross your line  
You cut the string.**

**But that was then  
No point whining  
Yet again  
The sun is shining.**

I remember vividly one new beginning. It was the the day I came out of detox. I'd had two weeks in a mental hospital where, with the support of some amazing workers (and lots of medication) I was "ready" to be released back into a scary world without alcohol! That was a few years ago now and although I still fear that one day I'll drink again, to a certain extent it's this fear that keeps me sober. I see new days, seasons and opportunities through different eyes, with thankfulness and hope. The potential for new beginnings is far greater now than it was during the decades of daily, heavy drinking. There's lots of reasons why this is true but for me the main ones are being honest, a clear conscience and having more clarity of thought.

**Better highs  
Heightened senses  
No more lies  
Nomore pretences.**

And finally... we're seeing significant changes (and expecting some more) with services in our region. Money is tight/times are hard and services are having to cut their cloth accordingly. As a result there's likely to be a lot of change in the coming days which could prove to be difficult for clients, service users, patients and professionals alike. However, as the saying goes, sometimes out of adversity comes opportunity (to move forward and grow). Having to look at what we're doing and how we do it can be a very positive thing, exciting even. Thankfully the solutions and the resources needed can often be found within. To quote Edgar Cahn... again! "We have what we need if we use what we have"



# Groups Update



We have various Coffee and Chat groups that take place around Kirklees to suit the needs of unpaid carers. Why not sign up to our newsletter and weekly communications to find out more.

At Carers Count we know that at times, being an unpaid carer can often be frustrating, isolating and time-consuming with little thanks or recognition. It can also impact your mental health and well-being and feel like a constant battle. We have and are providing ways for carers to relax and raise awareness of the impact.

The Carers Count sizzle and chat group took part in a relaxing meditative arts session. We used different watercolours and materials to draw and create our own artwork, this was joined by a guided meditation. We then drew things that came to mind after the meditation such as suns, trees and flowers.

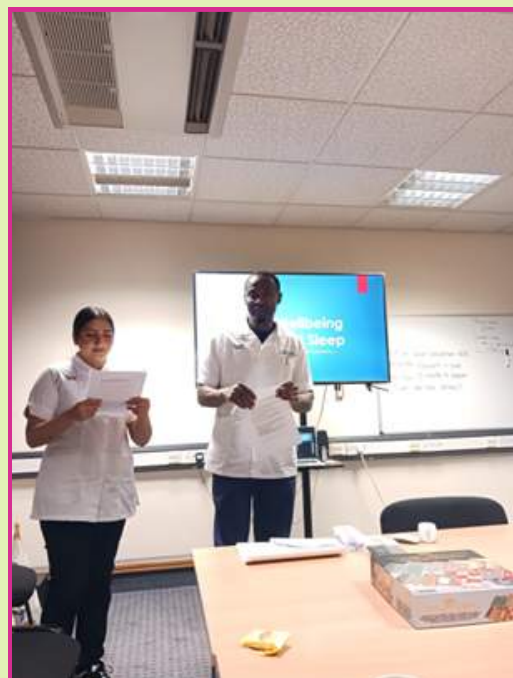
The group said that the session made them feel calm and peaceful. One person said 'I really enjoyed it', another 'I feel really relaxed now', and 'It reminded me to feel hope for the future'.

Get Set Goal ran a session about sleep at the Carers Count Dewsbury Men's group, we discussed the importance of a good nights sleep. We learnt about how different exercises and encouraging movement during the day can promote a better sleep. We discussed the physical and psychological factors that may affect our sleep such as our diet, stress and our environment. We took part in exercise activities and a quiz to guess which foods would help or hinder sleep. We found the information about technology very interesting as we identified things such as watching TV until late that may affect our quality of sleep.

Some of the feedback from the session included that it 'was very helpful' and 'I learned something new'.

For more information about Get Set Goal call 01484 472 201

The carers appreciate the groups as they get a break while those they care for attend.





# Being part of Your Voice in Kirklees continued

We're a group of diverse individuals who get together as equals weekly to coproduce this newsletter. Each of us bringing our own experience, skills, passions and perspectives etc. In the Autumn 2023 issue a few of us said a little about who we are, what we do and why we do it.

I asked other members of the group to "introduce" themselves, here are some of the responses below...

Hello, I'm Evie. I'm a young adult with avid interests in art, local politics and community development. I'm new to the team, but my aim is to contribute articles about the development of Huddersfield and its surrounding villages, including how they may affect local people.

Hello, I am Trevor and haven't been part of this group for that long and I'm delighted to share my thoughts with the other members regarding content and its potential progression. It is a great platform for inclusive contribution from everyone and very simply put, to share 'your voice in Kirklees'.

Hello, I'm Zulekha, the Volunteer Coordinator for WomenCentre, and I have been a part of YViK for over a year now. It is a truly collaborative and co-produced newsletter, giving all those involved a platform to share their 'voice' and showcase their creative writing skills.

By Jon Mills

**We would like to hear your opinions on the pieces in this edition. Any feedback would be appreciated, please email us at...**



**Karl.Jackson-Lander@richmondfellowship.org.uk**



# Scan to read our previous editions!

Winter 2023



Autumn 2023



Summer 2023



Spring 2023





# 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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