

Physical health and wellbeing team newsletter



South West
Yorkshire Partnership
NHS Foundation Trust

July 2024

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With **all of us** in mind.

Barnsley recovery college

The physical health and wellbeing team are now based at the Exchange Recovery College.

The recovery college have courses throughout the year that can help people struggling with their own mental health.

If you would like to know more about what the college can offer please follow the link where you will find a range of courses.

[Recovery-College-Prospectus-September-2024-2.pdf \(barnsleyrecoverycollege.nhs.uk\)](#)



Welcome to our newsletter

We're the physical health and wellbeing team, and we're a team made up of peer support workers and volunteers. Our team provides a personalised activity service for individuals for people in Barnsley who may be struggling with their mental wellbeing.

We strongly believe that improving your physical health can have a positive effect on your mental wellbeing, and this is evidenced by our current peer support workers. They have used physical activity to gain control of their mental health and are now sharing their lived experience with others like you.

Whether you haven't played netball since leaving school, or you are isolated within your own home, the physical health and wellbeing

team can support to you to reach your goals and make positive changes to your life.

We ensure the service we are offering is sustainable in the community and reaching those who require it the most. Physical activity isn't for everyone; however, it can have endless benefits to help support a person's mental wellbeing. The physical health and wellbeing team are here to support individuals to develop their self-confidence, build relationships, create networks and most importantly enjoy life. We offer a wide range of sessions from walking, running and cycling to team sports such as football and netball. Activities are peer led by some of our amazing peer support workers, meaning sessions are inclusive, safe and friendly.



Our activities

Monday	10am – 11am Couch to 5K Locke Park Walking 09:30	11am – 11:45am Boxercise Locke Park Band-stand	11:45am – 12:45pm Walking netball Stocksbridge Leisure Centre £4 per session	1:30-2:30 Pickleball Stocksbridge Leisure Centre £3
Tuesday	11am – 11:45am Boxercise Recovery college		1pm – 3pm Gardening Swanee Road allotment	4pm-7pm Electric bike ride Kendray Hospital
Wednesday	10am – 1pm Cycling Kendray Hospital	2pm – 3pm Circuit training Recovery college		
Thursday			12.45pm – 2pm Football Oakwell Training Ground £2 per session	5:30pm – 6:30pm Netball Honeywell Sports Centre £3 per session
Friday	10am – 11am Couch to 5K Locke Park Walk 09:30	12pm – 1pm Supported open water Swimming Manvers Lake MEMBERS ONLY	12pm – 2pm Men's only Bike Ride Kendray Hospital	Recovery College Gym REFERRALS ONLY
Saturday	9am– 11am Locke Park Park run (5K)			
Sunday	10am – 1pm Cycling Kendray Hospital			

All activities are updated on a regular basis. There is no need to book, just turn up or use the contact details.

Hannah Burton - General Enquiries (07917650091)

Vicky Pierrepoint - Bike Riding—E-bikes/Veterans/Netball (07386697966)

Steph Flanigan - Running/Gardening (07386697965)

Helen Whatcott - Ladies sessions (07880016355)

Ian Henry - Walking/Football (07386697957)

Email: phwbt@swyt.nhs.uk

The Yorkshire Marathon 2024

Steph completed the Yorkshire Marathon raising £1000 for the fantastic charity Aphasia Support. It was a very wet and windy run but also enjoyable. It was lovely to see some familiar faces who made the trip to York to show their support (especially my two biggest fans Pippa and Joey) and at mile 17 their cheers were greatly appreciated. It was one of the hardest things I have done for a while but super proud of my sprint finish at the end.

Thank you to everyone who has supported me to achieve this goal and offered congratulations, it would have been much harder without it. I am now planning my next challenge for 2025.....any suggestions?



New for 2025 - A place for our veterans

In Jan 2025 we will be introducing

A Veterans drop in session, this will be every Tuesday down at our new premises in Worsbrough.

Each session will be a chance for Veterans to gather have a chat and get to know more about what the session can offer.

Vicky our veterans peer working will also be inviting different professions in to discuss area's in which you may be struggling with.

The first session will be just a chat to get to know each other and also discuss our very own Veterans moving forward course which will run in 2025. We have 8 available spaces for the course so please register your interest ASAP.

On the right is a brief poster about what to expect on the course.

To show an interest in the course please email:

victoria.pierrepoint@swyt.nhs.uk

VETERANS MOVING FORWARDS: BUILDING A BRIGHTER FUTURE

Co-designed by Veterans for Veterans

Course Aim

To provide you with the opportunity to gain clarity about your direction in life, develop tools and strategies to help you commit to action and make progress towards your brighter future.

The course is split into 6 x 3 - 3.5 hour modules, run over consecutive weeks.

1. **Introductions, Ways of Working and Individual Aims.**
2. **The Military Mindset:** understand how the human mind works and the impact of how your mind is shaped by your experiences.
3. **Breathe, Sleep, Move:** review your health and wellbeing and the positive changes you can make to your lifestyle.
4. **Learning to prioritise, plan and make good decisions:** learn and apply different tools to help you review your priorities and set actions.
5. **Overcoming obstacles to your progress:** recognise barriers to change and discover the benefits of thinking / planning ahead and review and reflection skills.
6. **Sustaining positive change:** Refresh and recap on your learning, review your support networks and develop an action plan for your future.



Course Highlights include:

- Understanding the impact of your military service on your current situation.
- Gaining perspective and clarity about your life's direction.
- Sustaining positive change.

Benefits of this course include:

- Tools and techniques to help you navigate life's challenges and implement positive change.
- Learning useful strategies to help you improve your own wellbeing.

Our Recovery College Staff and Peers have been trained by Help for Heroes to deliver this course.

To register for this course please contact:

Barnsley recovery college
Gawber road
Barnsley
S75 2AH/01226 730433
Vicky Felton – 07386697966
Victoria.felton@swyt.nhs.uk

Meet the team



HANNAH

I'm Hannah Burton, I currently lead on all things physical. I have a very busy, active lifestyle. I believe I have the most amazing job in the world. I am very lucky to be surrounded by a great team of people who add such value to the work we offer within the physical health and wellbeing team.

I am a wife, mum to two children and have two fabulous stepdaughters. My family are all very supportive of the work I set out to achieve and share my values in creating a culture which enables an individual to flourish. They have all at times attended activities and have felt the benefits of physical activity and how this can impact your mental wellbeing.

My own hobbies and interests are physical activity (of course) – mostly netball and walking. My dog Joey and I walk for miles and miles.



VICKY

My name is Victoria and I suffer with my mental health. In 2019 I was diagnosed with EUPD/PTSD and depression. I suffered for many years on my own thinking there was no help for me.

I was then introduced to the physical health and wellbeing team. At first I didn't really think anything could help, and I wasn't really willing to try, however after weeks of trying little bits I found I was feeling much better. The more fitness I gained the more I could feel my old self coming back. Doing activities really has helped me more than I could ever explain, so if you're feeling like I did rest assured with hard work and a focused mind there is hope and help.



STEPH

Hi, my name is Steph and I live with paranoid schizophrenia and emotionally unstable personality disorder. I spent many years in and out of hospital often detained under the Mental Health Act. I was heavily identified by my mental health patient persona, all I knew was being in hospital.

Things turned around however when I was introduced to physical activity. I started attending a gym, supported by a member of staff, and took up running. It has always been a dream of mine to run the London Marathon and while I have still yet to do it, I have taken part in a couple of other marathons and other events including the Great North Run.

Physical activity opened up a whole new world for me, it grew my confidence and I have done things I would have never felt possible. I started volunteering and gained my GP referral personal trainer qualifications as well as becoming a boxercise instructor. As I continued to develop, I left volunteering to become employed as a peer support worker and have worked within the NHS for about 6 years. I have just completed a degree with the Open University and been out of hospital for about 10 years.

I don't know where I would be without physical activity, it now plays an important part in my recovery journey. I know that I will always have times of struggle but with the right support, I can see a light at the end of the tunnel and my mental health no longer defines me.



IAN

Hello, my name is Ian. In 2000 I was diagnosed with schizophrenia and had to go into hospital for six months. I was making a fast recovery in hospital - I was allocated day release in which I was only home for 10 to 15 minutes as my paranoia commands were overwhelming. After three or four months I made an even faster recovery playing football with people with mental health conditions.

As time and years went by I did an apprenticeship for the Trust which helped. We were called sports cadets and we did various activities with people. After working alongside Hannah and finishing my apprenticeship I started a job working with a disabled man.

Later I started volunteering for the NHS again playing football and going to Europe in football tournaments with other service users. I now work with the physical activity team. Through all of this I have experienced a lot and would not turn back the time and experience I had. I'm now doing so well, I control my mental health condition. I'm looking forward to being around people and helping people with mental health conditions – I think that's what the job's all about.



My name is Helen and I am the newest member of this diverse team in spite of being here 2 years now. I have lived experience of mental health difficulties and found exercise critical to my own recovery. I became involved with the team after meeting members at a netball session which remains my passion but have also grown to appreciate all sorts of activities and get job satisfaction from seeing those I work with achieving personal, social, emotional and physical goals!

Barnsley recovery college enrolments

To enrol on any of our activities we ask that you enrol through Barnsley recovery college this enables our team to have upto date contact details it also allows us to contact you in the event an activity is cancelled or venue is changed.

All our activities are mainly outside so on occasions we may need to cancel or change venue at short notice.

To enrol call the recovery college or complete an enrolment from online.



Spotlight on...

Christmas Activities

The physical health and wellbeing team will be running a limited timetable during the Christmas period.

We do try our best to limit the amount of activities that are effected during the festive period. During our break if anyone is struggling and need support you can now dial 111 and select option 2

PHYSICAL HEALTH AND WELLBEING TEAM CHRISTMAS SCHEDULE 2024

DATE	TIME	ACTIVITY	LOCATION / MEETING POINT
SUNDAY 22 ND DECEMBER	10AM	BIKE RIDE TO ELSECAR	KENDRAY BIKE SHED
MONDAY 23 RD DECEMBER	9.30AM	WELLBEING WALK	LOCKE PARK CAR PARK
	10AM	COUCH TO 5K	LOCKE PARK CAR PARK
	12PM	NETBALL	STOCKSBRIDGE LEISURE CENTRE
	12.30PM	WELLBEING WALK	RSPB OLD MOOR ENTRANCE
	1.30PM	PICKLEBALL	STOCKSBRIDGE LEISURE CENTRE
FRIDAY 27 TH DECEMBER	9.30AM	WELLBEING WALK	LOCKE PARK CAR PARK
	10AM	COUCH TO 5K	LOCKE PARK CAR PARK
	12PM	OPEN WATER SWIMMING (MEMBERS ONLY)	MANVERS LAKE
MONDAY 30 TH DECEMBER	9.30AM	WELLBEING WALK	LOCKE PARK CAR PARK
	10AM	COUCH TO 5K	LOCKE PARK CAR PARK
	12PM	NETBALL	STOCKSBRIDGE LEISURE CENTRE
	12.30PM	WELLBEING WALK	RSPB OLD MOOR ENTRANCE
	1.30PM	PICKLEBALL	STOCKSBRIDGE LEISURE CENTRE
THURSDAY 2 ND JANUARY	10AM	NEW YEARS HIKE	LANGSETT BARN CAR PARK
FRIDAY 3 RD JANUARY	10AM	COUCH TO 5K	LOCKE PARK CAR PARK
	12PM	OPEN WATER SWIMMING (MEMBERS ONLY)	MANVERS LAKE



Contact

07386697966

phwbt@swyt.nhs.uk