



**RICHMOND FELLOWSHIP HUDDERSFIELD**

## WHAT'S ON APRIL-JUNE

These activities are open to everyone aged 18 or over who live in Kirklees. You do not need to be seeing an employment advisor to join. If you or someone you know could benefit please get in touch!

### COURSES:

**Ways to Wellbeing:** These 5 workshops spread over 5 weeks examine how we can help ourselves to better our health and wellbeing, and will take place at Connect Housing, Dewsbury:

Starts Tuesday 31<sup>st</sup> January 2017 1pm-2:30pm

**Confidence to Work:** This 6 week course at Richmond Fellowship's Huddersfield office looks at how to improve your confidence, disclosing health conditions or disabilities and preparing for interviews:

Starts Friday 3<sup>rd</sup> March 2017 1pm-3pm

**Basic IT Skills:** This 4 week course is designed to teach you basics like how to turn a computer on, how to set up an email address, how to use Microsoft Word and how to use Universal Job Match, and will also take place at Connect Housing, Dewsbury:

Starts Thursday 9<sup>th</sup> March 2017 1pm-3pm

### ACTIVITIES:

**Art & Craft Group:** Do you enjoy art or want to learn some new skills whilst making friends? Well this might be the group for you! Join us at the Huddersfield office:

Every Wednesday from 11<sup>th</sup> January 2017 12noon-2pm, and ongoing

**Newsletter Group:** Would you like to contribute to the writing, designing and photography in our first newsletter of 2017? If so please come along to Dewsbury every Thursday starting from 12th January 2017. Due to essential maintenance at the Huddersfield office, newsletter meetings will take place here for the foreseeable future.

**Tennis Group:** Do you like playing tennis, or would like to learn how to do so, and even meet new people? Then come along to Batley Sport and Tennis Centre:

Every Monday from 16<sup>th</sup> January 2017 1pm-3pm, and ongoing

**1:1 befriending:** Our befrienders are there to help Richmond Fellowship service users who need someone to talk to. Please contact Hannah Moradi for more information.

**FOR MORE INFORMATION OR TO BOOK A PLACE PLEASE CONTACT: Hannah Moradi on :**

**01484 434 866 or email: [hannah.moradi@richmondfellowship.org.uk](mailto:hannah.moradi@richmondfellowship.org.uk)**

**Huddersfield Office: 21 Old Leeds Road, Huddersfield, HD1 1SG. Dewsbury Office: 64 Daisy Hill, Dewsbury, WF13 1LJ**



## Your Voice in Kirklees

AUTUMN 2017



**GOODBYE HANNAH, HALOWEEN CRAFT PAGE, CRISIS IN MENTAL HEALTH SERVICES , UPDATE ON A&E CLOSURES AND THE WORDSEARCH!**

Want to get involved? Ask your Advice/ Support Worker about our group; use our contribution boxes in reception; email [avoicinkirklees@gmail.com](mailto:avoicinkirklees@gmail.com); post to Richmond Fellowship, 21 Old Leeds Road, Huddersfield, HD1 1SG



## Welcome to the Autumn issue of the RF Kirklees newsletter...

Welcome to the Autumn Issue! We're saying goodbye—and good luck - to the lovely Hannah Moradi , as she goes on maternity leave. Next issue we'll say a proper hello to Karl Lander-Jackson, our new Volunteer Co-ordinator. We also have some more crafts for you to try out and updates on the fights for Dewsbury and Huddersfield A&E. There's an update on the state of mental health services too. From next issue we are

planning to make the issue 8 pages, as there are a few difficulties with the current format. Don't worry, however, we'll still pack it full of the same good stuff — and if there's anything you'd like to contribute or see here, do get in touch!



## So Long From Hannah!

"I wanted to take this kind opportunity to say a goodbye for now to everyone at Kirklees Employment Service and Kirklees Floating Support Service including the wonderful individuals who access the services, the fabulous team of volunteers and all of the brilliant staff. I have been working for KES for just over 2 years and have thoroughly enjoyed every second of it! Unfortunately as of 23<sup>rd</sup> August I will be leaving for one year of maternity leave.



Although I will be extremely sad to go and I will miss so many people this is an exciting time for both myself and KES. With me leaving it has made room for Karl Jackson-Lander to join this amazing team. I initially met Karl over a year ago when his Employment Advisor, Steve Blinston, introduced us as Karl was interested in volunteering for Richmond Fellowship. Immediately Karl showed that he was very passionate about helping others, had a great knowledge of RF's values and really wanted to make a difference.

Over the last year Karl has been an astounding volunteer and I feel honoured to be passing the Peer Support torch to him as I know he understands how important the work we do is and how loved the courses, workshops and activity groups are. Karl has already started planning and preparing for the coming year and has some great ideas for how to continue to take the service from strength to strength.

I would like to say a very big thank you to everyone who has accessed our Peer Support during my time here including the Art & Craft group, Basic IT, Tennis group, Ways to Wellbeing, Assertiveness & Communication workshop, the Confidence to Work, the Laughter in Mind, the coffee mornings, the befriending and last but by no means least the Newsletter group! Finally I would also like to thank

the team of volunteers that have helped to organise and facilitate all of these amazing activities – without you all I could not have done so much and I certainly wouldn't have had as much fun doing it! I wish everyone all the best in the future and will be looking forward to my return in September 2018. See you all then!"



## WORDSEARCH by MS



M	S	K	R	O	W	E	R	I	F	T	N	Q	X	P	S
B	F	C	D	U	F	O	U	L	I	D	O	K	J	E	A
R	Q	A	G	O	L	D	S	I	N	E	L	F	T	Z	G
C	C	B	L	R	J	H	T	M	S	R	K	H	F	M	F
O	P	S	G	L	E	W	L	W	T	A	G	F	Y	E	J
N	U	K	N	Y	I	E	I	L	U	I	V	R	R	S	E
K	M	C	I	L	C	N	N	E	N	N	X	A	X	R	Q
E	P	O	L	S	D	H	G	E	T	M	W	M	J	E	N
R	K	L	T	P	B	S	R	L	S	T	U	E	B	L	E
S	I	C	S	Q	U	I	R	R	E	L	S	T	D	K	E
E	N	N	U	A	F	T	J	Q	H	A	S	N	U	R	W
L	S	B	R	N	D	L	U	U	C	P	V	I	Q	A	O
D	Z	M	O	E	U	I	C	I	O	P	P	E	U	P	L
D	Y	B	I	O	N	M	B	L	Q	L	N	P	S	S	L
U	R	X	V	O	T	N	F	T	U	E	M	O	D	N	A
P	G	J	X	Q	O	S	G	A	T	S	E	V	R	A	H

APPLES

AUTUMN

BONFIRE NIGHT

BOOTS

CHESTNUTS

CLOCKS BACK

CONKERS

EQUINOX

FALLING LEAVES

FIREWORKS

GOLD

GREEN

HALLOWEEN

HARVEST

PUDDLES

PUMPKINS

QUILT

RAIN

RED

RUSTLING

SPARKLERS

SQUIRRELS

TOFFEE

WIND



## Police Face Massive Rise In Mental Health Calls

Last year, Britain's biggest police force received a phone call relating to mental health every five minutes, according to a report by The Guardian newspaper.

The number of calls handled by the Metropolitan Police in which someone was concerned about a person's mental health reached an average of 315 a day, or about 13 an hour. Calls hit a record 115,000 in the last year.

According to data released under freedom of information legislation, the volume of calls has grown by nearly a third since 2011/2012, and although the force has become more proficient in recording such calls, this could not account for such a rise.

Officers fear demand will only increase. Across England and Wales, police forces report that they are increasingly being asked to become involved with cases involving mental health issues. In some cases, ill people struggling to find help are resorting to committing crime in order to obtain treatment. A woman using crutches in Hereford is reported to have walked a mile to smash a shop window – then called the police herself – as she

believed it was the best way to access mental health services.

Figures are due to be published later this year relating to the number of times police powers have been used to detain people under the mental health act. These are, again, expected to be at a record high.

In 2005-06 the power was used 17,417 times, but in 2015-16 it was used 28,271 times – illustrating the increased demand in police involvement. West Yorkshire Police - using the new triage system, with mental health nurses employed in two custody suites to assist officers – say mental health incidents had risen to 1,300 per month. That's a rise of 850 per month from 2015.

A Department of Health spokesperson told The Guardian: "Everyone should be able to access the mental health support they need. We have made major improvements in recent years, including setting up the first ever access and waiting standards for mental health and increasing mental health spending year on year to a record £11.6 billion in 2016/17.



breaking-

## WE NEED YOU!!

**The Newsletter Group will always welcome new members, or contributions from anyone with something to shout about.**

**If there's something you want to say, or if you have a passion you want to share, get in touch.**

**Speak to your Advice/Support Worker,  
email [avoicinkirklees@gmail.com](mailto:avoicinkirklees@gmail.com),  
or drop in to one of our  
Thursday afternoon sessions**



## A Poem For Hannah

by Rosalyn Sweet

**Hannah is like sunshine on a rainy day  
So cheerful she could chase all the rain clouds away  
Like a rainbow full of colour, always looking for a pot of gold  
With her volunteers behind her, her achievements - many fold  
Nothing's too much trouble, no task is too intense  
So creative and supportive her talents are immense**

**Now Hannah Moradi is leaving us soon  
Could it be that she will be over the moon  
And waiting, expecting a beautiful child  
A lady in waiting for Elias to arrive!**



**So take all the time you need to rest  
And don't think about work, watch the stars East and West  
Enjoy peaceful days and walks in the sun  
Happy babytime and have some fun**

"Hannah is a dedicated, caring, genuine and supportive person who has had a profound affect on many people's lives. Personally speaking, I would not be in the position I hold at Richmond Fellowship without her support, understanding and encouragement. I feel privileged to consider her a colleague and friend!"

- Karl Jackson-Lander, Volunteer and Peer Support Co-ordinator

"Hannah has been a rock to the Newsletter Group. She has always been there to support us and help us grow. We couldn't have done any of it without her."

- Newsletter Group



# Mental Health Services Fall Short Once Again

The quality and availability of services provided to those suffering Mental Health Illnesses are once again coming under scrutiny.

Both Greater Huddersfield and North Kirklees Clinical Commissioning Groups (CCG) have missed targets for providing talking therapies within the past twelve months.

NHS England's target for the proportion of people in each area that should be accessing counselling is currently set at 15.8%. Between October and December 2016, local targets were just 3.95%; the access rate at Greater Huddersfield was 3.1% and North Kirklees was just 2.1%.

A spokesperson from the CCG told the Huddersfield Examiner: "We are committed to ensuring that outcomes for service users are positive and, whilst targets are useful, the patient experience remains our focus."

Sophie Corlett, director of External Relations at Mind said: "It's unacceptable that nearly three in five CCGs are missing their targets when it comes to helping local people receive talking therapy, especially as the target currently only stands at less than 16% of the local population who could potentially benefit from this type of treatment. Failing to meet this target doesn't bode well, as it will rise to 25% by 2021."



In the meantime, BBC 5Live reported in July that 27 out of 39 crisis teams across the UK had seen their workload increase – a total of 70% of those who responded.

Some had seen their referrals rise by up to 60%, but had received no comparable rise in funding.

In 2014, a report for NHS England had acknowledged that the system was 'stacked against' mental health and last year a further report for the same body said the majority of crisis teams "are not currently sufficiently resourced to operate 24/7, with caseloads above levels that allow teams to fulfil their core functions".

It was claimed at the time that staff were unwilling to speak out publicly, but one team member told BBC News anonymously: "Our referrals are increasing all the time.

"And no, we do not have enough money to deal with [the] increase in referrals.

"The CCG [Clinical Commissioning Group, which allocates NHS funding locally] simply does not have any money."

Measures to attempt to alleviate the crisis across the NHS have been announced by the Government over the past few years, with Mental Health Services receiving particular attention recently.

In January, the Government published its response to a taskforce report into the



# Craft Special



there's no better time than Halloween to get crafty!  
suggestions for anyone to try!

## Mummy Jars

### What you will need:

- A clean, dry jar with the label and lid removed.
- Stretch or crepe bandage
- 'Googly' eyes
- Glue (UHU works well)
- Scissors
- A tea light or LED light



Fig 1

Measure the length of bandage you will need by wrapping it around the jar without gluing. This way, the excess won't weigh you down as you work. Make sure the bandage falls how you want the finished Mummy to be - maybe a little bit loose in parts (fig 1)

Glue one end of the bandage to the jar and wind into place (fig 2)



Fig 2



Fig 3

Glue the other end of the bandage down and allow to dry (fig 3)

Attach the eyes with glue, making them as cross-eyed as you wish, and again allow to dry before adding your light (fig 4). Make sure your bandage is well outside your jar and, AS WITH ALL CANDLES, NEVER LEAVE THESE MUMMY JARS UNATTENDED.



Fig 4



# Halloween

From carving pumpkins to creating Trick Or Treat costumes,  
Here are a couple of new

## Halloween Cat Wreath



### What you will need:

- A wreath form (I used a polystyrene wreath from Samuel Taylor's in Queensgate Market)
- Black wool
- Black pipe cleaners or black flower wire
- Black felt
- Scissors
- Glue (I used UHU as it dries quickly)
- Ribbon (for hanging)



Fig 1

Wrap your wreath form with the black wool. To start it you can tie a little knot (fig 1) and then just keep wrapping it around until the entire wreath is fully covered with the black wool and no patches show through (fig 2). Once you have finished your wrapping you can tie the wool at the back as it won't be seen or you can glue it down at the back.



Fig 2



Fig 3

Attach a length of ribbon for hanging by gluing it at the back— I used orange to add to the Halloween theme but you can use any colour! (fig 3)

Next using the glue, attach pipe cleaner whiskers or any other black wired whisker on the back of the wreath at each side where the 'cheeks' would be. I used flower wire from The Range but be careful as these need pliers to cut them to size.

Cut two felt ears and attach them with the glue at the top of the wreath (fig 4)



Fig 4

state of Mental Health Services, accepting the recommendations in full and pledging to deliver an "Additional investment of £1bn a year by 2020-21 to improve Mental Health Services." The aim is to recruit enough nurses, therapists and consultants to treat an extra one million patients by 2020-21 and is part of a pot of £1.3bn committed in 2016 to transform provision.

The £1.3bn was planned to be mostly spent on recruiting staff, with the main focus on child and adolescent services, therapists delivering talking therapies for adults, and nurses working in crisis care.

The plans include:

2,000 more nurses, consultants and therapist posts in child and adolescent mental health services

2,900 additional therapists and health professionals supporting adult talking therapies

4,800 additional posts for nurses and therapists working in crisis care settings

more mental health support for women around the time they give birth and early intervention teams working with people at risk of psychosis

Health Secretary Jeremy Hunt has claimed that there will be 21,000 more nurses, therapists and consultants working in Mental Health Services in England by 2021.

Questions remain, however. Nurses would have to begin training this year in order to qualify in time to meet Hunt's criteria. Others would have to leave their posts in other specialisms to retrain in Mental Health. The same applies for Consultants and Therapists, where training could take longer.

The NHS has, sadly, become an unattractive career prospect for many, and Mental Health Services less popular still. We must consider how this will impact upon the targets Hunt has set, along with any restrictions on Overseas Recruitment the Government imposes.

We all want decent services, and to be treated like human beings. It's worth remembering that both staff and patients are under a great deal of pressure, and people are trying to help in very difficult circumstances. We asked North Kirklees CCG to comment, but they declined.



## Why Not Try Something New This Summer?

Tai Chi; Art Combo; Creative Writing; Spanish For Conversation; Memory Books; Confidence and Assertiveness; Learn to Grow (Gardening); Yoga; Survivors' Group; Mumfit; Preschool Dance; Sing Your Socks Off; Bond Street Crafters; Beginners' IT; Ways To Wellbeing; Talk English; Hearing Voices Group

hello@thriveatconnect.org

/thriveatconnect



21 Bond Street, Dewsbury, WF13 1AX



homes, communities, cultures

# Downgrade of Dewsbury Hospital Goes Ahead, While Court Date Looms For HRI

The programme of reorganisation that has led to the downgrading of Dewsbury and District Hospital's A&E Department was finalised on 4<sup>th</sup> September 2017.

This means that Dewsbury Hospital's emergency department will become an Urgent Care Centre, with Pinderfields The Mid Yorkshire NHS Hospital Trust's A&E Centre.

Patients have been reassured that they should notice few changes. They can continue to self-present at Dewsbury A&E, but if they need to be admitted to hospital they will be transferred to Pinderfields.

If you call an ambulance and need to go hospital, paramedics will decide which one is most suitable. This will most likely be either Pinderfields, Huddersfield or Bradford.

Despite years of protest and claims that the plans, along with those to close A&E in Huddersfield, could leave the whole of Kirklees without a full A&E Department, Mid Yorkshire remain adamant that

the changes are beneficial. They claim they are planning a multi-million-pound development of Dewsbury District Hospital in the Future.

Campaigners are concerned about the downgrade, however, citing an ongoing staffing crisis and Pinderfields' inability to meet targets.

Meanwhile, campaign group Hands Off HRI has launched a Judicial Review into the closure of Huddersfield Royal Infirmary and the transfer of services to Halifax.

Plans to transfer the town's emergency acute and high-risk planned care services to Calderdale Royal Infirmary and to close and replace the 400-bed HRI are expected to be signed off in October.. The legal challenge will now be lodged before the end of the year.

At a public meeting in August, Yogi Amin, head of public law at Irwin Mitchell, recommended proceeding and told the campaigners there was a good chance of victory.

A statement from Hands Off HRI read in part:

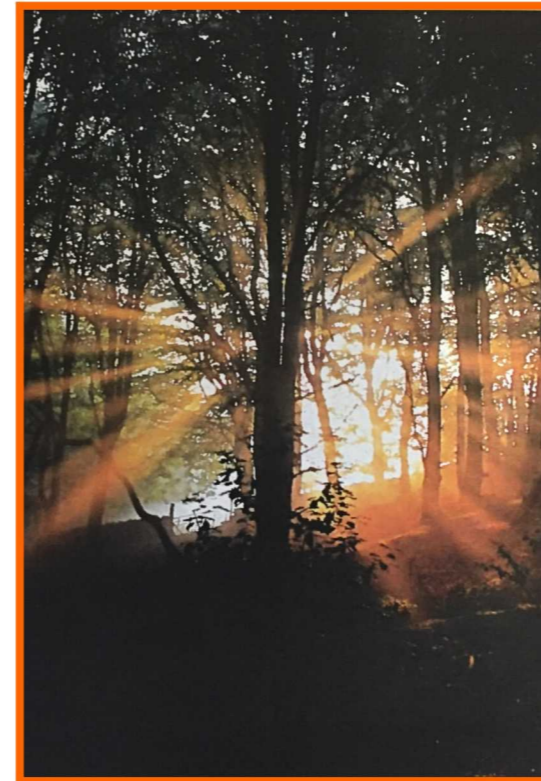
"The people in this area are very angry that we are now not only set to lose our A&E, but also our local hospital which was paid for by public subscription.

"We will leave no stone unturned in fighting to save HRI".



[imsw.org.uk](http://imsw.org.uk)

# Autumn Thoughts by Tina Bridgewater



There are no clocks in my house,  
I live in my own time.

I tell my time from nature,  
from the sun and its bright shine.  
It rises in the morning as the moon  
shines in the night .

And now the autumn is coming,  
with its golden halo so bright.

So take a look around you at the  
trees in all there glory.

For this is the story of seasons and  
nature in all its glory

Some people call them tree rats, and say  
they are a pest. But this little squirrel  
makes me smile and I then feel at my  
best. He sits there eating peanuts , and  
many sunflower seeds. He sits there  
stuffing his face, until he's had his feed.

So take a look around you , and see the  
wonderful things out there. Raise your  
spirits like I do, at the squirrel on the sill.  
And just for a split second, you will feel  
joy and not so ill.

