



**RICHMOND FELLOWSHIP HUDDERSFIELD**

## WHAT'S ON JULY-SEPTEMBER

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:

Dates TBC for Autumn 2017

**Confidence to Work:** This 6 week course at Connect Housing, Dewsbury looks at how to improve your confidence, disclosing health conditions or disabilities and preparing for interviews:

Starts Wednesday 14th June 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 RF Huddersfield's Office:

Starts Tuesday 20th June 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 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 13th July 2017. The sessions are run alternating at RF Huddersfield and Connect Housing, Dewsbury with the first session in Huddersfield.

**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:

No current dates available as the group is on hold

**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

SUMMER 2017

# SUMMER SIZZLER



**WALKS IN KIRKLEES; PENNY LAYDEN INTERVIEW; SEWING TO A CALM MIND; RF ART GROUP; EMPLOYEE PROFILE AND THE WORDSEARCH!**

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



Welcome to the Summer issue of the

I think we'd all like to be at the foot of those magnificent cliffs, with our feet in a rock pool and an ice cream in our hands. Flamborough is a favourite holiday destination for many, but it's often bathed in a sea fret rather than bright sunshine. This issue we have an interview with a leading local actress, along with quilt making in preparation for the chilly Autumn nights and walking suggestions so you can enjoy the long warm Summer days. Here's hoping we get more than two or three this year!



Meet The  
Kirklees RF Staff

Name:

Joanne Atkinson

Job title / role:

Employment Adviser

Years working / supporting people with mental health:

Over 8 years



What attracted you to supporting people with mental health / Richmond Fellowship?

Everyone has something to offer and mental health can be a barrier to many people who have many fantastic skills and qualities that employers are seeking. With the right support, understanding and knowledge barriers can be overcome and people can regain a quality of life.

What are your hobbies?

I do enjoy trying new things, cooking, and camping in the Lake District. I love to travel :)

What do you like doing?

My favourite thing is spending quality time with the people I love and care about.

What are your dislikes?

Housework or sitting and doing nothing for too long.

What is your favourite quote?

An eye for an eye and the whole world goes blind.

What is your favourite book / film?

My favourite film is the original Jungle Book, although I recently watched Lion which was amazing.



WORDSEARCH

by MS



A	S	U	M	M	E	R	N	X	Z	M	N	O	B	V	W
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U	C	V	G	D	H	O	U	T	D	O	O	R	S	J	K

BARBECUE

BEACH

CAMPING

FATHER'S DAY

FESTIVALS

FRUIT PICKING

GARDENING

HEATWAVE

HOLIDAY

HUMIDITY

ICE CREAM

ICE LOLLY

OUTDOORS

PICNIC

POOL

ROSE

SAND

SEASIDE

SUMMER

SUNGLASSES

SUNFLOWER

SUNSHINE

TAN

WALKS

WATER SPORTS





## Samaritans Reveal Rise In Calls

New figures published in June reveal that a record number of people contacted the Samaritans last year (2016).

The charity said it received a total of 5.7 million calls to its helpline – an increase of almost 300,000 on the previous year. The figures were published shortly after another study showed that 48% of public sector workers and 32% of private sector workers had taken time off during that period due to mental ill health.

The Samaritans' free, confidential helpline was launched in autumn 2015 and has been credited by the organisation with the rise in people seeking help.

Ruth Sutherland, Samaritans' Chief Executive emphasised the importance of calls to the charity being free of charge:

"Suicide is complex, but it's also an inequality issue and a number of factors, including deprivation, can put you at risk," she said. "Even two pence per minute was enough to deter some callers, which is why we were determined to make all calls to the Samaritans free."

"These figures show that our volunteers are making the difference by being there for increasing numbers of

## Public Sector Workers Worst Hit By Mental Health Issues

Public sector staff are more likely to feel anxious at work and take sick days for their mental health than those in the private sector, research by Mind suggests.

The charity asked 12,000 UK employees about their mental health.

It found 48% of those who responded in the public sector took time off for their well-being, compared with 32% in the private sector.

Paul Farmer, Mind's chief executive, called on organisations to combat a "culture of fear and silence in the workplace" towards mental issues.

He said the next Government should make mental health

in the workplace a "key priority".

Mind found 15% of public sector workers polled said their mental health was poor, compared with 9% in private sector.

A further 53% said they have felt anxious at work on several occasions over the last month, compared with 43% of their private sector counterparts.

However, the research suggested public sector workers were more likely to speak up if they were suffering mental health problems than their public sector counterparts.

Of those with a mental health problem, 90% of public sector staff disclosed it to their employer, compared

## Migrants "At Higher Risk Of Psychosis"

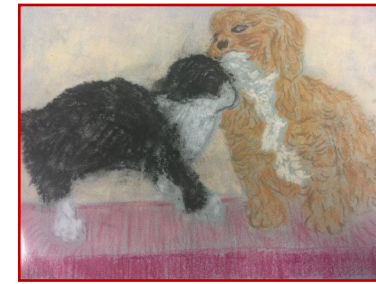
People from ethnic minorities have up to a five times greater risk of psychotic disorders than the white British population, researchers say.

The team behind the study say a number of factors could be at play, including stresses related to the migration process, discrimination and issues related to isolation and integration.

Writing in the journal *Schizophrenia Bulletin*, Kirkbride and colleagues from the University of Cambridge and a collection of NHS foundation trusts reveal that, compared to the risk of psychotic disorders in the white British population, people of black Caribbean origin had a 4.6 times greater risk. Those of Pakistani or black African origins, or of mixed ethnic backgrounds had risks 2.3 times, 4.1 times, and 1.7 times higher respectively.

Overall, the risk of psychotic disorders was higher for those who moved to Britain between the ages of five and 12, at more than twice the risk seen for the white British population. People from ethnic minority groups born in the UK were almost 2.6 times as likely to have a psychotic disorder as the UK-born white British population, with rates for UK born non-British white migrants also raised

But Corcoran said that it is important to unpick what is behind the link, particularly for children who migrate, pointing out that factors such as a sense of belonging, perceived threats in the new country and conflicting demands of fitting in with different cultures



## The Art and Craft Group

by Margaret Wignall

When I started as a member of the group it seemed a very relaxed and welcoming group. I brought my own art supplies to start with and there was no pressure on anyone to produce anything, we got along well and had a great chat together.

I have done arts and crafts in the past, but felt I needed to practice and brush-up on my skills again. The aim of the art and craft group is to offer a supportive, but relaxed place where people could come and spend time with others. People can bring their own projects if they wish or can use the art and craft supplies that we have.

Sometimes we run taster sessions where people can learn new skills too! But for the most part the art and craft group is there as a place where



Some people come to the art and craft group every week, some come now and again, and some even come to gather ideas for a project they are doing and then send us in the results of their finished project. One example of this was a recent project that was done by a staff member at Skircoat Library in Halifax who did a Harry Potter display!

When I became more confident, I decided I would like to be a volunteer in order to be supportive, to pass on skills to the class and to encourage others in the class to experiment. I had a discussion with Hannah Moradi, who explained the application process to me, and after completing my application and all the training I started as a volunteer.

Hannah and I are in the process of producing a project book to show examples of the sort of art and crafts that we do. This book will then be offered to people thinking about joining, and to existing members to have a look through and hopefully to spark some new creative ideas! The book will include some photos and actual pieces of the work we have done including: pencil drawings, pastel portraits, acrylic paintings, watercolour paintings, oil paintings, decoupaged boxes, cross stitch work, external display pieces, glass decorating and many more things!



### What the attendees say...

"I find the art and craft group relaxing and I enjoy having that time to be creative"

"I started coming to the group with a friend and have enjoyed meeting new people too"

"I come every week and always look forward to it"

"By coming to the group I have found that I am more likely to do some art and craft,

as when I am at home I can end up getting distracted"







# Keep Calm and Keep Crafting!

Hello, my name is Sandra and I have been crafting since I was 4 years old. I can turn my hand to most crafts; knitting, crocheting, sewing and papercrafts.

I was taught last summer on the art of English Paper Piecing (EPP). It traces its first origins to the 1770s and became very popular during the 1800s where paper was a luxury. Women used old letters, catalogues and newspaper articles, which provides historians with a true glimpse into everyday life, as the paper was often left in the quilts for insulation. Young girls made the quilts for their bottom drawers using fabric that no longer had any practical use.



I have found recently that EPP has helped to calm me down quickly, especially if I'm anxious or irate, as I need to concentrate on the sewing, so as not to make mistakes.

## List of materials required:

- waste card (cereal packets, old cards) to make half hexagons (accurate template below left)
- fabric scraps (preferably 100% cotton)
- sewing needle
- two different sewing threads (one either light grey or cream, the other in a dark colour for basting)
- sharp scissors for cutting fabric



1. Fabric pieces should be at least 1/4 inch larger on all sides than the paper piece. This extra fabric will be folded the paper pieces to make the shape exactly the same size (see fig.1)



2. Next, baste (tacking) your fabric around the paper. Hold the first fold in place and gently fold the fabric edge over the paper template (see fig.2)

3. Tie a big knot in the end of a contrasting thread (so you can easy see it to remove later) and place a stitch on the fold. keep the thread taut as you stitch the corners- you want to keep the fabric tight to the template (see fig.3)



4. Snip off the dog ears (see fig.4)

different. It definitely works for me in life too, when I remember!

**You have worked with some of the best writers and directors of their generation, and as part of outstanding casts. How important is it to be part of a supportive team?**

Being part of a supportive team is crucial. Most of the time, particularly in theatre, companies are generally made up of 'good eggs'. Now and again I've come across bullying and, though mild, in my case, it was very destructive. It took someone from the outside to explain to me what was going on - my partner, when I rang him in the lunch break, in tears, again! Self-belief and support enabled me to fight back. That was all I had to do to keep my power and not cave in to the pervasive nature of other people's insecurities and fears. Usually though, you find everyone is in the same boat so you get through together.

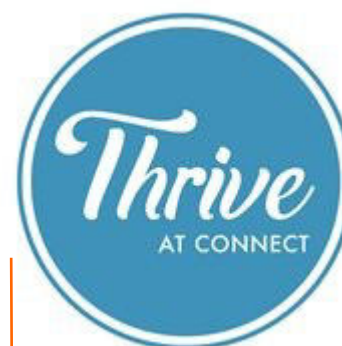
**Some roles can take more of a toll on you than others, physically and mentally – how do you best recover?**

The mental toll that some roles take is harder to deal with and sometimes harder to recognise. Generally, if you are dealing with material that is upsetting, you have to try and compartmentalise that material in a way that you can access it, in order to serve that person's story honestly, but at least try to put the lid on it when you need to be you,

You must also try not to feel guilty about being able to walk away from someone else's real-life trauma, that you know they continue to experience. If you are portraying 'real people', be they still alive, or not, there is an inherent responsibility to that person and their family, which can at times feel a little overwhelming and result in the old "who do I think I am? ...I'm not worthy of ...why did I think I could?..." etc! This particular set of insecurities is usually solved by realising that my tiny hardships were born of doubt, fear and insecurity. Switching off and engaging in other things - trying to keep having a life while you're on that project – all helps to keep a balance!

Being in the band, AOS3, with my partner and quite often my stepson, is one of the ways I am able to switch off from work, it's hugely creative and cathartic, again, with my partner, John, we are Skatedog Films, we major in stop motion animation, which is incredibly time consuming. I build lots of tiny sets, props and costumes - tiny detail is something I am very happy to get lost in!

**Penny Layden has been touring the nation this year as Britannia in Carol Ann Duffy's My**



## 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



# Penny Layden: Acting Up!

Dewsbury-born Penny Layden knew from a young age that she wanted to be an actress, but despite appearing alongside Johnny Depp and Cillian Murphy, and starring in the hit play *Beryl* at the West Yorkshire Playhouse, things have not always been plain sailing.

***You were obviously determined to go into acting, even though you knew it could be a precarious job?***

I don't know what else I would have done! I was fortunate in that I was brought up by people who were/are generous of spirit, in that they encouraged me if I showed interest in something.

My stepdad was an abstract painter and my mum is an actress, though they both worked 'normal' jobs too, so I was under no illusion about what the choice to 'follow your passion' can mean, i.e. periods of unemployment in your chosen field, random - not always nice - temp jobs, dealing with rejection (potentially regularly), very little money etc...

Bottom line, I realised a long time ago, that I was incredibly lucky to have recognised that I have a passion, let alone be encouraged to pursue it.

***"You feel yourself going really red until you've spoken the first three sentences and then everything settles down... those first nerves never get any easier." Can you talk more about your nerves and how you, perhaps, use the adrenalin to your advantage?***

I think age has made me care a bit less about having to prove myself to 'whoever' (usually myself) in a read through situation! Of course, I still get nervous in certain situations - but adrenalin can be my friend! A spur and a boost, an excitement at the immediate oncoming prospect - but you have to breathe properly with it. For me, I try to breathe with the feeling; slow down, and not let it panic me.

***You say it feels scary to come back to a production after a few days away ,and feel like you are all trying a bit too hard and missing your notes? Can you elaborate?***

Working in 'theatre relies on you being strict with trusting yourself. Sometimes the urge to chase the idea of 'something that once was' has to be dealt with and the acceptance that this next time will be a new, fresh version of this story with these people. That is live theatre.

I also think it a helpful thing to remember in life, not just when doing a play. We can waste so much time and energy trying to recreate experiences, rather than having the bravery to embrace the newness. Again, I think it's maybe connected to trying to please, rather than being in the moment. As the saying goes - be in the here and now, be present, not wishing to be somewhere better or



## Sewing To A Calm Mind



5. Now you are ready to begin sewing the shapes together . Take the two centre half hexagons and put them right sides together. Then, using a small whip stitch in a matching thread, sew the pieces together along the longest edge. Be careful to just catch the very edge of each fabrics piece with your needle. You don't want to sew through the paper templates.

Fig5



6. The stitches should not be visible from the front (see fig. 6)

7. Continue sewing all the half hexagons together, one seam at a time (see fig.7)



8. Once you have sewn all the 8 half hexagons together, 2 of same pattern in middle, 3 each of the same pattern plus another 3 of a different pattern for outer hexagons.( see fig.8). press the block to set them in place.

9. Create several more blocks as previous instructions, then sew blocks together to create a larger piece (see fig.9 below)

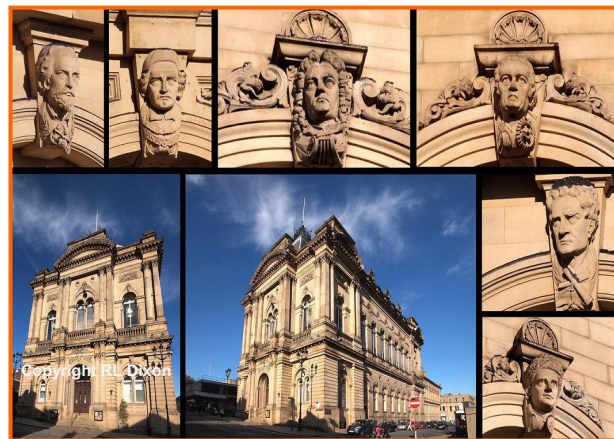




# These Boots...

## Huddersfield Art Trail

This walk was developed by Christopher Marsden, and is promoted by Discover Huddersfield, with the aim of encouraging the visitor to look around and above shop



The walk takes in a number of familiar works, such as the relief panels on Queensgate Market and the statue of Harold Wilson outside the Railway Station, along with a number of less well-known attractions – like the tiny figures making rude gestures on the Estate Buildings on Railways Street, of the busts of famous artists on the Town Hall. Sculptures on the Library and the Prudential Assurance are also explained in further detail on the literature



The Art Trail is just one of many guided walks available from [www.discoverhuddersfield.com/trails](http://www.discoverhuddersfield.com/trails) Others themes include World War I, Music, Caribbean History, Radical History and even a Ghost Trail!

## Oakwell Hall: 1-2 miles

Oakwell Hall is furnished as a family home from the 1690s and offers an insight into a post-English Civil War household. The site offers 100 acres of country park, a nature trail, gift shop, visitor centre, and picnic sites and playground.

The Nature Trail follows a figure of eight and is around two miles long. You can walk either loop on its own in about 45 minutes, or do the complete circuit in roughly an hour and a half.

The West loop circles an attractive area which, incredibly, used to be a colliery. This route is not surfaced and can be uneven and muddy. The East loop takes you through a more wooded area on mainly surfaced paths, although stout footwear is still recommended.

All routes, and information on easy access paths for wheelchair users and pushchairs, can be found at [www.kirklees.gov.uk/oakwellhall](http://www.kirklees.gov.uk/oakwellhall).



# ...were made...

## Clayton West Circular Walk: 6 miles

Two buses per hour operate from Huddersfield to Clayton West (Services 80/81, Huddersfield Bus Company) – one per hour on Sundays. Limited street parking is available.



Begin at the Village Stores on the High Street and pass through the ginnel to Kaye's Millennium Green/ Follow the path through the kissing gates and past the old Hay Royd Colliery. Turn right and follow the road to Clayton Hall Farm, then descend into the beautiful Bilham Shrogg. Climb from the stream to cross fields with impressive views of Emley Moor Mast and continue towards Bilham Shrogg Wood. Eventually cross back into the dense woodland of Hoyland Bank, the outskirts of which commands views of

Further along the route, at the northern end of Cliffe Wood, is the wooden sculpture 'Into the Wood', by Simon Todd, one of a series of artworks that waymark the route of the Kirklees Way. Remember to look out for the Clayton West Circular Trail waymarkers to help guide you around the trail.

As there are steep portions and steps, this route is unsuitable for pushchairs, prams or wheelchairs.



...for walk-

## Ossett to Dewsbury Circular on the Greenway: 7.5 miles



Dewsbury is on the Leeds-Manchester train line and is well served by buses from Huddersfield and Wakefield.

You can add another mile if you wander around Ossett town centre; Market Days are Tuesday and Friday.

A pleasant walk along Calderdale Greenways (converted disused railway lines) and canal towpath. A good route for the days when the fields are full of mush, as these paths are

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