



# We Are Wakefield Newsletter

November 2022

YOUR FORTNIGHTLY  
NEWS AND OFFERS  
FROM THE  
WAW COMMUNITY

Contact us on our new email address  
[newsletter@wearewakefield.co.uk](mailto:newsletter@wearewakefield.co.uk)

**TAGTIV8**  
Physically Active Learning



I was first introduced to the team at Production Haus at a WAW event and was wowed by their showcase reel, as well as their friendliness and professionalism. Working - and playing - with Production Haus has been a truly wonderful experience. Tagtiv8 and Production Haus can't wait to create more content together, putting Wakefield on the map for health and education, as well as creativity and collaboration.

The films were recorded at [Methodist JI School](#) in Wakefield, where teachers are using our active learning approaches to take learning beyond the classroom walls.

- <https://tagtiv8.com/product/tagtiv8-number-premium/>
- <https://tagtiv8.com/product/physically-active-learning-english/>

They will also feature in marketing and social media campaigns during the current school year.

Watch this space for the 'explainer videos', which will be included on the Tagtiv8 app soon.

Exciting times ahead..!

*Bryn*

*Does the thought of singing at work  
make you jump for joy or want to hide  
in the stationary cupboard?*

When speaking to people about singing in the workplace I get one of two extreme responses.

Think Marmite.

I want to try to understand why, when I bring up the subject of singing for wellbeing at work, people either get a bit giddy at the thought and start making song suggestions or try to exit the conversation as quickly as possible.

I'd really appreciate if you could take 2 minutes to complete a questionnaire to help me understand the factors influencing these two reactions.

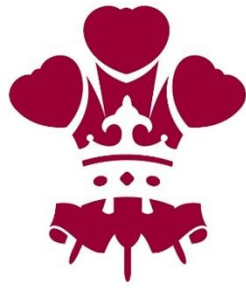
Here is the link to the questionnaire:  
<https://forms.gle/TJrWw1S9jVtDXYoM6>

For everyone who completes the survey I will treat you to a coffee at KRA:FT in Wakefield.

Thank you for your time.

*Jenna Fan*





THE  
PRINCE  
OF  
WALES  
HOSPICE



## The Hospice supporter who aims to inspire

Simon Speight, supporter of The Prince of Wales Hospice has given his time to support hospice care and motivate others, despite his own life challenge.

He has completed lots of challenges and already raised over £3,200 for the Hospice. Now he is training for his next challenge, to run a marathon and he hopes to inspire others by sharing his story.

“I started raising funds for The Prince of Wales Hospice after witnessing first-hand the love and care they provided to my sister who sadly left us on 30 April 2021, after only seven weeks and two days from being diagnosed with an aggressive brain tumour. From that moment I wanted to ensure others benefit from the same loving care when they need it most.”

“My wife and I had recently got into running and so I planned a number of challenges to help with my fundraising. My first challenge was running 10km every day for 10 days, which I completed successfully. I even had people join me on some of the runs and one day someone handed me a donation. By mid-May 2021 I had raised £1,935. I was blown away by the level of support and generosity, and this just motivated me to carry on.”

“The following month I completed the Pontefract 10k, and then things got serious when I signed up for the Great North Run (half marathon). My training was going great, I felt more than ready. Then, the week before the Great North Run, my whole life turned upside down. I ended up in hospital with something I had never even heard of, Pancreatitis. This led to other critical conditions and spent many weeks in hospital and another three months of recovery before returning back to work. As result I have lost half my pancreas, can no longer drink alcohol and ended up being a diabetic.”

“However, I was determined to not let any of that stop me from returning to my fundraising challenges. I was able to defer the Great North Run to this year so you can imagine what I was thinking, how do I get fit enough between April and September.”

“I adopted a training method called jeffing ([jeffgalloway.com](http://jeffgalloway.com)) which is a combination of running and walking, this was learned at my running club – Ackworth Road Runners – they have been excellent throughout the training.”

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“I “jeffed” the Pontefract 10k in May, I “jeffed” the Doncaster Half marathon in June, I then completed The Prince of Wales Hospice challenge event – the Yorkshire 3 Peaks with my wife, Rachael. That was the hardest thing I have done in my whole life.”

“And on Sunday, 11 September 2022, I completed the Great North Run in 2 hrs 30 mins.”

“I am still blown away by the amount of support I’ve had throughout my whole fundraising journey and cannot thank people enough. The Prince of Wales Hospice is such a great cause and they have been so supportive.”

Simon’s next challenge is his big one, the Marathon. If you would like to read about his journey and support him, visit his website [www.arfapanc.com](http://www.arfapanc.com).



## What do Public Health do and what does this mean for us all?



My name is Dr Amanda Stocks and I am Wakefield Council's Behaviour Change Specialist. I consider myself lucky to live and work in the Wakefield District. Not only do I get to call such a great place home, I work with some amazing people in Public Health and across our partners. This includes the NHS, the charity sector and the wonderful people who own, run and work in the businesses that are the life blood and economic engine of our district.

Some of you may recall that I attended a network meeting to tell you all about The Big Conversion and ask you all to be involved. The response was excellent, and I was so impressed with the event that I asked if I could come along to more. It was a pleasure to meet such a talented, hardworking, and vibrant group of people...making me even more proud to be part of Wakefield.

I started my career in business management and marketing for some big private sector businesses. However, over time, I realised I could also use these skills for social good in the public sector. After all, marketeers are very good at changing people's behaviour, be that being brand loyal or buying things. My work now focuses on helping people to change behaviour that helps them to live happier and healthier lives. This really is the mantra of what we aim to achieve in Public Health. Whilst the NHS treats illness and disease, Public Health focuses on prevention and promoting good health and wellbeing.

A healthy population in Wakefield is an asset to us all including to our local businesses. That's why, over the coming months, I will have a regular feature introducing you to some of the things we do in Public Health and how you and your staff can get advice and help with a wide range issue that effect your health and wellbeing.

The first topic we will be tackling in the next newsletter is warm homes. As winter weather is on the way, and the cost of bills is a real concern, we can hopefully give you some tops tips and links to practical and financial support to keep you and your loved ones warm and well.

Until next time, I wish you all health and happiness.

*Amanda*

Postify have been busy presenting their services at The Care Show 2022 in the NEC, and The Construction Supply Chain Expo at the Eco Power Stadium.

They had a great response to their job vacancy posting platform at both events and made many valuable connections.

In these difficult times when employers are struggling to get good candidate response numbers, Postify has the solution.

They post your job adverts on around 100+ UK job boards which means you will not miss those valuable illusive candidates.

These sites include: Reed, Total Jobs, C.V Library, Indeed, Adzuna, Glassdoor, Monster, Indeed Sponsored, Joble, JobCentre, Zip Recruiter, Euro Jobs, Trovit, Careers4A.



Another day another show !!!

It's all there in black and white,  
Post your job vacancy everywhere with Postify

The free Automated Tracking System puts you in full control of the selection process. Your H.R. teams will love the ease of use that this system brings.

Prices can be tailored to suit your company's needs, with discounts for multiple recruiters. There are No Contracts, No Hiring Fees and No Commissions to pay.

Postify work with employers from all business sectors and at all staff levels throughout the organisation.

If you would like a demonstration, please contact Nick Dance

Email: [nick@postify.co.uk](mailto:nick@postify.co.uk)

**“ We can help more people together than alone ”**



**NEW CHAIRS of Wakefield Third Sector Leaders Group - Andy & Paula from Evergreen Active**



Evergreen are delighted to confirm our new Chairship of the Wakefield Third Sectors Leaders Group - vibrant and diverse body of voluntary, charity and social enterprise organisations across the district. We will be looking to invite our public and private sector colleagues to our bi-monthly meetings - especially WAW members!

We feel there is a huge potential for all sectors to benefit each other from volunteering opportunities to career opportunities to support services for staff and beyond!

NOVA Wakefield announced this news here last week [https://www.nova-wd.org.uk/news/2022/10/13/its-back...wakefield-district-third-sector-leaders-group/!](https://www.nova-wd.org.uk/news/2022/10/13/its-back...wakefield-district-third-sector-leaders-group/)

If any members would like to be kept up to date on all things Wakefield 3rd Sector they can subscribe to NOVA's newsletter here <https://www.nova-wd.org.uk/newsletter.html>

Contact Paula for more info: [info@familyfitwy.com](mailto:info@familyfitwy.com)





**ROTH READ PHOTOGRAPHY** ARE DELIGHTED TO BE A PART OF THE **WE ARE WAKEFIELD** COMMUNITY.

## Portrait, Commercial and Event Photographers

Whether in our photography studio or on-location we tell your story through creative beautifully lit imagery.

*WAW Members receive **10%** off any Commercial Shoot.  
Just use the code **WAW-RRP** when you book!*



For more information visit [www.rothreadphotography.com](http://www.rothreadphotography.com)  
or call us on **07790 753852**

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# EN ROUTE

hair & beauty

En Route Hair and Beauty is where sustainability meets amazing hair.

We are an award winning salon with luxury Hair Spa based in the heart of Walton.

**We are offering all WE ARE WAKEFIELD members an exclusive welcome discount!**

## £10 OFF

PLUS FREE LUXURY  
HAIR SPA TREATMENT

## WORTH £15

£10 off your first visit when spending £30+.  
Please mention this offer when booking.

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ONE STOP SAFETY  
TRAINING SOLUTIONS

### Emergency first aid at work/requalification

Location: Castleford WF105JT

Emergency first aid at work dates:

10<sup>th</sup> of November

1<sup>st</sup> of December

First aid at work requalification dates:

10<sup>th</sup>-11<sup>th</sup> of November

1<sup>st</sup>-2<sup>nd</sup> of December

15% off for all we are Wakefield members

[enquiries@ossts.co.uk](mailto:enquiries@ossts.co.uk)

[www.ossts.co.uk](http://www.ossts.co.uk)

01138243643





# CREATIVE WAKEFIELD

## RECRUITING: BOARD CHAIR

Do you believe culture and creativity have the power to transform lives and communities?

Have an impressive track record working in leadership roles?

Have strong links to the Wakefield District and are passionate about seeing it thrive?

If this sounds like you, learn more and apply at:  
[CreativeWakefield.net/about/board](https://CreativeWakefield.net/about/board)

**theatre  
Royal  
Wakefield**

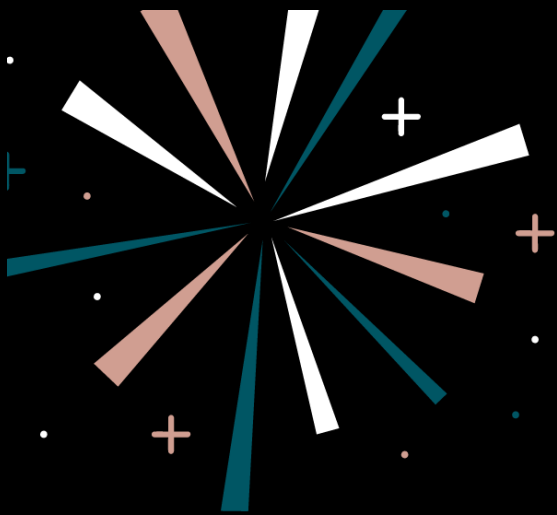
## INNOVATIVE SCHEME CALLS ON ASPIRING BOARD MEMBERS TO JOIN THEATRE ROYAL WAKEFIELD

### Boardroom Apprentice Invites Applicants to #GetonBoard

Theatre Royal Wakefield has become one of only 38 organisations across the UK who will host a Boardroom Apprentice. The UK Boardroom Apprentice is a unique board learning, development and placement programme which enables those who would like to serve on a public or third sector board to learn and gain the experience that they need to take that step. It seeks to enable a wider diversity of individuals to play their part within boardrooms, allowing those without board experience to enhance their knowledge and understanding through in-depth learning and support.

Katie Town, Executive Director says *“It is a pleasure to be able to support the UK Boardroom Apprentice programme and we are looking forward to welcoming a Boardroom Apprentice to have a vital voice and role in our governance. We hope to play our part in attracting a wider diversity of individuals to play their part within boardrooms across the UK, bringing new insights and an important breadth of perspectives. We would invite anyone in the region who may be eligible, to apply for this fantastic opportunity.”*

The 12 month board learning development and placement programme is encouraging applications until the 14th of November 2022. To apply for the UK board apprentice, visit [boardroom apprentice](#)



# How many quality leads is your social media attracting?

Over half the globe actively uses social media - that's 4.2 billion people!

With access to the largest online audience, social media comes with countless opportunities for businesses to take hold of under its spotlight.

Putting on a successful display for your audience starts with **scroll-stopping visuals**, content that **creates connection**, and a well-**designed strategy**. Any one of these could be the key for you to stand out from the crowd, reach the right eyes, and **unlock results** as you've never seen before.

This November, we're offering each WAW business **a 30-minute consultation** with one of our social media specialists. We'll discuss your business objectives, current social media strategy and how these could be better aligned to support your growth targets.



Are you ready to be wowed by your results? Contact us to get started. It's time for you to really shine.

[WWW.MANTRAHQ.COM](http://WWW.MANTRAHQ.COM)



Get in touch with the WAW community! All our members are listed [here](#)

