

Hosted by Wakefield and
5 Towns Recovery College

'Blooming Monday'

Monday 18 January 2021

9.00am – 3.30pm



Live and interactive online event



January is traditionally the time to start our New Year's resolutions such as getting fit, stop smoking or trying to lose weight. But it's also time for 'Blooming Monday' on Monday 18 January 2021.

Generally, January can cause people to experience mood slumps due to the cold weather, having to go back to work, and the festivities of Christmas being long gone for another year. 2021 is a little different as we know, and the least upbeat time of the year has now taken on a new meaning due to the COVID-19 pandemic, along with the anxiety and stress that comes with it.

Following last year's successful 'Blue Monday' event at the Wakefield Town Hall, the College is delighted to be able to host this year's event, '**Blooming Monday**' although a little differently, but with just as much enthusiasm and co-production from lots of partners and outside organisations. Our aim is to offer to you, periodically throughout the day, via social media and Microsoft Teams, a varied programme to include news, videos, live talks, question and answer sessions and lots more about our Recovery College and what there is currently available in your community around physical and mental health support.



You can watch this live and interactive event from the comfort of your home, have a cuppa and join in to which ever session/s you are interested in viewing, or if you wish, why not settle down and watch all the day's events. **All you have to do is download the Microsoft Teams app to your computer, laptop or phone and click into the "join the meeting" or the full link below. If you want a copy of the day's programme please email us at**

wakefieldrecoverycollege@swyt.nhs.uk or visit the events page of our website www.wakefieldrecoverycollege.nhs.uk.

[Click here to join the meeting](#) (short link – available on electronic flyers)

https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZmlzZjg0OTUtMGY1NS00MjRiLTkzN2MtZWU0NTMwZmRhNzQ3%40thread.v2/0?context=%7b%22Tid%22%3a%222809c08a8-057d-47b8-bca6-1e930ec230ac%22%2c%22Oid%22%3a%22ce9eef06-e529-4056-b9cb-a6ab682cff40%22%7d (full link – available to type into your URL or to click directly on electronic flyers)

You can also email/call the College (01924 316946) to get the link sent directly to you.

With **all of us** in mind.