

# Celebrating 10 years of Spectrum People




February 2023 marks the 10th anniversary of our community charity, Spectrum People! As we look back on a decade of growth and progress, here are 10 ways we've supported social inclusion and made a real difference to vulnerable people in Wakefield.



## Want to Help?

To volunteer with our projects, or donate to Spectrum People, call *Bridget Gill* on 07720 899781 or email: [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)

 @SpectrumPeopleWF

**"Spectrum People is the tree that gives hope. Each branch carries support and help. Art therapy branch has made me ask myself questions – there's now a better understanding"**

*Avis, volunteer and beneficiary, Airedale*

## 1 All in the Mind

In 2021, Spectrum People won the 'Group' category of the BBC Radio 4 **"All in the Mind"** awards, which commended organisations providing crucial wellbeing support during the COVID-19 pandemic. The charity was nominated by volunteer Dawn Bland.



## 2 Appletree Garden

In 2015 Spectrum People helped transform this once-derelict site, and since 2019 has run this relaxing green space filled with picnic spots, raised fruit and vegetable beds, hens, allotment space and family-friendly seasonal activities all year round. **Take a look** at our Celebration of Culture event. A community lunch is available at Appletree every Tuesday."



## 3 Art Therapy

As part of our commitment to creative health, Spectrum People brought in trained art therapists to run sessions helping individuals to express their emotions through art. These projects encourage people to express difficult emotions and move forward with their lives. Watch a **video** about the benefits of art therapy.

For more on Appletree Garden and Art Therapy - **watch this video.**

**“I love the fact that it’s non-judgemental, allows me to be who I am and leaves me more grateful and enriched every time I visit”**

*Colin, volunteer, Appletree*



## **6** Café and Chat

Based in the precinct of the former Wakefield Market, for 18 months the bustling café project offered a relaxing place for local people to drop in for a free tea and snacks, food parcels and information about local support services.



## **4** Wakefield Safe Space

Wakefield Safe Space is a VCS-led evening crisis offer face-to-face and telephone support to anyone experiencing a mental health emergency. This project is a partnership between Spectrum People, Touchstone and Gasped.

## **5** Bike Project / ReCycle

One of the charity’s earliest initiatives was the Bike Project (later ReCycle), run at partner site Reflections House. Through this, individuals could gain work experience, career skills and references by repairing pushbikes, originally donated by West Yorkshire Police.



## **7** Social Prescribing

Running from Tieve Tara Medical Centre in Airedale, this referral project supports vulnerable adults and young people to improve their health and wellbeing through social connection, volunteering and community activities led by the charity.



**“I love how the charity supports not only the community but also staff to grow, learn and develop a sense of fulfilment through the work we do. Using our lived experience to support those around us”**

*– Dee, charity support worker*



**“I love going to Appletree Garden because it’s a very friendly, safe and beautiful place. I love to sow the seeds and watch them grow and then plant out. You get to eat some of them too. I really enjoy my time there and have learnt a lot and made some friends”**

*Lisa, volunteer*



## 8 National Citizens Service and The Prince’s Trust

For seven years, Spectrum People has supported young people from the National Citizens Service to gain valuable work experience, skills and confidence by taking part in volunteering projects, alongside The Prince’s Trust and FLEX.

## 9 Apprenticeships and team support

Currently the team includes two horticultural apprentices, two students on placement, a former volunteer and those who couldn’t previously secure a job: volunteers, staff and students are all supported and offered mentoring in their roles.



## 10 ArtWalk

Spectrum People has supported the Wakefield ArtWalk many times, encouraging its volunteers and others to exhibit their artwork in local exhibitions and promoting opportunities for people to access creative and cultural activities in their area.

