

# Count on us!

Newsletter July 2022  
Issue 28



## Welcome to the July edition of count on us

Please find enclosed our July 2022 edition of our "Count On Us" newsletter. We hope it is informative and you enjoy reading through. If you have anything you would like to contribute to following newsletters this would be greatly welcomed. If you need us we are here and just want to say we know the current situation we find ourselves in is very difficult. We can get through this together. Stay safe. Please call if you need us on 0300 012 0231 during weekdays 9am-5pm. Thank you! Carers Count Team.

### At Carers Count we're listening

Hi all, my name is Heather Ellis - one of the Service Managers for the Carers Count service in Kirklees. Alongside Stephanie Sheard, we jointly manage and oversee the running of the service. Colette Hampson is closely linked with us and manages the Carers Count Mental Health service with some input from Steph.

Getting feedback from the people who access our services is something we really want to spend some time focusing on over the next few months and years. We understand carers are extremely busy and that sending feedback is not always something you can remember or have time to do. We receive some lovely feedback at times from carers we have assisted, and, for the most part, this is super positive. It is always wonderful to hear the good stuff. However, we would also like to hear if something hasn't gone quite right or if you have ideas or suggestions about things we could change or do differently.

We would like to gather feedback on the service as a whole and are happy to be directed by you on this. Possibly we could start with any feedback you have surrounding our group sessions.

For example, looking at the social and more focused training sessions we run for carers;

- Are they suitable?
- Is this something you would attend?
- If you have – did you like it?
- Do you have any suggestions of sessions you would like to see added to our calendar?
- Would you like to see sessions run at a different time?

I am also appealing for your feedback on all aspects of the service we provide for you, to help us shape and develop it accordingly. It needs to suit you guys who use it!

You can do this by contacting Yakub Rawat - our Network and Involvement worker (you may have seen him featured in the last newsletter).



His email address is: [yakub.rawat@carerscount.org.uk](mailto:yakub.rawat@carerscount.org.uk)  
In an ideal world, we would love to gather a contacts list of a group of carers who were able and willing to feed in and contribute suggestions and ideas on a regular basis to help us shape the service as we head into a new contract.

We would love to hear from you in whichever way you chose:

- Email
- Phone call
- Text
- WhatsApp
- Survey

Whichever method of contact works best for you, we'd just love to hear from you!

If this sounds appealing and you think: "Yes, count me in!" please let Yakub know your contact details and preferred way of contact and we will be in touch.

Alternatively, if you would like to just pass on some one-off feedback, then this too would be gratefully received.

Thank you for your time,  
Heather

Carers really do count!

# A collective voice for family carers of adults with a learning disability

For several years now there has been a group of family carers of people with a learning disability which has met regularly to tune into the issues that they and other family carers are experiencing that are harming the quality of life for adults with a learning disability in Kirklees. It is called the Learning Disability Carers Voice group. Our aim is to create a network of family carers who care for adults with a learning disability and build the collective voice of those carers. We want carers to be as well-informed and powerful as the organisations they have to deal with.

For the last few years our main link has been with the Kirklees Learning Disability Partnership Board and we have had a slot at every one of its meetings to present the issues that are currently causing concern, always with the intention of making things happen differently. This Board has stopped meeting at present but the group have other places to take their concerns to, so we are intent on carrying on.

The regular group is not large, ten to twelve people, because that allows plenty of space for everyone to contribute. At other times we have organised large events for family carers - about the Care Act, about the Council's needs assessment process, about other major topics but

most of the work is in this small group which tries to draw together issues from as wide a range of family carers as possible and to take them up with those who have the power to resolve them. It is not a means of pursuing your individual concerns unless there is evidence that what is happening to you is happening to other people.

We are wanting to involve a few new people so that we don't get stale and would welcome contact from you if you would be interested. It would commit you to four meetings a year, from 12.30pm to 2.30pm on a Tuesday.

Our website has been a bit neglected during Covid but is about to be revived - and it will give you a good background about what we do, what issues we have taken up in the past etc. Do take a look. [www.ldcarersvoice.co.uk](http://www.ldcarersvoice.co.uk)

If you might be interested feel free to phone Jackie Hughes 01484 660840 or Sarah Marshall 07958764631 or Mark Feeny 01924 496095



 <b>August 2022 Carers Groups Calendar</b> 				
Please note that Group dates and times of face to face may be subject to change.				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 14:00 - 15:00 <a href="#">Movie Club (zoom)</a> <hr/> 18:30 - 20:00 Evening Coffee and Chat Starbuck Leeds Road Huddersfield	<b>2</b> 10:30—12:30 Meditation Group Brian Jackson House <hr/> 11:00 - 13:00 Sizzle n Chat Howland's Centre Dewsbury	<b>3</b> 13:00 - 16:00 Art Group SZR Create Space Huddersfield	<b>4</b> 17:00 - 18:30 After Carers Starbucks Batley	<b>5</b> 13:00 - 14:30 Tai Chi Brian Jackson House
<b>8</b> 10:30 - 12:00 Morning Coffee and Chat Brian Jackson House Café	<b>9</b> 10:30—12:30 Meditation Group Brian Jackson House	<b>10</b> 10:30—12:00 Cleckheaton Coffee and Chat The Surf Shack <hr/> 13:00 - 14:00 <a href="#">Zoom Cuppa and Chat</a> <hr/> 16:00—18:00 Men's Group Dewsbury Sainsbury's Café Dewsbury	<b>11</b> 11:00 - 13:00 Mental Health Carers Wellbeing Group The Crescent Batley	<b>12</b> 13:00 - 14:30 Tai Chi Brian Jackson House
<b>15</b> 10:30 - 12:00 Batley Coffee and Chat The Crescent (Batley)	<b>16</b> 10:30—12:30 Meditation Group Brian Jackson House <hr/> 11:00 - 13:00 Sizzle n Chat Howland's Centre Dewsbury	<b>17</b> 13:00 - 16:00 Art Group SZR Create Space Huddersfield	<b>18</b> <b>Southport Trip</b> Huddersfield Collection Brian Jackson House 8:45 Batley Collection Batley Baths 09:30	<b>19</b> 13:00 - 14:30 Tai Chi Brian Jackson House
<b>22</b> 13:00 - 14:30 Afternoon Coffee and Chat Brian Jackson House Café	<b>23</b> 10:30—12:30 Meditation Group Brian Jackson House	<b>24</b> 12:00—15:00 Himmat Group 13:00—14:30 After Carers Group Greenhead Park Conservatory 13:00—15:00 Men's Group Huddersfield Brian Jackson House Café (Hudds) 19:00 - 20:00 <a href="#">Quiz Night (Zoom)</a>	<b>25</b>	<b>26</b> 13:00 - 14:30 Tai Chi Brian Jackson House

**Carers really do count!**



ROYAL VOLUNTARY SERVICE

REMEMBER ME

Café

*Bringing together people living with dementia, their carers, families and friends to provide support in a relaxed and friendly environment.*

Supported by the Covid-19 Support Fund, established by the insurance and long-term savings industry



**A supportive group, providing information and advice, with fun and engaging activities for all. Come along and join us at our weekly 'Remember Me Café'. Refreshments provided.**

Location: Al Hikmah Centre  
Batley  
WF17 7AA

Date: Every Monday starting 25th July 2022

Time: 10:30am-12:30pm

To book a place or for further information please contact:

kirkleesdementiasupport@royalvoluntaryservice.org.uk or  
Telephone: Mansoor - 07977376382 or Sarah - 07811075870  
Cost - Free



Kirklees Domestic Abuse Community Engagement Team (DACET)



**Domestic Abuse Casework Clinics**

Are you working with someone who is experiencing domestic abuse?

Our Domestic Abuse Consultants offer community 'casework clinics' for community groups, professionals and voluntary groups to get advice and support on live domestic abuse cases they are involved with.

Community casework clinics are available on:

**Tuesdays, Wednesdays and Thursdays**  
10am to 4pm

To speak to a Domestic Abuse Consultant about a case please contact us on **01484 223223** or email [kdacet@kirklees.gov.uk](mailto:kdacet@kirklees.gov.uk)

Kirklees Domestic Abuse Community Engagement Team (DACET)



We are a community-based service, working to increase understanding of all forms of domestic abuse by:

- 1 Working with community groups and leaders to understand the local picture of domestic abuse, raise awareness and overcome barriers.
- 2 Partnering with communities to develop collective responses to domestic abuse, including developing resources and interventions which will engage and involve communities and individuals.
- 3 Offering people who have experienced domestic abuse a variety of ways to share their stories with us so that we can influence and improve the way we deliver services.

**Working together**

If you want to know more about domestic abuse, or have ideas on how we can work together to tackle domestic abuse in local communities, please call us on **01484 223223**.

Domestic Abuse Consultants:

Adam Lancaster – Huddersfield Rural  
Eilish Kagbo – Dewsbury and Mirfield  
Ghufrana Qureshi – Batley and Spen  
Kirkham Robinson – Huddersfield Central

Domestic Abuse Community Engagement Officer:

Sophie Wilkinson

Bringing communities together to tackle domestic abuse



Bringing communities together to tackle domestic abuse



**Carers really do count!**



*Thank you so much for your help, I feel like I'm getting somewhere now*



**6,849**

Number of carers registered with the Carers Count Service



**835**

Number of group sessions



**9,726**

Total attendance of group sessions



**638**

New referrals for Information and Advice service



*I would like to pass on my thanks to yourself and the rest of the Carers Count team for all of the support that you provide to myself and other carers, on an ongoing basis and in a wide variety of ways - it is all very much appreciated.*



**231**

Number of carers supported to have their voice heard to larger organisations through carer involvement



**119**

New referrals for Advocacy service



**1,464**

Hours of Advocacy provided



**2,978**

Carers signed up for our newsletter



**1,264**

Followers on Facebook



**433**

Posts on facebook  
(more than once per day for the year)



*I truly believe you offer a good service thank you!*



**865**

Total twitter followers



**318**

Total Tweets



**394**

Instagram Followers



**265**

Instagram Posts



**13,732**

People accessing the website

**174,871**

Total social media reach



**34**

Events organised by the service



**247**

Total attendance of the events



**277**

Number of carers able to claim additional income through unclaimed benefits

**£788,831**

Total amount per annum of additional income gained for carers through unclaimed benefits



*I can tell how passionate you are in your job and a genuine person who wants to help, keep up the good work!*



# 12

Newsletters sent out  
12 for the year (1 per month)



# 38

Tablets given out to isolated carers  
including some young carers



# 307

Volunteer hours



# 49

dedicated Carers Champions  
located in GP surgeries across Kirklees



# 70

Staff and Carers post information  
and communicate DAILY in the  
“Information Group” on what’s app group –  
over 70 participants!



# 429

Attended 34 working carers networking  
events and spoken with or presented  
to 429 people over the year



# 64

All 64 GP Practices receive Carers Count  
information on a regular basis



*I no longer need to use the service but can thank all those who work at Carers Count for all the support they gave me. It was nice to meet some lovely people just to have a chat and chill for an hour. It felt so good to know that I could contact someone to have any support I needed.*





*You are the only person who has kept in touch with me on a regular basis and I couldn't have managed without you.*



## You said it therefore we did it

- We started a virtual carers action group to gather feedback about the service and help direct its focus. Feedback is also gained through survey monkey, visiting groups and speaking with carers directly. We now hope to move towards a more face to face action group in the future.
- We are now back to running most of our groups and sessions face to face. However, due to carer demand for certain virtual sessions, we have kept these running alongside. Hopefully something to suit all.
- We now offer groups/workshops at various different times of the day and evening to cater for carers who have commitments during the day.
- We have offered and delivered some virtual awareness raising to professionals. This has been done alongside face to face events and awareness raising.
- We have remained supportive and inclusive of those carers feeling unable to come along to face to face groups sessions. We now have a volunteer peer support service, whereby carers are offering telephone support to other carers who cannot access support face to face. As a service we also still continue to check in with carers in the form of welfare calls where needed.

## Future plans for the next 12 months

- We will continue to navigate the changing circumstances of a mixture of face to face and virtual support.
- To continue to gather ongoing carer feedback and shape services accordingly with this.
- Build on the current offering of evening and weekend sessions, so those with commitments during the day can still access groups and support.
- Work on face to face awareness raising once again now we are able to go into places e.g., GP's, Schools, community groups etc



*The long conversation we had a few weeks ago really helped me come to terms with the situation with my daughter, and helped me make the right decisions to move forward.*



# Cost of Living Support

**We understand that many unpaid carers in Kirklees are facing unprecedented pressures on their finances as the cost of living continues to rise.**

**Carers Count is here to offer you advice and guidance on what support is in place to help you in these difficult times. In this blog Ros Walters the Specialist Benefits Advisor from our Information and Advice Team talks you through the various schemes that are currently available.**

The government has put new help in place to support people with the cost of living. There are several different schemes available, each aimed at different groups.

## EVERYONE

Anyone paying an electricity bill will get £400 taken off their energy account in the autumn. This won't be paid as cash but applied as effectively a discount on your bill.

You won't have to repay it.

This replaces the previous scheme of a £200 payment applied to accounts that needed to be repaid over five years.

## DISABLED PEOPLE

There will be an extra £150 payment to people who get disability benefits

To be entitled to this payment, you have to be getting one of these benefits:

- Disability Living allowance; or
- Personal Independence Payment; or
- Attendance Allowance; or
- Armed Forces Independence Payment; or
- Constant Attendance Allowance; or
- War Pension Mobility Supplement

This payment will go out in September.

The money will be paid in the same way as your disability benefit. For most people this will be by a transfer into their bank account.

## PENSIONERS

Anyone who is pension age on or before 25 September 2022 (born on or before 25 September 1956) will get an extra £300 in addition to the £200-300 Winter Fuel Payment.

Most people who get this will receive payment by direct debit in November or December 2022.

## LOW-INCOME HOUSEHOLDS

£650 will be paid in two instalments to households getting one of the following benefits:

- Universal Credit; or
- Pension Credit; or
- Income-based Jobseekers Allowance (JSA); or
- Income-related Employment and Support Allowance (ESA); or
- Income Support; or
- Working Tax Credit; or
- Child Tax Credit

It will be paid automatically by the same mechanism you usually get your benefits, so if you get direct transfers into your bank account, that is how it will be paid.

You will only get one payment of £650, even if you're receiving several of the benefits on this list.

To qualify for the first instalment of £326, you should have been receiving one of the above low-income benefits sometime between 26th April 2022 and 25th May 2022.

The first instalment will go out in July. The government hasn't published information about the second instalment yet. This is due to be paid in the autumn.

## COUNCIL TAX REBATE FOR ENERGY BILLS

If you are a council taxpayer and live in a property which is in council tax band A, B, C or D, you are entitled to a rebate of £150. This is in addition to the £400 mentioned above.

If you pay your council tax by direct debit you should receive this payment directly into your bank account. Most eligible people should have received these payments by now. However, if you do not pay your council tax by direct debit, or you have not received this payment and think you should have, you can apply to Kirklees Council online. Council Tax Energy Rebate 2022-23 | Kirklees Council

## EXTRA HELP

Councils have been given extra money known as the Household Support Fund to run discretionary funding schemes. This means councils have a lot of flexibility about how they decide to use the money.

If you are struggling and live in Kirklees, you should apply through the Local Welfare Provision. Local Welfare Provision | Kirklees Council. Applications can be made online, using this link, or by phone on 01484 414782.

If you need further help to understand these payments or help to apply for them, please contact our information and advice team at Carers Count.

Kirklees Council has also produced this useful guide to finding additional support with the cost of living.



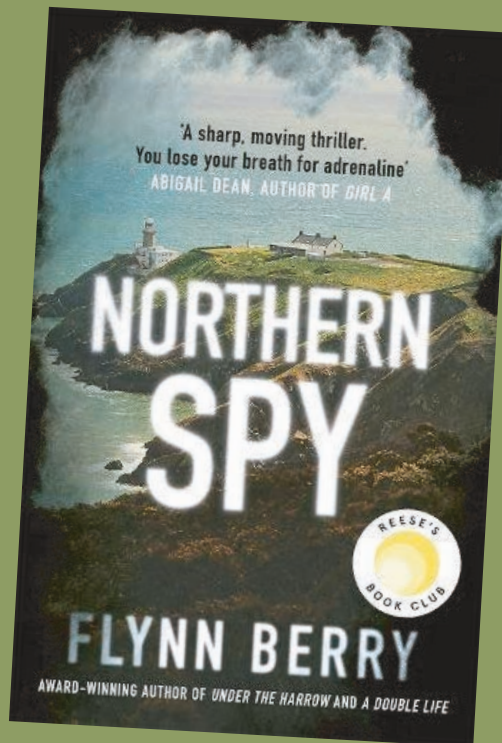
# Book Review

## Northern Spy By Flynn Berry

I don't ordinarily read novels from the Thriller genre and certainly not those concerning spies and cover operations to overthrow terrorists. However, Flynn Berry's novel Northern Spy brings the genre a little closer to home for me by setting the scene in Northern Ireland in a relatively unspecified modern time; its only suggested that the events take place Post The Good Friday Agreement.

Political Radio Producer for the BBC Tessa finds herself in the front and centre of a tense and tumultuous scare as her own sister is wanted as an active member of the IRA following a robbery at a petrol station. Torn between the loyalty she has for her sister, the safety she owes to her infant son and the choice of whether to remain no more than a bystander in Northern Ireland, Tessa is faced with the reality that the Troubles are far from over.

Berry writes with a clear, concise and simple ease which makes Northern Spy easily digestible at only 276 pages. However, I also feel that it is this writing style which stops the novel from becoming a real powerhouse of a psychological thriller. The tension and the suspense, for me, just didn't quite deliver as it might have done. Although perfectly enjoyable, characters



remained somewhat flat and underdeveloped and the plot didn't quite twist and turn as you'd expect for a Thriller. That being said, for those looking perhaps for a light and enjoyable holiday read then I would certainly recommend Northern Spy.



DEWSBURY & MIRFIELD COMMUNITY ANCHOR PRESENTS...

### Dewsbury & Mirfield Community Forum

Are you a community group? Would you like support and to find out about new funding? Then this Community Forum is for you!

Tuesday 21<sup>st</sup> June from 5:30pm at TLCC



Discussion plus coffee and cake!

Topics will include: health, local priorities after covid, new schemes and volunteers.

Plus some future dates for your diary (all from 5:30pm - 7pm):

- Tuesday 19<sup>th</sup> July - Howlands Centre, Dewsbury
  - Wednesday 24<sup>th</sup> August - Taleem Training and Community Centre
  - Thursday 22<sup>nd</sup> September - Croft House Community Centre, Mirfield
  - Friday 21<sup>st</sup> October - Ravensthorpe Community Centre
  - Monday 21<sup>st</sup> November - Mirfield Community Centre, Water Royd Lane
- Anchor contacts: Carmen 07522 105861 or Mr Aslam: 01924 978912

RSVP to Carmen at: [carmen@s2r.org.uk](mailto:carmen@s2r.org.uk) or 07522 105861  
Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU

## Wellness Service

Wellness starts with YOU

### Mental Health for You and Others

Are you interested in mental health?

Your own mental health or that of others?

If so this course is for YOU!

This course will raise your awareness of mental health issues and offer insight into ways of coping with challenges. It looks at mental health to support others but also to support your own mental health.

The session is 3 hours or a bespoke offer can be arranged on request

#### Course content includes:

- What is mental health?
- Perceptions associated with mental health
- What does good mental health look like?
- Influences on mental health
- Coping mechanisms
- Practical breathing & relaxation techniques
- Mental health in others
- What to do in a crisis
- Resources

To find out more please email :  
[wellness.service@kirklees.gov.uk](mailto:wellness.service@kirklees.gov.uk)

Visit our website:  
<https://kirkleeswellnessservice.co.uk>  
or Scan Here



Carers really do count!

**KIRKLEES SCHOOL'S OUT!**

**FREE!**

Children's Summer Holiday Dance Sessions with Arts & Crafts from 2nd - 26th August 2022

**Street/TikTok Dance**

at  
Station Road Studios  
35 - 37 Station Road, Batley WF17 5SU  
&  
Howden Clough Community Centre  
Leeds Road  
Birstall, WF17 OHY  
&  
Liversedge Parish Centre  
Halifax Road  
Liversedge WF15 6PS

**FOR GIRLS AND BOYS!**  
aged 8-12 years  
10.00am - 2.00pm

**NO EXPERIENCE NECESSARY!**

Contact: 07360 630413 or  
email: [info@danceforeveryone.org](mailto:info@danceforeveryone.org)  
to book a place at your preferred venue!

**LIMITED PLACES AVAILABLE!**  
Priority will be given to those eligible for free school meals

**DANCE FOR EVERYONE**

Department for Education

**KIRKLEES SCHOOL'S OUT!**

**age 8-12**

**Summer CAMP**

**BATLEY SPORTING FOUNDATION**

Priority will be given to those Free School Meals  
Scan to Book!

**Wilton Park, Bradford Road, Batley**

**Lunch provided outdoor activities**

Tennis, Street hockey, Scooting, Butterfly House, Museum visit, Football, Park walks, Arts, Crafts, Rugby and much more!!!

[info@batleysportingfoundation.org](mailto:info@batleysportingfoundation.org)

**SUPPORT SERVICES**

**ADVICE EDUCATION**

**HEALTH ACTIVITIES**

**CARE GETTING ABOUT**

**Join us for the Local Offer library events!**

Are you the parent or carer of a child with special educational needs and/or disabilities (SEND)?

The Local Offer team are hosting drop in sessions at Kirklees libraries over the next few weeks - join us to discover more about SEND activities, support and services.

The events are open to everybody and will be an easy way to hear about the Kirklees Local Offer, a fantastic one-stop-shop for SEND information.

The library sessions are taking place on:

- June 27, 1pm to 3pm, Denby Dale
- June 30, 10am to noon, Batley
- July 7, 1pm to 3pm, Heckmondwike
- July 8, 1pm to 3pm, Kirkheaton
- July 12, 10am to noon, Cleckheaton
- July 18, 10am to noon, Ravensthorpe
- July 19, 10am to noon, Mirfield
- August 15, 2pm to 4pm, Kirkburton
- August 22, 1pm to 3pm, Shepley
- August 26, 10am to noon, Skelmanthorpe

We look forward to meeting you

[kirkleeslocaloffer.org.uk](http://kirkleeslocaloffer.org.uk)  
Aspiring to improve local services for SEND

**Kirklees COUNCIL**

**Carers really do count!**

# Are you experiencing low mood, stress or anxiety?

Problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep can make it difficult for us to cope with life's daily demands.

You do not need to try and cope on your own. If you live in Kirklees and are over the age of 17, the Improving Access to Psychological Therapies (IAPT) can help.

Self referral: [www.kirkleesiapt.co.uk](http://www.kirkleesiapt.co.uk) 01484 343700



Recovery College Kirklees offers courses to help learners be well and stay well. Open to all – simply enrol or for more info visit:

[www.kirkleesrecoverycollege.co.uk](http://www.kirkleesrecoverycollege.co.uk) 01924 481080



Out of hours mental health support is available every night from 6pm until midnight. The Well-bean Crisis Café provides a safe and confidential space, offering a mix of telephone, online and face-to-face support and a relaxed social space, for people aged 18 and over. Please ring to make a referral. Calls are taken from 6pm on:

07741 900395 (Fri-Mon) or 07867 028755 (Tue-Thur)

Your first port of call for severe symptoms is your GP – make an appointment today.



#ITSOKYOTALK  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)  
[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

One man every two hours, that's twelve men every day die by suicide – the single biggest killer of men under 45. Let's show men all across the world that it's OK to talk.

Regular meetings in various locations around Kirklees – see website for more information.



Huddersfield 01484 353333 Dewsbury 01924 438383  
[www.chartkirklees.co.uk](http://www.chartkirklees.co.uk)

Providing services for individuals, families and communities affected by substance misuse.



Combat Stress is the UK's leading charity for veterans' mental health.

24-hour Helpline 0800 138 1619  
[www.combatstress.org.uk](http://www.combatstress.org.uk)

West Yorkshire and Harrogate Suicide Bereavement Service

Support for anyone who has been bereaved or impacted by suicide of someone they care about in Kirklees, available to young people and adults. Information on how to access help and the range of support available can be found on our website: [www.wyhsbs.org.uk](http://www.wyhsbs.org.uk)

Queries and questions can be directed to [Sbs@leedsmind.org.uk](mailto:Sbs@leedsmind.org.uk) or 0113 3055 800

krysallis 24/7 National Gambling Helpline: 0808 802 0133



Counselling Centre 01484 450040  
[www.kcrasac.co.uk](http://www.kcrasac.co.uk)  
[referralsandhelpline@kcrasac.co.uk](mailto:referralsandhelpline@kcrasac.co.uk)

Supporting survivors of sexual violence and domestic abuse. First point of contact for all our services is the helpline.

Kirklees Wellness Service

Kirklees Wellness Service delivered to anyone over 16 in Kirklees. Call: 01484 234095  
email: [wellness.service@kirklees.gov.uk](mailto:wellness.service@kirklees.gov.uk)  
visit: [www.kirkleeswellnessservice.co.uk](http://www.kirkleeswellnessservice.co.uk)

Huddersfield Mission We offer practical help and support with housing, benefits, physical and mental health and finances. Free advice drop-in at our community cafe from 10-2pm Monday - Friday. Call 01484 421461



Kirklees Befriending Scheme is a service that provides support to individuals (18+) who are living in the Kirklees Area and have a mental health diagnosis. The service has a focus on social support and helps those that are lonely and isolated to build confidence in accessing their local community, with the help of a Volunteer.

For more info call: 01924 468344  
[khs@st-annes.org.uk](mailto:khs@st-annes.org.uk) [www.st-annes.org.uk](http://www.st-annes.org.uk)

PENNINE DOMESTIC ABUSE PARTNERSHIP We provide support, advice, information and safe accommodation to anyone who is a victim of domestic abuse, 'honour based' violence, forced marriage or female genital mutilation. 24hr helpline 0800 0527222



Providing counselling, bereavement, mental health, wellbeing, crisis support and practical assistance. St Georges Square, (Next to The Head of Steam), Huddersfield HD1 1JF  
01484 421143 01484 535960  
[www.platform-1.co.uk](http://www.platform-1.co.uk)

## Feeling Suicidal?

If you or someone you know is in immediate danger, please call 999

NHS South West Yorkshire Partnership NHS Foundation Trust  
Calderdale and Kirklees Single Point of Access for Adult Referrals (18+) into Secondary Care Mental Health Services.  
Call 01924 316830

PAPYRUS PREVENTION OF YOUNG SUICIDE  
If you are a young person under 35 having thoughts of suicide or are concerned for a young person who might be, you can contact PAPYRUS HOPELINEUK for confidential support and practical advice.  
Call 0800 068 4141  
Opening hours:  
9am-10pm weekdays  
2pm-10pm weekends/bankholidays  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

[www.kirklees.gov.uk/mentalhealth](http://www.kirklees.gov.uk/mentalhealth)

# Support to help you stay mentally well

Last updated: July 2022

WORKING TOGETHER BETTER  
Are you looking for mental health & wellbeing support in Kirklees?  
We are the commissioned, community adult mental health service providers from the voluntary sector, working together to provide a better mental health service in Kirklees.

Carers Count  
Carers Count support unpaid carers in Kirklees who care for a friend or family member due to mental/physical illness or substance addiction.  
Call 03000 120 231  
[info@carerscount.org.uk](mailto:info@carerscount.org.uk)

S2R CREATE SPACE PROMOTING POSITIVE MENTAL HEALTH  
S2R is a mental health and wellbeing charity, providing a service to individuals and communities across Kirklees. Offering a diverse range of early intervention and prevention support activities and self-learning opportunities. Our projects include environmental experiences, creative activities, wellbeing sessions and mental health specific training. Our projects aim to destigmatise, build confidence, resilience and social connections, in order to improve and maintain positive health and life wellbeing.  
Call 01484 539 631  
[contact@s2r.org.uk](mailto:contact@s2r.org.uk)

women's Centre  
Women's Centre offers a variety of emotional and practical support around wellbeing specifically for women both in person and online. This includes group work, counselling and a variety of therapies as well as providing a safe place to be part of a learning community.  
[www.womenscentre.org.uk](http://www.womenscentre.org.uk)  
[info@womenscentre.org.uk](mailto:info@womenscentre.org.uk)  
Huddersfield 01484 450866  
Dewsbury 07714 489445

Supporting people (aged 18+) to understand their rights and to speak up for them.  
Call 01924 460211  
[www.touchstonesupport.org.uk](http://www.touchstonesupport.org.uk)

RICHMOND FELLOWSHIP MAKING RECOVERY REALITY  
Our employment service supports people with mental health problems to find meaningful paid employment, volunteering opportunities, education or training, encouraging the development of a sense of independence, purpose and fulfilment.  
Call 01484 434866  
[kirkleesES@richmondfellowship.org.uk](mailto:kirkleesES@richmondfellowship.org.uk)  
[www.richmondfellowship.org.uk/yorkshire](http://www.richmondfellowship.org.uk/yorkshire)

hoot creative arts  
Creative activities for adults who want to look after their mental health or wellbeing. Fun and friendly group activities including creative writing, visual arts, singing, music making and digital music. Activities are free and absolutely no previous experience is needed to join in.  
[www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)  
Call 01484 516224 [info@hootmusic.co.uk](mailto:info@hootmusic.co.uk)

Community Links have seven services in Kirklees for adults experiencing mental health issues including dementia, addiction and other complex needs. We offer group work/one to one and have community services supporting people in their own homes.  
Please visit our website to find out more about the services & support we can offer you.  
[www.commlinks.co.uk](http://www.commlinks.co.uk)



youth LGBT YOUTH OUT SERVICE  
LGBT Youth Service delivered by The Brunswick Centre. Providing confidential support for LGBT young people aged 11-24 living, studying or working in Kirklees.  
• Group work • One-to-ones  
Call 07534 075388  
[info@thebrunswickcentre.org.uk](mailto:info@thebrunswickcentre.org.uk)

Thriving Kirklees Working together for healthy children, young people and families  
A single point of contact in Kirklees, for anyone concerned about a child's emotional health and wellbeing.  
Call 0300 304 5555  
[www.thrivingkirklees.org.uk](http://www.thrivingkirklees.org.uk)  
Young people can call: 07520 618866  
Parents and carers can call: 07520 618867  
[www.kooth.com](http://www.kooth.com) offers online counselling for young people

Kirklees COUNCIL  
Housing Solutions Helping people to find, keep and maintain affordable homes.  
Call 01484 221350  
Gateway to Care Gateway to Care provides a single point of access for adult social care enquiries.  
Call 01484 414933

#Talkingsaveslives  
SUICIDE PREVENTION

Experiencing grief and loss? NHS  
We offer help and support, however you need it.  
0800 194 3833 (8am-8pm)  
[griefandlosswyh.co.uk](mailto:griefandlosswyh.co.uk)

24 hour Mental Health Helpline NHS  
0800 183 0558  
[suicidepreventionwestyorkshire.co.uk](http://suicidepreventionwestyorkshire.co.uk)

YOUNG MINDS  
YoungMinds is the UK's leading charity fighting for a future where all young minds are supported and empowered, whatever the challenges.  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

Basement Project  
An award winning, independent, community based organisation. We offer those in addiction to alcohol or drugs a new way of life, free from the need or desire to use any mood altering substance; we call this RECOVERY.  
Halifax: 01422 383063  
Huddersfield: 01484 512363  
Dewsbury: 01924 454167  
[www.thebasementproject.org.uk](http://www.thebasementproject.org.uk)

The Base  
A free, confidential drug and alcohol service for young people up to the age of 21. The Base also provides information, advice and guidance for professionals, families and carers who are concerned about a young person's substance use.  
Tel 01484 541 589  
[www.changegrowlive.org/young-people/the-base-kirklees](http://www.changegrowlive.org/young-people/the-base-kirklees)



the brunswick centre  
Provide Counselling and psychological support for:  
• People living with or affected by HIV  
• Men needing support with their sexual orientation  
• Gay and Bisexual men  
• Female partners in relationships with men who are attracted to or having sex with men  
Call 01484 469 691

citizens advice  
Kirklees Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities on a wide range of issues including benefits, debt, employment, housing, relationships, immigration and much more.  
Call 0344 848 7970

Kirklees Safeguarding Adults Board



Kirklees COUNCIL

# Carefree

## Short breaks for unpaid carers



Carefree transform vacant accommodation into vital breaks for unpaid carers.

We know all too well how challenging a full-time caring role can be, so a few days away with a partner or a friend can work wonders. It may seem like a small thing, but our experience shows us that it can make a huge difference.

To qualify for a break, you must be:

- Aged 21 or over
- Full-time unpaid carer (30+ hours per week)
- Able to arrange interim care
- Able to pay for extras (£25 admin fee, transport, food, travel insurance etc.)

To REGISTER, speak to your carer support organisation who may refer you, or sign-up yourself at [www.carefreespace.org](http://www.carefreespace.org)



**Fun sessions with themed activities to help stimulate and engage within a friendly and relaxed social environment. Refreshments provided.**

Location: Focal Centre  
Lindley  
Huddersfield  
HD3 3HB

Date: Every Wednesday starting 27th July 2022

Time: 10am-12pm

To book a place or for further information please contact:

[kirkleesdementiasupport@royalvoluntaryservice.org.uk](mailto:kirkleesdementiasupport@royalvoluntaryservice.org.uk) or  
Telephone: Mansoor - 07977376382 or Sarah -  
07811075870  
Cost - Free

**A weekly Cognitive Stimulation Therapy group for people living with dementia**

Supported by the Covid-19 Support Fund, established by the insurance and long-term savings industry



**Carers really do count!**



we are cycling UK

Join a **FREE** 12 week course to help you to improve your health and fitness

Community cycling for adults of any age with a long-term health condition



A project led by



## What is a Cycle for Health course?

It is a 12-week package of support to develop bike riding skills, confidence and fitness through cycle training and led bike rides.

Cycle for Health is designed specifically for adults with poor mental or physical health.

It is run as a two hour session once a week for 12 weeks. Group size is maximum 12 people and we provide bikes and helmets.

Experienced cycle instructors and ride leaders accommodate health issues and participants progress at a pace that suits the group.

## Who can take part?

### Cycle for Health is for people:

- With poor mental or physical health
- Not doing regular exercise
- 18 years or older
- Who can ride a bike for a short distance - even if that hasn't been for many years



## Why cycle?

Cycling is amazing. It's life changing and Cycling UK believes everyone has the right to cycle and be given the skills to ride with confidence.

Cycle for Health was created in West Yorkshire as part of the West Yorkshire Combined Authority's CityConnect programme.

Courses provide a route into regular physical activity, building fitness and self-esteem.

"The instructors were very supportive and after a few sessions I was confident enough to ride on the cycle greenway. Riding has given me a real sense of achievement and increased my belief in my own abilities. I have also made new friends."

Tony, Participant, Cycle for Health Leeds

## Courses are taking place at different venues across West Yorkshire in 2021 - 2022

Meet like-minded people in a positive, welcoming environment to enjoy a new activity and discover cycling routes in your local area.

Contact the project team at Cycling UK for more information

T 01483 904562

E [cycleforhealth@cycllنگuk.org](mailto:cycleforhealth@cycllنگuk.org)



## Arts for dementia

Breathing Space is a free programme of creative activities for people living with memory concerns, or the early stages of dementia and a carer or family member.

It's a great way for people to enjoy an activity together and meet other people in a similar situation.

Activities run weekly through the year in Huddersfield and Batley. You can sign up to join in at any time.

Check the dates for upcoming activities: [www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)

Contact us

[info@hootcreativearts.co.uk](mailto:info@hootcreativearts.co.uk)

01484 516224

Bates Mill, Milford Street,  
Huddersfield HD1 3DX

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



### Music, visual art and dance

Have a go at a whole range of creative activities; hum along to the tune, splash a page with colour, and gently move to the beat.

### Room for two

Breathing Space activities benefit both the person being cared for, and the person caring with a safe space to spend quality time together.

### Safe and supported

hoot staff are on hand throughout the activities and will regularly call to check in with those who attend activities.

### No experience needed - we promise

Our friendly team make taking part in activities a fun, enlightening and uplifting experience for everyone in the room.

Participants' work has featured on BBC Radio 3, BBC Radio 4 and has been exhibited at Holmfirth Art Festival and Huddersfield Art Gallery.



Who'd have thought I'd be doing anything like this. It's marvelous.

- a participant at Breathing Space activities



## How to join

Ready to get started?

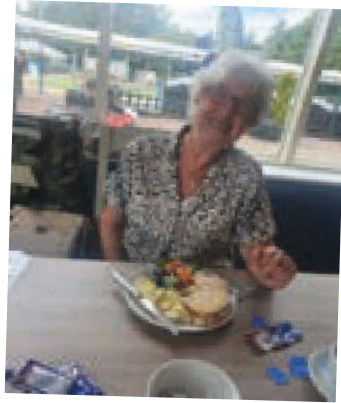
Email: [moira@hootcreativearts.co.uk](mailto:moira@hootcreativearts.co.uk)

Call: 07388 800767

Or complete the form online: [click here](#)



Carers really do count!



## Tong Garden centre 29th June 2022 After Carers Day Trip

Day out for our fabulous after carers, a well-deserved day out to Tong Garden centre. The day started in Huddersfield with pick up at 10.30, carers arrived early so we set off promptly with 70s music.

As soon as we arrived some carers went to explore the outdoor garden and others went straight for a lovely lunch at the café. Throughout the time we were there, we would bump into carers whilst they shopped happily and others enjoyed a drink before heading back. Carers came back with plants, footwear and interesting home décor. Overall, the after carers had a fantastic time together at the Tong Garden Centre!

### Feedback

I would like to thank all the staff who made this trip to Tong Garden Centre yesterday relaxed and enjoyable, especially to Bilal for his safe driving and kindness.

It was a lovely day out with lovely friends, staff and Bilal my favourite driver.

I would like to say thank you to Bilal for his generosity and being a very considerate driver, I loved the 70s music and everyone in the team that makes these trips happen. Thank you to you all.

Thank you to all staff for giving us a lovely day out.



### Spring / Summer Birds



Call us on: 0300 012 0231  
[www.carerscount.org.uk](http://www.carerscount.org.uk)



Carers really do count!