

## **Kirklees Community Newsletter**

### **Acts of Kindness – Kirklees Council**

We are looking for nominations so we can celebrate all the good things happening across our community. We want people to be acknowledged for the kind things they do for others, at a time when our community needs it most. Not sure who to nominate, here are some examples of the types of deeds would love to hear about.

- Supporting neighbours and vulnerable people in the community
- Inspiring positivity during difficult times
- Connecting people to services, local community groups and organisations
- Sharing and donating essentials
- Planning for a stronger community after Covid-19

The closing date for nominations is **Monday 1st February**. To request a nomination form email [cheryl.reid@kirklees.gov.uk](mailto:cheryl.reid@kirklees.gov.uk)

### **Adult Learning**

The Fusion Learning & Employment team are here to help adults throughout Kirklees engage in positive learning experiences tailored to their individual needs and circumstances. We are a preferred supplier of adult community learning for Kirklees Council and are rated 'Good' in all areas by Ofsted. Our 2 qualified teachers have over 40 years' combined experience. They specialise in delivering learning to adults who have barriers to learning, making them unwilling or unable to engage in mainstream learning. We are here to make it easier for them to have a positive learning experience. Our courses promote physical and mental wellbeing by delivering simple messages and practical activities on food, cooking, being active, and connecting with others. We welcome everyone onto our courses, as long as they are currently living in Kirklees, 19 years old or over and unemployed. For further details email [learning@fusionhousing.org.uk](mailto:learning@fusionhousing.org.uk) or call 01484 532280

### **Covid-19 Community Response**

Community Response is aimed at supporting those who are most vulnerable and in need of support, and who cannot currently get this help directly from friends, relatives or neighbours. For further information or to request support, go to <https://www.kirklees.gov.uk/beta/advice-support-and-sharing/covid-19-communityresponse.aspx>

You can find information about further support that is available in Kirklees, financial or otherwise, go to <https://www.kirklees.gov.uk/beta/health-and-well-being/coronavirus>

Free for all learners who are at least 19 years old on 31st August of the current academic year which runs from 1st August to 31st July. Learners will need a compatible computer/laptop/tablet/device with an internet connection. For more information or to arrange an appointment please call 0800 279 7861 or 01924 974849, email [mailbox@dipgroup.net](mailto:mailbox@dipgroup.net) / visit [www.dip.training](http://www.dip.training)

## **Experiencing Grief and Loss**

West Yorkshire and Harrogate Health Care Partnership offer free professional help and support, however you need it. Tel 08081 963833 (8am – 8pm 7 days a week) or chat online [griefandlosswyh.co.uk](http://griefandlosswyh.co.uk)

## **Health and Wellbeing – Services in Kirklees**

Here are some useful health and wellbeing related support services for you and people you know. All these services are free to access providing you meet the criteria.

*Kirklees Community Plus* work with people of all ages in our communities to achieve positive outcomes and help them to remain independent and in control of their lives. Tel: 01484 225224  
Web: [www.kirklees.gov.uk/communityplus](http://www.kirklees.gov.uk/communityplus)

*Kirklees Wellness Service* Supports local people (18+ years) who have or are at risk of long-term conditions to live healthier, happier lives and feel more able to look after themselves. The service currently provides 1-1 phone support including with quitting smoking, achieving and maintaining a healthy weight, becoming physically active, for low level mental health issues and around alcohol consumption. Tel: 01484 234095 Web: [www.kirklees.gov.uk/wellness](http://www.kirklees.gov.uk/wellness)

*Simple Signposting to Better Health and Wellbeing* A Yorkshire and Humber Public Health website with links about better health and wellbeing ideas and support.  
Web: [www.mecclink.co.uk/yorkshire-humber](http://www.mecclink.co.uk/yorkshire-humber) / Click on Location View to find Kirklees services.

*NHS Better Health* An online range of tools and support to help kickstart a healthier lifestyle, includes weight loss, getting active and help with recognising diabetes and how to control and manage it. A free downloadable app is also available. Web: [www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)

*Kirklees Social Prescribing Service* Work in our communities to support people who are, for example, lonely or isolated, would benefit from support with their mental health, have a long-term condition(s) and/or complex social needs that affect their wellbeing to connect with community groups and other services for practical and emotional support. Contact your GP practice to access the service.

*NHS Mental Health Service* Improving Access to Psychological Therapies (IAPT) For local people (17.5+ years) with problems like mild, anxiety, stress, panicking, nervousness, isolation and loss of sleep. Tel: 01484 343700 Web: [www.kirkleesiapt.co.uk](http://www.kirkleesiapt.co.uk)

*24 Hour Mental Health Helpline* Provides confidential support, advice, information and guidance to people with mental health needs and their carers who are registered with a GP in Kirklees, Calderdale, Wakefield, Leeds and Barnsley. Tel: 0800 183 0558

*Peer Support Service* Is a confidential mental health support service delivered by people with lived experience of mental health issues for anyone living in Kirklees. The 'peers' are someone to talk to on a regular basis; they provide support to help people understand the current circumstances, on how to stay well, manage mental health and well-being, and provide information on other services. Tel: 01924 460211 / 07587554799 Email: [peerbrokerageservice@touchstonesupport.org.uk](mailto:peerbrokerageservice@touchstonesupport.org.uk)  
Monday – Friday



**Kirklees Mental Health Support Card** This details a wide range of services and groups that provide support for local people (of all ages) looking to manage and improve their emotional wellbeing and mental health. Web: [www.kirklees.gov.uk/beta/healthand-well-being/pdf/mental-healthsupport-card.pdf](http://www.kirklees.gov.uk/beta/healthand-well-being/pdf/mental-healthsupport-card.pdf) If you are experiencing severe mental health symptoms contact your GP as soon as you can.

**CHART Kirklees drug and alcohol service** Provide a range of treatment, recovery and related supports for local people who are 18+ years). Tel: 01484 353333 Email: [Kirklees.Referrals@cgl.org.uk](mailto:Kirklees.Referrals@cgl.org.uk) Web: [www.changegrowlive.org/chart-kirklees](http://www.changegrowlive.org/chart-kirklees). The Huddersfield and Dewsbury hubs are open Monday-Friday for needle exchange and naloxone.

### **HTAFC Sporting Memories Virtual Sessions**

HTAFC have formed a group that brings together older adults to talk about sport with the aim of reducing loneliness and social isolation. The session will be delivered online and we appreciate this may be a barrier for some. We are therefore happy to contact anyone beforehand to talk them through how to join. For further details please contact Richard Martinson Tel 07741 671595 or email [Richard.martinson@htaafcfoundation.com](mailto:Richard.martinson@htaafcfoundation.com). Free virtual sessions to be held on Mondays 10:30am -11:30am and Fridays 1pm – 2pm.

### **Kirklees Citizens Advice and Law Centre**

Staff and volunteers are available to help and guide people through their options. If more advice is needed then a range of options are available including a face to face appointment with an adviser, a telephone call back or a referral to another service. T: 0344 848 7970 [www.kcalc.org.uk](http://www.kcalc.org.uk), Monday - Friday 9am – 4:30pm.

### **Kirklees Council Local Welfare Provision Team**

If you or your family are affected financially, we may be able to help you in a numbers of ways. The only qualifying criteria are that the family live in Kirklees. We can:

- Make referrals for school uniform support
- Advise how to apply for free school meals and school transport
- Make referrals for food parcels and or issue a voucher for food or fuel
- Advise on welfare benefit entitlement, including rent and mortgage payments
- Advise on local and national Covid-19 assistance schemes
- Advise on council tax reduction help
- Help accessing furniture and white goods
- Relevant advice to alleviate longer term problems (e.g debt advice, benefits advice, budgeting awareness)
- Other types of help if you are suffering hardship due to COVID-19 For help and further advice Tel 01484 414782.

### **Kirklees Networking Meeting - Supporting People Through Lockdown, Christmas and Beyond**

It is really difficult at the moment for community, voluntary and mutual aid groups to comply with new lockdown rules, regulations and guidance, and keep supporting people and running activities.

But, people are going to need that support to maintain their mental health and wellbeing through a Winter lockdown, Christmas and into the new year. At this network meeting, we'd like you to be able to share your thoughts and issues, and come away with some new ideas and practical solutions that you can use to support your workers, volunteers or service users through the potentially tricky times ahead. The online event will take place on **Thursday 12th November** 11:30 – 12:30pm. To book a place, or for further details go to [www.tslkirklees.eventbrite.co.uk](http://www.tslkirklees.eventbrite.co.uk)

### **NHS – GP Practices Urge Local People Not To Put Off Getting Care if They Need It**

GP practices in Kirklees are urging people not to ignore possible cancer symptoms and to get care when they need it. New nationwide research shows that currently nearly half (48%) of the public would delay or not seek medical help at all, expressing concerns about burdening NHS services as well as contracting or passing Covid on to others.

NHS services have put a range of measures in place so that people can be treated safely throughout the pandemic, including Covid protected cancer surgery hubs and a Covid friendly cancer drugs fund which means fewer trips to hospital. People with mental health issues are also encouraged to access NHS support when they need it. For further information please contact [nkccg.nkghcomms@nhs.net](mailto:nkccg.nkghcomms@nhs.net)

### **Northorpe Hall, Free Workshops for Young Children and Young People and their Parents/Carers**

It's normal to experience strong emotions or to behave in ways which others find difficult. It might be that you have had some challenging or painful life experiences and are struggling to understand and cope with how these experiences have affected you. We provide mental health support for people aged 0-18 in the Kirklees area. We offer counselling, 1-1 support with mental health practitioners, activity groups and short term workshops, as well as advice, information and support over the phone or regular support calls.

Our activities, support and services help you and your family to understand what's going on in your life which is affecting your mental and emotional health - and do something about it. We can help you grow strong and resilient, better understand yourself and live a full and enjoyable life. We can also help you and your family find the specialist or other services that you need. We have some online information about mental health and self help resources. For details of the Workshops on offer visit <https://chewsnews.northorpehall.co.uk/workshops.php>

### **Ready Meal Service by the Huddersfield Mission 'Serving People, Changing Lives'**

In light of the current restrictions Huddersfield Mission is wanting to extend the café service wider into the community and begin offering our ready meals service. £2 per meal (on orders of 5 or more – collection only), £2.50 per meal (buy at the Mission) and £3 per meal delivered within a 2 mile radius. Choice of meals include:-

- Chicken curry and rice
- Sausage casserole and mash
- Beef casserole and mash
- Meatballs and pasta 3 bean chili and rice
- Pasta and smokey cheese sauce

To place your order Call 01484 432313 or 01484 421461



## Recently Unemployed? Want to Return to Work or Training and Unsure Where to Turn?

Yorkshire Children's Centre offer free support to help you get back into work or training. For more information please contact Deb Armitage 07849 398757 [deb.armitage@yccuk.org.uk](mailto:deb.armitage@yccuk.org.uk) or Angela Hepworth 07526 178180.

Our tutors and session facilitators are fully SEN qualified, DBS checked, and all have experience of working with children with SEND. To find out more information go to <https://www.starseedlearning.org/> or Tel 07938895595.

### Step by Step

Want to find a job, learn a new skill or struggling and do not know where to turn? Currently on furlough or going through redundancy? Our Step by Step's free drop-in sessions have moved to a telephone service covering all areas of Kirklees. We offer friendly support, information, advice and guidance to help you make positive steps. Step by Step staff can help with:-

- Support to access financial assistance in times of crises such as food banks and welfare services
- Advice on benefits and housing support
- Advice on training and volunteering opportunities
- Computer skills and accessing the internet
- Writing a CV and offering help with interview skills
- Accessing latest job opportunities in the area

To make a referral and arrange a convenient time for a Step by Step advisor to call, please contact 07419 328413 and ask for Claire or email [claire@paddocktrust.org.uk](mailto:claire@paddocktrust.org.uk) or 07943 895348 and ask for Anna-Marie [annamarie@paddocktrust.org.uk](mailto:annamarie@paddocktrust.org.uk)

### Term Time Wear, Schoolwear Specialist

In line with government restrictions Term Time Wear will be operating a click and collect service. All orders should be made via their website [www.termtimewear.com](http://www.termtimewear.com). Returns and exchanges will only be accepted in the original packaging within 7 days of purchase. If items need to be exchanged please email [internetorders@termtimewear.com](mailto:internetorders@termtimewear.com) and await a response before going into the store. The opening hours for collections/exchanges/returns are 10 -2pm Tuesday to Saturday.

### Test and Trace Support Payment

Have you been told by NHS Test and Trace to self-isolate? If you are isolating because you've tested positive for Covid- 19 or have been identified as a contact you may be able to apply for a Test and Trace Support Payment of £500 to help support you with your isolation. For further details and to submit a claim visit [www.kirklees.gov.uk/covid19supportpayment](http://www.kirklees.gov.uk/covid19supportpayment) If you are unable to access the internet Tel 0800 456 1114.

### The Mission

Our advisers offer a free, confidential service providing a range of information and help on:

- Benefits and Finances – support to check entitlement, make claims, complete forms and contact benefit services (phone and online)
- Housing & Tenancy Support – help finding a home, maintenance and accessing support to help you maintain your tenancy.
- Emergency Help – help in a crisis with access to emergency provisions and food parcels via referral to The Welcome Centre.



· Health & Wellbeing – support to maintain safety, take part in positive activities and to contact specialist teams such as Single Point of Access (SPA) and Social Services.

Tel 01484 421461 for support and further information.

### **Trust Well-Being Service**

The Trust Well-Being Service is a service that provides a personalised support service to ensure people with lower level mental health issues are given the help they need to continue or engage in employment, training, and volunteering services. Support is holistic and individualised to the participant, which could consist of coaching, information, advice, and guidance regarding:

- Learning strategies to manage stress, anxiety, and other mental health conditions
- Support to adopt a healthier lifestyle
- Support to overcome barriers affecting everyday life
- Liaising with mainstream health and voluntary services to ensure participant receives appropriate help

Participants will receive a series of 1:1 support sessions tailored to them, accompanied with group workshops as required. Participant will achieve their goals and can now:

- Engage with Services
- Better able to manage health conditions
- Can exercise more control and greater stability in their lives
- Improve resilience, wellbeing and reduce isolation

Contact Anne-Marie 07578 158120 or email [annemarie@paddocktrust.org.uk](mailto:annemarie@paddocktrust.org.uk) for further information.

### **Well Connected – Promoting Positive Mental Health**

If you have been impacted by Covid-19 in any of the following ways, the Well Connected project is here to help you!

- Feeling demotivated to pursue leisure or social activities.
- Feeling disconnected, isolated from others and your community.
- Feeling your wellbeing has been affected.

For more information about the Well Connected Project, please contact Sian on 07933 353487 or email [sian@s2r.org.uk](mailto:sian@s2r.org.uk)

### **Works Better – Can Help you Get into Work**

With more and more people at risk of losing their jobs and many finding it difficult to find one, Works Better can support young people (15+) and adults. They understand the challenges people face when looking for work. They offer a range of support to help you find and apply for jobs that suit you. To see what support Works Better can offer and talk to a member of their team contact them on 01484 221000 (ask for Works better) or visit [www.worksbetter.co.uk](http://www.worksbetter.co.uk).

### **Young Minds**

Visit <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus%20and-mental-health/> for tips, advice and guidance on where you can get support for young people during the Covid-19 pandemic