Adult support services

Subject	Service	What they provide	Contact details/how to refer
Counselling	IAPT – now Kirklees Talking Therapies service	Support for anxiety and depression. Help to get quick and easy access to best type of therapy for individual needs.	GP can refer, or self-refer by calling 01484 343700 www.kirklees-talkingtherapies.nhs.uk
	Platform 1	Our mental health counselling services include, but are not limited to: Bereavement, Trauma and PTSD, Addiction, Depression and Anxiety. As well as 1:1 counselling, there are also several themed support groups for men and women. They also provide Crisis Support.	7 St Georges Square, Huddersfield, HD1 1LA Tel: 01484 535960 Email: crisissupport@platform-1.co.uk or gez@platform-1.co.uk Platform 1 Metal Health Counselling and Support Huddersfield (platform-1.co.uk) Access is via referrals from GPs or Social Prescribers
	WomenCentre	Providing holistic, one-stop services, including emotional and practical support on issues such as debt, benefits, mental or physical health, domestic violence, counselling, training and development, and much more. Various programmes, become a member, self-refer, or professional referrals.	Huddersfield Centre, 15 Lord Street, Huddersfield, HD1 1QB, 01484 450866. Dewsbury Centre, First Floor Empire House, Wakefield Old Road, Dewsbury, WF12 8DJ Email: info@womencentre.org.uk WomenCentre Calderdale and Kirklees | Improving quality of life for women locally and nationally
	Talk Thru	Huddersfield based counselling for baby loss and pregnancy related issues. Supporting Kirklees, Calderdale and beyond, offering non-judgemental, emotional care for those experiencing bereavement, trauma or loss related to	2nd Floor, Revenue Chambers, St. Peter's Street, Huddersfield, HD1 1DL Tel. 01484 515137 Email: info@talkthru.org.uk

		pregnancy, including miscarriage, stillbirth, termination, baby loss, and birth trauma. Also offering counselling for unplanned pregnancy.	Talkthru | Huddersfield Pregnancy Counselling Centre
	S2R	S2R is a local mental health and wellbeing charity, providing support across Kirklees. Our aim is to support individuals and communities to improve and maintain their emotional and physical wellbeing, increase in confidence, learn new skills, build social connections and spend more time in the outdoors. We facilitate a variety of activities at our Create Space building in Huddersfield town centre, and at various community locations across North and South Kirklees.	Call: 01484 539531 / 07933 358800 email: contact@s2r.org.uk www.s2r.org.uk www.s2r.org.uk/whats-on Drop in to one of our Welcome Sessions (held every Wednesday from 10am - 12noon) where we will tell you about our upcoming activities, show you around our building, answer any questions you might have and signpost you to other support services if required. Address: S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB
	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 469691
Domestic violence	KRASAC	Supports survivors of all genders aged 13 and above who have	0300 303 4787 https://www.kcrasac.co.uk/

		experienced rape, sexual violence and domestic violence.	
	PDAP (Pennine Domestic Abuse)	Offer support, advice, information and safe accommodation for anyone male, or female aged over 16 that is affected by domestic abuse	0800 052 7222 www.pdap.co.uk
	Sky Positive Minds	A charity that works to empower women, girls and young children from the local community who have experienced domestic abuse, sexual abuse of have been affected by mental health or other challenges. Using various programmes and strategies to develop tailored 1:1 session.	Call: 07809 430845 Email: sky_pm@outlook.com Or contact via the website: https://skypostiveminds.org.uk
	WomenCentre	Providing holistic, one-stop services, including emotional and practical support on issues such as debt, benefits, mental or physical health, domestic violence, counselling, training and development, and much more. Various programmes, become a member, self-refer, or professional referrals.	Huddersfield Centre, 15 Lord Street, Huddersfield, HD1 1QB, 01484 450866. Dewsbury Centre, First Floor Empire House, Wakefield Old Road, Dewsbury, WF12 8DJ Email: info@womencentre.org.uk WomenCentre Calderdale and Kirklees | Improving quality of life for women locally and nationally
	KABWWA	Kirklees Asian and Black Women's Welfare Association is a service specialising in supporting women and children from black, Asian and minority ethnic communities who are affected by domestic violence, providing support, advice,	Contact PDAP phone 0800 052 7222, 24-hour freephone Emergency accommodation for women and children – self referral.

		information and safe temporary accommodation.	
	DAPP (Domestic abuse perpetrator programme)	DAPP stands for Domestic Abuse Perpetrator Programme (also referred to as Domestic Abuse Prevention Programme). It is a programme that seeks to increase the safety of women and children and the quality of life of everyone in the family by working with men who recognise that they have been abusive towards an intimate female partner and who want to stop that behaviour. Domestic abuse includes physical violence, emotional abuse, or any other form of coercive control. Alongside the course an integrated support service for partners/ex-partners (or other person identified as at risk) will be available. Fresh Futures is fully accredited by RESPECT, the National Association for Domestic Abuse Perpetrator Programmes and Associated Support. The programme is for men who: • Are 18 years or over • Are concerned about their own behaviour • **OR** accept concerns of somebody else regarding their behaviour	Domestic Abuse Prevention Programme - Yorkshire Children's Centre (freshfutures.org.uk) DAPPEnquiries@freshfutures.org.uk 01484 519988 option 2

		• Do not have an outstanding criminal matter relating to their behaviour • Be willing to engage with, and commit to, the programme and attending regular appointments • Are willing to share details of their current and former partners (or other person at risk) so they can receive support/intervention should they wish to receive it. If these details are not provided or denied the participant will not be able to attend the course.	
	Men's advice line	For men experiencing domestic abuse. Email and web chat available.	Domestic Abuse Helpline for Men | Men's Advice Line UK (mensadviceline.org.uk) 0808 801 0327 Mon-Fri 10am-5pm Free from landlines and mobile phones within the UK. Your call will not appear on itemised bills. You can also call free from BT pay phones. **info@mensadviceline.org.uk** Mon-Fri 9am-5pm Webchat support Wednesday 10am-11.30am Thursday 2pm-4pm
Children under 5	Home-Start	**Volunteer home-visiting support (for any families in Kirklees with a child under 5 years not yet in full time education)**	Home-Start Kirklees | Because childhood can't wait (homestart-kirklees.org.uk) 01484 421925

		Families referred to Home-Start Kirklees are offered a trained volunteer to support weekly by visiting the family in their home for 2-3 hours. Volunteers can offer practical help and emotional support to parents who maybe need someone to talk to and are feeling low due to issues that any family can face. **Weekly group support for young parents (14-24 years)** Home-Start Kirklees offers group support for young parents aged 14-24 years. Group sessions run weekly and all the parents and children who attend eat a healthy lunch together before playtime for the children and much needed social time for the parents **Peer Educator support (group support and 1 to 1 support for young parents)** Peer supporters have been young parents themselves and have first-hand experience of some of the difficulties and challenges young parents face. Peer supporters have undergone specific Home-Start training and are keen to help other young parents individually or in group support sessions. This	Info@homestart-kirklees.org.uk

		is a volunteer role open to anyone with relevant experience	
	Auntie Pam's	Auntie Pam's is a Kirklees wide support and signposting service. We offer help, guidance and information for mums and families throughout Dewsbury and Huddersfield. • A free drop-in service, no appointment needed • A cuppa in a comfortable, relaxed and friendly atmosphere • 1:1 conversations with a peer supporter • Confidentiality • A listening ear and we don't judge • A "no question is silly" approach • Support for your health and happiness • Help with confidence and motivation • Support to find positive behaviour changes • A swap shop from 20 weeks pregnant, baby clothes, maternity clothes and equipment • A library of books on pregnancy, birth and babies • Baby self-weigh from 16 weeks	Where to find us and how to contact us 2 New Street, Huddersfield, HD1 2AR Tel: 01484 414775 9 Northgate, Dewsbury, WF13 1DS Tel: 01924 438316 Email: auntiepams@kirklees.gov.uk Website: www.auntiepams.org.uk Facebook: 'Auntie Pam's Kirklees'
	Chestnut Baby Boutique	Run by LS2Y. Based at the Chestnut Centre, provides pre-	People can refer someone they know, or people can self-refer. Details on Facebook: (20+) Facebook

		loved clothes and equipment for parents of babies and young children up to the age of five across Kirklees. They have a wide selection of clothes, equipment and essential available.	Tel. 01484 516444 Chestnut Centre, 2a Chestnut Street, Sheepridge, HD2 1HJ Nurseries - LS2Y
	Rainbow Baby Bank	Rainbow Baby Bank is a registered charity (no. 1187710) supplying new and pre-loved baby essentials eg cots, prams, highchairs, nappies, clothing upto to age/size 18-24 months, baby food & infant formula on a professional referral basis only, to families in need across the whole of Kirklees. They are unable to accept self-referrals. They support families experiencing poverty, domestic violence, asylum seekers, victims of human trafficking/sexual exploitation, housing & unemployment issues. Professional referrals can be obtained from health visitors, midwives, family support & social workers, housing officers, Citizen's Advice, local charities eg foodbanks, Kirklees Council, local schools etc.	Open Tuesday to Friday 10am to 2pm. Tel: 01924 694500 19-21 Westgate, Heckmondwike WF16 0HE Info@rainbowbabybank.org.uk (20+) Facebook
	Healthy Start	'Healthy Start' is a statutory Government scheme and is designed to provide financial help to improve the nutrition of	National Healthy Start - Yorkshire Children's Centre (freshfutures.org.uk) 01484 519988

		families receiving certain benefits. Qualifying pregnant women and families with young children are provided with vouchers which can be used to buy milk, fresh fruit and vegetables and infant formula. Qualifying families will also be entitled to free maternal supplements and/or child vitamin drops.	Contactus@freshfutures.org.uk
	Fresh Futures Safety Equipment	**Safety in the Home Service** Eligible* families living in Kirklees with children under 2 years old are provided with free home safety equipment, which is fitted in their home. The safety equipment supplied includes: safety gates, fire guard, bathmat, cupboard locks, corner cushions, blind cord winders and window restrictors. Families also receive: • a free home fire safety check • new smoke detectors fitted where required • child accident prevention and home fire safety information and advice *To be eligible families must live in Kirklees, have a child under 2 years old and be in receipt of	Safety in the Home - Yorkshire Children's Charity (freshfutures.org.uk) 01484 519988 Contactus@freshfutures.org.uk

		benefits, or be on a child in need/protection plan.	
Kirklees services	Kirklees Wellness Service	Supporting adults 18 years+ on a 1:1 and group basis to develop personally tailored health and wellbeing goals, such as stopping smoking, weight management and improving physical and mental health.	Tel: 01484 234095 Email: wellness.service@kirklees.gov.uk Web: https://kirkleeswellnessservice.co.uk
	Calderdale & Kirklees Recovery College	The Recovery & Wellbeing College is led by South West Yorkshire Partnership Trust and supported by Calderdale and Kirklees Councils. We work in partnership with volunteers and other supporting organisations to develop and run a range of workshops and courses which promote wellbeing and good mental health. Open to all adults who want to improve their own wellbeing and/or the health and wellbeing of someone they care for or support. Offering courses to help learners be well and stay well.	Call: 07717 867911 Email: ckrecovery.wellbeing@swyt.nhs.uk Web: www.calderdaleKirkleesrc.nhs.uk
	Community Plus	Working with people of all ages, providing flexible and personalise support. Community Connectors offer short-term support, with can be in a persons' home, by telephone, a local venue or a mixture of all three. They work with people to reduce isolation	There are Connectors in each ward locality across Kirklees. Home | Healthier & Happier Lives | Kirklees Community Plus

		and loneliness, to build confidence, to help people to lead happier, independent and healthier lives.	People can be introduced by others, or introduce themselves via the online form, accessed via the above website, or telephone 01484 225224
	FGC (Family Group Conferencing)	Family Group Conferencing (FGC) is a process that empowers a family to make safe plans and decisions about their children and young people. The aim of the plan is to identify solutions for the issues that a family is facing. The family play a major part in identifying who they feel could make up their own support network. **The whole process is family led.** An FGC can be used in many situations. Here are some examples: • Children are at risk of being looked after by the local authority. • Anti-social behaviour is a problem. • Improving school attendance – reducing risk of exclusion. • Contact between parent and child. • Family relationships breakdown and impacts on the child/ren. **The voice of the child** Independent advocates will be available to help support the child / young person or vulnerable adult through FGC process.	**Who can I refer?** There are three things to consider when referring for a Family Group Conference: 1. There is a wider family network that is willing to get involved 2. There are important decisions which need putting into a plan. 3. The family want the conference and they are ready to make changes. It's the family's choice. An FGC will only go ahead if the family agrees to it. For more information on how to access this service, please contact: Email: earlysupportmanagementsupport@kirklees.gov.uk Tel: 01484 45682

	Personalised Care Kirklees	Social Prescribing Link Workers will talk with you about what matters to you – about any issues and challenges you are experiencing (including financial, housing, employment, mental wellbeing).	To book an appointment, contact your GP Surgery https://www.kirklees.gov.uk/beta/health-and-well-being/personalised-care.aspx
Employment	Paddock Community Trust	A growing charity which supports people to access training, develop skills and become active members of the community. Paddock Community Trust have the Employment Kirklees Contract, provide a Step-by-Step programme to break down barriers to employment, a programme to reduce digital poverty, help with debt management, essential skills courses, wellbeing workshops, and more.	The Media Centre, 7 Northumberland Street, Huddersfield, 01484 431400 Referrals@paddocktrust.org.uk http://www.paddocktrust.org.uk (20+) Facebook
	Richmond Fellowship	Kirklees Employment Service has been providing support to individuals across Kirklees since 2012. We are part of Richmond Fellowship and truly believe in the values of making mental health support, and recovery, available to every individual. With a base in Huddersfield and Dewsbury, and the ability to meet in the community, we have accessible support to all.	The Media Centre, 7 Northumberland Street, Huddersfield, HD1 1RL Tel: 01484 434866 Email: info.kirkleeses@richmondfellowship.org.uk Home - Kirklees Employment Service (rfkirkleesemployment.org.uk)

	Proper Job	Also delivering the Employment Kirklees programme. We can work with anyone over the age of 15, either employed or unemployed, who are looking for support into work, apprenticeships, in work progression, self-employment, re-skilling or further learning and training opportunities. These sessions are community based, allowing you the chance to access advice and guidance in any of the above areas and providing you with a wide range of support, resources and information.	Tel: 01484 514687 Email: mail@properjob.org.uk EMPLOYMENT KIRKLEES | properjobtheatre
	Realise	We are a training provider who helps people to unlock their potential. Everything we do is built upon our passionate, curious and human culture. We ensure that learners are on the right programmes to achieve their ambitions. We do this by having real conversations with people and organisations. As one of the largest providers of apprenticeships and adult education programmes in England, we have a network of over 500 skilful and consistent trainers, each with in-depth industry insight across multiple levels of training.	The Skills Hub, 7 Packhorse Centre, Huddersfield, HD1 2RT. Tel: 0333 444 5055 Or send a message via website: Contact - Realise (realisetraining.com)
	Groundwork	Developing skills and finding a job.	Get Support - Groundwork

		Energy and heating Improving physical and mental wellbeing Creating stronger, greener communities	Dave Ennis- dave.ennis@groundwork.org.uk 07890401872
	REAL Employment	REAL Aims to support adults aged 18+ with learning disabilities, autism and/or additional needs into paid, sustainable employment. We match their interests and skills to a job they want.	Tel: 01484 221581 Offices in Huddersfield and Dewsbury. More details on the website: Contact REAL | Kirklees Council
Skills Development	Kirklees Success Centre	Part of the Kirklees Council's Learning Service. Providing quality education packages for adults (19+). Inspiring and engaging learners in Kirklees.	Tel: 01484 234153 Email: success.centres@kirklees.gov.uk Facebook: (20+) Facebook Web: Welcome to Kirklees Success Centre | Kirklees Business Solutions
	Crosland Moor Community Learning Centre	It provides a crucial learning and skills service within a very active Community Centre. We attract learners from many different cultures and backgrounds, reflecting the different and diverse cultures within our community.	Moorfield Shopping Centre, 15a Park Road West, Crosland Moor, HD4 5RX Tel: 01484 462346 Email: enquiries@croslandmoorclc.org.uk Web: https://www.croslandmoorclc.org.uk Facebook: (20+) Facebook
	Kirklees College Community & Family Learning	Kirklees College's Adult and Community Education offers a variety of courses both in our specialist centres and out in the community supporting adults and families to learn new skills for life and work.	01484 437070 ace@kirkleescollege.ac.uk Community Learning - Kirklees College
	Thornton Lodge Action Group	Thornton Lodge Action Group is a community group working with residents of Thornton Lodge and	Thornton Lodge Community Centre, Brook Street, Thornton Lodge, Huddersfield, HD1 3JW Tel: 07871 938174 Email: office@tactiongroup.org.uk

		offering community-based activities and services. Thornton Lodge Action plays an influential role within the community through its development, information, voice and representation work. It works closely with community members to support a coherent voice to promote positive change and regeneration in our ward. Among the many services provided are a range of courses to improve English, promote positive wellbeing, develop skills for employment, and more	Web: https://tactiongroup.org.uk Facebook: (20+) Facebook
Bereavement	Sue Ryder	'If you're struggling with grief our online bereavement service offers free and professional video counselling to people living in the UK and over the age of 18.	Sue Ryder's Online Bereavement Support | Sue Ryder
	Cruse Bereavement Support	Cruse Bereavement Support is here to help anyone who is experiencing grief. Ensuring that you get the support you need, when you need it. Free service.	Call 01484 536318 Email kirkleesarea@cruse.org.uk www.cruse.org.uk
	West Yorkshire Suicide Bereavement Service	Support for anyone who has been bereaved or affected by suicide across West Yorkshire. In Kirklees, we also work with children and families.	Tel: 0113 305 5800 Email: sbs@leedsmind.org.uk Web: www.leedsmind.org.uk/sbs
Suicide	PAPYRUS Charity	PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental	Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)

		health and emotional wellbeing in young people. They provide Education and Training to raise awareness of suicide. They also provide a helpline 'HOPELINE247' and Help & Advice Resources.	The helpline number is 0800 068 4141 and it is for anyone struggling with thoughts of suicide or if you're concerned about someone.
	Well-bean café	A cafe for people with nowhere to go when mental health services are closed has opened in Huddersfield. The Well Bean crisis cafe has opened in New Street and provides one-to-one support, practical advice, hot drinks and homemade food for people experiencing mental health crisis. It has been set up by Kirklees mental health charity Touchstone and Huddersfield social enterprise the Basement Recovery Project, which supports people with addictions and in recovery.	Open every Saturday, Sunday and Monday from 6pm to midnight. 3A Union Bank Yard, New Street, Huddersfield, HD1 2BP Phone 07741 900395
	West Yorkshire Suicide Prevention	Providing training, resources, and research relating to suicide and how to prevent it. The website also provides a directory of local services, with links, that can support people who are thinking of suicide.	Suicide Prevention Resources for West Yorkshire (suicidepreventionwestyorkshire.co.uk)
Debt/money management	Step Change	Free debt advice service and fee-free debt management to help you tackle your debts.	T: 0800 1381111

	Uniform Exchange	Wonderful news, FREE school uniform is available to all children going to school in Kirklees. Most of the items donated are second-hand and in good condition. There are also some items donated which are brand new. We hope you can make full use of this service. Uniform Exchange aims to turn the request around in 7 days and made available for collection from your local school, or Kirklees Library. At busy periods like the summer holidays, it could take longer.	Requests can be made online by following this link. Uniform Exchange (uniform-exchange.org) Contact the Uniform Exchange team on 07955 724789 or email info@uniform-exchange.org
	Local Welfare Provision	If you are in immediate need which will mean serious damage or risk to the health or safety of you or a member of your family, please contact the local welfare provision. We run a non-cash service which provides support like: food parcels, white goods and furniture, relevant advice to alleviate longer term problems such as debt advice, budgeting awareness.	01484 414782 Lwp@kirklees.gov.uk
	The Welcome Centre	**Step 1 - Get a referral** To get help from The Welcome Centre, you need a referral from a support worker or support	01484 515086 info@thewelcomecentre.org • I'm a frontline worker - how do I make a referral?

		professional. There are a few simple ways to do this. • If you already receive support from a service or professional, you can ask them to make a referral for you. This could be your GP, social worker, community psychiatric nurse or an agency such as housing services, Lifeline or Connexions. • You can telephone Kirklees Local Welfare Provision Team (LWP) on 01484 414782. If you don't have a phone to call LWP, there's a free phone at the Customer Services reception, Civic Centre III, High Street, Huddersfield. • You can call in at Kirklees Citizens Advice & Law Centre (1 & 3 Brook Street, Huddersfield, HD1 1EB) between 9:30am and 3pm Monday to Friday, or at the Huddersfield Mission Cafe (3-13 Lord Street, Huddersfield HD1 1QA) between 10:00am and 1:30pm Monday to Friday. Both of these organisations have advice workers who can make a	○ Simply call our referral line 01484 340034 between Monday to Friday, 10am - 4pm. ○ Make sure you have a good understanding why someone needs a referral before you call. ○ If you want to become a referrer please get in touch on the number above.

		referral for you. **Step 2 - We'll need some information** • To receive a support pack we'll need to ask your referrer some questions about why you need our support. • We know this can be a difficult time but we are here to help. Providing us with the information we need makes the process quicker. • We'll ask about your dietary needs, how many people are in your family and what cooking facilities you have. We can make your packs right for your needs. • If you have allergies or don't like something please let us know. **Step 3 - Collect your packs** • Packs can be collected from 15 Lord Street, Huddersfield between 11am and 4.30pm Monday to Friday. • if it's difficult to make the collection yourself, the person who referred you can collect it on your behalf.	

		• When you arrive at the food bank, simply give your name to reception and they'll organise your packs. • It can take a few minutes to gather everything for you, but we want to make it just right. Our volunteers on reception are a friendly bunch, and will be happy to chat with you. They understand this can be a difficult time.	
	Citizen's advice bureau	Online advice from Citizens Advice to help you find a way forward, whatever the problem.	www.citizensadvice.org.uk
	The Bread and Butter Thing	We support thousands of families each week in almost 80 community locations. Volunteers are at the heart of our operation. Our mobile food clubs make life more affordable for people on low incomes, build stronger communities and reduce food waste. There is a small cost for the bags of food, but there is an average saving of about £25 per week. There is an option for a one bag order for single people, and a double order for larger families.	www.breadandbutterthing.org Currently on offer at: Berry Brow Methodist Church SDA Church in Crosland Moor The Chestnut Centre, Deighton Rawthorpe & Dalton Library Cowersley Community Support Thornhill Lees Community Centre Chickenley Community Hub Heckmondwike United Reform Church Windybank Community Centre
	Huddersfield Mission	Community Cafe 9:15am - 1:45pm (Mon - Fri). Advice 9:30am - 12:00pm (Mon - Fri). **What We Offer** Advice: Our advisers offer a free,	www.huddersfieldmission.org.uk 01484 421461 info@huddersfieldmission.org.uk To access the service we ask that you call into The Mission and collect a number from the reception desk.

		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	You can then have a drink in our Mission Café while you wait to be seen by one of our Advisers**.**
	BetterOff Kirklees	BetterOff is a service for people who live in Kirklees. BetterOff will show you the benefits you are entitled to and will help you to apply for them online. BetterOff also provides information on how to find and apply for jobs. BetterOff Kirklees is for people who live in the Kirklees area and who may be eligible to claim benefits and/or need some support to get a job.	BetterOff Kirklees

		This site has been designed to be used without the need for additional help, but there are some people who may need extra support and assistance. You can call **03448 487 970** if you: • Are being forced to leave your home • Are awaiting trial for a criminal conviction • Have complex learning difficulties • Have any difficulties with reading and writing • Are a young person in care or are about to leave care • This website contains bereavement allowance, child benefit and child tax credit, free school meals and healthy start, NHS low-income scheme, job seekers allowance, maternity allowance and much more .	
Housing	Shelter	A registered charity that campaigns for housing justice in England and Scotland. It gives advice, information and advocacy to people and campaigns and lobbies government and local authorities.	https://www.shelter.org.uk
	Fusion Housing	What housing issues can we help with? Homelessness	Home - Fusion Housing 01484 425522

		Repossession of your Home Anti-social behaviour actions Serious health risks repaired at your rented home Unlawfully eviction and stopping harassment from your landlord Housing Possession Court Duty Schemes - Huddersfield County Court	info@fusionhousing.org.uk
	Kirklees Homes and Neighbourhoods	This is the service that manages the Council housing stock, manages tenancies, and provides support for tenants.	Contact about rents, repairs, complaints and compliments on website: How to contact Homes and Neighbourhoods | Kirklees Council Keep up with developments on Facebook: (20+) Facebook
	Council Tax	For support with paying and/or to agree alternative repayments before court action.	T: 01484 414900
	KBOP (Kirklees better outcomes partnership)	We are a partnership of social sector organisations, commissioned by Kirklees Council to support people in our community who face an increased risk of homelessness as a result of domestic abuse.	Individuals can be referred directly, by a carer or by an agency at www.kirkleesbetteroutcomespartnership.org hello@kbop.org
	Connect Housing	Providing quality, affordable homes and support across West Yorkshire	https://www.connecthousing.org.uk
	Horton Housing	A not-for-profit housing association that provides housing, training, care and support services across Bradford, Calderdale, Kirklees and North Yorkshire	https://hortonhousing.co.uk

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	Together Housing	A non-profit housing association, meaning any money we make is invested back into the company for the benefit of our residents and local communities. Through our charity, Newground Together, we fund a variety of voluntary and community projects, groups to help improve life and opportunities to work for local people.	https://togetherhousing.co.uk
	Kirklees Council Housing Solutions Service	Assessment of entitlement to housing for people who are homeless or threatened with homelessness. Housing provided for people considered in priority need of housing. Temporary accommodation may be available while enquiries are made about eligibility. Also offer general housing advice and information for private and council tenants and homeless people.	Postal address: Kirklees Council Housing Solutions Service PO Box 1720 Huddersfield HD1 9EL Tel: 01484 221350 Email: housing.solutions@kirklees.gov.uk Out of hours emergencies phone 01484 414933 Web: http://www.kirklees.gov.uk/housing
Phone/online/chat helplines	Samaritans	'If you need someone to talk to, we listen. We won't judge or tell you what to do.' Free, confidential one-to-one service.	14 New North Parade, Huddersfield, HD1 5JP Call: 116 123 free from any phone Or 0330 094 5717 local call charges apply Email: jo@samaritans.org (it may take several days to receive a reply via email) https://www.samaritans.org/branches/huddersfield
	Mind	We're Mind, the mental health charity. We're here to make sure no one has to face a mental health problem alone.	https://www.mind.org.uk Mind Infoline 0300 123 3393

	Silver Cloud	SilverCloud programmes are designed to help you improve and maintain your wellbeing by changing the way you think and feel about things. There are several free programmes to choose from.	SilverCloud (Online Therapy) | Talking Therapies (hwhct.nhs.uk) Self-led online therapy can be accessed for free by signing up to SilverCloud with your personal email address and chosen password. Our access code is '**SIGNPOST**' and you will be asked to provide this during the sign up process.
	Bright Sky mobile app	Practical support for those in an abusive relationship or concerned about someone they know. Available in English, Polish, Punjabi and Urdu.	Free from Apple Store and Google Play.
	Combat Stress	'Combat Stress is the UK's leading charity for veterans' mental health.	24-hour Helpline 0800 138 1619 www.combatstress.org.uk
	Parentwise	Providing **parents**, carers and professionals with expert advice to support children to stay safe **online**	ParentWise - ParentWise
Substance abuse	Change Grow Live	Offering services to anyone over 18 living in Kirklees experiencing problems with alcohol or drugs. Services includes support for individuals as well as children and family members impacted by someone else's substance misuse.	Offices in both Huddersfield and Dewsbury Drug and Alcohol Service - Kirklees (changegrowlive.org)
	Kirklees In Recovery (KiR)	A constituted not for profit organisation operating throughout Kirklees, open to anyone who is interested in all aspects of Recovery from drink or drug problems. It is for individuals, friends and families, supporters, people who work in the field and	Kirklees in Recovery - drug and alcohol help, Huddersfield and Dewsbury

		organisations who wish to back and support their cause. KiR have strong links with many other organisations supporting people in their battle against drug and alcohol addiction.	
Women's services	WomenCentre	Providing holistic, one-stop services, including emotional and practical support on issues such as debt, benefits, mental or physical health, domestic violence, counselling, training and development, and much more. Various programmes, become a member, self-refer, or professional referrals.	Huddersfield Centre, 15 Lord Street, Huddersfield, HD1 1QB, 01484 450866. Dewsbury Centre, First Floor Empire House, Wakefield Old Road, Dewsbury, WF12 8DJ Email: info@womencentre.org.uk WomenCentre Calderdale and Kirklees | Improving quality of life for women locally and nationally
	TCD Charity (including Butterflies and Lukes Lads)	TCD -Tackling social isolation in the Community through Diverse activities. TCD was set up to support socially isolated individuals and groups and offer dance, movement and wellbeing sessions in the local community. Projects include Luke's Lads and Butterflies (as well as junior sessions), which are single sex workout sessions that include a mental health and wellbeing chat, dance classes for Older people including ballet and ballroom, dance classes for physical and learning disabilities	Studio 93, Jo Cox House, 90 Commercial Street, Batley, WF17 5DS Email: charitytcd@gmail.com Tel: 07950 325836 https://www.tcd-charity.co.uk Self-referral via website

		and projects for those at risk of CSE (Child Sexual Exploitation).	
Men's services	Andy's Man Club	ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation. There are over 200 free support groups nationwide, running every Monday from 7pm except bank holidays. In these groups, men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. Clubs are designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.	Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club (andysmanclub.co.uk) Ainley Top, Huddersfield (20+) Facebook 10a Northgate, Cleckheaton (20+) Facebook Dewsbury (20+) Facebook Longley Park Golf Club, Huddersfield (20+) Facebook Mirfield (20+) Facebook info@andysmanclub.co.uk Local lead for Huddersfield is Andy Bampton andy.bampton@andysmanclub.co.uk
Crime/violence	The Walter's Method	The Walters Method (formerly Absolute Specialists Wellbeing) has funding from The Safer Communities Fund and The Safe and Inclusive Communities Fund and is open to offer 5 support sessions to people impacted by trauma and violent crime. In particular:	Please send: • Name, • Postcode, • Phone number • Email address • If possible their ethnicity and age (though we can gather these later). • If they are willing work online through WhatsApp or zoom (preferred though we

		• **survivors of violent crime (any age)** • **people at risk of engaging in criminal behaviour (aged 16-26)** • TARGETTED WARDS: Ashbrow, Batley East, Batley West, Colne Valley, Crosland Moor & Netherton, Dalton, Dewsbury East, Dewsbury West, Greenhead, Newsome, HD 1, 2, 3, 4 5, 7 WF 12, 13, 14, 16, 17 We may be able to help people that fall outside these criteria, so please do get in touch if you have anyone impacted by violence or trauma in need of help.	will have limited capacity to work face to face) • If they can do sessions during the day • If they are organised enough to remember to attend arranged sessions and find a quiet place where they can concentrate To: **Clare@thewaltersmethod.co.uk** **07984115927**
	Safer Kirklees	If you've been affected by crime or anti-social behaviour. Safer Kirklees working in partnership with Victim Support are here to give you the help you need. We offer a free and confidential service available to anyone of any age in Kirklees. Even if this is something that has happened to you in the past we can help and support you.	**Safer Kirklees** Supporting victims 01484 221000 Kirkleessupportingvictims@kirklees.gov.uk **Victim Support** Monday - Saturday 8:00am - 20:00pm 0300 3031971 yorksandhumber.vcu@victimsupport.org

Other support services	Carer's Count	We support carers whose loved ones are experiencing, or who are in recovery from mental ill health, including those with dementia or neurodiverse conditions, those experiencing problematic substance misuse, including alcohol problems or where an individual is experiencing both co-existing mental health and substance misuse issues. We provide 1:1 emotional support, carers groups, short carer breaks, and information and advice. We also provide advocacy support to help carers speak up for themselves.	Tel: 0300 012 0231 Email: info@carerscount.org.uk Web: www.carerscount.org.uk
	Hoot Creative Arts	Free creative group activities for adults who want to look after their mental health or wellbeing including creative writing, visual arts, singing, music making and digital music.	Call: 01484 516224 Email: info@hootcreativearts.co.uk Web: www.hootcreativearts.co.uk
	Peer Talk	PeerTalk is a national charity that provides weekly volunteer facilitated peer support groups for people living with depression, anxiety and other emotional distress.	For enquiries about groups Phone or text 07719 562 617 Email enquiries@peertalk.org.uk
	S2R The Great Outdoors Project	We know from independent research and the testimony of our own participants, that connecting people with nature as part of a group in an outdoor activity or an indoor workshop is a great way to	To get involved in The Great Outdoors project call: 07541 095 455 or Email: Contact@s2r.org.uk The Great Outdoors Project | S2R Create Space

		improve emotional and physical wellbeing, reduce anxiety, create social connections and learn about both ourselves and the natural world. The Great Outdoors Project offers adults in Kirklees the chance to take their first steps into nature on our taster courses; to explore their relationship with the outdoors on mindful walks and through the direct experience of open spaces; to interact and contribute on practical tasks at our Community Allotment; and more	
	Community Links (Community Links Engagement and Recovery [CLEAR])	Community Links Engagement and Recovery (CLEAR) offers dynamic, creative and inspiring groups and courses to support you with your mental health and wellbeing. We collaborate with you to develop a personalised plan tracking your journey and helping you reach your goals over two years. Your journey with CLEAR may involve learning anger management skills, building confidence, exploring your talents in our art group, making new connections, or sharing your unique skills with peers.	Community Links Engagement and Recovery Service (CLEAR) CLEAR Huddersfield 32-34 Lion Chambers John William Street Huddersfield HD1 1ES 01484 519097 Email: clear.huddersfield@commlinks.co.uk

		Our experienced and skilled team members bring their own individual strengths and passions to enrich the service, ensuring you receive personalised support tailored to your needs.	
	Growing Works (Bud)	'Nurturing Healthy Lives Outdoors' Volunteer in a welcoming environment, and tasks appropriate for all abilities. Tuesdays and Thursdays 10am till 1pm	Wakefield Road Allotments, Dalton, HD5 9XN Call Rachel on 07845 416289 Email: info@growingworks.org.uk Web: www.growingworks.org.uk
	Huddersfield Mission	We offer practical help and support with housing, benefits, physical and mental health and finances.	3-13 Lord Street, Huddersfield, HD1 1QA Free advice drop-in at our community café between 9.30am and 12pm Mon, Tues, Thurs, Fri. Call: 01484 421461
	Carer's Trust Mid Yorkshire	We are a network partner of Carers Trust, Britain's leading carer support charity. We provide support in Kirklees, Calderdale, Wakefield and Leeds. We take a person-centred approach to both the carers needs and that of the loved one. We are a not-for-profit charity with over 35 years' experience working in the local community.	Milford House, Unit 9, Shaw Park, Silver Street, Aspley, HD5 9AF Tel: 01484 537036 email info@ctmy.org.uk Web: Respite for Carers West Yorkshire - Network Partner of Carers Trust CTMY (carerstrustmidyorkshire.org.uk)
	Fresh Futures Community Friends	Vulnerable and older adults can receive scheduled visits or phone calls from a certified volunteer friend to reduce loneliness or isolation.	Call: 01484 415465 or 07458 055044 Email: communityconnections@freshfutures.org.uk Web: https://freshfutures.org.uk/community-friends

		Adults over the age of 18 who may be experiencing isolation, or loneliness can access these services free of charge.	
	Locala	Locala offer a range of health and wellbeing services.	locala.org.uk/services
	CAFCASS	Cafcass stands for Children and Family Court Advisory and Support Service. Cafcass represents children in family court cases in England. We independently advise the family courts about what is safe for children and in their best interests. Our experienced Family Court Advisers may be asked by the court to work with families and then advise the court on what we consider to be the best interests of the children involved in three main areas: • divorce and separation, sometimes called 'private law', where parents or carers can't agree on arrangements for their children • care proceedings, sometimes called 'public law', where social services have serious concerns about the safety or welfare of a child	Cafcass advises the family courts about the welfare of children and what is in their best interests | Cafcass 0300 456 4000 Children and young people feedback line 0808 175 3333

		• adoption, which can be either public or private law. We also actively work with our partners to identify solutions to help reduce the increasing pressures on the family courts and to improve the experiences and outcomes for children and families.	
	Huddersfield Support Group for Autism (HSGA)	Set up in February 1992 and has helped many families since then. They offer advice, meetings, trips and events amongst other things. They are a voluntary, self-help group of individuals and families living or working with Autism. A confirmed diagnosis of ASD is not needed to join the group. If you would like to join, just send an email, there is no charge. You can also follow them on Facebook.	Email: info@hsga.org.uk https://www.hsga.org.uk (20+) Facebook
Behaviour	Kirklees parenting team	Service under review, waiting for confirmation of offers	
Other mental health services	Hub of Hope	Is the UK's leading mental health support database and signposting tool. Type in your postcode or city to find local organisations.	www.hubofhope.co.uk