The Guide
An information handbook for people with a learning disability

Kirklees Council
NHS Kirklees
Introduction

“The Guide” is an information handbook for people with a learning disability. Carers may find it useful too.

There is information about services and opportunities in Kirklees. The information will help you to make choices and live the life you want.

It has information about learning disability services and support you can get to do everyday things in your local community.

You can find “The Guide” on the Learning Disability Partnership Board website at www.kirklees.gov.uk/LDPB. The Learning Disability Partnership Board website has lots of other useful information. “The Guide” and the website have been designed in the same style.

We have used lots of Photosymbols in “The Guide”. This helps some people understand the information better. Some images are used lots of times. These are:

Telephone  Address  Email  Website

There are 13 chapters. Each chapter has a symbol to tell you what the chapter is about. It is also colour coded.

There is also a list of useful telephone numbers at the back. You can use this to find telephone numbers easily.
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Chapter 1

You have the same rights and choices as anybody else. Sometimes a person’s rights and choices are ignored and you may need support to help you speak up and take control. Do not be afraid to speak out and tell people what you are worried about.

Advocacy services can help you to do this. Advocacy is about speaking up for what you want, so you get the chance to make your own choices. Sometimes it is difficult to speak up for yourself. You can have someone do this for you. This person is an advocate.

Here are some ways you can have your say.

Kirklees Involvement Network (KIN)

Kirklees Involvement Network is a self advocacy group for adults with a learning disability. It helps people have their say and get involved in local and national issues and decision making. The group holds meetings every six weeks in Huddersfield and Dewsbury. Anyone can get involved. Transport and lunch are free. Five KIN members sit on the Kirklees Learning Disability Partnership Board.

How to contact KIN

07796 948 736
Sarah.Roberts@mencapinkirklees.org.uk

Local Involvement Network (LINk)

Local Involvement Networks (LINk) are made up of individuals and community groups. They work together to improve health and social care services. The job of each LINk is to find out what people like and don’t like about local services. The LINk then feeds this information back to health and social care providers. This helps them plan and deliver better services for local people.
How to contact Kirklees Local Involvement Network (LINk)

Kirklees LINk
1st Floor Standard House, Half Moon Street
Huddersfield HD1 2JF

01484 420165

kirklees-link@cloverleaf-advocacy.org.uk

kirkleeslink.cloverleaf-advocacy.org.uk

Huddersfield People First
This is a group of people with a learning disability. They are self advocates. This means they speak up for themselves and for the rights of people with a learning disability.

How to contact Huddersfield People First

Jeremy Hoy
01484 860127
c/o 5 Heather Fold
Skelmanthorpe
Huddersfield HD8 9AP

Cloverleaf Advocacy
Cloverleaf Advocacy gives independent advocacy and support to people with a learning disability.

How to contact Cloverleaf Advocacy

Cloverleaf Advocacy
01924 438438
1st Floor
9 Wellington Road
Dewsbury WF13 1HF

kirklees@cloverleaf-advocacy.co.uk
Independent Mental Capacity Advocate (IMCA)
An Independent Mental Capacity Advocate (IMCA) supports people who are unable to make decisions for themselves on issues such as medical treatment and where to live. You have a right to an IMCA under a law called the Mental Capacity Act (2005) if you cannot make these decisions. An IMCA makes sure your views are heard and your rights are upheld.

How to contact an Independent Mental Capacity Advocate
Together Independent Mental Capacity Advocate (IMCA), 21 King Street
Wakefield, WF1 2SR
01924 361050 kirkleeswakefieldimca@together-uk.org

Your local councillor
You can talk to your local councillor and have your say about things that are happening in your local area.

How to contact your local councillor
Kirklees Councillor Support Team on 01484 221801

Voting
Voting is one of the ways you can have a say about the services you receive locally and nationally. You need to be registered to vote. This means your name needs to be on the list. Kirklees Electoral Services can tell you if your name is on the list. And they can add your name to the list if it isn’t.

How to contact Kirklees Electoral Services
Kirklees Council Electoral Services
Council Offices
49/51 Huddersfield Road
Holmfirth HD9 3ER
01484 222400 electoral.registration@kirklees.gov.uk
Making a complaint or compliment
If you are not happy about a service you have used you might want to complain about it. If the service was good you might want to tell people this. Here is information about making a complaint or compliment.

Kirklees Council Adult Services Customer Services
If you, a family member or a friend get a service from Kirklees Council Adult Services, you can contact us to make a comment, good or bad.

How to contact Kirklees Council Adult Services Customer Services

<table>
<thead>
<tr>
<th>Freepost RSCA-BSEA-SYGR</th>
<th>01484 225115</th>
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<tbody>
<tr>
<td>Customer Services Unit</td>
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<tr>
<td>Adult Services</td>
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<tr>
<td>Kirklees Council</td>
<td></td>
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<tr>
<td>30 Market Street</td>
<td></td>
</tr>
<tr>
<td>Huddersfield HD1 2HG</td>
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<tr>
<td><a href="mailto:sscl@kirklees.gov.uk">sscl@kirklees.gov.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

Hospitals

To make a complaint about the service at Dewsbury and District Hospital, or any other hospitals that are part of Mid Yorkshire Hospitals Trust, contact their PALS team

01924 543687

To make a complaint about the service at Huddersfield Royal Infirmary or Calderdale Royal Hospital

01484 342000 or 01484 342296
South West Yorkshire Partnership
NHS Foundation Trust

To make a comment, compliment or complaint about South West Yorkshire Partnership Foundation Trust services

0800 5872108

customer.services@swyt.nhs.uk

Customer Services
South West Yorkshire Partnership NHS Foundation Trust
Block 10, Fieldhead
Ouchthorpe Lane
Wakefield, WF1 3SP

Independent Complaints and Advocacy Service
If you do not want to tell the health service about your complaint you can contact the Independent Complaints and Advocacy Service (ICAS) instead. They are not part of the hospitals. They can support you to make your complaint.

How to contact the Independent Complaints and Advocacy Service

0300 456 8349

For more information on “My Choice” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/peoplefirst/peoplefirst.shtml
Chapter 2

Support

You or your carers might need a bit of help sometimes to do the things you want. This might be around the house, or to help to make your choices happen or to support you to be more independent.

If you think you need some extra support, you need to contact Gateway to care and ask for an assessment.

An assessment is where a social worker or community care officer asks you about your life at the moment, so they can find out what you need. They will ask about:

- any help you get already
- the things you can do for yourself
- the things you cannot do for yourself
- where you are living
- where you want to live
- who you want to live with
- what you want to do in the daytime and evenings.

The assessment will also look at the help that your carers or family need.
Gateway to care is often the first place to contact for information, advice and support about adult social care services, health services and other support. They can help you get started if you want some support and they can tell you who can help.

**How to contact Gateway to care**

- **01484 414933**
- gatewaytocare@kirklees.gov.uk

Text “Gateway” and your question to 0778 148 2931

Gateway to care
30 Market St
Huddersfield
HD1 2HG

**Emergency Contact**

If you need to contact Kirklees social care services in an emergency, outside of office hours, please contact the Emergency Duty Service.

- **01484 414933**
ICE - In Case of Emergency

ICE helps if you have an emergency or you are in an accident. The people who are helping you can quickly find out who they need to phone. They will phone them and tell them what has happened to you.

All you need to do is put the number of the person you want phoning in your mobile phone under “ICE”.

You need to make sure the person you use is happy to be your emergency contact.

The Community Learning Disability Teams

The two community learning disability teams provide health and social care services for adults with learning disabilities in Kirklees.

They do assessments and make sure people are getting the support they need. Learning disability nurses, social workers, occupational therapists and physiotherapists work in the teams. The teams work closely with doctors, hospitals and psychologists.

How to contact the Community Learning Disability Teams

If you live in the Dewsbury area

Learning Disabilities Resource Centre
Cullingworth Street
Staincliffe
Dewsbury
WF13 4AN

01924 816274
More about how to contact the Community Learning Disability Teams

If you live in Huddersfield area

Learning Disabilities - Greenhead Resource Unit
24 Greenhead Road
Huddersfield
HD1 4EW
01484 347600

Day Opportunity Services
Day opportunity services support people with a learning disability to enjoy different activities during the day. Going to a day opportunity service can be a break for you, and the people who care for you. You need to have an assessment to decide if you are eligible for day opportunity services. You can ask Gateway to care for an assessment.

How to contact Gateway to care

01484 414933

gatewaytocare@kirklees.gov.uk

Text “Gateway” and your question to 0778 148 2931

Gateway to care
30 Market St
Huddersfield HD1 2HG
You may need to pay some money for your day opportunities service. Kirklees Council Client Financial Affairs will work out if you can afford to pay for your Day Opportunity Service.

How to contact Kirklees Council Client Financial Affairs

01484 222259

There are lots of different day opportunities services in Kirklees. Here is a list of the day opportunity services in Kirklees and how to contact them.

How to contact Kirklees Council Day Opportunities Services

Day Opportunities Services
The Ravensthorpe Centre
John Street
Ravensthorpe
Dewsbury WF13 3LE
01924 326464

Day Opportunities Services
Highfields
Cemetery Road
Edgerton
Huddersfield HD1 5NF
01484 223750

How to contact Bridgewood Trust Day Opportunities Services

The Bridgewood Trust
St Paul’s House
Armitage Bridge
Huddersfield HD4 7NR
01484 667866
How to contact St Annes Day Opportunities Services

St Annes
Edgerton Villa
22-24 Edgerton Rd
Huddersfield HD3 3AD
01484 428 955

How to contact Mencap in Kirklees Day Opportunities Services

Mencap in Kirklees
The Stables
Buckden Mount
8 Thornhill Road
Huddersfield HD3 3AU
01484 340811

How to contact Ponderosa Rural Crafts Day Opportunities Service

Ponderosa Centre
Off Smithies Lane
Heckmondwike WF16 0PN
01924 235276

The organisations below also offer support to people with learning disability during the day. Here is information about how to contact them.

How to contact Ambitions

89 Shillbank Lane
Mirfield WF14 0QW
01924 491148

How to contact Waves

Unit 5, Upper Mills
Canal Side
Slaithwaite
Huddersfield HD7 5HA
01484 769734
Domiciliary Care

Domiciliary care is support that you can get at home to meet your personal care needs. You can use it for lots of different things. Lots of different organisations offer domiciliary care in Kirklees.

You can ask your social worker or community care officer for a list of all the organisations that offer domiciliary care in Kirklees. Or you can ask Gateway to care. You need to have an assessment to decide if you are eligible for domiciliary care. You can ask Gateway to care for an assessment.
You may need to pay some money for any domiciliary care that you get. Kirklees Council Client Financial Affairs will work out if you can afford to pay for your domiciliary care.

**How to contact Kirklees Council Client Financial Affairs**

01484 222259

**BoardTalk**

BoardTalk boards use symbols, photographs and words to try to help you if you can’t talk or have speech that is difficult to understand. The boards can also help people to tell you what is going to happen or what you need to do. BoardTalk is available in libraries and sports centres in Kirklees. More and more places are starting to use BoardTalk too. Look out for the BoardTalk sign when you are visiting somewhere in Kirklees.

**How to find out more about BoardTalk**

http://www.kirklees.gov.uk/community/health-care/learningdisability/boardtalk/boardtalk.shtml

For more information on “Support” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/getsupport/support.shtml
Chapter 3

Health

Being healthy and looking after our health is important to everyone. There are organisations and tools that can help you do this. Some of them are listed here.

**Your Doctor**

Your doctor does lots to make sure people with a learning disability get good health services. Your doctor’s surgery can do things to make using their services easier for you.

You may be able to have a double appointment if you need more time to talk about your health needs. Your doctor’s surgery may use pictures and easy read information to help you understand your health needs. You may be able to have the first surgery appointment if you get anxious waiting for appointments. These examples are called “**reasonable adjustments**”. Just ask at your doctor’s surgery to see how they can help you.

Sometimes people want to see their health records. Health records are the information doctors and other health professionals keep about your health. You can ask to see your health records. Just ask at your doctor’s surgery.

If you don’t have a doctor then NHS Kirklees Customer Liaison Team will help you.

**How to contact NHS Kirklees Customer Liaison Team**

NHS Kirklees Customer Liaison Team
Broad Lea House
Bradley Business Park
Dyson Wood Way, Bradley, Huddersfield
HD2 1GZ

01484 464464

pals@kirkleespct.nhs.uk
Annual Health Checks
Annual health checks are free health checks for people with a moderate or severe learning disability. They help you take care of your health. Your doctor, practice nurse, or another clinician from the surgery, will carry out your annual health check. They will help and support you to get the healthcare you need to stay well. Speak to your doctor’s surgery to see if you can have an annual health check.

Health Action Plans
A health action plan is for you. It helps you to look after your health. It has lots of information about different illnesses and ways to stay healthy. You can ask your carer, support worker, doctor, or nurse to help you write in your Health Action Plan.

Your Health Action Plan might include:
• Having regular health checks
• Getting support to find out about good health, such as healthy eating and exercise
• Finding out who you can talk to if you are worried about your health or going into hospital
• Doing things that make you happy, such as seeing friends and having a hobby

Other health services that support you will find your Health Action Plan useful too. You can share your Health Action Plan with them if you want to.

How to get a Health Action Plan
Anyone with a learning disability can have a Health Action Plan. You can ask at your doctor’s surgery. Or you can download one from the NHS Kirklees website.

How to get a Health Action Plan
http://www.kirklees.nhs.uk/your-health/learning-disabilities
Health Trainers
Health trainers help you to improve your health. This could be helping you to lose weight or to stop smoking. They encourage you, and work with you to reach your health goals. If you have a long-term health condition, they can help you manage it.

How to contact the Health Trainers
01484 414933

Expert Patients Programme (NHS Kirklees)
This is a short course for anyone who has a long-term health condition like Diabetes or Epilepsy. The Expert Patients Programme helps you learn skills to look after and improve your health. You will get lots useful ideas and information.

How to contact the Expert Patients Programme
01484 464441 or 01924 351448.
joanne.gould@kirklees.nhs.uk

NHS Direct
If you are feeling unwell you can phone NHS Direct. This is a national telephone service. They are open 24 hours a day.

How to contact NHS Direct
0845 46 47
West Yorkshire Urgent Care Services

West Yorkshire Urgent care Services can help you if you have an urgent health problem and need help within a few hours. They are open 24 hours a day, every day.

How to contact West Yorkshire Urgent Care Services

0345 605 99 99

VIP Card (Vulnerable In Patient Card)

The VIP Card lets you carry important health information with you at all times. If you are in an accident or you are taken ill it can be stressful. It can be hard to remember important information doctors and nurses may need to know.

Doctors and nurses will need to know about any medicines you take, any allergies you might have, and other information. The VIP Card is a card that you can write this information on. The VIP Card fits into your wallet or purse so you can have it with you all the time.

How to get a VIP Card

Anyone with a learning disability can have a VIP Card. You can ask South West Yorkshire Foundation NHS Trust Customer Service team for one.

How to get a VIP Card

0800 5872108

Or you can download one from the Learning Disability Partnership Board website.

Going into hospital
There are special nurses at local hospitals who help and support people with a learning disability when they are in hospital.

Amanda McKie can help you if you are a patient at Huddersfield Royal Infirmary or Calderdale Royal Hospital.

How to contact Amanda McKie
07827 084120

Marie Gibb can help you if you are a patient at Dewsbury and District Hospital or Pinderfields Hospital in Wakefield.

How to contact Marie Gibb
01924 213011 or 07748920257

VIP Passport (Vulnerable In Patient Passport)
The VIP Passport can be used when you are in hospital. You can write important information about you and your needs on it. This will help the hospital staff to give you good care when you are in hospital. Your carer or support worker can help you to fill it in.

How to get a VIP Passport
Anyone with a learning disability can have a VIP Passport. You can download one from the Learning Disability Partnership Board website.

How to get a VIP Passport
Mental health
Mental ill health can affect everyone. It could be that you feel anxious or depressed. Or maybe you are getting more forgetful. You can get help by talking to your doctor.

Ways to Wellbeing A-Z of Mental Health is a handbook of support for people experiencing ill mental health. You can download it from the Kirklees Council website.

How to get Ways to Wellbeing

Dentists
It is important to look after your teeth and visit the dentist regularly. If you do not have a dentist you can phone NHS Kirklees Dental Information Line. This gives you information about local dentists.

How to contact NHS Kirklees Dental Information Line
0800 587 2417

Calderdale and Kirklees Community Dental Care offer dental services for people with special needs who cannot use general dental services. A professional needs to refer you to their service. You can ask your dentist or doctor for more information.

How to contact Calderdale and Kirklees Community Dental Care
Dental Management Team
2nd Floor, Batley Health Centre,
Upper Commercial St
Batley, WF17 5ED
01924 351405

If you need urgent dental treatment and do not have a dentist West Yorkshire Urgent Care Service can help.

How to contact West Yorkshire Urgent Care Service
0845 4647
Patient Advice and Liaison Service (PALS)

PALS is there to help anyone who has a question about a health service they get. There are different PALS services for the hospitals and for NHS Kirklees, the organisation for doctors, dentists and pharmacists.

How to contact Huddersfield Royal Infirmary PALS

PALS Office
Huddersfield Royal Infirmary
Lindley, Huddersfield
HD3 3EA
01484 342128

Calderdale Royal Hospital PALS

PALS Office
Calderdale Royal Hospital
Salterhebble, Halifax
HX3 0PW
01422 222417

How to contact Mid Yorkshire Hospitals PALS
(for Dewsbury District Hospital)

PALS Office
Mid Yorkshire Hospitals Trust Headquarters
Education Centre
Pinderfields Hospital
Aberford Road
Wakefield WF1 4DG

01924 543687
PALS@midyorks.nhs.uk
More about how to contact NHS Kirklees PALS

NHS Kirklees PALS
Broad Lea House
Bradley Business Park
Dyson Wood Way
Bradley, Huddersfield
HD2 1GZ

01484 464464
pals@kirkleespct.nhs.uk

For more information on “Health” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/health/health.shtml
Money is important. It helps you to live your life the way you want to. Making the most of your money can be difficult. This chapter tells you who to contact to make sure you are getting the right benefits. It tells you where to find help managing your money too.

**Kirklees Benefits Advice service**
The Kirklees Benefit Advice Service has Benefit Advisers who give independent advice. They can help you find out which benefits you could get. They can help you apply for benefits too. If you want to appeal a benefits decision, because you are not happy about it, they can help you appeal.

**How to contact Kirklees Benefits Advice Service**

- benefit.adviceservice@kirklees.gov.uk
- If you already use Kirklees Adult Services
  - 01484 416 960
- People who do not use Kirklees Adult Services living in the Huddersfield area
  - 01484 223 950
- People who do not use Kirklees Adult Services living in the Dewsbury area
  - 01924 326 010
National Benefits Advice – Disability Benefit Telephone Enquiry Line

The National Disability Benefit Telephone Enquiry Line provide information to people with a disability, their carers and representatives. They provide confidential advice and information about social security benefits and how to claim them.

How to contact the National Disability Benefit Telephone Enquiry Line

0800 88 22 00  0800 24 33 55

National Debtline

If you are in debt, or are worried about money, National Debtline can give you free and confidential advice.

How to contact National Debtline

0808 808 4000

Paying for Kirklees Adult Services

If you receive social care services from Kirklees Adult Services you may need to pay for them. Kirklees Council Client Financial Affairs will work out if you can afford to pay for any of your social care services. The amount you pay depends on your individual financial circumstances.

You will be asked to fill in a form called a Personal Financial Statement. Kirklees Council Client Financial Affairs can help you fill in the Personal Financial Statement.

How to contact Kirklees Council Client Financial Affairs

01484 222259
Wills and trusts
Setting up wills and trusts for people with a learning disability can be difficult. National Mencap Wills and Trusts Team can give you advice and information on wills and Trusts. They may be able to put you in touch with specialist solicitors too.

How to contact National Mencap Wills and Trusts Team
020 7696 6925

For more information on “Money” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/money/money.shtml
Chapter 5

Having a job is good. You can learn new skills, contribute to your community and it can help you to feel good about yourself. It can also mean you have more money. If you want to have a job there are lots of services in Kirklees that can help you. They can help you prepare for work, find a job and understand how working may affect your benefits.

**Disability Employment Advisers**

If you need extra support to get a job you can see a Disability Employment Adviser at your local Jobcentre Plus. Disability Employment Advisers can give you help and support. They can help you find work or gain new skills, even if you have been out of work for a long time, or if you have little or no work experience.

Your Disability Employment Adviser can offer you:
- an employment assessment to decide what type of work or training suits you best
- information about jobs that match your experience and skills
- information on employers in your area

**How to contact your Jobcentre Plus**

- Huddersfield Jobcentre Plus
  Castle House
  Market Street, Huddersfield
  HD1 2NE

- Dewsbury Jobcentre Plus
  Crown Buildings
  Rishworth Road, Dewsbury
  WF12 8EF
More about how to contact your Jobcentre Plus

Batley Jobcentre Plus
26 Wellington Street
Batley
WF17 5HZ

Spen Valley Jobcentre Plus
411 Bradford Road
Liversedge
WF15 6DD

0845 6043719 0845 6088551

Work Choice - supporting disabled people in employment

Work Choice helps people with a disability who need more specialised support to find a job or keep a job once you have started work.

If Work Choice is for you it will be tailored to meet your individual needs. It will focus on helping you achieve your full potential and be more independent. Your Disability Employment Advisor at your local Jobcentre Plus can tell you more.

Access to Work - practical help at work

Access to Work can help you if your health or disability affects the way you do your job. It helps with extra costs there may be because of your needs.

Access to Work might pay towards
- a support worker
- equipment you need at work
- the cost of getting to work if you cannot use public transport
- a communicator at job interviews
Who can get Access to Work?
You may be able to get Access to Work if you are:
• in a paid job
• unemployed and about to start a job or a Work Trial
• self-employed

and your disability or health condition stops you from being able to do parts of your job.

Your disability or health condition may not have a big effect on what you do each day, but may have a long-term effect on how well you can do your job.

How to contact Access to Work
Jobcentre Plus Access to Work Operational Support Unit
Anniesland JCP
Baird Street
Glasgow G90 8AN
0141 950 5327
0845 6025850
atwosu.glasgow@jobcentreplus.gsi.gov.uk

Worklink
Worklink is the employment service of Kirklees Council which supports anyone with a disability or health condition who is looking for employment, training or work experience.

How to contact Worklink
Worklink Huddersfield
5 Silver Court
Wakefield Road, Huddersfield
HD5 9AG
01484 223 520
More about how to contact Worklink

Worklink Batley
Batley Resource Centre, 90 Commercial Street,
Batley WF17 5DS

01924 326 291 or 01924 326 292
worklink@kirklees.gov.uk

The Real Employment Agency

The Real Employment Agency is part of Kirklees Council. They work with people with a learning disability who want to work. The Real Employment Agency can help with:

- CVs
- Vocational Profiles
- Benefits Advice
- Finding the right job
- Support in the workplace if needed
- Advice and guidance on work related issues

How to contact the Real Employment Agency

The Real Employment Agency
41 Market Street, Huddersfield HD1 2HL

01484 226581
margaret.dyson@kirklees.gov.uk

Mencap in Kirklees

Mencap in Kirklees have 2 employment training schemes. “Oddjob” offers people the opportunity to train in basic home maintenance and gardening skills. At “Waverley Café” you can train in catering and customer care skills.
**Volunteering**

Volunteering is when you do unpaid work for a non-profit organisation like a charity. Volunteering is a great way to meet people, learn new skills, get experience that can help you move towards paid work. Most of all, it is enjoyable. The Supported Volunteering Project helps people who need extra support to volunteer. If you think you need extra support, or feel unable to start volunteering yourself, then they can help.

They can support you to:

- find the right volunteering opportunity
- contact organisations
- complete application forms
- come with you to your first meeting or interview
- get adaptations or equipment to help you volunteer
- learn your volunteering role
- understand your rights and responsibilities as a volunteer
- gain the confidence to volunteer on your own

We can keep in touch with you to make sure that you enjoy your volunteering role.

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**How to contact Mencap in Kirklees**

Mencap in Kirklees  
The Stables, Buckden Mount  
8 Thornhill Road, Huddersfield HD3 3AU

01484 340811

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**How to contact the Supported Volunteering Project**

Gateway Volunteer Coordinators  
30 Market St, Huddersfield  
HD1 2HG

01484 414933

gatewayvolunteers@kirklees.gov.uk
You can also find out more about volunteering in Kirklees from Voluntary Action Kirklees.

**How to contact Voluntary Action Kirklees**

01484 226608

www.do-it.org.uk

For more information on “Work” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/work/work.shtml
Where you live, and who you live with, is important to everyone. Living somewhere you like, with people you like, makes you happy. Where you live can affect what other choices you have too. The information in this chapter tells you about different housing choices. It is important you make the right choice for you.

A film has been made by Kirklees Neighbourhood Housing, Kirklees Council and Mencap in Kirklees. It tells the story of 4 people with a learning disability who moved house. You can watch it on the Learning Disability Partnership Board website.

http://www.kirklees.gov.uk/community/ld/housing/housing.shtml

Are you thinking about a new place to live? This picture shows you the different things you need to think about.
Are you thinking about moving?
If you want to live somewhere different then you need to think about what you really want. This can take time but it is important. It is a good idea to talk to people who can help you get what you want.

Good people to talk to are:
• Your friends
• Your family
• Your social worker or community care officer
• Your advocate
• Your person centered planner
• A housing advisor

It is better if you work as a team to plan your move.

Who do you want to live with?
You might want to live with another person, or a group of people. When you live with someone else there is always someone there for friendship, to socialise with, and for support. Who would you want to live with? Would you live with friends? Would you be happy to live with people you didn’t know? Perhaps you would like to live with a family? Some people don’t want to live with other people. They don’t like it because they don’t get enough space and time to themselves. Living with other people can be difficult because you cannot control how other people want to live.

You might decide you want to live on your own. You would have more space and time to yourself. You would have more control about how you live too. The downside to this is that you might have too much time on your own. You might feel lonely. If something goes wrong there might not be someone around to help.
What is important about the place you live?
These questions will help you think about the sort of home you want.

- How many bedrooms do you need?
- Do you want to live in a flat, a house or a bungalow?
- Do you need to live in a place with easy access for a wheelchair?
- Do you want to live in a town or a village?
- Do you need to be near public transport?
- Do you want to live close to your family and friends?
- Do you want to live close to places that are important to you – college, your place of worship, your work?
- Do you have a pet?

What are my options?

“A Home of My own – a guide to housing in Kirklees for people with a learning disability” has lots of information about housing options that are available to help you find a place to live that is right for you. The guide tells you about the different ways you can rent a home, buy a home or shared ownership, or live in a registered care home.

How to get a copy of “A Home of my Own”

You can download one from the Kirklees Council website.


Or you can ask Gateway to care for one.

Gateway to care
30 Market St
Huddersfield
HD1 2HG
Renting a home means that someone else owns it. You will pay them money to live there. Lots of people rent a home from Kirklees Council. Kirklees Neighbourhood Housing manages all the council homes for Kirklees Council.

Kirklees Council have introduced a system called “Choose and Move”. If you do not rent a council home already the Housing Options and Support Service will assess your needs. They will tell you if you are likely to be offered a council home. You can also ask them for an easy read tenancy information pack. The pack uses pictures and words that are easier to understand.
Other people rent a home from a housing association. Some people rent from private landlords.

Buying and owning a home means it is your property. More and more people with a learning disability are choosing to buy their own home or buy a part of the home, this is called shared ownership.

Residential care homes give you 24 hour support. There are big residential care homes, and small ones. If you live in a residential care home you do not own it, or pay rent. Your benefits may be used to pay for your housing and support.

Getting housing support
There are lots of different ways that you can get housing support. The type of housing support you get depends on your needs, and the way you want to live.

Supported living
Supported Living is when you live by yourself or with someone else. You get the right amount of support for you. Some people need support every day. Some people need support once a week. Your support could help you do your shopping or pay your bills.
Kirklees Council Supporting People Team may be able to help you find supported Living.

**How to contact Kirklees Council Supporting People Team**

Kirklees Supporting People Team  
Strategic Housing options  
4th Floor, Civic Centre 1  
Huddersfield HD1 2NF

01484 221271  
supporting.people@kirklees.gov.uk

**Sheltered housing**  
Sheltered housing is when you live in a house or a flat, which is a part of a group of houses or flats. Sheltered housing works well if you want to live in your own home, but think you might need support nearby. There is a warden or person that you can call if you need help.

**Shared Lives**  
Shared Lives works by matching you to a shared lives carer. The shared lives carer is trained to support you. You live with them, and take part in their family life.

**How to contact Shared Lives**

Kirklees Council Shared Lives,  
Briarcourt  
28 Occupation Road  
Lindley, Huddersfield HD3 3EE

01484 226 520  
Shared.lives@kirklees.gov.uk

**Equipment**  
You can also get equipment to have in your home. The equipment can help you stay safe and be more independent.
Kirklees Council’s Carephone Home Safety Service can provide you with a special unit that links to your telephone. This means you can call for help at the press of a button, day or night. You can get other equipment too to help with your daily living and help keep you safe.

**How to contact Kirklees Council Carephone Home Safety Service**

Carephone Home Safety Service  
13a Westfields Road, Mirfield  
WF14 9PW  
01924 326403

**Paying for your housing and support**

Choosing your housing and support can be difficult. So can working out how to pay for it. You will need to have an assessment of your social care needs.

The assessment gives you the chance to say what you want too. It will also help to find out whether you can get money and benefits to help pay for your housing and support. To get an assessment contact Gateway to care.

**How to contact Gateway to care**

Gateway to care  
30 Market St, Huddersfield  
HD1 2HG  
01484 414933  
gatewaytocare@kirklees.gov.uk

For more information on “Housing” please visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/housing/housing.shtml
Everyone needs to travel to get to places they want to go to. Some people with a learning disability find travel difficult. It is important to have good information about transport services, and support you can get to travel.

**Free travel pass for buses and trains**
This is a pass for people with a disability. It means you can travel for free, or cheaply, on buses and trains within the West Yorkshire Metro area. The pass is for off-peak travel only. This means travel only after 9.30am Monday to Friday, but all day at weekends. You can get an application form from Gateway to care.

**How to contact Gateway to care**

Gateway to care  
30 Market St, Huddersfield  
HD1 2HG  
01484 414933  
gatewaytocare@kirklees.gov.uk  
Text “Gateway” and your question to 0778 148 2931
Timetables for buses and trains
You can get bus and train timetables in large print, Braille and audiotape from MetroLine.

How to contact MetroLine
0113 245 7676

Access Bus
The Access Bus is a bus for people with a disability who find it difficult to use public buses. You need to register to use Access Bus. Sometimes the Access Bus service is busy so you have to call and book before you want to travel. Most Access Bus trips are to take people to shop at their local supermarket. There are some social trips too.

The service runs during the day, Monday to Sunday. A limited evening service is available to groups of five or more. If you have a free bus pass you will travel for free. If you need support to travel, or need support at the place you are going to, then your carer or support worker can travel with you on the bus for free too.

How to contact the Access Bus
0113 348 1903

Free town bus
The free town buses are buses that go round the centre of Huddersfield and Dewsbury. They are free to use. They are fully accessible and can carry one wheelchair at a time. They run every 10 minutes during the day. Each bus has a route that it travels.

How to find out more about the free town bus
Ask at Huddersfield or Dewsbury bus station
http://www.wymetro.com/BusTravel/freetownandcitybuses
Shopmobility
Shopmobility helps disabled people to get around the town centre by lending equipment free of charge. You can borrow scooters, manual wheelchairs, and electric wheelchairs. You can borrow them in Huddersfield, Dewsbury, Batley and Cleckheaton. To use a Shopmobility scooters or wheelchairs all you have to do is register by filling in a form. You will need to do a short safety assessment too. A staff member can help you with this. Once you have registered you can book to use a scooter or wheelchair.

How to contact Shopmobility
Gateway to care,
30 Market Street, Huddersfield,
HD1 2HG
01484 416 666
gatewaytocare@kirklees.gov.uk

Blue Badges (for disabled parking)
People with a blue parking badge can use disabled parking spaces and park in paid parking zones for longer. The parking badge scheme is used across the whole country. There are lots of reasons that allow you to get a blue badge. One of the main reasons is because you get the higher rate of the mobility component of Disability Living Allowance. You can find out more information about blue badges, and if you could get one, from Gateway to care.

How to contact Gateway to care
01484 414933
gatewaytocare@kirklees.gov.uk
“Gateway” and your question to 0778 148 2931
Motability
Motability is a charity that helps people with a disability to buy or lease a car or powered wheelchair. Motability is only available people receiving Disability Living Allowance at the higher rate for mobility for at least three years.

How to contact Motability
Motability City Gate House
22 Southwark Bridge Road
London, SE1 9HB
www.motability.co.uk
0845 456 4566
01279 632273

Travelling by train
Staff at train stations are happy to help you make your journey. But if you want to plan your support before you travel contact National Rail Enquiries.

How to contact National Rail Enquiries
08457 48 49 50
08457 60 50 600

Disabled Person’s Railcard
You may be able to get a Disabled Person’s Railcard. The Disabled Person’s railcard means you can save money on rail fares.

How to find out more about the Disabled Person’s Railcard
http://www.disabledpersons-railcard.co.uk/

For more information on “Travel” visit the Learning Disability Partnership Board website
http://www.kirklees.gov.uk/community/ld/travel/travel-menu.shtm
Chapter 8  Free time

Having something to do with your free time is important. Free time can be during the day or in an evening. If you don’t have things to do you might get bored or lonely. Going somewhere to meet other people can be a break for you, and the people who care for you. There are lots of different opportunities and activities in Kirklees that you might want to try. Here is some information about opportunities in Kirklees.

Kirklees Passport

The Kirklees Passport allows you to get discounts on many activities and services around Kirklees. You can get discounts on adult education courses, swimming and sports activities, fees at sports clubs, DVD loans at Kirklees libraries, driving lessons and some shop discounts.

To get a Kirklees Passport you need to live in Kirklees, and get a benefit like Income Support, Jobseekers Allowance or Housing Benefit, or have a Blue badge. You can also get a Kirklees Passport if you live in Kirklees and are registered blind or partially sighted, or deaf, or are on the wheelchair users’ database.

If you have a Kirklees Passport and you receive either the high or mid care component of DLA or Attendance Allowance or you are registered blind you can ask for a “+1” sticker to be placed on your Kirklees Passport. This means your supporter can go to some events with you free of charge.
How to contact Kirklees Passport

Kirklees Passport,
Customer and Exchequer
Red Doles Lane,
Huddersfield HD2 1YF

01484 234 056
kirkleespassport@kirklees.gov.uk

Kirklees Sports and Leisure Centres

Kirklees Sports and Leisure Centres offer lots of different sports activities for everyone. There is special equipment at some sports and leisure centres. Most centres offer sessions for people with a disability and some centres offer swimming lessons for people with a disability. The activities and timetables often change so contact the sports and leisure centres to find out what is on.

How to contact Kirklees Sports and Leisure Centres

01924 326167 for Batley Baths and Recreation Centre
01924 326181 for Batley Sports Centre
01484 222522 for Colne Valley Leisure Centre
01924 325020 for Dewsbury Sports Centre
01484 221799 for Deighton Sports Arena
01484 222448 for Holmfirth Sports Centre
01484 222440 for Holmfirth Swimming Pool
01484 223630 for Huddersfield Sports Centre
01484 223178 for Leeds Road Playing Fields
01484 234110 for Stadium Health and Fitness Complex
01484 222907 for Scissett Baths
01484 450650 for Sikh Leisure Centre
01274 335140 for Spenborough Pool and Fitness Complex
01274 335130 for Whitcliffe Mount Sports Centre

www.kirklees.gov.uk/community/leisure
Kirklees Disabled Sports Club
The club meets every week to help people with a disability take part in sport. You can do badminton, bowls, curling, swimming, football and table tennis. The club meets at Huddersfield Sports Centre and people of all ages are welcome.

How to contact Kirklees Disabled Sports Club

Hon. Secretary Mr R P Dyson
9 Coach House Drive
Dalton
Huddersfield HD5 8EG
01484 514 552

The Duke of Edinburgh’s Award
The Duke of Edinburgh’s Award is a programme of activities for young people aged 14 to 24 years old. You will do a programme of activities that you choose and will enjoy, to get your Duke of Edinburgh’s Award. You will learn new skills and make new friends. Duke of Edinburgh Awards are recognised throughout the country. In Kirklees there are lots of opportunities for young people with a learning disability to take part in the Duke of Edinburgh’s Award through the Open Award Centres. There are centres in different towns and villages and they are open on different evenings.

How to contact the Duke of Edinburgh’s Award

01484 222374
**Parallel Motion**

Parallel Motion is a dance class for people with a learning disability. There are 2 classes each week.

**How to contact Parallel Motion**

- The Stadium Dance Studio
  - Business & Leisure Complex
  - Stadium Way
  - Huddersfield HD1 6PG
- 01484 234089
- Physicalactivity.Development@kirklees.gov.uk

**Xylosound**

Xylosound is a group of musicians with a learning disability. They meet each week to enjoy music together.

**How to contact Xylosound**

- Xylosound
  - Watershed Workshops Ltd, The Watershed
  - 22 Bridge Street, Slaithwaite
- 01484 848072
- hello@satellitearts.org.uk

**Full Body & the Voice**

Full Body & The Voice are a theatre company. Their casts are made up of people with a learning disability and people who do not have a learning disability.

There are youth theatre sessions for people with a learning disability aged 11 to 18 years old who enjoy performing and want to learn new skills. There are sessions each week in Huddersfield and Dewsbury.
Young Company is for people over the age of 18 who enjoy performing. Young Company is held every week in Huddersfield.

How to contact Full Body & The Voice

Full Body and the Voice
Lawrence Batley Theatre
Queen Street
Huddersfield HD1 2SP

01484 484441
fullbody@lbt-uk.org
www.fullbody.org.uk

How to contact Shabang! Theatre Adventures

Shabang has lots of exciting theatre activities for people with a learning disability to take part in.

Shabang Theatre Adventures
27 Bridge Street
Slaithwaite
Huddersfield HD7 5JW

01484 848073
shabang-theatre@pop3.poptel.org.uk
www.shabang.org.uk
**Cinema Card**

The Cinema Card means you or your supporter can get a free ticket when you go to the cinema together. To get this card you need to get disability living allowance or attendance allowance or be registered blind. The Cinema Card costs £5.50 and you can then use it for 1 year.

**How to contact Cinema Card**

CEACARD
PO Box 199
Deeside CH5 9BW

0845 123 1292 0845 123 1297

info@ceacard.co.uk

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**Mencap in Kirklees Buddies Scheme**

The Buddies scheme matches you to a volunteer ‘buddy’. Your volunteer ‘buddy’ will have similar interests to you. This might be going to watch a football match, going to the theatre, or going walking. You and your ‘buddy’ can then enjoy doing these things together.

**How to contact Mencap In Kirklees Buddies Scheme**

Mencap in Kirklees
The Stables, Buckden Mount
8 Thornhill Road
Huddersfield HD3 3AU

01484 340811

info@mencapinkirklees.org.uk
**Grove Club**
The Grove Club is a social club for adults with a learning disability. They meet in the evening. You can play pool, talk to friends at the coffee bar and enjoy the music.

**How to contact Grove Club**

Mrs K Dodsley  
c/o Oxfield Court  
Albany Road, Dalton  
Huddersfield  HD5 9UZ

**Skills for U 2**
Skills for U 2 is a group for people with a learning disability. It runs every week in Batley. There are lots of activities for people to try such as drumming and DJing.

**How to contact Skills for U 2**

01924 522025 (Brian Jenkins)

**Batley and District Mencap Society**
Batley and District Mencap Society offer leisure activities such as swimming and games evenings. There are weekly sessions.

**How to contact Batley and District Mencap Society**

John Dewhirst  
49 Latham Lane  
Gomersal  
Cleckheaton  BD19 4AL  
01274 870 202  
www.batleymencap.co.uk
**Options Community Centre**
The Options Centre offer lots of different activities for people with a learning disability. There are social sessions where you can meet friends and do things like play darts, pool, or football. Phab is a social club for people with a learning disability from age 18 held at the Options Community Centre too.

**How to contact Options Community Centre**

Options Community Centre  
7 George Street  
Dewsbury WF13 2LX  
01924 439 090  
Options.centre2@hotmail.com

**SNAP**
SNAP is a social club for young people with a learning disability and their brothers and sisters. Lots of different things happen at the club. There are arts and crafts, discos, bingo and quizzes. SNAP meets each week in Holmfirth.

**How to contact SNAP**

SNAP Club  
Phoenix Community Centre  
Dunford Road  
Holmfirth HD9 2DR  
01484 684 762  
mlangdon11@hotmail.com
Five Villages Disability Action Group
The Five Villages Disability Action Group is for people with a disability and their carers who live in Clayton West, Denby Dale, Emley, Scissett, Skelmanthorpe and the surrounding areas. The group offers social events such as trips, meals out and hydrotherapy sessions.

How to contact Five Villages Disability Action Group
Mrs C Holden
10 High Ash Avenue
Clayton West
Huddersfield HD8 9QJ
01484 863 341

KR Talking News
KR Talking News is an audio newsletter available on CD. It is free and is delivered to your home. It features news, views and features from the local newspapers in Kirklees.

How to contact KR Talking News
KR Talking News
Kirklees Transcription Service
Huddersfield Library
Princess Alexandra Walk
Huddersfield HD1 2SU
01484 221793
kirklees.recorder@kirklees.gov.uk

For more information on “Free Time” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/leisure/leisure.shtml
Learning is an important part of life. It helps you develop your skills, and feel good about yourself. It can be fun and a good way to make friends. Most people in Kirklees who go to college go to Kirklees College.

**Kirklees College**

Kirklees College offers courses for young people and adults with a learning disability. These are at special entry level or foundation level. They are run at both the Huddersfield and Dewsbury Centres. The courses can help you to:

- develop life skills
- develop work skills
- improve your Maths
- improve your English

There are usually 10 to 12 students in each class. Students are supported by a trained team of support staff. These courses offer pathways onto other courses like National Vocational Qualifications, or into work and further training.

**How to contact Kirklees College about courses for people with a learning disability**

- Olga Taylor on 01924 465916 Extension 2289 at Dewsbury Centre
- Gary Jarvis on 01484 437000 Extension 7431 at Huddersfield Centre
- [http://www.kirkleescollege.ac.uk/prospectuses](http://www.kirkleescollege.ac.uk/prospectuses)
Other colleges
Some people travel to other colleges outside of Kirklees. Other people go to a residential college. This is a college where you live, sleep and study. There are no residential colleges close to Kirklees so you would probably need to live away from home.

Learning for leisure
Kirklees College also have lots of part time day and evening classes. They run at lots of different places across Kirklees. People do these courses to make new friends, learn something new and have fun.

Hundreds of adults take up classes every year. There are lots of different classes, from art to yoga. You have to pay for the class. Sometimes there are discounts are for people over 65 years old or people who have a Kirklees Priority Passport.

How to contact Kirklees College about learning
Kirklees College Information Bureau, Huddersfield Centre, New North Road, Huddersfield, HD1 5NN
01484 437070
infohc@kirkleescollege.ac.uk

For more information on “Learning” visit the Learning Disability Partnership Board website
Transition means moving from childhood to adult life. We usually say you are in transition when you are an older teenager.

This is a time in your life when you have to think about the future, and the sort of life you want for yourself as an adult. You have lots of new choices open to you, and your life will change. This is good, but can also be worrying.

You will start your Transition Plan at school in Year 9, when you are 13 or 14. You can ask your teacher at school for more information. You need to look at your Transition Plan every year, and make changes when you need to. Your Transition Plan will help you think about everything you need as an adult.

**Leaving school**

The biggest thing for most young people in transition is leaving school. You will wonder where you will go after school and what you will do. Some people leave school at 16 years old. Other young people can stay on until they are 19 years old. For many people leaving school can be worrying. But it can be very exciting too. All young people with special educational needs in Kirklees should have a Connexions Personal Advisor.
Connexions Personal Advisors give information, advice and guidance to people with a learning disability from age 13 to your 25th birthday. They can help you with lots of issues including:

- education and training options
- job information
- health
- housing
- relationships
- money matters

**How to contact Connexions**

Huddersfield Connexions Centre  
24 High Street, Huddersfield  
HD1 2LR  
01484 226 800

Dewsbury Connexions Centre  
Railway Street, Dewsbury  
WF12 8EB  
01924 324200

Connexions also run the Learningline. This is a telephone service. It gives you advice and information on work, training or further education. The telephone line is open Monday to Friday 9am - 5pm. Calls are free from landlines. You will be charged if you use a mobile phone.

**How to contact Learningline**

0800 5 979 979

learningline@ckcareers.org.uk

Text “learn” to 07786 202804
Moving from children’s health services to adult health services

When you are an adult you will start to use adult health services. At some time between 16 years old and 19 years old your health care will transfer to adult health services. If you have a paediatrician (a special children’s doctor) part of transition is that you will leave this doctor’s care. Your family doctor (GP) will look after your health needs instead. They will bring in other health experts when you need them, and will refer you to hospitals.

Everybody who is involved in your health care should help you to plan your transition to adult health services. If you have a paediatrician or school nurse, talk to them about what will happen. Make sure your health needs are included in the Transition Plan you do at school in Year 9.

Moving from Children and Young People Services to Adult Services

If you are a young person who gets support from Kirklees Council Children with a Disability team you will stop getting that support when you are 18 years old. You will get support from Kirklees Council Adult Services instead. You will need to plan your move to Kirklees Council Adult Services too, as part of your Transition Plan.

You will be supported to plan this transition by the Kirklees Council Transition Team. Kirklees Council Transition Team are social workers and community care officers who help you plan for adult life.

They will help you think about all the things you need to think about. These are:

• Where to live
• Having friends
• Your free time
• Going to college
• Getting a job
• Staying healthy
How to contact the Transition Team

The Grange - First Floor Offices
Ossett Lane
Chickenley
Dewsbury
WF12 8LY

01924 324 939

gatewaytocare@kirklees.gov.uk

For more information on “Transition” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/childtoadult/childtoadult.shtml
Chapter 11  Safety

You have the right to be respected and not be treated badly or bullied.

You have the right to:
- live free from violence, fear and abuse
- be protected from harm
- be independent, even if this means you want to take risks.

You also have the right to be part of your community and feel safe in your community.

Here are some examples of things that people should not do to you. Another person should not:
- tell you what to do
- bully you
- hurt you
- take your things unless you say so
- make you do something you do not want to
- tell you who you can and cannot spend time with
- threaten you
- treat you without respect
- give you a poor service
- touch you in a way you do not like
- not tell you about your rights and choices
- stop you complaining about a service
- stop you complaining about how someone has behaved towards you

**Talk to someone**

If any of these things have happened to you, you might choose to tell someone. Telling someone else means they can help you.

You can choose who you want to tell. This might be your support worker, social worker, family member or friend. You may also need to tell the police.
If you are in danger you should tell the police straight away

How to contact the police

Phone **999** for emergencies, if someone is in danger or a crime is happening

0845 606 0606 to report a crime

Safeguarding

Safeguarding is there to help people who have been hurt or threatened. Everyone should be able to live their life free from fear and harm. Some people can not always protect themselves as they are vulnerable because of their age, mental capacity or disability. They may find it hard to get the help and support they need.

Abuse can happen anywhere. Some types and examples of abuse are:

- **physical abuse** – such as hitting, pushing, restraining or giving too much medication or the wrong medication
- **psychological abuse** – such as shouting, swearing, frightening, ignoring
- **financial abuse** – taking a person’s money or things
- **sexual abuse** – forcing a person to take part in any sexual activity without consent
- **neglect** – where a person is not given food, heat, clothing, medication
- **discriminatory abuse** - including racist, sexist abuse and other forms of harassment

An abuser could be anyone. It can be someone the person knows or works with. It could be people who care for the person or even their family or friends. It could be a stranger or a paid carer.
If you are worried about abuse and need help please contact Gateway to care.

**How to contact Gateway to care**

Gateway to care  
30 Market St, Huddersfield  
HD1 2HG  
01484 414933  
gatewaytocare@kirklees.gov.uk

Text “Gateway” and your question to 0778 148 2931

**Hate crime**

Hate crime is any behaviour that you think has happened to you because of:

- your disability  
- your race  
- your religion or faith  
- your sexual orientation

Some examples of Hate crime are:

- **physical attacks** – such as physical assault, damage to property, graffiti, neighbour disputes  
- **threat of attack** – including nasty letters, abusive or obscene telephone calls, groups hanging around to scare and frighten people

- **verbal abuse or insults** - offensive leaflets and posters, abusive gestures, dumping of rubbish outside homes or through letter boxes, and bullying at school or at work
Many organisations are working together to make Kirklees a safer place to live. They want to stop crime, including hate crime, happening. There are 2 Hate Crime Co-ordinators in Kirklees.

How to contact Hate Crime Co-ordinators

Hate Crime Co-ordinator
Community Safety
Galpharm Stadium
Stadium Way, Huddersfield
HD1 6PG
01484 416295

Hate Crime Co-ordinator
Claremont House
Claremont, Heckmondwike
WF16 9LJ
01924 335037

If you have been the victim of a hate crime there are people that can help you. There are lots of Hate Crime Reporting Centres in Kirklees. These are special places where you can go to report a Hate Crime.

How to find your nearest Hate Crime Reporting Centre

http://www.kirkleeshateincidents.co.uk/re_kirklees.html
There is an easy read Hate Crime Reporting Form. It uses easy to understand words and pictures. You can ask for it when you report a hate crime. Or you can download it from the Learning Disability Partnership Board website.

How to get an easy read Hate Crime Reporting Form


Stop Hate UK is a charity that does lots of work to stop hate crime. They run a telephone line that you can phone 24 hours a day to report a hate crime and get support. It is free to phone them.

How to contact Stop Hate UK

0800 138 1625

For more information on “Safety” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/safe/safe.shtml
Chapter 12

Carers

If you are a carer you may need some support for yourself. Getting the right support so you can enjoy life, stay well and continue caring is important. Support is available for carers from Kirklees Council Gateway to care.

How to contact Gateway to care

Gateway to care
30 Market St
Huddersfield
HD1 2HG

01484 414933
gatewaytocare@kirklees.gov.uk

Text “Gateway” and your question to 0778 148 2931

Carer Led Assessments

All carers have the right to have a Carer Led Assessment. You do not have to have one though, it is your choice. A Carer Led Assessment is an opportunity for you to say what would make caring easier for you, and help you to have a life alongside your caring role. You can ask the social worker or community care officer of the person you care for about a Carer Led Assessment. Or you can contact Gateway to care.
Kirklees Carers Gateway
The Carers Gateway offers support and information to carers in Kirklees. If you need someone to talk to, or have a question about caring, a Carers Gateway Worker can help you. They can give you with practical advice and information about Kirklees Council services, local and national support services, carers’ rights and lots more. Kirklees Council Carers Gateway also provides social and information events for carers. The events are advertised in a regular newsletter and on the Kirklees Council website.

www.kirklees.gov.uk/carers

To find out more about Kirklees Carers Gateway you can contact Gateway to care.

Kirklees Carers Emergency Scheme
The Kirklees Carers Emergency Scheme aims to give carers peace of mind in the event of an emergency when you are not able to care. The Kirklees Carers Emergency Support Service can make sure that short term, home-based care can be put in place for the person you care for. You will be asked to name people who could be contacted if an emergency happened. If the person was unable to help, Kirklees Council could provide the care needed. This care can last for up to 2 days, or 3 days during a bank holiday. You can ask the social worker or community care officer of the person you care for about the Kirklees Carers Emergency Support Service, or you can contact Gateway to care.
Looking After Me
“Looking After Me” is a course for adults who care for someone living with a long-term health condition or disability. It is about carers making time to look after their own health needs. It aims to help them to take more control of their situation and make a difference to their life. The course runs for 7 weeks. Each week there is a session that lasts about 3 hours. The sessions are informal, and the course is run in both the Huddersfield and Dewsbury areas. At the end of the course you can join a support group. You can contact Gateway to care to find out more about “Looking After Me”.

Action for Carers into Employment (ACE)
Action for Carers into Employment gives support and advice to carers about work and training. It offers:
- practical help with job searching, application forms and CVs
- free training courses
- support to find work placements or voluntary opportunities
- weekly job search sessions
- one to one support
- a short course to enhance your skills and boost your confidence
- ongoing support and information on things like benefits, training and career choices

You can contact Gateway to care to find out more about Action for Carers into Employment.

How to contact Gateway to care
Gateway to care
30 Market St, Huddersfield
HD1 2HG
01484 414933
gatewaytocare@kirklees.gov.uk

Text “Gateway” and your question to 0778 148 2931
Carer Advocacy
Cloverleaf Advocacy is an advocacy service for adult carers across Kirklees. An advocate can support people in getting their views and needs as a carer heard. For example you may want support when you have a Carer Led Assessment, or in understanding your rights as a carer.

How to contact Cloverleaf Advocacy

Cloverleaf Advocacy
Carers Advocacy Project
9 Wellington Rd, Dewsbury
WF13 1HF

01924 438 438

carers@cloverleaf-advocacy.co.uk

Short breaks
As a carer you may be able to get services that give you a short break from caring. This could mean the person you care for going to stay somewhere else for a short time, or a support worker could come to your house to care for them. The person you care for will need to have an assessment. You can ask Gateway to care for an assessment of the person you care for.

How to contact Gateway to care

Gateway to care
30 Market St, Huddersfield
HD1 2HG

01484 414933

gatewaytocare@kirklees.gov.uk

Text “Gateway” and your question to 0778 148 2931
Following an assessment of the person you care for they may be given a short break allowance. If they get a short break allowance, you and the person you care for have a choice of the services you can use from this short break allowance. Here are some of the services you could choose to use.

**Residential short break services**

Mill Dale, Cherry Trees, Fox View and Shady Trees are short break services especially for people with a learning disability. People go there and can stay from one night or up to several weeks.

To use these services you have to have been assessed as having a need for this service. Please call Gateway to care for more information.

**Crossroads Care in Mid Yorkshire**

Crossroads Care in Mid Yorkshire provide trained staff who care for people with a disability in their own homes. This allows carers to have a meaningful break from their caring responsibilities. We work with both children and adults, and with any type of illness or disability. The service is available across Kirklees.

**How to contact Crossroads Care in Mid Yorkshire**

Crossroads Care in Mid Yorkshire
Trafalgar Mills
Leeds Road, Huddersfield
HD2 1YY

01484 537036

info@crossroadscareinmy.org.uk

**Shared Lives**

Shared Lives can provide breaks to family carers, helping them to carry on their caring role. The scheme works by matching the person needing support with a shared lives carer from the local area. Breaks are available from a few hours, or an overnight stay, to weekend breaks and longer holidays. They are able to provide care in your own home, or their own homes.
How to contact Shared Lives

Shared Lives
Briarcourt
28 Occupation Road
Lindley, Huddersfield
HD3 3EE

01484 226 520

Shared.lives@kirklees.gov.uk

How to contact local carer support groups

**Dewsbury & District Autism Support Group (DDAS)**
Sharon Tinker
Hermon House
55 Valley Road, Liversedge
WF15 6DL

07970 782557

enquiries@ddas.org.uk

www.ddas.org.uk

**Huddersfield Support Group for Autism**

Kate Falkingham 01484 661455

info@autismhuddersfield.co.uk

www.autismhuddersfield.co.uk

For more information on “carers” visit the Learning Disability Partnership Board website

http://www.kirklees.gov.uk/community/ld/carers/carers.shtml
Chapter 13

Valuing People Now

Valuing People Now is government guidance. It was written in 2009. It tells everyone what they should do to make change happen for people with a learning disability and their families. There are some important messages for everyone in Valuing People Now.

“People with a learning disability should have the same rights and choices as everyone else”

“People with a learning disability have the right to be treated with dignity and respect”

“People with a learning disability should have the same chances and responsibilities as everyone else.”

It is Kirklees Learning Disability Partnership Board’s job to make sure Valuing People Now happens in Kirklees.

You can find out more about Valuing People Now at the Valuing People Now website

http://www.valuingpeoplenow.dh.gov.uk
Kirklees Learning Disability Partnership Board
The Kirklees Learning Disability Partnership Board meets every few months. People with a learning disability, family carers and lots of different services are members of the Kirklees Learning Disability Partnership Board. Working together it aims to make things better for people with a learning disability and their families in Kirklees, and make sure Valuing People Now happens.

Kirklees Learning Disability Partnership Board has a number of subgroups. The subgroups are groups of people who work together on particular topics that are important to people with a learning disability and their families in Kirklees.

At the moment the subgroups are:

- Health
- Housing
- Carers
- Jobs and Learning
- Making Change Happen and Money
- Ethnicity
You can get involved with the Learning Disability Partnership Board by contacting the Partnership Commissioning Team.

**How to contact the Partnership Commissioning Team**

![Phone icon]

01484 223279

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**Kirklees Involvement Network (KIN)**

Kirklees Involvement Network is a self advocacy group for people with a learning disability. It helps people to have their say and be involved in making decisions. 5 members of KIN are part of the Kirklees Learning Disability Partnership Board.

KIN meets every 6 weeks. There are meetings in Huddersfield and Dewsbury. Anyone can come to the meetings and get involved. Transport and lunch are free.

**How to contact KIN**

![Phone icon]

07796 948 736

![Email icon]

Sarah.Roberts@mencapinkirklees.org.uk

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For more information on “Change” visit the Learning Disability Partnership Board website

![Website icon]

http://www.kirklees.gov.uk/community/ld/change/change.shtml
# Useful telephone numbers

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Acknowledgements

Thank you to everyone who helped make “The Guide: an information handbook for people with a learning disability”.

Special thanks to:
Mark Craven,
Kimberley Watson,
Lyndelle Rouse,
Heather McDermott.

We have tried to include information about as many groups, organisations and sources of support that we can in this handbook – there may well be ones we have missed, and if people let us know about them we will aim to include them in any future editions. We hope you find this handbook a useful starting point.

Please note the information in this handbook was correct to the best of our knowledge at the time of print in April 2011.

Please note that the inclusion of an agency in this publication does not constitute a recommendation by Kirklees Council.
Kirklees Council is committed to ensuring that its communication is clear, plain and available to everyone. This information can be made available in languages other than English. It can also be made available in large print, audio CD, audiotape and Braille. Full details are available by telephoning 01484 225274.

ref: Ld3111 April 2011