Ways to wellbeing
A to Z of Mental Health 2011
support solutions for adults in Kirklees
“It’s easier to go down a hill than up it but the view is much better at the top.”

Henry Ward Beecher
Introduction

One in four of us will experience a mental health condition during the course of a year. Despite this high figure, having a mental health issue can feel very isolating and uncertainty about who to turn to can make this difficult situation feel worse.

This handbook has been written to help you use the wide range of mental health support solutions provided by organisations across Kirklees. It includes the services provided by Kirklees Council Well-being and Communities, NHS Kirklees and the South West Yorkshire Partnership Foundation Trust, as well as the variety of local voluntary sector, community and independent organisations.

It is intended to help you take control and make your own life decisions so you can build your way to wellbeing.

This information will be available on the Kirklees Council website at www.kirklees.gov.uk/mentalhealth

We recognise that there may be many other organisations in Kirklees who can give you information and support about your wellbeing, but we hope you find this handbook a useful starting point.

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

Cover:
The artwork on the cover was produced by members of Artists in Mind. Artists in Mind is an organisation that uses creativity to support people experiencing acute and enduring mental health problems, for more information, see p.27
The route to using these services may feel complicated, but a
starting point for any health and social care need you may have is
through your local Kirklees Council Gateway to care or your local
NHS service (such as your GP).

Tel: 01484 414 933
Email: gatewaytocare@kirklees.gov.uk
Text “Gateway” and your question to 0778 148 2931

**Information to help people with learning disabilities.**

For a copy of ‘Get Going’ your guide to services and activities for
people with learning disabilities, please call Gateway to care
Tel: 01484 414 933

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**Kirklees Council Adult Services**

**Community Partnerships**

The Kirklees Council Adult Services Community Partnerships
team provide funding, development opportunities and support to
local health and social care organisations who want to offer their
own projects and activities. This includes their work with local
mental health projects and organisations. Contact the Community
Partnerships team for an up-to-date list of the mental health
projects they fund and support.

Kirklees Adult Services, Community Partnerships
3rd Floor
Gateway to care
30 Market Street
Huddersfield
HD1 2HG

Tel: 01484 225 115
Email: SSCU@kirklees.gov.uk
In crisis

When you or someone you care for is experiencing a mental health crisis, you need to know who you can turn to for help. This chapter gives details of the support organisations that may be useful to you at a difficult time. Most offer a free and confidential service.

Kirklees Council Adult Services Emergency Team
The Kirklees Council Adult Services emergency social work team is able to respond to people who have urgent needs when the social care offices are closed. For people with mental health needs they can offer:
- telephone advice
- help to gain further advice and support from voluntary organisations
- support to carers
- liaison with GPs, community psychiatric nurses, psychiatrists and hospitals
- mental health assessments.

Email to: gatewaytocare@kirklees.gov.uk
Tel: 01924 326 489

GP out-of-hours service
If you need to contact a doctor outside of your health centre’s opening times, then call your usual health centre telephone number and you will be redirected to the out-of-hours service.

Police, Fire Brigade and Ambulance service
If you need immediate help from the police, fire brigade or ambulance service call the emergency number 999.

You can also contact the Police for non emergencies
Tel: 0845 606 0606

Accident and Emergency departments (A and E)
A and E is where you should go to if you suffer a serious, critical or life threatening injury or condition. Departments have 24 hour open access service to the public with dedicated, enthusiastic staff. Contact the ambulance service on 999 if you need help and are unable to get to an A and E department.

Huddersfield Royal Infirmary
Acre Street
Lindley
Huddersfield
HD3 3EA
Tel: 0844 811 0101

Dewsbury and District Hospital
Halifax Road
Dewsbury
WF13 4HS
Tel: 0844 811 8110

When you or someone you care for is experiencing a mental health crisis, you need to know who you can turn to for help. This chapter gives details of the support organisations that may be useful to you at a difficult time. Most offer a free and confidential service.
Daybreak project
The Daybreak project provides essential items, such as food parcels, clothing, bedding, toiletries and kitchen equipment to people in need. They help people only through referral from other organisations. The project is open on Monday and Thursday from 10am to 1pm.

Westborough Methodist Church
Green Lane
Dewsbury
WF13 4ND
Tel: 01924 488 326

Domestic violence
Domestic violence is the physical, emotional, psychological or sexual violence experienced by people in a domestic relationship. It can include aspects of intimidation and excessive control, where there is an imbalance of power in the relationship, to the detriment of the person experiencing the abuse. Domestic violence can be experienced by both men and women and by people who are in same-sex relationships.

The long-term effects of domestic violence can include low self-esteem, feelings of guilt, shame, depression and stress. Domestic violence not only causes damage to its immediate victims, but may also affect children. Children who witness violence in the home may have long-term psychological and emotional damage.

If you are experiencing domestic violence and need to contact someone as an emergency, contact the police on 999.

There are other organisations and projects in Kirklees that can help you.

Kirklees Rape and Sexual Abuse Counselling Centre (including domestic violence) - KRASACC
The Kirklees Survivors Counselling Project is for female and male survivors of sexual abuse or domestic violence, aged 16 and over who live in Kirklees. The sexual abuse or domestic violence may be a recent event or past experience.

The centre provides specialist counselling and support services which include a telephone helpline, running Monday to Wednesday from 1pm to 4pm and Friday from 5pm to 8pm. Counselling is by appointment only.

KRASACC
P.O Box 230
Huddersfield
HD1 1AA
Tel: 01484 450 040
Email: anything@krasacc.co.uk
Web: www.krasacc.co.uk

National Domestic Violence Helpline
The 24 hour emergency helpline provides information about 24 hour emergency refuge accommodation, as well as safety planning and translation facilities for people whose first language is not English. The helpline is operated by two national domestic violence charities - Refuge and Women’s Aid.
Tel: 0808 2000 247

North Kirklees Women’s Refuge
They provide emergency accommodation for women and children fleeing domestic violence and child abuse. They offer outreach support also for those that they cannot accommodate. You can contact the service 24 hours a day.
Tel: 01924 465 238
Mobile: 07985 887 562
Email: nkwr@connecthousing.org.uk

Pennine Domestic Violence Group
The group provides emergency help to women in Kirklees who are experiencing domestic violence. It is a partnership of Huddersfield Women’s Aid and KABWWA (Kirklees Asian Black Women's Welfare Association) and provides a 24 hour freephone information and help service.
Tel: 0800 052 7222
Email: admin@pdvg.co.uk

Salvation Army Chrysalis Women’s Support Group
The Chrysalis support group gives support to women who have suffered or are suffering domestic violence, or who have mental health problems. The group meets every Tuesday afternoon at the Salvation Army branch in Batley.
Email: clair.gill13@btinternet.com

Domestic violence
Keeping safe - what is adult abuse and how to report it

People with mental health issues can be vulnerable members of our community. They have the right not to be abused or neglected. The whole community has a responsibility to protect them from harm and report any suspected abuse situations.

Abuse and neglect can include:
- financial - for example, the illegal or unauthorised use of a person’s property, money, pension book or other valuables
- emotional - for example, shouting, swearing, frightening, blaming, ignoring or humiliating
- physical - for example, hitting, slapping, burning, pushing, restraining or giving too much medication or the wrong medication
- sexual abuse - for example, forcing a person to take part in any sexual activity without consent
- neglect - for example, where a person is deprived of food, heat, clothing, comfort or medication
- discriminatory abuse - including racist, sexist and other forms of harassment.

If you are unhappy with the way someone is treating you, or if you have seen behaviour toward someone with a mental health issue that concerns you, then contact Gateway to care:

Email: gatewaytocare@kirklees.gov.uk
Tel: 01484 414 933
Emergency duty team: 01924 326 489

NHS Direct

NHS Direct is a 24 hour, confidential telephone, online and interactive digital TV health advice and information service.
Tel: 0845 46 47
Text number: 0845 606 4647
Web: www.nhsdirect.nhs.uk

Samaritans

Samaritans is a 24 hour, confidential emotional support service for anyone in distress or experiencing suicidal thoughts and feelings and they have a local office in Huddersfield. They provide support also through email and the office is open to visitors at various times - please ring first to check.

Samaritans
14 New North Parade
Huddersfield
West Yorkshire
HD1 5JP
Tel: 01484 533 388
or 08457 909 090
Email: jo@samaritans.org.uk
Web: www.samaritans.org.uk

Welcome Centre

The Welcome Centre provides food parcels, home starter packs, hygiene packs and bedding to people and families in crisis. The centre is open Monday to Thursday, 8.30am to 10pm and until 5pm on Fridays.

Welcome Centre
Huddersfield Methodist Mission
3-13 Lord Street
Huddersfield
HD1 1QA
Tel: 01484 340 034
Email: thewelcomecentre@btconnect.com

“ We can have peace if we let go of wanting to change the past and wanting to control the future.”

Lester Levinson
Having a mental health need is challenging in many ways, from dealing with the condition itself, facing social stigma and bringing about positive changes that will help you cope. Taking steps to improve your wellbeing can be complex and difficult, especially if you feel that your views and wishes are not being acknowledged.

There are several local, independent organisations that can help you to speak up about your mental health needs and about the services you have received.

**Citizens Advice Bureau (CABs)**

A free and independent service that provides information and advice on a wide range of issues.

Tel: 0844 848 7970
Web: www.adviceguide.org.uk
What is advocacy?

Advocacy is a way of making sure that important messages, such as your views and wishes, are heard at times when it is difficult for you to achieve this yourself.

Advocacy works in many ways. An advocate can encourage and support you to speak up for yourself, or they can listen to you to find out your views and then share them with other people on your behalf.

Advocacy is especially important to someone with a mental health condition when decisions about their treatment are being made.
**Independent Mental Capacity Advocate (IMCA)**

The role of the independent mental capacity advocate came about with the Mental Capacity Act in 2005. This Act gives a person the right to have an IMCA if they are unable to make decisions for themselves on issues such as their treatment. An IMCA’s role is to support the person and make sure their views are heard and their rights are upheld. An advocate is independent and objective and will look at how the person’s life will be improved or made worse by the proposed decision.

An IMCA is used only when the person has not previously named someone to act on their behalf and make decisions (such as a Power of Attorney), or if the decisions are about serious medical treatment or long-term accommodation issues.

Kirklees and Wakefield IMCA Service
21 King Street
Wakefield
WF1 2SR

Tel: 01924 361 050
Email kirkleeswakefieldimca@together-uk.org

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**Kirklees Council Adult Services – complaints and compliments**

2nd Floor
Gateway to care
30 Market Street
Huddersfield
HD1 2HG

Tel: 01484 225115
Email: SSCU@kirklees.gov.uk

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**Touchstone**

Touchstone makes a difference to the lives of people, working together with them to improve their health and wellbeing. The Kirklees Advocacy Service offers independent advocacy to enable people who have experienced or are experiencing mental health problems to:

- Speak up for themselves
- Help other people find their voice
- Work out what recovery means to them

Kirklees Advocacy Service
c/o Touchstone House
2–4 Middleton Crescent
Leeds
LS11 6JU

Tel: 0113 271 8277
Email: advocacy@touchstone-leeds.co.uk
Web: www.touchstone-leeds.co.uk

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**Working in Partnership Team**

The Working in Partnership Team help people to comment and influence the development of services provided by Kirklees Council Adult Services. If you use these services then this is an opportunity to tell the team what works and suggest positive changes.

Working in Partnership Team
FREEPOST RLTS-YERS-CXYA
30 Market Street
Huddersfield
HD1 2HG

(you do not need to use a stamp)

Tel: 0113 271 8277
Email: working.in.partnership@kirklees.gov.uk

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**NHS Kirklees - PALS Kirklees Patient Advice and Liaison Service**

Need help, advice and information on your local health services? We’re here to help you.

We understand that being a patient or a carer can be a worrying or confusing experience. Sometimes you might need to turn to someone for help and support. PALS is a free and confidential service to guide you through the different services available. We can also help you find ways to resolve any concerns you might have about services being provided.

If you would like to know more about PALS or would like someone to attend one of your organisation’s meetings then please contact the PALS Team at:

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

Tel: 01484 464 464
Email: PALS@kirklees.nhs.uk
Text: “KPALS” to 64446

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“Take care of your body. It’s the only place you have to live.”

Jim Rohn
There is a close link between alcohol and drug misuse and mental health issues. For some people, using drugs can lead them to develop a mental health condition. Equally, research shows that people with mental health issues are more likely to misuse drugs and alcohol.

Someone who has a mental health condition and a substance misuse issue is said to have a ‘dual diagnosis’. People who are facing substance misuse and a mental health problem need a lot of support to overcome their situation.

GP Shared Care clinics
A number of GPs in the area provide Shared Care clinics. These clinics help people affected by substance use to access treatment services in their local community. Some GPs who do not have Shared Care clinics in their own practices are able to refer their patients to other GPs instead.

Tel: 01484 464 279

Alcoholics Anonymous
Alcoholics Anonymous is a voluntary, worldwide network of support for men and women who want to gain and maintain sobriety. The service is open Monday to Thursday from 9am to 5pm and Friday from 9am to 4.30pm.

Alcoholics Anonymous
10 Toft Green
York, YO1 7ND

Tel: 01904 644 026 or 0113 245 4567 (Local Helpline)
Web: www.alcoholics-anonymous.org.uk
CarerSpace

CarerSpace provide a support service for adults affected by somebody else’s substance misuse. It might be a (adult) child of yours, or your partner, or a friend. Very often, people find themselves with nobody to turn to. CarerSpace is the organisation that can help. They offer information about substance addiction (including alcohol), group and 1 to 1 support, counselling, hands on therapies, respite events and personal development opportunities. CarerSpace is run and managed by people who have experience of the pressures and impact of substance misuse in the family, and they can offer understanding without judgement or pressure. They are open Tuesday, Wednesday and Thursday (except Xmas) so you to can just turn up and find out how they can help.

Tel: 01924 456 149
Email: office@carerspace.org.uk

Community Links Alcohol Support Service (CLASS)

CLASS provide a floating support service to people over 16 years with an alcohol misuse problem and who live in Kirklees. They provide support around alcohol misuse, health and harm minimisation, accommodation, finances and benefits, education, training and employment, leisure and social activities. People can self refer to the organisation.

CLASS
Annex 1
Unit 38, Batley Business and Technology Park
Technology Drive
Batley
WF17 6ER

Tel: 01484 500 100
Email: andrea.whitney@commlinks.co.uk
Web: www.commlinks.co.uk

Community Links Dual Diagnosis Service

This is a floating support scheme to individuals with moderate to severe mental health and substance misuse needs. The service is designed for people who may have previously had difficulty in accessing and engaging with services, and may be homeless, or at risk of losing their home.

Referrals are via the Specialist Dual Diagnosis Service, provided by South West Yorkshire Partnership NHS Foundation Trust – see p.71

Community Links Dual Diagnosis Service
Unit 38, Batley Business Park
Technology Drive
Batley
WF17 6ER

Telephone: 01924 448 977
Email: dualdiagnosis@commlinks.co.uk

CRI

CRI is a Kirklees wide service for anyone aged up to 25 wanting advice and support relating to substance use.

The Base
CRI Kirklees
2 Spring Bank
New North Road
Huddersfield
HD1 5NP

Tel: 01484 541 589
Email: jeannette.owens@cri.org.uk

Drinkline - the National Alcohol Helpline

Drinkline offers free, confidential information and advice on alcohol. The helpline is open Monday to Friday, from 9am to 11pm.

Tel: 0800 917 8282

FRANK – the national drugs helpline

FRANK is a free confidential drugs information and advice helpline. Calls from landlines are free and won’t show up on your phone bill. The FRANK website also provides comprehensive information on drugs.

Tel: 0800 77 66 00
(24 hours a day)
Web: www.talktofrank.com

Gamblers Anonymous and Gam-Anon

Gamblers Anonymous in Huddersfield offers support to gamblers. Meetings take place each Monday from 8pm to 9.30pm.

Gam-Anon is a support group for husbands, wives, relatives or close friends who have been affected by the gambling problem. Meetings also take place on Mondays from 8pm to 9.30pm.

Tel: 0114 262 0026 (24 hours)
Web: www.gamblersanonymous.org.uk

“ The ultimate measure of a person is not where they stand in moments of comfort and convenience, but where they stand in times of challenge and controversy.”

Jim Rohn

Kirklees Parents and Relatives Support Group – Drugs and Alcohol

This organisation provides seminars to parents and relatives on various subjects relating to drugs.

Tel: 01484 722 223
Kirklees Stop Smoking Service

The Kirklees Stop Smoking Service is your local NHS support service if you are a smoker and you want to stop. It offers free, confidential expert advice from dedicated NHS professionals. There is a choice of group or individual appointments, help in obtaining nicotine replacement therapy (NRT) on prescription, advice on how to stay stopped and continuing support from specialist staff.

Huddersfield and South Kirklees Kirklees Stop Smoking Service
Tel: 01484 344 285

North Kirklees Kirklees Stop Smoking Service
Tel: 01924 351 498

Lifeline Kirklees - Wound Care Clinic
For confidential treatment or advice for wounds caused by substance misuse, call in to the nurse-led wound care clinic.

Every Monday
10am - 1.30pm
Lifeline Kirklees
12 Station Street
Huddersfield
HD1 1LZ

Every Thursday
1pm - 4.30pm
Lifeline Kirklees
3 Wellington Street
Dewsbury
WF13 1LY

Lifeline Kirklees - Huddersfield
Lifeline Kirklees is a service for people directly affected by substance misuse. You can get involved in activities including Maths and English, develop new interests and learn new skills and get support to find employment or to look at getting onto courses. They also offer a counselling service, blood borne virus and mental health support to people with a substance misuse issue. Lifeline Kirklees is open weekdays, evenings and some weekends and sessions are available across Kirklees.

Lifeline Kirklees also run the HELP Project. This is a confidential service providing information, advice and treatment to young people and specialist support to their families. Drugs workers also liaise with school staff to help them identify which pupils need assistance.

Lifeline Kirklees (Huddersfield)
12 Station Street Buildings
Station Street
Huddersfield
HD1 1LZ

Tel: 01484 353 333
Web: www.lifeline.org.uk

Lifeline Kirklees - Way Ahead Dewsbury
The Way Ahead service provides drug and alcohol treatment to people in north Kirklees. They offer advice, information, referrals to substitute prescribing services, counselling, acupuncture, a harm minimisation service and referral to other services.

Lifeline Kirklees (Dewsbury)
3 Wellington Street
Dewsbury
WF13 1LY

Tel: 01924 438 383
Web: www.lifeline.org.uk

National Association for Children of Alcoholics
This organisation gives information, advice and support to children of alcoholics (of all ages) through their free, confidential telephone helpline. The helpline is staffed Monday, Tuesday and Friday from 10am to 7pm, Wednesday and Thursday from 10am to 9pm and Saturday from 10am to 3pm when possible.

Lifeline Kirklees (Dewsbury) 3 Wellington Street
Dewsbury
WF13 1LY

Tel: 01924 351 430
Email: helpline@nacoa.org.uk
Web: www.nacoa.org.uk

Needle Exchange
A number of community pharmacies provide services to people affected by substance misuse. A needle exchange service is available from some Kirklees pharmacies and they also give access to leaflets and information around safer injecting. For more information contact

Lifeline Kirklees (Dewsbury) 3 Wellington Street
Dewsbury
WF13 1LY

Tel: 01924 353 333
Web: www.lifeline.org.uk

On TRAK
On TRAK is the Kirklees alcohol treatment service. It is accessible to adults who are aged 18 years and over who are dependent on alcohol, or who have a problem with alcohol and a further need is identified.

On TRAK is delivered out of two central sites and can be accessed via self-referral or via referral through professionals. A range of services are offered including community detox, structured psychosocial interventions on either a one-to-one basis or in a group, referrals to inpatient detox and rehab, support to training, education and employment, counselling, diversionary activities and complementary therapies.

Huddersfield 2 St. Peter Street
Huddersfield
HD1 1RA
Tel: 01484 437 907
Fax: 01484 432 999

Dewsbury 15 Union Street
Dewsbury
WF13 1BG
Tel: 01924 486 170
Fax: 01924 486 171
The organisations included in this chapter offer social support to people who are experiencing mental health issues. They provide networks of support, where people can share their knowledge and experiences of mental health and they also offer activities that can help people boost their confidence and reduce feelings of isolation.

**AIM Artists in Mind**
AIM helps people with mental and emotional health issues through the use of the arts. AIM bases its work on the benefits of art in improving people’s mental health and their understanding of themselves and the world. The project aims to build people’s self esteem, confidence and quality of life.

Artists in Mind  
Bates Mill  
Milford Street  
HD1 3DX

Tel: 01484 434 909  
Email: info@artists-in-mind.org.uk  
Web: www.artists-in-mind.org.uk

**Armed Forces support project – Kirklees Citizens Advice Bureau**
This project works with other support providers in Kirklees to raise awareness of the information and advice needs of ex-army forces personnel. This includes working with CAB itself to improve the service they offer to this group.

If you are an ex-army forces person needing advice and support, please contact the telephone advice line or visit your local CAB:

Tel: 0844 848 7970

**Bartonians**
Established since 1986, this luncheon club works with older people and those with mental health problems, meeting at

Victoria Court  
Victoria Road  
Lockwood  
Huddersfield  
HD1 3TF

Tel: 01484 846 669  
Email: denis_clark@talktalk.net
Bead Therapy

Bead Therapy is a fun and therapeutic activity, offered as six week courses, workshops and community open events. Bead Therapy is an inclusive activity that encourages everyone from young to older people to take part regardless of their ability or disability.

Bead Therapy
67 Blackburn Road
Birstall
Batley
WF17 9PL
Email: lucindasmith@beadtherapy.co.uk
Mobile: 07706 304 212

Kirklees Council Carers Gateway

The Carers Gateway is there to provide both practical and emotional support to unpaid carers in Kirklees.

They offer:
- training to support you in your caring role
- social events to give you some ‘you’ time
- a sitting service to help you get a break
- help with a short break or holiday
- support and guidance for carers who are interested in work, training, voluntary work or personal development (the ACE project).

Carers can use the resource centre at the Carer’s Gateway, including Internet access, useful books and literature and audio information.

The Carers Gateway can also help carers understand the benefits and allowances available to them, including the Carer’s Allowance.

Kirklees Council Carers Gateway
1st Floor Gateway to care
30 Market Street
Huddersfield
HD1 2HG
Tel: 01484 226 050
Email: carers.gateway@kirklees.gov.uk

Eligible carers over 18 years old, who provide regular and substantial care and support to another adult in Kirklees may be able to access a Carers Personal Budget following a carers assessment. This is a payment for carers, to help them in their caring role.

The person you care for does not have to have had an assessment of their needs or receive any social care services for you to be eligible and you do not need to be in receipt of the carers allowance. For more information contact Gateway to care, see p.6

Carers Personal Budget

Carer Led Assessments for Carers of Adults aged 18-65 with Mental Health Problems

A carer led assessment is an opportunity for a carer to tell social care and health services what would make caring easier for them and support to have a life alongside their caring role.

Some of the benefits a carer may gain from an assessment include:
- Planning for a future emergency or time of crisis to replace your caring role for a short period of time
- Knowing who to contact for help and getting information about additional support that is available to you
- Getting a sense of shared responsibility between a carer and services
- Gaining confidence to take up services and support.

Examples of support provided as a result of a Carers Led Assessment are:
- Referral to the St Anne’s Carers Option Service to offer the carer a break and to support, develop and provide participatory opportunities for carers
- Access to specialist mental health training and events
- Support to access a carers personal budget
- Referrals to the Action for Carers Employment Plus (ACE) Plus project for support with employment and training
- Access to the Expert Patients Programme “Looking After Me” course to support carers to manage their own health needs, communicate with professionals and gain support from other carers.

For advice and information contact:
Helen Parnell
Carers Development Officer
Pathways
Nettleton Road
Mirfield
WF14 9AQ
Tel: 01924 326 598
Email: Helen.Parnell@swyt.nhs.uk

This service is run jointly by Kirklees Council and the NHS and covers all Kirklees.
St Anne’s Mental Health Carers Options Service

Carers Options Service provide support and short breaks to carers who are 18 years of age and over, who care for adults experiencing mental ill-health aged 18 – 65 years and live in the Kirklees district.

The service recognises the importance of carers and their caring responsibilities and offers a range of support and options enabling carers to maintain their caring role and own development.

They aim to improve carers well-being by providing emotional support, social networks, community links, development of carers own interests and opportunities for participatory involvement such as peer groups and forums.

They also provide practical support to carers with the provision of short breaks of up to 4 hours a week (this can be extended on the outcome of the carers assessment).

Support workers offer social and emotional support to the cared for person promoting their own well-being, by participating in social, community, recreational or educational activities.

Shared Lives

Shared Lives is a Kirklees Council Adult Service that supports people who need a bit of help to keep their independence. It offers a range of support options, including short breaks that give carers a break from their caring role. The scheme works by matching the person needing support with a Shared Lives carer recruited from the local area. For contact information, see p.63

Direct payments

A direct payment is an amount of money that a person can receive, instead of receiving a social care service from Kirklees Council. People who have mental health problems can use direct payments to choose and buy the support they need. Contact via Gateway to care. There are specialist workers who can support you to get a direct payment.

Gateway to care
30 Market Street
Huddersfield HD1 2HG

Tel: 01484 414 933
Email: gatewaytocare@kirklees.gov.uk
Friendship Club (Slaithwaite)

This is a lunch club for elderly people under the care of mental health services, and other elderly people in need of companionship in the Colne Valley area. The club meets every Thursday from 10am to 2.30pm in Slaithwaite Parish Church.

Friendship Club
51 Slantgate
Kirkburton
Huddersfield HD8 0QN
Tel: 01484 604187

Group for those Over 50 with Mental Health Problems – Age Concern Calderdale and Kirklees

Social activities, talks, arts and crafts etc for individuals with mental health problems who are over 50. By referral only, from Kirklees Council Adult Service or a G.P. Please contact them for opening times.

Age Concern Calderdale and Kirklees
Sundale House
44 Keldregate
Bradley
Huddersfield HD2 1SY
Tel: 01484 559 935
Email: enquiries@ageconcern-kirklees.org

Khooch Group

Promote opportunity for women to come together and support each other. Promote healthy lifestyles, develop opportunities for socialising, learning new skills and organising events.

Barnardos
Batty Street School
Heckmondwike
WF16 9ES
Tel: 01924 411 713

Moldgreen United Reformed Church Friendship Centre

The centre offers weekly friendship and support sessions for people with a mental health condition and their families. The session takes place every Wednesday from 10am until 12pm.

Moldgreen URC Church Office
Old Wakefield Road
Moldgreen
Huddersfield
HD5 8AA
Tel: 01484 430 556

Nerve Centre, The

The Nerve Centre supports people living with a neurological condition and their carers to improve their quality of life.

The Nerve Centre
2nd Floor, Standard House
Half Moon Street
Huddersfield
HD1 2JF
Tel: 01484 469 853
Email: info@thenervecentrekirklees.org.uk
Web: www.thenervecentrekirklees.org.uk

New Debt Counselling Agency

Free debt counselling for everyone. Run by Christians Against Poverty, it offers debt management to those on a low income completely free of charge. Although CAP have a Christian ethos, their service is available to all members of society regardless of belief, race, sexual orientation etc.

New North Road Baptist Church
New North Parade
Huddersfield
HD1 5JU
Tel: 0800 328 0006 (Freephone)
Mobile: 07825 707 292
Email: yvetterobinson@capuk.org

Hoot

Hoot uses music and dance to promote positive mental and physical health. Everyone is welcome, no previous experience necessary. Open music group in Batley Carr; open dance group in Paddock, Huddersfield.

Hoot
Bates Mill
Milford Street
Huddersfield HD1 3DX
Tel: 01484 516 224
Mobile: 07880 731767
Email: info@hootmusic.co.uk
Web: www.hootmusic.co.uk
Pathways
The centre is for people ages 18 and over who are recovering from mental distress. The service offers a range of meaningful activities that help people build up confidence and self esteem, learn new skills and increase and develop strengths and interests, in a supportive environment. People can be supported to volunteer and gain work experience or go on to study at College or other learning centres. Pathways is jointly run by Kirklees Council and South West Yorkshire Partnership Foundation Trust.

The service encourages people to access community facilities and get involved in things and people who attend Pathways have a say in how things are done.

The centre also runs groups designed to improve the local environment such as community gardening projects.

Pathways
Netleton Road
Mirfield
WF14 9AQ
Tel: 01924 326 540
Email: info@pathwaysds.org.uk
Web: www.pathwaysds.org.uk

Reach Project
The Reach project provides information and practical support to asylum seekers, who may also be experiencing mental health issues. The weekly drop-in session aims to help reduce the isolation people feel and signpost them to other support services.

Reach Project
c/o New North Baptist Church
New North Parade
Huddersfield
HD1 5JU
Tel: 01484 547 113

Savile Town Women’s Association
Will deliver a culturally appropriate project aimed at older women in the community. Project will aim to meet the needs of individuals who are not eligible for the assessed Age Concern day care service which is currently delivered once a week.

Taleem Community Centre
Savile Town
Dewsbury
Tel: 01924 325 147

Sport and exercise
Exercise and active leisure is a proven way of alleviating the symptoms of some mental health issues, and in particular depression. Not only does it address the imbalance of brain chemicals that can be a symptom of depression, but the opportunity to be with other people can reduce feelings of isolation and improve self esteem. Contact your local sports centre to find out what’s on offer.

Batley Baths and Leisure Centre - Tel: 01924 326 167
Batley Sports Centre - Tel: 01924 326 181
Colne Valley Leisure Centre - Tel: 01484 222 522
Dewsbury Sports Centre - Tel: 01924 325 020
Holmfirth Sports Centre - Tel: 01484 222 448
Holmfirth Swimming Pool - Tel: 01484 222 440
Huddersfield Sports Centre - Tel: 01484 223 630
Leeds Road Playing Fields - Tel: 01484 223 178
Stadium Health and Fitness - Tel: 01484 234 110
Royds Hall Sports Centre - Tel: 01484 222 177
Scissett Baths - Tel: 01484 222 907
Sikh Leisure Centre - Tel: 01484 450 650
Spenborough Swimming Pool - Tel: 01274 335 140
Whitcliffe Mount Sports Centre - Tel: 01274 335 130

SSAFA (Soldier, Sailor, Airmen and Families Association)
SSAFA supports ex-servicemen and women by supporting them with various advice, support and household items. Such as help and advice to access benefits, grants, pensions etc; food in emergency situations; bereavement costs; debt advice; purchase of household items and provision of disability equipment.

Bernard Mason
13-14 Cloth Hall Street
Huddersfield
HD1 2EE
Tel: 01484 425 472

Raw Talent
Group of local residents who meet on a weekly basis and work together to develop and provide a range of community based activities and projects. Live and work in a disadvantaged area and aim to promote health, well being, self confidence and learning.

Community area
Netherhall Learning Campus
High Nether Hall Avenue
Rawthorpe
Huddersfield
HD5 9PG
Tel: 07880 990 019
Email: staceyw30@hotmail.co.uk

SSAFA (Soldier, Sailor, Airmen and Families Association)
Support to Recovery
Support to Recovery works across Kirklees with people with a wide range of mental health problems. As well as one-to-one support they provide self help workshops and a social drop-in service. The service is available weekdays and out of hours (evenings and weekends).

Support to Recovery
1st Floor
Revenue Chambers
St Peter Street
Huddersfield
HD1 1DH
Tel: 01484 539 531
Email: janet@s2r.org.uk

Survivors Group
Aims to provide social and learning activities for the benefit of residents or Healds Road and Crackenedge schemes. Programmes and activities are designed to encourage, empower, promote independence and assist members develop life skills by actively participating.

33-35 Crackenedge Lane
Dewsbury
WF13 1RW
Tel: 01924 454 117
Email: mentalhealthservices@connecthousing.org.uk

The Cinnamon Trust
The organisation provides support to older people and people who are terminally ill, who have a pet. Volunteers help people look after their pet by offering dog walking, cat care and transport to the vets.

The Cinnamon Trust
10 Market Square
Hayle
Cornwall
TR27 4HE
Tel: 01736 757 900
Email: admin@cinnamon.org.uk
Web: www.cinnamon.org.uk

Women-only Arts and Crafts Group
This is a free arts and crafts group for women who are experiencing mental health issues and it offers fun and relaxation in a friendly and supportive environment. The group runs every Monday from 9.30am to 11.30am, all materials are supplied and transport and a crèche are also available.

For more information contact
Tel: 07823 339 610
Batley Girls’ High School
Windmill Lane
Batley
WF17 0LD

Womenspace at The Womencentre, Kirklees
Womenspace is an independent service run by women for women which, through advice, information, advocacy and education, creates opportunities and enables women greater participation, choice and control. It aims to work with women in particular who have experienced or are facing socio-economic disadvantage, discrimination, violence and poverty.

Womenspace at The Womencentre, Kirklees
51 Estate Buildings
Railway Street
Huddersfield
HD1 1JY
Tel: 01484 536 272
Email: office@womencentre.org.uk

Whenever illness is associated with loss of soul, the arts emerge spontaneously as remedies, soul medicine.”
Shaun McNiff
Talking to someone about how you feel is a positive step. Friends and family members are often willing to listen and help you in any way they can. In addition there are talking therapies and support groups that can be very effective when you are going through a difficult period in your life and can help you to manage an ongoing mental health condition.

The options include telephone helplines (listed in the Social networks and support groups chapter on p.27), one-to-one sessions with qualified practitioners or support groups with members who have shared experiences.

Some therapies and services are available on the NHS, so talk to your GP about the options available to you.

**Abortion Counselling Service**
This is an NHS service, available through your GP, for women who are considering having an abortion.

**Contraception and Sexual Health**
Princess Royal Community Health Centre
Greenhead Road
Huddersfield
HDT 4EW

Tel: 01484 344 265

**After Adoption Yorkshire**
Confidential advice and counselling for adopted people and their birth and adoptive families. They also provide support and discussion groups on adoption issues. Please ring, write or email for advice and information. The telephone helplines are open Monday, Tuesday, Thursday and Friday from 10am to 1pm and Wednesday from 4pm to 7pm.

After Adoption Yorkshire
31 Moor Road
Headingley
Leeds
LS6 4BG

Tel: 0113 2302 100
Email: info@aay.org.uk
Web: www.afteradoptionyorkshire.org.uk
Anxiety UK
The National Phobics Society offers a range of support services including cognitive behavioural therapy, counselling, hypnotherapy, for people affected by anxiety disorders such as panic attacks, obsessive compulsive disorder, generalised anxiety disorders and social phobia.
Tel: 08444 775 774
Web: www.anxietyuk.org.uk
Email: info@anxietyuk.org.uk

Association of Post-natal Illness
The Association for Post-Natal Illness aims to help women who suffer from post-natal depression, and is run by a committee of doctors, scientists and women who have experienced the illness. The Association has set up a register of women ex-sufferers.
145 Dawes Road
Fulham
London
SW6 7EB
Tel: 0207 386 0868
Email: info@apni.org.uk

Batley Self-help Depression Group
The self-help depression group in Batley run regular daytime and evening sessions during the week. They also run a loss and bereavement support group on Friday.
Batley Self-help Depression Group
Batley Resource Centre
90 Commercial Street
Batley
WF17 5DS
Tel: 01924 446 413
Email: enquiries@batleyselphelp.org.uk
Web: www.batleyselphelp.org.uk

Beat – beating eating disorders
A UK wide telephone confidential helpline for people with an eating disorder, their family, friends and professionals. Open from 8.30am to 8.30pm each weekday.
Helpline: 0845 6341 414
Email: help@b-eat.co.uk
Web: www.b-eat.co.uk

British Association of Counselling and Psychotherapists
The British Association of Counselling and Psychotherapists is one of the leading professional bodies for counsellors and psychotherapists. The website can give you more information about the different types and approaches to talking therapies and can help you find a qualified registered therapist locally.
BACP House
15 St John’s Business Park
Lutterworth
LE17 4HB
Tel: 01455 883 300
Email: bacp@bacp.co.uk
Web: www.bacp.co.uk
CALM (Campaign Against Living Miserably)
CALM offers telephone counselling, information and advice mainly to men aged 15 to 35, but the service is open to anyone. The helpline is open from 5pm to 3am every day.

Helpline: 0800 58 58 58
Web: www.thecalmzone.net

Salvation Army Chrysalis Women’s Support Group
See p.11 for details

Fellowships of Depressives Anonymous
This organisation offers a pen friend and phone friend schemes, self-help and other mutual support for people with depression. Members receive six newsletters a year and the organisation also runs an information line.

Box FDA
Self Help Nottingham
Ormiston House
32-36 Pelham Street
Nottingham
NG1 2EG
Tel: 0870 7744 320
Email: fdainfo@hotmail.com
Web: www.depressionanon.co.uk

First Steps to Freedom
The organisation supports people with anxiety disorders, obsessive compulsive disorder (OCD) and anorexia. The organisation offers a variety of information and resources to help people understand their condition. They are open daily from 10am to 10pm.

First Steps to Freedom
PO Box 476
Newquay
Cornwall
TR7 1WQ
Tel: 0845 120 2916
Email: first.steps@btconnect.com
Web: www.first-steps.org

Hearing Voices
Hearing Voices is a network of people who all share the experience of hearing voices.

Hearing Voices
79 Lever Street
Manchester
M1 1FL
Tel: 0845 1228 641

Hearing Voices
Kirklees Rape and Sexual Abuse Counselling Centre (including domestic violence) - KRASACC
KRASACC provide support to people over 16 years old who live in Kirklees who have experienced sexual abuse or domestic violence, either recently or in the past. See p.10 for details.

Manic Depressives Fellowship (MDF) self help group
This is a self help group for manic depressives and their carers. Meetings are held on the 1st Tuesday of the month from 7.30pm to 9.30pm.

MDF
96 Towngate
Newsome
Huddersfield
HD4 6JS
Tel: 0845 4349 815
Email: jackiejoness1941@hotmail.co.uk

MIND Infoline
The MIND information line offers mental health information to people contacting the service by letter, phone or email. The MIND Infoline offer legal information on mental health issues and they can refer to MIND’s specialist legal advice service or community legal service if appropriate. This support service does not provide ongoing support, but they can signpost you to local support organisations.

Tel: 08457 660 163
National Self-Harm Network
The network aims to support and empower people who self-harm by providing information, contacts and workshops on the issues around self-harm.

National Self-Harm Network
PO Box 16190
London
NW1 3WW
Tel: 0800 622 6000
Email: info@nshn.co.uk
Web: www.nshn.co.uk

NHS Direct
This is the 24 hour health advice and information service provided by the NHS. It is run by a specially trained team of information handlers and healthcare professionals, including nurses and dentists and the service is equipped to deal with a huge range of health enquiries.

Tel: 0845 44 47
Text number: 0845 606 4647
Web: www.nhsdirect.nhs.uk

No Panic
Provides counselling and group support for people who have panic attacks, phobias and obsessive compulsive disorder (OCD). We can give information and advice. Videos and tapes are available.

No Panic
93 Brandsfarm Way
Telford TF3 2JQ
Helpline: 0808 808 0545 (open 10am to 10pm every day)
Tel: 01952 590 005 (office)
Email: ceo@nopanic.org.uk
Web: www.nopanic.org.uk

Overeaters Anonymous
Overeaters Anonymous is a self-help group, where members support one another with a range of food issues. This includes bulimia, anorexia or overeating. Contact the national helpline or write to the organisation to find local support groups.

Overeaters Anonymous
PO. Box 19
Streford
Manchester
M32 9EB
Tel: 07000 784 985 (Helpline)
Web: www.oagb.org.uk

RETHINK
RETHINK specialises in support to people experiencing severe mental illness, their families and carers. Specialising in schizophrenia and related conditions, the organisation provides advice and advocacy, information, fundraising, campaigning, research, publications and training. They also run a network of support groups, telephone links and befriender schemes.

RETHINK
89 Albert Embankment
London
SE1 7TP
Tel: 0845 456 0455 or 020 7840 3188
Email: advice@rethink.org
Web: www.rethink.org

Samaritans
See p.13

“Do not fear the winds of adversity. Remember: A kite rises against the wind rather than with it.”

Unknown Author
Saneline
A national mental health helpline providing information and support for people with mental health problems and the people who support them.
Tel: 0845 767 8000
Email: info@sane.org.uk
Web: www.sane.org.uk

Seasonal Affective Disorder Association
For people who have winter depression, and anyone interested in the condition. The organisation can provide an information pack, providing techniques for combating seasonal affective disorder and sources of further support.
Seasonal Affective Disorder Association
P.O. Box 989
Steyning
BN44 3HG
Tel: 01903 814 942
Web: www.sada.org.uk

STAR – Surviving Trauma After Rape
STAR is a confidential support service for females and males aged 17 and over, who have been raped or sexually assaulted. The service covers all of West Yorkshire. The office is open Monday to Friday, from 9am to 5pm, although support workers and counselling is available outside these hours.
STAR Project
14 Laburnum Road
Wakefield
WF1 3QP
Tel: 01924 298 954
Email: support@starproject.co.uk
Web: www.starproject.co.uk

Support to Recovery
Support to Recovery works across Kirklees with people and support wide range of mental health problems. They offer one-to-one support, or support in small groups and self help workshops, with signposting and advice. The service can also help people into employment or volunteering opportunities and they also run a social drop-in. The service is available weekdays and out of hours (evenings and weekends).
1st Floor, Revenue Chambers
St Peter Street
Huddersfield
HD1 1DH
Tel: 01708 765 200
Email: info@supportline.org.uk

SupportLine
SupportLine provides emotional support to male and female survivors of abuse and associated issues. It also keeps details of counsellors, survivor support groups and helplines. The service can also provide support by email also.
SupportLine
PO Box 1596
Ilford
Essex
IG1 3FW
Tel: 01484 461 098
Email: uchm@uchm.org
Web: www.uchm.org

United Churches Healing Ministry and Resource Centre
A Christian counselling, college and resource centre, providing a counselling service to anyone in need (including people who are not Christian).
United Churches Healing Ministry and Resource Centre
The Elms
78 New Street
Milsbridge
Huddersfield
HD3 4LD
Tel: 01484 461 098
Email: uchm@uchm.org
Web: www.uchm.org
Bereavement support groups and helplines

Compassionate Friends National Helpline, The
A self-help organisation of bereaved parents offering support and friendship to other bereaved parents and their families. Please ring the Helpline for details. Helpline open every date of the year from 10am - 4pm and 7pm - 10pm.
Helpline: 0845 123 2304
Email: helpline@tcf.org.uk
Web: www.tcf.org.uk

Cruse in Kirklees
Cruse Bereavement Care exists to promote the well being of bereaved people and to help people bereaved by death to understand their grief and cope with their loss. The organisation provides counselling and support, along with information, advice, education and training services.
Cruse in Kirklees
Office 6
80 New North Road
Huddersfield
HD1 5NE
Tel: 0844 800 3309
Email: kirklees@cruse.org.uk
Web: www.cruse.org.uk

Kirkwood Hospice bereavement support
The team work primarily with children and adults who have experienced bereavement through life- threatening illness. The hospice provides fortnightly drop-in sessions on a Monday from 9.30am to 1pm. The hospice also has monthly bereavement evenings, individual counselling and a walking group for bereaved people.
Kirkwood Hospice Family Team
Kirkwood Hospice
21 Albany Road
Huddersfield
HD5 9UY
Tel: 01484 557 908
Email: seamusn@kirkwoodhospice.co.uk
Web: www.kirkwoodhospice.co.uk

Miscarriage Association
The Miscarriage Association is a national organisation to support people who have experienced loss through miscarriage. They are able to put you in contact with a local support group and also with telephone support services. The office is open Monday to Friday from 9am to 4pm and an answerphone service is available at other times.
The Miscarriage Association
c/o Clayton Hospital
Northgate
Wakefield
WF1 3JS
Tel: 01924 200 799
Email: info@miscarriageassociation.org.uk
Web: www.miscarriageassociation.org.uk

Support and Care After Road Death and Injury (SCARD)
SCARD provides help and support for all those affected by road death or injury. This includes a helpline service, running 9am to 9pm every day. They also offer a free counselling service and free initial legal advice to those who come into contact with the court system through criminal proceedings or Inquests etc.
SCARD
P0 Box 62
Brighouse
HD6 3Y
Tel: 0845 123 5541
Email: info@scard.org.uk
Web: www.scard.org.uk

The Luke and Marcus Trust
The Trust offers a helpline, group support and one-to-one support for bereaved parents following a death caused by drugs or alcohol. The group meets on the second Saturday of every month from 10am to 12pm.
The Luke and Marcus Trust
7 Wellington Street
Dewsbury
WF13 1LY
Tel: 01924 450 362
Web: www.lukeandmarcustrust.org.uk
Getting into work or returning to work, if you have a mental health need, can be daunting but there are many ways to take small positive steps towards employment. These include the supported employment and training opportunities offered in this chapter, but also the learning opportunities in the next chapter.

**JobCentre Plus Disability Employment Advisors (DEAs)**

The JobCentre Plus provide Disability Employment Advisors (DEAs) to support people with disabilities and mental health issues into work or training for work. The DEA can help you access a range of support services, training and work preparation, including:

- The Work Programme
- Workchoice
- Get Britain Working
- Incapacity Benefit Reassessment
Employment Advice

Jobcentre Plus can help you if your health or disability affects the way you do your job. It gives you and your employer advice and support with extra costs you may have because of your needs.

You may be able to get advice if you are in a paid job, unemployed and about to start a job or self-employed and you feel that the type of work you do is affected by a disability or health condition that is likely to last for 12 months or more. Contact your local JobCentre Plus for more information.

Huddersfield Jobcentre Plus
Castle House
Market Street
Huddersfield
HD1 2NE
Tel: 01484 228 000

Batley Jobcentre Plus
26 Wellington Street
Batley
WF17 5HZ
Tel: 01924 328 328

Dewsbury Jobcentre Plus
Crown Buildings
Rishworth Road
Dewsbury
WF12 8EF
Tel: 01924 436 800

Spen Valley Jobcentre Plus
411 Bradford Road
Liversedge
WF15 6DD
Tel: 01924 328 400

Better Health at Work

Better Health at Work is a partnership initiative in Kirklees to help local businesses improve their health and safety environment, including the mental health and wellbeing of employees.

The Better Health at Work team support employers to work with their employees who have mental health issues, such as stress and depression, which is caused by or affecting their work.

The advisors are able to use therapeutic techniques to improve the employees confidence, offer advice when dealing with the employer and help them understand what they can expect their employers to do for them to help their mental health at work.

The team also work with employers to improve the general health and well being of their employees, looking at issues like food, physical activity, alcohol and smoking, all of which are known to affect mental health.

Tel: 01484 416 778
Email: env.betterhealth@kirklees.gov.uk

Careers 4 Adults

Careers 4 Adults is an information, advice and guidance service covering a wide range of issues relating to employment, education and training. They can help with CV writing and interview skills and a full careers library is available for public use. Drop-in sessions are also available for quick enquiries from Monday to Friday 10am to 12.30pm.

Dewsbury Careers Centre
Connexions West Yorkshire
Railway Street
Dewsbury
WF12 8ED
Tel: 01924 324 200
Email: learningline@ckcareers.org.uk
Web: www.workabout.org.uk

Huddersfield Connexions Centre
24 High Street
Huddersfield
HD1 2LR
Tel: 01484 226 800
Email: learningline@ckcareers.org.uk,
Web: www.workabout.org.uk

Learningline

Learningline is a freephone helpline for information and advice on careers, education and training. It is available to people of all ages and it is open from Monday to Friday, 9am to 5pm.

Tel: 0800 5979 979
Email: learningline@ckcareers.org.uk,
Web: www.workabout.org.uk
**Lifeline Kirklees**
Lifeline Kirklees offer a range of services to help people return to work. These include support with CV writing, job hunting facilities and information on the other services available across Kirklees. A work officer at Lifeline Kirklees is available to support people as they progress through various work preparation activities. This includes any return-to-work courses and the officer can also provide funding for expenses, such as travel costs when going for interviews.

Lifeline Kirklees (Dewsbury) 3 Wellington Street Dewsbury WF13 1LY
Tel: 01924 438 383
Web: www.lifeline.org.uk

**Kirklees Employment Service – by Mental Health Matters**
The service is available to anybody living in Kirklees experiencing or recovering from mental health difficulties. It works with both service users and employers to provide appropriate skills development, training, work experience and in-work support. The scheme helps you join the workforce for the first time, rejoin after a period of absence, retrain in the career of your choice or retain a current job. The support on offer includes:

- help with job search
- CV preparation
- improving interview techniques
- vocational planning

The service can also help people who want a work ‘taster’ by finding work placement and voluntary opportunities.

Mental Health Matters Hudawi Cultural Centre Great Northern Street Huddersfield HD1 6BG
Tel: 01484 516 355
Mobile: 07590 224 545
Email: kirklees@mentalhealthmatters.co.uk
Web: www.mentalhealthmatters.com

**Pathways day opportunities employment support**
As well as offering a wide range of day opportunities to people experiencing mental health conditions, Pathways also supports people to develop their work skills and move into employment. As part of their personal development plan, people who go to Pathways can choose to set themselves work goals and get support to achieve them. To contact Pathways, see p.34

**Pay and employment rights**
This service offers advice and information on pay and employment rights.

Pay and employment rights Field House 15 Wellington Road Dewsbury WF13 1HF
Tel: 01924 428 033
Email: admin@pers.org.uk
Web: www.pers.org.uk

**Positive Action Training**
Positive Action Training is the Kirklees Council scheme to boost the number of employees from black and ethnic minority communities, people with disabilities and people with mental health issues. The placements are advertised usually around April each year and last for two years. During that time people gain a mix of practical work experience, training and sometimes study toward a qualification, so that at the end of the programme they are better able to compete for jobs in the Council.

Positive Action Training Employment Agency 1st Floor Deighton Centre Deighton Road Huddersfield HD2 1JP
Tel: 01484 225 093
Email: siraj.mayet@kirklees.gov.uk
Web: www.kirklees.gov.uk/answers/employment-training/positive-training.shtml
Progress2work LinkUP
This scheme supports people affected by drugs and alcohol, convictions or homelessness to access training or work opportunities.

Progress2work LinkUP
1a Lord Street
Huddersfield
HD1 1QH
Tel: 07739 983 065
Email: karenp2w@live.co.uk

Volunteering Kirklees
Doing voluntary work can be a positive step towards paid employment. It provides the opportunity to gain new experiences, build a routine of activity and develop skills that will be useful if you are thinking about moving toward work.

Volunteering Kirklees
15 Lord Street
Huddersfield, HD1 1QB
Tel: 01484 226 608 or 518 457
Email: vk@voluntaryactionkirklees.co.uk

Worklink
Worklink is a Kirklees Council employment service that helps people with a disability or health related problem (including a mental health condition) to find employment, training and work experience.

Worklink Huddersfield
Corporate Human Resources Service
5 Silver Court
Wakefield Road
Huddersfield
HD5 9AG
Tel: 01484 223 520
Email: worklink@kirklees.gov.uk
Web: www.kirklees.gov.uk/worklink

Worklink Batley
Corporate Human Resources Service
Batley Resource Centre
90 Commercial Street
Batley
WF17 5DS
Tel: 01924 326 035
Email: worklink@kirklees.gov.uk
Web: www.kirklees.gov.uk/worklink

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Remploy
Remploy offer sheltered employment and training for people with disabilities or mental health issues who want to return to work.

Remploy
The Media Centre
7 Northumberland Street
Huddersfield
HD1 1RL
Tel: 01484 483 122
Web: www.remploy.co.uk

The Shaw Trust
Shaw Trust is a national charity which supports disabled and disadvantaged people to prepare for work, find jobs and live more independently.

They work with local authorities, health and many other organisations and deliver Work Choice – a government supported employment programme designed specifically for people who due to their disability, may find it difficult to find or keep a job.

Work Choice enables people to find and retain work by identifying their needs and providing the necessary support to fit their requirements. It is often the stepping stone into full unsupported employment for many people. Working alongside other organisations they work to ensure you get the best support available to help you with training and to find a job.

Shaw Trust works closely with many employers to support their recruitment needs and to help people find the type of work which suits them.

Shaw Trust
3rd Floor
Bull Ring House
23 Northgate
Wakefield
WF1 3BJ
Tel: 01924 374 188
Web: www.shaw-trust.org.uk

“Rise above the storm and you will find the sunshine.”
Mario Fernandez
Learning and further education

Learning in adulthood has been shown to have a positive effect on your mental health. If you have a mild or moderate condition studying can help you gain confidence and reduce social isolation, whilst giving you the chance to gain new skills and experiences.

**Kirklees College**

Kirklees College provides adult education centres in Huddersfield and Dewsbury. They offer a large range of part-time and full-time courses, with various course lengths and several start dates throughout the year. These include art, craft and design courses, language courses, car maintenance and computing classes.

Kirklees College student support: The college is able to provide personal support to people with mental health issues and they will try to meet your individual needs. If you would like to talk to someone about the courses available and the support on offer to students with mental health issues, contact the College Admissions Office on Tel: 01484 437 033.

**Huddersfield University**

Offer full-time and part-time courses at graduate and post-graduate level.

Huddersfield University Student Support: There are more than 20,000 students at Huddersfield University and the student support service offer their students practical and emotional support on the range of issues students face. These include loneliness, mental health issues, drugs and alcohol, work stress and accommodation problems. They can also help students access other support services, such as the university’s counselling service and other external support providers.

Tel: 01484 472 675

“ In the midst of movement and chaos, keep stillness inside of you ”

Deepak Chopra
For most people there is a strong connection between where they live and how they feel and this connection is often complex. Having a mental health condition can make it more difficult for you to find the housing and support you need, while having the correct support and facilities can improve your wellbeing and lead you on a path to recovery.

This chapter includes the details of organisations that can support you in your own home and residential services.

If you think that you would benefit from housing-related support, these needs can be addressed if you have a health and social care assessment or in the reviews leading up to your discharge, if you are in hospital.

Supporting People

People with severe and enduring mental health condition may benefit from one of the support options available through the Supporting People programme. This helps vulnerable people to live independently in the community, by funding housing related support to help someone to manage their home. It aims to improve people’s quality of life and provide support to prevent problems that can lead to hospitalisation, institutional care or homelessness.

The Supporting People team do not provide the support themselves, they allocate funding to service providers to do this and this chapter includes information about the organisations they fund. If you would like to find out more about getting help to live independently, contact Gateway to care, see p.6 for contact details.

CHAS Housing Aid Centre

The CHAS centre offer advice, information and advocacy on homelessness, housing disrepair, rent and mortgage arrears, landlord/tenant disputes, harassment and tenants rights. They have a court advocacy service for council rent and mortgage repossession hearings.

North Kirklees
Units 8 & 9
Empire House
Wakefield Old Road
Dewsbury
WF12 8DJ
Tel: 01924 324 990
Email: dewsbury@chaskirklees.org.uk

South Kirklees
CHAS Housing Aid Centre
1st Floor
Standard House
Half Moon Street
Huddersfield HD1 2JF
Tel: 01484 223 922
Email: huddersfield@chaskirklees.org.uk
Connect Housing Association Mental Health Services

Connect Housing Association offer a variety of temporary supported housing solutions for people who are suffering mental health problems. The services help people to live independently in the community and meet a variety of support needs, including the 24 hour support at the Batley scheme.

Connect Housing Association Mental Health Services
33 Crackenedge Lane
Dewsbury
WF13 1RW

Tel: 01924 454 117
Email: mentalhealthservices@connecthousing.org.uk
Web: www.connecthousing.org.uk

Foundation Housing ARC scheme (Attaining Resettlement Confidence)
The ARC scheme works with offenders who also have mental health issues. A specialist mental health housing support worker will work intensively with customers to support them to achieve independence.

1a Lord Street
Huddersfield HD1 1QA
Unit 4, Empire House, Wakefield Old Road
Dewsbury WF12 8DJ

Tel: 01484 550 686 or 01924 463 653
Email: kirklees@foundationhousing.org.uk
Web: www.foundationhousing.org.uk/index.htm

Kirklees Floating Support Service – Richmond Fellowship
A floating support service providing housing related support for people with a mental health diagnosis. Open Monday to Friday 9am to 5pm.

Kirklees Floating Support Service
21 Old Leeds Road
Huddersfield HD2 1SG
Tel: 01484 487 514

Shared Lives
Shared Lives gives support to people who need a bit of help to keep their independence and lead a full and active life. This includes people who have a mental health condition. The scheme works by matching you with a Shared Lives carer recruited from the local area. You live with them, take part in their family life and they support you to lead the life you want. Shared Lives can also provide short break services, to give you and your carers a break.

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

Tel: 01484 226 520
Email: shared.lives@kirklees.gov.uk

St Anne’s Community Services
St Anne’s provides small community based residential and supported housing schemes for people who have mental health problems.

St Anne’s Community Services
Edgerton Villa
22 Edgerton Road
Edgerton
Huddersfield
HD3 3AD

Tel: 01484 428 955
Email: areaoffice@st.annes.org.uk
Web: www.st-annes.org.uk

Making Space Floating Support and Accommodation Based Service
The service is available to adults aged 18 to 65 with mental health issues living in Kirklees. It provides both supported tenancies and a floating support service to people in their own homes. Tenant support workers provide support and information around all aspects of independent living. These include support to maintain a tenancy, budgeting skills, managing finances, accessing employment and training, support with life and social skills, maintaining general health and wellbeing and support at crisis times.

Making Space
Regional Office Yorkshire, Lancashire & Cumbria
Unit 67, Batley Business Park
Technology Drive
Batley WF17 6ER

Tel: 01924 441 568
Email: angela.linden@makingspace.co.uk
Web: www.makingspace.co.uk

SHAP
SHAP aims to provide good quality housing support services to people aged 16 to 30. The support team will work with people to meet their individual needs, helping them to live independently where possible.

SHAP has an additional project to support Asian women who already have their own tenancy or who need help to find one.

South Kirklees
11-15 Market Street
Huddersfield
HD1 2HG
Tel: 01484 425 522

North Kirklees
1st Floor Wesley Chambers
Union Street
Dewsbury
WF13 1AJ
Tel: 01924 454 770

In addition to the housing support options, there is also a range of registered residential care homes and nursing homes and this information is available from Gateway to care, see p.6

“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.” Lou Holtz
While there are many professionals and organisations available to help you, there are things that you can do for yourself to take control and improve your mental health. We have included a list of top tips in this chapter to help you.

In addition, this chapter gives information on the services offered by the South West Yorkshire Partnership Foundation Trust, who provide specialist mental health services in Kirklees.
Top tips for wellbeing

Connect...
Connect with the people around you - family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...
Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Take notice...
Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...
Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give..
Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.
**Change4Life**
Change 4 Life is a programme to help families get more healthy by eating well and moving more. The free welcome pack gives you lots of ideas, information, games and tips to help you do this.

Tel: 0300 123 4567
Web: www.nhs.uk/Change4Life

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**Expert Patients Programme (NHS Kirklees)**
The Expert Patients Programme (EPP) is a course of between 8 and 10 weeks and offers a tool-kit of ideas and suggestions for people and their carers living with all kinds of long-term health conditions.

**The self-care tool-kit:**
- helps to improve your quality of life
- helps you to manage your condition better on a daily basis
- helps to increase your confidence
- helps to make you less dependent on health and social care programmes.

**You can learn how to:**
- set goals and make action plans
- problem solve
- develop your communication skills
- manage your emotions and daily activities
- manage relationships with family, friends, work colleagues and health care professionals
- find health resources
- get the most out of consultations with health care professionals
- understand the importance of exercise and healthy eating
- manage fatigue, sleep, pain, anger and depression
- build up your physical activity with practical sessions

For leaflets and more information or to book onto a course please contact the Expert Patients Programme administrator.

Tel: 01924 351 448
Email: julie.lawes@kirklees.nhs.uk

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**NHS Kirklees Health Trainers**
Health trainers work with people who have long-term health conditions to provide information, motivation and support to help them improve their physical and mental wellbeing. They can work with people to help them tackle any health issues they face – from stopping smoking, planning a walking route, or encouraging families to go to a children’s centre for support and advice.

For more information about how health trainers can help you or to book an appointment, contact the teams in Kirklees.

**Health Trainers**
1st Floor
Gateway to care
30 Market Street
Huddersfield
HD1 2HG
Tel: 01484 414 933

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**NHS Lifechecks**
An NHS Lifecheck is an online health assessment questionnaire that helps you to find the areas of your lifestyle where making changes would benefit your overall health. There are currently three Lifechecks:
- Lifecheck - for parents and carers of young babies aged 5-8 months
- Teen Lifecheck - aimed at 12 - 15 year olds.
- Mid-Life Check, aimed at people aged 40 to 70.

Each check encourages you to set goals and gives information about local support providers, who can help you achieve them.

You can access the online health check by going to the NHS website: www.nhs.uk/lifecheck.

The Lifecheck will also be available at libraries and children’s centres around Kirklees, or contact your local Lifecheck officer.

Tel: 07940 525 634
Email: joanne.gould@kirklees.nhs.uk
Kirklees Council PALS - Practice Activity and Leisure Scheme

You can join PALS if your GP, practice nurse or any other health professional feels that your health could benefit from becoming more active. This includes benefits to your mental health and emotional wellbeing as well as your physical wellbeing.

On the scheme you will get a lifestyle evaluation, a personalised activity plan, support to access local exercise facilities and the opportunity to use the weekly drop-in support sessions.

The PALS Office
Physical Activity Development Team
Kirklees Culture and Leisure Services
The Stadium Business and Leisure Complex
Stadium Way
Huddersfield
HD1 6PG

Tel: 01484 234 095
Web: www.kirklees.gov.uk/activeforlife
Email: physicalactivity.development@kirklees.gov.uk

Active4Life

Active4Life is similar to the PALS scheme mentioned above, however it is designed specifically for people experiencing a severe mental health illness. Clients are offered support and encouragement to increase their levels of physical activity over a 45 week period. Each client works with the Active for Life officer to develop and undertake a personal activity plan. Referrals to Active4Life must be via an authorised referrer, who is usually a mental health professional.

Tel: 01484 234 097
Email: saul.muldoon@kirklees.gov.uk
Web: www.kirklees.gov.uk/activeforlife

South West Yorkshire Mental Health NHS Trust Adult Services

The Trust provides services for working age adults (under 65) and older people (over 65). They also provide some specialist services to people as young as 14.

The specialist NHS mental health services provided by the Trust cover Kirklees, Calderdale and Wakefield. The trust also provides medium secure (forensic) services to the whole of Yorkshire and the Humber.

These services include individual care and support to people in their own home with extra support from inpatient services when people need care or assessment in a hospital setting. The local inpatient services are in Dewsbury and Huddersfield.

They also provide clinics in a variety of other locations, including GP surgeries. Speak to your GP about referral to Trust services.

Local people can become members of the Trust to find out more about local services and help shape future plans. Membership is free and there is no special commitment.

Tel: 01924 327 000 [main switchboard]
Website: www.southwestyorkshire.nhs.uk

“I can’t change the direction of the wind. But I can adjust my sails.”

Unknown Author
This chapter provides information about the specialist support options for people who have been diagnosed with a form of dementia. These services compliment the wider range of health and social care services offered that can also meet your individual needs.

Kirklees Council also produce a guide to services and opportunities for older people living in Kirklees. To get a copy of 'Live life to the full in Kirklees' contact your local Gateway to care – see p.6

What is dementia?

The term ‘dementia’ describes a group of symptoms caused by the physical impact of disease or injury on the brain, including Alzheimer’s.

There are about 700,000 people in the UK with dementia and it affects one in 14 people over the age of 65 and one in six people over the age of 80. However there are also 15,000 people in the UK under the age of 65 who have dementia.
Alzheimers Society – Local branches:
The local branch of the Alzheimers Society offer an advice and information service for people with dementia and their carers. They also run several support groups:

Kirklees branch
open on weekdays from 10am to 3pm, or by appointment.

Holme Valley carers support group
meetings are held on the 2nd Monday of each month from 10.30am to 12noon.

Kirkheaton carers support group
meetings are held on the 3rd Monday of the month from 7.30pm to 9.30pm.

Lindley carers support group
meetings are held on the 4th Monday of each month from 10.30am to 12noon.

Slaithwaite carers support group
meetings are held on the 4th Tuesday of each month from 10.30am to 12noon.

Skelmanthorpe carers support group
meetings are held on the 1st Friday of each month from 10.30am to 12noon.

Alzheimer’s Society - Kirklees
1st Floor
12 St George’s Square
Huddersfield
HD1 1JF
Tel: 01484 429 865
Email: Kirklees@alzheimers.org.uk
Web: www.alzheimers.org.uk

SeniorLine
This is a free confidential and impartial advice about welfare and disability benefits; community and residential care; housing options and adaptations; access to health and community services; equipment to assist independence; support for carers; agencies offering practical help.

Help the Aged
St James’ Walk
Clerkenwell Green
London
EC1R 0BE
Tel: 0808 800 6565 (Advice Line)
Email: seniorline@hta.org.uk
Web: www.helptheaged.org.uk

St Andrews Support Group
The St Andrews support groups (one in Mirfield and one in Dewsbury) offer weekly activities for people with dementia and their carers. The group also runs a monthly lunch club and a monthly carers friendship group.

St Andrews Support Group
48 Ravens Crescent
Dewsbury
WF13 3G
Tel: 01924 515 619
Email: cath.knowles1@ntlworld.com
### Useful Contacts

<table>
<thead>
<tr>
<th>Contacts</th>
<th>Telephone No.</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abortion Counselling Service</td>
<td>01484 344 265</td>
<td>39</td>
</tr>
<tr>
<td>Accident and Emergency departments (A&amp;E)</td>
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<tr>
<td>Active4Life</td>
<td>01484 234 097</td>
<td>71</td>
</tr>
<tr>
<td>After Adoption Yorkshire</td>
<td>0113 2302 100</td>
<td>39</td>
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<tr>
<td>AIM Artists in Mind</td>
<td>01484 434 909</td>
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<td>Alcoholics Anonymous</td>
<td>0113 2454567</td>
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<td>Alzheimers Society - Kirklees</td>
<td>01484 429 865</td>
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<td>Anxiety UK</td>
<td>08444 775 774</td>
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<td>Armed Forces support project - Kirklees Citizens Advice Bureau</td>
<td>0844 848 7970</td>
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<td>Association of Post-natal Illness</td>
<td>0207 386 0868</td>
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<td>Bartonians</td>
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<td>Batley Baths and Leisure Centre</td>
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<td>Batley Self-help Depression Group</td>
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<td>Batley Sports Centre</td>
<td>01924 326 181</td>
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<tr>
<td>Bead Therapy</td>
<td>07706 304 212</td>
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<tr>
<td>Beat – beating eating disorders</td>
<td>0845 6341 414</td>
<td>41</td>
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<tr>
<td>Better Health at Work</td>
<td>01484 416 778</td>
<td>52</td>
</tr>
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<td>British Association of Counselling and Psychotherapists</td>
<td>01455 883 300</td>
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<tr>
<td>CALM (Campaign Against Living Miserably)</td>
<td>0800 58 58 58</td>
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<td>Careers 4 Adults Dewsbury</td>
<td>01924 324 200</td>
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<td>Careers 4 Adults Huddersfield</td>
<td>01484 226 800</td>
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<td>Useful contacts</td>
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<td><strong>Useful contacts</strong></td>
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<td><strong>Carers Personal Budget</strong></td>
<td>See Gateway to care</td>
<td>29</td>
</tr>
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<td><strong>Carers Support Service (Mental Health)</strong></td>
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<tr>
<td><strong>Change4Life</strong></td>
<td>0300 123 4567</td>
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<tr>
<td><strong>CHAS Housing Aid Centre – north Kirklees</strong></td>
<td>01924 324 990</td>
<td>61</td>
</tr>
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<td><strong>CHAS Housing Aid Centre – south Kirklees</strong></td>
<td>01484 223 922</td>
<td>61</td>
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<tr>
<td><strong>Citizens Advice Bureaux (CABs)</strong></td>
<td>0844 848 7970</td>
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<td><strong>Colne Valley Leisure Centre</strong></td>
<td>01484 222 522</td>
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<td><strong>Community Links Alcohol Support Service (CLASS)</strong></td>
<td>01484 500 100</td>
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<tr>
<td><strong>Community Links Dual Diagnosis Service</strong></td>
<td>01924 448 977</td>
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<td><strong>Compassionate Friends National Helpline, The</strong></td>
<td>0845 123 2304</td>
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<td><strong>Connect Housing Association Mental Health Services</strong></td>
<td>01924 454 117</td>
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<td><strong>Cruse in Kirklees</strong></td>
<td>0844 800 3309</td>
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</tr>
<tr>
<td><strong>Customer Services Department - South West Yorkshire Partnership Foundation Trust</strong></td>
<td>0800 587 2108</td>
<td>17</td>
</tr>
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<td><strong>Daybreak project</strong></td>
<td>01924 488 326</td>
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</tr>
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<td><strong>Dewsbury Sports Centre</strong></td>
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</tr>
<tr>
<td><strong>Direct payments</strong></td>
<td>See Gateway to care</td>
<td>31</td>
</tr>
<tr>
<td><strong>Drinkline - the National Alcohol Helpline</strong></td>
<td>0800 917 8282</td>
<td>22</td>
</tr>
<tr>
<td><strong>Expert Patients Programme (NHS Kirklees)</strong></td>
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<tr>
<td><strong>Fellowships of Depressives Anonymous</strong></td>
<td>0870 7744 320</td>
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<tr>
<td><strong>First Steps to Freedom</strong></td>
<td>0845 120 2916</td>
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<td><strong>FRANK – the national drugs helpline</strong></td>
<td>0800 77 66 00</td>
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</tr>
<tr>
<td><strong>Friendship Club (Slaithwaite)</strong></td>
<td>07791 375 146</td>
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<tr>
<td><strong>Gamblers Anonymous and Gam-Anon</strong></td>
<td>0114 262 0026</td>
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<td><strong>Gateway to care</strong></td>
<td>01484 223 000</td>
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</tr>
<tr>
<td><strong>GP out-of-hours service</strong></td>
<td>Call your regular GP number</td>
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<tr>
<td><strong>GP Shared Care clinics</strong></td>
<td>01924 351430</td>
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<td><strong>Group for those Over 50 with Mental Health Problems - Age Concern Calderdale and Kirklees</strong></td>
<td>01484 559 935</td>
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</tr>
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<td><strong>Groups for Older People with some form of Dementia - Age Concern Calderdale and Kirklees</strong></td>
<td>01484 559 935</td>
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<td><strong>Hearing Voices</strong></td>
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<td><strong>Holmfirth Sports Centre</strong></td>
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<td><strong>Holmfirth Swimming Pool</strong></td>
<td>01484 222 440</td>
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<td><strong>Huddersfield Sports Centre</strong></td>
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<td><strong>Huddersfield University</strong></td>
<td>01484 472 675</td>
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<td><strong>Independent Complaints Advocacy Service, The (ICAS)</strong></td>
<td>0300 456 8349</td>
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<tr>
<td><strong>Independent Mental Capacity Advocate (IMCA)</strong></td>
<td>01924 361 050</td>
<td>18</td>
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<td><strong>JobCentre Plus Disability Employment Advisors (DEAs) - Batley</strong></td>
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<td><strong>JobCentre Plus Disability Employment Advisors (DEAs) - Dewsbury</strong></td>
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<td><strong>JobCentre Plus Disability Employment Advisors (DEAs) - Huddersfield</strong></td>
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<td><strong>JobCentre Plus Disability Employment Advisors (DEAs) - Spen Valley</strong></td>
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<td><strong>Keeping safe – what is adult abuse and how to report it</strong></td>
<td>01924 326 489</td>
<td>12</td>
</tr>
<tr>
<td><strong>Khooch Group - Barnardos</strong></td>
<td>01924 411 713</td>
<td>33</td>
</tr>
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<td><strong>Kirklees College - Admissions</strong></td>
<td>01484 437 033</td>
<td>59</td>
</tr>
<tr>
<td><strong>Kirklees Council Adult Services – complaints and compliments</strong></td>
<td>01484 225 140</td>
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</tr>
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<td><strong>Kirklees Council Adult Services Community Liaison Team</strong></td>
<td>01484 225 142</td>
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<td><strong>Kirklees Council Adult Services Emergency Team</strong></td>
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<td><strong>Kirklees Council Carers Gateway</strong></td>
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<tr>
<td><strong>Kirklees Council PALS - Practice Activity and Leisure Scheme</strong></td>
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<td>70</td>
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<td><strong>Kirklees Employment Service – by Mental Health Matters</strong></td>
<td>01484 516 355</td>
<td>56</td>
</tr>
<tr>
<td><strong>Kirklees Floating Support Service – Richmond Fellowship</strong></td>
<td>01484 487 514</td>
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<td><strong>Kirklees Parents and Relatives Drugs Support Group</strong></td>
<td>01484 722 223</td>
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<tr>
<td><strong>Kirklees Rape and Sexual Abuse Counselling Centre (including domestic violence) - KIRASACC</strong></td>
<td>01484 450 040</td>
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<td><strong>Kirklees Stop Smoking Service – north Kirklees</strong></td>
<td>01924 351 498</td>
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<tr>
<td><strong>Kirklees Stop Smoking Service – south Kirklees</strong></td>
<td>01484 344 285</td>
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</tr>
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<td><strong>Kirkwood Hospice bereavement support</strong></td>
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<td><strong>Learningline</strong></td>
<td>0800 5979 979</td>
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</tr>
<tr>
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<td></td>
<td></td>
</tr>
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<td></td>
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</table>

<p>| <strong>Leeds Road Playing Fields</strong> | 01484 223 178 | 35 |
| <strong>Lifeline Kirklees</strong> | 01924 438 383 | 54 |
| <strong>Lifeline Kirklees - Huddersfield</strong> | 01484 353 333 | 24 |
| <strong>Lifeline Kirklees - Way Ahead Dewsbury</strong> | 01924 438 383 | 24 |
| <strong>Making Space Floating Support and Accommodation Based Service</strong> | 01924 441 568 | 62 |
| <strong>Manic Depressives Fellowship (MDF) self help group</strong> | 0845 434 9815 | 43 |
| <strong>MIND Infoline</strong> | 08457 660 163 | 43 |
| <strong>Miscarriage Association</strong> | 01924 200 799 | 49 |
| <strong>Moldgreen United Reformed Church Friendship Centre</strong> | 01484 430 556 | 33 |
| <strong>National Association for Children of Alcoholics</strong> | 0117 924 8005 | 25 |
| <strong>National Domestic Violence Helpline</strong> | 0808 2000 247 | 11 |
| <strong>National Self-Harm Network</strong> | 0800 622 6000 | 44 |
| <strong>Needle Exchange</strong> | 01924 351 430 | 25 |
| <strong>Nerve Centre, The</strong> | 01484 469 853 | 33 |
| <strong>New Debt Counselling Agency</strong> | 0800 328 0006 | 33 |
| <strong>NHS Direct</strong> | 0845 46 47 | 13 |
| <strong>NHS Kirklees Health Trainers</strong> | 01484 414 933 | 69 |
| <strong>NHS Kirklees - PALS Kirklees Patient Advice and Liaison Service</strong> | 01484 464 444 | 18 |
| <strong>NHS Lifechecks</strong> | 07940 525 634 | 69 |
| <strong>No Panic</strong> | 0808 808 0545 | 44 |
| <strong>North Kirklees Women’s Refuge</strong> | 01924 465 238 | 11 |
| <strong>On TRAK - Dewsbury</strong> | 01924 486 170 | 25 |
| <strong>On TRAK - Huddersfield</strong> | 01484 437 907 | 25 |
| <strong>Overeaters Anonymous</strong> | 07000 784 985 | 44 |
| <strong>Pathways</strong> | 01924 326 540 | 34 |
| <strong>Pathways day opportunities employment support</strong> | 01924 326 540 | 54 |
| <strong>Pay and Employment Rights</strong> | 01924 428 033 | 55 |
| <strong>Penneine Domestic Violence Group</strong> | 0800 052 7222 | 11 |
| <strong>Police, Fire Brigade and Ambulance service</strong> | 999 | 9 |
| <strong>Positive Action Training</strong> | 01484 225 093 | 55 |
| <strong>Progress2work LinkUP</strong> | 01924 454 045 | 56 |
| <strong>Raw Talent</strong> | 01924 454 770 | 63 |
| <strong>Reach Project</strong> | 01924 425 522 | 63 |
| <strong>Remploy</strong> | 01924 454 472 | 35 |
| <strong>RETHINK</strong> | 01924 425 123 | 71 |
| <strong>Royds Hall Sports Centre</strong> | 01924 425 700 | 71 |
| <strong>Salvation Army Chrysalis Women’s Support Group</strong> | 01924 454 770 | 71 |
| <strong>Samaritans</strong> | 01924 325 147 | 35 |
| <strong>Saneline</strong> | 01924 222 907 | 35 |
| <strong>Savile Town Women’s Association</strong> | 01924 328 0006 | 33 |
| <strong>Seasonal Affective Disorder Association</strong> | 01905 622 6000 | 44 |
| <strong>SeniorLine</strong> | 0808 800 6565 | 75 |
| <strong>SHAP - north Kirklees</strong> | 01924 454 770 | 63 |
| <strong>SHAP - south Kirklees</strong> | 01924 425 522 | 63 |
| <strong>Shared Lives</strong> | 01924 226 520 | 63 |
| <strong>Sikh Leisure Centre</strong> | 01924 454 650 | 35 |
| <strong>South West Yorkshire Mental Health NHS Trust Adult Services</strong> | 01924 327 000 | 71 |
| <strong>Spenborough Swimming Pool</strong> | 01274 335 140 | 35 |
| <strong>SSAFA (Soldier, Sailor, Airmen and Families Association)</strong> | 01924 454 472 | 35 |
| <strong>St Andrews Support Group</strong> | 01924 515 619 | 75 |
| <strong>St Anne’s Carers Options Service</strong> | 01924 468 344 | 31 |
| <strong>St Anne’s Community Services</strong> | 01924 428 955 | 63 |
| <strong>Stadium Health and Fitness</strong> | 01924 234 110 | 35 |
| <strong>STAR – Surviving Trauma After Rape</strong> | 01924 298 954 | 46 |
| <strong>Support and Care After Road Death and Injury (SCARD)</strong> | 0845 123 5541 | 49 |
| <strong>Support to Recovery</strong> | 01484 539 531 | 47 |
| <strong>Supporting People</strong> | See Gateway to care | 61 |
| <strong>SupportLine</strong> | 01708 765 200 | 47 |
| <strong>Survivors Group</strong> | 01924 454 117 | 36 |</p>
<table>
<thead>
<tr>
<th>Useful contacts</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Cinnamon Trust</td>
<td>01736 757 900</td>
</tr>
<tr>
<td>The Luke and Marcus Trust</td>
<td>01924 450 362</td>
</tr>
<tr>
<td>Touchstone</td>
<td>0113 271 8277</td>
</tr>
<tr>
<td>United Churches Healing Ministry and Resource Centre</td>
<td>01484 461 098</td>
</tr>
<tr>
<td>Volunteering Kirklees</td>
<td>01484 226 608</td>
</tr>
<tr>
<td>Welcome Centre</td>
<td>01484 340 034</td>
</tr>
<tr>
<td>Whitcliffe Mount Sports Centre</td>
<td>01274 335 130</td>
</tr>
<tr>
<td>Women-only Arts and Crafts Group</td>
<td>07823 339 610</td>
</tr>
<tr>
<td>Women’space at The Womencentre, Kirklees</td>
<td>01484 536 272</td>
</tr>
<tr>
<td>Working in Partnership Team</td>
<td>01484 226 927</td>
</tr>
<tr>
<td>Worklink Batley</td>
<td>01924 326 035</td>
</tr>
<tr>
<td>Worklink Huddersfield</td>
<td>01484 223 520</td>
</tr>
</tbody>
</table>

Please note that the inclusion of an agency in this publication does not constitute a recommendation by Kirklees Council or NHS Kirklees.

**For more information**

For information on health and social care please contact your local Gateway to care on 01484 414 933.

Carers can also contact Kirklees Council Carers Gateway on Tel: 01484 226 050

Email: carers.gateway@kirklees.gov.uk

In an emergency outside office hours only, please telephone 01924 326 489.

For more information on health services call NHS Kirklees on Tel: 01484 466 000.

**Information in other formats**

We are committed to ensuring that our communication is clear, plain and available for everyone.

This booklet can be made available in languages other than English. It can also be made available in large print, audio CD, and Braille. Full details are available from the manager or your social worker or by telephoning 01484 225 274.

For more information on health and social care please contact your local Gateway to care on 01484 414 933.

Carers can also contact Kirklees Council Carers Gateway on Tel: 01484 226 050

Email: carers.gateway@kirklees.gov.uk

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Tel: 01484 414 933
Email: gatewaytocare@kirklees.gov.uk
www.kirklees.gov.uk/mentalhealth