

Your Health & Wellbeing

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



Kirklees Community Plus

Work with people of all ages in our communities to achieve positive outcomes and help them to remain independent and in control of their lives.

Tel: 01484 225224

Web:

www.kirklees.gov.uk/communityplus

Kirklees Wellness Service

Supports local people (18+ years) who have or are at risk of long-term conditions to live healthier, happier lives and feel more able to look after themselves. The service currently provides 1-1 phone support including with quitting smoking, achieving and maintaining a healthy weight, becoming physically active, for low level mental health issues and around alcohol consumption.

Tel: 01484 234095

Web: www.kirklees.gov.uk/wellness

Simple Signposting to Better Health and Wellbeing

A Yorkshire and Humber Public Health website with links about better health and wellbeing ideas and support.

Web:

www.mecclink.co.uk/yorkshire-humber/

Click on Location View to find Kirklees services.

NHS Better Health

An online range of tools and support to help kickstart a healthier lifestyle, includes weight loss, getting active and help with recognising diabetes and how to control and manage it. A free downloadable app is also available.

Web: www.nhs.uk/better-health/

Kirklees Social Prescribing Service

Work in our communities to support people who are, for example, lonely or isolated, would benefit from support with their mental health, have a long-term condition(s) and/or complex social needs that affect their wellbeing to connect with community groups and other services for practical and emotional support.

Contact your GP practice to access the service

NHS Mental Health Service Improving Access to Psychological Therapies (IAPT)

For local people (17.5+ years) with problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep.

Tel: 01484 343700

Web: www.kirkleesiapt.co.uk

24 Hour Mental Health Helpline

Provides confidential support, advice, information and guidance to people with mental health needs and their carers who are registered with a GP in Kirklees, Calderdale, Wakefield, Leeds and Barnsley.

Tel: 0800 183 0558

Peer Support Service

Is a confidential mental health support service delivered by people with lived experience of mental health issues for anyone living in Kirklees. The 'peers' are someone to talk to on a regular basis; they provide support to help people understand the current circumstances, on how to stay well, manage mental health and well-being, and provide information on other services.

Tel:

01924 460211 / 07587554799

Email: peerbrokerageservice@touchstonesupport.org.uk

Monday - Friday

Grief and Loss Support Service

Practical and emotional support and advice for anyone in West Yorkshire and Harrogate suffering from any form of grief and loss, or those worried about losing someone, whether this relates to a family member, friend or member of their community.

Tel: 0808 196 3833

Web: griefandlosswyh.co.uk/

Kirklees Mental Health Support Card

This details a wide range of services and groups that provide support for local people (of all ages) looking to manage and improve their emotional wellbeing and mental health.

Web: www.kirklees.gov.uk/beta/health-and-well-being/pdf/mental-health-support-card.pdf

If you are experiencing severe mental health symptoms contact your GP as soon as you can.

CHART Kirklees drug and alcohol service

Provide a range of treatment, recovery and related supports for local people who are 18+ years).

Tel: 01484 353333

Email: Kirklees.Referrals@cgl.org.uk

Web:

www.changegrowlive.org/chart-kirklees

The Huddersfield and Dewsbury hubs are open Monday-Friday for needle exchange and naloxone.

The Base drug and alcohol service

Provide advice and support for people up to 21 years in Kirklees, as well as a provision for parents, carers and professionals who support young people in Kirklees.

Tel: 01484 541589

Message on:

www.facebook.com/thebasekirklees/

Online chat: www.changegrowlive.org/local-support/online-chat-yp-1-nm

Web: www.changegrowlive.org/the-base-kirklees

Locala contraception and sexual health service

Provide contraception (full range including emergency contraception), testing and treatment for sexually transmitted infections (STIs), post exposure prophylaxis (PEP), assistance with unplanned pregnancies, sexual health help and advice.

For online testing access:

<https://sh24.org.uk/>
(Kirklees residents
16+ years).

Tel: 030 3330 9981

Web: www.locala.org.uk/services/sexual-health/

Thriving Kirklees service for children, young people and families

Provide supports including 0-19 services (health visiting and school nursing), child and adolescent mental health services (CAMHS), children's emotional health and wellbeing service (ChEWS), assessment and diagnosis of autistic spectrum conditions, parenting supports, healthy start vitamins, home start (for families with under 5s), safety at home and online resources for parents and families.

Tel: 0300 304 5555

Web: www.thrivingkirklees.org.uk/

Northorpe Hall emotional and mental wellbeing service

For people 0-18 years offering counselling, 1-1 support with mental health practitioners, sessions and workshops, as well as advice, information and support and access to online resources. Current workshop sessions for children and young people include returning to school, managing worry, managing anxiety, low mood, self-harm information, building resilience and managing emotions. The service also supports adults who care for children and young person who have emotional and mental health difficulties.

Tel: 0300 304 555

Web: www.thrivingkirklees.org.uk/referral-form/ / <https://chewsnews.northorpehall.co.uk/workshops.php/>

Kooth.com online counselling and support service (part of Thriving Kirklees)

Confidential and anonymous service for local 10-19 year olds to gain advice, support and guidance from qualified counsellors through their mobile, tablet and desktop. Provide one-to-one counselling, self-help materials, peer-to-peer moderated forums.

Web: www.kooth.com/

ChatHealth young people's text messaging service (part of Thriving Kirklees)

Offered by Thriving Kirklees for local 11-19 year olds providing advice from nurses on subjects including sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. All text messages will be responded to within one working day.

Tel: 07520 618866

Web: www.thrivingkirklees.org.uk/chat-health/

ChatHealth parents'/carers' text messaging service

Provides advice and help for parents/carers on health and well-being issues relating to their children.

Tel: 07520 618867

Web: www.thrivingkirklees.org.uk/chat-health/

Kirklees Local Offer

Provides information about the support and services that children and young people aged 0-25 years, who have special educational needs and disabilities, and their families can get in one place.

Web: www.kirklees.gov.uk/localoffer

Kirklees Children's Centres

Offer parents, children and young people support to help them learn and develop, including on parenting advice and guidance, managing children's behaviour, advice on child learning and development, as well as one to one support.

Tel: 01484 456823

Web: www.kirklees.gov.uk/beta/childrens-centres/childrens-centres.aspx

Education and childcare enquiry service

Help arrange childcare support that meets the needs of parents, carers and children when people struggle to find suitable arrangements.

Tel: 01484 456823

Web: my.kirklees.gov.uk/en/service/Schools_and_education___Covid_19_education_and_childcare_enquiry

Auntie Pam's supporting mums-to-be

Kirklees wide support and signposting service offering help, guidance and information for mums and families.

Volunteers are contactable:

Dewsbury:

0771 684 3440 / 0771 684 3492

Huddersfield:

0781 757 9995 / 0777 999 3764

Email: auntiepams@kirklees.gov.uk

Web: www.kirklees.gov.uk/beta/auntie-pams/index.aspx

Relationship Matters

For parents (in the Yorkshire and Humber region) who are together or separated and share responsibility for a child/children who are having relationship difficulties.

Web: relationshipmatters.org.uk/

Pennine Domestic Abuse Partnership (PDAP)

Provide domestic abuse support services in Kirklees including 24 helpline, community outreach and refuge/safe accommodation.

Tel: 0800 052 7222

Web: pdap.co.uk/

Gateway to Care

Provide assessments and access to personal care (there may be a charge for care) if you need help to go to the toilet or help with washing and dressing and you have no one to help you (or your carer can't continue).

Tel: 01484 414933

If your call is outside office hours and urgent please call and you will be transferred to the emergency duty team.

Outside office hours please complete the online form to let us know what you need help with and we will contact you within 48 hours:

www.kirklees.gov.uk/beta/social-care/contact-adult-social-care-services.aspx

Healthwatch Kirklees

Are a local watchdog who gather and represent the views of people living or using services in Kirklees to tell services about experiences of care, hold them to account, investigate problems, seek solutions and influence how local services are delivered and designed.

Tel: 01924 450 379

Email: info@healthwatchkirklees.co.uk

Web: healthwatchkirklees.co.uk/

ASK 4 Advocacy service

Provides advice, guidance and support to empower local people to make choices and be heard in relation to health and social care. (The service will support people to access other specialist advocacy services if required.)

Tel: 01924 460211

Email: advocacy@touchstonesupport.org.uk

Web: touchstonesupport.org.uk/advocacy/ask4advocacy/

Kirklees Citizens Advice Legal Centre

Provide support for local residents related to legal employment rights, debt, housing, community care, EU Settlement Status, immigration and asylum.

Tel: 0344 8487970

Web: www.kcalc.org.uk/contactus

Better Off Kirklees

Is for local people who want support relating to benefits, getting a job/ volunteering, debt, budgeting and childcare. This site has been designed to be used without the need for additional help.

Web: www.betteroffkirklees.org.uk/#/home

If you are being forced to leave your home, are awaiting trial for a criminal conviction, have complex learning difficulties, have any difficulties with reading and writing and, or are a young person in care or are about to leave care please telephone 03448 487 970.

The Money Advice Service

Provide money advice, guides and advice to help improve personal finances and tools and calculators to help keep people keep track of and plan their finances.

Tel: 0800 138 7777

Typetalk: 18001 0800 915 4622

WhatsApp a message to: 07701 342744

Web: www.moneyadvice.service.org.uk/en

Kirklees Uniform Exchange

FREE school uniform requests can be made through your local children's centre, Yorkshire Children's Centre at Brian Jackson House, school office or by completing the downloadable form

www.uniform-exchange.org/free-school-uniform/ and emailing it to info@www.uniform-exchange.org

Web: www.uniform-exchange.org/

This Way for English programme

English as a Second Language (ESOL) assessment and classes for refugees, asylum seekers and migrants living in Kirklees who have an ESOL need.

Tel: **01484 519053**

Email: ThisWay4English@tslkirklees.org.uk

Web: <https://welcometokirklees.blog/english-this-way/>

The Welcome Mentors project

Offers volunteer support and befriending to help refugees, asylum seekers and migrants who are 'new ish' to Kirklees, including to access health and other services (e.g. food banks, migrant

groups, legal advice and English for Speakers of other Languages (ESOL) assessments and classes), help with housing and benefit applications and to identify and access community activity to support integration and reduce isolation.

Tel: **07425 444566**

Email: steff@tslkirklees.org.uk

Web: welcometokirklees.blog/welcome-mentors/

My Health Tools

An online resource for people who have a long-term condition. It includes tailored support and guidance, and can help you feel more in control of your condition.

web: www.myhealthtools.uk

Safer Kirklees

Supporting victims.

Tel: **01484 221000**

Email: safer@kirklees.gov.uk

Victim Support

Tel: **0300 3031971**

Email: yorksandhumber.vcu@victimsupport.org

Covid-19 Community Response freephone helpline

You can call free to let us know what you need help with, or to tell us how you can help others.

Tel: **0800 4561114 / 01484 226919**