

Kirklees Services Directory:

Thriving Kirklees includes Northorpe Hall, NHS South West Yorkshire Partnership, Locala, Home Start, Yorkshire Children's Centre – **0300 304 5555** (Chat Health text for parent/carers **07520 618867**, for young people **07520 618866** <https://www.thrivingkirklees.org.uk/>)

SALT – Concerns with speech and language for young people: <https://www.locala.org.uk/your-healthcare/childrens-speech-language-therapy/>

KIAS – Information, advice and support relating to a young person aged 0-25's special educational needs or disability (**0300 3301504**) <http://www.kias.org.uk/>

SEND – Kirklees Local Offer – gives children and young people aged 0-25 with special educational needs or disabilities, and their families information about what is available in Kirklees across education, health and social care; www.kirkleeslocaloffer.org.uk

Kirklees Safeguarding Children's Board – <https://www.kirkleessafeguardingchildren.co.uk/>

For Young People under 19

KOOTH – Free, safe and anonymous online counselling support for 11+ www.kooth.com

Barnardos Young Carers – young carers 8-18 years (**01484 426100**) <http://www.barnardos.org.uk/kirklees-young-carers/service-view.htm?id=242341151>

yOUTH Services Brunswick Centre – HIV support and LGBT Project supporting young people and their parents/carers (**01484 541589**) <https://www.thebrunswickcentre.org.uk/services/youth-services>

The Base – drug and alcohol support service for people up to 21yrs old and support for parents and carers. They also have a Hidden Harm Project providing support for young people who have concerns about parent /carers struggling with drug/alcohol issues (**01484 541589**) Alice Quarterless-Oates is the NTH lead for this. <https://kirkleesinrecovery.com/services/cgl-thebase/>

Luke's Lads – Mental Health Support groups for males ages 11+ to 15 in addition to adults <https://www.lukeslads.co.uk>

Butterflies – Mental Health Support Group for females ages 11+ to 15 in addition to adults <https://www.butterfliesmentalhealth.co.uk/>

Yorkshire Children's Trust – Primarily set up by parents to support families of children with cancer, they now offer counselling for children and young people. They also offer respite breaks for families. <https://www.yctrust.uk/>

Supporting adults and families

Carers Count – support for carers (including parent carers), access to wellbeing activities and groups (**0300 120231**) <https://www.carerscount.org.uk/>

Connected Persons Support Team – supporting all connected carers, special guardians, foster carers (Debs – **07870590283**) https://kirkleeschildcare.proceduresonline.com/p_place_fam_friend.html

Kirkwood Hospice – pre & post bereavement support for children and families (**01484 557910**) <https://www.kirkwoodhospice.co.uk/>

Martin House Community Bereavement Service – bereavement support for families following the death of a young person aged 0-25 years (01937 845045) <https://www.martinhouse.org.uk/>

Chart – drug and alcohol service for people aged 18+ (01484 353333/01924 438383) <https://kirkleesinrecovery.com/services/chart-kirklees/>

Women's Centre – emotional and practical support for women aged 18 years+ in Kirklees and Calderdale (01484 450866) <https://womencentre.org.uk/>

IAPT – Choice of services for people aged 18 years+ experiencing common mental health problems such as low mood, anxiety, panic, stress and OCD (01484 343700) www.kirkleesiapt.co.uk

The Southwest Yorkshire Mental Health Trust – provide specialist mental health and learning disability services across Kirklees, Calderdale and Wakefield; <https://www.cht.nhs.uk/services/mental-health-services/> SPA- 01924 316830

Fusion Housing – Courses and volunteering opportunities for adults 01484 532280 <https://www.fusionhousing.org.uk/>

PCAN – independent, parent-led forum for parents and carers of young people aged 0-25 years with additional needs. PCAN welcomes any parent or carer, whether they are just becoming aware that their child may have additional needs or whether they have a child with a confirmed diagnosis (07754 102336) www.pcankirklees.org

The Whole Autism Family – voluntary group in Kirklees offering support and guidance to families impacted by autism (07564 256626) <http://thewholeautismfamily.co.uk/>

Huddersfield Support Group for Autism (HSGA)– Can be contacted through the website – info@hsga.org.uk

Andy's Man Club – Support for men over 18 and can be contacted via the website: www.andysmanclub.co.uk

Men's Sheds – Friendship building, sharing skills and knowledge, reducing isolation for men over 18 (01484 421143) <https://menssheds.org.uk/>

Sky Positive Minds – Free and confidential drop-in service at Dewsbury Moor and Scout Hill Children's Centre, 100 Heckmondwike Rd, WF13 3NT for women and teenage girls providing careers advice, parenting tips, housing/benefits advice and strategies to tackle anxiety and low mood while boosting confidence and communication – www.SkyPositiveMinds.org.uk / 07809430845

Pennine Domestic Abuse Service – targeted support, safety planning and crisis intervention for anyone (male or female) experiencing domestic violence aged 16+ in Kirklees (01274 878117/0800 0527222) <https://pdvg.org/>

RELATE – Family Counselling around parental separation and poor relationships for young people and families 10+ (01484 425843) <https://www.relate.org.uk/>

BACP – Professional body representing counselling and psychotherapy with details of BACP registered counsellors (privately funded) www.bacp.co.uk

Socrates – Independent service of clinical psychologists (01484 514594) <https://www.socrates.org.uk/>

TalkThru – confidential counselling for men and women facing an unplanned pregnancy or baby loss (01484 515137) <http://www.talkthru.org.uk/>

Aunty Pam's – Support for pregnant women and new mums, including benefits advice, peer support and swap shop (01484 414775/01924 438316)

<https://www.kirklees.gov.uk/beta/auntie-pams/index.aspx>

Home-Start Young Parents' Groups – Supporting young mums aged 14-24 (01484 421925)

<https://homestart-kirklees.org.uk/>

KRASAC – Kirklees Rape and Sexual Abuse Centre supports survivors of sexual violence. Service can be accessed from age 13+ (01484 450040 or text only 07983628227)

<https://www.kcrasac.co.uk/>

KABWWA (Kirklees Asian and Black Women Welfare Association) - supports women and children from black, Asian and minority ethnic communities who are affected by domestic violence, providing support, advice, information and safe temporary accommodation; 01484 304338/0800 0527222

Better Off Kirklees – website showing the benefits people are entitled to and how to claim them

(www.betteroffkirklees.co.uk)

Kirklees Citizens Advice and Law Centre – range of services including support with applying for benefits (0344 848 7970)

<https://kcalc.org.uk/>

Community Links Engagement and Recovery Service (CLEAR) – Recover-focused mental health service for individuals with mental health needs aged 18+ living in Kirklees (01484 519097/01924 465054)

<https://www.commlinks.co.uk/cleargroups/>

S2R Create Space - Promoting positive mental health by providing creative and mindfulness courses for different age groups: 01484 539531

<https://www.s2r.org.uk/>

Sprout – Families who have children with additional needs having fun together in the outdoors 01484 549479/07845415280

<http://www.growingworks.org.uk/sprout/>

GLINT – Horse assisted development and therapy to support people in making positive changes (07887 613670)

<https://www.glint.org.uk/>

The Well-Bean Café – A safe supportive space for adults 18+ experiencing a mental health crisis at Union House, 29 Union Street, Dewsbury on Tuesday, Wednesday and Thursday nights from 7.30 until midnight (07867028755)

<https://www.touchstonesupport.org.uk/services/well-bean-cafe-hope-in-a-crisis-kirklees/>

Peer Talk – Support group for adults struggling with depression in Batley, every Wednesday afternoon at the Community Room, All Saints, Stocks Lane, Batley, WF17 5ED from 1.30-3pm. (07719 562 617)

<http://www.peertalk.org.uk/PeerTalkA5pos-Batley-0518.pdf>