






Wellbeing Directory
Spenborough Community Hub

Agency	Contact Details	Additional Information
 <p style="text-align: center;">ChEWS Children's Emotional Wellbeing Service (Northorpe Hall and Family Trust)</p>	<p style="text-align: center;">Thriving Kirklees 0300 304 5555</p> <p style="text-align: center;">www.thrivingkirklees.org.uk</p>	<p>This service helps children and young people aged between 5 and 18 through short-term mental and emotional health support including:</p> <ul style="list-style-type: none"> • counselling and therapeutic group activities • One-to-one support • help accessing services
 <p style="text-align: center;">CAMHS Children and Young People's Mental Health (Northorpe Hall and Family Trust)</p>	<p style="text-align: center;">Thriving Kirklees 0300 304 5555</p> <p style="text-align: center;">www.thrivingkirklees.org.uk</p>	<p>This service offers assessment and interventions for children and young people (including those with learning disabilities) who have persistent and significant difficulties with mental health issues such as:</p> <ul style="list-style-type: none"> • Severe depression • Psychological, social or emotional difficulties which lead to self-harm and suicide attempts • Severe anxiety (including obsessive compulsive disorder) • Eating disorders with significant risk (such as anorexia nervosa or bulimia) • Psychosis (in those aged under 14) • ADHD • Prolonged adjustment difficulties eg unusual reactions to grief • Persistent post-traumatic reactions (PTSD) • A range of neuropsychiatric conditions including Tourettes syndrome • Autistic spectrum conditions

 <p>Locala Community Partnership</p> <p>01-19 Service</p>	<p>Thriving Kirklees 0300 304 5555 www.thrivingkirklees.org.uk</p>	<p>Our 0-19 team works with children, young people and families in Kirklees supporting you and your child to improve your health and avoid illness. We provide a series of health support for children and families starting before the birth of your child, through their early years and right up to age 19. Services provided by the Thriving Kirklees 0-19 Team include:</p> <p>Health Visiting School Nursing Breastfeeding Support Family Nurse Partnership</p>
 <p>Kooth.com</p> <p>11 – 19 year olds</p>	<p>Sophie Carr scarr@xenzone.com or 0161 660 568</p> <p>http://www.kooth.com</p>	<p>Online counselling - Text-based 1:1 online counselling sessions with a fully trained counsellor, through either drop-in or pre-booked chats - Messaging - You can message counsellors outside of the counselling times, for counselling and admin purposes Self-help materials- Read useful self-help articles and resources on a range of topics. Peer-to-peer forums -Join moderated online forums and discussions with other users in a safe, supportive environment.</p>
 <p>Escayp</p>	<p>www.escayp.org.uk</p> <p>01274 878117</p>	<p>Counselling and therapeutic play service to children and young people aged 3 – 21</p> <p>Chargeable if referred by school. Free if referred by family.</p>

 <p>Hopeful Families</p>	<p>Kelle Myers, Huddersfield Family Mentor, kelle.myers@yccuk.org.uk 01484 519988 – 07526178179</p> <p>Angela Hepworth, North Kirklees Family Mentor, angela.hepworth@yccuk.org.uk 01924 479082 – 07526178180</p> <p>http://yorkshirechildrenscentre.org.uk/our-services/support-for-families/hopeful-families/</p>	<p>Helps you manage the tough times and build a better future. Personal development – help to build your confidence, health and wellbeing.</p> <p>Help with daily life – including advice on housing, money / debt, childcare, healthy eating, leisure relationships, anger-management and much more.</p> <p>Help to manage your health condition, disability, anxiety or addiction.</p> <p>Access to benefits and financial advice</p> <p>1 to 1 support – a Family Mentor will work with you and your family to help improve your situation</p>
<p>Recovery College</p>	<p>01924 481060</p> <p>recovery.kirklees@swyt.nhs.uk</p> <p>https://www.southwestyorkshire.nhs.uk/recovery-college/kirklees/</p>	<p>Recovery College Kirklees offers a range of courses and one off workshops with the aim of improving mental health through learning. Our courses focus on being mentally healthy, staying well and developing the knowledge and strength to overcome the challenges we can all face at times in our lives.</p>
 <p>Carers Count</p>	<p>0300 012 0231</p> <p>info@carerscount.org.uk</p> <p>https://www.carerscount.org.uk/</p>	<p>wide range of things happening that support the mental health of carers. Can Carers Count Help You? Carers Count is a service for any adult in Kirklees who gives, or has given, time and energy, without being paid, to look after a family member or friend who cannot manage on their own.</p>

 <p>Horton Housing</p> <p>Kirklees Homeless Intervention And Prevention Service (HIPS)</p>	<p>01484 411870</p> <p>hips@hortonhousing.co.uk</p> <p>https://hortonhousing.co.uk/get-support/service-kirklees-homeless-alcohol-and-drugs-service-hads/</p>	<p>HIPS programme provides housing, training and support services to the most vulnerable people in society. We work with a wide range of clients including people who are homeless, have mental health, drug or alcohol issues, young people, older people, refugees, Gypsies, Travellers, Roma and Showpeople, people with disabilities and ex-offenders.</p>
 <p>Women Centre Mental Health & Wellbeing service</p>	<p>North Kirklees 07590 445846.</p> <p>womencentre.org.uk/services</p>	<p>The service provides safe women-only spaces, offering drop in sessions, counselling, and therapeutic 1-1 support for:</p> <ul style="list-style-type: none"> Mothers apart from children Refugee & migration support LGBT relationships Eating distress



Community Links Engagement And Recovery Service (CLEAR)

www.commlinks.co.uk/services/kirklees/

CLEAR Huddersfield
Lion Chambers
32-34 John William Street
Huddersfield
HD1 1ES
01484 519097

clear.huddersfield@commlinks.co.uk

CLEAR Dewsbury
26 Bond Street
Dewsbury
WF13 1AU
01924 465054
clear.dewsbury@commlinks.co.uk

Community Links Engagement and Recovery (CLEAR) is a recovery-focused mental health service for individuals with mental health needs including dementia. We provide a range of social, leisure and skills-based activities which aim to develop confidence, motivation and self-reliance.

The service is open to anyone over 18 who lives within the Kirklees area who identifies themselves as having a mental health need. Support is delivered via 1:1 or group activities, dependent on service user need.

We are also able offer specific support to ex-service personnel and have carried out research into the barriers to this group accessing mental health services. We are working alongside several military organisations to provide support to this client group around mental health and wellbeing.



Beat

www.beateatingdisorders.org.uk/support-services


info@b-eat.co.uk
0300 123 3355



Eating disorders support services. – Beat are here to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members

www.st-annes.org.uk

 <p>St' Anne's Community Service</p>	<p>St Anne's Community Services Area Office Edgerton Villa 22 - 24 Edgerton Road Huddersfield HD3 3AD</p> <p>Telephone: 01484 428955</p> <p>info@st-annes.org.uk</p>	<p>St Anne's Community provides a wide range of quality services for people who require support. We work with people who have a learning disability, have mental health problems, have issues around substance use - drugs and/or alcohol - or who are or have been homeless. Services include a variety of housing and accommodation based support and care, day services and community based support.</p>
 <p>Touchstone Kirklees Advocacy Service</p>	<p>www.touchstonesupport.org.uk/service/s/kirklees-advocacy-service/</p> <p>Dewsbury Business Centre 13 Wellington Road East Dewsbury WF13 1HF advocacy@touchstonesupport.org.uk 01924 460211</p>	<p>The Kirklees Advocacy Service enables people who have experienced or are experiencing mental health problems to:</p> <ul style="list-style-type: none"> Understand their rights and speak up for themselves Find good information and make important decisions Take control of their own recovery and support
 <p>Auntie Pam's supporting mums-to-be</p>	<p>www.kirklees.gov.uk/beta/auntie-pam</p> <p>auntiepams@kirklees.gov.uk</p> <p>DEWSBURY 9 Northgate, Dewsbury WF13 1DS 01924 438316</p> <p>HUDDERSFIELD Queensgate Market Huddersfield HD1 2SU 01484 414775</p>	<p>A Kirklees wide support and signposting service. We offer help, guidance and information for mums and families through our centres in Dewsbury and Huddersfield.</p>

 <p>Andy's Man Club</p>	<p>www.andysmanclub.co.uk</p> <p>info@andysmanclub.co.uk</p>	<p>It's ok to Talk. to offer a weekly club for men to come together and talk about mental health and wellbeing. Every Monday from 7pm at Union House, 29 Union Street, Dewsbury</p>
 <p>TakeTen mental Health & Suicide peer support group</p>	<p>Twitter @TenMental</p> <p>Facebook Taketen Mental Health & Suicide Peer Support</p>	<p>Dewsbury Town Hall every Wednesday from 10am 2.30pm for 16+ under age 18 should attend with a parent, carer or guardian. The group is run by volunteers who all have had personal experiences with Mental Health & Suicide.</p>
<p>Teenagers</p>		<p>At Crow Nest Park Adventure Playground every Friday from 4pm – 7pm. Peer support and a place to learn about mental health & suicide or just chill out.</p>
 <p>Luke's Lads</p>	<p>Timestep Studio. Ponderosa Business Park. Smithies Lane. Heckmondwike. WF16 0PR.</p>	<p>Luke's Lads has been set up to encourage and support men to talk about their feelings in an alternative environment. Studies have shown that exercise can release endorphins to energise your spirits and lift your mood. Talking isn't a sign of weakness it's a way to take care of your wellbeing and help cope with problems</p> <p>FREE male only 45 minute circuit training session and 30 minute group chat offering a safe place to speak (Age 16 plus)</p> <p>EVERY Tuesday 7.30pm</p> <p>Luke's Lads Juniors (Age 11-15)</p> <p>EVERY Wednesday 4.30pm</p>

<p>Gomersal Men Shed</p>	<p>The Grove, 342 Oxford Road, Gomersal, BD19 4JR</p> <p>Contact – Mike Atkinson - 07535 638927</p>	<p>Group meets up to help support male adults with regards to the mental health and help support them into making new friends and provide buddies at the sessions in order to make new members feel welcome.</p>
 <p>PeerTalk Support Groups – Adults</p>	<p>The Community Room from 1.30 - 3.00pm. All Saints. Church, Stocks Lane, Batley, WF17 5ED</p> <p>07719 562 617 http://www.peertalk.org.uk/</p>	<p>PeerTalk aim to set up a UK network of volunteer facilitated peer support group meetings for people who live with depression and to support their families.</p>
<p>Hamm Damm Allotment project</p>	<p>Batley Manor Gardens Site, Off Manor Way. Batley WF17 7BX. - 07828 784241</p>	<p>We are working together to improve the quality of life of the people by:</p> <ul style="list-style-type: none"> Fostering and facilitating to learn basic skills, stay healthy and fit Working to improve landscapes and beautifying neighbourhoods Striving to promote and facilitate mutual understanding & peace Stand by for action to help and support when and where needed
<p>Batley Care and Drop In</p>	<p>Central Methodist Church, Commercial Street. WF17 5DS</p>	

	<p>John or Eileen Trevenna on 07762 141 646</p> <p>http://www.batleychurch.org.uk/dropin.html</p>	<p>For homeless and / or socially isolated people. We provide free hot food and drinks whilst also offering support and advice if required.</p>
<p>new mind counselling service</p> <p>New Mind Counselling</p>	<p>http://www.newmindcounselling.org.uk/</p>	<p>Professional counselling service for adults over 18 experiencing mental and emotional distress. As a registered charity we ask for a donation, which can be any amount.</p>
		<p>ChatHealth is an award-winning text messaging service which will now be available for Kirklees' young people aged 11 – 19 years. They can receive advice from Thriving Kirklees nurses on subjects including sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The number is 07520 618866 and it is available Monday to Friday from 8am to 8pm (automatic bounce-backs respond to incoming messages out of hours. All text messages will be responded to within one working day).</p> <p>In addition, parents/carers can contact the service too for advice and help on health and well-being issues relating to their children. The text number for parents to contact Thriving Kirklees nurses is: 07520 618867. The new service is part of Thriving Kirklees' aim to further improve access to healthcare for young people and to continue improving the quality and safety of the service.</p>



Timestepstudio.co.uk

timestepcommunitydance@gmail.com

[07950 325836](tel:07950325836)

Ponderosa Business Park, Smithies
Lane, Heckmondwike, WF16 0PR

Free, female only circuit training and group sessions
supporting physical and mental wellbeing.