Count on us! NEWSLETTER

October - December 2025

Carers Count

Supported by Kirklees Council

Join us at our Evening Carers Group, Dewsbury

Do you care for a loved one, or have you previously cared for a loved one?

Come along to our welcoming Evening Carers Group at Dewsbury Fire Station.

First Thursday of every month

5:00pm – 6:30pm

Dewsbury Fire Station, 21 Carlton Road, Dewsbury, WF13 2AT

A relaxed, supportive space where you can:

Meet others who understand

Enjoy a cuppa and biscuits

Share experiences and take time for yourself

We'd love to see you there

Spotlight on Festive Sessions

Come along to one of our Christmas Crafts Sessions to create something festive with us!

DEC 02
11:00 - 13:00
Empire House, Dewsbury WF12 8DJ
With the Ladies Mental Health Group.

DEC 03
13:00 - 15:00
Brian Jackson House, Huddersfield HD1 5JP
With the Art Group - open to carers, after carers and Cared for.

DEC 10
10:30 – 12:00
Eddercliffe Centre, Liversedge WF15 6LP
With the Cleckheaton Carers Group.

DEC 16
11:00 - 13:00
Empire House, Dewsbury WF12 8DJ
Where the Ladies Mental Health Group have invited CLEAR to run a Christmas Session.

DEC 17
13:00 - 15:00
Brian Jackson House, Huddersfield HD1 5JP
With the Art Group - open to carers, after carers and Cared for.

If you would like any further details on these sessions so you can come along, please do get in touch on **0300 012 0231** or **info@carerscount.org.uk**

Morning Coffee & Chat

Join us for a friendly and relaxed coffee morning, open to carers and former carers.

10:30am – 12:00pm, on the second Monday of each month

Brian Jackson House, Huddersfield HD1 5JP

Come along for a drink, biscuits, and good conversation. We chat about anything and everything, and if you have any questions or need information, we're happy to signpost you to support.

You can either:

Book your place by calling Carers Count on **0300 012 0231** or just turn up on the day and ask at Brian Jackson House reception for the room we're in.

Everyone is welcome – we'd love to see you there!

A Privacy Notice tells you what to expect when Cloverleaf Advocacy collects personal and/or sensitive information about you.

To see this in full, please follow the link carerscountkirklees.org.uk/privacy-policy/

Max Card

Max Card is a discount card scheme which aims to make days out more affordable for children who are fostered and for children and young people up to age 25 who have Special Educational Needs and Disabilities (SEND). It is valid at over 240 venues across the UK.

The Max Card lasts approximately two years from receipt and there are no limitations on who can use the card with your child (i.e. a care assistant or other family member can accompany your child). The card belongs to the child or young person, so please put their name on the back of the receipt.

Each venue offers their own personal discounts for Max Card holders. Further information about Max Card and all discounts are clearly stated on the Max Card website **mymaxcard.co.uk**.

Have a look and see if this could be useful for your family. PCAN supplies Max Cards for children and young people with SEND up to age 25 in Kirklees.

To be eligible for a card, your child/children must have Special Educational Needs and Disabilities (SEND) or be a foster child.

HOW TO ORDER
Follow the link below to the PCAN website and use their online form to request a card. Full details of how to make the payment are also there.
pcankirklees.org/good-information/max-card

If you need help with this someone from our team at Carers Count would be happy to help. Get in touch on **0300 012 0231** or **info@carerscount.org.uk**

Alternatively, you can contact PCAN directly **info@pcankirklees.org**

*Information gathered from PCAN website - **Parents of Children with Additional Needs Making a Difference in Kirklees***

Registered Charity no 1147436

Carers Forum Dates

Learning Disability Carers Sub-Group

Do you care for a loved one with a learning disability? Would you like to come along and meet with other carers and professionals to help shape and feedback to services?

More dates to follow for 2026.

Kirklees Carers Mental Health Forum

Do you care for someone with a mental health condition? Do you have any time to spare to come along to our forum, to share your views and meet other likeminded carers?

Next Meeting:

OCT 13 — 13:00 - 15:00, Room 40, Folly Hall, Huddersfield HD1 3LT

DEC 08 — 13:00 - 15:00, Empire House, Dewsbury WF12 8DJ

Carers Count Action Group

We are looking for carers who would like to help shape our services. Do you have ideas, opinions and tips on what we are doing well and what we could be doing better? Everyone welcome!

Next Meeting

OCT 23 — 13:30 - 15:30, Online on Teams

Kirklees Carers Strategy Group

This group meets every quarter. We are a group of carers, professionals and representatives from various carer-focused organisations across Kirklees. If you feel you would like to come along to see what we are about and share your views and feedback on services across Kirklees, you are more than welcome.

Next Meeting

OCT 09 — 13:30 - 15:30, Online on Teams

If you are interested in any of these forums or for future dates, please contact us on **0300 012 0231** or **info@carerscount.org.uk** and speak to Yakub Rawat.

Digital Support for Carers

In June, Carers Count launched a brand-new service for carers who would like support to improve their digital skills or boost their confidence using digital devices.

Did you know that nearly eight million people in the UK lack basic digital skills? And more than half of working age adults can't complete a set of 20 digital tasks considered essential for work? In a world where computers and phones change so fast, it's very easy to end up feeling left behind. Polling from the national digital inclusion charity Good Things Foundation found that 92% of people think most essential services require internet access.

If you are one of the millions of people left out by services moving online, or if you're feeling pressured to use the internet but you're not confident in what you're doing, then our digital drop-in is here to help. Unsurprisingly, research shows that people living with some form of disability or impairment, and people aged over 65, are more likely to struggle with new technology, and the government's recent Digital Inclusion Action Plan specifically mentions carers as a group needing support because of the time they give to caring for people in those groups.

James, our new digital support worker, is running a fortnightly drop-in service in Huddersfield and another in Dewsbury, where carers can come for help brushing up on their digital skills. We have a simple online course you can work through at your own pace, with friendly staff and volunteers on hand to help if you get stuck. Or you can come in with any specific question or tech problem you have and we'll do our best to help. Some things we've helped with so far include organising digital photos into albums, scanning QR codes, taking screenshots, and even restoring access to devices and accounts people had been locked out of.

Do you have a phone, tablet, or laptop that you're not getting the best out of? Would you like a friendly face to guide you through using the NHS app, booking an online food shop, or filling in online forms? Do you have questions about how to keep yourself or your family safe online, or how to recognise a scam? If the answer to any of those questions is yes, why not come along?

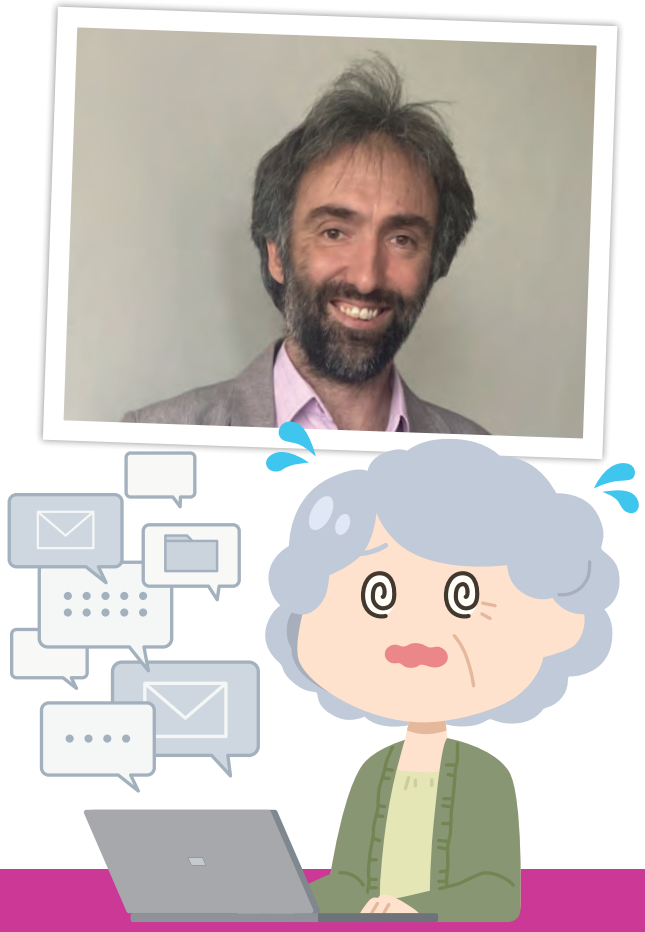
Huddersfield drop-in session

- Every fortnight on a Wednesday, 1-3pm
- Brian Jackson House, Huddersfield, HD1 5JP

Dewsbury drop-in session

- Every fortnight on a Tuesday, 10am-12 noon
- Empire House, Dewsbury, WF12 8D

Please give Carers Count a call on **0300 012 0231** or **info@carerscount.org.uk** to let us know you would like to come along and get dates.



Supporting Carers In the Workplace: Part of the Healthy working life project

At Carers Count we know just how much carers have to juggle every day — balancing work, care responsibilities and everything in between. That's why we're excited to share something we've been working on that we hope will make a real difference.

Ann Marie Brabiner from Carers Count and Sharon Daley from Cloverleaf Advocacy are working on a new initiative called Healthy working life. One part of the project is designed to support employers in recognising and valuing carers within their workforce. Ann Marie brings a wealth of experience in this area, and Sharon — who is a carer herself — is helping to coordinate the project and ensure carers' voices are at the heart of everything we do.

We know from speaking to carers that working while caring can be incredibly challenging. Some people have to reduce their hours or even leave work altogether. Others keep their caring role hidden, unsure how it will be received or supported by their employer.

Through the Healthy Working Life project, we'll be working directly with employers to:

- Help them identify carers in their teams (including those who may not realise they are carers themselves)
- Offer guidance on how to support carers effectively
- Promote carer-friendly policies and practices
- Encourage open conversations so carers feel seen, valued and understood

It's early days, but we've already started having some great conversations with local employers who are keen to make positive changes. One manager simply said, ***"I had no idea how many people on my team might be carers – this has really opened my eyes."*** Comments like this remind us why this work is so important.

We're really proud to be part of something that puts carers front and centre in conversations about work and wellbeing. Watch this space — we'll keep you posted as the project grows! Together we can build workplaces where carers aren't just accommodated — they're appreciated.

A huge thank you to the amazing team at FMG Huddersfield for their generous donation of £200 raised through their tuck shop sales. Ann Marie Brabiner from Carers Count was delighted that she could be there in person to receive the donation, kindly presented by the team at FMG.

Your support means the world to us at Carers Count and helps us to continue making a difference for unpaid carers. A special shout out to Becki Bawn, People Experience Lead, for championing this cause and getting her team involved.

Together we are making a real difference for unpaid carers in our community.

Annual Report Key Points

Number of carers registered with the service **11,388**

Number of carers being directly supported throughout the year **3,893**

Number of peer group sessions **609**

Total amount of external funding **£5,985**

Number of people supported through advocacy **527**

Volunteer hours **587**

> **"Thank you for all your support, you guys are great. I went to a memory cafe, and I spoke about the positive experience I have had with you guys and directed the group to you. Thank you ever so much for your call."**

We said it; therefore, we did it.

- ✓ Following on from carer feedback, we have made several changes to the newsletter. We have altered the length and made it shorter each quarter. We have changed how the monthly groups and events are displayed in the calendar and received positive feedback regarding this. Thank you to all those carers who fed into this process – hopefully we now have a better newsletter.
- ✓ We were able to secure funding for our Sanctuary Days, Time to Breathe Workshops, funding for refreshments for Carers Rights Day and Carers Week funding for our events and sessions taking place that week. This meant we were able to provide even more activities, training and wellbeing sessions for carers in Kirklees. You told us these sessions make a huge difference – therefore we tried to deliver for you.
- ✓ We welcomed new volunteers to Carers Count this year. They've been supporting staff at groups, facilitating sessions, helping carers complete forms, networking, and staying in touch with carers.

  We're currently revamping our volunteer training and induction offer, and we're always looking for new people to join us. If you feel you can give some time – get in touch!
- ✓ We have linked in with various different organisations, including Locala, Huddersfield Royal Infirmary, University of Huddersfield, private businesses and offered online or in person training around carer issues and what support can be offered.

Plan for the next year:

- ✓ We are aware there is a very high demand for our Information and Advice Service. Over the next year we are going to review how this is going to work to continue to deliver a high standard service and make sure the service works effectively for carers.
- ✓ During challenging financial times, we will continue to look for a cost-effective way to run the service. This could include looking at different venues for group sessions whilst keeping a presence in North Kirklees and South Kirklees and trying to be as accessible to carers as possible.
- ✓ Following the success of our Hospital Discharge work, we want to continue to build relationships across health care and hospitals.
- ✓ To make sure we are using our resources effectively, we will continue to work closely with both partners and other voluntary organisations locally, building strong working relationships and sharing good working practices and skills.

Carers Count

October 2025 – Groups and Events

Call 0300 012 0231 or scan the QR code to book

1	Wednesday	**Male Carers Group** @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		Huddersfield Art Group @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
2	Thursday	**Batley Evening Coffee and Chat** @17:00-18:30 - Dewsbury Fire Station WF13 2AT
3	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
6	Monday	**Evening Coffee and Chat** @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
7	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
8	Wednesday	**Cleckheaton Coffee and Chat** @10:30-12:00 - Eddercliffe Centre, Liversedge WF15 6LP
		Men's Mental Health Group @13:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
9	Thursday	**Mental Health Carers Wellbeing Group - Drugs and Alcohol Awareness** @11:00-13:00 - Dewsbury Fire Station WF13 2AT
10	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
13	Monday	**Morning Coffee and Chat - Life Coaching Session** @10:30-12:00 - Brian Jackson House, Huddersfield HD1 5JP
		Kirklees Mental Health Carers Forum @10:30-12:00 - Room 52, Folly Hall, Huddersfield HD1 3LT
14	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
15	Wednesday	**Huddersfield Art Group** @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
16	Thursday	
17	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
20	Monday	**Batley Coffee and Chat - Home Energy Advice** @10:30-12:00 - Batley Library WF17 5DA
21	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
		Female Carers Group @13:30-15:00 - Birkby Library HD1 6HF
22	Wednesday	**Himmat Group - Home Energy Advice** @12:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
		After Carers Group - Drugs and Alcohol Awareness @13:00-14:30 - Lion Chambers, 32-34 John William St, Huddersfield HD1 1ES
23	Thursday	
24	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
27	Monday	**Folly Hall Drop-in** @11:00-14:00 - Ground Floor, Room 53, Folly Hall HD1 3LT
28	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
29	Wednesday	**Walking Group** @11:00-12:30 - Green Head Park, Huddersfield HD1 4DT
30	Thursday	**Young Adult Carers Group** - Please call for location details
31	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP

Carers Count

November 2025 – Groups and Events

Call 0300 012 0231 or scan the QR code to book

3	Monday	**Evening Coffee and Chat** @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
4	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group - Meditation Session @11:00-13:00 - Brian Jackson House, Huddersfield HD1 5JP
5	Wednesday	**Male Carers Group** @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		Huddersfield Art Group @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
6	Thursday	**Batley Evening Coffee and Chat** @17:00-18:30 - Dewsbury Fire Station WF13 2AT
7	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
10	Monday	**Morning Coffee and Chat - Drugs and Alcohol Awareness** @10:30-12:00 - Brian Jackson House, Huddersfield HD1 5JP
11	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
12	Wednesday	**Cleckheaton Coffee and Chat - Wills and Probate Advice** @10:30-12:00 - Eddercliffe Centre, Liversedge WF15 6LP
		Men's Mental Health Group @13:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
13	Thursday	**Mental Health Carers Wellbeing Group - Wills and Probate Advice** @11:00-13:00 - Dewsbury Fire Station WF13 2AT
14	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
17	Monday	**Batley Coffee and Chat** @10:30-12:00 - Batley Library WF17 5DA
18	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - Howland's Centre, Dewsbury WF13 1LD
		Female Carers Group @13:30-15:00 - please call for details
19	Wednesday	**Huddersfield Art Group** @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
20	Thursday	**Carers Rights Day Event** @13:00-17:30 - Room G5, Brian Jackson House, Huddersfield HD1 5JP
21	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
24	Monday	**Folly Hall Drop-in** @11:00-14:00 - Ground Floor, Room 53, Folly Hall HD1 3LT
25	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
26	Wednesday	**Himmat Group - Palates Session** @12:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
		After Carers Group @13:00-14:30 - Lion Chambers, 32-34 John William St, Huddersfield HD1 1ES
27	Thursday	**Young Adult Carers Group - Wills and Probate Advice** - please call for details
28	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP

Carers Count

December 2025 – Groups and Events

Call 0300 012 0231 or scan the QR code to book

1	Monday	**Evening Coffee and Chat** @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
2	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group - Christmas Craft @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
3	Wednesday	**Male Carers Group** @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		Huddersfield Art Group - Christmas Craft @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
4	Thursday	**Batley Evening Coffee and Chat** @17:00-18:30 - Dewsbury Fire Station WF13 2AT
5	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
8	Monday	**Trip to Meadowhall** Huddersfield @09:30 - Batley @10:00
9	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
10	Wednesday	**Cleckheaton Coffee and Chat** @10:30-12:00 - Eddercliffe Centre, Liversedge WF15 6LP
		Men's Mental Health Group - Bowling session @13:00-15:00 - please call for details
11	Thursday	**Mental Health Carers Wellbeing Group - Christmas Meal** @11:00-13:00 - Please call for details
12	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
15	Monday	**Batley Coffee and Chat** @10:30-12:00 - Batley Library WF17 5DA
16	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
		Female Carers Group @13:30-15:00 - Birkby Library HD1 6HF
17	Wednesday	**Huddersfield Art Group - Christmas Craft** @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
18	Thursday	**Young Adult Carers Group - Christmas Meal** @13:00-15:00 - please call for details
19	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP

Carers Count

January 2025 – Groups and Events

Call 0300 012 0231 or scan the QR code to book

1	Thursday	**New Years Day**
2	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
5	Monday	**Evening Coffee and Chat** @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
6	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
7	Wednesday	**Male Carers Group** @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		Huddersfield Art Group @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
8	Thursday	**Mental Health Carers Wellbeing Group** @11:00-13:00 - Dewsbury Fire Station WF13 2AT
		Evening Coffee and Chat @17:00-18:30 - Dewsbury Fire Station WF13 2AT
9	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
12	Monday	**Morning Coffee and Chat** @10:30-12:00 - Brian Jackson House, Huddersfield HD1 5JP
13	Tuesday	**Meditation Group** @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
14	Wednesday	**Cleckheaton Coffee and Chat** @10:30-12:00 - Eddercliffe Centre, Liversedge WF15 6LP
		Men's Mental Health Group @13:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
15	Thursday	
16	Friday	**Tai Chi** @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP

Carers Count volunteered for the day at Kirkwood Donations Centre. We had lots of fun organising the donations that Kirkwood had received, and we had the opportunity to style the clothing on mannequins and take photos for the Kirkwood website.

The Kirkwood staff were fantastic, and we had the chance to have a tour of the donations centre to see all the amazing work that they do.

For more information about Kirkwood, please visit the Kirkwood website **thekirkwood.org.uk**

THE KIRKWOOD SUPPORT LIFE

Kirklees Carers Wellness Sessions

It felt like my caring role crept up on me over the years and I soon found myself caring for both my elderly parents with different physical health needs. Though I had support from my brother and his family with daily care needs, the medical appointments, hospital admissions and hospital visits appeared to fall on me. Balancing this with being a single parent, working full time in a demanding role and my own personal wellbeing and career goals was often tough to say the least.

I was connected to services and organisations which helped through some difficult times and were often a source of reassurance.

I came across the Carers Wellness Session Posters in my GP waiting room, the sessions looked interesting, but I questioned whether I had the time to take off work to attend and how they could help me. I knew I needed to do something for myself so booked on to both sessions and I'm so glad I did.

The sessions helped me to acknowledge and put into perspective my caring role and its impact on my life, identify my emotions and learn how to manage them. I was able to recognise the different stages of caring and that I didn't need to feel guilty for wanting to look after my own wellbeing. I learnt not only from the session facilitators but from the carers who were also in attendance, I didn't feel alone anymore.

I was able to learn resilience and self-care techniques, set small goals, understand how my parents were perhaps feeling.

I now have small regular goals for myself, I feel as if it's improved my caring role and I don't feel as guilty or resentful of my situation.

Kirklees Wellness Service: Carers Wellness Sessions

Kirklees Wellness Service

Building Resilience

OCT 07 — 18:00 - 19:30 — Online on Teams

Caring for Someone with Memory Deterioration

OCT 17 — 10:30 - 12:30 — The Mission, Huddersfield HD1 1QA

Caring for Someone with Memory Deterioration

OCT 20 — 10:30 - 12:30 — Centre for Excellence, Mirfield WF14 9PP

Building Resilience

NOV 28 — 10:30 - 12:30 — Brian Jackson House, Huddersfield HD1 5JP

Caring for Someone with Memory Deterioration

DEC 10 — 13:00 - 14:30 — Online on Teams

To book your place on a session, for further information on session content or for enquiries please contact Kirklees Wellness Service on **01484 234095** or visit **kirkleeswellnessservice.co.uk**

Huddersfield Local Info and Useful Contacts

For people with a mental health crisis, please dial 111 and select the mental health option.
If you or someone you care about is in a life-threatening condition, please call 999.

Samaritans: You can get in touch about anything that's troubling you, no matter how large or small the issue feels; please call **116 123**.

Andy's Man Club: andysmanclub.co.uk

Kirklees Talking Therapy:
kirklees-talkingtherapies.nhs.uk/urgent-help

Mental Health Helpline: **0800 183 0558**

Night Owls (8pm–8am):
Call **0800 148 8244** or text **07984 376 950**

Here For You: If you or someone you know are feeling down, worried or overwhelmed, or are having thoughts of self-harm and/or suicide, Here For You have local teams available across Kirklees to provide free, confidential face-to-face support from 6pm until midnight. On the night you need support and would like to come to one of our safe spaces, you can contact the Kirklees team – please call **07741 900395**.

SAMARITANS · #ANDYSMANCLUB · NHS Kirklees Talking Therapies · 24 hour Mental Health Helpline 0800 183 0558 · NIGHT OWLS Overnight West Yorkshire Listening/Advice Service · Here For You Out of Hours Support In A Safe Place

DEMENTIA Support Group

ROYAL VOLUNTARY SERVICE

Bringing together people living with dementia, their carers, families and friends to provide support in a relaxed and friendly environment.

Weekly

Dementia Support Groups

Day	Time	Where
Monday	10:30am–12:30pm	Cleckheaton Library
Tuesday	10:30am–12:30pm	Dewsbury Minster
Tuesday	1:30pm–3:30pm	Batley Community Centre
Wednesday	10:00am–12:00pm	Focal Centre, Lindley
Wednesday	1:30pm–3:30pm	Holmfirth Methodist Church

To book a place & for further information contact:

kirkleesdementiasupport@royalvoluntaryservice.org.uk

regan.hirst@royalvoluntaryservice.org.uk

fatima.salih@royalvoluntaryservice.org.uk

Regan–07814 862472 or Fatima 07977 996800

SING FROM THE HEART

A friendly group for people living with dementia, including carers.
Sharing songs and gentle movement to relax, uplift and make your heart smile.
Run by trained & experienced singing for dementia practitioners

TUESDAYS
1.00-2.30

CONTACT
admin@sharedharmonies.co.uk

Newsome Centre
Jackroyd Ln, Newsome,
Huddersfield HD4 6QU

Female Carers Group

A supportive space just for women who are current or former carers.

1:30pm – 3:00pm, on the third Tuesday of each month

Birkby and Fartown Library, Lea Street, Huddersfield, HD1 6HF

This group offers a safe and welcoming space for female carers to connect, share experiences, support one another, and talk openly in a supportive environment. Whether you want to offload, share your story, or simply enjoy a chat, a cuppa and some biscuits, you'll be warmly welcomed.

You can either:

Book your place by calling Carers Count on **0300 012 0231** or just turn up on the day.

We'd love to see you there!

Have you or the person you care for been seen by our District Nurses?

The District Nurses in Kirklees are also known as Locala's Community Nurse Network. We would love to hear about your experience with this service! Feedback helps us know what we are doing right and what we need to do better. All responses are free, anonymous and greatly appreciated.

Click on this link **smartsurvey.co.uk/s/yourviews** or use the QR code to find our 2-minute survey.

Or if you prefer, email Locala's Engagement Team on **makingadifference@locala.org.uk**

Locala Health & Wellbeing

Carers Count

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