**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](http://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](http://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](http://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](http://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](mailto:info@hsga.org.uk)

**Andy’s Man Club –** Support for men over 18 and can be contacted via the website: [www.andysmanclub.co.uk](http://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](http://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](http://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](http://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 healthby 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>