

# Count on us!

Newsletter

April - June  
2023

Carers Count

## CARERS WEEK 2023

Carers Count

JUNE 5TH - 11TH

**Monday 5th**  
**Information**  
**Drop-In**  
1pm - 3pm  
Empire House,  
Wakefield Old  
Rd, Dewsbury

**Monday 5th**  
**Evening Coffee**  
**and Chat**  
6.30pm - 8pm  
Starbucks  
Leeds Road Retail  
Park, HD1 6PF

**Tuesday 6th**  
**Meditation**  
11am - 12.30pm  
Brian Jackson  
House, HD1 5JP

**Wednesday 7th**  
**Art Group**  
1pm - 4pm  
Brian Jackson  
House, HD1 5JP

**Wednesday 7th**  
**Carers Lunch &**  
**Learn - on Zoom**  
1pm - 2pm  
Booking link:  
[www.tinyurl.com/2ub5p9cc](http://www.tinyurl.com/2ub5p9cc)

**Wednesday 7th**  
**Together Group**  
**for mental health**  
**carers and cared**  
**for**  
1.30pm - 2.30pm  
Empire House

**Thursday 8th**  
**Wellbeing Group**  
**for mental health**  
**carers**  
11am - 1pm  
The Crescent, 40  
Station Rd,  
Batley WF17 5SU

For more information  
please contact Carers Count:  
**0300 012 0231**  
[Carers.CST@carerscount.org.uk](mailto:Carers.CST@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)

Carers really do count!



# Carer Feedback Survey

Recently we sent a survey out, thank you for taking part in this. The survey is still available if you would like to take part: Carer Feedback Survey (<https://tinyurl.com/2p96nyja>)

This is just a sample of what was said, overall carers are happy with our service, and where we can improve we have listened to you and will in the future we will use this to help us provide what carers want and need.

So far, we have been able to return to running sessions face to face whilst maintaining some virtual groups. Check our what's on page, the newsletter (which will now come out every 3 months). You can also keep up with our social media pages Facebook page twitter Instagram and you tube channel

We have many sessions upcoming including some pampering sessions, keep an eye out in the newsletter and social media for these.

We have a dedicated working carers worker who will be providing sessions for employers entitled: "lunch and learn" and a working carers newsletter which we will add in to our larger one in case you have not had chance to read this.

We also asked If you would like to be involved to help shape Carers Count services by becoming part of our Action Group.

We will be having a get together with those who would like to be involved and will contact everyone with some dates.

There's still time to get involved, just email or call us and we can send you the details, the more the merrier.

## What we do well

Support you in difficult times. Provides requested information efficiently.

Help new carers get information pertinent to their situation. Provide a safe place for carers.

They let me know I'm not on my own, help me to relax & take care of my health

Offer different ranges of support and have different groups on so we can mingle with other carers.

Support for carers on every level. Good advice and signposted to the right place.

## Where we can improve

Possibly bring back carers pamper days and get firms offering in-kind help or products required

Help to support and maintain a healthy lifestyle.

First Aid courses for carers.

Speak with employers about staff who are carers and their rights.

Continue to incorporate zoom meetings.



## Hello to all our readers

Carers Count would like you to know if you feel anxious we are here to help, listen and keep you safe as we offer more face to face groups and support again. If you have any concerns about attending any sessions or receiving face to face support from us please do chat to one of the team and allow them to put your mind at ease. We are here to help as always: 0300 012 0231 or [info@carerscount.org.uk](mailto:info@carerscount.org.uk) Thank you! Carers Count Team.

If you would like to unsubscribe from our newsletters, please let us know via telephone: 0300 0120231 or email: [info@carerscount.org.uk](mailto:info@carerscount.org.uk) and we can remove you from our mailing list.

**Carers really do count!**

# Cost of Living Payments 2023 to 2024

The government has announced ( <https://tinyurl.com/2jfkztsb> ) that further cost of living payments will be made between spring 2023 and spring 2024. These payments are:

## EVERYONE ENERGY SUPPORT

Anyone paying an electricity bill should have had a £400 discount applied to their energy account in autumn to winter 2022 to 2023.

This is the information about how you should have got the discount:

You didn't need to apply for the discount, and there should have been no need to contact your energy supplier.

The discount should have been applied to your household electricity bill for 6 months starting in October 2022. You'll get:

- £66 in October and November 2022
- £67 in December 2022, January, February and March 2023

You should get the discount monthly, even if you pay for your energy quarterly or use a payment card. If you do not get a payment, contact your energy supplier.

### If you pay by Direct Debit

You should have got the discount automatically either as:

- a reduction to your monthly direct debit amount
- a refund to your bank account after the monthly direct debit collection

### If you pay by credit or debit card

Your discount should have been automatically applied as a credit to your account in the first week of each month.

### If you have a smart prepayment meter

Your discount should have been credited directly to your smart prepayment meter in the first week of each month.

### If you have a traditional prepayment meter

You should have automatically got the discount each month as either:

- redeemable vouchers, sent by text, email or post
- an automatic credit when you top up at your usual top-up point

Your electricity supplier should have let you know in advance how you will get your discount.

You need to redeem vouchers at a top-up point, for example at a Post Office or PayPoint shop. Payzone outlets do not accept the vouchers.

Vouchers expire after 90 days. If your voucher does expire, you can ask for it to be reissued. All vouchers must be redeemed by 30 June 2023. Your supplier will contact you if you do not redeem your voucher.

## DISABLED PEOPLE

There will be an extra £150 payment to people who get disability benefits. To be entitled to this payment, you had to be getting one of these benefits on 25th May 2022 (or been awarded the benefit at a later time to cover that date):

- Disability Living allowance; or
- Personal Independence Payment; or
- Attendance Allowance; or
- Armed Forces Independence Payment; or
- Constant Attendance Allowance; or
- War Pension Mobility Supplement

This payment will go out from 20th September. Most payments will be made in October.

It will be paid in the same way as your disability benefit. For most people, this will be by a transfer into their bank account.

## LOW INCOME HOUSEHOLDS

To be eligible for these payments you need to be getting one of the following benefits:

- Universal Credit ; or
- Pension Credit ; or
- Income-based Jobseekers Allowance (JSA) ; or
- Income-related Employment and Support Allowance (ESA) ; or
- Income Support ; or
- Working Tax Credit ; or
- Child Tax Credit

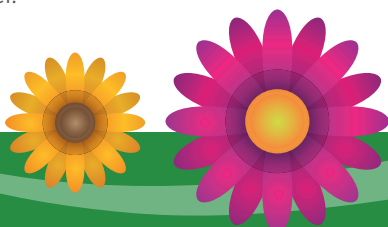
It will be paid automatically by the same method you usually get your benefits – so if you get direct transfers into your bank account that is how it will be paid.

To qualify for each of the instalments you need to have been getting or been entitled to the relevant benefit in a particular period in 2023. The government has not yet published these details.

The full amount will be £900 to be paid as 3 separate payments as follows:

£301 during spring 2023  
£300 during autumn 2023  
£299 during winter 2023 to 2024

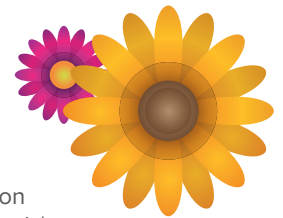
The government will announce the payment dates nearer the time.



**Carers really do count!**



# Cost of Living Payments 2023 to 2024 (cont.)



## PENSIONERS

Anyone who is pension age on or before 24 September 2023 (born on or before 24 September 1957) will get an extra £300 in addition to the £200-300 Winter Fuel Payment.

Most people who get this will receive payment by direct debit in November or December 2023.

## COUNCIL TAX REBATE FOR ENERGY BILLS

If you were a council tax payer and lived in a property which is an council tax band A, B, C or D in 2022, you were entitled a rebate of £150. This is in addition to the £400 mentioned above.

If you pay your council tax by direct debit you should have received this payment directly into your bank account. Most eligible people should have received these payments by now. However if you do not pay your council tax by direct debit, or you have not have received this payment and think you should have, you can apply to Kirklees Council online.

If you need help to check that you have had the payments or help to report that you haven't please contact us at Carers Count

## OTHER HELP AVAILABLE

There is further information and advice on <https://helpforhouseholds.campaign.gov.uk/>

Kirklees Council also has information and tips on the following link: <https://www.kirklees.gov.uk/beta/cost-of-living/index.aspx> There is information about local support organisations, such as:

The Bread and Butter Thing, which has hubs around Kirklees supplying cheap food

Libraries and "Warm Spaces", places to go during the day where you would be welcomed and save on heating bills. You should check their opening times.

Kirklees council may be able to give help to certain vulnerable individuals through the household support fund.

IF YOU THINK YOU SHOULD HAVE BEEN ENTITLED TO ONE OF THE 2022 COST OF LIVING PAYMENTS BUT HAVE NOT RECEIVED IT

You should report it online using this link:  
Report a missing Cost of Living Payment - GOV.UK  
(<https://tinyurl.com/efxer8x8>)

# Book Review

## *Free Love* By Tessa Hadley

What better way to celebrate romance and love than the story of a sexual and cultural awakening of a suburban housewife?

Set in London in the year 1967, Tess Hadley's *Free Love* is a quick stop tour of the clash between the old-world order and the exciting emergence of a new, younger generation set out to challenge the status quo. With undertones of the *The Graduate*, the novel's focal point is 40 year old Phyllis Fischer who makes the finite decision to abandon her home, husband and children following a quickened kiss with a much younger family-friend at a dinner party.

It is fair to say that I held high hopes for Hadley's novel and, for the most part, I was not left disappointed. In fact, Hadley expertly switched narrative perspectives from Phyllis to her soon-to-be-ex-husband Roger and their children Colette and Hugh. Even Nicholas Knight, the young man at the epicentre of the marital betrayal has a voice; which admittedly had me wincing at his repeated references of Phyllis' older physical attributes. Ultimately, *Free Love* is an expressive, vivid and immersive step back into the late 60s. A hedonistic reminder that women were constrained and restricted in their social and sexual lives in a way that simply didn't extend to men. It is with resigned reflection that whilst I felt satisfied by Hadley's novel, I remain concerned whether part of the revolution ever did meet its resolution in equality.



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# WHITBY TRIP

Thursday 22nd  
of June

**£15 per person**

Coach pick ups:  
Brian Jackson House, Huddersfield 9:30am  
Dewsbury Train Station Bus Stop 10:00am  
Return coach from Whitby 4:30pm

For more information or to book your place  
please contact Carers Count:

**0300 012 0231**

Carers.CST@carerscount.org.uk  
www.carerscount.org.uk



## Huddersfield CLEAR Acupuncture Session

Tuesday 27th June 2023 13:30 - 14:30  
Brian Jackson House, 2 New North Parade,  
Huddersfield HD1 5JP

Acupuncture can stimulate the body's natural  
healing abilities and promote physical and  
emotional well-being.  
In partnership with CLEAR

If you would like to take part or find out more  
please contact Carers Count:

**0300 012 0231**



info@carerscount.org.uk  
www.carerscount.org.uk



## CLEAR Virtual Self-Care Workshop

9th May 17:30 - 18:30  
Online Zoom Session

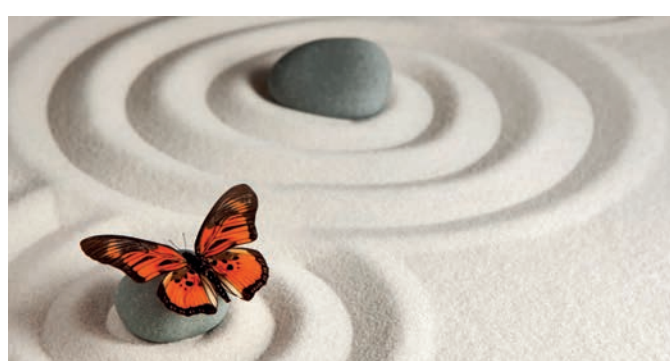
Join CLEAR and Carers Count for a virtual self-care  
workshop hosted on Zoom.

This session will cover what self-care can  
be and focus on how we can overcome barriers to start  
prioritising self-care

If you would like to take part or find out more  
please contact Carers Count:

**0300 012 0231**

info@carerscount.org.uk  
www.carerscount.org.uk



## Dewsbury CLEAR Meditation Techniques Session

Tuesday 11th April 2023 - 17:30 till 19:00  
Location: Community Links, 26 Bond St,  
Dewsbury WF13 1AU

Join us for a session of different meditation  
techniques including mindfulness, progressive  
relaxation and guided meditation.  
In partnership with CLEAR.

If you would like to take part or find out more  
please contact Carers Count:

**0300 012 0231**

carers.CST@carerscount.org.uk  
www.carerscount.org.uk



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# Carers Drop in Blog

The Carers Drop In at Empire House is a in relaxed atmosphere with welcoming support workers available to listen. One carer who attended the drop in said that they felt as if a 'weight had been lifted' after speaking to staff about the support available to access.

*'I'm so glad I came to get support; it just takes that first step'*



If you are waiting to access support from Carers Count, have any questions about your caring role, or would like to speak to someone about your experiences. The Carers Drop In is now available.

Refreshments are available as well as resources for services across Kirklees. If you have any questions about services to access, other support available, or want to speak to a support worker, the Carers Drop In is

available every 1st Monday of the month at Empire House, Cloverleaf Advocacy - 5th Floor, Dewsbury, WF13 1HF. If you have any further questions, please contact Carers Count on 0300 012 0231 or email [info@carerscount.org.uk](mailto:info@carerscount.org.uk)



## Drop in

Do you care for someone with Mental health, Dementia, drug or alcohol misuse?

**1st Monday of every month from 10am till 1pm.**  
5th floor Empire House, fifth floor, Wakefield Road,  
Dewsbury, WF12 8DJ

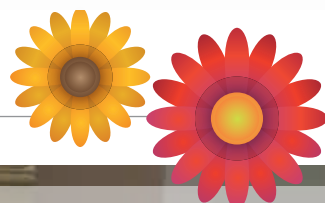
**Come and talk to our mental health support workers for general advice about your caring role and services available in Kirklees.**

**just drop in if you would like information. If you would like a one to one, please contact Carers Count to book an appointment:**

**0300 012 0231**

[info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)

**Carers Count**



Some of the Carers Count Mental Health Team staff have been busy becoming Dementia Friends recently. They attended the training together in March and renewed a great deal of their knowledge. A great session was had by all.



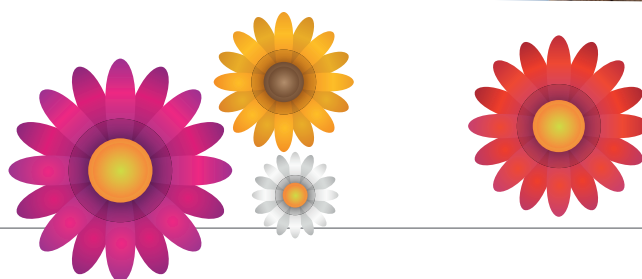
## EXTRA FUNDING!

We are delighted to announce that we have been granted £500.00 from the Family, Friends and Carers Matter Fund of @South West Yorkshire Partnership NHS Foundation Trust

We will be using this generous donation to provide four Wellness Sessions this year, across Kirklees, for people supported by our service. The sessions will offer people some much-needed time to themselves and will centre around relaxation and wellbeing and provide opportunities to meet with other carers in a relaxed atmosphere, helping build natural support networks.

Activities on offer will centre around activities focussed on relaxation and wellbeing.

Dates and locations of sessions when released will be on our what's on page on the Carers Count website <https://bit.ly/3RCy3xT>. If you do not have internet access and would like come along to one of these sessions or find out more ring us on 0300 012 0231. Keep an eye on our socials for updates in the coming weeks!



## We're proud to share that we have been chosen as a creative partner for Creative Minds, a charity hosted by South West Yorkshire Partnership NHS Foundation Trust.

The Trust provides community, mental health and learning disability services to the people of Barnsley, Calderdale, Kirklees and Wakefield, alongside some medium secure (forensic) services to the whole of Yorkshire and the Humber and is committed to the use of creative approaches in health services. Creative Minds is a charity hosted by South West Yorkshire Partnership NHS Foundation Trust.

Creative Minds focuses on developing creative activities in partnership with community organisations that help improve the health and wellbeing of people who use Trust services.

With this funding we are offering sessions at Eden's Forest, a stunning woodland site, near Honley train station, a versatile and exciting outdoor space.

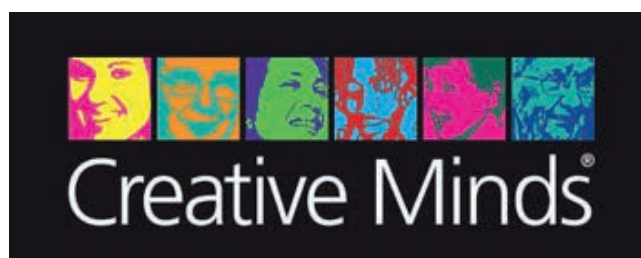
Eden's Forest visitors very quickly start to tingle with an adventuring spirit, upon making their way down the winding path, into the clearing which is our meeting hub.

There is a round-house and sturdy shelter to house an open fire to protect us from the elements, a kitchen and weather protected areas for tool use. Within our woods are dedicated areas for quiet sitting spots, woodland walks, den making, cooking, tool use, den building, forest therapy and

even a composting-loo hut. Should anyone not have appropriate clothing we can help using clothes supplied by our partners TOG24.

If this is something you like the sound of then keep your eyes open for dates or call us to chat with us about this and express your interest in these sessions.

0300 012 0231  
[info@carerscount.org.uk](mailto:info@carerscount.org.uk)



**Carers really do count!**



# What does caring mean to me

**I'm Colette, the mental health service manager for Carers Count.**

I am passionate about supporting mental health and the road to recovery after caring for my son who is diagnosed with autism and experienced severe mental health in his teens. He is now living his best life and has strategies to cope, this is thanks to services and my fighting for them.

Caring to me means a fight to get the right services, being a good listener to hear what the person being cared for is saying and needs. Meeting others along the way that make good friends or support at a time needed, to help you on this journey and have a huge amount of passion and drive so that the person you care for gets the help and support they need which in turn helps you.

We are asking that you as a carer can also say what it means to you, in the form of a poem, a piece of art, something crafty or just a photo. You don't have to be arty or such, just something that comes from the heart.

This is my piece, a photo of a waterfall, it symbolises that everything is flowing and can change. It's also for my wellbeing, nature helps me refocus, whether it's getting out there or just going through my photos of my favourite places to help me reset.

If you would like support to complete your piece of art you are welcome to join our Art group at Brian Jackson house on the 1st and 3rd Weds of each month 1pm- 4pm

We are happy for you to get the piece to us either through our what's App group if you are a member, emailing - [info@carerscount.org.uk](mailto:info@carerscount.org.uk). Alternatively, you can post to: Brian Jackson House, 2 New North Parade, Huddersfield, HD1 5JP



## New Carers Count Survey We want to hear from you . . .

Here at Carers Count we want to make sure you are able to access information from our service and that this is done in a way that works for you.

We currently have a number of ways to communicate information including What's app, Facebook, our website, weekly emails and over the phone.

We would like to gather your views on what's working and what is not and what improvements we can make.

If you have 4 mins to be able to complete the survey below, we would really appreciate it.

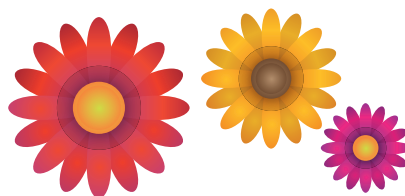
<https://forms.microsoft.com/e/dZRzHHSP6Y>

If you would like to complete the survey but do not have access to the internet, please ring Carers Count on 0300 012 0231.

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# Volunteers Are Welcome Here Celebrating Volunteers 2023



We want to say a BIG THANK YOU! to all of our wonderful volunteers, some of whom joined us recently and others who've been with us for a while.

**Volunteers week runs from 1st – 7th June each year, but we value our volunteers all year round.**

This is a message to all of our volunteers to say thank you to each of you and that we really appreciate all you do for carers.

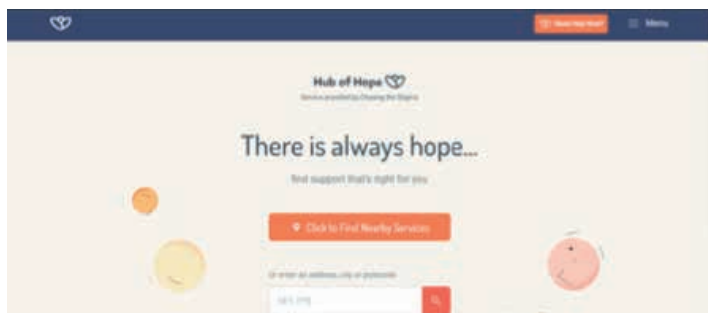
Also, thank you to all of those people who have volunteered for us in the past and we always look forward to welcoming new volunteers.

We are always in need of volunteers to support our various groups, such as Coffee and Chat, Tai Chi and Arts and Crafts.

We need voluntary help in reception, within our Information and Advice team and in social media development. Volunteers also play an essential part in our service feedback forums and local authority consultations.

If you would like to support unpaid carers in Kirklees, we have a number of different roles for volunteers at Carers Count.

Get in touch on 0300 012 0231 then we can tell you more about how to become a volunteer.



## The Hub of Hope

<https://hubofhope.co.uk>

A super useful website/app showing you all the local support in your area. You type in your postcode and what kind of support you are looking for and let the website/app find you the options.

## Thank you!

Carers Count would like to say a Huge Thank you to The White Rose School of Health and Beauty. The students with support from their tutors offered free therapies to carers who attend our groups and receive support from us over three half day sessions.



Carers were able to book in a session just for them at the school's base in Huddersfield. This was such a treat for those who attended and provided them some great quality "ME" time.

So kind of the students, school and tutors. Much appreciated.



**TOGETHER**

**1st Wednesday of every month - 1:30 - 3pm**

**Cloverleaf Advocacy, Floor 5, Empire House, Dewsbury, WF12 8DJ**

**Do you care for someone with Mental Health, Dementia, Autism or Dual Diagnosis?**

**Come along with the person you care for to meet others to make new friends and connections in a friendly, safe and relaxed environment. Support workers will be there to help and facilitate the groups. Refreshments will be provided.**

**If you would like to take part or find out more please contact Carers Count:**

**0300 012 0231**

[info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)

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## Dewsbury Men's Group

2nd Wednesday of every month 4pm-6pm

Empire House, 5th Floor, Dewsbury, WF12 8DJ

A group for men seeking Mental Health support.  
An opportunity to meet other men in a safe relaxing environment with support.

**Refreshments will be provided!**

If you would like to take part or find out more  
please contact Carers Count:

**0300 012 0231**



info@carerscount.org.uk  
www.carerscount.org.uk

Kirklees  
Wellness  
Service



## Mental Health Wellbeing group

2nd Thursday of every month 11 am-1 pm  
The Crescent, 40 Station Road, Batley, WF17 5SU

A group for Carers who are caring for someone with Mental Health, substance misuse, Dementia, or Autism.

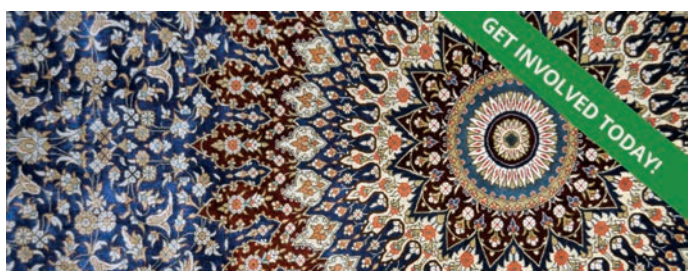
An opportunity to meet other Carers in a safe relaxing environment with support workers on hand.

**Refreshments will be provided**

If you would like to take part or find out more  
please contact Carers Count:

**0300 012 0231**

info@carerscount.org.uk  
www.carerscount.org.uk



## Dewsbury Himmat Group

Cuppa and a chat with ladies from your area

If you are an unpaid Carer caring for someone with mental health, come along to our friendly group. Connect with other carers and find out about what support services are available in your local area.

Fourth Wednesday of every month  
12:00 - 15:00

5th floor Empire House, Wakefield Road, Dewsbury

**Suggested donations of £2**

If you would like to take part or find out more  
please contact Carers Count:

**0300 012 0231**

info@carerscount.org.uk  
www.carerscount.org.uk



## Sizzle and Chat

1st and 3rd Tuesday of every month  
11am-1pm  
Howlands Centre, School street, Dewsbury, WF13 1LD

A group for women who are looking for Mental Health support.

An opportunity to meet and connect with other women in a safe relaxing environment.

**Refreshments will be provided!**

If you would like to take part or find out more  
please contact Carers Count:

**0300 012 0231**

info@carerscount.org.uk  
www.carerscount.org.uk



**Carers really do count!**



# Johns Campaign

"Hello, my name is Nicola Greaves and I am the Quality Improvement Manager at Calderdale and Huddersfield NHS Foundation Trust.

Making improvements in the way we support carers is both personally and professionally very important to me.

At the end of 2022 we re-launched John's Campaign across the Trust. Traditionally this has been an initiative for carers supporting a loved one with dementia. However, following discussions with local care agencies, relatives, carers and staff across the Trust, we have expanded the criteria to people who have a physical disability, cognitive impairment, long term condition, learning disability, mental health issue or are frail.

We have been working with Healthwatch Kirklees and other local organisations to introduce lanyards to help identify those providing a caring role. We want carers to feel seen, heard and supported across our hospitals and within the community.

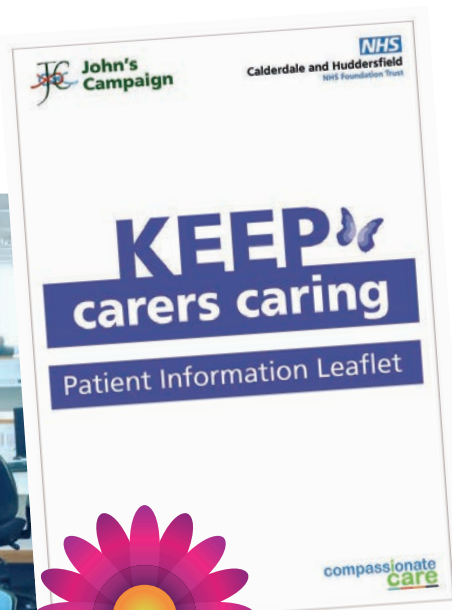
With the lanyards carers can also benefit from free car parking. This is not only if the person you look after is admitted to one of our wards, but for outpatient appointments too. By simply presenting your car parking ticket and lanyard to the reception staff they will validate your parking for you.

Our offer of support isn't limited to the carers lanyard though. We have really increased our offer to carers, including:

- Open visiting hours (carers are not restricted by ward visiting times)
- Meals and refreshments for carers whilst they are visiting
- A bed for the night, if you wish to stay
- Involvement in completing the 'See who I am' document, so staff truly get to know who they are looking after, even if you are not there
- Support from the Enhanced Care Team
- Support from the Engagement Team
- Signposting to specialist carers organisations

If you would like to obtain a carers lanyard please email [patientexperience@cht.nhs.uk](mailto:patientexperience@cht.nhs.uk) or call our Patient Advice & Liaison Service on: 01484 343800

If you have any feedback, maybe an idea for improvement, or you want to share a positive insight into your experiences within our hospitals, please feel free to contact me directly. You can email me at: [Nicola.Greaves@cht.nhs.uk](mailto:Nicola.Greaves@cht.nhs.uk)



**Carers really do count!**

# Groups and Training Calendar

Call 0300 012 0231 to Book a place as limited spaces available.

## April ◀

### Apr Mon 3

MH Drop in at Empire House  
10:00 - 15:00

Evening Coffee and Chat  
Starbuck Leeds Road  
Huddersfield 18:30 - 20:00



### Apr Wed 12

Cleckheaton Coffee and Chat  
The Surf Shack  
10:30 - 12:00

Zoom Cuppa and Chat  
12:30 - 13:30

Men's Group 5th Floor Empire  
House Dewsbury  
16:00 - 18:00

### Apr Mon 17

Batley Coffee and Chat  
Barge Trip  
10:30 - 12:00

Kirklees MH Carers Forum @  
Empire House/Zoom  
13:00 - 15:00

### Apr Tue 4

Meditation Group  
11:00 - 12:30

Sizzle n Chat  
Howland's Centre Dewsbury  
11:00 - 13:00

Carers Café @ Holmfirth Tec  
(Assistive technology)  
10:00 - 12:30

### Apr Thu 6

Carers Barge Trip  
10:00 - 15:00

CommuniTea in a Cup  
Batley Library  
11:00 - 13:00

North Kirklees After Carers  
The Crescent  
17:00 - 18:30

### Apr Tue 18

Meditation Group  
11:00 - 12:30

Sizzle n Chat  
Howland's Centre Dewsbury  
11:00 - 13:00

Birkby Himmat Group @ Library  
13:30 - 15:00

### Apr Thu 20

Carers Get together Group  
Batley community centre  
(green room), Upper  
commercial street, Batley,  
WF17 5DH 10:00 - 12:00

### Apr Wed 5

Huddersfield Art Group  
13:00 - 16:00

Mental Health Carers & Cared  
For Group. 5th Floor Empire  
House Dewsbury  
13:30 - 15:30

### Apr Tue 11

Meditation Group  
11:00 - 12:30

**CLEAR Meditation Techniques**  
26 Bond St, Dewsbury  
17:30 - 19:00

### Apr Thu 13

Mental Health Carers  
Wellbeing Group  
The Crescent Batley  
11:00 - 13:00

### Apr Wed 19

Huddersfield Art Group  
13:00 - 16:00

Mental Health Carers & Cared  
For Group. The Mission  
Huddersfield  
13:30 - 15:30

### Arp Mon 24

Birstall Get Together Group  
10:00 - 12:00

Quli-TEA Time, Firth Park  
Pavilion, Heckmondwike  
WF16 0HH  
10:00 - 12:00

Afternoon Coffee and Chat  
Lawrence Batley Theatre  
13:00 - 14:30

More April dates  
on the next page

Please note that Group dates and times of  
face to face may be subject to change.

## Carers really do count!



# Groups and Training Calendar



## Apr Tue 25

Meditation Group  
11:00 - 12:30

## Apr Wed 26

Himmat Group 5th Floor  
Empire House Dewsbury  
12:00 - 15:00

Men's Group  
Brian Jackson House Café  
13:00 - 15:00

After Carers Group  
Brian Jackson House  
13:00 - 14:30

Quiz Night (Zoom)  
19:00 - 20:00

Call 0300 012  
0231 to Book a  
place as limited  
spaces available.

## April

## Apr Thu 27

Young Adult Carers  
Group (please call for  
details)

Find Your Voice Workshop  
Day 1 Empire House  
13:00 - 14:30

## May

## May Tues 2

Meditation Group  
11:00 - 12:30

Sizzle n Chat  
Howland's Centre Dewsbury  
11:00 - 13:00

Carers Café  
@ Holmfirth Tec  
10:00 - 12:30

## May Wed 3

Huddersfield Art Group  
Brian Jackson House  
13:00 - 16:00

Mental Health Carers & Cared  
For Group. 5th Floor Empire  
House Dewsbury  
13:30 - 15:30

## May Thu 4

North Kirklees After Carers  
The Crescent  
17:00 - 18:30

Find Your Voice Workshop  
Day 2 Empire House  
13:00 - 14:30

Please note that Group dates and times of  
face to face may be subject to change.

## May Tue 9

Meditation Group  
11:00 - 12:30

CLEAR Self Care Workshop  
Zoom  
17:30 - 19:00



## May Thu 11

Mental Health Carers  
Wellbeing Group  
The Crescent Batley  
11:00 - 13:00

## May Mon 15

Batley Coffee and Chat  
The Crescent  
10:30 - 12:00

## May Wed 10

Cleckheaton Coffee and Chat  
The Surf Shack  
10:30 - 12:00

Zoom Cuppa and Chat  
12:30 - 13:30

Men's Group 5th Floor Empire  
House Dewsbury  
16:00 - 18:00

## May Tue 16

Meditation Group  
11:00 - 12:30

Sizzle n Chat  
Howland's Centre Dewsbury  
11:00 - 13:00

Navigating Services for Family  
Dementia (Zoom)  
13:00 - 14:00

Birkby Himmat Group @Library  
13:30 - 15:00



More May dates  
on the next page

## Carers really do count!

# Groups and Training Calendar

Call 0300 012 0231 to Book a place as limited spaces available.

## May

### May Wed 17

Huddersfield Art Group  
Barge Trip  
**13:00 - 16:00**

Mental Health Together Group  
(for Carers and Cared for)  
The Mission Huddersfield  
**13:30 - 15:30**



### May Tue 23

Meditation Group  
**11:00 - 12:30**

Please note that Group dates and times of face to face may be subject to change.

### May Thu 18

Carers Get Together Group  
Batley Community Centre  
(Green Room), Upper  
Commercial Street, Batley,  
WF17 5DH  
**10:00 - 12:00**

### May Wed 24

Himmat Group 5th Floor  
Empire House Dewsbury  
**12:00 - 15:00**

Men's Group  
Brian Jackson House Café  
**13:00 - 15:00**

After Carers Group  
Brian Jackson House  
**13:00 - 14:30**

Quiz Night (Zoom)  
**19:00 - 20:00**

### May Mon 22

Birstall Get Together Group  
**10:00 - 12:00**

Adapt & Recover from Adversity  
Afternoon Coffee and Chat  
Lawrence Batley Theatre  
**13:00 - 14:30**

### May Thu 25

Mens Group  
Barge Trip  
**10:00 - 15:00**

Young Adult Carers Group  
(please call for details)

## June

### Jun Thu 1

North Kirklees After Carers  
The Crescent Batley  
**17:00 - 18:30**

### Jun Wed 7

Huddersfield Art Group  
**13:00 - 16:00**

Navigating Services for Carer  
(Zoom)  
**13:30 - 15:30**

Mental Health Together Group  
(for Carers and Cared for)  
Dewsbury Empire House  
**13:30 - 15:30**

### Jun Mon 5

Carers information drop-in at  
Empire House  
**13:00 - 15:00**

Evening Coffee and Chat  
Starbuck Leeds Road  
Huddersfield  
**18:30 - 20:00**

### Jun Thu 8

Mental Health Carers  
Wellbeing Group  
The Crescent Batley  
**11:00 - 13:00**

### Jun Tue 6

Meditation Group  
**11:00 - 12:30**

Sizzle n Chat  
Howland's Centre Dewsbury  
**11:00 - 13:00**

Carers Café  
@ Holmfirth Tec  
**10:00 - 12:30**



More June dates on the next page

## Carers really do count!



# Groups and Training Calendar

Please note that Group dates and times of face to face may be subject to change.

Call 0300 012 0231 to Book a place as limited spaces available.

## June

### Jun Mon 12

Morning Coffee and Chat  
Lawrence Batley Theatre  
**10:30 - 12:00**

Kirklees MH Carers Forum @  
Empire House/Zoom  
**13:00 - 15:00**

### Jun Tue 13

Meditation Group  
**11:00 - 12:30**



### Jun Wed 14

Cleckheaton Coffee and Chat  
The Surf Shack  
**10:30 - 12:00**

Zoom Cuppa and Chat  
**12:30 - 13:30**

Men's Group 5th Floor Empire  
House Dewsbury  
**16:00 - 18:00**

### Jun Thu 15

Carers Get Together Group  
Batley Community Centre  
(Green Room), Upper  
Commercial Street, Batley,  
WF17 5DH  
**10:00 - 12:00**

### Jun Mon 19

MH Drop in at Empire House  
**10:00 - 15:00**

Batley Coffee and Chat  
The Crescent  
**10:30 - 12:00**



### Jun Tue 20

Meditation Group  
**11:00 - 12:30**

Sizzle n Chat  
Howland's Centre Dewsbury  
**11:00 - 13:00**

Navigating Services for Family  
Dementia (Zoom)  
**13:00 - 14:00**

Birkby Himmat Group @Library  
**13:30 - 15:00**

### Jun Wed 21

Huddersfield Art Group  
Brian Jackson House  
**13:00 - 16:00**

Mental Health Together Group  
(for Carers and Cared for)  
The Mission Huddersfield  
**13:30 - 15:30**

### Jun Thu 22

Summer Trip  
to Whitby Coast

### Jun Mon 26

Birstall Get Together Group  
**10:30 - 12:00**

Afternoon Coffee and Chat  
Eden's Forest Honley  
**13:00 - 14:30**



### Jun Tue 27

Meditation Group  
**11:00 - 12:30**

CLEAR Acupuncture Session  
Brian Jackson House  
**13:30 - 14:30**

### Jun Wed 28

Himmat Group 5th Floor  
Empire House Dewsbury  
**12:00 - 15:00**

Men's Group  
Brian Jackson House Café  
**13:00 - 15:00**

After Carers Group  
Brian Jackson House  
**13:00 - 14:30**

Quiz Night (Zoom)  
**19:00 - 20:00**

### Jun Thu 29

Young Adult Carers Group  
(please call for details)

**Carers really do count!**

# July ◀

## Jul Mon 3

MH Drop in at Empire House  
**10:00 - 13:00**

Evening Coffee and Chat  
Starbuck Leeds Road  
Huddersfield **18:30 - 20:00**

## Jul Thu 6

North Kirklees After Carers  
The Crescent Batley  
**17:00 - 18:30**

## Jul Wed 12

Cleckheaton Coffee and Chat  
The Surf Shack  
**10:30 - 12:00**

Zoom Cuppa and Chat  
**12:30 - 13:30**

Men's Group 5th Floor Empire  
House Dewsbury  
**16:00 - 18:00**

## Jul Tue 18

Meditation Group  
**11:00 - 13:00**

Sizzle n Chat  
Eden's Forest Trip  
**11:00 - 13:00**

Birkby Himmat Group @ Library  
**13:30 - 15:00**

## Jul Mon 24

Birstall Get Together Group  
**10:30 - 12:00**

Tackling Loneliness Afternoon  
Coffee and Chat Lawrence  
Batley Theatre  
**13:00 - 15:00**

## Jul Tue 4

Meditation Group  
**11:00 - 13:00**

Sizzle n Chat  
Howland's Centre Dewsbury  
**11:00 - 13:00**

Carers Café @ Holmfirth Tec  
**10:00 - 12:30**

## Jul Mon 10

MH Drop in at Empire House  
**11:00 - 12:30**

Morning Coffee and Chat Brian  
Jackson House  
**10:30 - 12:00**

## Jul Thu 13

Mental Health Carers  
Wellbeing Group  
The Crescent Batley  
**11:00 - 13:00**

## Jul Wed 19

Huddersfield Art Group  
**13:00 - 16:00**

Mental Health Together Group  
(for Carers and Cared for) The  
Mission Huddersfield  
**13:30 - 15:30**

## Jul Tue 25

Meditation Group  
**11:00 - 12:30**

## Jul Thu 27

First Aid Workshop 5th Floor,  
Empire House, Wakefield Old  
Rd, WF12 8DJ.  
**11:00 - 12:30**

Young Adult Carers Group  
Eden's Forest Trip

## Jul Wed 5

Huddersfield Art Group  
**13:00 - 16:00**

Mental Health Carers & Cared  
For Group. 5th Floor Empire  
House Dewsbury  
**13:30 - 15:30**

## Jul Tue 11

Meditation Group  
**11:00 - 12:30**

Pamper Day Empire House  
Dewsbury  
**13:00 - 15:00**

## Jul Mon 17

Batley Coffee and Chat  
The Crescent  
**10:30 - 12:00**

## Jul Thu 20

Carers Get Together Group  
Batley Community Centre  
(Green Room), Upper  
Commercial Street, Batley,  
WF17 5DH  
**10:00 - 12:00**

## Jul Wed 26

Himmat Group 5th Floor  
Empire House Dewsbury  
**12:00 - 15:00**

Men's Group  
Brian Jackson House Café  
**13:00 - 15:00**

After Carers Group. Brian  
Jackson House **13:00 - 14:30**

Quiz Night (Zoom)  
**19:00 - 20:00**

Please note that Group dates and times of  
face to face may be subject to change.

Call **0300 012  
0231** to Book a  
place as limited  
spaces available.

## Carers really do count!





## CARERS BARGE TRIP

**Wednesday 17th May**  
**10:00 - 15:00**

**Mirfield Marina, 10 Station Road, Mirfield**  
**WF14 8NL**

If you would like to book a place or find out more  
please contact Carers Count:

**0300 012 0231**

[carers.CST@carerscount.org.uk](mailto:carers.CST@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)



## First Aid Workshop

**27th July 2023 - 11am till 12.30pm**  
**5th Floor Empire House,**  
**Wakefield Old Rd, WF12 8DJ**

This interactive workshop is run by an experienced British Red Cross educator. It builds your confidence to help you in a first aid emergency, using everyday objects around you

Please note this workshop is not an accredited course

To book a place, please contact us by phone or email:

**0300 012 0231**



[info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)



## Young Carers Group

Are you a Young Adult Carer? Do you give your time to support a family member or friend?

We're here to help! Our regular YAC groups are specifically for Young Adult Carers in Kirklees. Join us to meet other carers of similar ages and find out where to get support locally to help lighten your load.

**Last Thursday of every month**

If you would like to take part or find out more  
please contact Carers Count:

**Bilal (Carers Count)**  
**07436 102847**

**Jeanette (Barnardo's)**  
**07885 202009**



[info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)



## 2 DAY TRAINING COURSE TO HELP YOU SPEAK UP FOR YOURSELF

**Empire House, 5th Floor,**  
**Wakefield Old Road, Dewsbury, WF12 8DJ**

**THIS IS ABOUT ME - SELF ADVOCACY**  
**(CPD CERTIFIED)**

- PRACTISE AND ENHANCE YOUR SKILLS IN ORDER TO BE HEARD
- EFFECTIVELY COMMUNICATE WHAT YOU WANT/NEED
- EXPLORE WAYS TO MANAGE A NEGATIVE RESULT
- LEARN TO NEGOTIATE EFFECTIVELY

**Day 1**  
**Thursday 27th of April**  
**13:00 - 14:30**

**Day 2**  
**Thursday 4th of May**  
**13:00 - 14:30**

If you would like to take part or find out more  
please contact Carers Count:

**0300 012 0231**



[info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)



**Carers really do count!**

# Count on us!



## Support for Working Carers & Evening Sessions in 2023

Many individuals, looking after a family member or friend who depend on their help are struggling to actually identify as carers. Many say 'I'm their daughter, son, wife, or husband', 'I don't do this all the time'. 'I'm not registered as their carer yet or 'I'm just helping out'. The list is not exhaustive but an idea of the challenge it can be to identify as a carer to access the support available.

At Carers Count, we offer Information and advice, and a range of support options for individuals and families juggling full-time or part-time work and managing caring responsibilities for a loved one. This situation can often develop overnight or gradually over time as health deteriorates and it's vitally important to understand what your rights are as a carer and what support is available locally to help.

## Support at Carers Count

### Refer yourself or signpost to Carers Count

It's as simple as calling us on 0300 012 0231. Find out more about local support available if you live in Kirklees or look after a family member in Kirklees.

### Quarterly Newsletter

Carers, employers and professionals all find it very informative! If you would like to register to have it sent directly to your inbox then please get in touch! We just need your permission and email address.

### Groups at Carers Count

Take a look at what's on. When working many carers work different hours of the day so having a selection of support groups available across the day and week may give you the opportunity to come and join us. Either call the office for our timetable or click on the link for more information about face to face support groups across Kirklees and virtual events. What's On ([carerscount.org.uk](https://carerscount.org.uk))

### Evening Coffee & Chat for working carers

First Monday of the month at Starbucks, Leeds Road Retail Park 18.30-20.00. Drop in for a cuppa, no need to stay the whole time. We have Carers Count workers who can listen and offer support. Learn from others in similar situations and feel supported. Want to know more, then give us a call and we would be happy to chat.

### Help with the 'What if?'

It's never nice to have to consider the 'What if' scenario. We can assist and advise you on the options available and help to pull together a well-thought out and considered contingency plan. We have a range of tools and a dedicated page on our website - Contingency Planning ([carerscount.org.uk](https://carerscount.org.uk))



**Carers really do count!**



# Evening Taster sessions for carers

To book either use the Eventbrite link or call the office at Carers Count on 0300 012 0231

Call 0300 012 0231 to book a place as limited spaces available.

## Self Care Workshop - Online

9th May 17:30 till 19:00

Join CLEAR and Carers Count for a virtual self-care workshop hosted on Zoom. This session will cover what self-care can be and focus on how we can overcome barriers to start prioritising self-care

Booking link: [www.tinyurl.com/yc6shhaf](http://www.tinyurl.com/yc6shhaf)

## Meditation Techniques (Clear & Carers Count)

11th April 17:30 till 19:00

Community Links Dewsbury, 26 Bond St, Dewsbury WF13 1AU

Meditation techniques can be beneficial for helping sleep, managing intense thought patterns, releasing anxiety and improving mood. Join us for a session on different meditation techniques including mindfulness, progressive relaxation and guided meditation. In partnership with CLEAR.

## After Carers Group

1st Thursday of the month 17.00-18.30

The Crescent, Batley, 40 Station Road, Batley WF17 5SU

Join us if you are a former unpaid carer. The After Carers Group offers former carers the opportunity to meet other former carers, make friends, take part in activities, go on trips out, take part in workshops and talk in an informal setting.

## Quiz Night - Online

4th Wednesday of the month 19.00-20.00

Join us for a virtual general knowledge quiz night on Zoom. Make yourself a drink, find a pen and piece of paper and meet others from Kirklees, all from the comfort of your own home for some light-hearted fun.

Booking link: [www.tinyurl.com/2p8cntxw](http://www.tinyurl.com/2p8cntxw)

## Online Events

We have worked with our local partners in Kirklees to give you a snapshot of what services are available, how they can help and information on how to access them. Come along to find out about the support from Carers Count, The Kirklees Dementia Hub, The Kirkwood, Carers Trust Mid Yorkshire and Kirklees Support Options!

### Dementia Lunch & Learn - Navigating support for families in Kirklees (on zoom)

16th May 2023 13.00-14.00

Booking link: [www.tinyurl.com/2mb6pyta](http://www.tinyurl.com/2mb6pyta)

### Carers Lunch & Learn - Navigating carer services for families in Kirklees (on Zoom)

7th June 2023 13.00-14.00

Booking link: [www.tinyurl.com/2ub5p9cc](http://www.tinyurl.com/2ub5p9cc)

### Zoom

Joining instructions will be emailed before the event.

Not sure about using zoom? We have a simple guide to help so just give us a call and we can get you set up.

So, as we navigate 2023 please take note that we are only a phone call away. We would love to hear about your new self-care routines as well as what has helped you the most in your caring role. Sharing golden nuggets of information could help other carers.



**Carers really do count!**

# Carers Action Day

On the 15th of March, the Young Adult Carers (YAC) group decided to work together in organising a presentation for Carers Action Day. Commissioners, Councillors, local Members of Parliament (MP's), and the Mayor of Kirklees were invited to attend!

On the 15th of March, the Young Adult Carers (YAC) group decided to work together in organising a presentation for Carers Action Day. Commissioners, Councillors, local Members of Parliament (MP's), and the Mayor of Kirklees were invited to attend!

Held at the Lawrence Batley Theatre, the young carers spoke about their experiences in a caring role as a means to bring awareness. This was followed by presenting suggestions as to what could be enhanced and implemented in the wider community that could support carers and those for who they care for.

Towards the end of the presentation, the young carers requested for if the attendees could pledge their support to young carers and young adult carers.

One of the pledges is to have a designated staff member within educational facilities (e.g., schools, colleges, universities...) to further support carers in equally managing both their caring role and their education.

Another pledge that was discussed involves young carers lanyards. It appears that a similar scheme is in place within hospitals. It has been suggested that it could be expanded to young carers to bring potential benefits to support with the cost



for travel and provide discounts for leisure activities and gym passes.

The YAC group would like to thank all of whom that attended the presentation and those who support Carers Action Day.

-Joshua Knox



**Self-Care for Carers**

Kirklees Recovery & Wellbeing College, Pathways,  
Nettleton Rd, Mirfield, WF14 9AQ  
Wednesday 10th May, 17th, 24th, 31st 1pm - 3pm

Together, we will discuss what self-care is and learn helpful techniques and how to incorporate them into busy lives.

If you would like to take part or find out more please contact The Recovery And Wellbeing College:

**07717 867911**

info@carerscount.org.uk  
ckrecovery.wellbeing@swyt.nhs.uk

**NHS** Carers Count

## Come and join us for 4 weeks to look at how to look after yourself

Delivered in partnership with Carers Count and Recovery College, this useful and informative four-week course will help you, as a carer to reflect on your role, discover your rights and where you can get support. Together we will discuss, what self-care is and learn some helpful self-care practices and how we can incorporate these into our busy lives. Over the weeks, you will have the opportunity to share your own experiences in this friendly and informal setting, with other carers and gain support from each other as well as learning how to improve and maintain a sense of wellbeing.

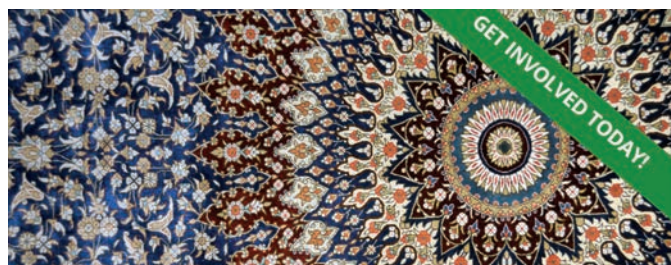
While this course is planned to be delivered face to face at the Recovery & Wellbeing College in Mirfield, we can offer this online instead should this option be preferred. Please let us know your preference at the time of booking.

Please note that due to funding this course is for unpaid carers residing in Kirklees only. Cost: Free

At Kirklees Recovery College, Mirfield  
Wednesday – 10th May 2023  
1pm - 3pm For 4 weeks

**Carers really do count!**





## Birkby Himmat Group

Cuppa and a chat with ladies from your area

If you are an unpaid carer come along to our friendly group. Connect with other carers and find out about what support services are available in your local area.

Third Tuesday of every month

13:30 - 15:00

Birkby Library, Lea St, Hillhouse, Huddersfield HD1 6HF

If you would like to take part or find out more please contact Carers Count:

**0300 012 0231**

[info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)



## Huddersfield CLEAR Meditation Techniques Session

Tuesday 14th March 2023 - 17:30 till 19:00

Location: Carers Count Group Room

Brian Jackson House 2 New North Parade Huddersfield HD1 5JP

Meditation techniques can be beneficial for helping sleep, managing intense thoughts patterns, releasing anxiety and improving mood. Join us for a session of different meditation techniques including mindfulness, progressive relaxation and guided meditation. In partnership with CLEAR.

If you would like to take part or find out more please contact Carers Count:

**0300 012 0231**

[info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)



### Why do people get stressed?

Any type of mental pressure can cause stress. It can be brought on by a single event, a build-up of several small things or pressure you put on yourself. Some common causes of stress include:

- ▶ Money problems
- ▶ Work worries
- ▶ Relationships
- ▶ Death of a loved one
- ▶ Family problems
- ▶ Exams

*Sometimes, there are no clear causes of stress.*

### How do I know if I'm stressed?

Not everyone who feels stressed will feel the same. Each person reacts differently to stress and feels different things. Symptoms and difficulties may include any of the following:

- ▶ Anxiety
- ▶ Panic
- ▶ Tension
- ▶ Sweating
- ▶ Breathlessness
- ▶ Dizziness
- ▶ Feeling irritable
- ▶ Finding you are avoiding certain situations
- ▶ Feeling something dreadful is going to happen
- ▶ Unable to relax
- ▶ Feeling stressed
- ▶ Sleep difficulties
- ▶ Unable to concentrate
- ▶ Having worrying thoughts
- ▶ Stomach churning
- ▶ Heart pounding

### How to book a place on the stress course

Just call our friendly staff on 01484 343700 to find out about dates. You can also email us at [IAPT.admin@swyt.nhs.uk](mailto:IAPT.admin@swyt.nhs.uk)

### How to access the IAPT service

Just speak to your GP and ask for IAPT; they'll put you in touch with us. We will then work with you to explore the problems you are facing and identify how best to deal with them.

Alternatively, you can self-refer through our website:

[www.kirkleesiapt.co.uk/](http://www.kirkleesiapt.co.uk/)



Scan the code if you have a SmartPhone

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

JOB NO 2639 RJR22



South West  
Yorkshire Partnership  
NHS Foundation Trust

## Are you feeling stressed?



*Stress is very common and affects us all in different ways.*

A free stress control course, run by the local NHS, is designed to help you learn new skills to cope. Read on to find out more.

With all of us in mind.

**Carers really do count!**





## Companionship Café in Elland

10am - 11.30 am  
2nd Tuesday in the month  
at Morrison's Elland in-store cafe



10th January  
14th February  
14th March  
18th April (3rd Tues)  
9th May  
13th June

To find out more call  
Home Instead on  
01422 292424

[www.homeinstead.co.uk/  
calderdale](http://www.homeinstead.co.uk/calderdale)



## Dewsbury Hospital Rosewood Centre Coffee & Craft group

A craft group for people who are living with cancer or life limiting illness.

Place: Dewsbury Hospital Rosewood Centre  
Date: Third Friday of every month  
Time: 1-3  
Contact: Catherine Hill 01924 512038

**This group will be an opportunity to meet  
with others for support and creativity.**



## Women's cancer support group

Women's only group meeting at Dewsbury  
hospital Rosewood centre  
Time: 9:30-11:30  
Date for 2023

Feb 9, 23 Mar 9, 23 Apr 6, 20  
May 4, 18 Jun 1, 15, 29 Jul 13, 27  
Aug 10, 24 Sep 7, 21 Oct 5, 19  
Nov 2, 16, 30 Dec 14

**For more information call Macmillan  
information & support on 01924 512204**



In aid of

**MACMILLAN  
CANCER SUPPORT**

Organised in aid of Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (804). Also operating in Northern Ireland.

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## Batley After Carers Group

Join us for a Cuppa and Chat

**First Thursday of every month  
17:00 - 18:30**

40 The Crescent, Station Rd, Batley WF17 5SU

Dates: 6th Apr, 4th May, 1st Jun, 6th Jul, 3rd Aug, 7th Sep, 5th Oct,  
2nd Nov, 7th Dec,

**The After Carers Group gives former carers the  
opportunity to meet others in a similar situation to  
them, make friends and talk about your experiences**

**If you would like to take part or find out more  
please contact Carers Count:**

**0300 012 0231**

[info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.carerscount.org.uk)



**Carers really do count!**



# Kirklees Wellness Service

## Are you supporting a family member or friend with a long-term health condition?

### Join our free Carers Wellness sessions

#### Building resilience session includes:

- Exploring emotions
- Learning about acceptance
- Managing worry
- Recognising to be 'kind to yourself'

#### Caring for someone with memory deterioration includes:

- Behaviours associated with memory problems
- Accepting the changes in the person you care for
- Understanding emotions of the person you care for
- Managing your emotions
- Simple tips and practical ways of coping

### Session details

Tuesday 23rd May  
10:00am-12:00pm  
Community Room  
Huddersfield Fire Station

Monday 10th July  
Dewsbury Customer Service Centre  
10:00am-12:00pm

Wednesday 16th August  
Brian Jackson Centre Huddersfield  
1:00pm-3:00pm

Thursday 20th April  
1:00pm-3:00pm  
Mirfield Library

Wednesday 7th June  
10:00am-12:00pm  
Health and Wellbeing Centre,  
Slaithwaite

Tuesday 8th August  
Virtual  
6:00pm-7:30pm

For further information or to book your place on a session please contact Kirklees Wellness Service on **01484 234095** or book online at [www.kirkleeswellnessservice.co.uk](http://www.kirkleeswellnessservice.co.uk)



# Sleep Helpline

The helpline is run by trained sleep practitioners who can provide advice on a wide range of sleep needs. There are often long waiting lists for sleep support, GP's are overwhelmed with requests and often lack specialist training in sleep. We are here to help!

The helpline is open 5 days a week, Sun, Mon, Tues, Thurs, 7-9pm and Weds 9-11am.

**The number is 03303 530 541**

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>



## Mental Health Crisis Helplines

If you're in crisis and need to talk right now, there are many helplines staffed by trained people ready to listen. They won't judge you and could help you make sense of what you're feeling.

- Samaritans. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or visit some branches in person. You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

- SANEline. If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).

- National Suicide Prevention Helpline UK. Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 689 5652 (6pm–3:30am every day).

- Campaign Against Living Miserably (CALM). You can call CALM on 0800 58 58 58 (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the CALM webchat service.

- Shout. If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

- The Mix. If you're under 25, you can call The Mix on 0808 808 4994 (3pm–midnight every day), request support by email using this form on The Mix website or use their crisis text messenger service.

- Papyrus HOPELINEUK. If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text 07786 209 697.

- Nightline. If you're a student, you can look on the Nightline website to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

- Switchboard. If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am–10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+.

- C.A.L.L. If you live in Wales, you can call the Community Advice and Listening Line (C.A.L.L.) on 0800 132 737 (open 24/7) or you can text 'help' followed by a question to 81066.

- Helplines Partnership. For more options, visit the Helplines Partnership website for a directory of UK helplines. Mind's Infoline can also help you find services that can support you. If you're outside the UK, the Befrienders Worldwide website has a tool to search by country for emotional support helplines around the world.

If you live in England, you can call a local NHS urgent mental health helpline for support during a mental health crisis. Anyone can call these helplines, at any time.

These helplines offer similar support to a crisis team. The NHS website has more information on urgent mental health helplines, including how to find your local helpline.

For Kirklees this is:

South West Yorkshire Partnership NHS Foundation Trust  
0800 183 0558

Help is available 24 hours a day, 7 days a week.

If you call, you'll speak to a professional in your local NHS mental health service. They can discuss your current mental health needs and provide access to further support if needed.

Calls to NHS urgent mental health helplines are free.

<https://www.southwestyorkshire.nhs.uk/service-users-and-carers/in-crisis/>

This information was found on the Mind.org website. If you need more information you can use this link for more in depth support.

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/>

**Carers really do count!**