

Resources for Parents/Carers

Mental Health support

Crisis Team 07562252940 7 days per week, 8am - 8pm

Single Point of Contact 01924 316830

IAPT – Choice of services for people aged 18 years+ experiencing common mental health problems such as low mood, anxiety, panic, stress and OCD (**01484 434625**) www.kirkleesiapt.co.uk

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

The Well-Bean Café – A safe supportive space for adults 18+ experiencing a mental health crisis, currently over the telephone only.

- Huddersfield - Referral number: [07741900395](tel:07741900395). Open Friday, Saturday, Sunday and Monday 6pm - Midnight
- Dewsbury - Referral number: [07867028755](tel:07867028755). Open Tuesday, Wednesday, Thursday 6pm - Midnight

New mental and emotional health support group which has recently set up in Dewsbury called the Here2Help Hub. They are on Facebook but can be reached via phone/email too- similar set up to Andy's Man Club/ Luke's Lads. They offer group work sessions every Monday evening and are also qualified to deliver 1-2-1 sessions- all Free! Here2helphub@gmail.com 01924 650270

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**)

S2R Create Space - Promoting positive mental health by providing creative and mindfulness courses for different age groups: **01484 539531** www.s2r.org.uk

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

Support for parents/carers mental health - NSPCC

See: <https://www.nspcc.org.uk/preventing-abuse/child-protection-system/parental-mental-health/>

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. www.yctrust.uk

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/>

SEND information for parents:

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 it includes how to ask for an assessment, apply for an EHCP and has lots of resources local to where you live in Kirklees.

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

Email: info@pcankirklees.org

Sprout – Families who have children with additional needs having fun together in the outdoors **01484 549479 / 07845415280** Free sessions at Crows Nest Park on Saturdays <http://www.growingworks.org.uk/sprout/>

The Whole Autism Family – voluntary group in Kirklees offering support and guidance to families impacted by autism
07564256626 <http://thewholeautismfamily.co.uk/>

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

useful links and resources

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/>

help with sleep issues and can suggest strategies that might assist.

<https://www.northorpehall.co.uk/parents-workshops-learn-about-mental-health>

how to support your child, how this might affect other siblings – whole family approach.

<https://learning.nspcc.org.uk/research-resources/schools/love-life>

resources for young people 11-25 to develop confidence and understand emotions.

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

support for siblings of children/adults with additional needs, resources and free workshops.

<https://witherslackgroup.co.uk>

Christmas 2020: Different, Not Less

Sign up to receive our FREE resource package

A Christmas parcel of webinars, articles and podcasts that explores some of the ways that you can deal with the challenges that Christmas can bring to you as a parent or carer.



Sign up to receive your free resources by visiting
www.witherslackgroup.co.uk/webinars/christmas2020



Grants for children in crisis giving chance for change – Buttle Trust
www.buttleuk.org for grants depending on circumstances – for household items, bicycles, IT resources etc.

Spenn Community Hub facebook page shares daily updates about free events, opportunities, job vacancies and funding opportunities for community groups etc.
Please find us at

@Spenncommunityhub