

A Local Offer For All The Family



September 2020



Keep a safe distance



Wash your hands



Avoid crowds



Wear a face covering



Isolate with symptoms



Follow Test & Trace

We haven't beaten the virus... yet!



Have you been affected by COVID-19?

Recently Unemployed?

Want to return to Work or Training?

Unsure Where to Turn?



In these challenging times the team at **Hopeful Families** are working hard to support as many people as possible.

We offer **FREE Help and Support** with everything you need to get back in to work or training?

- CV's
- Job Search
- Employability Skills
- Debt & Finance
- Emotional & Wellbeing Support
- Online Training



For more information please contact:

Deb Armitage: 07849 398757 or Angela Hepworth: 07526 178180

Email: Deb.armitage@yccuk.org.uk



Hopeful Families offers opportunities to build hope, confidence and skills for people who are not in work. It is funded by the European Social Fund and the National Lottery Community Fund.

Stute Theatre + B-Arts Present
THE TELEPHONE THEATRE

YOU DON'T KNOW ME BUT...

Written and Performed by Sophia Hatfield
Directed by Gwenda Hughes



An immersive audio play inspired by real stories of care

Beautiful audio theatre, performed live over the telephone

Kirklees Libraries - Tues 29th September to Sat 3rd October

LIVE PHONE PERFORMANCE SLOTS Between 3pm & 7pm

CALL BOX OFFICE FREE TO BOOK: 0800 689 0018

@StuteTheatre @B_Arts #YouDontKnowMeBut #TheTelephoneTheatre



TK Parents - FREE online courses

A new set of FREE online courses are available for people across Kirklees.

The four courses are:

- **Understanding Pregnancy, Labour, Birth and Your Baby**

A course for everyone around the baby – mums, dads, grandparents, friends and relations

- **Understanding Your Baby**

Supporting you and your new arrival – a course for everyone involved in helping your baby get the best start in life

- **Understanding Your Child**

Learn more about how to be the best parent, grand-parent or carer you can be

- **Understanding Your Teenager's Brain**

Find out what happens to the brain as a child hits adolescence. See how this explains some of the changes in their behaviour that you've noticed.

[Access the TK parents courses](#)

Access code: TKparents

The logo for Thriving Kirklees features the word "Thriving" in a blue, rounded font with a heart shape integrated into the letter 'i'. Below it, the word "Kirklees" is written in a similar blue, rounded font. The entire logo is set against a white background within a blue-bordered box.

www.thrivingkirklees.org.uk

Video Workshops

For Parent/Carers
in Kirklees

- Back to School Support for parent/carers
- Introduction to Children & young people's mental health
- Introduction to Self Harm
- Maintaining Emotional Well-being
- Positive Communication & Attachment
- Supporting Sleep
- The Teenage Brain
- Understanding & Supporting Anxiety
- Understanding Behaviour as Communication

Dates available from
September – November
Booking now



Northorpe Hall
FREE video workshops
for Parent/Carers in
Kirklees. A variety of
different workshops
and dates available.
Find out more and
book by visiting our
website:

<https://buff.ly/37hhAW>

X

Start Date	Day	Start Time	Length of each session	Course Title	Course Code	Dates (Must Attend All)
15/9/20	Tuesday	1:30 pm	1 hour	Child & Adolescent Mental Health	SA2021004	22/9, 29/9, 6/10, 13/10, 20/10
3/11/20	Tuesday	1:00 pm	1 hour 30 min	Child & Adolescent Mental Health	SA2021010	10/11, 17/11, 24/11
4/11/20	Wednesday	9:30 am	1 hour 30 min	Child & Adolescent Mental Health	SA2021011	11/11, 18/11, 25/11
30/9/20	Wednesday	9:30 am	1 hour 30 min	Coping with Covid	SA2021006	7/10, 14/10, 21/10
14/9/20	Monday	1:30 pm	1 hour	First Aid	SA2021002	21/9, 28/9, 5/10, 12/10, 19/10
14/9/20	Monday	9:30 am	1 hour 15 mins	Handling Children's Behaviour	SA2021001	21/9, 28/9, 5/10, 12/10, 19/10
2/11/20	Monday	9:30 am	1 hour	Handling Children's Behaviour	SA2021007	9/11, 16/11, 23/11, 30/11, 7/12
18/9/20	Friday	9:30 am	1 hour 30 min	It's all about me	SA2021005	25/9, 9/10, 16/10
15/9/20	Tuesday	9:30 am	1 hour	Mental Health First Aid	SA2021003	22/9, 29/9, 6/10, 13/10, 20/10
3/11/20	Tuesday	9:30 am	1 hour 30 min	Mental Health First Aid	SA2021009	10/11, 17/11, 24/11
4/11/20	Wednesday	1:00 pm	1 hour 30 min	Mental Health First Aid	SA2021012	11/11, 18/11, 25/11

Please be aware to attend the courses it is bookable via the kirklees website on the link below: https://my.kirklees.gov.uk/service/Schools_and_education__Kirklees_Council_Learner_Enrolment_Form_2020_2021

Charity No. 1177750

Do you have any unwanted school uniform items you could donate?



Uniform Exchange is a Kirklees based charity who recycles good school uniform, passing it from one family to another... we would like your help to support them!

If you need help accessing school uniform from Uniform Exchange please get in touch for a form...

or email: info@uniform-exchange.org



Please follow us for news & collection box locations...

[f /uniformexchange](https://www.facebook.com/uniformexchange) [@uniformexchange](https://twitter.com/uniformexchange)



We need donations of:

- Polo / Cotton Shirts
- Jumpers / Cardigans
- Blazers
- Trousers / Shorts
- Skirts / Pinefores
- Summers Dresses
- PE / Sports Kits
- Shoes / Trainers
- Socks / Tights
- Vest / Underwear
- Bags
- Coats
- ...any school items really

VIRTUAL CAREERS EVENT

for Year 11 students and parents/carers

15 October 4.00 - 9.00pm



Chat

Support, advice and guidance for young people in Calderdale and Kirklees

.....
Chat to us about...

jobs

CVs and interviews

training

college

health

money

housing

apprenticeships

future options

employability skills

family worries

Or anything else you are worried about, if we can't help, we'll help you find someone who can.



01484 213856



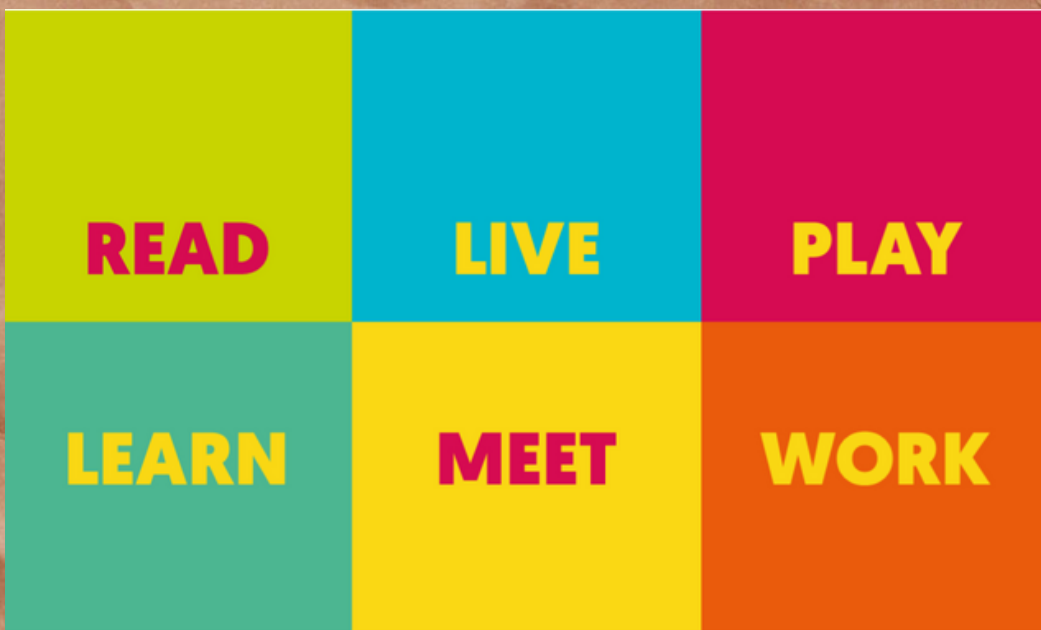
chat@ckcareers.org.uk



Facebook messenger



www.ckcareersonline.org.uk



Kirklees Library Ring and Read service

Almondbury Library
Monday 1-3PM
Thursday 2-5pm

Dalton and Rawthorpe Library
Monday 3-5pm
Tuesday & Friday 12-1.30pm



KIRKLEES LIBRARIES
RING AND READ
t: 01484 414868



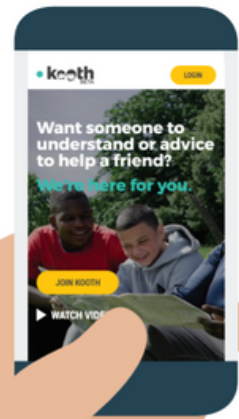
How to sign up to kooth

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday

Log on through mobile, laptop and tablet.

www.kooth.com



Thriving Kirklees

Text your
Thriving
Kirklees
nurse

07520
618866

If you're aged 11-19 (Year 7 and above) text your Thriving Kirklees nurse **07520 618866**



www.thrivingkirklees.org.uk



Locala Health Visiting Service

27 August at 10:31 · 🌐

You can contact a Health Visitor or School Nurse from our 0-19 Service weekdays 8am to 8pm

☎ Call 0300 304 5555

📱 Text 07520618867 if you are a parent

📱 Text 07520618866 if you are a young person aged 11-19 years old

thriving kirklees

Working together for healthy
children, young people and families

"I NEED HELP TO STOP"

Domestic Abuse Support Phonenumber



Yorkshire
Children's Centre

IMPROVING LIVES; INSPIRING CHANGE

Respect
accredited organisation

"I NEED HELP TO STOP" - Domestic Abuse Support Phonenumber - Yorkshire Children's Centre - 07849 398711

What will we ask when you call?

- The call is **confidential** and **anonymous**. We do not ask for your name, date of birth, address.
- The support worker will ask questions to understand your situation better and give you relevant advice.
- We want to understand the behaviours you're using, so we can help you become safer around your partner and any children.
- At the end of the call, we ask all callers monitoring questions. You cannot be identified by these answers, but if you prefer not to answer, that's ok.
- The monitoring questions we ask are: how you heard about the helpline; how old you are; how you describe your gender and your sexual orientation; what your ethnic group is; and which local authority you live in.
- **However**, if it is then identified that a follow up **Webchat Service** is required then we will require the above details for safety purposes to all parties.

Webchat Service

A Webchat service may be offered as a follow up to your phone call, to provide specific risk management advice. This will be via the Microsoft Teams app, therefore specific terms and conditions will apply.

This service will be offered if we identify and assess that further advice is appropriate. Your ability to access the Webchat platform will also be a factor.

It may be that through engagement and support with the webchat service further work is recommended, such as engaging with a Domestic Abuse Programme or similar.

Yorkshire
Children's Centre

IMPROVING LIVES; INSPIRING CHANGE

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accredited organisation

Do you recognise any of these things?

- Are you arguing, having rows, shouting all the time with each other about things like, money, how you parent or housework?
- Are you worried about splitting up?
- Is there sulking, silent treatment, slamming doors or walking away from each other?
- Are you anxious or worried and is this getting in the way of managing everyday life?
- Are you not able to say sorry after an argument and move on?
- Are you using hurtful texts, emails or social media against each other?

Watch the video to find out more information

<https://relationshipmatters.org.uk/>