

# Count on us! NEWSLETTER

July - September 2025



Supported by



## TSL Kirklees and National Lottery Funding

Thanks to the generous funding from TSL Kirklees and The National Lottery, we are pleased to announce a series of Colouricity Wavelengths Wellness Workshops this summer.

The workshops focus on the development of self-care, emotional intelligence and cognitive resilience through the use of colour. The aim of the workshops is to improve motivation, productivity and communication, all while boosting self-esteem and confidence.

The workshops have been planned for the benefit of unpaid carers, cared for people, young adult carers and former carers.

We are planning on running the sessions below and would love for you to come along to one of them:

<b>MH Wellbeing Group</b>	10.07.25	11:00-13:00	Dewsbury Fire Station
<b>Art Group</b>	16.07.25	13:00-15:00	Brian Jackson House
<b>Young Adult Carers</b>	28.08.25	17:00-19:00	Brian Jackson House
<b>Ladies MH Group</b>	02.09.25	11:00-13:00	Empire House, Dewsbury
<b>Cleckheaton C &amp; C</b>	10.09.25	10:30-12:00	Eddercliffe Health Centre
<b>Batley C &amp; C</b>	15.09.25	10:30-12:00	Batley Library

These workshops will be facilitated by:



These events are funded by:



### Wavelengths Wellness Workshops

Discover the transformative power of colour in self-care, emotional awareness, and building resilience.

**For unpaid carers only**

**Thursday 10th July, 11am - 1pm** At Dewsbury Fire Station, WF13 2AT

**Wednesday 10th September, 10:30am - 12 noon**  
At The Eddercliffe Centre, WF15 6LP

**Monday 15th September, 10:30am - 12 noon** At Batley Library, WF17 5DA

**For unpaid/former carers and the cared for**

**Wednesday 16th July, 1 - 3pm** At Brian Jackson House, HD1 5JP

**For young adult carers**

**Thursday 28th August, 5 - 7pm** At Brian Jackson House, HD1 5JP

**For the cared for with mental ill-health**

**Thursday 2nd September, 11am - 1pm** At Empire House, WF12 8DJ

These workshops will be facilitated by: **Colouricity®**

These events are funded by: **tsl KIRKLEES SUPPORTING COMMUNITIES** **COMMUNITY FUND**

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

**0300 012 0231** **info@carerscount.org.uk**

Carers Count Kirklees is a service run and facilitated by Cloverleaf Advocacy  
Company no: 3790911. Charity Reg no 1097608.

**Cloverleaf Advocacy**

## Carers Count Kirklees WE HAVE MOVED

Our office will now be on the **4th floor of Empire House, Wakefield Old Road, Dewsbury, WF12 8DJ**

While our address has changed, we will continue to work within the community and run events in accessible locations across Kirklees

Please bear with us as we settle into our new office. We apologise for any inconvenience.

For any urgent matters you can call us on **0300 012 0231** or email us at **info@carerscount.org.uk**

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**Cloverleaf Advocacy**

# Spotlight on Groups



🕒 10:30 - 12:00  
📍 Brian Jackson House



At the Morning Coffee and Chat session we will be welcoming JWP Solicitors to speak about and answer questions around Wills, Probate and Inheritance. All Carers welcome to attend at Brian Jackson House, Huddersfield.



🕒 10:30 - 12:00  
📍 Batley Library



At the Batley Coffee and Chat session we will be hosting Diane Andrew who is a Life Coach. All Carers are welcome to come along to chat with her and participate in the discussions. Group to be held in Batley Library.



🕒 11:00 - 12:30  
📍 Greenhead Park, Huddersfield



We will be hosting a walking session around Greenhead Park in Huddersfield. This will be a gentle walk with some good chats and hopefully a little sunshine. New carers and familiar faces all welcome.



🕒 11:00 - 13:00  
📍 Empire House, Dewsbury



At Floor 4, Empire House, Dewsbury, the Ladies Mental Health Group will be hearing from Get Set Goal. Women welcome to come along and talk about Mental Health and Relaxation. Get Set Goal will also be offering health checks whilst you catch up with like-minded women.

## Barge Trips

Through Safe Anchor Trust we are able to offer a few more Barge Trips.



**Safe Anchor**



🕒 10:00 - 15:00  
📍 Shepley Bridge Marina

Women welcome to join the Himmat Group for a gentle relaxing sail down the canal. If you would like to attend this, please book a spot through our front of house team by phoning **0300 012 0231**.



🕒 10:00 - 15:00  
📍 Shepley Bridge Marina

If you are a Young Adult Carer (aged between 16 – 23) and would like to come along to one of our Barge Trips get your spot booked by phoning **0300 012 0231** or email [info@carerscount.org.uk](mailto:info@carerscount.org.uk)

**Struggling to find time to get out?**  
Join our friendly Walking Group for gentle strolls around Greenhead Park, a great way to unwind, meet new people and enjoy good company.

**Time: 11am-12:30pm**

Wednesday 30th July      Monday 22nd September

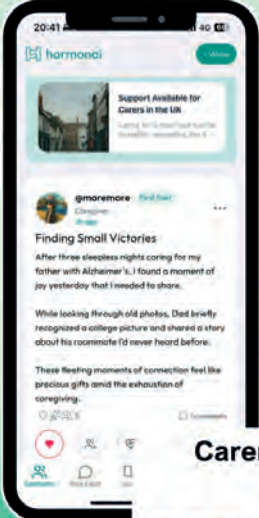
Wednesday 29th October

At the Conservatory Café (The Park Café), Greenhead Park, Trinity Street, Huddersfield, HD1 4DT

If you would like to book a place or find out more please contact  
📞 0300 012 0231    📧 [info@carerscount.org.uk](mailto:info@carerscount.org.uk)







**What's in it for you?** ❤️


- ✓ Chance to win £20 Amazon voucher for sharing your feedback
- ✓ Early access to Harmonai before anyone else
- ✓ Opportunity to shape a tool designed just for carers
- ✓ Free access to our Harmonai AI coach, free digital journal, resources and a supportive community!

**Carers, we need your voice!** ❤️

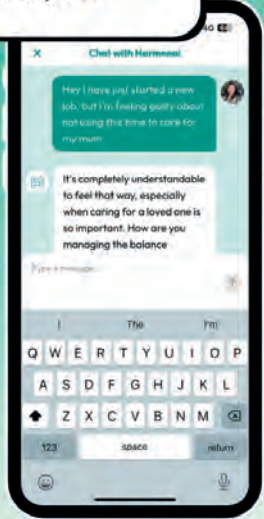
Harmonai is a well-being app designed for carers, and we want to make sure it meets your needs 🧑🏻

We are looking for carers to test it and tell us how we can make it better for you 🙋🏻

**Your experience matters.** If you're interested in joining a community that understand you then scan to install Harmonai ❤️



@harmonaihub



## New Carers Digital Drop In Launched

### Do you need help brushing up your digital skills?

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 or booking an online food shop etc?

If the answer to any of those questions is yes, then our new Digital Drop In service is for you.

We'll be running fortnightly at Empire House in Dewsbury starting Tuesday 17th June, and in Huddersfield beginning Wednesday 23rd July.

For more information contact James at [james.clayton@carerscount.org.uk](mailto:james.clayton@carerscount.org.uk)

## Landlines in the UK are going digital.

BT

### Are you ready?

The UK's landlines are getting an upgrade and soon most phone calls will be made over a broadband line. Don't worry, your landline is here to stay. Your phone number won't change, and over 99% of handsets work with the new system.

For most customers, the move to Digital Voice, BT's new home phone service is as simple as plugging your phone into a router rather than the phone socket on the wall.

#### If you don't have broadband

Don't worry, BT will be offering a dedicated landline service, allowing customers to use their landline in the same way they do today.

#### Supporting customers every step of the way

If you identify as vulnerable or need additional support, please contact your phone company. BT customers can call 0330 1234 150.

If you use a healthcare alarm or medical pendant which allows you to press for help in an emergency, or a burglar alarm, inform your phone company and check with your equipment provider about any needed upgrades before the switch.



For more information about Digital Voice, visit: [bt.com/digitalvoice](http://bt.com/digitalvoice)

## A guide to Digital Voice

Digital Voice is BT's new home phone service, powered by your broadband connection

For most customers, the switch to Digital Voice will be as simple as connecting your home phone handset to a router rather than the phone socket on the wall.

BT is raising awareness about the switch to its digital home phone service on a region-by-region basis, to help customers understand the simple steps required to make the switch.



Over 99% of phone handsets are compatible with our digital home phone service. And if yours isn't compatible, we have a range of handsets that you can add to your order.

**FREE**

For most BT customers, it is a simple and completely free transition to Digital Voice with no home installation work required. And you can keep your current phone number.



Digital Voice prevents the majority of scam calls, provides clearer call quality and allows users to easily divert calls to their mobile if they're out of the house.



Customers will be contacted four weeks before making the switch, to help ensure they're ready to make the move.

### What about customers with additional needs?

BT is taking extra time and will provide additional support to customers who identify as vulnerable or with additional needs to ensure they are ready to move to a digital landline.

All local authorities and telecare providers have been asked to share which phone lines have telecare devices on them, and BT is encouraging any vulnerable customers who have concerns or who haven't told us about their circumstances to give us a call on 0330 1234 150.

Together with Government, Ofcom, telecoms providers, charity partners and key industry groups, BT is working hard to ensure that everyone knows about the change, how they will be impacted and what they need to do as a result.

For customers without broadband, BT will be offering a dedicated landline service, allowing them to use their landline in the same way they do today.

### What if there's a power cut?

We understand that for many, particularly those with additional needs, the landline is a lifeline. We want to be sure everyone remains connected. We've been working to make battery back-up units available to those that need them. Customers with additional needs such as health pendants or without mobile signal, can take advantage of free additional support, on request. We're also working closely with the power companies to establish processes which help them to restore power as quickly as possible.

For more information, visit [www.bt.com/digital-voice](http://www.bt.com/digital-voice)

BT



The Light in Kingsgate, Huddersfield is scheduling Dementia Friendly screenings of films. Most recently Pretty Woman in May.

The full programme is here  
[huddersfield.thelight.co.uk/dementia-friendly](http://huddersfield.thelight.co.uk/dementia-friendly)



Tickets are just £5 per guest (and accompanying carers are free).

The film starts at 1pm (no ads or trailers). Guests are invited to arrive half an hour earlier to enjoy complimentary snacks courtesy of Iceland Foods Charitable Foundation.

The lighting remains slightly raised throughout the film and guests are welcome to move around as needed.

They also show relaxed screenings for neuro-divergent guests and have captioned screenings for guests who are deaf or hard of hearing. Audio description is also available (just ask a member of the team). The Light also offers other accessible screenings, for example, relaxed sessions and baby friendly screenings.

For guests with complex needs, a Changing Places accessible toilet is available.

More information on accessible screenings is here  
[huddersfield.thelight.co.uk/accessible-cinema](http://huddersfield.thelight.co.uk/accessible-cinema)



To find out more about their leisure sessions, please see this page for more information:  
[huddersfield.thelight.co.uk/activities/relaxed-sessions](http://huddersfield.thelight.co.uk/activities/relaxed-sessions)



the light

**Enjoyable for everyone and designed to suit those living with dementia**

Enjoy a heartwarming classic for just £5, with a free ticket for the accompanying carer

FIND OUT MORE



Thank you to Iceland Foods who kindly provide the refreshments for these screenings.

## How we've helped - Carers Count Kirklees Mental Health Service

On March 12th, the Carers Count Kirklees Mental Health Service team participated in a volunteering day at Crow Nest Park. Their role for the day - litter picking. Together, they collected eight bags of rubbish.

As well as being a great chance to give back to the community, we had a lovely day volunteering at the park and used the opportunity to highlight the support we offer to carers in the community to those we met.

*"It is amazing what you are doing. I salute you. Keep doing what you are doing; it's fantastic."*  
a member of the public

While not their normal, day-to-day, activity, the team really enjoyed doing something different and are looking for their next volunteering opportunity!





# Get Set Goal

University of Huddersfield Health Academy students play an integral role in supporting our health and wellbeing events across Kirklees and Calderdale.

As part of their service, they provide personalised 1-1 online appointments designed to address a variety of goals, such as improving physical fitness, time management or sleep quality. These sessions include tailored plans to meet the individual needs of participants, offering a fantastic opportunity for individuals aged 18+ to achieve their health and wellbeing goals.

For further information or additional materials, please contact [getsetgoal@hud.ac.uk](mailto:getsetgoal@hud.ac.uk)

## Get Set Goal

Helping you to achieve wellbeing goals that matter to you

Get Set Goal is a service delivered by healthcare students offering appointments to help improve the health and wellbeing of anyone 18+.



### We offer:

- A series of 1-1 online appointments in which we will tailor a personal plan to address your health and wellbeing needs.

### We can help with a wide range of health goals including:

- 'I'd like to work on my physical fitness'
- 'I'd like to improve my time management skills'
- 'I'd like advice on how to get a better night's sleep'

### Find out more and book a session:

- 🖱 [hud.ac.uk/gsg](http://hud.ac.uk/gsg)
- ✉ [getsetgoal@hud.ac.uk](mailto:getsetgoal@hud.ac.uk)
- ☎ 01484 472 201
- ✂ HWAHuddersfield



# National Foundation for Giving Voice

**Ever had a day when you were really struggling as a carer, then a song you love came along, perhaps on the radio, and helped you through? Connecting with a song can be a powerful experience.**

The National Foundation for *Giving Voice* has spent 30 years developing ways to harness the power of song to support people through challenging times. It's not about choirs, and not necessarily even about singing aloud – though singing can be part of it, nor does it require musical ability to discover the hidden depths of the power of song.

This approach – called Unlocking the Power of Song – has been found to be particularly helpful for carers, who so rarely get a chance to stop and take a break, for it enables people to harness the power of song at any time, even when they simply can't stop to take a break. Often the most powerful experience is when we do it silently.

One carer told them how she was able to draw on one of their songs when she was feeling significantly challenged in her carer role; she also said she became a 'better' carer as a result!

The Giving Voice Foundation is offering free sessions to carers to introduce them to this approach. After just a couple of sessions, participants will be able to draw deeply on song for support, wisdom, resilience, strength, and companionship—at any time, day or night.

The foundation runs a mixture of in-person and online events for both individuals and groups.

More information can be found on their website:  
[givingvoicefoundation.org.uk](http://givingvoicefoundation.org.uk)

They also offer their book, *Unlocking the Power of Song – A Companion for Challenging Times*, which can serve as a lasting source of support. Sessions are planned with carers' responsibilities in mind.

To learn more or discuss options, contact them at [info@givingvoicefoundation.org.uk](mailto:info@givingvoicefoundation.org.uk)





# Kirklees Citizens Advice & Law Centre

Kirklees Citizens Advice and Law Centre can assist clients with completing complex forms, such as those for Employment Support Allowance and Personal Independence Payment.

If a client is refused benefits, they can also support them in requesting a mandatory reconsideration and, if necessary, in making an appeal. This support is provided by the Advice Kirklees team in partnership with Kirklees Council.

If you are making an initial claim for Universal Credit then you will be able to get help from the Citizens Advice Universal Credit Help to Claim Helpline on **0800 144 8444**. This is a national service.

For clients whose case has been refused at tribunal they provide a specialist service for appeals to the Upper Tribunal funded by Legal Aid.

They have worked in partnership with Kirklees Council to create the Better Off Kirklees website which will allow everyone in Kirklees to check their benefit entitlement and make applications. This is a quick and easy way for you to handle your own benefits enquiry.



## How to get in touch for support:

1. You can visit them at their contact centre in Dewsbury.

### Dewsbury Contact Centre

Units 5/6 Empire House  
Wakefield Old Road  
Dewsbury  
West Yorkshire  
WF12 8DJ

Drop in - Mondays and Tuesdays, 09:30-15:00



citizens  
advice

2. You can call them on their Advice Line which is Free Phone **0808 278 7896** (Monday – Friday 9am-1pm)

3. Drop in's at Yorkshire Building Society:

The Yorkshire Building Society co-located referral service started in Kirklees in March 2022.

One of their advisers is based in YBS branches taking customer referrals from YBS branch staff. YBS can identify customers who they believe could benefit from further support and advice and book the customer a face-to-face generalist advice appointment with the in-branch Citizens Advice Adviser.

Citizens Advice clients (who are not YBS customers) and other members of the local community can also access support and advice either by a Citizens Advice Adviser making an appointment on their behalf, or by the client contacting their local YBS branch directly.

They are currently running sessions in both Huddersfield and Dewsbury:

Huddersfield: Monday, Tuesday and Thursday  
Telephone **01484 829895**

Dewsbury: Wednesday and Friday  
Telephone **01924 589685**







1	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP <b>Ladies Mental Health Group - Coping with Stress</b> @11:00-13:00 - Howland's Centre, Dewsbury WF13 1LD
2	Wednesday	<b>Male Carers Group</b> @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL <b>Huddersfield Art Group</b> @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
3	Thursday	<b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ <b>Batley Evening Coffee and Chat</b> @17:00-18:30 - Dewsbury Fire Station WF13 2AT
4	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
7	Monday	<b>Evening Coffee and Chat</b> @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
8	Tuesday	<b>Trip to Bridlington</b> (please call for details) <b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
9	Wednesday	<b>Coffee and Chat</b> @10:30-12:00 - Eddercliffe Centre, Liversedge WF15 6LP <b>Men's Mental Health Group</b> @10:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
10	Thursday	<b>Mental Health Carers Wellbeing Group - Colouricity Session</b> @11:00-13:00 - Please call for location details <b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
11	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
14	Monday	<b>Morning Coffee and Chat - JWP Solicitors legal Advice</b> @10:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
15	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP <b>Ladies Mental Health Group</b> @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ <b>Female Carers Group</b> @13:30-15:00 - Birkby Library HD1 6HF
16	Wednesday	<b>Huddersfield Art Group - Colouricity Session</b> @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
17	Thursday	<b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
18	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
21	Monday	<b>Batley Coffee and Chat - Life Coaching</b> @10:00-12:00 - Batley Library WF17 5DA
22	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
23	Wednesday	<b>Himmat Group Barge Trip</b> @10:00-15:00 - Shepley Bridge Marina, Mirfield WF14 9HR <b>After Carers Group</b> @13:00-14:30 - Brian Jackson House, Huddersfield HD1 5JP
24	Thursday	<b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
25	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
28	Monday	<b>Folly Hall Drop-in</b> @11:00-14:00 - Ground Floor, Room 53, Folly Hall HD1 3LT
29	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
30	Tuesday	<b>Walking Group</b> @11:00-12:30 - Green Head Park, Huddersfield HD1 4DT
31	Wednesday	<b>Young Adult Carers Group Barge Trip</b> - Please call for location details





1	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
4	Monday	<b>Evening Coffee and Chat</b> @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
5	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP <b>Ladies Mental Health Group Relaxation &amp; Health Checks</b> @11:00-13:00 - Brian Jackson House, Huddersfield HD1 5JP
6	Wednesday	<b>Male Carers Group</b> @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL <b>Huddersfield Art Group</b> @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
7	Thursday	<b>Batley Evening Coffee and Chat</b> @17:00-18:30 - Dewsbury Fire Station WF13 2AT <b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
8	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
11	Monday	<b>Morning Coffee and Chat</b> @10:30-12:00 - Brian Jackson House, Huddersfield HD1 5JP
12	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
13	Wednesday	<b>Cleckheaton Coffee and Chat</b> @10:30-12:00 - Eddercliffe Centre, Liversedge WF15 6LP <b>Men's Mental Health Group</b> @13:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
14	Thursday	<b>Mental Health Carers Wellbeing Group - Relaxation and Health Checks</b> @11:00-13:00 - Dewsbury Fire Station WF13 2AT <b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
15	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
18	Monday	<b>Batley Coffee and Chat</b> @10:30-12:00 - Batley Library WF17 5DA <b>Kirklees Mental Health Carers Forum</b> @13:00-15:00 - Room 52, Folly Hall HD1 3LT
19	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP <b>Ladies Mental Health Group</b> @11:00-13:00 - Howland's Centre, Dewsbury WF13 1LD <b>Female Carers Group - Relaxation &amp; Health Checks</b> @13:30-15:00 - Birkby Library HD1 6HF
20	Wednesday	<b>Huddersfield Art Group</b> @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
21	Thursday	<b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
22	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
25	Monday	<b>Summer Bank Holiday</b>
26	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
27	Wednesday	<b>Himmat Group</b> @12:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ <b>After Carers Group - CLEAR Lion Chambers</b> @13:00-14:30 - Brian Jackson House, Huddersfield HD1 5JP
28	Thursday	<b>Young Adult Carers Group - Colouricity Session</b> @13:00-15:00 - please call for details <b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
29	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP





1	Monday	<b>Evening Coffee and Chat</b> @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
2	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP <b>Ladies Mental Health Group - Colouricity Session</b> @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ, Dewsbury WF13 1LD
3	Wednesday	<b>Male Carers Group</b> @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL <b>Huddersfield Art Group</b> @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
4	Thursday	<b>Batley Evening Coffee and Chat</b> @17:00-18:30 - Dewsbury Fire Station WF13 2AT <b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
5	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
8	Monday	<b>Morning Coffee and Chat</b> @10:30-12:00 - Brian Jackson House, Huddersfield HD1 5JP
9	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
10	Wednesday	<b>Cleckheaton Coffee and Chat - Colouricity Session</b> @10:30-12:00 - Please call for location details <b>Men's Mental Health Group</b> @13:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
11	Thursday	<b>Mental Health Carers Wellbeing Group Bowling</b> @11:00-13:00 - Please call for location details <b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
12	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
15	Monday	<b>Batley Coffee and Chat - Colouricity Session</b> @10:30-12:00 - Batley Library WF17 5DA
16	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP <b>Ladies Mental Health Group</b> @11:00-13:00 - Howland's Centre, Dewsbury WF13 1LD <b>Female Carers Group</b> @13:30-15:00 - Birkby Library HD1 6HF
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22	Monday	<b>Walking Group</b> @11:00-12:30 - Green Head Park <b>Folly Hall Drop-in</b> @11:00-14:00 - Ground Floor, Room 53, Folly Hall HD1 3LT
23	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
24	Wednesday	<b>Himmat Group Relaxation &amp; Health Checks</b> @12:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ <b>After Carers Group - CLEAR Lion Chambers</b> @13:00-14:30 - Brian Jackson House, Huddersfield HD1 5JP
25	Thursday	<b>Scrap Journaling Group</b> @13:00-15:00 - Please call for location details <b>Young Adult Carers Group</b> (please call for details) <b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
26	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP



# October 2025 - Groups and Events

Call 0300 012 0231 or scan the QR code to book



1	Wednesday	<b>Male Carers Group</b> @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		<b>Art Group</b> @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
2	Thursday	<b>Batley Evening Coffee and Chat</b> @18:30-20:00 - Dewsbury Fire Station WF13 2AT
		<b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
3	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
6	Monday	<b>Evening Coffee and Chat</b> @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
		<b>Kirklees Mental Health Carers Forum</b> @13:00-15:00 - Room 52, Folly Hall HD1 3LT
7	Tuesday	<b>Meditation Group</b> @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
8	Wednesday	<b>Art Group</b> @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
		<b>Mental Health Together Group</b> @13:30-15:30 - Brian Jackson House, Huddersfield HD1 5JP
9	Thursday	<b>Carers Action Group</b> @13:30-15:30 - Please call for location details
		<b>Scrap Journaling Group</b> @13:00-15:00 - 5th floor, Empire House, Dewsbury WF12 8DJ
10	Friday	<b>Tai Chi</b> @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP

## New Hospital Visiting Hours

In Autumn 2024 Healthwatch and the Calderdale and Huddersfield NHS Foundation Trust engaged with over 500 patients, carers and colleagues to inform changes to visiting arrangements within the hospitals.

As a result of what we heard and as part of our person-centred approach to visiting, from March 2025 recommended visiting times for most adult inpatient areas were extended to run from 10am to 8pm.

Visiting outside of the hours 10am to 8pm will be supported wherever possible, to make sure that patients receive visits or are accompanied to their appointments by the people they choose to support them.

Support for carers to visit and support their loved one continues at the hospital, with the hospital team mindful that carers should not feel obligated to visit for long periods or care for their loved one unless this is their choice. The hospital team are keen to support carers to balance their own health and wellbeing with other responsibilities wherever possible.

Further information on visiting times can be found on the CHFT website:  
[cht.nhs.uk/patients-visitors/visiting-staying-in-touch-dropping-off-personal-items](https://cht.nhs.uk/patients-visitors/visiting-staying-in-touch-dropping-off-personal-items)



**Calderdale and Huddersfield**  
NHS Foundation Trust



# Information about the CEA Card

**The UK Cinema Association (UKCA) and its members want to make visiting the cinema an inclusive and enjoyable experience for all.**

They appreciate that some disabled people face barriers at the cinema as a result of the effect of their disability and are working hard to identify and remove these barriers.

Sometimes disabled people need to be accompanied by someone else to enjoy the cinema experience. To make being accompanied as easy as possible the UKCA operates the CEA Card scheme.

The scheme allows a Cardholder to be accompanied by someone, free of charge, when they purchase a ticket to visit a participating cinema with that person.

The CEA Card scheme is intended to benefit everyone who might face barriers that require someone's assistance when visiting the cinema, such as barriers that result from sight or hearing loss, having limited mobility or being neurodivergent. These are just examples – disability and its effects are very wide-ranging. The focus of the CEA Card Scheme is on removing or at least minimising some of the adverse effects of disabilities by providing for someone to accompany a disabled person.

## Applying for a Card is straightforward.

To be eligible, you must:

- be 5 years of age or older; and
- have a need to be accompanied in cinemas because of the effect of your disability.

If you are under 16, a parent or guardian must complete the application on your behalf. Someone else can help you with your application if you wish regardless of your age and the CEA Card staff are able to help with the process if that would be useful. Please contact us for details

[ceacard.co.uk/contact](https://ceacard.co.uk/contact)

There are three different routes you can use when applying for a Card. Specifically, a disabled person, or someone else who is helping with their application, can:

1. either upload or send us evidence that the disabled person receives one of the following payments:
  - Disability Living Allowance (DLA)
  - Attendance Allowance (AA)
  - Personal Independence Payment (PIP)
  - Adult / Child Disability Payment (ADP / CDP in Scotland)
  - Armed Forces Independence Payment (AFIP)
2. or upload or send evidence that the disabled person holds:
  - Severely Sight Impaired Registration (formerly Registered Blind)
  - Sight Impaired Registration (formerly Partially Sighted)
3. or if the disabled person:
  - does not receive one of the listed payments and is not registered as sight impaired; or
  - cannot find the supporting paperwork;

And the effects of their disability mean they have a need for someone to accompany them when going to the cinema, then they or the person helping them with the application should contact CEA Card at [ceacard.co.uk/contact](https://ceacard.co.uk/contact) to say so and they will advise on what further information, if any, they will need to consider their circumstances and process the application.

Note. The Blue Badge scheme, Disabled Persons' Railcard or being in receipt of Universal Credit or Employment and Support Allowance scheme are not accepted as proof of eligibility for a CEA Card.



[ceacard.co.uk](https://ceacard.co.uk)



[info@ceacard.co.uk](mailto:info@ceacard.co.uk)



01244 526 016



[carerscount.org.uk](https://carerscount.org.uk)



0300 012 0231

11

# BIRKBY LIBRARY GARDENING GROUP

EVERY TUESDAY FROM 11AM - 12.45PM

Join us for these gentle and friendly gardening sessions at Birkby and Fartown Library. Everyone is welcome!

Come along on a Tuesday and take part in a gentle gardening session helping to develop and maintain the garden at Birkby and Fartown Library. We will also have a few craft activities taking place on alternate weeks too. No previous gardening experience required.

Please wear clothing and footwear suitable for gardening. Refreshments will be provided. This session will take place at: Birkby and Fartown Library, Lea Street, Huddersfield HD1 6HF.



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"This walk is like a family group walk. Everyone looks out for each other and they all talk and mingle with each other."  
- Walking group participant

## Dewsbury Library Walking Group

Join this friendly group for gentle walks along the river, canal and Greenway in Dewsbury. You'll get the chance to take in nature, enjoy panoramic views and historic architecture too.

Every Friday from 11am - 12.45pm

The group meets inside Dewsbury Library, Railway Street WF12 8EQ. Please wear clothing and footwear suitable for walking. For more information, email us at: [contact@s2r.org.uk](mailto:contact@s2r.org.uk).

Registered Charity 1122199 | Limited Company 6418312



## WhatsApp

### Carers Information Group

Our carers' WhatsApp group is a great way to connect with other carers from all over Kirklees. The group is designed to be a platform where carers can socialise with each other, share jokes, ask questions about their caring role and share information that may be beneficial to others.

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 Count

## Have your voice heard

### PIP reforms

Cloverleaf Advocacy is compiling a report for Members of Parliament on the recent changes to benefits and we need your help. We invite you to take part in a short, anonymous survey to share your experiences and views.

Your input is valuable and will help ensure that real voices are heard in the ongoing conversation around benefit reform.

[surveymonkey.com/r/6XDFTYC](https://surveymonkey.com/r/6XDFTYC)