

Count on us! NEWSLETTER

January - March 2026



Supported by



Carers Count to run two Sanctuary Days in Kirklees

Thanks to a grant from the One Community Foundation, Carers Count Kirklees will be running two Sanctuary Days in April next year.

In Kirklees, 56,000 adults provide unpaid care for a loved one. Many face tough emotional challenges because of their caring responsibilities. Most carers say they feel isolated, with 81% feeling cut off socially and over half admitting to feelings of loneliness.

The Sanctuary Days will bring carers together and give them the essential break they need to care for themselves. It will be two full-day events, with relaxing activities such as meditation, arts and crafts, gentle movement and a social lunch.

Carers will have the chance to spend time with others who truly understand what they are going through and the Carers Count Kirklees team will be on hand for one-to-one support for those who need it.

It's all happening at the beautiful Oakwell Hall Barn, a perfect place to relax and recharge. The full-day event includes return travel to the venue, lunch and refreshments throughout the day.

Look out for further details on how you can join us and book into this event!

We would like to thank One Community Foundation for their support, which makes the Sanctuary Days possible.

Find out more about One Community Foundation and the great work they do at: one-community.org.uk

one community

NEW VENUE FOR OUR INFORMATION & ADVICE AND DIGITAL DROP-INS

Our I&A and Digital Drop-in sessions will be moving to a new venue from January. The Information & Advice Drop-in will now take place at S2R every Tuesday from 10am to noon. You can drop in to speak with one of our Information & Advice workers for a confidential, free, 20-minute one-to-one chat.

Our Digital Drop-in will also be held at S2R and will run every other Wednesday from 1 – 3pm. If you need help with your phone, tablet, or laptop, or if you're unsure how to use the NHS app, book a food shop, complete online forms, or stay safe online, our friendly team is here to support you. Just come along and get the guidance you need!

New
Venue
for 2026



Drop-in Sessions

Every Tuesday
10am - Noon

Come along to meet with one of our information and advice workers for a free and confidential 20-minute one-to-one chat

S2R Create Space
5-7 Brook Street, Huddersfield, HD1 1EB



Drop by for a face-to-face chat or contact us below to book a telephone appointment

0300 012 0231 info@carerscount.org.uk

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Carers Retreat 2026

Friday 17th & Saturday 18th of April

Oakwell Hall Barn, Nova Lane, Birstall, Batley, WF17 9LF

Join us for the Carers Sanctuary Retreat — a full day dedicated to relaxation, meditation, Tai Chi, a delicious lunch, and creative crafts.

£10
per person
For unpaid
carers only

To book a place or find out more

Call us on **0300 012 0231** or email us at
info@carerscount.org.uk

www.carerscount.org.uk / www.one-community.org.uk

carerscount.org.uk

0300 012 0231

Spotlight on group dates



⌚ 13:30 - 15:00

📍 Birkby Library, Fartown, Huddersfield HD1 6HF

James is running a Digital Inclusion session at our Female Carers Group at Birkby Library, Fartown, Huddersfield, HD1 6HF. He will be there between 1:30 – 3pm to answer any of your questions around all things digital. If you need help with your tablet or phone, bring it along and let James help you.



⌚ 11:00 - 12:00

📍 Empire House, Dewsbury WF12 8DJ

The Community Crime Prevention Team are coming to do a session with our Ladies Mental Health Group at Empire House, Dewsbury (4th floor, Cloverleaf/Carers Count Offices). They will be taking carers through all things neighbourhood watch and being safe both in the community and at home. This session is running between 11am – 12noon, all female carers welcome.



⌚ 10:30 – 12:00

📍 Brian Jackson House, Huddersfield HD1 5JP

The Community Crime Prevention team will also be coming over to Brian Jackson House, New North Parade, HD1 5JP, and visiting our Huddersfield Coffee and Chat group on 9th February 2026 between 10:45am – 12noon. If you want to hear from and speak with the team around neighbourhood watch and Huddersfield suits you better, we would love to see you there.



⌚ 10:30 - 12:00

📍 Eddercliff Centre, Liversedge WF15 6LP

James is coming over to the Cleckheaton group to run his Digital Inclusion session at the Eddercliff Centre, Liversage, WF15 6LP. He will be there between 10:30am – 12 noon to answer any of your questions around all things digital. If you need help with your tablet or phone, bring it along and let James help you.



⌚ 11:00 - 13:00

📍 Dewsbury Fire Station WF13 2AT

Sian from Get Set Goal at Huddersfield University will be delivering a session with our Together Group at Dewsbury Fire Station, Carlton Road, WF13 2AT. This will run between 11am – 1pm and focus on “New Year, New You!”. If this interests you, please do pop along.



⌚ 12:00 - 15:00

📍 Empire House, Dewsbury WF12 8DJ

Rebecca from CLEAR is running a Pilates Session with our Himmat Female Carers group. If you are a female and would like to come along to this session, please feel free to do so. Between 12noon – 3pm at Empire House, Dewsbury (4th floor, Cloverleaf/Carers Count Offices).



NORTH KIRKLEES GROUPS



EVENING COFFEE AND CHAT
Dewsbury Fire Station - First Thursday of each month.
5PM - 6.30PM

MORNING COFFEE AND CHAT
Eddercliff Health Centre - Second Wednesday of each month.
10.30AM to 12 NOON

WELLBEING GROUP
For carers looking after someone with a mental ill-health including dementia and drugs and alcohol dependency.
Dewsbury Fire Station - Second Thursday of each month.
11AM - 1PM

BATLEY COFFEE AND CHAT
Batley Library - Third Monday of each month.
10.30AM - 12 NOON

DIGITAL DROP-IN
Empire House, Dewsbury, WF12 8DJ - Every fortnight on a Tuesday.
10AM - 12 NOON

YOUNG ADULT CARERS (16-25)
Please contact us for more information.

To find out more please contact:
📞 0300 012 0231 📩 info@carerscount.org.uk



SOUTH KIRKLEES GROUPS



EVENING COFFEE AND CHAT
Starbucks Leeds Road Retail Park, Huddersfield - First Monday of each month.
6.30-8PM

DIGITAL DROP-IN
Please get in touch for locations details:
Every fortnight on a Wednesday
1-3PM

MEDITATION GROUP
Brian Jackson House, Huddersfield - Every week on Tuesdays.
10.30AM - 12 NOON

MORNING COFFEE AND CHAT
Brian Jackson House, Huddersfield - Second Monday of each month.
10.30AM - 12 NOON

MALE CARERS GROUP
UK Superbowl Leeds Road, Huddersfield - First Wednesday of each month.
12.30 - 2.30PM

FEMALE CARERS GROUP
Birky Library, Huddersfield - Third Tuesday of each month.
1.30-3PM

ART GROUP
For carers, former carers and carers for (must be accompanied by carer)
Brian Jackson House, Huddersfield - First and Third Wednesday of each month.
1- 3PM

AFTER CARERS GROUP
Lion Chambers (CLEAR office) - Fourth Wednesday of each month.
1- 2.30PM

TAI CHI
Brian Jackson House, Huddersfield - Every Friday.
11AM - 12.30PM

YOUNG ADULT CARERS (16-25)
Please contact us for more information.

To find out more please contact:
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Carers Forum Dates

Learning Disability Carers Sub-Group

Do you care for a loved one with a learning disability? Would you like to come along and meet with other carers and professionals to help shape and feedback to services?

 **Tuesday 13 January 2026**  **13:00 - 15:00**

 **Empire House, Dewsbury WF12 8DJ**

 **Tuesday 10 March 2026**  **13:00 - 15:00**

 **Empire House, Dewsbury WF12 8DJ**

 **Tuesday 12 May 2026**  **13:00 - 15:00**

 **Empire House, Dewsbury WF12 8DJ**

Kirklees Carers Mental Health Forum

Do you care for someone with a mental health condition? Do you have any time to spare to come along to our forum, to share your views and meet other likeminded carers?

Carers Pre Meet  **12:30 – 13:00**

Main meeting  **13:00 – 15:00**

 **Monday 19 January 2026**

 **Room 40, Folly Hall, Huddersfield HD1 3LT**

 **Monday 9 March 2026**

 **Empire House, Dewsbury WF12 8DJ**

 **Monday 11 May 2026**

 **Room 40, Folly Hall, Huddersfield HD1 3LT**

 **Monday 13 July 2026**

 **Empire House, Dewsbury WF12 8DJ**

 **Monday 14 September 2026**

 **Room 40, Folly Hall, Huddersfield HD1 3LT**

 **Monday 9 November 2026**

 **Empire House, Dewsbury WF12 8DJ**

COFFEE/SOCIAL  **Monday 14 December 2026**

 **Empire House, Dewsbury WF12 8DJ**

Carers Count Action Group

We are looking for carers who would like to help shape our services. Do you have ideas, opinions and tips on what we are doing well and what we could be doing better? Everyone welcome!

 **Thursday 26 February 2026**  **13:00 - 14:30**

 **Empire House, Dewsbury WF12 8DJ**

 **Thursday 21 May 2026**  **13:00 - 15:00**

 **Venue TBC**

 **Thursday 20 August 2026**  **13:00 - 15:00**

 **Venue TBC**

 **Thursday 19 November 2026**  **13:00 - 15:00**

 **Venue TBC**

Kirklees Carers Strategy Group

This group meets every quarter. We are a group of carers, professionals and representatives from various carer-focused organisations across Kirklees. If you feel you would like to come along to see what we are about and share your views and feedback on services across Kirklees, you are more than welcome.

Carers Pre Meet  **12:30 – 13:00**

Main meeting  **13:00 – 15:00**

 **Thursday 22nd January 2026**

 **Online on Teams**

 **Tuesday 13 January 2026**

 **Online on Teams**

If you are interested in any of these forums or for future dates, please contact us on **0300 012 0231** or info@carerscount.org.uk and speak to Yakub Rawat.



Martha Mills was a 13-year-old girl who fell off her bike whilst on holiday in Wales. Martha's abdomen took the full brunt of the fall. Her family raised their concerns with the medical and nursing staff at the hospital on several occasions and were "reassured" by professionals. The family recognised Martha was becoming more poorly and expressed their worries. Martha was moved to Great Ormond Street Hospital and the following day she sadly died.

Martha's Rule has been introduced in hospitals across England and gives patients, families and carers the right to request a review if they are worried that they or their loved one's condition is getting worse and their concerns are not being responded to.

At Calderdale and Huddersfield NHS Foundation Trust we are encouraging people to:

1. Recognise - Watch for any signs of deterioration or changes in your condition, which have not been addressed by a clinician

2. Escalate - Discuss your concerns with the nurse or doctor in charge of their care. If the condition of the patient you are visiting is rapidly worsening and you feel you are not being listened to you can refer to Martha's Rule

3. Refer to Martha's rule - If your concerns are not addressed and there is a deterioration in the patient's condition whilst they are in hospital, you can refer to Martha's Rule by calling the Martha's Rule telephone number: **Huddersfield 07350 439 603 Calderdale Team 07350 439 623**. The Acute Response Team will assess the call and aim to respond within 4 hours. If you feel it is an urgent deterioration, please escalate to the nurse in charge and doctors on the ward immediately.

Scan here to find out more about Martha's Rule.



Our Hospital Liaison Service Two Years On

It's hard to believe it has been two years since Shazia Bi, Louise Spencer, and Allana Foulds started their roles as Carers Hospital Liaison Workers for Carers Count Kirklees and Calderdale. This service forms part of Carers Count's Telephone Information and Support Service for unpaid carers whose loved one is in hospital or has recently been discharged. Our local NHS Trusts support unpaid carers to connect with Carers Count as part of their commitment to carer support.

You may have met our team at the monthly stalls in the main reception areas at Huddersfield Royal Infirmary and Calderdale Royal Hospital on the first Wednesday of each month. We also host a stall at Dewsbury District Hospital on the third Wednesday of each month.

Carers referred to our Hospital Liaison Workers receive a quick check-in phone call to ensure they are informed about their rights, available services, and the resources that can support them during and after their loved one's hospital stay.

Many carers have told us how valuable these calls are—whether to learn about support available or simply to have someone to talk through their caring situation with.

"It's useful to have the carer service to talk to when your loved one is in hospital. I had so many questions; it felt overwhelming. I learned who I needed to ask in the hospital to get answers to my questions. I was informed about support for unpaid carers, including receiving a copy of the Calderdale and Kirklees Carers Charter and a carers lanyard."

"It was really helpful to hear about all the different support services that are out there for me to access."

"I think of myself as someone good at searching things out, but lots of service names sound the same—it's confusing. It's been great to have a conversation following hospital discharge to get a better understanding of what is available."

"I don't like to bother my loved one as they are poorly. It's good to know that the carers' hospital liaison staff are there to listen. It's made things feel less overwhelming."

"Having help to write a well-thought-out Plan B/contingency plan has been a big relief to me as my loved one's main carer. I worried about what would happen if I became unwell. Having all their care needs written in one place has given me peace of mind. I might never need to use it, but I'm glad it's done."

"I never thought my loved one would qualify for any benefits, but after having the HD call I was encouraged to get a full benefit check. It turned out that my dad did qualify, and it's made such a difference to his quality of life."

Allana, Shazia, and Louise are here if you need support when a loved one is in hospital or has recently been discharged. Please don't hesitate to call us.



Carer Information Hospital Stalls

First Wednesday of every month 10am - 2pm

Visit our Carers Stall in the main entrances of Huddersfield Royal Infirmary and Calderdale Royal Hospital

If you are a carer in Kirklees contact us on:

0300 012 0231
info@carerscount.org.uk
www.carerscount.org.uk
4th floor, Empire House, Wakefield Old Road, Dewsbury, WF12 8DJ

If you are a carer in Calderdale contact us on:

01422 369101
Calderdale@carerscount.org.uk
www.carerscount.org.uk
Carers Count Calderdale, Suite 6b, Rimani House, 14-16 Hall Street, Calderdale, HX1 5BD



Carer Information Hospital Stalls

Dewsbury District Hospital, Halifax Road, Dewsbury, WF13 4HS

**Third Wednesday of every month
10am - 2pm**

Join us at the main entrance of Dewsbury District Hospital to learn how Carers Count can support you in your role as a carer.



To find out more about Carers Count, you can contact us on:

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

New Initiative Launches to Give West Yorkshire's Unpaid Carers a Well-Deserved Break.

The Caring Kind Project, managed by Carers Leeds — an organisation with over 30 years' experience supporting unpaid carers — offers carers the chance to take a well-deserved break, with experiences generously gifted by businesses from the hospitality, leisure, tourism, and culture sectors across the region.

Unpaid carers are family members, friends, and neighbours who look after someone due to illness, disability, or age — providing an essential service to the UK. Their care is estimated to save the economy £162 billion annually, and yet, **4 in 10 unpaid carers live in poverty**. In West Yorkshire, there are **400,000 known unpaid carers**, and many report burnout, isolation, and mental and physical exhaustion.

“Burnout is a real and profound issue for unpaid carers,” says **Claire Turner, Chief Executive of Carers Leeds**. *“We know that caring can have a negative impact on carers health and wellbeing and that carers often put their own needs second to the person they are caring for. Being able to take a break from caring is so important, and this project aims to help carers do just that.”*

A Simple Gift: A Break.

The Caring Kind Project is building a community of local businesses — from hotels to hairdressers, cafés to cultural venues — whose generosity directly improves the well-being of unpaid carers.

Whether it's a weekend away or just coffee and cake with a friend, The Caring Kind Project gives them the confidence to step away, to catch their breath, and return to their responsibilities with renewed energy and a fresh perspective.

Local Giving. Local Impact.

Businesses are invited to join the project as **Giving Partners**, donating breaks, experiences, or services. For those outside the hospitality sector, there's also the option to **fund a break**, helping to purchase breaks and experiences from independent, local businesses that want to support but simply can't.

“There are few charitable causes where the support is so direct,” says **Gemma Povey, Project Manager**. *“Giving Partners see the benefit of their gift on the faces of the people in front of them — it’s so personal. We really are building a caring community.”*



The Caring Kind Project



Giving unpaid carers a well-deserved break.



Unpaid carers are family members, friends, and neighbours who care for loved ones, without pay and all too often without recognition.

We give them something simple, yet so meaningful — **a break**.

Find out more →

✉ thecaringkindproject.org.uk

✉ hello@thecaringkindproject.org.uk



#wecarethecaringkind

Get Involved

The Caring Kind Project is now seeking business partners, sponsors, and community supporters to join the community.

To learn more, offer support, or fund a break, visit:

🌐 thecaringkindproject.org.uk

✉ hello@thecaringkindproject.org.uk



Dementia UK – Partnership with Nationwide

Nationwide has partnered with Dementia UK, as part of their Nationwide Fairer Futures programme, to run dementia clinics across 200 of their branches — including the Huddersfield Kirkgate branch!

The Nationwide Fairer Futures programme aims to help people affected by dementia, and their families, gain better access to vital services. Over the next three years, the partnership hopes to support at least 100,000 people living with dementia and their carers through specialist care and expert guidance.

If you care for someone who has dementia, or if you live with the diagnosis yourself, you can book a 45-minute face-to-face appointment with a dementia specialist Admiral Nurse. They will offer tailored support and expert advice. All appointments are confidential and take place in a private space within the branch.

How they can support you:

- understanding the diagnosis and how the condition progresses
- practical tips for caring for someone who lives with dementia
- adapting to and coping with changes in behaviour
- financial and legal issues, visit dementiauk.org/information-and-support/financial-and-legal-support
- transitions in care, including moving into residential care, visit dementiauk.org/information-and-support/specialist-diagnosis-and-support/considering-a-care-home-for-a-person-with-dementia
- emotional support, including anticipatory grief, bereavement and loss, visit dementiauk.org/information-and-support/looking-after-yourself-as-a-carer/grief-bereavement-and-loss



How to book an appointment

The next available appointments are on 13th January at Nationwide, 2 Kirkgate, Huddersfield.

Appointments are also available in Halifax.

Nationwide releases new appointment slots on the first Friday of every month, so please check their website if you can't see a session near you.

dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-clinics/nationwide/#locations

Please note that appointments can only be booked up to one month in advance.

If you are unable to book online, you can send a text message with the word **APPOINTMENT** to **07478 724000**, and a member of the Nationwide team will call you to help you make a booking.

If you have any questions about the clinics, please contact nationwide@dementiauk.org.

For immediate support, contact **Dementia UK's Helpline** on **0800 888 6678**.





January 2026 - Groups and Events

Call 0300 012 0231 or scan the QR code to book



1	Thursday	New Years Day
2	Friday	Tai Chi @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
5	Monday	Evening Coffee and Chat @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
6	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
7	Wednesday	Male Carers Group @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		Huddersfield Art Group @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
8	Thursday	Mental Health Carers Wellbeing Group @11:00-13:00 - Dewsbury Fire Station WF13 2AT
		Evening Coffee and Chat @17:00-18:30 - Dewsbury Fire Station WF13 2AT
9	Friday	Tai Chi @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
12	Monday	Morning Coffee and Chat @10:30-12:00 - Brian Jackson House, Huddersfield HD1 5JP
13	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
14	Wednesday	Cleckheaton Coffee and Chat @10:30-12:00 - Eddercliff Centre, Liversedge WF15 6LP
		Men's Mental Health Group @13:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
15	Thursday	
16	Friday	Tai Chi @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
19	Monday	Batley Coffee and Chat @10:30-12:00 - Batley Library WF17 5DA
		Kirklees Mental Health Carers Forum @13:00-15:00 - Room 40, Folly Hall HD1 3LT
20	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
		Female Carers Group @13:30-15:00 - Birkby Library HD1 6HF
21	Wednesday	Huddersfield Art Group @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
22	Thursday	
23	Friday	Tai Chi @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
26	Monday	Folly Hall Drop-in @11:00-14:00 - Ground Floor, Room 53, Folly Hall HD1 3LT
27	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
28	Wednesday	Himmat Group @12:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
		After Carers Group @13:00-14:30 - Please call for location details
29	Thursday	
30	Friday	Tai Chi @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP



February 2026 - Groups and Events

Call 0300 012 0231 or scan the QR code to book



2	Monday	Evening Coffee and Chat @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
3	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - Brian Jackson House, Huddersfield HD1 5JP
4	Wednesday	Male Carers Group @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		Huddersfield Art Group @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
5	Thursday	Evening Coffee and Chat @17:00-18:30 - Dewsbury Fire Station WF13 2AT
6	Friday	Tai Chi @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP
9	Monday	Morning Coffee and Chat @10:30-12:00 - Brian Jackson House, Huddersfield HD1 5JP
10	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
11	Wednesday	Cleckheaton Coffee and Chat @10:30-12:00 - Eddercliff Centre, Liversedge WF15 6LP
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19	Thursday	
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24	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
25	Wednesday	Himmat Group @12:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
		After Carers Group @13:00-14:30 - Please call for location details
26	Thursday	Carers Action Group @13:00-14:30 - Online on Teams 4th floor, Empire House, Dewsbury WF12 8DJ
27	Friday	Tai Chi @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP



March 2026 - Groups and Events

Call 0300 012 0231 or scan the QR code to book



2	Monday	Evening Coffee and Chat @18:30-20:00 - Starbucks, Leeds Road, Huddersfield HD1 6PF
3	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
4	Wednesday	Male Carers Group @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		Huddersfield Art Group @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
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1	Wednesday	Male Carers Group @12:30-14:30 - UK Superbowl, Leeds Road, Huddersfield HD2 1YL
		Huddersfield Art Group @13:00-15:00 - Brian Jackson House, Huddersfield HD1 5JP
2	Thursday	Evening Coffee and Chat @17:00-18:30 - Dewsbury Fire Station WF13 2AT
3	Friday	Good Friday
6	Monday	Easter Monday
7	Tuesday	Meditation Group @10:30-12:30 - Brian Jackson House, Huddersfield HD1 5JP
		Ladies Mental Health Group @11:00-13:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
8	Wednesday	Cleckheaton Coffee and Chat @10:30-12:00 - Eddercliff Centre, Liversedge WF15 6LP
		Men's Mental Health Group @13:00-15:00 - 4th floor, Empire House, Dewsbury WF12 8DJ
9	Thursday	Mental Health Carers Wellbeing Group @11:00-13:00 - Dewsbury Fire Station WF13 2AT
10	Friday	Tai Chi @11:00-12:30 - Brian Jackson House, Huddersfield HD1 5JP

The Carers Count team has been out volunteering again!

Members of the Carers Count team recently volunteered at Safe Anchor Trust in Mirfield. We work alongside Safe Anchor Trust to run our canal boat trips, and this was a great opportunity to give something back.



We had a fantastic time. Together we:

- Planted 400 daffodils and numerous bluebells.
- Planted bulbs in the Marina and cut back overgrown vegetation.
- Teams on the boat collected litter and other larger items.
- We cleared seven bags of litter from Shepley Marina to Calder Road Bridge.
- From Greenwood flood gate to next access path to canal, we collected 22 bags of litter, and the Council took them away.
- We cut back vegetation back which was obstructing people using the pavement.
- Also collected 9 bags of good soil.



If you would like to contact Safe Anchor to find out more about what they do or how you can help, use the contact us page on their website: safeanchor.org.uk/contact

Alternatively, you can email them:

volunteering@safeanchor.org.uk

admin@safeanchor.org.uk



Nationwide – Better Off Indicator

Nationwide has launched a free phone line to assist UK residents in claiming benefits they are entitled to. The service is available to everyone and not just Nationwide customers. The service includes a benefit calculator, and support is available for those who would like extra help applying digitally.

Many people believe benefits are only for those who can't work — but that's not the case. Every year, around £23 billion in benefits go unclaimed in the UK simply because people don't realise, they may be eligible.

You could be entitled to support if you or your household:

- Are out of work
- Rent your home
- Have children
- Have a disability or care for someone who does
- Receive the State Pension

To find out what you might be able to claim, try our Better Off Indicator. It only takes a few minutes and could help make a real difference with the cost of living.

If the tool suggests you're eligible, you can complete a full benefits calculation and start your application.

Check if you can claim

nationwide.co.uk/help/challenging-times/unclaimed-benefits/better-off-indicator

Prefer to speak to someone?

If your results show you may be entitled to support and you'd like help with the full calculation, you can call Policy in Practice to speak to a benefits specialist on 0300 373 0619.

Before calling, please have details ready about:

- Your income (wages, pensions, benefits, tax credits)
- Your partner's income, if applicable
- Savings or investments
- Rent or mortgage payments
- Annual Council Tax and any discounts
- Information about other adults living in your home
- Whether anyone receives Carer's Allowance for you or someone else you live with

Having this information at hand will help identify exactly what support you may be entitled to.



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Launch your career in Early Education

Skills Bootcamps are free, flexible courses giving people the opportunity to build up sector-specific skills and an offer of an interview upon completion.

60 hours of face-to-face training delivered twice weekly for up to 10 weeks. The course includes:

- Understanding the key principles of safeguarding and child protection.
- Recognising the value of play in Early Years and its impact on learning.
- Understanding the Early Years Foundation Stage statutory framework.
- Encouraging personal, social and emotional development in young children.
- Developing children's early maths & literacy skills.
- Supporting speech, language and communication in young children.
- Meeting the needs of all children, including those with SEND.
- Paediatric First Aid training.

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**SCAN THE QR
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To be eligible you need to:

- be aged 19+
- have the right to work in the UK

Kirklees Success Centre

West Yorkshire Combined Authority | Tracy Brabin Mayor of West Yorkshire

Locala Health & Wellbeing

Out of work? Need support?



Our Wellness to Work programme might be right for you.

Let's start by identifying what might be holding you back from finding work - whether it's your health, confidence, skills or overall wellbeing.

From there, our dedicated team will work with you to create a personalised plan with clear, achievable steps.



Are you eligible?

- Aged between 18-64 years
- Resident of Kirklees
- Economically inactive (not currently in work or seeking work)

If this sounds like you, get in touch to find out more!

• Scan the QR code or visit: www.locala.org.uk/services/wellness-to-work

• Call or WhatsApp: 07763 566 360

• Email: wellnessstowork@locala.org.uk

Kirklees Council **West Yorkshire Combined Authority** **Tracy Brabin Mayor of West Yorkshire** **Healthy Working Life**

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FREE EVENT

FRIDAY NIGHTS

6:30 - 8:30PM
@ WAVERLEY HALL

16 - 25 YR OLDS

For more information please contact:
helen.welburn@mencapinkirklees.org.uk 01484 340844
Charity number 702494 Company registration number 2428994

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