



**Peer Support What's On!**  
**January – March 2024**

These activities are open to everyone aged 18 or over who lives in Kirklees and experiences mental health issues, problems, or concerns. You do not need to be seeing an employment advisor to join. Simply call the number on the back or email and ask for Karl Jackson-Lander the Peer Support Coordinator who will assist you to fill out a short referral form so you can attend.



**ASSERTIVENESS AND COMMUNICATION – 2 WEEKS- 2 HOURS A WEEK**

Explores all aspects of improving Assertiveness skills, maintaining them, and developing better communication skills.

<b>Online</b>		22 <sup>nd</sup> January	1pm – 3pm
<b>In Person</b>	Jubilee Centre Huddersfield	15 <sup>th</sup> March	1pm – 3pm
<b>Digital Handbook</b>		Self-Led	Anytime

**STRESS MANAGEMENT – 2 WEEKS- 2 HOURS A WEEK**

Examines all aspects of how Stress can affect us and how it has a negative impact on your mental wellbeing, looking at methods and new ways of thinking that can drastically reduce stress levels in our daily lives.

<b>Online</b>		8 <sup>th</sup> January	1pm – 3pm
<b>In Person</b>	Media Centre Huddersfield	9 <sup>th</sup> February	1pm-3pm
<b>Evening Workshop</b>	Online	18 <sup>th</sup> January	6.30pm-7.30pm

**SELF-ESTEEM AND RESILIENCE – 2 WEEKS- 2 HOURS A WEEK**

Examines what self-esteem and resilience is, how it affects us, and how we can build and maintain positive self-esteem for ourselves.

<b>Online</b>		25 <sup>th</sup> January	1-3pm
<b>In Person</b>	Jubilee Centre Huddersfield	19 <sup>th</sup> January	1-3pm
<b>Digital Handbook</b>		Self-Led	Anytime

**WAYS TO WELLBEING – 2 WEEKS- 2 HOURS A WEEK**

Explores all aspects of improving and maintaining mental health through practical means that people can use daily.

<b>Online</b>		22 <sup>nd</sup> February	1pm – 3pm
<b>In Person</b>	Recovery College Mirfield	12 <sup>th</sup> March	1pm- 3pm
<b>Digital Handbook</b>		Self-Led	Anytime

**MOOD AND FOOD – 2 WEEKS- 2 HOURS A WEEK**

Explores how food can affect our mental wellbeing in a positive and negative way and general tips on what to eat to improve your mental health.

<b>Online</b>		8 <sup>th</sup> February	1pm – 3pm
<b>In Person</b>	N/A	N/A	N/A
<b>Digital Handbook</b>		Self-Led	Anytime

### FOOD AND HOUSEHOLD BUDGETING – 2 WEEKS- 2 HOURS A WEEK

Offers practical advice and tips on how to make large savings on your food shop and how to make sure that your household bills don't cost a fortune

<b>Online</b>		11th January	1pm – 3pm
<b>In Person</b>	N/A	N/A	N/A
<b>Digital Handbook</b>		Self-Led	Anytime

### CONFIDENCE TO WORK – 6 WEEKS- 2 HOURS A WEEK

Explores all aspects of getting into employment after being out of work for any length of time due to poor mental or physical health.

<b>Online</b>		5 <sup>th</sup> February	1pm – 3pm
<b>In Person</b>	Recovery College Mirfield	23 <sup>rd</sup> January	1pm- 3pm
<b>Digital Handbook</b>		Self-Led	Anytime

### VOLUNTEER AND PEER CHAMPION TASTER WORKSHOP – 2 WEEKS- 2 HOURS A WEEK

Covers all the basic necessary skills and information that you will need if you are considering the exciting and rewarding world of volunteering

<b>Online</b>		7 <sup>th</sup> March	1pm- 3pm
<b>In Person</b>	N/A	N/A	N/A
<b>Digital Handbook</b>		Self-Led	Anytime

### YOUR VOICE IN KIRKLEES NEWSLETTER – WEEKLY GROUP



This partnership newsletter group is seeking contributors for their quarterly Mental Health Newsletters. This could be Art, Poetry, Stories, Articles, Puzzles, Photos and Crafts plus lots more, we just want to hear from you!

<b>Online and In Person (at the same time)</b>	The Media Centre, Huddersfield	Every Wednesday	12.30pm – 2pm
<b>Digital Submissions</b>	You can still send in any submissions if you can't attend this group by emailing: Karl.Jackson-Lander@richmondfellowship.org.uk.		

**WORD IN MIND – WEEKLY GROUP**

Each week the group decide on a theme and then explore it through stories, poetry, images or video clips in a very informal and relaxed atmosphere.

<b>Online and In Person (at the same time)</b>	The Media Centre, Huddersfield	Every Tuesday	11am – 12pm
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**For more information or to book a place please contact:**

**Karl Jackson-Lander on:**

**Mobile: 07909 993203**

**Email: [Karl.Jackson-Lander@richmondfellowship.org.uk](mailto:Karl.Jackson-Lander@richmondfellowship.org.uk)**

*Huddersfield Office: The Media Centre, 7 Northumberland St, HD1 1RL  
Dewsbury Office: Connect Housing: 21 Bond Street, Dewsbury, WF13 1AX*



For More information, to see our online calendar, or to complete our online application form follow the QR Code, or visit: <https://rfkirkleesemployment.org.uk/>

