









Help is just a click away.
Access a specific area within this document.

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<p>Housing</p> 	<p>Internet Safety</p> 	<p>Family Support</p> 

Safeguarding Children



FOR FURTHER INFORMATION ON PARENTING ADVICE SEE EARLY HELP SAFEGUARDING AND VISIT PARENTING PROGRAMMES.



Kirklees **Safeguarding Children** Partnership

The list below shows the safeguarding team within school, and you can also contact Kirklees Safeguarding Children Partnership by visiting

<https://www.kirkleessafeguardingchildren.co.uk/>



The NSPCC is a national charity aiming to promote the protection of children and young people from any abuse.

If you are a parent/ carer and want to talk to someone if you are worried about a child contact 0808 800 5000.

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

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A key provider of domestic abuse support services in Kirklees. We believe that everyone has the right to live free from all forms of abuse and have the right to be free from potential or actual harm.

<https://pdap.co.uk/>



Organisation that helps the perpetrator with strategies and support to stop abusing others.

<https://stopdomesticabuse.uk/>

Mental Health and Emotional Well-Being



Northorpe Hall

Northorpe Hall Child & Family Trust is an independent charity, working closely with NHS and Kirklees Council health and care services. Our staff and volunteers provide essential services supporting the health and wellbeing of Kirklees children, young people and families. Northorpe Hall has accessibility for support from CAHMS, CHEWS, Thrive, LOCALA, also workshops are available for Parents/ Carers and young people.

<https://www.northorpehall.co.uk/>

Our workshops are provided both in person and online. It will be stated on the booking form which workshop will be in person and which you can access online. **The sessions are interactive**, giving you an opportunity to share and engage in activities. Please don't be shy, we're all in the same boat!

We'll require an email address as part of booking a place. If you're accessing our workshops online, you'll need a computer/laptop and a quiet space for 90 minutes for each session.

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



Do you need support with the health and wellbeing, physical or emotional health, of a child or young person aged 0-19 (25 for those with additional needs) residing within Kirklees?

The form below is for young people, parents/carers and professionals to access [Thriving Kirklees](#) services. That includes:

- 0-19 Team (Health Visitors and School Nurses)
- Breastfeeding support
- Support for children and young people's emotional and mental health (CHEWS and CAMHS)
- Neuro development assessment (Autistic Spectrum Conditions, ADHD)
- Healthy Start Vitamins
- Safety in the Home
- Safety Rangers

<https://www.thrivingkirklees.org.uk/referral-form/>



LOCALA is a not-for-profit organisation which is proud to provide a variety of NHS community healthcare services to people in Kirklees, Calderdale and Bradford. Numerous services are available for both Adults and children, from a Mental Health perspective 0-19 Practitioners offer a number of interventions to support being part of Thrive. Click the link below to see the list of available services.

<https://www.locala.org.uk/services>



Single Point of Access (Crisis Team)

The Calderdale and Kirklees Single Point of Access team (SPA) ensures that all urgent and routine referrals for Trust mental health services from GPs, and other statutory and third sector referrals are processed and responded to in a timely way, following a triage process.

<https://www.southwestyorkshire.nhs.uk/services/single-point-of-access-2/>



Improving Access to Psychological Therapies

Kirklees Improving Access to Psychological Therapies (IAPT) provides a choice of services for people experiencing common mental health problems such as depression, stress, panic and obsessive-compulsive disorder.

[Kirklees IAPT | Helping you to improve your wellbeing](#)

Other Useful Websites and Resources



Are you a parent or carer who is concerned about the mental health of your child or teenager? Do you just want some hints and tips on parenting? MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself.

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

AUTISM



We are the UK's leading charity for autistic people and their families. Since 1962, we have been providing support, guidance and advice

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

ADHD



The ADHD Foundation Neurodiversity Charity is an integrated health and education service offering a unique lifespan – strength based service, for the 1 in 5 people who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's syndrome.

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

EATING DISORDERS



We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

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

BEREAVEMENT



our mission is to give every child and young person access to the best possible support following the death of someone close.

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

SELF HARM



Provides information and support to parents, carers, professionals and young people who are struggling with self-harm or wanting some more information about self harm.

<https://nshn.co.uk/>

SUICIDE



A society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

<https://www.papyrus-uk.org/>

SLEEP



Sleep Scotland provides support to families of children and young people with or without additional needs.

<https://www.sleepscotland.org/>

MENTAL HEALTH RESOURCE



A website containing resources and links to support young people and families with their mental health and emotional wellbeing.

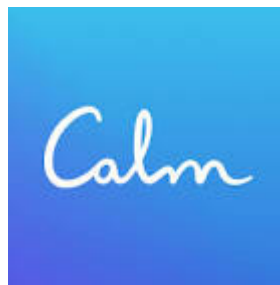
<https://www.camhs-resources.co.uk/>

Useful Apps Available



Kooth is your online mental wellbeing community. Access free, safe and anonymous support.

<https://www.kooth.com/>



Calm is the #1 app for sleep and **meditation**. Join the millions experiencing better sleep, lower stress, and less anxiety

<https://www.calm.com/>



FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery

<https://www.feartools.com/>



West Yorkshire Night OWLS is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. This is a pilot scheme funded till March 2022. If a child or young person you care for is in a crisis and you are concerned about their emotional wellbeing contact **Night OWLS**.

<https://www.lslcs.org.uk/services/night-owls-helpline/>

Financial Support



entitledto
independent | accurate | reliable

Check which benefits you are **entitled to**. The 'entitled to benefits' calculator will check which means-tested benefits you may be **entitled to**

<https://www.entitledto.co.uk/>



If you need advice or want to contact us please use our contact form which you can find [here](#). You can also call us on our Advice Line which is Free Phone 0808 278 7896. 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.

<http://kcalc.org.uk/our-services/benefits/>



Better Off is a service for people who live in **Kirklees**. **Better Off** will show you the benefits you are entitled to and will help you to apply for them online.

<https://www.betteroffkirklees.org.uk/#/home>



If you or your family are affected financially, they may be able to help you in a number of ways. The only qualifying criteria are that the family live in Kirklees.

They can:

- make referrals for school uniform support (free recycled school uniforms are also available from the Uniform Exchange
 - advise how to apply for free school meals and school transport
 - make referrals for food parcels and/or issue a voucher for food or fuel
- advise on welfare benefit entitlements, including rent and mortgage payments
 - advise on local and national COVID-19 assistance schemes
 - Advise on Council Tax reduction help.

<https://www.kirklees.gov.uk/beta/benefits/local-welfare-provision.aspx>



Turn2us is a national charity that helps people in financial hardship to gain access to welfare benefits, charitable grants and support services

<https://www.turn2us.org.uk/>



We provide the UK's most comprehensive debt advice service. We help people with debt problems take back control of their finances and their lives.

<https://www.stepchange.org/>

Housing



Their main aim is to improve the lives of people in Kirklees, they believe providing a good home, and a place that their tenants can call their own is key.

<https://www.kirklees.gov.uk/beta/council-housing/index.aspx>



We are a partnership of social sector organisations, commissioned by Kirklees Council to support people in our community who face an increased risk of homelessness as a result of their support needs. Our partnership brings together the expertise of all our organisations, allowing us to support people with a range of complex social needs across Kirklees.

<https://www.kirkleesbetteroutcomespartnership.org/>

choose'n'move



This is where you can apply for social housing, place bids for properties and receive personalised housing advice.

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

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Fusion Housing provide Housing Support, Advice, learning and Employment opportunities to local people.

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

Online Safety



Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

<https://www.thinkuknow.co.uk/>

The Internet Matters logo is a green square with the text 'internet' on the top line and 'matters.org' on the bottom line, both in white, lowercase, sans-serif font.

From age-specific online safety checklists to guides on how to set parental controls on a range of devices, you'll find a host of practical tips to help children get the most out of their digital world

<https://www.internetmatters.org/>

Net Aware

Together, O2 and the NSPCC have delivered expert advice, support and resources that are helping to keep kids safe online. Over the past six years, we have worked together to develop tools, resources, and campaigns to help you have regular conversations with your children and we are proud of the impact we delivered.

<https://www.net-aware.org.uk/>



The UK's leading awareness resource helping protect people, finances, devices and businesses from fraud, abuse and other issues encountered online.

<https://www.getsafeonline.org/>



This site is aimed towards children, but also gives an excellent insight to parents on topics such as bullying on social networks and "sexting"

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



Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to one of CEOP's Child Protection.

<https://www.ceop.police.uk/Safety-Centre/>

Family Support



We provide a range of services to help and support families across the UK, working with organisations and professionals so that children get the best start in life.

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



Community Plus is a service working within local communities. We offer tailored one to one, short term support to people that would like to have a more connected, happy, independent and healthier life. Our locally based community co-Ordinator's work alongside people, to connect them to groups, activities and support in local communities.

<https://www.kirklees.gov.uk/beta/voluntary-and-community-support/community-plus.aspx>



When two people share responsibility for a child, no matter whether they are still together or separated, the relationship between them has a direct impact on the mental health of their children.

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



We provide a range of treatment, recovery and support services for those who have concerns about their drug or alcohol use, as well as support and advice to family members and concerned others. We believe that anyone can change the direction of their life and our expert team is here to help you do just that.

<https://www.changegrowlive.org/chart-kirklees/dewsbury>



Parenting Smart offers practical advice for parents and carers of children aged 5-11. All of our content is created by Place2Be's parenting experts. Simply search the concern or issue such as Bed wetting or Sibling rivalry and there is small videos of advice and links to further resources an excellent starting point for queries.

<https://parentingsmart.place2be.org.uk/>



Support, Advice and resources for mums to be.

<https://www.kirklees.gov.uk/beta/auntie-pams/index.aspx>



HappyMOMents is just that; a group of friends who came together and realised that their experiences as recent mothers were similar, especially as funding cuts had impacted critical local services in recent years. Most importantly, they realised they shared a vision to change this parenting experience for the better; to make services and positive educational experiences easier to access for everyone here in Batley & Dewsbury.

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