



BBEST

Batley & Birstall Excellence in Schools Together



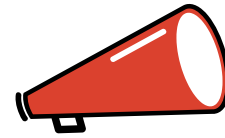
March 2020

News from BBEST Community Hub

A collaboration of 20 local schools,
working together to benefit the families of the children in our care.



Family events and activities



Announcements

As we find ourselves facing challenging times we hope this newsletter will provide you with support for your health and well being for you and your family.



Support and wellbeing



Community cohesion



Celebrations

If you'd like us to publish your event, activities or community birstall support in the next newsletter



please send information to:
bbesthubcoordinator@bbesthub.uk

by Thursday 1st April 2020

Find us on Facebook and Twitter:



@bbest.hub



@bbest_hub

Young Peoples Health & Well being:

During this time, many of us may be experiencing a range of emotions. To support young people with this, Young Minds have released this information:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

You may also find information on the following website particularly useful. The Young Minds A-Z covers a wide-range of areas including anxiety, anger, gender identity, divorce, self-esteem and much more. It is available on our website or via the direct link below:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

Please note there is also a Parent Contact section that includes a telephone number as well as contact form:

<https://youngminds.org.uk/contact-us/>

KOOTH – Free, safe and anonymous
online counselling support for 11+ www.kooth.com

Barnardos Young Carers –

young carers 8-18 years (01484 426100) <http://www.barnardos.org.uk/kirklees-young-carers/service-view.htm?id=242341151>

yOUTH Services Brunswick Centre – HIV

support and LGBT Project supporting young people and their parents/carers (01484 541589) <https://www.thebrunswickcentre.org.uk/services/youth-services>

The Base – drug and alcohol

support service for people up to 21yrs old and support for parents and carers. They also have a Hidden Harm Project providing support for young people who have concerns about parent /carers struggling with drug/alcohol issues (01484 541589) Alice Quarterless-Oates is the NTH lead for this. <https://kirkleesinrecovery.com/services/cgl-thebase/>

Luke's Lads – Mental

Health Support groups for males ages 11+ to 15 in addition to adults <https://www.lukeslads.co.uk>

Butterflies – Mental

Health Support Group for females ages 11+ to 15 in addition to adults <https://www.butterfliesmentalhealth.co.uk/>

Yorkshire Children's Trust – Primarily

set up by parents to support families of children with cancer, they now offer counselling for children and young people. They also offer respite breaks for families. <https://www.yctrust.uk/ubheading>

Adult & Family Health & Well Being:

It is also important for us to take care of ourselves. This website may be useful:
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Coronavirus: How to protect your mental health –

https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR1MZL-PMjPq3i5MMCHX_IB0l-vFuiX8Cx_3xPFTLD-bSgtooOo1-0axz-l

Thriving Kirklees includes:

Northorpe Hall, NHS South West Yorkshire Partnership, Locala, Home Start, Yorkshire Children's Centre – 0300 304 5555 (Chat Health text for parent/carers 07520 618867, for young people 07520 618866
<https://www.thrivingkirklees.org.uk/>

Chart – drug and alcohol service for people aged 18+ (01484 353333/01924 438383) <https://kirkleesinrecovery.com/services/chart-kirklees/>

Women's Centre – emotional and practical support for women aged 18 years+ in Kirklees and Calderdale (01484 450866) <https://womenscentre.org.uk/>

IAPT – Choice of services for people aged 18 years+ experiencing common mental health problems such as low mood, anxiety, panic, stress and OCD (01484 343700) www.kirkleesiapt.co.uk

Fusion Housing – Courses and volunteering opportunities for adults 01484 532280 <https://www.fusionhousing.org.uk/>

PCAN – independent, parent-led forum for parents and carers of young people aged 0-25 years with additional needs. PCAN welcomes any parent or carer, whether they are just becoming aware that their child may have additional needs or whether they have a child with a confirmed diagnosis (07754 102336) www.pcankirklees.org

The Whole Autism Family – voluntary group in Kirklees offering support and guidance to families impacted by autism (07564 256626) <http://thewholeautismfamily.co.uk/xt>

Andy's Man Club – Support
for men over 18 and can be contacted via the website: www.andysmanclub.co.uk

Men's Sheds – Friendship
building, sharing skills and knowledge, reducing isolation for men over 18 (01484
421143) <https://menssheds.org.uk/>

Sky Positive Minds – Free
and confidential drop-in service at Dewsbury Moor and Scout Hill Children's
Centre, 100 Heckmondwike Rd, WF13 3NT for women and teenage girls providing
careers advice, parenting tips, housing/benefits advice and strategies to
tackle anxiety and low mood while boosting confidence and communication –
www.SkyPositiveMinds.org.uk
/ 07809430845

Pennine Domestic Abuse Service – targeted
support, safety planning and crisis intervention for anyone (male or female)
experiencing domestic violence aged 16+ in Kirklees (01274 878117/0800
0527222) <https://pdvg.org/>

RELATE – Family Counselling
around parental separation and poor relationships for young people and families
10+ (01484 425843) <https://www.relate.org.uk/dd> a subheading

Aunty Pam's – Support
for pregnant women and new mums, including benefits advice, peer support and
swap shop (01484 414775/01924 438316)
<https://www.kirklees.gov.uk/beta/auntie-pams/index.aspx>

Home-Start Young Parents' Groups – Supporting
young mums aged 14-24 (01484 421925)

KABWWA
(Kirklees Asian and Black Women Welfare Association) - supports women and children
from black, Asian and minority
ethnic communities who are affected by domestic violence, providing support,
advice, information and safe temporary accommodation; 01484 304338/0800 0527222

S2R Create Space - Promoting
positive mental health by providing creative and mindfulness courses for
different age groups: 01484 539531
<https://www.s2r.org.uk/>

Sprout– Families
who have children with additional needs having fun together in the outdoors 01484
549479/07845415280
<http://www.growingworks.org.uk/sprout/>

The Well-Bean Café

– A safe supportive space for adults 18+ experiencing a mental health crisis at Union House, 29 Union Street, Dewsbury on Tuesday, Wednesday and Thursday nights from 7.30 until midnight (07867028755)

<https://www.touchstonesupport.org.uk/services/well-bean-cafe-hope-in-a-crisis-kirklees/>

Peer Talk – Support group for adults struggling with depression in Batley, every Wednesday afternoon at the Community Room, All Saints, Stocks Lane, Batley, WF17 5ED from 1.30-3pm. (07719 562 617)

<http://www.peertalk.org.uk/PeerTalkA5pos-Batley-0518.pdf>

National Apps and Services

headspace

Calm

CALMHARM

PAPYRUS
PREVENTION OF YOUNG SUICIDE

nshn
National Self Harm Network

When life is tough, we're here to listen

SAMARITANS
Call us free 24/7 on **116 123**
samaritans.org

MINDFUL GNATS

MindShift CBT
Free Evidence-Based Anxiety Relief

ChildLine
0800 1111

THE MoodGYM
Overcoming depression with CBT and other effective therapies

mind in Brighton and Hove
for better mental health

ON MY MIND?
Want to know? Visit onmymind.info