

11. Respecting different cultures

Kirklees is a diverse community with a rich mix of different cultures. This gives us the opportunity to celebrate many different religions, festivals, and beliefs. As we get older it is important to continue to practice our beliefs and share our culture if we want to.

There are a range of community organisations and churches that help us to do this. Older people from minority ethnic communities might face common issues involving unwanted isolation and reduced quality of life. This can be made worse by language barriers, cultural barriers, and not knowing how to get the health and social care services you need.

To help you receive care that is respectful of your cultural, dietary and religious needs, many organisations offer good quality services which include information and advice in your own language.

Additionally, interpreters can be made available for one to one, confidential home visits by either a male or female member of staff who understands your cultural needs.

The 'Milen' day centre in North Kirklees and 'Dostana' (friends) group in South Kirklees are good examples of community based care delivering services for physically or mentally frail elders providing bathing, chiropody,

prayer facilities, cooked halal lunches and various social activities.

Most organisations want to make sure you feel welcome and receive an equal chance to healthy living and a fulfilling life.

Please see below for details of some local support groups.

'EKTA' women's group, supporting the elderly.

Supporting Asian women with mental health problems in North Kirklees.

- "EKTA", Tel: 07967547110

Indian Muslim Workers' Society project for elderly people

A weekly session for older people in Batley where they receive a cooked meal, activities and advice and information.

- Indian Muslim Workers' project for elderly people, Tel: 01924 500555

Thornhill Lees over 50s social club

Two afternoon sessions a week for older people in Thornhill Lees, Dewsbury. Activities include speakers on issues such as fire safety.

- Thornhill Lees Over 50s Social Club, Tel: 01924 465076

Milen day centre, Batley

Friendly atmosphere where elderly Asian men and women can meet and socialise. There are newspapers in Asian languages. Halal meals, talks, trips etc. Advice service with bi-lingual workers.

Drop-in centre and library sessions on Friday.

- Milen Day Centre, Batley, Tel: 01924 470774 or visit www.milen.org.uk

Dostana group, Birkby

Elderly persons' discussion and community centre.

- Dostana group, Birkby, Tel: 01484 540449

Huddersfield Chinese Community Centre

Huddersfield Chinese Community Centre promotes Huddersfield's vibrant Chinese community and works towards relieving poverty and sickness, improving education and providing social and leisure activities. Although the services are mainly for the Chinese community, the centre welcomes people from all backgrounds to become members, use the centre's facilities, and join the activities – such as the Tai Chi class, which is held weekly at the centre.

- Huddersfield Chinese Community, Tel: 01484 430503, email: hccc_claremontst@btconnect.com

Huddersfield Older People Services (HOPS)

HOPs has been developed as a partnership project with African Caribbean led organisations and various partner agencies. They provide services to older people living in Huddersfield.

HOPs also provide a forum for a wide range of issues affecting older people from African and Caribbean communities.

All older people are welcome to use HOPS services.

- Huddersfield Older People Services, c/o Gateway to care – Second Floor, 30 Market Street, Huddersfield HD1 2HG, Tel: 01484 414933

Generational dominoes

This group has been going for 25 years providing a drop-in for elderly men who play cards and dominoes.

The organisation is based at Brackenhall Community Centre.

Activities include:

- weekly drop-in sessions
- annual healthy living day
- annual Christmas dinner

Anyone is welcome to attend.

- Generational Dominoes, C/O Gateway to care – Second Floor, 30 Market Street, Huddersfield HD1 2HG, Tel: 01484 223000

Women in Action

Women in Action are a voluntary organisation. They support people to preserve and celebrate their cultural heritage by organising community events.

- Women in Action, St John Resource Centre, St John Road, Huddersfield, Tel: 01484 223001 (Fridays only)

Honeyzz diabetic support group

Honeyzz raise awareness, promote health and support people to remain independent in the community. They do this by providing a range of services so people can:

- manage their diabetes
- receive information on how to prevent and treat high and low blood sugars
- help you to choose and prepare healthy meals
- have regular physical activity that is appropriate such as walking and chair exercise
- share their experiences with others
- Honeyzz, St John's Resource Centre, 29 St John's Road, Huddersfield, Tel: 01484 223001

