

## What services do we already have?

Kirklees Council currently provides:

### **Social support**

- **Autism Plus Autism Friends Service / Be Just You (Autism Plus Ltd)** helps individuals with an autism spectrum condition to come together in a safe, friendly and supportive social environment to meet other people who may also have barriers to communication and social activity. The group meets fortnightly in Dewsbury 10:30 to 13:30 at The Options Centre, 7 George Street, Dewsbury, WF13 2LX and in Huddersfield fortnightly 10:30 to 13:30 at Brian Jackson House, New North Parade, Huddersfield, HD1 5JP [Suzanne.eusman@autismplus.co.uk](mailto:Suzanne.eusman@autismplus.co.uk)
- **HFT, No Limits (Luv2MeetU CIC)** provide a service for people with autism and will work alongside the Luv2MeetU provision to offer a range of exciting opportunities. Activities are based on the choices of the group and include sport and leisure (swimming, canoeing, rock climbing, archery, mountain biking, caving), attending music festivals, go carting, horse riding and food festivals. Sessions run at various locations in Kirklees. [amy.hirst@hft.org.uk](mailto:amy.hirst@hft.org.uk)

### **Employment support**

- **Richmond Fellowship** work with people living with mental health problems or those on the autistic spectrum to find meaningful paid employment, volunteering opportunities, education or training. [Info.KirkleesES@RichmondFellowship.org.uk](mailto:Info.KirkleesES@RichmondFellowship.org.uk)

**A range of community based services offer support to those with mental health problems as well as those on the autistic spectrum.** Services offered include:

- **Active for Life** – physical activity service. [saül.muldoon@kirklees.gov.uk](mailto:saül.muldoon@kirklees.gov.uk)
- **Community Links Engagement and Recovery Service (CLEAR)** - provide a range of social, leisure and skills-based activities which aim to develop confidence, motivation and self-reliance. [clear.huddersfield@commlinks.co.uk](mailto:clear.huddersfield@commlinks.co.uk)
- **Hoot Creative Arts** – provide arts based services that support the development of creativity to build confidence and esteem, encourage personal growth and foster creative expression. [info@hootmusic.co.uk](mailto:info@hootmusic.co.uk)
- **Support to Recovery (S2R)** – offer a service that aims to support people to enjoy the outdoors and volunteer in a range of activities through engaging with people as they move along their recovery journey and inviting them to be part of the

project. By taking part in active, outdoor activities they hope to encourage people to not only boost their physical health but also their mental health as they increase their participation in meaningful activity, self-esteem and confidence.

- **St Anne's Community Services Carers Service (COAST)** – provided to support carers, but will also offer services to individuals with autism to enable the carer to take a break. [stephanie.elcock@st-annes.org.uk](mailto:stephanie.elcock@st-annes.org.uk)
- **Touchstone** – offer 2 services. They provide advocacy provision to support people to understand their rights and speak up for themselves, find good information and make important decisions and take control of their own recovery and support. They also provide a 'Peer Led Brokerage Service' which helps people with a personal budget in Kirklees to find and arrange the kind of support services they want. <https://www.touchstonesupport.org.uk/>
- **WomenCentre** – offer a women's only mental health and wellbeing service providing drop-in, counselling, one-to-one support, group work, self-help groups, creative approaches, confidence building, eating disorder groups, pregnancy testing, links to community groups, community building, anger management, walking groups, information knowledge and other opportunities. [womenspace@womencentre.org.uk](mailto:womenspace@womencentre.org.uk)

#### **General services that people with autism can access:**

- **Safe Places (MENCAP in Kirklees)** is a scheme which helps people with learning disabilities and/or autism when they go out. Sometimes when people go out things can happen and they may need help but there is no one around to ask. They might have lost their bus pass or someone may have been unkind and made the person feel upset and afraid. A Safe Place is somewhere they can go to for help if this ever happens to them. There are lots of Safe Places around Kirklees and they're all places that are open to the public such as shops, offices or public buildings. They will have a sticker/logo displayed in the window to let people know they are a Safe Place.
- **Volunteer Project (The Welcome Centre)** The project offers individuals with a variety of support needs the opportunity to have a volunteering placement at the Welcome Centre. The Welcome Centre provides food parcels to those most in needs and volunteers help to make this happen. All volunteers have an induction and entry interview and will receive regular emotional support and supervision sessions. Each volunteer receives in-depth training and mentoring support, as well as a skills assessment which is detailed in a personal development plan which is regularly updated as needs and skills change. The volunteers meet for two sessions between Monday and Friday 09:30 to 13:00 or 13:00 until 16:30 at The Welcome Centre, 15 Lord Street, Huddersfield, HD1 1QB.