



Peer Support What's On! October – December 2025

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.

Online	Zoom	2 nd and 9 th October	1pm – 3pm
In Person	N/A	N/A	N/A
Digital Handbook		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.

Online	Zoom	4 th and 11 th December	1-3pm
In Person	Media Centre, Huddersfield	20 th and 27 th October	1-3pm
Digital Handbook		Self-Led	Anytime

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

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

Online	Zoom	30 th October and 6 th November	1-3pm
In Person	R/C at Connect Housing, Dewsbury	11 th and 18 th November	1-3pm
Digital Handbook		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.

Online	Zoom	16 th and 23 rd October	1pm-3pm
In Person	R/C Connect, Dewsbury	7 th and 14 th October	1pm-3pm
Digital Handbook		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.

Online	Zoom	20th and 27 th November	1pm – 3pm
In Person	N/A	N/A	N/A
Digital Handbook		Self-Led	Anytime

RETENTION IN WORK

Offers practical advice and tips on how to cope when returning to the workplace after time out of work due to health issues. Including your rights in the workplace, adjustments to help you cope, handling challenging situations and conversations and, coping skills.

Online	Zoom	13 th November	1pm – 3pm
In Person	N/A	N/A	N/A
Digital Handbook		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.

Online	Zoom	3 rd November till 8 th December	1pm – 3pm
In Person	N/A	N/A	N/A
Digital Handbook		Self-Led	Anytime

COPING SKILLS WORKSHOP

This workshop will at all the positive coping methods that you can use in your daily life. Whether its depression, anxiety, stress or just the normal difficulties we all face, this two hour session will give you the tools you need to cope with life!

Online	Zoom Zoom Evening Class	13 th October 15 th December 4 th , 11 th and 18 th December (Evening Class)	1-3pm 1-3pm 6-7pm
In Person	N/A	N/A	N/A
Digital Handbook		Self-Led	Anytime

YOUR VOICE IN KIRKLEES MAGAZINE – WEEKLY GROUP

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

Online and In person once a month	Zoom The Media Centre, Huddersfield	Every Wednesday	12.30pm – 2pm
Digital Submissions	You can still send in any submissions if you can't attend this group by emailing: Karl.Jackson-Lander@waythrough.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.

Online		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@waythrough.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/>

