



Peer Support What's On! January – March 2026

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 | 5 th and 12 th March | 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.

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|-------------------------|------|--|---------|
| Online | Zoom | 8 th and 15 th Jan | 1-3pm |
| In Person | N/A | N/A | N/A |
| 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.

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|-------------------------|----------------------------|--|---------|
| Online | Zoom | 23 rd Feb and 2 nd March | 1-3pm |
| In Person | Jubilee Centre, Paddock | 30 th Jan and 6 th Feb | 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.

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|-------------------------|------|-------------------|---------|
| Online | Zoom | 22nd and 29th Jan | 1pm-3pm |
| In Person | | | 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.

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|-------------------------|------|--|-----------|
| Online | Zoom | 9 th and 15 th March | 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.

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|-------------------------|--------------|------------------------|-----------|
| Online | Zoom | 12 th Feb | 1pm – 3pm |
| In Person | Media Centre | 12 th March | 1-3pm |
| 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.

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|-------------------------|----------------------------|---|-----------|
| Online | Zoom | 12 th Jan and 16 th Feb | 1pm – 3pm |
| In Person | Jubilee Centre, Paddock | 13 th and 20 th March | 1-3pm |
| 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!

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|-------------------------|---------------|---|---------|
| Online | Zoom | 5th Feb | 1-3pm |
| | Zoom | 8 th , 15 th and 22 nd Jan | 6-7pm |
| | Evening Class | (Evening Class) | |
| In Person | Media Centre | 19 th March | 1-3pm |
| 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.

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|---------------|--|---------------|-------------|
| Online | | Every Tuesday | 11am – 12pm |
|---------------|--|---------------|-------------|

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/>

