



Peer Support What's On! April – June 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.

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|-------------------------|------|--|-----------|
| Online | Zoom | 15 th and 22 nd June | 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 | 13 th and 20 th April | 1-3pm |
| In Person | Media Centre, Hudds | 4 th and 11 th June | 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 | 1 st and 8 th June | 1-3pm |
| In Person | Media Centre, Hudds. Recovery College | 21 st and 28 th April | 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 | 18 th and 25 th June | 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 | 27 th April and 5 th May | 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 | 11 th May | 1pm – 3pm |
| In Person | | | |
| 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 | 23 rd April to 28 th June | 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 Zoom Evening Class | 16 th April 19 th and 26 th May (Evening Class) | 1-3pm 6-7pm |
| In Person | Media Centre | 19 th March | 1-3pm |
| Digital Handbook | | Self-Led | Anytime |

YOUR VOICE IN KIRKLEES MAGAZINE – WEEKLY GROUP

This 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!

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|--|---|-----------------|---------------|
| 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 cannot 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 |
|---------------|--|---------------|-------------|

PHOTOGRAPHY WITH SMART PHONE GROUP

Join our photography group which will develop your camera skill on your smartphone! Share your pictures of nature with other members and see them published in our magazine that is emailed all over Kirklees

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|------------------|---------------------|---|
| In Person | Media Centre | Last Tuesday of every month 1pm-2.30pm |
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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

PLEASE SEE OVER FOR MORE CONTACT INFORMATION



For More information, to see our online calendar, or to complete our online complete our online application form follow the QR Code, or visit:

<https://rfkirkleesemployment.org.uk/>

