



Kirklees Employment Service

Peer Support What's On! July – September 2026

Free Workshops & Groups

Workshop and Group activities are open to everyone aged 18 or over who lives in Kirklees and experiences mental health issues, problems, or concerns. Simply complete our online referral form on our website, alternatively call or email us, details below.

Full details of all Workshops and Groups can be found on the back page and our website

Complete the online referral form to book your place, by following the QR Code, or visit:

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

Get in touch

To find out more about the support we can provide contact:

T: 01484 434 866

E: info.kirkleeses@waythrough.org.uk

W: <https://rfkirkleesemployment.org.uk/who-we-are-a-video-guide/>

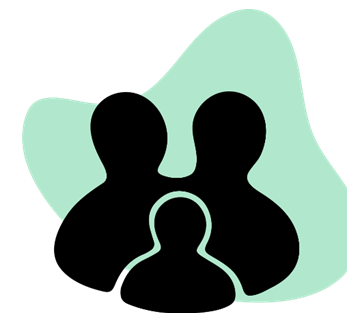


Huddersfield Hub: The Media Centre, 7 Northumberland St, Huddersfield, HD1 1RL

Dewsbury Hub: Connect Housing: 21 Bond Street, Dewsbury, WF13 1AX

What's On Delivery Schedule

July-September 2026



Date	Activities
Wednesday 1st July	<ul style="list-style-type: none"> Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 2 nd July	<ul style="list-style-type: none"> Self-Employment Taster session, Connect Housing, Dewsbury 10:30am-12:30pm Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm Drop-in CV and Covering Letters support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm
Monday 6 th July	<ul style="list-style-type: none"> Coping Skills Workshop (Online Zoom) 1 of 1 1:00pm-3:00pm Peer Champion Meeting (In-Person) Media Centre 15.30pm-5.00pm
Tuesday 7 th July	<ul style="list-style-type: none"> Drop-in Employment Guidance Support, Dewsbury Moor Children Centre 9:30am-10:30am Drop-in CV and Covering Letters support session, Dewsbury Moor Children Centre 10:30am-11:30am Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm Peer Support Enquiries and Information session (Online Zoom) 12.30pm-1.00pm
Wednesday 8 th July	<ul style="list-style-type: none"> Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 9 th July	<ul style="list-style-type: none"> Drop-in Employment Guidance Support, Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm Drop-in Job Search and Applications support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm Retention in Work Workshop (Online Zoom) 1.00pm-3.00pm 1 of 1
Monday 13 th July	<ul style="list-style-type: none"> Stress Management Workshop (Online Zoom) 1.00pm-3.00pm 1 of 2
Tuesday 14 th July	<ul style="list-style-type: none"> Drop-in Employment Guidance Support, Chickenley Children Centre 9:30am-10:30am Drop-in CV and Covering Letters support session, Chickenley Children Centre 10:30am-11:30am Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 15 th July	<ul style="list-style-type: none"> Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 16 th July	<ul style="list-style-type: none"> Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm Food & Household Budgeting Workshop, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm
Monday 20 th July	<ul style="list-style-type: none"> Stress Management Workshop (Online Zoom) 1.00pm-3.00pm 2 of 2
Tuesday 21 st July	<ul style="list-style-type: none"> Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 22 nd July	<ul style="list-style-type: none"> Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 23 rd July	<ul style="list-style-type: none"> Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm Drop-in Preparing for Interviews support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm

Date	Activities
Tuesday 28 th July	<ul style="list-style-type: none"> • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm • Stroll & Snap Social Group, The Media Centre, Huddersfield 1:00pm-2:30pm
Wednesday 29 th July	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 30 th July	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm • Drop-in CV and Covering Letters support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm
Monday 3 rd August	<ul style="list-style-type: none"> • Peer Champion Meeting (In-Person) Media Centre 15.30pm-5.00pm
Tuesday 4 th August	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support, Dewsbury Moor Children Centre 9:30am-10:30am • Job Search & Applications support Session, Dewsbury Moor Children Centre 10:30am-11:30am • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 5 th August	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 6 th August	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-3:00pm • Drop-in Job Search & Application support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm
Monday 10 th August	<ul style="list-style-type: none"> • Confidence to Work Workshop, (Online Zoom) 1:00pm-3:00pm, 1 of 6
Tuesday 11 th August	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support, Chickenley Children Centre 9:30am-10:30am • Job Search & Applications support Session, Chickenley Children Centre 10:30am-11:30am • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm • Peer Support Enquiries and Information session (Online Zoom) 12.30pm-1.00pm
Wednesday 12 th August	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 13 th August	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm • Coping Skills Mini Workshop, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm
Monday 17 th August	<ul style="list-style-type: none"> • Confidence to Work Workshop, (Online Zoom) 1:00pm-3:00pm, 2 of 6
Tuesday 18 th August	<ul style="list-style-type: none"> • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 19 th August	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 20 th August	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm • Drop-in Preparing for Interviews support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm • Ways to Wellbeing Workshop, (In-Person) The Media Centre, 1:00pm-3:00pm 1 of 2
Monday 24 th August	<ul style="list-style-type: none"> • Confidence to Work Workshop, (Online Zoom) 1:00pm-3:00pm, 3 of 6
Tuesday 25 th August	<ul style="list-style-type: none"> • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm • Peer Support Enquiries and Information session (Online Zoom) 12.30pm-1.00pm • Stroll & Snap Social Group, The Media Centre, Huddersfield 1:00pm-2:30pm
Wednesday 26 th August	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 27 th August	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm • Drop-in CV and Covering Letters support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm • Ways to Wellbeing Workshop, (In-Person) The Media Centre, 1:00pm-3:00pm 2 of 2

Date	Activities
Monday 31 st August	<ul style="list-style-type: none"> • Bank holiday Service Closed
Tuesday 1 st September	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support, Dewsbury Moor Children Centre 9:30am-10:30am • Preparing for Interviews support Session, Dewsbury Moor Children Centre 10:30am-11:30am • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 2 nd September	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm • Retention in Work Workshop (Online Zoom) 7.00pm-8.00pm 1 of 1 (evening session)
Thursday 3 rd September	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm • Drop-in Job Search & Applications support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm • Mood and Food Workshop (Online Zoom) 1.00pm-3.00pm 1 of 2
Monday 7 th September	<ul style="list-style-type: none"> • Confidence to Work Workshop (Online Zoom) 1.00pm-3.00pm 4 of 6 • Peer Champion Meeting (In-Person) Media Centre 15.30pm-5.00pm
Tuesday 8 th September	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support, Chickenley Children Centre 9:30am-10:30am • Preparing for Interviews support session, Chickenley Children Centre 10:30am-11:30am • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 9 th September	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 10 th September	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm • Drop-in Preparing for Interviews support session, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm • Mood and Food Workshop (Online Zoom) 1.00pm-3.00pm 2 of 2
Monday 14 th September	<ul style="list-style-type: none"> • Confidence to Work Workshop, (Online Workshop) 1.00pm-3.00pm 5 of 6
Tuesday 15 th September	<ul style="list-style-type: none"> • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm • Peer Support Enquiries and Information session (Online Zoom) 12.30pm-1.00pm
Wednesday 16 th September	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 17 th September	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-2:00pm • Stress Management Mini Workshop, Greenwood Centre Ravensthorpe Library 2:00pm-3:00pm
Monday 21 st September	<ul style="list-style-type: none"> • Confidence to Work Workshop, (Online Zoom) 1.00pm-3.00pm 6 of 6
Tuesday 22 nd September	<ul style="list-style-type: none"> • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 23 rd September	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 24 th September	<ul style="list-style-type: none"> • Drop-in Employment Guidance Support Greenwood Centre Ravensthorpe Library 1:00pm-3:00pm • Self Esteem and Resilience Workshop, (Online Zoom) 1.00pm-3.00pm 1 of 2 & 2 of 2 1st October
Monday 28 th September	<ul style="list-style-type: none"> • Assertiveness and Communication Workshop, (Online Zoom) 1.00pm-3.00pm 1 of 1 & 2 of 2 5th October
Tuesday 29 th September	<ul style="list-style-type: none"> • Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm • Stroll & Snap Social Group, The Media Centre, Huddersfield 1:00pm-2:30pm
Wednesday 30 th September	<ul style="list-style-type: none"> • Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm

PEER SUPPORT

‘Peer Support’ means that people are coming together to share their own experiences to support each other. The aim of our Peer Support service is to provide an environment where those living with mental ill health and/or hidden disabilities feel safe and accepted.

We offer a wide range of groups and workshops to help maintain or improve mental wellbeing. These activities are delivered in a relaxed and informal environment with discussion and opinions encouraged and can be accessed online, face to face or via digital homeworking handbooks on our website:

[Home - Kirklees Employment Service \(rfkirkleesemployment.org.uk\)](http://rfkirkleesemployment.org.uk)



“The group always feels so welcoming and friendly. It’s a space where people can be open and honest and share thoughts.”

(Participants feedback)

Workshops available are:

- **Assertiveness & Communication**
Explores all aspects of improving Assertiveness skills, maintaining them, and developing better communication skills.
- **Confidence to Work**
Explores all aspects of getting into employment and building confidence after being out of work for any length of time due to poor mental or physical health.

- **Ways to Wellbeing**
Explores all aspects of improving and maintaining mental health through practical means that people can use daily.
- **Food & Mood**
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 and wellbeing.
- **Self-Esteem and Resilience**
Examine what self-esteem and resilience is, how it affects us, and how we can build and maintain positive self-esteem for ourselves.
- **Stress Management**
Examines all aspects of how Stress can affect us and how it has a negative impact on your mental wellbeing.
- **Food & Household Budgeting**
This workshop Looks at how to budget and save money during these financially difficult times through food shopping and household bills, heating and general home savings.
- **Volunteer Taster**
The volunteer taster is an opportunity for people to learn the benefits and challenges of volunteering, how to deal with issues such as difficult conversations, health and safety, confidentiality and so much more.
- **Coping Skills**
This workshop will look 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!

- **Retention in Work**

Offers practical advice and tips on how to cope within the workplace, including returning to work due to health issues, your rights in the workplace, adjustments to help you cope, handling challenging situations and conversations and coping skills.

- **Peer Champion Training**

Discover the benefits and tips on how to be a peer champion and support local communities.

- **Exploring Self-Employment Taster**

This session will examine key aspects of self-employment, including tax paying, tips on setting up a business and available support.

Groups available are:

- **Words In Mind**

Members decide on a topic each week and then bring news stories, memories, poems or pictures on the topic and share their thoughts and opinions.

- **Peer Champion**

The Peer Champions meet once a month to look at how they can have a positive impact on the community in Kirklees and help to shape Waythrough and other supportive services across Kirklees.

- **Stroll & Snap to Wellbeing**

This group supports being active, combine a lovely walk while being creative, connect with your surroundings and nature, from taking pictures on your mobile phone to creative writing and artwork, and then members have the opportunity to meet once a month to show case their creative work with other group members in a social friendly setting.

- **Your Voice in Kirklees Magazine** [Your Voice in Kirklees Magazine - Kirklees Employment Service](#)

The news Magazine meets weekly and decide what to put in the four seasonal editions that are distributed all over Kirklees. Articles can come from members or external sources. This a Peer led and run group.