



Kirklees Employment Service

Peer Support What's On! October – December 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

October-December 2026



Date	Activities
Thursday 1 st October	Self Esteem and Resilience (Online Zoom) 1.00pm-3.00pm 2 of 2
Friday 2 nd October	Stress Management (In-person) Jubilee Centre, Huddersfield 1.00pm-3.00pm 2 of 2
Monday 5 th October	- Peer Champion Meeting (In-Person) Media Centre 3:30pm-5:00pm - Assertiveness and Communication (Online Zoom) 1.00pm-3.00pm 2 & 2
Tuesday 6 th October	- 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 7 th October	Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 8 th October	- Coping Skills (In-Person) Media Centre, Huddersfield. 12.00pm-2.00pm 1 of 1 - Lantern parade, crow nest Park, Dewsbury (Staff arrive 3.00pm-7.00pm, Customers 4.00pm-7pm)
Friday 9 th October	Confidence 2 Work (In-Person) Denby Dale venue TBC 1030am-1230pm 1 of 6
Monday 12 th October	Food and Household Budgeting (Online Zoom) 1.00pm-3.00pm 1 of 2
Tuesday 13 th October	Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 14 th October	Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 15 th October	Retention in Work (In-Person) Media Centre, Huddersfield 1.00pm-3.00pm 1 of 1
Friday 16 th October	Confidence 2 Work (In-Person) Denby Dale venue TBC 1030am-1230pm 2 of 6
Monday 19 th October	Food and Household Budgeting (Online Zoom) 1.00pm-3.00pm 2 of 2
Tuesday 20 th October	Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 21 st October	Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 22 nd October	Confidence to Work (Online Zoom) 1.00pm-3.00pm 1 of 6
Friday 23 rd October	Confidence 2 Work (In-Person) Denby Dale venue TBC 1030am-1230pm 3 of 6
Monday 26 th October	Stress Management (Online Zoom) 1.00pm-3.00pm 1 of 2
Tuesday 27 th October	- Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm - Stroll & Snap to Wellbeing Social Group, (online) 1:00pm-2:00pm
Wednesday 28 th October	Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 29 th October	Confidence to Work (Online Zoom) 1.00pm-3.00pm 2 of 6
Friday 30 th October	Confidence 2 Work (In-Person) Denby Dale venue TBC 1030am-1230pm 4 of 6
Monday 2 nd November	- Peer Champion Meeting (In-Person) Media Centre 3:30pm-5:00pm - Stress Management (Online Zoom) 1.00pm-3.00pm 2 of 2

Tuesday 3rd November	• 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 4th November	• Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 5th November	• Confidence to Work (Online Zoom) 1.00pm-3.00pm 3 of 6
Friday 6th November	• Confidence 2 Work (In-Person) Denby Dale venue TBC 1030am-1230pm 5 of 6
Monday 9th November	• Volunteer Taster Session (In-Person) Media Centre, Huddersfield. 12.00pm-3.00pm 1 of 1
Tuesday 10th November	• Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 11th November	• Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 12th November	• Confidence to Work (Online Zoom) 1.00pm-3.00pm 4 of 6
Friday 13th November	• Confidence 2 Work (In-Person) Denby Dale venue TBC 1030am-1230pm 6 of 6
Monday 16th November	• Mood and Food (Online Zoom) 1.00pm-3.00pm 1 of 2
Tuesday 17th November	• Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 18th November	• Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 19th November	• Confidence To Work Online Zoom) 1.00pm-3.00pm 5 of 6
Friday 20th November	• Volunteer Taster (In-Person) Denby Dale venue TBC 1030am-1230pm 1 of 1
Monday 23rd November	• Mood and Food Online Zoom) 1.00pm-3.00pm 2 of 2
Tuesday 24th November	• Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm • Stroll & Snap to Wellbeing Social Group, (online) 1:00pm-2:00pm
Wednesday 25th November	• Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 26th November	• Confidence to work (Online Zoom) 1.00pm-3.00pm 6 of 6
Monday 30th November	• Ways to Wellbeing (Online Zoom) 1.00pm-3.00pm 1 of 2
Tuesday 1st December	• 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 2nd December	• Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Monday 7th December	• Ways to Wellbeing (Online Zoom) 1.00-3.00pm 2 of 2 • Peer Champion Meeting (In-Person) Media Centre 3:30pm-5:00pm
Tuesday 8th December	• Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 9th December	• Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 10th December	• Coping with Christmas (Online Zoom) 1.00-3.00pm 1 of 1
Tuesday 15th December	• Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm • Stroll & Snap to Wellbeing Social Group, (online) 1:00pm-2:00pm
Wednesday 16th December	• Magazine Group Your Voice in Kirklees (Online Zoom) 12:30pm-1:30pm
Thursday 17th December	• Volunteer/Champion Service Festive Event Get together 11:00am-1:00pm
Tuesday 22nd December	• Words In Mind, Creative Writing Group, (Online Zoom) 11:00am-12:00pm
Wednesday 23rd December	• 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