

The Newsletter For all Thriving Kirklees Partnership colleagues

Included in this newsletter...

- **Update from Paveen Yaqub**
- **Workforce wellbeing session feedback**
- **National Volunteers Week**
- **News from Northorpe Hall and more...**

Emma has been fantastic, I felt so reassured by the end of the call and the load felt lighter. She was lovely, down to earth, listened and didn't mind when I went off on several tangents, in fact she's helped with more than just the issue I rang up about.

I got really helpful advice that has been crucial for my 5 month old son

You have helped settle my worries and gave me some great ideas to try



It was nice to speak in confidence about how I've been feeling without being judged

I found Jane to be very, very helpful and knowledgeable. She also spent time with me listening to my views. I feel much more confident and not as worried.

The lady I spoke to was absolutely amazing. She made me feel so good. Total gem and an asset to the team.

Update from Paveen Yaqub, TK Partnership Manager

Hi there, I hope you are all well and that the intermittent hint of summer is lifting your spirits!

Our latest newsletter features updates across Thriving Kirklees services, with good news from our Safety Rangers and Heathy Start schemes. Volunteer Week gives us an opportunity to reflect on the amazing contributions our volunteers make to the Thriving Kirklees workforce. We hugely appreciate all they do. Our Partnership truly needs and values volunteers, and if you or someone you know wants to offer your time and expertise as a volunteer, we have a range of ongoing opportunities – details on our website (Training and support provided).

Big shout out to our first **Thriving Outstanding Performance Award (TOP)** recipients, who are mentioned later. Congratulations on your efforts on behalf of everyone at Thriving Kirklees.

The Thriving Kirklees **Seed Fund** has now been evaluated and plans for the next round of small grant opportunities are underway. Some of the projects supported over the past year, have featured in our newsletters. We will continue to celebrate the creative and valuable ways in which local groups have benefitted. The TK Seed Fund will be publicised soon when it reopens for applications, very soon.

The TK Starting Well Initiative is progressing well, a new project that Thriving Kirklees and Locala in particular, are leading on. We have set up our steering and task groups to drive this work forward over the next two years. The programme aims to improve outcomes especially for BAME children, young people, and families across Kirklees, tackling early health inequalities. Specific priorities include:

- Improvement in perinatal mental health
- Reduction in the percentage of babies born with low birthweight
- An increase in babies being breastfed
- Obesity prevention and support
- Good immunisation rates maintained
- Reduction in rates of preventable disease

Our delivery model relies on close collaboration with the VCSE sector, and a commitment to community asset building, coproduction, seeking out community conversations, and facilitating grass roots ownership through community commissioning.

Eid Mubarak!

Muslims across Kirklees (and the world) have been observing Ramadan during April and May, with Eid marking the end of this significantly religious month. Ramadan provides a space and focus for Muslims to reflect, reset, and refocus their energies on faith, spirituality, charity, thankfulness, forgiveness, and kinship ties. It is important to remember that this has been the second Ramadan and third Eid in lockdown. Through these challenging times, the wellbeing of children, families, and colleagues has been at the forefront of our minds, especially given how family and community orientated these events are. Yorkshire Children's Centre is hosting an Eid celebration on Monday 17th May at Brian Jackson House for their colleagues and visitors, with some tasty treats and fun activities on offer.

To access a useful overview of Ramadan/Eid, please go to <https://ing.org/ramadan-information-sheet/>

Until our next update, very best wishes to you all!

Update on Yorkshire Children's Centre services

Changes to the National Healthy Start Scheme in Kirklees

As you may know, the Healthy Start Scheme provides eligible pregnant women and children under 4 with FREE vitamin supplements and weekly monetary vouchers to buy healthy food.

As part of Marcus Rashford's #ENDCHILDFOODPOVERTY campaign, from the 1st April 2021, the value of the vouchers increased from £3.10 to £4.25 per week.



Parents can visit <https://www.healthystart.nhs.uk/how-to-apply> to check their eligibility and then call Healthy Start on 0345 607 6823 to request a freepost application form.

For more information please contact thrivingkirklees@yccuk.org.uk

Safety In the Home Kirklees

Due to the COVID-19 Pandemic Yorkshire Children's Centre (YCC) adapted the Safety In The Home service to provide a 'Door Step Delivery Service' and have successfully supported over 200 families in Kirklees.

However, YCC has now been able to revert back to 'Home Safety Visits'. This means eligible families will receive the full benefits of the service, as well as the fitting of their safety equipment. Referrals can be made by emailing thrivingkirklees@yccuk.org.uk or by calling 07849398807.

Safety Rangers

Safety Rangers will be returning to face-to-face delivery in October 2021. Year 5 pupils that attend Kirklees primary schools will once again have the opportunity to attend a COVID secure interactive learning initiative at Huddersfield Fire Station.

Huddersfield Town Foundation will also be delivering their newly developed 'Healthier Lifestyles Scenario' which will complement the already existing 'Emotional Health and Wellbeing Scenario' delivered by Northorpe Hall and SWYPFT.

For more information on Safety Rangers and how schools can apply for a place please email thrivingkirklees@yccuk.org.uk or call 07849398807.



National Volunteers Week

Tuesday 1st June - Monday 7th June is National Volunteers Week so we will be planning to celebrate our volunteer workforce and acknowledge all the hard work and goodwill they bring to their roles within Thriving Kirklees. We currently have 136 volunteers supporting service delivery and from October to December 2020 our volunteers provided 1,557 hours of their time across the partnership.

Volunteers are often selfless people who are motivated to want to give back to their local communities by supporting children, young people and families to help make their lives a little easier by sharing their time, listening ear, experience, skills and knowledge.

Our volunteers are a valued part of our workforce and have a huge impact on the people they support...

"Words cannot describe the eternal impact our volunteer has had on our family. Beyond a shadow of doubt, we would not have survived this journey without her unwavering support and expertise."

"From an extra pair of hands, to a non-judgemental listening ear and at times a shoulder to cry on, she has made a huge difference to my life, and ultimately the life of my family."

Thriving Kirklees would like to thank all our amazing and wonderful volunteers who provide so much to so many people.

Home-Start has sent volunteers a lovely thank you poem

*We're sending this card to share with you,
Our appreciation of the hard work you do.
In supporting our families, whatever their need
We applaud your commitment, very much indeed.*

*So we're taking a moment to make you aware,
That we notice your effort, how much you care.
The times that you go the extra mile,
Helping to support, with a little smile.*

*So accept this small token from Home-Start Kirklees,
Acknowledge your worth, enjoy.....but please.
Help us to continue the work that we do,
By spreading the word....we need others like you.*

You truly are a Home-Start Hero

Parents and carers get online help to get children ready for school

The Thriving Kirklees 0-19 Team has created a new way for parents and carers to self assess health and wellbeing issues that may impact on their child's readiness for their first day at school. Previously a paper version of a self assessment was sent to parents and carers to work through.

Now they can go on to the Thriving Kirklees website, complete the assessment for their child and get direct links to more detailed advice on a variety of issues. Those include areas such as oral health, vaccinations, emotional well-being and concerns they may have with their child's behaviour, eye sight or hearing.

The answers given aren't recorded – the assessment purely aims to give advice and support and guide parents to where they can access more help – and where to contact Thriving Kirklees services.

To access the self-assessment, parents and carers can visit www.thrivingkirklees.org.uk/school-health-self-assessment

Thriving Kirklees

About Us Talk To Us Services Request Support

24 hours a day, 7 days a week
0300 304 5555

Step 2 of 11 - Self assessment - Q1

18%

Is your child registered with a dentist? *

Yes

No

Please visit the NHS website "Find a Dentist" service for information on getting registered with a dentist in your area.

NHS dental care for children is free.

- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular dental checks as advised by the dentist.

Previous Next

Kooth and Mental Health Awareness Week



Mental Kooth is available for young people across Kirklees and more information can be found at www.kooth.com.

As part of Mental Health Awareness Week, Kooth has created a series of mental health and wellbeing podcasts that can be accessed here:

<https://podcasts.apple.com/gb/podcast/kooth-podcast/id1547256556>

<https://open.spotify.com/show/1fcZN6rXG3K1XnIfEZ5go7>

Thriving Kirklees goes “on air”

Thriving Kirklees has recently taken to the radio airwaves thanks to a new link with the local radio station Al Mubarak Radio. Members of our Thriving Kirklees TOG group, along with a colleague from Kooth, made guest appearances on two of ‘The Lockdown Loop’ shows.

The Lockdown Loop show is supported by Kirklees Council and the focus is on the Al Mubarak community online radio station to host live weekly sessions with professionals and community representatives who are providing support during Covid-19.

The representatives explain their respective work and offer any support and guidance to the listeners.

This was another great chance for us to talk directly to our local communities, giving an update on our services and the support available as well as giving practical advice and help to listeners and their families.

The “Lockdown Loop” also provides another option for the community who are affected by Covid-19 to share their experiences, challenges and how they have been coping. This will help listeners to improve their lifestyles, mental well-being and build awareness of community support and issues. Listeners can also take up the advice and get follow up support as appropriate.

The show has also been broadcast from local vaccination centres to keep the community informed of the progress and to encourage people to take up the vaccinations.

Thank you to Katie Lockwood (YCC), Kerri Flanagan (Home-Start), Yvonne White (Northorpe Hall), Dez Wilson (Kooth) and Paveen Yaqub for being involved with these sessions to discuss TK services.

VACCINATION RESTARTHOUSE
LOCKDOWN LOOP
www.almubarakradio.com

This weeks topic of discussion:
Family Support & Home Safety

SHOW HOST
The Two White Muslims
Brother Yusuf & Brother Junaid

GUESTS
Paveen Yaqub
Kerri Flanagan
Katie Lockwood
Thriving Kirklees
(Via LIVE phone in)

Friday 19th March 2021
LIVE
Al Mubarak Studio
6PM

Kirklees COUNCIL
AL MUBARAK RADIO

VACCINATION RESTARTHOUSE
LOCKDOWN LOOP
www.almubarakradio.com

This weeks topic of discussion:
Emotional Wellbeing & Mental Health Support

SHOW HOST
The Two White Muslims
Brother Yusuf & Brother Junaid

GUESTS
Paveen Yaqub
Dez Wilson
Yvonne White
Thriving Kirklees
(Via LIVE phone in)

Mags Rogerson
Kirklees Service Manager
(Via LIVE phone in)

Friday 26th March 2021
LIVE
Al Mubarak Studio
6PM

Kirklees COUNCIL
AL MUBARAK RADIO

TOP Awards

CONGRATULATIONS to the winners of the first TOP Awards

Sophie Green and Linzi Nicholson – SWYFT

Laura Merriman – Home-Start

Val Andrew – Home-Start Volunteer

You all do an outstanding job for TK and the information sent over to us with regards to the work you do was amazing. **Well Done!**

The winners will soon be having their award presented to them and you'll see more about the nominees and the presentation in our next newsletter.



WE ARE OPEN!!!

From Tuesday 20 April 2021

**Auntie Pam's Huddersfield is open
Tuesday and Thursday 10am until 3pm**

Closed Wednesday

Queensgate Market, Huddersfield

01484 414775



**Auntie Pam's Dewsbury is open
Wednesday and Friday 10am until 3pm**

Closed Monday

Northgate, Dewsbury

01924 438316



If you want to get in touch by telephone outside of our opening hours, please call our remote volunteers: -

07716843440

07926765598

07716843492

07817579995

We will get back to you within 48 hours



If you would like to email us – auntiepams@kirklees.gov.uk

Our Facebook page is 'Auntie Pam's Supporting Mums to be'

News from Northorpe Hall Child & Family Trust

Northorpe Hall Workforce

We've had some new starters and internal staffing changes at Northorpe Hall in recent months and said goodbye to some colleagues who are moving on to pastures new. We've also introduced team leaders, providing progression for more experienced staff and more support and supervision capacity.

As you may now know our Chief Executive, Tom Taylor, is moving on from Northorpe Hall. We hope to select a new CEO in May 2021 and transition to new leadership over summer. The new CEO will work closely with senior managers Yvonne White (Services), Jill Knowles (Admin/HR/Legal), Ruth Hardill (Finance) and Steve Burgess (Information).

If you are interested in working or volunteering with us, you can see opportunities and apply at: <https://www.northorpehall.co.uk/work-us>

- 70 staff (56 FTE)
- 65 volunteers (incl. 7 trustees)
- 12 self employed counsellors

Northorpe's work with young people

Northorpe Hall Child & Family Trust builds supportive relationships with young people, their carers and the other services that support them. We offer a responsive, interactive approach, listening to their priorities and needs and working with them to find ways of improving their mental health.

Some headlines from the work for Jan-Mar 2021 are:

- 2,067 young people supported
- 11,783 substantial supportive contacts
- 157 session feedbacks received, rating sessions 9/10
- 13,275 text messages sent to 1,681 people (+4,263 newsletter links sent by text to 1,901 people)
- 111 end of intervention feedback forms from young people, rating workers 9 out of 10
- 39% of requests for support are direct from parent/carers (+4% from young people)

Northorpe Barn

The Northorpe Barn is intending to be open for weddings and events again from July 2021 and after a challenging year, a new staff team is being appointed to provide fantastic events and raise funds.



Fantastic fundraiser for Northorpe

We had a fantastic £100 donation from a young person, Florence, and here's a message from her Mum:

"My daughter Florence has raised £100 selling (her own idea) individual personalized 'happy pack'. This was a idea she had while home schooling and missing the company of her school friends. She began by drawing herself a thought bubble and came up with a small list of items she thought her friends and other pupils would like to make them smile while sat at their desk working from home.

"Each pack consisted of a little bag a coloured pencil, sweets, chocolates, a mini note book and a wooden hanging decoration or could be used as a drink bottle coaster which Florence personalized and signed."

Florence is the youngest ever member of the Northorpe 100 Fundraising Club and an inspiration for young fundraisers everywhere.

Thanks Florence!



Welcome to Heidi O'Shea of Home-Start

My name is Heidi O'Shea and I am delighted to be the newly appointed Volunteer Recruitment and Development Co-ordinator at Home-Start Kirklees.

In my role, I will be focusing on the recruitment and retention of volunteers, and importantly how we can enhance volunteers' experience when supporting our families.

The Home-Start volunteer role is exciting, varied and rewarding; volunteers support our families in a variety of ways helping them to develop their confidence and enhance their levels of resilience.

We are currently recruiting volunteers to join our next volunteer preparation course.

Please contact me at heidi@homestart-kirklees.org.uk for an informal chat to find out more about all our exciting volunteer roles.

