**Support Directory**

 **Mental Health & Wellbeing**

* **Hub of Hope** –

National database of local mental health support. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhubofhope.co.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864691171%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=0Gf5KJfc85K%2FEsL%2FPQ1vJ5E0Z62JjTMEerhiU%2FVwviI%3D&reserved=0)

* **Kirklees Talking Therapies** –

NHS service for stress, anxiety & depression. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kirklees.gov.uk%2Fbeta%2Fhealth-and-well-being%2Fpersonalised-care.aspx&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864711076%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=yZZPvmk8LLfoCv9EKY1F9F99dCEdwgfFq90xR1uEsfg%3D&reserved=0)

* **S2R Create Space** –

Mental health & wellbeing through creative activities & outdoor projects. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.s2r.org.uk%2Fwhats-on&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864723176%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Fv2dfOHYgVABXjanIXrhyu8pGS3%2FuSVgO10TLx7KM1I%3D&reserved=0)

* **trustWellbeing** –

Wellbeing and mental health support. <https://www.trustwellbeing.org.uk/>

* **PeerTalk** –

Peer support groups for people facing depression. <https://www.peertalk.org.uk/>

* **Battle Scars** –

Support for people who self-harm. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.battle-scars-self-harm.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864735693%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=UrsPcnAvHZXE1zLejjxnS2FfOLK08lr9bu5Xjj86sdQ%3D&reserved=0)

* **Kooth** –

Free, safe and anonymous online support for young people. <https://www.kooth.com/>

* **Kirklees Keep in Mind** –

NHS service supporting young people’s mental health. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fkirklees-keep-in-mind.nhs.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864751781%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bFQ%2FOpAm7DABK3VzP9s0k4hW79J25Ybg9PIqFxP9KlQ%3D&reserved=0)

* **Andy’s Man Club** –

Men’s mental health peer support group. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fandysmanclub.co.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864767044%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=HhjRONMcBr%2F3LwyNri6QsFbHRWGocmUVK76PklD1frU%3D&reserved=0)

* **SilverCloud** –

Free online therapy programmes. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsilvercloudhealth.com%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864780185%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=9s77x%2BvqqakvkdxHPJ2D%2FbzZuPpZijy90abR%2Bj2zRUs%3D&reserved=0)

* **Mind** –

National mental health charity. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mind.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864793146%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=YC51yj459ZIP4i7Mu24ENWGTpycD%2Bg%2BGe7ha4WA8RKg%3D&reserved=0)

* **Combat Stress** –

Support for veterans with mental health issues. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.combatstress.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864806408%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=dqHHb8kQObRmZrQ37oxL%2F0CKgyNLrTwgvzSJPp8gmn0%3D&reserved=0)

**Crisis, Suicide & Bereavement Support**

* **Leeds Survivor-Led Crisis Service (Night OWLS)** –

Out-of-hours helpline for young people. <https://www.lslcs.org.uk/services/cyp-services/night-owls-helpline/>

* **Suicide Bereavement Service (WY&H Partnership NHS)** –

Support for anyone affected by suicide. [Suicide Bereavement Service - South West Yorkshire Partnership NHS Foundation Trust](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.southwestyorkshire.nhs.uk%2Fservices%2Fsuicide-bereavement-service%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463743127333%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=bITmoBZO7p2Xbanlh6m2M43A2zL%2F2lgSm44m0KWI1tE%3D&reserved=0)

* **Papyrus** –

Suicide prevention charity for young people. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.papyrus-uk.org%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864818483%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=qGOfuTZCL7sEDm77BmcxHo9aQeJE%2Fcc%2FcXRrZDY32Ok%3D&reserved=0)

* **Samaritans Huddersfield** –

24/7 confidential emotional support. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samaritans.org%2Fbranches%2Fhuddersfield&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864829963%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=VrMh8HhWIfyNrxoO1yUhZre6VWZX%2Fy1%2F9RJRLBJJxy4%3D&reserved=0)

* **Cruse Bereavement Support** –

National bereavement charity. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cruse.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864842498%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=3ayIvi5DlvF9aooBEYqzzwBPa%2FzR5fZ9YUETG5djxGY%3D&reserved=0)

* **Sue Ryder Online Bereavement Support** –

Free online community & counselling. [Sue Ryder’s Online Bereavement Support | Sue Ryder](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sueryder.org%2Fgrief-support%2Fonline-bereavement-support%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463744185959%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=qLka4YBggOzS%2BO1dmgqQ0o91nEyRxuV5cPJacG8tYt8%3D&reserved=0)

* **Winston’s Wish** –

Support for grieving children. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.winstonswish.org%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864855715%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=I3G8Zy8CWqPVaP3oVFdCikm8%2BrrmR2C8w4QtfLI7t%2B4%3D&reserved=0)

 **Housing & Homelessness**

* **Kirklees Council Housing** –

Housing applications, advice & support. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kirklees.gov.uk%2Fhousing&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864869043%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=I3RmSmPcfE11GofmByfGqFCS04VWUG4pTDJZDB9PfBA%3D&reserved=0)

* **Shelter** –

National housing & homelessness charity. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.shelter.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864882205%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=igagPUpH%2Fvk0QNQbv4p%2FJMEt4SBaoRFfYYEK81xcW1A%3D&reserved=0)

* **Connect Housing** –

Affordable homes & support. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.connecthousing.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864895222%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=d9FIEtWCdRyDAata%2BCTQS2LK5RxaC0oC71eTka4L5Kc%3D&reserved=0)

* **Horton Housing** –

Housing support services in West Yorkshire. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhortonhousing.co.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864910685%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=U6ZqKG22MJ2YlF%2BjFCurM9NZI3VFBJcnyFDBbfySRdo%3D&reserved=0)

* **Together Housing** –

Housing association providing affordable homes. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftogetherhousing.co.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864924317%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=BQMojdWcjiZ%2FhHx4tQ1NsDwYZNc3a5qQf0fj%2Fo3TMAQ%3D&reserved=0)

* **Huddersfield Mission** –

Support for homeless & vulnerable people. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.huddersfieldmission.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864937369%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=QRjA%2FLViw7JLG0adsFjxS9zVbihL1ZNu1ug20D6PRPA%3D&reserved=0)

* **The Welcome Centre** –

Huddersfield food bank & crisis support. [The Welcome Centre | Home](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thewelcomecentre.org%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742797449%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=lwJa%2BG2ut5z9L55rqiKcQE6T3LZWTmFOWzoNilRHfBQ%3D&reserved=0)

**Employment, Skills & Volunteering**

* **Kirklees Employment Service** –

Employment support & training. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kirklees.gov.uk%2Fbeta%2Femployment-and-skills%2Findex.aspx&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864950454%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=u2xB2Scdgu1%2FRLM2PeboBLOiFw9%2BCUXoVffFcYamaHQ%3D&reserved=0)

* **Works Better** – Support to get into work. [Works Better](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.worksbetter.co.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742408693%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=6bi%2Fw0sNUuNysxA7NX2Djt9vtxHexvh23OavSpUbd1w%3D&reserved=0)
* **REAL Employment** –

Help into employment for people with additional needs. [REAL employment | Kirklees Council](https://www.kirklees.gov.uk/beta/real-employment/index.aspx)

* **Waythrough** –

Specialist employment support in Kirklees. [Waythrough - Kirklees Employment Service](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Frfkirkleesemployment.org.uk%2Fwaythrough%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742952327%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=YguY2HSSCfgSRnHc5ekUcpt0gCGlQwnBKjmKl7%2F0HEY%3D&reserved=0)

* **Kirklees College – Adult Learners** – Courses & training. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kirkleescollege.ac.uk%2Fadult-learners%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462864999835%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Q%2FFH48aWsm4hcqRnuHpE%2Bve1Axdct5v6VrsxgvysEZA%3D&reserved=0)
* **Kirklees Success Centre** – Adult skills training. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kirklees.gov.uk%2Fbeta%2Femployment-and-skills%2Findex.aspx&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865011895%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ZBuc%2FMQxANI5W54kJiM%2F008s9x8ajGTXj2UqyjnCHro%3D&reserved=0)
* **Recovery College (Calderdale & Kirklees)** –

Free courses to support recovery & wellbeing. [Courses and enrolment - Calderdale and Kirklees Recovery College](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.calderdalekirkleesrc.nhs.uk%2Fcourses-and-enrolment%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742649177%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=vc3AszSq31Xvj40d4zPe0a8%2BAf2ro5jXXbPU4m3YUQk%3D&reserved=0)

* **Business in the Community Job Coaching** –

Coaching support into work. [Business in the Community's Job Coaching Programme](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbitcjobcoaching.onpld.com%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742598679%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=q68ksjxrqWVeaYS0xMQDn2RujrX25GzT1GtsSEmMdKk%3D&reserved=0)

* **Volunteering Kirklees** –

Volunteering opportunities. [Volunteering opportunities | Kirklees Council](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kirklees.gov.uk%2Fbeta%2Flibraries%2Fjobs-and-volunteering%2Fvolunteering-opportunities.aspx&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742395240%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=ARX1t9zPsrZgxoKI8Dhg0jM3WxSsjcIQH6WbYjPS0n8%3D&reserved=0)

* **Proper Job Theatre Company (Employment Kirklees)** –

Training and employability programmes. [Proper Job Theatre Company Home Page](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.properjob.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742861324%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=Tb11pHCxf%2BIlc%2F75ZTpL0Qjo6sTSRHLpj4zZVEiBiM8%3D&reserved=0)

**Families, Children & Young People**

* **Home-Start Kirklees** – Support for families with young children. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.homestart-kirklees.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865036332%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2B6QwnpRAfwRLNd88RUnHKIjOcEe6IUuuhnc91ItJfSY%3D&reserved=0)
* **Families Together (Kirklees Council)** –

Support for children & families.

[Families Together - Support for children, young people and families | Kirklees Council](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kirklees.gov.uk%2Fbeta%2Fworking-with-children%2Fearly-support-family.aspx&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742927377%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=J1QmFFYbG1PhPF0zn1sbCZB7wDbZlsmnNDb0GYJm1KI%3D&reserved=0)

* **Rainbow Baby Bank** –

Baby essentials for families in need. [Rainbow Baby Bank](https://www.rainbowbabybank.org.uk/)

* **National Healthy Start (Fresh Futures)** – Healthy food & vitamins for families.

[National Healthy Start - Yorkshire Children's Centre](https://freshfutures.org.uk/national-healthy-start/)

* **Yorkshire Children’s Centre (Fresh Futures)** – Safety, nurseries & parenting support. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffreshfutures.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865064557%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=S8daEdJ6gqrYFxvLL8yjaUDcWgF0Ds7OtcrPkT9gtsE%3D&reserved=0)
* **ParentWise** – Parenting support. [My BrandPage](https://parentwise.uk/)
* **PCAN (Parents of Children with Additional Needs)** – Parent-led support group in Kirklees. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.pcankirklees.org%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865084029%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=uMsornCl7%2F43Ekh3ozbwhTvhA0yuEhd5ge3UaPEOy04%3D&reserved=0)
* **Barnardo’s Kirklees Young Carers** – Support for young carers. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.barnardos.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865103186%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=5vUAeVUAFz2XJLfvfy1Gike4bDJ1UIyTZlAOUMvTIs8%3D&reserved=0)

**Carers & Older People**

* **Carers Count Kirklees** –

Support, advice & groups for carers. [Homepage - Carers Count](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarerscount.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742477665%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=cTsnbNu2wyfy%2BvbjTYdxkjddIUuYNLmD4DDrpKD7v9Y%3D&reserved=0)

* **Respite for Carers West Yorkshire (Carers Trust Mid Yorkshire)** –

Short breaks & support. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarerstrustmidyorkshire.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865122241%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Jg3%2FqJZ4BRX%2BOQlCv%2B0GBjhRFA5a2baK6H6Geo8EHeo%3D&reserved=0)

* **MHA Communities Kirklees** –

Social activities for older people. [MHA Communities Kirklees | Social Groups For Older People](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmha.org.uk%2Fcare-support%2Fcommunity-groups-activities%2Ffind-community-group%2Fmha-communities-kirklees&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463743189277%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=caR6%2BZjwklSb2QDt0ZB688rl7fIWE0btF%2FGU0ca7tTU%3D&reserved=0)

* **Age UK Calderdale & Kirklees** –

Advice, social groups & support for older people. [Welcome to Age UK Calderdale and Kirklees](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ageuk.org.uk%2Fcalderdaleandkirklees%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463743230379%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=T7rwytt5XX1ABkGqEVWoTokD%2Fq3PKkeob10ieaGvZE4%3D&reserved=0)

**Financial Support & Advice**

* **BetterOff Kirklees** – Benefits calculator & local support. <https://www.betteroffkirklees.org.uk/#/home>
* **Citizens Advice Kirklees** – Free advice on money, housing, legal & more. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.citizensadvice.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865141000%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Lqz0h16sPjHSLmaVDKMIJG4mOnkSPSm7AyL%2B8%2BlDpPM%3D&reserved=0)
* **Turn2Us** –

National support for financial insecurity. <https://www.turn2us.org.uk/>

* **Bradford District Credit Union** –

Affordable credit & savings. <https://bdcu.co.uk/>

* **Stop Loan Sharks** –

Help for those affected by illegal money lending. <https://www.stoploansharks.co.uk/>

* **Local Welfare Provision (Kirklees Council)** –

Emergency financial support. <https://www.kirklees.gov.uk/beta/benefits/local-welfare-provision.aspx>

**Domestic Abuse & Victim Support**

* **Kirklees Council – Domestic Abuse Support** –

Support and advice for victims of abuse. <https://www.kirklees.gov.uk/beta/domestic-abuse/index.aspx>

* **Housing Support for Victims of Domestic Abuse -** <https://www.kirklees.gov.uk/beta/housing/victim-domestic-abuse-housing.aspx>
* **RASAC (Rape & Sexual Abuse Counselling)** –

Counselling & support. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kcrasac.co.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865160206%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=HJdwBTP44lUThtLZDgs9Pn0R0J9omLc5MRDA3yzRGjo%3D&reserved=0)

* **Yorkshire Children’s Centre – Domestic Abuse Prevention Programme** –

Support for those affected by domestic abuse. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffreshfutures.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865179065%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=wqPZtnb04bb%2BpmEf2AX7Obh61PRgE8u4JeoDlsCtrTY%3D&reserved=0) [DAPP.pdf](https://carerscountkirklees.org.uk/wp-content/uploads/DAPP.pdf)

* **Men’s Advice Line** –

Helpline for male victims of domestic abuse. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmensadviceline.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865197743%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=4pboxma0LNCKtOyyZvRDCxLq4Azxqub073p3ZywN%2BBQ%3D&reserved=0)

* **WeMatter (Victim Support)** –

Emotional and practical support for victims of crime. <https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/wematter>

 **Drug & Alcohol Support**

* **The Base – Kirklees (Change Grow Live)** –

Young people’s drug & alcohol support. <https://www.changegrowlive.org/service/kirklees-the-base>

* **Kirklees in Recovery** –

Peer-led support for addiction recovery.

[Kirklees in Recovery - drug and alcohol help, Huddersfield and Dewsbury](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fkirkleesinrecovery.com%2F%23%3A~%3Atext%3DKirklees%2520in%2520Recovery%2520is%2520an%2520organisation%2520open%2520to%2520anyone%2520who&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463744440675%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=Wl4mk51LRx2ZFPWHAWAU0FDH4vQoysGM%2BnIm7Zzg15w%3D&reserved=0)

* **CGL Drug & Alcohol Service Kirklees** –

Adult treatment service. [Drug and Alcohol Service - Kirklees](https://www.changegrowlive.org/service/kirklees-drug-alcohol)

**Community & Wellbeing Projects**

* **Kirklees Wellness Service** – Personalised health & wellbeing support. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kirklees.gov.uk%2Fbeta%2Fhealth-and-well-being%2Fpersonalised-care.aspx&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865217248%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=B5fcTEql59L0fNKf8AQUfXKZ5x9c4bU78%2B81m7PRuBQ%3D&reserved=0)
* **Community Plus (Kirklees Council)** – Support to connect with local groups. [Community Plus | Kirklees Council](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kirklees.gov.uk%2Fbeta%2Fcommunity-plus%2Findex.aspx&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463743078867%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=ROBkRH9zvRKOtHtvY%2Fmb7LqVV%2FbOpJcB7p9j0%2FTOVgY%3D&reserved=0)
* **Growing Works** –
* Outdoor wellbeing & family projects.

[Home - Growing Works](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.growingworks.org.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463744693858%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=sysu5v4n7wn6%2FFdkxrzxO1X%2BL6uo31ZaWprDDZ1DBS4%3D&reserved=0)

* **FOCAL Community Centre** –

Community hub & activities. [FOCAL Community Centre | Facebook](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Ffocallindley%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742543027%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=y01lVz%2FAlihxKoG2aD1te%2BnnED4zURqNo%2FEK8UCPLPU%3D&reserved=0)

* **HOOT Creative Arts** – Arts for wellbeing. [Visit site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hootcreativearts.co.uk%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cc0cf107adca04570b95d08dde40c1cdc%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638917462865270698%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=R3CJT4YpH1MZCCw9%2BnpvUHlv0rzlHKiniKUoStr3JmA%3D&reserved=0)
* **Bread of Life Drop-In Centre** –

Food & support in Huddersfield. [Bread Of Life Drop-In Centre | Huddersfield | Facebook](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FBreadofLifeDropInCentre%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742901978%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=bKpXudXvV4gWDzvm0xU1qMKWbg43ETVnnIKrpgG7vXY%3D&reserved=0)

* **The Lipstick Project** –

Local women’s wellbeing group. [The Lipstick Project UK | Huddersfield | Facebook](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fp%2FThe-Lipstick-Project-UK-61577607190475%2F&data=05%7C02%7Cpav.mehat%40nhs.net%7Cf10fe4330da54778243e08dde40c516e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638917463742848023%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C40000%7C%7C%7C&sdata=7eq52haDgVFQoBYujTpqQwWjDRanNL8b1ZviBClHgls%3D&reserved=0)