

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



## OCTOBER 2021 SCHEDULE

Here's what's coming up in our face-to-face, Zoom and Facebook sessions this October



### YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

To book your place on an S2R session, call 07933 358800 or email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)

To book a Dewsbury YHiM session, call 07895 510433 or email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)



### FACE-TO-FACE SESSIONS

Please wear a face covering when attending indoor sessions (unless medically exempt) and keep a 1m distance from others wherever possible.

NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<b>Peace Pit Growing Group</b> Old Fieldhouse Lane, Deighton, HD2 1AG	Every Monday (Except Bank Holidays) 10:30 - 12:30 Facilitated by: Michelle	Help to grow plants and flowers for local parks and greenspaces at the polytunnels. You don't need any gardening experience. <b>Tools are provided, bring your own gloves. This group is only suitable for 18+ years. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.</b>
<b>Lees Holm Park Growing Group*</b> Thornhill Lees Library, 53 Brewery Lane, WF12 9DU	Every Monday (Except Bank Holidays) 11:00 - 13:00 Facilitated by: Elizabeth & Amina	An opportunity to learn green-fingered skills and put them to use in good company, growing plants for local greenspaces and improving this park in Thornhill Lees, Dewsbury for the community. <b>If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.</b>  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Lonely Arts Club</b> S2R Create Space, 5-7 Brook Street, Huddersfield, HD1 1EB	Every Tuesday 10:30 - 12:30 Every Thursday 10:30 - 12:30 Facilitated by: Debbie	A regular, social, creative group. Come along and work on your own creative painting or drawing project, or have a go at sketching the still life objects we provide. This is a group intended for those with previous experience, or those happy to self-teach. <b>Please be aware this is not a taught group. £2 per person, per session to attend. Please bring your own equipment and materials.</b>
<b>Work Days*</b> Various locations around Dewsbury	Every Tuesday 11:00 - 13:00 Facilitated by: Andy	Help look after community greenspaces through practical conservation tasks in and around the Dewsbury area. <b>Tools are provided, bring your own gloves. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.</b>  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Cemetery Road Community Allotment</b> Osborne Road, Birkby, HD1 5HB	Every Wednesday 11:00 - 13:00 & 13:30 - 15:30 Facilitated by: Michelle  Every Friday 11:00 - 13:00 Facilitated by: Byron	Learn or share growing skills including sowing seeds, composting, and harvesting fruits and vegetables. You don't need any gardening experience. <b>Tools are provided, bring your own gloves. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.</b>

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NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<p><b>Greenhead Park Wellbeing Walk</b></p> <p>Huddersfield Leisure Centre, HD1 4BP</p>	<p>Every Wednesday 12:00</p> <p>Facilitated by: Elizabeth &amp; Dawn</p>	<p>We will meet at the entrance of Huddersfield Leisure Centre for a gentle walk to and around Greenhead Park, and then back to the Leisure Centre.</p>
<b>27TH SEPTEMBER - 3RD OCTOBER</b>		
<p><b>Neighbourhood Nest Photography Walks*</b></p> <p>Overthorpe Academy, Edge Top Road, Dewsbury, WF12 0BH</p>	<p>Friday 1<sup>st</sup>, 8<sup>th</sup> &amp; 15<sup>th</sup> October 10:00</p> <p>Facilitated by: Waheeda</p>	<p>Join Waheeda for some gentle local walks with a focus on photography and finding beauty in nature. There's no need for a SLR camera if you don't already own one, a mobile phone will be fine as we will be concentrating on taking notice of what is in front of us and using the tools we have to make great pictures.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p><b>“An Apple a Day” Outdoor Wellbeing</b></p> <p>Highfields Community Orchard, Wentworth Street, HD1 5PX</p>	<p>Friday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> &amp; 22<sup>nd</sup> October 13:30 - 15:30</p> <p>Facilitated by: Dawn &amp; Andy</p>	<p>Join S2R and the Friends of Highfields Orchard for weekly outdoor activities in this natural oasis, a short walk from the town centre.</p> <p>1<sup>st</sup> October: Five Ways to Paracord Bracelets - learn how to make your own Paracord bracelet; a useful bit of bushcraft kit!</p> <p>8<sup>th</sup> October: Orchard Upkeep - join us in tidying and enjoying the orchard with a sit down for a chat and a brew as usual.</p> <p>15<sup>th</sup> October: The Big Orchard Cook Out! Enjoy the start of autumn as we gather fruit and cook delicious Apple Cobbler in the outdoors.</p> <p>22<sup>nd</sup> October: World Apple Day - find out all about apples, play some apple-based games and have a chat with an apple expert.</p>
<b>4TH - 10TH OCTOBER</b>		
<p><b>Café Connections*</b></p> <p>Della Vita, Unit 1a Hoyle Head Mills, Earlsheaton, Dewsbury WF12 8JJ</p>	<p>Monday 4<sup>th</sup>, 11<sup>th</sup> &amp; 18<sup>th</sup> October 10:00 - 11:00</p> <p>Facilitated by: Nicky</p>	<p>Has lockdown left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice and a delicious cake too!</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p><b>Birkby Wellbeing Taster Walk*</b></p> <p>Norman Park, Birkby, Huddersfield HD2 2EU</p>	<p>Tuesday 5<sup>th</sup> October 10:00</p> <p>Facilitated by: Byron</p>	<p>Join us for a steady walk that's suitable for everyone around Birkby. We will be meeting in Norman Park and finishing at Birkby Library for refreshments. To join our WhatsApp Walking Group, message Byron on 07927 960967. Please note that your number will be shared on the group.</p> <p><i>*Supported by Yorkshire Sport Foundation.</i></p>
<p><b>Café Connections*</b></p>	<p>Tuesday 5<sup>th</sup>, 12<sup>th</sup> &amp; 19<sup>th</sup> October</p> <p>Session 1: 13:00 - 14:30 in Ravensthorpe</p> <p>Session 2: 14:00 - 15:00 in Dewsbury</p> <p>Facilitated by: Amina &amp; Nicky</p>	<p>Has lockdown left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice and a delicious cake too! Session 1 will be held at Ravensthorpe Greenwood Centre, Huddersfield Rd, Dewsbury WF13 3JR and session 2 will be held at Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>

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NAME	DATE AND TIME	DETAILS
<b>Jewellery Making*</b> Chickenley Community Centre, Princess Road, Dewsbury, WF12 8QT	Wednesday 6 <sup>th</sup> & 13 <sup>th</sup> October 09:15 - 11:00 Facilitated by: Nicky	Come along and have a go at creating your own jewellery. You'll learn about tools and techniques, as well as the benefits of crafting for wellbeing. Suitable for beginners. All materials will be provided. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>EPICK Wednesday Work Day</b> S2R Create Space, Brook Street, HD1 1EB	Wednesday 6 <sup>th</sup> October 10:00 - 12:30	Help improve the environment around the River Colne at King's Bridge. Learn, share skills and make new friends! Tasks will include cutting back vegetation, litter picking and more. We will meet at our Create Space building in Huddersfield town centre. <b>Please wear suitable clothes and footwear. Trousers and a long-sleeved top are advisable. Gloves and tools will be provided.</b>
<b>Lantern Parade</b> Crow Nest Park, Heckmondwike Road WF13 2SG	Wednesday 6 <sup>th</sup> October 17:00 - 19:30	In celebration of World Mental Health Day, there will be stalls, music and activities in Crow Nest Park from 5 - 6.15pm, and a lantern parade around the park from 6.15 - 7.15pm. There's no need to book, just come along for an exciting and fun-filled evening and bring your own handheld lanterns or lights to join in with the parade.
<b>Women's Wellbeing Walk*</b>	Thursday 7 <sup>th</sup> October 11:00 - 12:00 Facilitated by: Sue	Would you like to get out of the house, get some fresh air and meet some new people? Then come along for a gently sociable, mindful, women-only walk around Ravensknowle Park and we can look at the changing seasons together. Meet in front of the Tolson Museum in Ravensknowle Park, Wakefield Road, Huddersfield HD5 8DJ. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
<b>Bee Happy</b> S2R Create Space, Brook Street, HD1 1EB	Thursday 7 <sup>th</sup> & 14 <sup>th</sup> October 13:00 - 15:00 Facilitated by: Byron	In week one we will learn about the basics of beekeeping and why bees are so important. Then, in week two we will do some honey tasting and learn how to prepare the hive ready for next year.
<b>Birkby Wellbeing Taster Walk*</b> Norman Park, Birkby, Huddersfield HD2 2EU	Friday 8 <sup>th</sup> October 14:00 Facilitated by: Byron	Join us for a steady walk that's suitable for everyone around Birkby. We will be meeting in Norman Park and finishing at Birkby Library for refreshments. To join our WhatsApp Walking Group, message Byron on 07927 960967. Please note that your number will be shared on the group. *Supported by Yorkshire Sport Foundation.
11TH - 17TH OCTOBER		
<b>Needle Felting Workshop*</b> S2R Create Space, Brook Street, HD1 1EB	Tuesday 12 <sup>th</sup> October 11:00 - 12:30 Facilitated by: Sue	Needle felting is a method of creating felted objects without using water. Come and have a go at this satisfying craft and learn how to form a 3D mouse using a simple framework. Suitable for all abilities. <b>Please be aware this session will be delivered on the 1st floor, accessible only by stairs.</b> *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.
<b>Wellbeing Waterways</b> Various locations	Wednesday 13 <sup>th</sup> & 27 <sup>th</sup> October 13:30 - 15:30	Relaxed volunteering sessions with the Canal and River Trust. On the 13th October we will be doing some practical work to help maintain the locks and canal and on the 27th we will have a go at getting into canoes to do a few watery tasks. Weather dependant.

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NAME	DATE AND TIME	DETAILS
<b>Rambler's Walk</b> Lockwood Railway Station, Swan Lane, Lockwood HD1 3UB	Saturday 16 <sup>th</sup> October 13:30	A family-friendly circular walk around Lockwood Spa. This walk is a countryside walk and stiles, rough or muddy ground and hills may be encountered. Please wear suitable footwear and clothing. <b>For more information, call Christine: 07856 844432.</b>
<b>18TH - 24TH OCTOBER</b>		
<b>Café Connections*</b> The Surf Shack, Albion Road, Cleckheaton BD9 3JD	Tuesday 19 <sup>th</sup> & 26 <sup>th</sup> October 14:00 - 15:00 Facilitated by: Siân	Has lockdown left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections and if possible, we will re-connect you or introduce you to something new. Plus you'll get a drink of your choice and a delicious cake too!  *Supported by the Thriving Communities Fund.
<b>Mindful Autumn Walk*</b> Earlsheaton Park, Park Street, Dewsbury, WF12 8AG	Wednesday 20 <sup>th</sup> October 11:00 - 12:00 Facilitated by: Nicky	Meet us by the playground for an autumn walk around Earlsheaton Park, taking in the sights, sounds and feelings of the beautiful autumnal surroundings. Please wear suitable shoes and dress for the weather.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Employability</b> Kirklees College Adult Learning Taster Session S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	 Thursday 21 <sup>st</sup> October 10:30 - 12:30	Learn valuable skills to help you gain employment or progress in your career. A supportive session where you will build confidence and skill in searching for work, the application process, interview techniques and work etiquette. <b>Please be aware this session will be delivered on the 1st floor, accessible only by stairs. This is a free course but eligibility requirements may apply - please ask when you book. To book your place, email Alex Shann at: <a href="mailto:ashann@kirkleescollege.ac.uk">ashann@kirkleescollege.ac.uk</a> or call: 01484 437000.</b>
<b>Newsome Wild Information and Fun Day</b> Newsome Scout Hut, Newsome Road South HD4 6JH	Saturday 23 <sup>rd</sup> October 10:00 - 16:00	Do you enjoy outdoor spaces? Do you care about local wildlife? Would you like to make a difference and improve local spaces for the generations to come? Then come and find out more about Newsome Wild – a new group of people wanting to adopt some unused council land to create a community space for all to enjoy. Stalls, drop-in crafts, kids activities and refreshments will also be available.
<b>25TH - 31ST OCTOBER</b>		
<b>Work Your Way Back to Fitness*</b> Kirkheaton Community Centre, Fields Rise, Huddersfield HD5 0LZ	Tuesday 26 <sup>th</sup> October 18:30 - 19:30 Facilitated by: Dan	Would you like to boost your energy levels, mood and fitness? Then come along to our Work Your Way Back to Fitness taster session and add a little more movement to your week.  *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.
<b>Soap Making</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 28 <sup>th</sup> October 13:00 - 15:00 Facilitated by: Byron	Learn how to create your own personalised soap using natural exfoliants, moisturisers and essential oils. <b>Please be aware this session will be delivered on the 1st floor, accessible only by stairs.</b>
<b>Mono Printing*</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 28 <sup>th</sup> October 13:30 - 15:00 Facilitated by: Kim	Learn how to create vibrant and atmospheric prints by tracing printed images. Bring along any images that you'd like to try printing from.  *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.

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NAME	DATE AND TIME	DETAILS
<b>Bonkers For Conkers!</b> Norman Park, Birkby, Huddersfield HD2 2EU	Sunday 31 <sup>st</sup> October 12:00 - 15:00	Join the Friends of Norman Park for an afternoon of family activities in the park including conker crafts, a nature trail, yoga, cricket and more. No booking required.

To keep everybody safe, there will be a limited number of places on each face-to-face session. We ask that you please only attend a session if you have booked in advance.

Age restrictions apply to some sessions - please ask for details.

Hand sanitising stations are available at the allotments and polytunnels. Please bring your own refreshments with you as we cannot provide these.

Please do not attend if you feel unwell or if you have symptoms of COVID-19.



## ZOOM SESSIONS

To book: email [contact@s2r.org.uk](mailto:contact@s2r.org.uk) and receive the zoom joining link!

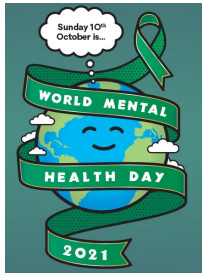
NAME	DATE AND TIME	DETAILS
<b>Yoga for S2R With Umbrella Yoga</b>  *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery*	Monday 4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> October 12:30 - 13:30	<b>A gentle yoga session for women.</b> Remember to: wear comfy clothes; find a space you can use; if you've got a mat - great - if not it doesn't matter at all; grab a couple of cushions; if you want to use a chair for extra support that is also fine; finally - come to the session ready to move, relax and enjoy!
<b>Drawing For Everyone</b>  *Supported by players of People's Postcode Lottery*	Tuesday 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> October 19:00 - 20:00	Learn how to create sketches and detailed drawings of animals in motion with pencil, pen and charcoal in these fun and interactive weekly Zoom sessions with Audrey. This can be done as a drop-in session, but we recommend to do the full course as difficulty levels will increase as we go along. Classes are easy to follow so you can work alongside and are suitable for all abilities.
<b>Collage Made Easy</b>  *Supported by players of People's Postcode Lottery*	Thursday 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> October 16:30 - 17:30	This fun and creative course is suitable for all abilities and will show you how easy it can be to create a collage masterpiece! This can be done as a drop-in session, but we recommend to do the full course as difficulty levels will increase as we go along. You may want to have these materials to hand: different coloured papers, scissors, PVA glue, a glue brush and a pen or pencil.
<b>Watercolour Made Fun!</b>  *Supported by players of People's Postcode Lottery*	Thursday 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> October 19:00 - 20:00	In this course, Audrey will show you how to build up a watercolour painting, looking at creating bold and beautiful birds, bees and butterflies. This can be done as a drop-in session, but we recommend to do the full course as difficulty levels will increase as we go along. Sessions are suitable for everyone and you'll need your own basic watercolour materials to work along with Audrey.



# OCTOBER 2021 RELEASES ON FACEBOOK

No booking required, visit our Facebook page to tune in at the release time or anytime afterwards @S2RCreateSpace

## World Mental Health Day



Sunday 10<sup>th</sup>  
to Friday 15<sup>th</sup> October  
Released at 17:30

In celebration of World Mental Health Day we'll be posting some tips and advice on how you can look after your mental health.

**10th October: #WorldMentalHealthDay #WMHD**

11<sup>th</sup> October: Ways to identify, manage and help prevent stress

12<sup>th</sup> October: How you might recognise a mental health problem

13<sup>th</sup> October: Ways to help overcome fear and anxiety

14<sup>th</sup> October: Practical ways to look after your mental health

15<sup>th</sup> October: Helpful tips on how to get good-quality sleep

Visit the Mental Health Foundation website by clicking [here](#).

If you are new to S2R, you will need to complete our short application form before joining in with sessions: [www.s2r.org.uk/onlineapplicationform](http://www.s2r.org.uk/onlineapplicationform)

**Phone lines - Open 10am - 3:30pm, Mon - Fri (Closed on Bank Holidays)**

07933 358 800 (S2R Bookings and enquiries)

07541 095 455 (The Great Outdoors Project)

07895 510 433 (Dewsbury Your Health in Mind Project)

**Email:** [contact@s2r.org.uk](mailto:contact@s2r.org.uk)

**Web:** [www.s2r.org.uk](http://www.s2r.org.uk)



S2R Create Space



@CreateSpaceS2R



S2RCreateSpace



**Please note our courses and workshops are Dementia Friendly, for more information please get in touch.**



**European Union**

European Social Fund



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ARTS COUNCIL ENGLAND



Historic England



Money & Pensions Service



NHS CHARITIES TOGETHER



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